



REVIEW



April 14, 2022

Message From Administration:

Hello Rouge Park Families,

It has been another great week at Rouge Park. Both our girl's and boy's basketball teams competed in their first games against other schools. What a special moment it was to see students playing competitive games in another location clad in brand new RPPS jerseys - a first for our school! Our students represented our school extremely well, showing great teamwork and a fun, competitive spirit. In addition to sports, we have many music, arts, and science based groups up and running. Our students are thriving with the many opportunities that are being offered by our incredible staff. Please be sure to look at the calendar update and extra-curricular slide below for up-to-date information about what's happening at school.

The final few months of school will fly by. Please make sure you read this weekly newsletter to ensure you stay on top of everything that is happening. There will be opportunities to volunteer, reminders of special events, and celebrations of student success.

As always, we truly appreciate your partnership in everything we do, The home and school connection is an essential one!

Please reach out if you need any help with anything!

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What's Happening Next Week!

| Date | What's Happening |
|-------------------|--|
| Monday, April 18 | Easter Monday - No School |
| Tuesday, April 19 | Open gym for basketball teams 7:30-7:55 a.m. Boys basketball practice - first recess Girls basketball practice - lunch Gr. 1-4 recorder club - lunch Eco club meeting for class reps - lunch |

| | |
|---------------------|--|
| | Open gym for intermediates - 2:40-3:30 |
| Wednesday, April 20 | Open gym for basketball teams 7:30-8:10 a.m. Boys basketball practice - lunch Gr. 5-8 pop band - lunch Girls Basketball practice - 2:45 |
| Thursday, April 21 | Open gym for basketball teams 7:30-8:10 a.m. Boys basketball practice - first recess Grade 4 Craft Club - first recess Grade 5,6 pop band - lunch Girls Basketball practice - 2:45 |
| Friday, April 22 | Open gym for basketball teams 7:30-7:55 a.m. Gr. 7,8 band - lunch Open gym for intermediates - 2:40-3:30 |

Extra-Curricular Activities:

Extra-Curricular

- Intermediate boys basketball
- Intermediate girls basketball
- Badminton
- Intramural volleyball - staff-student finale was today!
- Before and After school open gym time
- Primary Choir
- Junior/Intermediate Choir
- Recorder Group
- Junior Band - Gr 5/6 Band
- Strings Club
- Intermediate Band - Gr 7/8 Band
- Pop Group
- Primary games club
- Grade 4 craft club
- Eco Club - coming soon!

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Allergies

We have a number of students and staff in our school who have life-threatening food allergies. If some of these students or staff smell or come into contact with certain foods, they may go into “anaphylactic shock” - a potentially life-threatening condition. Medication must be administered by injection within minutes to those individuals in order to keep them safe. **To ensure the health and safety of all of our students, please ensure you do not send any nut products or replacement nut products (e.g. pea butter) to school.** If you have been informed of other life-threatening allergies in your child's class (e.g. shellfish), please make sure you do not send these foods to school with your child. We ask that all parents help to keep our school community safe. For more information please read our [Anaphylactic Reactions policy and procedure](#).

PLEASE



**NO PEANUTS
OR
NUT PRODUCTS**

Friday Pizza Day

The new pizza session is available for purchase on school cash online. The current session ends on Friday, April 22nd. The new session will begin on Friday, April 29th and will continue until the last Friday of the year, June 24th. This purchase will include 9 pizza lunches from Reginos. If you need financial support to purchase pizza, please email or call me and we will make sure your child is taken care of (lindsey.maclean@yrdsb.ca) . Alternatively, if it is easier to pay in two installments, please call the office.

Snack Shack

The Snack Shack is open every Wednesday and features individually wrapped cookies, icecream, and popcorn. The grade 8's are selling at first recess to raise money for their graduation. Each item is \$2 and we ask students to bring exact change. There is a limit of 2 items per student each week.



School Council:

At April's meeting, we booked Thursday, May 12th as our last formal school council meeting. We will be updating families on EQAO, planning our outdoor spring concert and preparing for all end of year activities. Please plan to join us.

