

The Stonebridge Story

Website: <http://www.yrdsb.ca/schools/stonebridge.ps>

Email: Stonebridge.ps@yrdsb.ca

Follow us on twitter: [@StonebridgePS](https://twitter.com/StonebridgePS)

FEBRUARY, 2020



A Message from the Administration

January has been busy, and February will also be another busy month here at Stonebridge PS! 一月份一直都忙。二月份将会是另外在石橋学校一个忙碌的月份。

On Tuesday January 21st parent volunteers came in to prepare red pockets for all of our staff and students. A parent volunteer purchased 800 red pockets, and our School Council Co-Chair sourced ancient coins that were included and crafted the messaging about the significance of red pockets and the Year of the Rat for many of our families. 在一月二十一日家长义工进来为所有教职人员和学生准备红包。一位家长購買了八百包红包，和我们家长委员会的副主席找来一个古幣然后把红包和鼠年对我们大多数家庭的重要意义编印在上和放入红包。 We had six parents hand out red pockets on Friday January 24th to make sure that our students and staff arrived on Monday January 27th in the morning with blessings for the new year! 我们有六位家长在一月二十四日，星期五把红包派发出去，好让各学生和教职人员在新年第一天早上回校，已经满载祝福。

As we had many activities happening in the Learning Commons last week where classes signed up to participate in making lanterns, dumplings, fire crackers, writing along with displays celebrating Pongal and Lunar New Year. Our Lunar New Year Celebration assembly had a Lion Dance bring in the new year followed by a community elder, Wensha, sharing the importance of [papercutting](#) as part of Lunar New Year celebrations through a translated video. Wensha also did workshops for some of our Grade 2 and 3 classes! 上周我们有很多活动在学校图书馆进行，学生可参与做灯笼，做餃子，炮仗，亦有写字和佈置庆祝泰米爾和中国新年。我们中国新年庆祝有舞獅，和一位社区长者，Wensha，通过一个有翻译的錄影带示范剪纸。Wensha 女士也组织有关工作坊给部分二及三年级学生。

February 5th is Winter Walk to School Day. As an Active School Travel school, every day we should be walking to school. Our Active School Travel team created a video sharing how to dress for the weather, the benefits of walking to school and some other important messages that should be kept in mind. You can [view this video](#) on our YouTube Channel! 二月五日是学校冬天步行日。作为一间活躍学校，每天我们应该走路回学校。我们的活躍学校旅游队制作一个錄影带说明如何为冬天穿着，走路回校。我们的活躍学校队创新了一个短片给大家分享如何按天气穿着适当衣服，走路回校的好处和一些其他重要信息您需要记着的。您可看以上连线。

On Thursday February 6th, Youthspeak will be presenting a workshop that focuses on Bullying and Social Media. This session is being supported by our School Council and will have trained speakers share their personal experiences with mental health and how they reached out to caring adults to support them. This session is for parents, or parents with their child and is recommended for students Grades 2 to Grade 8. 在二月六日，周四，青年组织Youthspeak 会在校举行有关欺凌和社媒工作坊。这是学校家长委员会资助的活动，和会有已有训练的講者分享他们个人的精神健康的经验和他们如何寻找关心他们的成人去协助。这工作坊是给家长和他们的孩子，特别是二年级至八年级的学生。

On Thursday February 20th, Hong Fook Youth & Family Program will be offering our community a workshop in Mandarin for families with children aged 11-18 titled "Positive Parenting: Active Listening & Communication" from 6:00 to 8:00pm right here at Stonebridge, inside our staff room. 二月二十日，周四，康復青年和家庭计划到校作一个用国语的说明会，给 11-18 岁的孩子家长，题为“积极亲子：活跃聆聽和溝通”，当天下午六时至八时在本校举行。单张已在亚士比、上載。Flyers have been shared via EDSBY. You can register with Stacy Hsu by telephone (1-647-920-9013) or by e-mail (shsu@hongfook.ca). Childminding is available as this is also our Community Activity Night in the gym from 6-8:00pm. 您亦可致电Hsu 女士647-920-9013或电邮Shsu@hongfook.ca. 可安排托儿因为当天我们的学校室内操场开放为学校家庭活动夜，同样下午六时至八时。

To keep up to date on daily activities and upcoming events, follow our learning journey on 如果要查看最新消息和活动等信息请跟推特Twitter (@StonebridgePS) and 或要特上线through our YouTube Channel!

