

Silver Pines PS Contact Information

Phone: 905.508.7303 Fax: 905.508.7351

Email: silver.pines.ps@yrdsb.ca Website: www.silverpines.ps.yrdsb.ca

Administrative Assistant: Susie Morra Secretary: Shelli Gould

Principal: Sherry Zarif Vice-Principal: Georgia Petinarelis



Upcoming Dates

March 6 and 7 – Dental Screening

March 6 – School Council Meeting 6:45pm (All are welcome!)

March 8 – Richmond Hill Fire Department Presentation (Grade 1 students)

March 10 – Last Day of School before March Break

March 13 to 17 – March Break – No School

March 20 – First Day Back

March 21 – First Day of Spring – Happy Nawruz!!

March 23 – Grade 8 Graduation Photo Day

PINK SHIRT DAY

Thank you to all of our students who participated in our Pink Shirt Day and who continue to show kindness every day. A big thank to our student Social Justice League and our Pride Pack for organizing such a wonderful assembly. Thank you to our Grade 2 classes for a wonderful presentation. And to our Grade 2 families for joining us in the assembly. It was so lovely to see families back in our school after a few long years. We look forward to the many future events in our school.

LATE ARRIVAL - We need your help!!

Help your child start each school day ready to learn! Punctuality is a life-skill that is valued by schools, employers in the work-force, and society. As we begin term 2, we continue to encourage all students to be at school on time. The doors open at 8:15am at Silver Pines. Students can begin to enter the building at this time. The bell rings at 8:30am and students are expected to be in class by this time and if not, will be considered late and will be recorded as such. Please respect your child's precious learning time by scheduling appointments before and after school hours. Arriving late or leaving early affects your child's learning and it is also disruptive for the class.

Walk and Roll Wednesdays beginning on Wed. Mar.1st, 2023

We are so excited to participate in Walk and Roll to school Wednesdays! Every Wednesday (and other days) students are encouraged to walk or roll to school. This will alleviate traffic congestion on the street, it is cleaner for the environment as well as many health benefits it provides. Teachers will be provided with a tracking sheet to submit all the students walking or rolling to school. At the end of the month, one winning class from each division will enjoy a hot chocolate party!



Hot Lunch – Reminder

Whenever buses are cancelled the hot lunch programs (Subway sandwiches on Thursdays and Pizza on Fridays) are also cancelled. The **only exception is Kids Kitchen on Wednesdays** which will still be delivered.

Student Mental Health and Addictions Newsletter March 2023 & Autism Information Series

Please see attached.

Parenting Sessions

See below for a list of parenting session opportunities



PARENTING SESSIONS

Let's talk about it!

Children do not come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

We welcome all parents, guardians, caregivers and community members to attend these virtual sessions!

March 1, 2023 | 6:30 p.m. – 8:30 p.m.

Raising Resilient Children

For parents of children 0-12 years of age. This session will focus on how to ensure a safe and engaging environment for children with strategies to recognize and accept feelings, express their feeling appropriately, build positive feelings, deal with negative feelings and deal with upsetting or stressful events.

[REGISTER NOW](#)

March 8, 2023 | 10:00 a.m. – 11:30 a.m.

Navigating through Negative Self-Talk

For parents of children 0-12 and tweens. This session will focus on strategies to understand and manage your child's emotions, apply reason and logic and to self-evaluate.

[REGISTER NOW](#)

March 22, 2023 | 6:30 p.m. – 8:00 p.m.

Nurturing Healthy Self-Esteem

For parents of children and teens. This session will focus on how to create a supportive and engaging environment that helps your child develop and maintain confidence and healthy self-esteem.

[REGISTER NOW](#)

March 28, 2023 | 10:00 a.m. – 11:30 a.m.

Raising Responsible Teens

For parents of tweens and teens. This session will focus on how to encourage responsible and independent behaviour and improve relationships with family and friends.

[REGISTER NOW](#)

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



These free virtual presentations for parents and caregivers are brought to you through a collaborative partnership with York Region District School Board and York Hills Centre for Children, Youth and Families.

For more information contact, please contact Oksana Majaski, YRDSB Community & Partnership Developer via email at Oksana.majaski@yrdsb.ca.



Navigating through Negative Self-Talk

Let's talk about it!

Children do not come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

March 8, 2023 | 10:00 a.m. – 11:30 a.m.

We welcome parents, guardians, caregivers and community members to attend this virtual session!

[Register](#) Today!

It can be hard to hear your child talk negatively about themselves, but you can support them to manage it so they can work through their feelings.

This session will focus on how to ensure a safe and engaging environment for children with strategies to:

- Learn how to help your child/tween
- Understand and manage their emotions
- Learn to apply reasons and logic
- Learn to self-evaluate and seek help when required

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



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For more information, please contact Oksana Majaski,
Community & Partnership Developer, YRDSB via email at Oksana.majaski@yrdsb.ca.



RAISING RESILIENT CHILDREN

Let's talk about it!

Children do not come with an instruction manual! Many familiar parenting concerns have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in many different types of situations.


March 1, 2023 | 6:30 p.m. – 8:00 p.m.

**We welcome parents, guardians, caregivers
and community members to attend this virtual session!**

[Register](#) Today!

This session will focus on how to ensure a safe and engaging environment for children with strategies to:

- Recognize and accept feelings
- Express their feelings appropriately
- Build positive feelings
- Deal with negative feelings
- Deal with upsetting or stressful life events

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

This free presentation for parents and caregivers is brought to you through a collaborative partnership with York Region District School Board and York Hills Centre for Children, Youth and Families.

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