



REVIEW



April 30, 2021

Principal's Message:

Good afternoon Rouge Park Families,

I hope that everyone has enjoyed a good week of learning from home. As I visit classes, I see students who are happy and engaged in their learning. As the students get older, we notice that many do not turn on their cameras. If your child is learning in an area that is conducive to having their camera on, please encourage them to do so; at least for portions of the day. Staff find it much easier to engage in learning when they have smiling (or otherwise) faces in front of them. It also helps staff understand whether or not students are thriving, struggling, frustrated, etc. with the work they are doing.

Our student survey to determine some fun learning days is complete. Today, students enjoyed Kahoot which is a game-based learning platform, suitable for all ages. Next Friday, May 7th will be Friday Fun Day when classes will take a period of the day to play various online educational games and challenges such as a digital escape room, and roll and write games. We would love for you to take photos of your child(ren) participating in each event/day. You are welcome to send pictures to me at lindsey.maclean@yrdsb.ca to be included in future newsletters.

Next week is Mental Health Awareness Week. Our school and board maintain a strong focus on Mental Health and Well-being. We certainly know that the pandemic has had a huge impact on the mental health of our students, staff and community. I am hoping many of you will be able to join us for our Social Media and Mental Health presentation on Thursday, May 6th. With our students now socializing more than ever using media, it is important for parents to be aware of the platforms they are using and the impact on mental health. Four other YRDSB schools will be joining us for both the student and the parent presentations. Please see more information about the presentation and Mental Health supports below.

Stay safe and well,

Lindsey Maclean

lindsey.maclean@yrdsb.ca

Social Media and Mental Health Presentation - May 6th 7:00-8:00 - please note the change in time.

In response to surveys sent out to families last fall and in consultation with our School Council, Rouge Park is excited to offer a parent engagement evening addressing the topic of Social Media and Mental Health. Scott Ste. Marie is a highly sought-after keynote speaker, educator, coach and YouTuber. He will host a virtual parent evening on Thursday, May 6th from 7:00-8:00 pm. during which he will specifically address how social media and screen time impact emotional health and well-being in our children. Scott will also run a student session for grades 4-8 during the day (10:30-11:40) where students will gain a deeper understanding of the impact social media use has on their emotional wellbeing and how to use it safely. Five of our neighbouring schools have already hosted an evening with Scott Ste. Marie and the feedback has been incredible. There will be no cost to the presentation as it is subsidized by the Parents Reaching Out Grant (Pro-Grant) provided by the Ministry of Education.

To join the presentation, please click on the link below just prior to 7:00 and you will find Scott live on youtube: <https://youtu.be/3uCI2skwvME>

CMHA Mental Health Week

Each year, Ontarians mark the first full week of May as Children's Mental Health Awareness Week. This important week is about:

- Increasing awareness of the signs of child and youth mental health problems
- Decreasing stigma
- Understanding that help is available and it works!
- For more information on Children's Mental Health Awareness Week please see [CMHA Mental Health Week](#)

Class Placement for the 2021/2022 School Year

Although we don't know yet what next year will look like, we want to be prepared to place students into classes for the 2021/22 school year. Staff will make every effort to place students in the best learning environment for each child to be successful. We take into account Ministry and Board guidelines, individual needs, academic achievement, emotional and social development, behaviours, gender balance, English Language Learners and Special Education needs and work habits. We appreciate that parents/guardians have valuable information to share with us in this regard. Teachers have the benefit of knowing the children they are currently working with and we rely on their professional decisions. If however, you have information or suggestions, which will assist us with the placement of your child, please write a brief note to Lindsey Maclean by May 15th 2021 (lindsey.maclean@yrdsb.ca). Rather than suggesting a teacher, please indicate the learning style or classroom structure, which you feel would be the most appropriate for your child's success. When teachers along with school administration get together to create new class lists, we will use this information to help make our final decisions. Requests will be accommodated only where placement will enhance student learning. We welcome requests from our EVS and F2F families.

Are You Moving?

We are in the process of organizing classes for the start of the 2021-2022 school year. If you know your child/children will be attending another school in September please email or call the school office to let us know.

Kindergarten Registration


There are several ways you can register for kindergarten on or after January 15, 2021:


- **Online** - Families can access the [online Kindergarten registration information](#). It is recommended that families use a laptop or a desktop, rather than a mobile device to complete this registration.
- **By email** - Families can download the [Elementary School Registration Form](#) and email the completed form to their school email address. Email addresses can be found on the [school website](#).
- **By phone** - Families can request support from the school Principal/Vice-Principal to complete the registration form on their behalf by collecting the required information by phone. Families can request an interpreter, if needed, during this phone conversation. [Call your local school](#).
- **By mail or appointment**. You can mail completed applications to the school, or request an appointment (once schools have reopened) to drop-off your completed paper application form.





KINDERGARTEN REGISTRATION 2021

Four options to register your child:

Option 1: Online 
Register using Edsby by following bit.ly/KindergartenYRDSB.

