



REVIEW



April 22, 2022

Hello Rouge Park Families,

Happy Earth Day! Now that the nicer weather is upon us, we hope you will consider walking your children to school. If this is not possible, why not park on a nearby side street and walk a block or two? We are a walking school and most students are within a reasonable walking distance to the school. Walking is good for your mental and physical health!

On the topic of mental health, we have started to confiscate cell phones for the day when students are using them during school hours. We have told all of our junior/intermediate students that phones need to be out of sight unless a teacher has asked them to use it for educational purposes (very rare event). Some are learning the hard way that it is better for their mental health to be engaging in conversations with friends during lunch and recess than texting each other or surfing social media! We have been impressed with how politely students are handing over their phones when they are using them at the wrong time. Thank you in advance for supporting our "no phone" policy.

Be sure to get outside this weekend and enjoy some fresh air!

As always, please reach out if you have any questions, comments or concerns.

Lindsey Maclean

lindsey.maclean@yrdsb.ca

Leeann Morrow

leeann.morrow@yrdsb.ca

Class Placement for the 2021-2022 School Year

As we organize for next year, our 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 or have worked with in the past and we rely on their professional decisions. If however, you have information or suggestions, which will assist us in making appropriate placement, please write a brief note to Lindsey Maclean by Friday, May 13th, 2022: 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.

What's Happening Next Week:

Date	What's Happening
Monday, April 25	Open gym for intermediate students 7:30-7:55 a.m. Boys basketball practice - lunch Gr. 4-8 choir - lunch Girls Basketball practice - 2:45
Tuesday, April 26	Open gym for intermediate students 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 27	Open gym for intermediate students 7:30-8:10 a.m. Snack Shack at first recess Boys basketball practice - lunch Gr. 5-8 pop band - lunch Girls Basketball practice - 2:45
Thursday, April 28	Open gym for intermediate students 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 29	Open gym for intermediate students 7:30-7:55 a.m. Gr. 7,8 band - lunch Pizza Day - first day of the new session Open gym for intermediates - 2:40-3:30

Grade 3 and 6 Testing - EQAO

We have **tentatively** scheduled EQAO testing for this year. The test will be completed by all **face to face** grade 3 and 6 students. Grade 6 students are tentatively scheduled to write during the week of May 30th to June 3rd and Grade 3 students are tentatively scheduled to write during the week of June 13th to 17th.

Spring Concert - Save the Date

We are planning an outdoor spring concert for **Thursday, June 9th**. All of our music groups have been practicing daily to prepare for this event. More details to follow!

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](#).

Friday Pizza Day

The new pizza session is available for purchase on school cash online until **Sunday, April 24th. No late orders will be accepted.** 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.

2022-2023 School Year Calendar

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

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.

Are You Moving?

We are in the process of setting up for the September 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:

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.

Earth Day



How it works

Fun Fact:
All of our
packaging is
100%
recyclable



Ready.

Choose from our kits of garden-ready plants (or build your own boxes).

Set.

We'll grow, love and nurture them so they arrive at your door at just the right moment to plant.



Grow.

Open the box, bury them in the ground and wait for the magic to happen.



No garden?
No problem! Most of
our plants are
container-friendly.

 plantables



Fundraising with Plantables



Head over to plantables.ca
to place orders and support
our organization!

Here's our code:

RPGardens

(Remember, this code has to be entered at checkout.)

Or use our direct link:

<https://plantables.ca/for/rpgardens>

Don't forget
to tell your
friends!



The Balcony Blend Kit

Jump on the urban gardener train with this space-saving, pot-friendly kit!

Warning: Neighbours may be jealous of your homegrown bounty.



