



REVIEW



April 1, 2022

Message From Administration:

Hello Rouge Park Families,

It doesn't feel much like spring but April has arrived! Your children are amazing and they bring smiles to our faces each and every day. Thank you for your continued support in sending them to school on time, ready to learn. If your child ever has a difficult morning and you think they will need some support at school, please email us and we will ensure they are fed, watered, and feeling okay! We are here to help.

Wishing all of our families a wonderful week!

Lindsey Maclean

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Leeann Morrow

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Upcoming Dates:

- April 7 ~Virtual School Council Meeting @ 6:30
- April 15 ~Good Friday (no school)
- April 18 ~Easter Monday (no school)

2022-2023 School Year Calendar

Hot off the press, the [2022-2023 school year calendar](#) was recently released for your review.

School Council:

Please feel free to join our virtual School Council meeting on Thursday, April 7 beginning at 6:30 pm. A link will be sent out on Wednesday. We will be updating parents on school life, next year's learning options and provide time for planning of future community building events.

Safety:

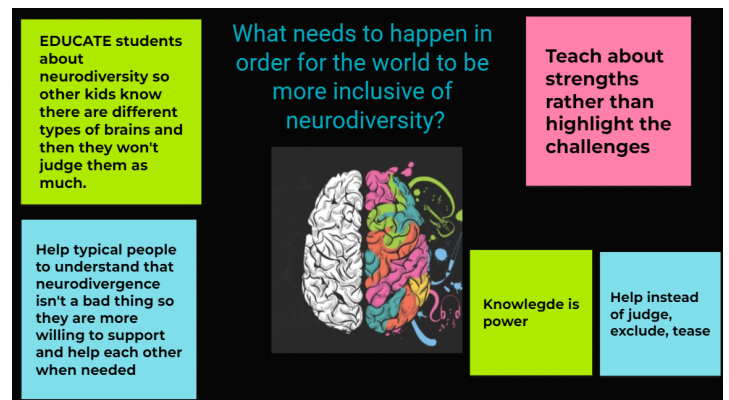
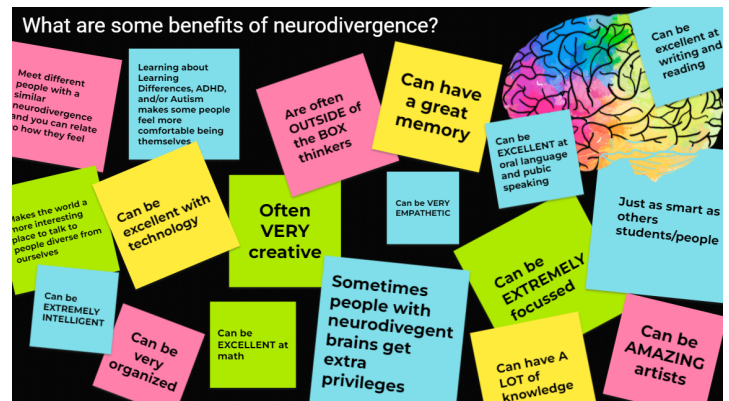
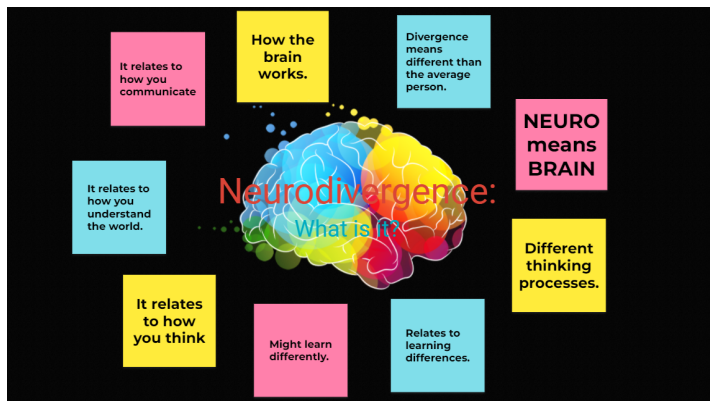
Our parking lot and surrounding roads have become very busy in the morning. Please do not allow your child(ren) to cross Riverlands alone unless they are at the stop sign. If you are traveling by car along Riverlands, please slow down and be aware of your surroundings. Do not U-turn in front of the school. We have asked for police presence in the morning and after school to help curb unsafe driving. We want to create a safe environment for our students before and after school.

Screening Tool

Daily screening is still required after March 21. You do not need to complete the confirmation form but Parents/Guardians of Elementary students are required to complete on-line self- assessment [COVID-19 School and Child-Care Screening Tool](#) on a daily basis, prior to their child entering the school.