Coyote Safety:

There have been several coyote sightings in the ravine and near the park beside our school. Please remind your children to be vigilant when walking to and from school. We share the space with wildlife and want to be respectful of our buildings encroaching on their habitat, but we also want to ensure our students and families are safe. Here are some tips for safety:

1. Carry a personal audible alarm or whistle, which will not only deter a coyote, but also draw attention to yourself in case you need help.
2. Carry a bright flashlight, as bright lights have been known to deter coyotes.
3. Keep an umbrella in close reach, as the action of opening and closing an umbrella is known to scare off coyotes
4. If approached by a coyote, make yourself appear larger and shout and/or clap your hands together.
5. Always stay calm and hold your ground.
6. Never run away from a coyote.

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.

2022-2023 School Year Calendar

The [2022-2023 school year calendar](#) was recently released for your review.

Defy Your Label:

Defy Your Label is a free, 8-week program that offers youth aged 8 to 13 guidance in their personal growth. The program is designed with the end goal of participants achieving the skills that will aid them in leading more positive and successful lives. Find out how to register at: <https://tropicanacommunity.org/our-services/life-skills-self-development/defy-your-label/>

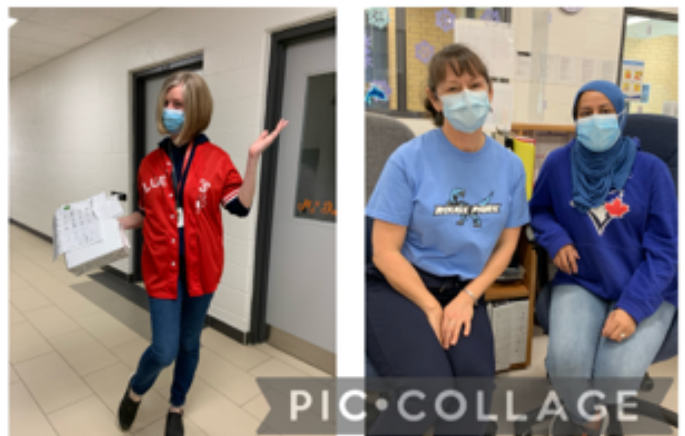
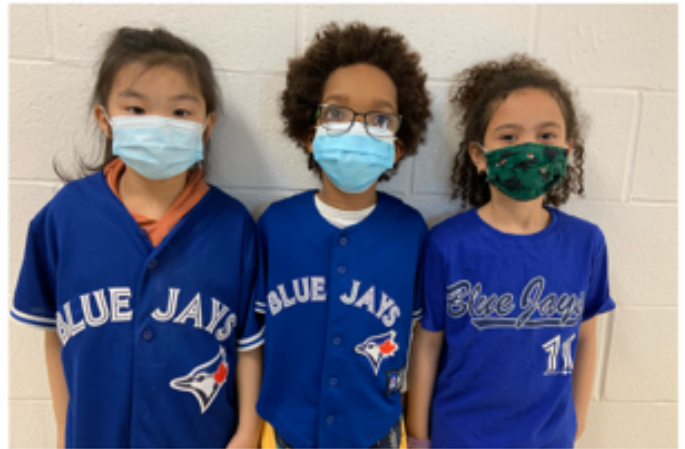
Kindergarten Registration:

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.



