



REVIEW



PIC-COLLAGE

May 7, 2021

Principal's Message:

Good afternoon Rouge Park Families,

This week was 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. On Thursday we hosted virtual presentations for both parents and students that focused on Social Media and related impacts on mental health. Scott Ste Marie helped students and parents understand how to use technology and social media safely and how to make sound decisions around their use. He covered topics such as why views and likes don't bring happiness and how using social media can change how children feel. He provided strategies for how students (and parents) can control their phone rather than letting their phone control them. At the end of this newsletter you will find a sample phone contract that Scott recommends adapting and using with your children when you feel it is time for them to have a phone. We have received very positive feedback about Scott Ste. Marie's presentation. Thank you to everyone who attended the workshops and filled in the Google Form to help us inform future student and parent engagement events.

You will have received a letter this week from the YRDSB with information for the 2021-2022 school year. The YRDSB is planning to implement a hybrid model of learning for elementary and secondary schools for 2021-2022. Through this model, families will continue to have the ability to opt for in-person or remote learning, and placement for all students will be in their home school. This means that students attending face-to-face and students attending remotely will be taught simultaneously by the same educators. The YRDSB will be reaching out to families during the summer to provide additional information about the learning models and request for you to indicate your preference for face-to-face or remote learning for your child.

We really miss all of our students and hope that we can all be together again very soon!

Stay safe and well,

Lindsey Maclean
lindsey.maclean@yrdsb.ca

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

Mental Health Week at RPPS

Ms. Lazarevski's grade 7 class spent some time discussing how to identify feelings, name them and use coping strategies to address them. The pictures below highlight some of their learning including showing gratitude to increase feelings of positivity.

5-4-3-2-1

copying technique

Here is one coping technique that you can use when you are experiencing anxiety. This technique allows you to ground your senses and remove you from the anxious mindset.

Name 5 things you can see.

Name 4 things you can feel.

Name 3 things you can hear.

Name 2 things you can smell.

Name 1 thing you can taste.

STRATEGIES

to reduce anxiety

Here is a list of other strategies you can use to control your anxiety:

- Breathing exercises
- Listen to your favourite song
- Take a walk outside
- Switch your negative thoughts to positive ones
 - Read a book
 - Practice yoga
- Seek help from a professional
 - Write in a journal
 - Practice gratitude
 - And more!

CLOSING ACTIVITY

gratitude moment

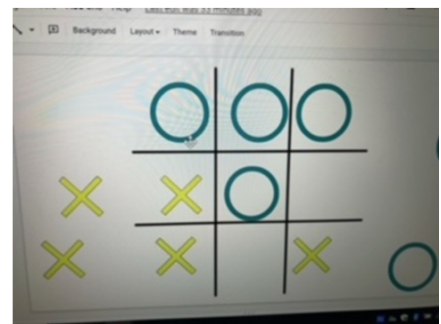
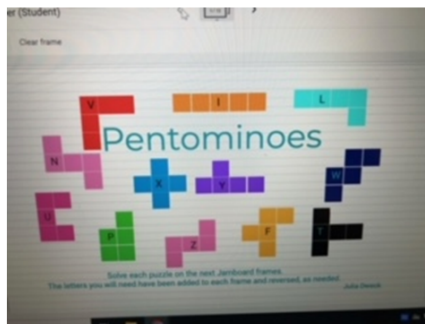
There are so many things that happen daily that we often forget to be grateful for.

Share one thing that you are grateful for that happened this week on a post-it.



Friday Fun Day

This week's Fun Day had students playing virtual educational games. Below are some pictures of math challenges and games that Ms. Szatmarie's and Ms. Ferrari's students enjoyed today. Next Friday students will enjoy a Scavenger Hunt to get them up and moving with fun competition.



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

Asian Heritage Month

May is Asian Heritage Month in Canada, a time to reflect on and celebrate the contributions that Canadians of Asian descent have made and continue to make, to the growth and prosperity of Canada. In December 2001, the Senate of Canada adopted a motion proposed by Senator Vivienne Poy to officially designate May as Asian Heritage Month in Canada. In May 2002, the Government of Canada signed an official declaration to designate May as Asian Heritage Month.

Jewish Heritage Month

In 2018, Parliament unanimously passed a bill proclaiming that throughout Canada, the month of May will be marked as “Canadian Jewish Heritage Month”, celebrating the inspirational role that Jewish Canadians have played and continue to play in communities across the country. From law, to politics, to culture, to sports, this important initiative celebrates the contributions Jewish Canadians have been making to this country for 250 years.