

REVIEW



January 28, 2022

Message From Administration:

Hello Rouge Park Families,

It is great to welcome so many students back to face to face learning. Everyone is doing a great job of masking, washing hands, and keeping their distance from people in other cohorts. On Wednesday we sent home two 3-layer masks with every face to face student. It was difficult to ensure correct sizing but we attempted to do the best we could. Unfortunately, we are unable to exchange masks for different sizes.

The snow has been an added bonus for recess play when it has been warm enough to go outside. Please remember that students are out for 15 minutes at recess and 30 minutes at lunch unless it is colder than approximately -18. It is really important that everyone comes dressed in winter coats, snow pants, boots, hats and mittens/gloves.

A big thank you to our caretaking team who has worked incredibly hard to keep our walkways clear of snow. This was a huge task during the recent snowstorms.

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

Wishing all of our families a wonderful weekend!

Lindsey Maclean	Leeann Morrow
lindsey.maclean@yrdsb.ca	<u>leeann.morrow@yrdsb.ca</u>

Upcoming Dates:

February 3rd	~Grad photos and photo retake day
	~School Council meeting @ 6:30
February 4th	~PA Day - no school for students
March 3rd	~Virtual Parent Presentation @ 6:30

Grad Photos and Photo Retake Day:

On Thursday, February 3rd, our school photographers will be here for Grade 8 Graduation Photos and retake day. Grad photo information was emailed to parents yesterday. If you would like to have a photo retake, please send the Lifetouch photo envelope (the one that was sent home with your child's proofs) back to school with your child on February 3rd and they will be called down for a retake during the morning.

Kiss n Ride:

Thank you to all families who are following our kiss'n ride rules - this is making a huge difference each morning and afternoon. We still have a few people parking their cars in the middle of the loop rather than waiting until they get to the top of the loop to drop off. If all cars pull right to the top of the kiss n ride (where staff members are stationed) then two cars can unload at a time and the line moves surprisingly quickly. Parents should not be getting out of their cars to help their children and we ask that students are ready to exit the car with all of their belongings so that the process is fast.

A reminder of the rules - It is getting better each day but there is still room for improvement:

• Only drop your children at the two places that have plowed access to the walkway. We will have a staff member at each of these places (please see the photos attached). Do not drop your children in front of a snowbank. These areas are icy and children can easily slip under your car.

• Be patient during the winter weather when we have more people using the kiss and ride. Try arriving earlier in the morning or later in the afternoon (drop off is from 7:55 am to 8:10 am and pick up is 2:40 pm to 2:55 pm).

• Wait in the one line (do not drive the wrong way through the exit) until it is your turn to pull up to the drop off/pick up area. We recognize it can be frustrating but trying to cut the line is dangerous.

· If your children are older, consider dropping and picking them up on a side street away from the school. Even better, have your children walk the whole way to school. A walk before and after school is good for their mental health and will help with kiss and ride congestion (not to mention promoting your own well-being when you don't need to wait in line).

 \cdot Do not leave your car unattended in the kiss and ride. We have had many parents block others and even the school bus.

Walking to School:

Rouge Park is considered a walking school because almost all families live within 1.2 km. of the school. We are strongly encouraging families to walk to school. The fresh air helps with learning and mental health. Even when it's cold, if students dress for the weather, they can walk to school. Most will complain to you about it, but they will feel better and be more ready to learn after a brisk walk in the morning. Our staff is outside for 20 minutes each morning and we **LOVE IT** - please ask your children to join the walking to school movement!

Borrowed Technology and Books:

If your child is learning face to face but still has borrowed technology and/or books at home, please return everything to the school on Monday. We need all of our technology (including power cords) and borrowed books to support learning at school.

Attendance:

• Virtual Students - We need your help with reporting absences. Even if your child is learning from home, you must report their absence if they are going to miss school. If you do not, our secretaries have to phone to find out why your child is not attending class. This creates a great deal of extra work for them.

 \cdot Face to Face Students – We need your help with reporting absences. If your child is going to be away from in person learning, you must report their absence, even if they are going to attend online for the day. When they are registered as face to face, we must know why they are away if they are not in the building. It is taking most of the day for our secretaries to follow up with families as to why their child is away so we appreciate your help with reporting.

• Reporting an absence online is available through Edsby. If you have activated your Edsby account, you can login to Edsby and report your child's absence online. You can access an <u>online</u> <u>video tutorial to learn more</u> (<u>bit.ly/edsbyabsence</u>) about how to do this.