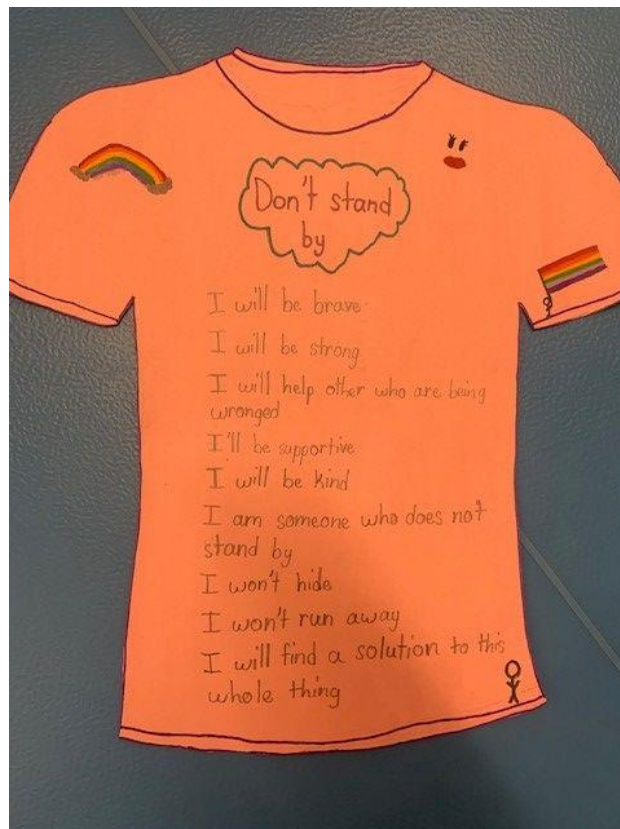
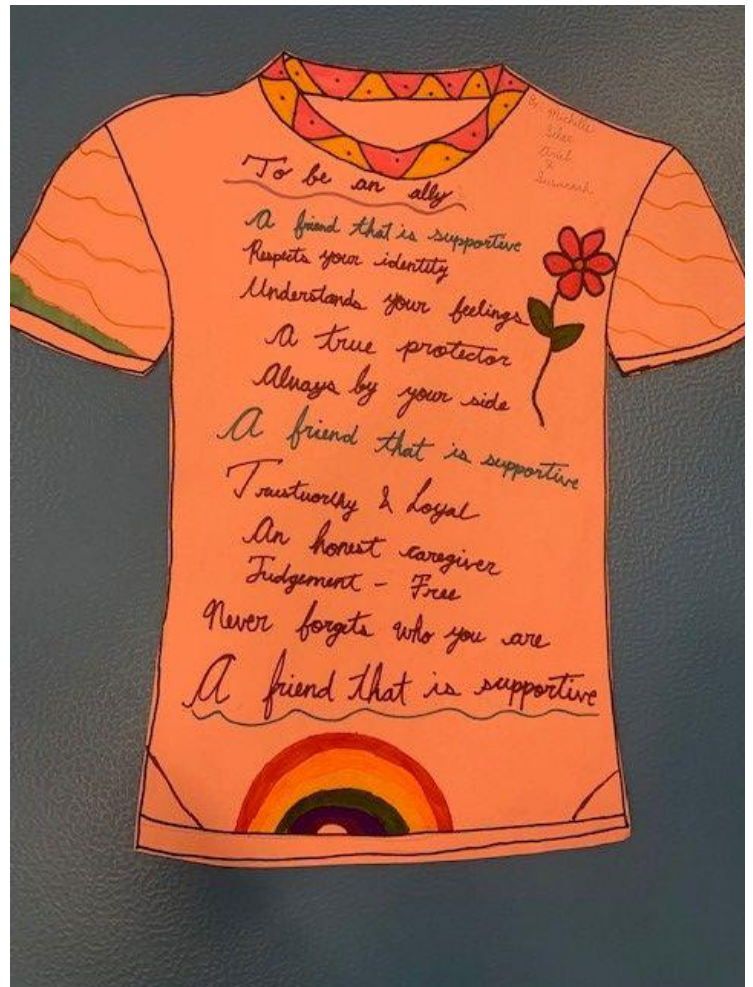
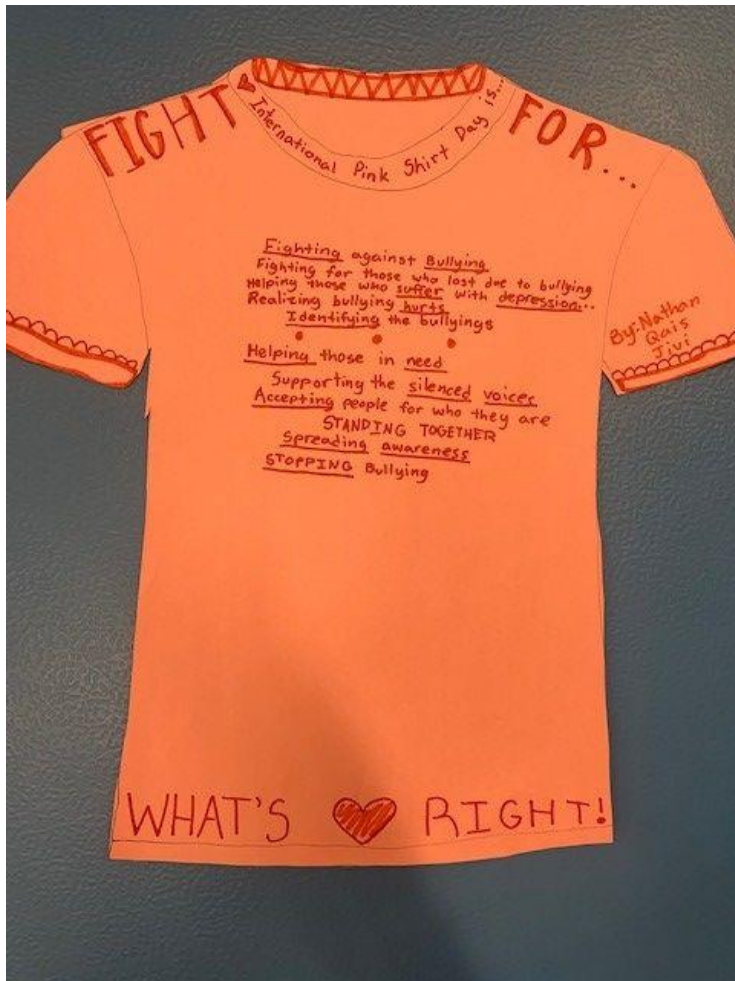
Blue Jays Spirit Day