Your partners in education, 您的教育伙伴，

Sumir Bansal 副校长 and Kevin Merkley 校长

- **PRINCIPAL**
Kevin Merkley
- **VICE-PRINCIPAL**
Sumir Bansal
- **SUPERINTENDENT**
Camille Logan
- **TRUSTEE**
Ron Lynn

School Day Schedule

8:45 am Entry

8:55-10:35
Learning Block

10:35 - 11:05
Recess

11:05 - 12:45
Learning Block

12:45-1:45
Lunch

1:45-3:25
Learning Block

3:25
Dismissal

Message from Our Trustee

As we enter another month of winter, this is a good time to be thinking about our health, well-being and the importance of self-care. We know that, like all of us, our students can focus better when they feel better. Our schools play an important role in health and mental health promotion and education, and fostering well-being and mental health is one of our [priorities as a school board](#).

There is a lot of work taking place in our schools and board to create [healthy schools](#) and promote [mental health](#) and well-being, including:

Providing training and resources for educators on strategies to support mentally healthy classrooms for all students, including holding a mental health conference.

Hiring identity specific mental health workers and developing partnerships with [community partners](#) to serve the diverse needs of our students.

Developing a [Student Suicide Intervention Protocol](#) to help keep students safe in the event of suicidal thoughts or actions.

Educating students about the risks of [substance use and misuse](#), including [vaping](#) and [cannabis](#).

Providing strategies and supports for students in [preparing for exams](#) and [managing stress](#).

This commitment is also reflected in Board policy like the [Healthy Schools and Workplaces](#) policy and procedures. Setting policy, which governs the operation of the Board, is one of the [roles of trustees](#), and we greatly value the input provided by students, staff members, family and community members. I encourage you to look at the [policies under review](#) and share your feedback.

We have a lot to look forward to in 2020. At the Board meeting in December, trustees unanimously approved the addition of [new permanent Indigenous Trustee and Indigenous Student Trustee positions](#). We are committed to Indigenous Education in our Board and it is important that these voices are represented at the table. We hope to fill the positions as soon as possible and will share more information as it becomes available.

A [message from the Chair of the Board of Trustees](#) is also available on the Board website at www.yrdsb.ca.

Ron Lynn

Trustee, Markham, Wards 2, 3 and 6



<http://youthspeak.ca/>

Parent/Caregiver Session Bullying and Social Media February 6th

6:30 to 8pm
Stonebridge Public School

PARENT/CAREGIVER SESSION

This interactive presentation will include trained youth Speakers who share personal experience with mental health challenges common to teens. A youth voice brought to these difficult issues provides caring adults with a fresh perspective to bring to their relationships with their youth.

In this workshop, participants will:

- increase understanding of bullying and social media
- identifying types of bullying; signs and symptoms; cyber-bullying, and how to support their youth in healthy peer
- Interactions
- learn tips on how to build positive relationships with youth, identify strengths, assets & resiliency skills
- learn tips on how to create a safe space for youth to talk
- access parent/caregiver tip and resource sheet
- Q&A

SPEAKERS BIOS



Ally Youth Speaker

"From being the A-type male teen who faced major life challenges, including severe incidents of bullying at school to becoming a professional athlete by 18, I never realized the importance of Mental Health until I was deep in the pitfall. With the support of family and friends, I wouldn't be the person I am today. I'm now 3 years past my mental health diagnosis and I speak all over the world to empower youth to become the best leaders they can be: empathetic and caring first."



Nayoung Youth Speaker

"Getting the right help at the right time is the key to the mental health wellness...starting my Canadian life as an immigrant, when I was diagnosed with depression and anxiety disorders however, it was very hard to do so. I was faced with many obstacles and stigma that typically challenges the patients of mental disorders, and those obstacles sadly included members from my own community. My recovering journey made me realize the importance of cultural-appropriate mental health care system and the support for the most vulnerable population to mental disorders: youth. It was a long journey of recovery, where sometimes I resulted into using negative coping mechanisms like excessive Internet usage and harmful relationships. But by not giving up, I am now surrounded by positive support systems that have encouraged me to be an advocate of helping youth experiencing mental health challenges. I now cherish, care, and support myself to do the same to others."



Lolita Youth Facilitator

"Self love is the greatest medicine...A lot of my early years I was exposed to toxic relationships and unhealthy communication styles. Not having the proper support and guidance ultimately led me to start unhealthy relationships of my own and using unhealthy coping mechanisms. The difficulties I faced during high school caused me to dive deeper into these toxic relationship and allowed me to develop unhealthy communication tactics. After suffering from extreme anxiety and panic attacks. I knew I needed help. Dealing with these obstacles helped me to realize that in order to love someone else you must first love yourself and this started my journey to healing and loving myself unconditionally. These experiences allowed me to develop strength of character, independence and resiliency. Today I know the importance of self love and being the creator of your own destiny."