Neurodiversity Celebration Week

Last week at Rouge Park, we recognised Neurodiversity Celebration Week which is a week to change the way people talk and think about neurodivergence. Students in Ms. Szatmari's class researched topics of neurodiversity like ADHD, Autism and learning disabilities and shared what we learned on the announcements and with posters throughout the school. Some of the most important things we learned are that there are MANY benefits to being neurodivergent. For example people might be extra creative thinkers, have an incredible memory or be highly logical. They might have the ability to multitask and stay calm under pressure. We also learned about many famous people with Autism, ADHD and learning disabilities. Elon Musk, Steve Jobs and Greta Thunberg are some examples. We know there can be challenges as well but there are many ways people can adapt to these learning differences. We wanted to help our school and community to be more inclusive and understanding of neurodivergence. Check out some of our thoughts below:



Kindergarten Registration:

Kindergarten Registration for the 2022/23 school year is now on. If you have a child who will turn 4 years old before the end of 2022, they are eligible to begin school in September. There are several ways you can register for kindergarten on or after January 14, 2022:

- 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.
- 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.
- 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.
- If you have already registered, you will be hearing from us shortly about bringing in your documents to complete the process.

Parenting

Triple P 0-12

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their children with behavioural and emotional problems. This group is 8 weeks in length and requires the completion of a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** 8 Thursdays, April 7 to May 26, 2022 Time: 6:00 to 8:00 pm
Mandarin 8 Thursdays, May 5 to June 23, 2022 Time: 6:00 to 8:00 pm
Cantonese 8 sessions, Fall 2022 TBC

Triple P Teen

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their teens with behavioural and emotional problems. This group is 8 weeks in length and requires the completion of a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** 8 Tuesdays, April 26 to June 14, 2022 Time: 6:00 to 8:00 pm
Farsi 8 Wednesdays, March 30 to May 18 2022 Time: 5:30 to 7:30 pm
Chinese Fall, 2022 TBD

Fearless Triple P

This 6-week group is for parents of children 6-14 who are experiencing anxiety. Fearless Triple P supports parents and helps them to learn new cognitive behavioural strategies for anxiety management, encouraging them to apply these themselves for all their children. Apply online at www.fsyrr.ca. Pre group interview required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** 6 Thursdays, March 24 to April 28, 2022 Time: 10:00 am to 12:00 pm
Chinese Fall, 2022 TBD

Family Transitions Triple P

This 6-week group promotes a healthy transition for parents going through separation or divorce. This course will address co-parenting, being a single parent, self-care and is designed to help parents manage the anger and resentment that often accompanies relationship breakdown. Apply online at www.fsyrr.ca. Pre group interview required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** Fall 2022 TBC

South Asian Outreach Program

South Asian Women's Support Groups

Ongoing virtual programs for South Asian Women. Topics include Parenting, Health & nutrition, family stress, immigration and legal information, health, exercise, and Yoga, employment and various other topics. Free.

Date: **Hindi, Punjabi, Urdu** Thursdays, April to August, 2022 Time: 11:00 am-1:00 pm
Contact Aisha at 647-545-8241 to register

Date: **Hindi, Punjabi, Urdu** Tuesdays, April to August, 2022 Time: 6:00 to 8:00 pm
Contact Leena at 416-818-7075 to register

Groups for Adults

Emotion Regulation and Interpersonal Skills Development

An 8-week group for adults that focuses on skill development and experiential learning in the areas of emotion regulation and interpersonal relationships. This is an integrated and evidence-informed program where participants will learn and practice such skills as managing difficult feelings, using positive coping strategies, communication, assertiveness and setting healthy boundaries. Together in a supportive space, participants will help work through common life stressors. This group is virtual and requires a \$150 registration fee.

Date: **English** 8 Thursdays, April 7 to May 26, 2022

Time: 6:00 to 7:30 pm

Farsi MAST Group

This 5 week group intervention offers members the opportunity to better understand their unique response to stress and to learn valuable skills to help manage their stress and regulate emotions. Through education, mindfulness practice and group support, members will expand their toolkit of coping skills. Apply online at www.fsyrc.ca or call Poopeh at 647-243-9646 Monday or Wednesday. This group is virtual and is \$120.

Date: **Farsi** 6 Wednesdays, August 3 to 31, 2022

Time: 5:30 to 7:00 pm

Groups for Women

Farsi Women's Support Group

This virtual program will focus on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self-care, health and wellness, and will explore community resources. Apply online at www.fsyrc.ca. Call Poopeh at 647-243-9646 Monday or Wednesday. This is Free.