• Please arrive at school on time - between 7:55 and 8:10.

*** Face to face students are not permitted to switch back and forth between learning models. If they are not well enough to attend school, they should not be joining the virtual classroom. We have had students decide to join virtually because it is cold outside - this is not allowed. A temporary switch to virtual learning is only allowed when a student has to isolate due to covid.

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 <u>Online Kindergarten Registration Information</u>. 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 <u>Elementary School Registration Form</u> 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.

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

School Council:

Our next School Council meeting will be on Thursday, February 3rd beginning online at 6:30 pm. A link will be sent out closer to the date. All are welcome to attend. We have an incredible group of School Council members and we hope you will consider joining!

Save the Date:

On Thursday, March 3rd, Rouge Park and two neighboring schools will be offering a virtual workshop aimed at helping parents support their children through the challenges of Covid. A flier with all of the details can be found below.

Screening Tool

Please remember that daily screening confirmation is once again required. Students and families will be required to complete the confirmation of screening before coming to school each morning.

- <u>COVID-19 School and Child-Care Screening Tool</u>
- Elementary School Confirmation Form

Moving If you are planning on moving or have moved, please be sure to contact the office so we have your updated information. If you are no longer in our area, you will need to register in the school closest to your home.

2022 #TOONIE 4 TUMMIES:

From January 13 to March 31, donate a toonie at your local grocery store and 100% or your donation will benefit Student Nutrition Programs at Rouge Park and other local schools. Fresh-Co, Sobeys, Metro, Food Basics, Foodland and Longos are all participating.

Spirit Wear Day!













Snow Fun!













Celebrate, don't hibernate! Walk to school this winter.

Ontario Active School Travel

OURNE,

@GreenCommunitiesCan@OntarioAST



www.ontarioactiveschooltravel.ca

Greensborough, Rouge Park and Wismer School Councils Present:

Join us in a transformational conversation that will empower parents to self reflect and take action in having supportive and meaningful conversations with their children about wellbeing. In sharing our psychology and neuroscience-based wellbeing material and the Graydin, Start with Heart Coaching model for education, parents will leave with tips, tools, and resources on how to support their own and their children's overall wellbeing.

You will leave with:

Increased self-awareness and selfcompassion for your own wellbeing, leading to a greater capacity to support your child to thrive.

Greater ability to nurture your child's capacity to be resilient, selfsufficient, mindful, and adaptable.

Coaching skills to empower your children to be independent thinkers with a strong sense of self.

Small actionable steps to support your child's physical, mental, emotional and social wellbeing.



Jocelyn Pepe is a wellbeing expert with a diverse background in coaching and educating on physical, mental, and social wellbeing. As a global facilitator in education and in organizations, Jocelyn takes a holistic approach to training and developing human potential. locelyn is a Certified Professional Co-Active Coach (CPCC), a Registered Health Coach (RHCTM), a Professional Certified Coach (PCC) and a Masters student in the Psychology and Neuroscience of Mental Health.

A Parenting Session Join us online on March 3rd from 6:30-7:30pm. Link to follow.



Black Excellence in STEM Careers and Research

Featuring Black Excellence in the field of STEM. Margaret Ikape, PhD candidate at University of Toronto, shares her passion for science, her journey, and research interests in the fields of Astronomy and Astrophysics.

Monday, Feb 7 | 7 pm

Celebrate with Stories, Music and Dance

Join us for a special African Voyage featuring uplifting and energizing stories, music and dance with Njacko Backo. For grades 3–6.

Friday, Feb 11 | 10 am





www.vaughanpl.info 905.653.READ YORK REGION ALLIANCE OF AFRICAN CANADIAN COMMUNITIES PRESENTS



5th Annual Black History Month Event

Date: February 19, 2022 Time: 11am - 2pm Black Health, Well-Being, and Resilience through Ubuntu – I am because we are!

Keynote Speaker: Ms. Ginelle Skerritt



First Black CEO of YRCAS, public speaker, published author, dedicated to principles of diversity, inclusion, positive identity and social justice.

Breakout Sessions / Entertainment

Mental and Physical Health Resilience Resilience through Community Financial Resilience Online Bullying - Social Media Resilience Drumming, Poetry, and More

🕥 Venue: Virtual Event

Registration at: YRAACCBHM2022.eventbrite.ca

For more information: (647) 280 - 9879 Info@yorkregionaacc.ca



Wisit www.yorkregionaacc.ca/events for more details.