All are welcome to attend (both parent/guardians and students)
For more information, please contact the school.

POSITIVE PARENTING

Active listening & Communication



"Positive Parenting" workshops are for adults caring for youth aged 11-18. Through the workshops, you will better understand the developmental needs of youth and positive parenting strategies, to better support youth identity.

Who can attend?

- Mandarin-speaking adults caring for youth aged 11-18 years old
- York Region residents

Date and Location:

Thursday February 20, 2020

6:00 - 8:00 pm (Come at 5:30 to register)

Staff Room, Stonebridge Public School
-168 Stonebridge Dr, Markham ON L6C 2Z8

Child minding is available.

Participants are welcome to bring their school aged children to participate in the **Community Sports Night** held in the Stonebridge PS Gym 6-8 pm.

What's involved?

- Role play
- group discussion

For Registration (Please register before February 14):

Stacy Hsu, MSW

Youth Worker

Tel: 1-647-920-9013

Email: shsu@hongfook.ca

Participants will learn how to:

- **Use active listening to better understand youth's needs**
- **Have positive communication with youth**
- **Solve conflicts with youth**
- **Understand youth's emotions and help with their emotional regulation**
- **Validate youth using their strengths**
- **Support youth development and youth identity formation**

Workshop delivery in Mandarin. Space is limited.
Registration on a first come, first serve basis

正面育儿家长工作坊

之积极倾听和沟通技巧



谁适合参加?

- 关心11-18岁青少年心理健康的家人朋友
- 住在约克区域

时间和地点:

2月20号(星期四), 6:00pm-8:00pm
(请5:30到完成注册)

Staff Room, Stonebridge Public
School-168 Stonebridge Dr, Markham
ON L6C 2Z8

提供儿童看护服务。欢迎家长带他们的学龄
儿童孩子参加6点-8点在Stonebridge PS 体
育馆举办的**Community Sports Night**

工作坊学习模式:

- 角色扮演
- 小组讨论

报名热线, 请联系 (请在2月14号前报名):

Stacy Hsu 青少年社工师
电话 1-647-920-9013
邮件 shsu@hongfook.ca

“正面育儿家长工作坊”是一个专门为关心11-18岁青少年的家人朋友举办的心理健康专题讲座。工作坊参与者将在社工的带领下,通过知识学习,讨论与实践,深入了解青少年自我认同和发展需要,学习正面育儿策略,以促进积极亲子关系和家庭互动。

参与者将会学到如何:

- 支持正面青少年发展与自我认同
- 运用积极倾听技巧来理解青少年的发展需要
- 与青少年进行正面沟通
- 处理与青少年的矛盾
- 理解青少年的情感,帮助青少年的情感疏导
- 从青少年的优点出发,认同和理解青少年

工作坊将以普通话进行。名额有限,先到先得。

Tamil Heritage Month:

On October 5, 2016, Motion M-24 was passed in the Federal Parliament, officially proclaiming January of every year as Tamil Heritage Month (THM). Tamil Heritage Month aims to celebrate the richness of the Tamil language and its literature, as well as to highlight the vibrant traditions, histories, arts, and cultures of Tamil Canadians. In addition, it seeks to recognize the significant contributions of Tamil Canadians in key areas of social, cultural, economic, and political spheres.

Black History Month:

Celebration of Black History/African Heritage Month has been a part of Canadian society since the 1950's. Lieutenant Governor Hal Jackman declared February as Black History month in Ontario in 1993, and it was in 1995 that the Honorable Jean Augustine made the same declaration in the House of Commons in Ottawa. These declarations set the stage for acknowledgement of the contributions of peoples of African Heritage to the cultural, economic, political and social fabric of Canada dating back to the early 1600's. During the month of February we deliberately reflect upon the legacy of African history in all its various forms, and we join all Canadians in celebrating Black History/African Heritage month.

Significant days sections:

Holocaust Remembrance: January 27 was International Holocaust Remembrance Day. This date was designated by resolution of the United Nations General Assembly. January 27 was selected because it is the date when the Nazi concentration and extermination camp of Auschwitz-Birkenau was liberated by Soviet troops in 1945. We reflect on this day remember that importance of our words and actions against Antisemitism and intolerance.