Date: **Farsi** 6 Thursdays, March 31 to May 5, 2022

Time: 5:30 to 7:00 pm

Groups for Youth

Emotion Regulation and Interpersonal Skills Development

This is an 8-week program for youth 13 to 17 years of age that focusses on skill development and experiential learning in the areas of emotion regulation and interpersonal relationships. This is an integrated and evidence informed program where teens will learn and practice skills such as identifying feelings, regulating emotions, positive coping strategies, communication, self-compassion/self-esteem, and assertiveness and understanding boundaries. A pre-group interview is required. Groups are virtual and requires a \$20 registration fee.

Date: **English** 8 Tuesdays, April 19 to June 7, 2022

Time: 4:30 to 6:00 pm

2SLGBTQ+ Groups

Transgender Support Group

An ongoing program for those questioning/exploring their gender identify or wanting more supports. This group provides a safe environment to talk about things that matter as well as learn more about community supports. This group is free and virtual. Call Barb Urman at 905-895-2371 or Apply online at www.fsyrc.ca.

Date: **English** Third Wednesday of each month, 2022

Time: 7:00 to 8:30 pm

FREE to BE

This is a virtual group for parents/caregivers of gender diverse children, regardless of age which meets once a month. Free to Be offers an opportunity to meet for support and education. The goal of this program is to destigmatize gender diversity. Call Barb Urman at 905-895-2371 or apply online at www.fsyrc.ca. Free.

Date: **English** First Wednesday of each month, 2022

Time: 7:00 to 8:30 pm

Gender Galaxies

A free 8 week virtual group for youth 12 to 15 exploring their gender identity and gender expression. Learn about and discuss topics such as: self-care, self-advocacy, media, dysphoria, body image, coming out, gender affirming care and intersectionality. Call Liway at 905-883-6572 ext. 137 or apply online at www.fsyrc.ca.

Date: **English** 8 Tuesdays April 26 to June 14, 2022

Time: 4:30 to 6:00 pm



Unionville High School's School Council Presents...

Conversations on Identity & Belonging: A Three-Part Series

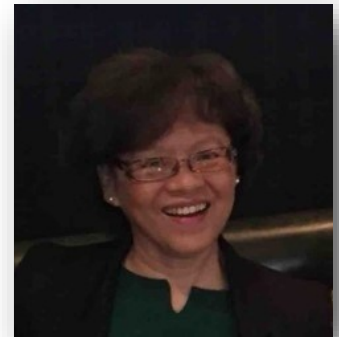


Monday, January 24, 2022 @ 7:45 to 8:30 PM – Dr. Brenda Wastasecoot

Dr. Brenda Wastasecoot, Assistant Professor of Indigenous Studies, Arts & Science Faculty at University of Toronto. Brenda is Ininu (Cree) and a member of the York Factory First Nation. She was raised in Churchill, Manitoba, in a little village known as The Flats. After studying and teaching at Brandon University in Brandon, Manitoba, she came to Toronto to do her PhD at OISE - Ontario Institute for Studies in Education. Her thesis dissertation tells the story of her family and the impacts of Indian Residential schools. "Showing and Telling the Story of Nikis; Arts Based, Auto-Ethnographic Journeying of a Cree Adult Educator."

Monday, February 28, 2022 @ 7:15 to 8:00 PM – Ms. Gen-Ling Chang

Gen-Ling Chang is the deputy executive director with ALPHA Education committed to social justice, humanity and global peace; after she retired as associate director, Toronto District School Board. She also serves as chair of school and community relations with the Asian Canadian Educators Network. With years of experience on addressing the impact of systemic racism in policy and practice on individuals and communities, Gen-Ling continues to work with youth, educators, leaders, and communities on authentic inclusive participation, representation, and diversity.



Monday, April 25, 2022 @ 7:15 to 8:00 PM – Dr. Ann E. Lopez

Dr. Ann E. Lopez, is a professor of educational leadership and policy in the Department of Leadership, Higher and Adult Education, Ontario Institute for Studies in Education, University of Toronto. She is the Director of the Center for Leadership and Diversity and Provostial Advisor, Access Programs. Dr. Lopez is the immediate past president of the National Association for Multicultural Education (NAME). Her research and teaching focuses on antiracist education, school leadership across contexts, decolonizing and socially just leadership, issues of equity in education and schooling, and most recently developing concepts of what she describes as "ProLovePedagogy". Dr. Lopez has published several articles and written 5 books including her most recent book entitled *Decolonizing Educational Leadership: Alternative Approach to Leading Schools*. Dr. Lopez is co-Editor-In-Chief of the Journal of School Leadership, Co-Series Editor, Studies in Educational Administration, and the recipient of the 2020 Award for Distinguished Contributions to Teaching at the Ontario Institute for Studies in Education.

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To join the third conversation with Dr. Ann E. Lopez on Monday, April 25, 2022, please complete the google form [UHS School Council Invitation](#) (Space is limited to 250) by noon on April 25, 2022. The meeting link will be shared with you by email.

We hope to see you there!