Option 2: Email 
Complete a fillable PDF found on: www.yrdsb.ca/Kindergarten and email the forms to the school email address, found on the school's website.

Option 3: Phone 
Register by calling the school number to request support from the school principal/vice principal to complete the registration form.

Option 4: Paper 
Call the school to receive support with registration. If necessary, a registration package can be sent by mail. An appointment will be arranged to return the forms to the school.

Registration is easy!

1 Complete registration form and submit to the school

2 School confirms registration and sets an appointment to verify your documentation

Career Discovery Expo: Dream Big York

Students in grades 7 - 12 and their parents/guardians are invited to attend the *Career Discovery Expo: Dream Big York* on Tuesday, May 11, 2021 from 6:00p.m.- 8:30 p.m. ET.

This FREE event provides students and their families the opportunity to explore a wide range of career paths.

The Career Discovery Expo: Dream Big York will feature

- **Dream Maker Panel** Women from various industries share their stories and inspire young women.
- **Employer Spotlight**: Employers share their “look fors” when hiring new employees and ways to gain experience early.
- **Pathway Spotlight**: College, University and OYAP representatives share the different pathway programs available, scholarships, courses etc.
- **Games, Prizes**

To register, please visit: dreambigyork.eventbrite.ca

WellWorkplaces e-Newsletter

SPRING 2021



May is Mental Health Week

Let's #GetReal about how you feel

May 3rd to May 9th marks the 70th annual [CMHA Mental Health Week](#). The theme **#GetReal** highlights the importance of naming, expressing and dealing with our emotions. Recognizing, labelling and accepting our feelings are all part of promoting positive mental health for everyone. Now more than ever, it is important that we **#GetReal** about how we feel. Sharing very normal feelings of sadness, fear and worry is especially important during this unusual time of stress and uncertainty. The Canadian Mental Health Association (CMHA) has compiled [a hub](#) of practical advice, articles and information to help you **#GetReal** about how you feel.



This Mental Health Week, consider facilitating a local conversation about staff mental health and well-being. [Module 3](#) and [Module 4](#) of the Staff Well-being Training Suite have been designed to support healthy conversations with team members about how they feel, as well as the development of team goals, connection and growth in light of the pandemic.

Please be reminded that if you want to speak with someone about your personal circumstances, support is available. You can access our [Employee and Family Assistance Program](#) for confidential support with a wide array of life challenges. Call **1-855-498-9420** to ask for a referral to speak with a counsellor. This service is available to YRDSB staff and immediate family members.

Remember, we all have mental health – let's **#GetReal** about it!

“What mental health needs is more sunlight, more candor, more unashamed conversation”
– Glenn Close, Actress

Let's also #GetReal about Self-Care

Recognizing and labelling feelings is a part of promoting positive mental health. So is being intentional about our self-care practices. Below are some strategies for bringing intentionality to your self-care practices:

Identify what restores you. Self-care looks different for everyone, and it helps to do some honest [self-reflection](#) about what activities are the most restorative for **you**. For some people spending time outdoors each day is important. Others gravitate towards reading or music. If it works for you, it is the right thing.

Plan for it. With our busy schedules it can be easy to forget ourselves. Consider creating your own [self-care plan](#) so you have a guideline to follow. Commit to doing it and see if it makes a difference.

Talk. Talk about how you are feeling with trusted people. Developing good social supports is a critical component of self-care and managing stressors, especially during this time of physical distancing. In light of Mental Health Week, this new resource “[Supporting a Colleague in Distress](#)” outlines some common indicators of distress and how you can offer assistance to a colleague, if needed.

Wellness Webinars

Check out the following online wellness webinars available to all employees through Connect 2 Learn. Click on the workshop title to see a more detailed description of each session and to register. All sessions will be conducted live to allow for interaction with the presenter. Space at the live sessions is limited. Wellness webinars conducted by our Employee and Family Assistance Program (EFAP), ComPsych®, are recorded for employees unable to attend the live session. You can view the variety of recorded webinar topics available through the BWW [Employee Wellness Training](#) page.

Date	Time	Topic
April 29, 2021	4:00 – 5:00 pm	Planning for the Future: How to Prepare a Will
May 7, 2021	10:45 – 11:45 am	EFAP - Coping with Compassion Stress
May 7, 2021	2:15 – 3:15 pm	EFAP - Counselling and Therapy Demystified
May 31, 2021	10:45 – 11:45 am	EFAP - Stress: A Way of Life or a Fact of Life
May 31, 2021	2:15 – 3:15 pm	EFAP - Sleep: An Essential Component of Health and Well-Being
June 2, 2021	4:00 – 5:00 pm	EFAP - Awakening the Passion in Your Life

ComPsych® Featured Resources

For April your ComPsych® Resource Center materials focus on [Work-Life Balance](#). Titles include “Incorporating Exercise into your Busy Day,” “Building Workplace Resilience,” and “How resilient are you?” For the month of May ComPsych® has created a [Mental Health Awareness Toolkit](#). The Toolkit includes an interactive quiz “Mental Health: Myth versus Fact”, On-Demand Training: [Managing Emotions](#), and a [Mental Health Resources Booklet](#).