Day of Action on Islamophobia: On Jan 29th we took a moment to honour the memory of those killed two years ago in the attack on a mosque in Quebec. We invite students, staff and families to reflect on what Islamophobia looks & sounds like and how communities & allies can come together in solidarity against hate

Family Literacy Day - January 27

This month, we had several junior and intermediate students in the learning commons during the first recess. Ms. Leung, the teacher-librarian, and the students were talking about the beautiful art displays for Tamil New Year. A group of grade-seven students were happily sharing their home languages and the dances they did to celebrate the New Year in Syria and Kurdistan. What a beautiful sharing moment! We would like to continue to share diverse experiences and celebrations and connect it to family literacy. We have exciting family literacy activities planned, including school-wide family literacy bingo! Stay tuned!

Grade 1 French Immersion Information Sessions and Registrations

Information Sessions

Information sessions for Grade 1 entry into the French Immersion (FI) program will take place at French Immersion schools that have a Grade 1 program on January 16, 2020 at 7 p.m.

Please visit YRDSB's website in January 2020 <http://www.yrdsb.ca/Programs/fi/Pages/Program-Locations.aspx> to find the FI program location for your elementary school location.

Registration

FI registration will begin on January 17, 2020. Parents or guardians of Senior Kindergarten students entering Grade 1 in 2020, and wishing to enrol in the FI Program, can visit or call their home school office and request an *Office Index Card - short version*. This Office Index Card must be signed by the principal of the home school. Parents or guardians then take this form, along with one piece of identification showing their address to the designated FI program location to register, between January 17 and February 7, 2020. Registration during this period is not first come, first served.

Late Registrations

Late registrations are those submitted after February 7, 2020. Late registrations will be treated on a first-come, first-served basis and will be considered subsequent to registrations received during the registration period should overflow be necessary.

Accommodation Plan

YRDSB's FI Accommodation Plan provides long-term consistency and equity of access to all students in York Region and will enable YRDSB to continue to offer the FI program to all who wish to enrol. The FI program will be offered in Dual Track or Single Track settings, in a variety of configurations. In order to meet community needs and optimize available space in our schools, a community's Grade 1-8 FI program may be provided over more than one school during the course of a student's FI education. Space requirements at some schools may mean that siblings are in different schools for primary dual track French Immersion programs due to differing grade structures. Like any of our schools across the Board, changes to school boundaries, and/or the accommodation model for the French Immersion program may need to be considered when new schools open, a school experiences enrolment growth, and program changes occur. This will allow flexibility in addressing community needs and the opportunity to use existing space in schools.

More information is available on the Board's website: www.yrdsb.ca. Please note: Some of the FI accommodation plans will require facility modifications or the development of new schools and will require short-term transition plans that might include overflow while we work toward the long-term vision. Overflow refers to situations in which the Board directs students to attend a school other than their community school or optional program for a specific period of time, as defined in Policy #108.

Winter Walk Day

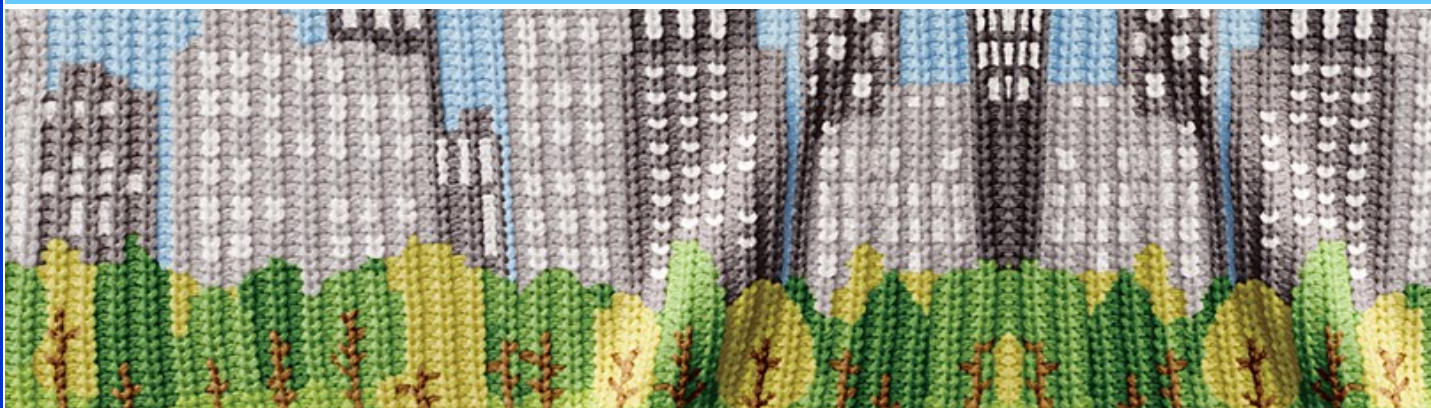
Wednesday, February 5, 2020 is #WinterWalkDay across Canada. It's the perfect opportunity for parents and kids to get outside together and stretch those legs!