STUDENT AND FAMILY ADVOCATE PROGRAM PRESENTS 2022 BLACK HISTORY MONTH CELEBRATION: BUILDING FAMILY & MICRO-ENTERPRISES







Thursday February 10 @ 6:30pm Tie & Dye Workshop - Catherine Chambers- LetsMakelT

Tuesday February 15 @ 6:30pm Mental & Emotional Health



Thursday February 17 @ 6:30pm

Keeping the Family Safe- Chief Adam Grant -Markham Fire Emergency Services

EACH EVENT IS AN INFORMATIVE INTERACTIVE HOUR FILLED WITH PRIZES AND SURPRISES VISIT <u>MACCA1987.COM</u> FOR MORE INFORMATION



MEET & GREET FOR KIDS & PARENTS

With the Chinese School Social Worker

Let's celebrate Lunar New Year together! 讓我們一起慶祝農曆新年

LOOK FORWARDING TO HEAR YOUR THOUGHTS ABOUT UPCOMING WORKSHOPS AND THINGS THAT MATTER TO YOU 誠意邀請父母和子女一起參與活動並分享你認為重要的 文化及資訊

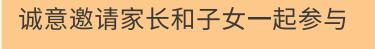
DROP IN SESSION - YRDSB Elementary Students and Parents RSVP BY EMAILING THE SOCIAL WORKER AT CHARMAINE.TONG@YRDSB.CA or by entering the zoom meeting info below when meeting starts. 可電郵charmaine.tong@yrdsb.ca 登記報名 或按,以下zoom會議資料

Date: February 3rd, 2022 Time: 4:30pm - 5:30pm Meeting ID: 93656444695 Passcode:dcP9Wg



MENTAL HEALTH 101 WORKSHOP : CHINESE FAMILIES & STUDENTS

101心理健康学习讲座: 如何了解子女内心世界多一点



日期: 二零二二年二月八日 时间: 7:00pm-8:00pm Feb 8th,2022 Chinese Students and parents are invited 讲员: Guest Speakers:

唐诗颖 Charmaine Tong MSW, RSW, School Social Worker (Community Care Team), YRDSB 约克区教育局学校社工,社工系 硕士,注册社工

徐子涵Hannah Xu MPH, Hong Fook Mental Health Associc Youth Program Worker 康福心理健康协会青少年活动工作人员 ,公共卫生硕士系

RSVP BY EMAILING THE SOCIAL WORKER AT CHARMAINE.TONG@YRDSB.CA or drop- in by entering the zoom info when meeting starts 可電郵charmaine.tong@yrdsb.ca 登記報名 或按以下zoom會議資料





Meeting ID: 923 1395 7122 Passcode: hyK7N7

MENTAL HEALTH 101 WORKSHOP : CHINESE FAMILIES & STUDENTS

101心理健康學習講座: 如何了解子女內心世界多一點



Feb 9th,2022

Chinese Students and parents are invited

講員: Guest Speakers:

唐詩穎 Charmaine Tong MSW, RSW, School Social Worker (Community Care Team), YRDSB 約克區教育局學校社工,社工系 碩士,註冊社工

張諾懷 Cherry Cheung BSW, Youth Program Worker Hong Fook Mental Health Association 康福心理健康協會青少年活動工作人員 ,社工系

RSVP BY EMAILING THE SOCIAL WORKER AT CHARMAINE.TONG@YRDSB.CA or drop- in by entering the zoom info when meeting starts 可電郵charmaine.tong@yrdsb.ca 登記報名 楊博源 Bernie Yeung BA, SSW, Placement Student, (completion in April, 2022) Hong Fook Metal Health Association 康福心理健康協會實習學生,文學, 社會服務系,四月待畢業

或按以下zoom會議資料



Meeting ID: 923 1395 7122 Passcode: hyK7N7







Tamil Heritage Month Katka Kasad Education Expo

In collaboration with Tamil Canadian Centre for Civic Action Settlement and Education Partnership in York Region Educators for Tamil Student Success Ontario Tamil Educators Network

Workshops for Families

Date: Saturday January 29, 2022

Agenda

11:00a.m. to 1:00p.m. - Break out session for families Primary, Junior, intermediate and Senior

1:00p.m. - 2:00p.m. - Keynote speaker

2:00p.m. - 4:00p.m. Breakout rooms: Special education, Tamil studies, cyber safety, pathways, mental health and wellness for youth and families.

