



REVIEW



March 25, 2022

Message From Administration:

Hello Rouge Park Families,

We have had a great first week back at school. Students have eased into the changes in Covid requirements and, overall, it seems that everyone has been making choices that work for their own families and respecting the decisions of others. Thank you for reminding your child(ren) that at Rouge Park we work hard to ensure everyone feels welcome and included in everything we do.

School clubs and teams are back in full swing at RPPS. We are so appreciative of our incredible staff who are working so hard to ensure extra-curricular activities are thriving once again. Right now we have primary games club, intramural volleyball, girls and boys basketball teams, a junior craft club (starting next week), intramural badminton and countless music opportunities. The fun is back!

Plans for an outdoor spring concert are starting. We will share details about dates and times as soon as we are able to. It will be so fantastic to welcome families back to Rouge Park!

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

Wishing all of our families a wonderful week!

Lindsey Maclean

Leeann Morrow

lindsey.maclean@yrdsb.ca

leeann.morrow@yrdsb.ca

Upcoming Dates:

April 7 ~Virtual School Council Meeting @ 6:30

April 15 ~Good Friday (no school)

April 18 ~Easter Monday (no school)

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.

Students Returning Face to Face; Hybrid Learning models for students who are isolating:

We are so happy to have most of our students back in the f2f learning environment. The availability of social interaction opportunities, extra academic support, teams and clubs combine to make for a well-rounded education. If your child is still learning in the virtual environment, please feel free to call our office to speak with administration about the benefits of returning f2f.

As many classes are becoming fully face to face again the Temporary Remote Learning model is an option ONLY if the students are required to isolate based on the COVID screening. Please notify the homeroom teacher that your child will be at home isolating for the 5 days and after 24 hours, the teachers will switch temporarily to the hybrid learning model. Although we've been quite flexible in supporting families who've needed to join temporarily online for other reasons this year, moving forward we will not be accommodating any additional remote learning requests.

Graduation Ceremony

We are pleased to share with you that we will be holding in-person graduation ceremonies in June 2022. This decision was made in consultation with York Region Public Health.

We appreciate that you may have many questions about the graduation ceremonies. We will continue to share information and updates with you as guidance is provided by the Ministry of Education and York Region Public Health. **Rouge Park's grade 8 graduation ceremony is booked to take place at our school on Tuesday, June 28th.**

Earth Hour

Tomorrow is Earth Hour. Every year, at 8:30 pm on the last Saturday of March, supporters in over 190 countries and territories unite, taking action on and raising awareness of the issues facing our one home. But Earth Hour is more than just an hour for Earth - it's a movement for our own futures, for the benefit of people and planet. And it's not only a symbol of solidarity - it's a catalyst for change, harnessing the power of the crowd. At 8:30 pm tomorrow, switch off your lights and stand united.

Recess Cohorts- no zones:

As per the Ministry and Board Memo, there will no longer be coloured boundary zones outside. Students may play in all areas of the yard. Until further notice: all recesses will be TARMAC only recesses. As a result recesses will continue on the same schedule to reduce the number of students on our small tarmac areas.

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. The tool has been updated and if your children have any symptoms (or have been close contacts, traveled, etc.), it will direct you about when and how long to stay home for, as well as, when you can return to school.

It hasn't changed. IF THE STUDENTS have symptoms STAY HOME and follow the direction outlined on the Screening Tool. When you answer all the questions, it will tell you when your child can return to school, who has to isolate and for how long.

As of March 9th the tool is updated and ready for return to school after March Break.

- [COVID-19 School and Child-Care Screening Tool](#)
- [Elementary School Confirmation Form](#)

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.

Erin Ambrose

meet and greet

March 27, 2 p.m. Georgina Ice Palace

Join us for a meet and greet with Georgina's own Erin Ambrose, 2022 Beijing Olympics, Team Canada gold medalist.

Wear your favourite hockey jersey and be sure to bring something to be signed by Erin.

Pre-registration in advance is required to skate in the free public skate, but those who wish to attend the presentation outdoors will not need to register. (There is no cost to register.)



GEORGINA

georgina.ca/FreeSkate

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

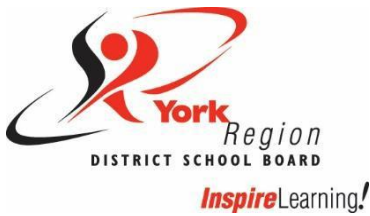
Time: 7:00 to 8:30 pm

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



Triple P Parenting Seminar

Nurturing Healthy Self Esteem

As children grow and develop they form views of themselves as a person, their value as an individual, and how good they are at doing things. This view of their self-worth is called self-esteem.

An important part of being a parent involves building confidence in children and supporting them in and developing a healthy sense of self-esteem, which includes children having a true sense of their strengths and challenges

This session will focus on:

- How to create a supportive and engaging environment in developing and maintaining your child's healthy self-esteem.

[Register](#) today!

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: Thursday, March 31, 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 Presentation is brought to you in partnership with York Hills Centre for Children, Youth and Families and York Region District School Board