Walk to and from school to improve physical and mental health, create a healthier environment, safer streets, make friends and have fun!

Walking is the simplest form of exercise and helps kids get the 60 minutes of daily physical activity they need. It's also a great cure for winter blues and helps students concentrate better in class.



National Sweater Day



Thursday, February 6, 2020 is National Sweater Day. We are asking students and staff to wear a sweater that day to raise awareness about climate change and energy conservation, and show how together – classroom by classroom, school by school – we can be a part of the solution.

http://www.wwf.ca/events/sweater_day/

Edsby

TO REPORT A STUDENT'S ABSENCE/LATE:

LOGIN TO: yrdsb.edsby.com / CALL 905.887.2427

Change of Address:

If there's changes to your address or phone number, please let the office know as soon as possible.

NUT & SCENT FREE Environment

This is a reminder that many students and staff have life threatening allergies to nuts. As a result, we ask that all snacks and lunches are nut free. Please take the time to read the labels on snacks to ensure they are nut safe. We also ask that you do not use peanut butter substitutes such as Wow Butter . **Nutella is a nut product and must not come to school.**



The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other medical conditions. To help keep the air healthy for everyone, our school has a scent-free policy.



Lunches

If your child is away on hot lunch days, please consider this a donation to the school, as we cannot provide refunds for missed lunches. If you would like to pick up their lunch, you must notify the school by 12pm.

When dropping off lunches/drinks, please make sure they are labeled to ensure all lunches would be picked up on that day.

FLU SEASON IS HERE

Get the flu shot as early as possible

The first and best step to preventing the flu (or influenza), is to **get the flu shot every year**. The flu spreads quickly and easily from an infected person to others and anyone can get it. Getting the flu shot can protect you, your family and those around you.

Students may be at higher risk of getting the flu as they come together in close public spaces including the classroom, gymnasium, lunch room and library.

The flu shot is especially important for students who have a chronic condition (e.g. asthma, diabetes) or those who live with or have close contact with a pregnant woman, kids less than five years old, or a resident of a nursing home or other chronic care facility since these groups are at higher risk of getting very sick or being hospitalized because of the flu.

Flu shots are **free** and are readily available at:

- Health care provider's offices for people six months of age and older
- Participating pharmacies, for people five years of age and older

In addition to getting the flu shot annually, here are some other health tips that can help prevent the spread of the flu:

- Wash your hands well and often with either soap and water or alcohol based hand rub
- Cover your mouth and nose when you cough or sneeze (if you do not have a tissue, cough into your upper sleeve)
- Avoid touching your eyes, nose and mouth
- Stay home when you're sick
- Clean and disinfect surfaces and shared items

It's important to get the flu shot as early as possible as it can take nearly **two weeks** for the influenza vaccine to take full effect.

To learn more about flu and flu vaccine, visit york.ca/flu.

PUBLIC HEALTH 1-877-464-9675 TTY 1-866-512-6228 york.ca/flu

Active Travel

Winter is an Exciting Time of Year!

Winter is also a great time to get outside, have fun in the snow and discover the great outdoors! .

When the temperature drops, it is common for many parents to want their kids to spend time indoors. However, there are many benefits for kids to be active outside in the winter, including:

- Building different muscle groups and improving physical health
- Engaging in creative play
- Being messy and having fun
- Fresh air and sunlight
- Learning first-hand about nature, the weather and the seasons

When children are outside they move more, sit less, play longer and sleep more soundly at night. Being active also helps to improve your self-esteem, social skills and mental health.

1. Walk to and from school or the bus stop everyday
2. Wish the crossing guard or a classmate on your walk to school a great day
3. On your walk to school make a snow angel
4. On your walk to school complete 10 star jumps and 10 jumping jacks
5. Make someone laugh today
6. Check your local recreation center for fun activities that you and your family can do over the holidays
7. Say something positive to one of your classmates

Active School Travel is a simple way to fit physical activity into your daily routine!