4:00p.m. - 6:00p.m. - Round table discussion on System Changes and Advocacy

Registration

tamileducationexpo.eventbrite.ca

Contact Information

Siva Ravindran, Tamil Canadian Centre for Civic Action: <u>r.sivasamson@gmail.com</u> Logini Vinayagamoorthy, SEPYR 416-312-5240 or <u>lvinay@ccsyr.org</u> Initha Subramaniam, YRDSB <u>initha.subramaniam@yrdsb.ca</u> Kandeepan Ganeshalingam, YRDSB <u>kandeephan.ganeshalingam@yrdsb.ca</u> Suganja.Sinnathamby, YRDSB, <u>suganja.sinnathamby@yrdsb.ca</u>





Student Mental Health and Addictions Newsletter

February 2022

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

Getting through the "Winter Blues"

Dear families and caregivers,

In this month's edition of our Mental Health newsletter, we will focus on the "winter blues" and offer some suggestions of ways to maintain positive mental health during these cold months.

Cold hands and feet, wet socks, grey skies, and shorter days often go hand in hand with winter in Canada. The days seem long and short, all at the same time. Winter can mean many different things to each of us, such as moments filled with warm thoughts and cheer, snow figures, hot drinks, and winter festivities. It can also mean stuffy and runny noses and experiencing other forms of discomfort associated with the cold. While we all experience winter differently, most can agree that winter can be a difficult time of the year. Many individuals experience a shift/drop in mood as the temperature goes down. This is not unusual; in fact, there is a name for such an experience, "the winter blues."



So, what are the winter blues?

<u>The Canadian Mental Health Association</u> describes the winter blues as "waves of low emotions that come with these cold, dark days." The winter blues can be experienced as sadness or feeling down, having less energy and irritability. If you're experiencing the winter blues, you might feel the need to sleep longer, perhaps eat more comfort food, and spend more time on screens than with friends and family. To add to this, Covid-19 has added extra layers of uncertainty, stress, isolation and feelings of sadness for many students, caregivers and families. Fond activities and ways of connecting, such as gathering with others, are limited and cautioned against leaving many without their usual coping mechanisms.

It is important to note that winter can be exceptionally challenging for many students and individuals who have migrated to Canada or are new to the country. The wave of low emotions can be paired with feelings of missing home and isolation (among other factors), worsening the experience of the winter blues. It is also important to note that students and individuals with special mobility requirements can be more adversely impacted by winter and the winter blues, as accessibility and navigating outdoor spaces can pose more significant challenges during the winter months. Additionally, students and persons with special needs or who experience forms of racism and forms of discrimination can also experience an extra layer of distress during this time of year as these experiences are coupled with the winter blues.

<u>Acknowledging</u> and validating the above experiences for ourselves, our child(ren), and those around us can be one small thing/action we can take that builds connection and warmth during these times.

The Canadian Mental Health Association invites us to consider the following ways to improve and maintain a positive mood and mental health during the winter months:

1. Let the light in

When indoors, spend as much time near a window and keep your curtains open. Even if it's cloudy, getting some daylight can help boost your mood. If possible, get outside during the day. Spending some time on a balcony is also a great way to get outside.

2. Movement

There is more than one way to incorporate physical activity, body breaks and movement in your day. Light stretches, dancing and other forms of movement can be an excellent substitute for the gym and traditional exercises. Physical activity is always a great tool to help support positive mental health. Starting small with even just a few minutes a day can help improve your mood and mental health.

3. Try to keep a regular sleep schedule

Keeping a regular sleep schedule is an excellent part of positive routines that support mental health, not to mention the benefits of sleep and rest. Support children in keeping a regular bedtime routine by setting and maintaining bedtimes and using alarm clocks for waking up when necessary.

Most importantly, be kind and gentle to yourself. Positive affirmations such as "I am doing my best", "I am capable", "I am committed to small steps" can be great ways to stay positive. If things feel beyond your control, help is accessible for students,

caregivers, families, and any individual seeking mental health support. Checking in with your family doctor is often a good place to start. Check out the resources below to learn about additional mental support:

- YRDSB Mental Health Resource Page
- <u>School Mental Health Ontario</u> has created a variety of resources for educators, parents and families, and students regarding supporting student mental health during this time.
- SMHO Parents and Families Webpage

Upcoming Workshops:

Many Faces of Anxiety - Cantonese and many more workshops at the <u>York Hills Centre</u> 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 <u>feedback form</u>, and let's pave the path forward together.