International Day of Pink



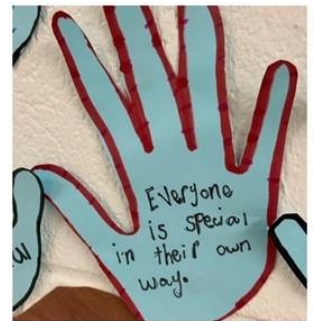
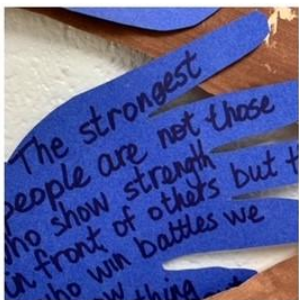
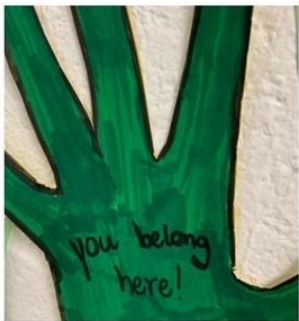
Ms. Uppal and Ms. Buchanan's Day of Pink Poems



Intermediate Boys Basketball (look at those new jerseys!)



Autism Acceptance Month



TVO Learning that Connects

At TVO, we invite you to explore these resources to enhance your students' at-school and at-home learning.

TVO's digital resources complement learning and are created with Ontario educators to maximize engagement, relevance, and student success.

Our Outreach Team provides online sessions to demonstrate how TVO's K-12 resources can be used in your classrooms today!

Request an online session:
bit.ly/TVOEventRequest

Explore TVO's Digital Resources:
outreach.tvolearn.com

K-5

Advertising-Free Videos, Games and Content

- Free 24/7 YouTube livestream of TVOkids programming
- 50+ one-hour lessons for Power Hour of Learning

tvokids

K-6

Game-Based STEM Learning

- ★ **NEW** games for K-6 Financial Literacy and Algebra/Coding
- 65+ free online games that support foundational math skills

tvo
mPower

K-12

Learning Activities

- ★ **NEW** 1000+ Learning Activities for Kindergarten to Grade 8
- Grades 9-12 searchable high school course content

tvoLearn

Gr. 4-11

Personalized Math Tutoring and Interactive Whiteboard

- ★ **NEW** Grade 4-5 math tutoring available
- Question Bank features 200+ whiteboards with math questions

tvo
Mathify

Gr. 9-12

High-Quality Secondary Course Material

- Provide students with engaging high school courses
- ILC offers 144 courses in English and French