Please also be sure to check out these recently updated ComPsych® Guidance Resources® Digital Toolkits:

- [COVID-19 Resources](#) – updated to include “Staying Healthy at Work and Vaccine Information”
- [Financial Wellness Tips & Tools](#)

Book a Wellness Speaker

Are you looking for a speaker for a staff well-being session? If you would like support with sourcing a session topic or speaker for your own staff, please email Megan Bamford, Interim Wellness Advisor, at megan.bamford@yrdsb.ca. Certain criteria apply.

Upcoming Events

Inter-Building Walk 4 Wellness



The Inter-Building Walk 4 Wellness challenge will be virtual this year! This is the 7th year the annual challenge is being offered to Board administrative office employees. The walking challenge has been successful in motivating staff to incorporate physical activity into their day. The 2021 Inter-Building Walk 4 Wellness Challenge will run April 20th to May 17, 2021. To enhance social connection of this virtual challenge, participants will have the option to post photos of their activity on [Instagram](#) with hashtag **YRDSBwalk4wellness**. Keep an eye out for more information to come!



Step on up!

Employees of the administrative Board locations can look forward to the 2021 Walk 4 Wellness Challenge this April, but others can spark a challenge too! Email Megan Bamford, Interim Wellness Advisor, at megan.bamford@yrdsb.ca for further information.

April

- 28 – [National Day of Mourning](#)

May

- [Brain Tumour Awareness Month](#)
- [Celiac Awareness Month](#)
- [Hypertension Month](#)
- 3-9 – [Mental Health Week](#)
- 3-9 – [Children's Mental Health Week](#)
- 17 – [World Hypertension Day](#)
- 31 – [World No Tobacco Day](#)

June

- [Brain Injury Awareness Month](#)
- 5 – [World Environment Day](#)
- 15 – [World Elder Abuse Awareness Day](#)

Need Help?

Please be reminded that you are able to access our [Employee and Family Assistance Program](#), ComPsych®, for confidential support with a wide array of life challenges. Employees have access to counselling services, health coaching and much more. Call to find out more at **1-855-498-9420**.



Drawing Joy Drawing Joy Drawing Joy

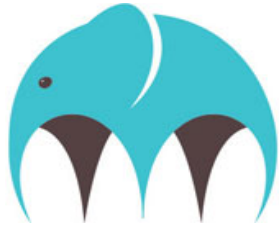
Date: Thursday, May 6th, 2021

Time: 4-6 pm EST

**The Ontario Institute for Studies in Education (OISE)
presents “Drawing Joy” – FREE EVENT!**

To all who identify as Asian, you are invited to create art, reflect on Asian joy, and celebrate the diversity of Asian diasporas. Toronto artist, Karen Kar Yen Law will facilitate an online guided art activity which can be completed with common art materials. The session will engage participants to reflect on their own connection to their respective Asian diasporas, create a visual representation of Asian joy, and share their joys with other participants. Some suggested materials for participation are cartridge paper, coloured markers, pencil crayons, or wax crayons. Participants can also use tablets to create digital artwork. No prior art experience is necessary.

Register Here: <https://tinyurl.com/3b4yc5t2>



Parents for Children's Mental Health

SUPPORT. EDUCATE. EMPOWER.

Monday, May 10, 2021 6:30 pm - 8 pm

Panel Discussion and Q&A: Community Resources

PARENTS' Support Group-All are welcome!

VIRTUAL MEETING

Does your child's anxiety, ADHD, mood disorders, learning disability, or behaviour challenges make parenting difficult? Join us...

PCMH Chapter Support is inviting you to a scheduled Zoom meeting.

Time: May 10, 2021 06:30 PM Eastern Time (US and Canada)

[Join Zoom Meeting](#)

Meeting ID: 925 1454 9283

Passcode: 953686

One tap mobile

+17789072071, 92514549283#, *953686# Canada

+12042727920, 92514549283#, *953686# Canada

Dial by your location

+1 647 374 4685 Canada

+1 647 558 0588 Canada

Meeting ID: 925 1454 9283

Passcode: 953686

Find your [local number](#)

Benefits of PCMH Support Group:

- meet other parents with children who have similar challenges
 - find encouragement and emotional support
- learn strategies to help your child or youth at home/school
 - learn how to access resources in the community

PCMH is the only provincial, family-led, non-profit organization that provides a voice for families who face the challenges of child and youth mental health issues. PCMH provides support, education, and linkage between families, communities, agencies and government. PCMH believes in the promotion of family-centred principles of care. PCMH envisions a future in which children and youth with mental illness enjoy a high quality of life in welcoming and supportive communities. For more information and resources, please visit www.pcmh.ca.

Monday, June 21st Building Healthy Relationships 6:30 – 8 pm