Mental Health COVID-19 Page

COVID-19 has presented unprecedented issues and concerns for our community, our country and the world. 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 <u>COVID-19 Mental Health Supports for Students and Families</u> webpage.

Continue to check out the <u>YRDSB website</u> for updated information as well as the Twitter account @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





Sample: Newsletter insert

Career Discovery Expo: Dream Big York

On behalf of Build a Dream and in partnership with York Region District School Board, you are invited to a **FREE**, **VIRTUAL CAREER DISCOVERY EXPO** on **Thursday, February 3rd, 2021 from 6:00 pm-8:30 pm EST** for parents/guardians and students in Grades 7 to 12.

This online event will highlight opportunities in a number of careers along with OYAP/Pre-apprenticeship opportunities to better assist students to make informed career choices. This event will include information on:

Skilled Trades STEM (Science, Technology, Engineering, Math) Entrepreneurship Advancing Women

This is an opportunity for families to learn collaboratively about the many careers in the growing sectors. It's career exploration from the comfort of your home!

The event features:

- ★ Pathways Presentation: Discover opportunities you can access in high school
- ★ Dream Makers: Hear inspirational women share their career journeys
- ★ Industry Secrets: Learn what companies look for & how to get an edge
- ★ Breakout rooms, games, and prizes!

REGISTER TODAY AT:

https://www.webuildadream.com/event/york22

Message from Our Trustee

Dear families,

Thank you for your patience and support as schools closed to students and we moved to remote learning in January for two weeks after the winter break, following direction from the Government of Ontario.

It has been almost two years since the pandemic was declared and schools closed to students for the first time. Since then, we have all experienced significant changes and challenges in the way we live, work and learn. As a school board, we continue to be guided by public health advice and guidelines, our <u>values</u> as an organization and the goals set out in our <u>Multi-Year</u> <u>Strategic Plan</u>, all of which centre the well-being, learning and achievement of our students. We remain committed to sharing information with you as it becomes available. We also continue to update the Board website with resources and information, at <u>www.yrdsb.ca/school-reopening</u>.

On the website, you can also find information about the <u>Board of Trustees</u>, including more about my role as your trustee, committee meeting dates, and information about public participation and how you can attend public board meetings. Following <u>a review</u> completed earlier this year, trustees approved some changes to <u>committee structures</u> and <u>delegation process</u> to create a stronger governance model. As a Board, we are committed to good governance, serving the needs of our community and upholding the values of York Region District School Board.

With winter well underway, I want to remind families that this year <u>schools will close when an</u> <u>inclement weather day is declared</u>. This is as a result of the pandemic and the importance of adhering to public health guidelines.

There is much to look forward to in the months ahead.

This month, students in Grades 5 to 11 will have an opportunity to vote for the students who will represent their voices next school year, during the **student trustee elections**. Student trustees play an important role in our system, including participating in board and committee meeting discussions. The election process also gives students an opportunity to learn more about and participate in the voting process. Learn more at <u>www.yrdsb.ca/studenttrustees</u>.

Throughout February, we recognize **Black History Month**. In addition to recognizing the contributions of Black Canadians throughout history, we are continuing to Celebrate Black Excellence in our own community. I encourage you to <u>read or watch the stories of some of the many outstanding individuals in York Region, or nominate someone</u>. You may also be interested in some of the episodes available on our <u>TuneIn YRDSB podcast</u>, exploring Black History Month and beyond.

Later in February, our schools will become a sea of pink as we acknowledge **Pink Shirt Day** and stand together against bullying. Learn more about our work to <u>prevent and address bullying</u> and create <u>equitable and inclusive learning environments</u>.

Family Day and **March Break** are also approaching, and I wish you and your families a healthy, restful and enjoyable break.

As we move closer to the spring and summer months, many families who have children graduating this year are beginning to wonder what **graduation ceremonies** will look like in June. We all want to be able to celebrate this important milestone with our graduating students in person. It is a special occasion, recognizing their years of achievement and hard work. We recognize that it has been deeply disappointing to students, families and staff that we have not been able to hold in-person ceremonies as we have done in the past, as we adhere to health and safety guidelines. School board staff continue to meet regularly with public health and to review provincial guidelines, and as more information becomes available, we will continue to provide you with updates.

In closing, I want to acknowledge that as an education community, although we have faced many challenges and changes in the past few years, we have also seen our community come together in many ways to support our students and one another. I am proud to be part of this community and I want to thank our students, families and staff for the effort and care they have demonstrated.

Allan Tam Trustee, Markham Wards 4 and 5