SINGLE PLANTS

HERBS (\$4.50/PLANT*)

- Basil
- Lavender
- Mint
- Oregano
- Parsley
- Rosemary

VEGGIES (\$4.50/PLANT*)

- Cucamelon
- Mini Cucumber
- English Cucumber
- Green Bean
- Green Kale
- Jalapeno
- Mini Sweet Orange Pepper
- Mini Sweet Yellow Pepper
- Red Bell Pepper
- Red Chili Pepper
- Salanova® Butterhead Green
- Salanova® Oak Red
- Romaine Lettuce
- Strawberry
- Beefsteak Tomato
- Roma Tomato
- Orange Cherry Tomato
- Red Cherry Tomato
- Watermelon
- Zucchini



Beefsteak Tomato

Despite their name, beefsteak tomatoes are actually suitable for both vegans and vampires.

(And vegan vampires, we guess...)

Herb Kit

Herb, herb, herb is the word. There's no easier way to take your dish from 'oh, that's nice' to 'oh man, that's good!' than throwing in some freshly cut herbs.

Plus, we've made sure that these plants are super easy to grow and make your place smell incredible too, so there's no excuse not to embrace your inner Gordon Ramsay and start whipping up brag-worthy dishes.



KITS

TOMATO KIT (\$27)

- Beefsteak x 2
- Roma x 2
- Red Cherry x1
- Orange Cherry x1

THE HERB KIT (\$27)

- Basil x1
- Mint x1
- Oregano x1
- Parsley x1
- Rosemary x1
- Thyme x1

THE PEPPER KIT (\$27)

- Red Bell Pepper x 2
- Mini Sweet Orange Pepper x1
- Mini Sweet Yellow Pepper x1
- Jalapeno x1
- Red Chili Pepper x1

SALAD KIT (\$27)

- Salanova® Butterhead Green x2
- Salanova® Red Oak x2
- Romaine x2

THE STARTER KIT (\$54)

- Basil x1
- Parsley x1
- Mini Cucumber x1
- English Cucumber x1
- Mini Sweet Yellow Pepper x1
- Mini Sweet Orange Pepper x1
- Beefsteak Tomato x1
- Red Cherry Tomato x1
- Salanova® Butterhead Green x1
- Salanova® Red Oak x1
- Kale x1
- Zucchini x1

THE BALCONY BLEND KIT (\$54)

- Mini Cucumber x 2
- Green Bean x 2
- Mini Sweet Orange Pepper x1
- Mini Sweet Yellow Pepper x1
- Salanova® Butterhead Green x 2
- Salanova® Oak Red x 2
- Basil x1
- Oregano x1

THE WHOLE GARDEN (\$162 \$144 - SAVINGS!)

- Beefsteak x 2
- Orange Cherry Tomato x1
- Red Cherry Tomato x1
- Roma Tomato x 2
- Red Bell Pepper x 2
- Red Chili Pepper x1
- Mini Sweet Orange Pepper x1
- Mini Sweet Yellow Pepper x1
- Jalapeno x1
- Kale x1
- Salanova® Green Butter x1
- Salanova® Red Oak x1
- Romaine x1
- English Cucumber x 3
- Mini Cucumber x 3
- Cucamelon x1
- Green Bean x 4
- Zucchini x 2
- Basil x1
- Thyme x1
- Parsley x1
- Oregano x1
- Mint x1
- Rosemary x1
- Lavender x1

Organizations that reach \$3000 in sales win a

FREE

WHOLE GARDEN KIT!*

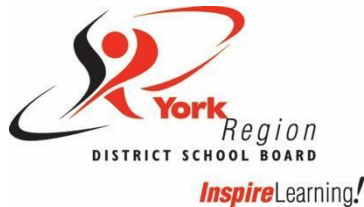
Value \$144

All seedlings are ORGANICALLY GROWN.

10%

of every order goes to support our organization

Head to plantables.ca to order!