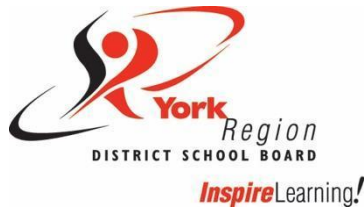
tvo
ILC

K-12

Library of Educational Content

- Enhance online learning with interactive multimedia content
- Search over 10K+ videos and articles by grade, subject & keyword

tvo
in the Classroom



Student Mental Health and Addictions Newsletter

April 2022

YRDSB Mental Health services are provided by YRDSB psychology and social work personnel

One Small Thing: Fostering Positive Mindsets

We recognize that [Mental Health](#) and Well-being are instrumental to one's well-being including their ability to cope during tough times including but not limited to daily stressors, work productively and to see themselves as capable of adding value to the greater community. We all go through mental health similar to our physical health. [Mental illnesses](#) are the opposite of mental wellness. We can all experience this at any stage of our life no matter our age, background, culture, or ethnicity. We continue to work towards foundations laid out in the [Director's Annual Plan](#), which highlights the goal of building safe, healthy and inclusive learning and working environments where all feel they matter and belong. We strive to build on the notion of Acknowledging, Bridging and Connecting ([ABCs of mental health](#)) and create actions to support this framework. We are re-launching the One Small Thing Campaign: One Small Thing: Fostering Positive Mindsets. The intention of the One Small Thing campaign is to collectively highlight small and intentional actions within our control that can improve one's mood and overall mental wellness. The Campaign creates an opportunity to highlight the gifts, assets and strengths of students and staff in ways that are identity affirming. Check out the [WWW MH page](#) frequently for more information on One Small Thing.

In an article entitled "[Missing your people: Why Belonging is so Important and How to Create It](#)" by Dr. Tracy Bower (a Ph.D. in Sociology studying work life commitment and happiness as well as the author of *The Secrets to Happiness at Work* and *Bring Work to Life by Bringing Life to Work*), Dr. Bower discusses why belonging and connectivity is important in our communities. Feeling connected in spaces where we feel we belong is essential to our development and empowerment. The article highlights some important factors to keep in mind:

- **Engagement and Social Identity** - Feeling that you are part of something that feels authentic. Think of who are the people, things and elements in your life that bring unity? What helps you to feel strong, safe and brave? Think of the one small thing that looks like for your families and communities.

- **A Fundamental Need** - Feeling connected allows us to be the authors of our own lives. Who are your roots that help you feel belonged? Is that your family, community, faith? What helps to ground you? What actions do you need to blossom as an individual, family and community?
- **Impact on Performance and Habits** - Think of what you need to feel heard. What does it feel like when loved ones listen to us? What does active listening look like in your world?
- **Creating Belonging**
 - *Embracing groups and connection* - what identity do you share with your families and communities? What personal identities show up for you on a daily basis?
 - *Authenticity* - What is the one small thing to make you feel brave? How did that feel? What one small thing do you need as an individual, family and communities to feel authentic? For some this can be representing their faith, playing a song, expressing certain colours and so on.
 - *Signal Acceptance* - What clues do you notice that helps a sense of belonging? For some it can be their language, connecting with nature, listening, feeling safe etc.

Now more than ever, One Small Thing is needed especially when our students, families and communities can feel isolated. Check out our [One Small Thing Campaign video](#) that brings connectivity and unity.

Additional Resources:

[YRDSB Mental Health Resource Page](#)

[SMHO Parent/Family Page](#)

Upcoming Workshops:

[Triple P Seminar #1 - The Power of Positive Parenting](#) - Wed, April 6, 2022 10:00 AM EDT

For more additional workshops visit [York Hills Centre for Children, Youth and Families website](#).

We look forward to creating pathways for caring connections and meaningful relationships with parents, caregivers, and families. Share your voice by using this [feedback form](#), and let's pave the path forward together.

Mental Health COVID-19 Page

As we focus on keeping ourselves healthy and containing the spread of COVID-19, we must also keep ourselves mentally well. The link below is dedicated to supporting student mental health during this Pandemic. Resources for students, parents/guardians as well as community resources are listed. In addition, there are various links to YRDSB mental health support as well as community support. Please consider taking some time to familiarize yourself with these supports. [COVID-19 Mental Health Supports for Students and Families](#) webpage.

Continue to check out the [YRDSB website](#) for updated information as well as the Twitter account @YRDSB.

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