

# YORK REGION DISTRICT SCHOOL BOARD

**School Email**  
sixteenth.avenue.ps@yrdsb.ca

**School Web Site**  
www.sixteenthavenue.ps@yrdsb.ca

**School Telephone Number**  
905-884-5598

**Principal**  
Tim Gervais

**Vice-Principal**  
Nicole Ricketts

**Administrative Assistants**  
Lezlie Hood  
Siva Sivatharsini

**Superintendent of Schools**  
Lois Agard  
905-884-4477

**Trustee**  
Simon Cui

**School Council Chair**  
Sue Arabanian

Please mark your calendar

**Monday, February 8**  
Virtual Parent Council Meeting  
6:30 p.m.  
*All are Welcome*

**Wednesday, February 10**  
Back to Face to Face Classes

**Monday, February 15**  
Family Day



**Character Trait  
FEBRUARY  
INITIATIVE**

# Sixteenth Avenue Star

## Administrator's Message

February 2021

Dear Families of Sixteenth Ave. P.S.,

January has been a busy month of virtual learning and happenings, and where the Sixteenth Ave. learning community has quickly pivoted to online lessons and interactions. Staff delved into discussions of Indigenous Education, Student Success and mental health. At the January staff meeting, we learned how to employ conversation as a classroom tool in dismantling Anti-Black Racism. Staff provided input for the next steps in this work. Please feel free to connect with your child's teacher to learn more.

Many classes in Grades 2-5 experienced a virtual trip to the Swan Lake Outdoor Education Centre (SLOEC), where students enjoyed "outdoor" fun in groups during Google Meets. SLOEC staff shared their appreciation for our students' and teachers' willingness to be the virtual programs' first participants!

Our office staff have continued to be very busy as they continue to support with technology requests from families, making it possible for them to engage in the virtual learning platforms, while also servicing questions and requests from our school community as we go on with day-to-day business, as possible. **Please note that, should you have any technical concerns with a Chromebook (i.e. video issues, mic, connectivity, login problems, etc.), you may connect with the school for support, or send an e-mail to [student.techhelp@yrdsb.ca](mailto:student.techhelp@yrdsb.ca) to place a service request to resolve any technology related questions.**

Kindergarten registration for the 2021-22 school year has begun. You can access the information at [bit.ly/KindergartenYRDSB](http://bit.ly/KindergartenYRDSB). A laptop or desktop computer is strongly recommended to complete the online registration, rather than a mobile device. If you have any questions, please contact the school.

Throughout the challenges posed by our current learning environment, we continue to take pride as our Sixteenth Ave. Stars (our families and students!) continue to reach out, problem-solve and do what must be done to stay home and keep safe. We very much look forward to returning to our school per the Ministry directions, and gathering (safely!) as a learning community, once again. There is much to celebrate and acknowledge as Term One draws to an end, and as we embark into Term 2 of this school year!

### February Upcoming Events and Dates:

February marks Black History Month. Historical and contemporary Black Excellence is a focus.

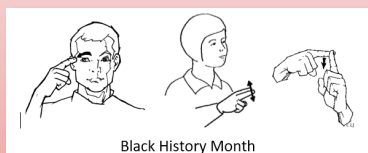
- 5th: Registration closes for French Immersion programs. Please click [here](#) for information
- 8th: EVS Survey closes for [School Model Change Request](#)
- 8th: School Council Meeting - Virtual
- 10th: Report cards go home via the secure-digital platform.
- 12th: Lunar New Year Happy New Year to all celebrating!
- 15th: Family Day (no school)

Sincerely,

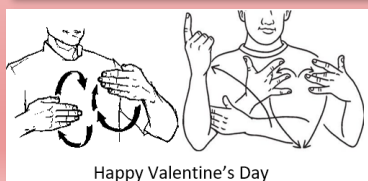
Tim Gervais  
Principal

Nicole Ricketts  
Vice-Principal

## Signs of the Month



Black History Month



Happy Valentine's Day



Family Day



cold



## Student Mental Health and Addictions Newsletter

### January 2021

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

#### Returning to Virtual Learning after the Winter Break

As a result of a provincially mandated lockdown due to rising COVID -19 cases across the province, we end the Winter Break with a return to virtual learning. Although this will present a challenge for some and disappointment for others, our focus will be on how to keep one another physically healthy and maintain social connections and mental health while distance learning. This month's edition of our Mental Health newsletter will focus on some suggestions of ways to stay socially connected during this continued time of physical distancing.

Each one of us is unique and may require different strategies to support our mental health. One size does not fit all. The following are some suggestions to help you think about what may help to support your own mental health and the mental health of your children.

Distance learning from home can have positive or negative impacts. One well-supported recommendation is to create a sense of **routine and structure** in the day (as much as possible). For example, try to make the morning routine the same each day, with breaks built in at predictable times.

Other suggestions include:

- Building in positive goals to **incorporate positive pursuits** such as learning something new (e.g. cooking, puzzles), showing gratitude (e.g. reach out to tell someone you care about them), and exercising (e.g. at home or going for a walk).
- [Dr. Shimi Kang](#), a mental health expert and clinical associate professor at the University of British Columbia, suggests that individuals determine 2-3 personal coping strategies that can act as their **own “go to” tools to cope with stress**. Writing this down and making note can make using them intentional. In addition, Dr. Kang reminds us that we should try **to limit our use of technology** where we can. Over dependence on technology/ screens can affect our mental health.
- Lastly, **identify someone you can purposely check in with on a regular basis**, not just during times of stress, but as a measure to maintain social connection. This practice can help maintain positive mental health.

[School Mental Health Ontario](#) has created a variety of resources for educators, parents and families, and students regarding supporting student mental health during this time.

Check out some more tips from School Mental Health Ontario on building [personal resiliency](#).

## 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 [Mental Health COVID-19 page](#) 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 supports as well as community supports available during the school closure. Please consider taking some time to familiarize yourself with these supports.

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

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