Student Mental Health and Addictions Newsletter

May 2022

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

Children's Mental Health Awareness Week

Every year in Ontario, the first week in May is acknowledged as [Children's Mental Health Awareness Week](#); this year it will fall on May 2-6, 2022. In recognition of this important week, at YRDSB, we are planning a variety of classroom daily activities, increasing awareness through our social media platforms as well as working with our community partners to build awareness about children and youth mental wellness through [webinars and workshops](#). Over the course of the pandemic the need to support children's mental health has been amplified. There are several definitions to Mental Health; the First Nations Mental Wellness Continuum highlights the holistic ways of understanding mental health and wellness. A balance of the mental, physical and emotional enriches one's daily lives, their hope for the future which in turn provides a sense of unity to themselves, families and communities. In addition, [School Mental Health Ontario](#) (SMHO) explains mental health as a dual continuum. Similar to our physical health, there are days where we might not feel mentally well. This can include our children, families and communities. SMHO reports that 70% of people indicated their first mental health concerns emerged when they were a child or an adolescent. Each year, one in five Canadian children and youth experience significant mental health challenges. Think of your average class size, this may mean many students can have mental health impacts in which support can be beneficial.

We continue to strive 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.

In this edition of our Newsletter, we would like to share a video by [Strong Minds Strong Kids Psychology Canada](#) titled "[Supporting Teen Resilience: What Adults Need to Know](#)". This video showcases an open panel discussion with high school students and registered psychologists, Dr. Chantal Regis with a Ph.D. in Clinical Psychology from the University of Guelph, and Dr. Michael Saxton who maintains a practice working with children and youth in Ontario. They discuss the resiliency, intensity of emotions, intersecting identities, vulnerability children and youth encounter as well as key strategies for adults to enhance young people's mental wellness. This video highlights some important factors to keep in mind:

- **Taking Time to Foster Strength** - Dr. Regis explains that caring adults can hold a safe space for youth by displaying listening skills, curiosity, and practicing open body language which symbolizes signs of caring adults. By doing so, caring adults can help facilitate dialogue with our children and youth to talk about their feelings, understanding that children's emotions and thoughts are amplified during brain development. For example, an adult may say to a child, "I see this is not making you happy, how are you feeling now?" Sometimes the use of colours can help children explain their emotions.
- **Creating a Care Plan** - Setting boundaries and taking time for YOU is essential as mental health is experienced across a dual continuum. Ask yourself, what does care look like for me? What one small thing do I need to feel cared about? Who is my support system that is identity affirming? What motivates me to care for myself? Who can I trust to share this care plan with? For some, this can include journaling, going on a walk, mindfulness, deep breathing, connecting with their roots and identities, being in identity affirming spaces, connecting with their loved ones and so on. Check out: [My Circle of Support Pocketbook-Student Help Seeking Resource](#) by School Mental Health Ontario.

Additional Resources:

[YRDSB Mental Health Resource Page](#)

[SMHO Parent/Family Page](#)

Upcoming Workshops:

[CMHA 2022 Mindful Compassion](#) - Wed, May 2nd , 2022 6:30 pm - 8:30 pm 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 the supports found on the [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 [@MH_YRDSB](#).

Patricia Marra-Stapleton, M.Sc., C. Psych. Assoc.

Mental Health Lead

patricia.marra-stapleton@yrdsb.ca

Hoshana Calliste, M.S.W., R.S.W.

Assistant Coordinator of Mental Health

hoshana.calliste@yrdsb.ca

Swetha Srikanthan, M.S.W., R.S.W

Assistant Coordinator of Mental Health

swetha.srikanthan@yrdsb.ca

Triple P Informed

Parent Talk

Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus.

Join us to learn and share practical and effective parenting techniques. Discover how other parents have learned to navigate the same challenges.

To Join: bit.ly/3rkBayn

Parents, Grandparents and Caregivers!

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

Date: Tuesday April 26, 2022

Time: 10:00 a.m. – 11:30 a.m.

Location: Zoom Link will be provided

Facilitator: Uma Bhatt, R.S.W.
York Hills Centre for Children, Youth and Families

More Information:

Oksana Majaski
Community & Partnership Developer
Oksana.majaski@yrdsb.ca

This free Parent Talk is brought to you in partnership with York Hills Centre for Children, Youth and Families and York Region District School Board.

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