

“Where Everyone Matters & Everyone Belongs”

March 2020

**IMPORTANT
NOTICE**



**All Schools Closed to Students
March 16 until April 5**

By order of the Ontario Ministry of Education all Ontario publicly funded schools will be closed March 16 until April 5, 2020.

This is in an effort to reduce the spread of COVID-19. All schools in York Region District School Board will be closed to students during this time. Schools are expected to reopen on April 6, 2020.

All schools will be closed to students. Please do not send students to school March 16 until April 5. All school transportation services (including buses, taxis, etc.) will not be running.

School is expected to resume on April 6, 2020.

Please continue to monitor media, www.yrdsb.ca or Twitter: [@YRDSB](https://twitter.com/YRDSB) for up to date information.

- **Movie Night** has been cancelled and refunds have been issued to those families who made purchases on School Cash Online. Refunds should appear within 2-3 days.
- There will not be a **Milk Program** for the first week once school re-opens. Adjustments to the dates of the Milk Program will be made accordingly.
- The **Pizza Lunch Program** will resume once school re-opens. Adjustments to the dates of the Pizza Lunch Program will be made accordingly.
- Teachers have asked students to take home all their extra clothing and their indoor shoes with them today as the school will be closed at the end of the day.

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Student Mental Health and Addictions Newsletter March 2020

YRDSB Mental Health services are provided by YRDSB psychology and social work personnel It's almost March Break! Time to think about self-care As we approach March Break, it is important for adults and students to think about how we take care of ourselves – how we can de-stress by incorporating strategies into our lifestyle to avoid burnout and stress induced illness. Maria Baratta, Ph.D., L.C.S.W., Clinician in New York speaks about Self Care 101. Here are the 10 strategies that she speaks about:

- ❖ Self care means knowing who you are and your limits.
- ❖ Self care means getting the sleep you need and knowing how to rest
- ❖ Self care means making sure that you're well fed.
- ❖ Self care means finding a way to decompress throughout your day, not just when you leave work or school.
- ❖ Self care means giving some thought to change a difficult work situation.
- ❖ Self care means taking time to get to know you better.
- ❖ Self care means identifying what you enjoy doing and what's fun for you and make a serious effort to integrate it into your day or, at the very least, your week
- ❖ Self care means knowing how to debrief from a day's work or day of school.
- ❖ Self care means feeding your spiritual self.
- ❖ Self care means taking time to love yourself and appreciating that there's only one you and you're the expert on that.

Check out some more tips from School Mental Health Ontario on [building personal resiliency](#). Let's encourage our students to take this time away from school to practice some (or all) of these suggestions for self-care!!!

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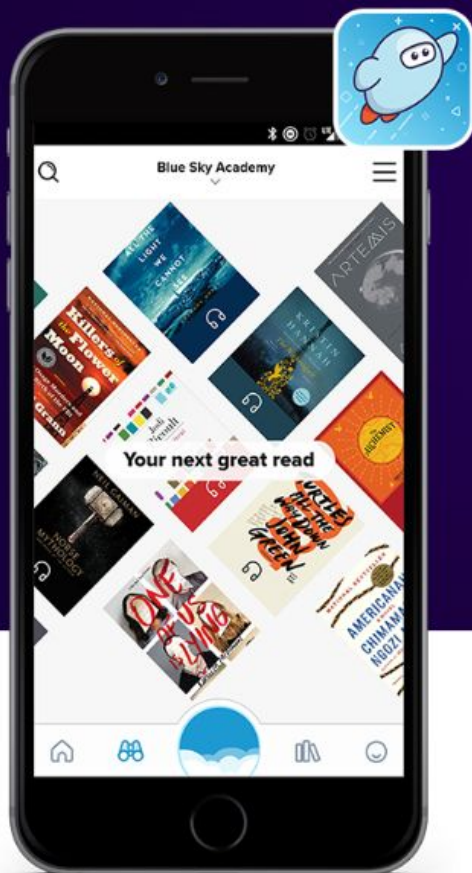
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OverDrive
Education
an Amazon company

School is closed, but the digital library is **always open**.



OPEN
24
HOURS

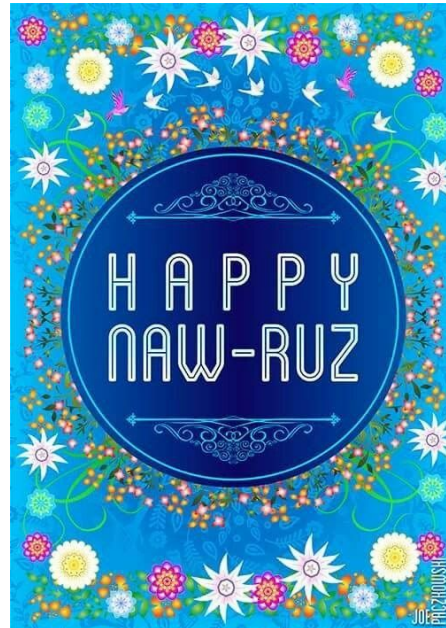
Read on Sora

The student reading app.

Resources for Learning: *During school closures are there learning resources available to support my child's learning at home? A list of learning resources connected to a variety of subject areas and grade areas has been created to support families during school closures. The Ministry has also indicated that they are working on resources that will be available online to support student learning during the closures.*

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*To all those who celebrate **Naw Rúz** or Nowruz, which begins March 19, we would like to wish you and your families a very happy celebration next weekend.*



Thank you for your understanding and support as a school community.

We expect to open the school on April 6.

This is a challenging time for our global community.

Take care of yourselves, your families and our community at-large.

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REMINDER:

York Region District School Board Summer Institute

Online Registration Opened on March 10

Summer Institute offers academic, recreational and athletic programs and activities with intentional links to the Ontario Curriculum for students entering Senior Kindergarten to Grade 8.

We are pleased to offer online registration this year. Registration for Summer Institute will open on March 10 at 4:00 pm. You can find information about Summer Institute and registration at www.yrdsb.ca

Families can also continue to register in person or by mail at Dr. Bette Stephenson Centre for Learning, 36 Regatta Richmond Hill L4E 4R1.

For more information about YRDSB Summer Institute, please email Performanceplus.si@yrdsb.ca

We hope to see you at the Summer Institute.