If you live far, consider parking a block away and walking. If active school travel every day is a challenge, choose one, two or three times a week to make a change.

Sincerely,

YRDSB Active Travel Team and York Region Public Health



School Bus Cancellation Notice



To ensure the safety of students, school bus service may be cancelled due to inclement weather, extreme temperatures and/or poor road conditions. In these cases, parents and students should develop alternate care/transportation arrangements.

Cancellation decisions will only be made after thorough consultation with the Safety Officers of school bus companies servicing York Region and are based on several factors including precipitation, air temperature, road conditions and weather forecast.

Please note the following;

- A decision to cancel school bus service will be **region-wide** meaning all school buses, vans and taxis will not operate. Both the YRDSB and YCDSB operate many regional educational programs. Students attending these programs are transported over large attendance areas encompassing several municipal boundaries which prevents the ability to cancel bus service using a municipality or zone methodology.
- When bus service is cancelled all school tests and/or examinations will be cancelled and rescheduled.
- Student trips involving the use of school buses will also be cancelled.

Unless otherwise stated, schools will remain open and parents can make arrangements to transport their children to and from school even if school bus service is cancelled. **If buses are cancelled in the morning, they will not operate in the afternoon. Therefore students transported to school by parents will require the same transportation home.**

A bus cancellation message will be available at www.schoolbuscity.com, by calling 1-877-330-3001, or by following @YRDSB and @YCDSB on Twitter.

Parents, students and school staff may also access the following radio and television stations after 6:00 a.m. to receive bus cancellation information:

RADIO

590 AM	640 AM	680 AM	860 AM	1010 AM	1050 AM
1540 AM	1580 AM	88.5 FM	89.9 FM	92.5 FM	93.1 FM
94.9 FM	95.9 FM	97.3 FM	98.1 FM	99.1 FM	99.9 FM
101.1 FM	102.1 FM	104.5 FM	100.7 FM	105.9	107.1 FM

TELEVISION

CITY TV CTV Barrie CTV Toronto CP24 GLOBAL NEWS

Active School Travel - Reminder about signs

Please keep in mind that there is no parking from 8:30 to 9:30 am on Wilfred Murison Ave and Stonebridge Dr. in the morning and from 3:00 to 4:00pm in the afternoon. These are bike routes and this signage has been put in place by the Town of Markham and will be enforced for student and community safety.

请注意早上八时三十分至九时三十分和下午三时至四时在Wilfred Murison 和 Stonebridge 不得泊车。万锦政府在那里有單車线和这信息牌说明，为行人和学生安全，违规会按法办理。



Please remember that there are no left turns between 8:40am to 9:10am and from 3:25 to 3:40pm. This is for student safety and to allow for traffic to move smoothly during these busy times.

早上八时四十分至九时十分和下午三时二十五分至三时四十分不得左轉，这是学生安全和让交通流畅。

Please keep in mind that during the winter months that the walkway that goes around the North side of the parking lot is not maintained and is closed. We would ask that you cross at the entrance to our parking lot where someone will assist you to cross safely and walk the path by the Kindergarten area as this is maintained by the school with snow clearing and salting during the winter months.

请注意，在冬季期间，停车场以北部份不会剷雪和关闭，所以请应用学校正门过路，我们可安排让您们安全过马路。亦可在幼儿园旁的行人路走过因为那边是会经常保持剷雪和加溶雪盐。



Please keep in mind the signage in the parking lot noting that there is no parking in the left lane, and the right lane closest to the walkway is for drop off only. Parking is not permitted in this drop off lane as it restricts the ability for others behind you to proceed. Please keep in mind that if you do need to drop off lunch, or visit the office that you can park on Stonebridge Ave between 9:30am and 3:00pm.

请注意：在泊车场已经有个告示，说明不得停車在正门的左线上，在最右线只可停一下放下孩子，在这线也不得停泊。因为停泊会阻碍后来的車通过。如果您要放下午餐盒，您可在早上九时三十分至下午三时停泊在Stonebridge 街上。

February 2020

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1
2	3 <i>School Council @6:30pm</i> <i>Mr. Sub Lunch</i>	4 <i>Popcorn Day</i>	5 <i>Pasta Lunch</i>	6 <i>Youth Speak @6:30-8pm</i> <i>Popcorn Day</i>	7	8
9	10 <i>Mr. Sub Lunch</i>	11 <i>Popcorn Day</i>	12 <i>Mr. Greek Lunch</i>	13 <i>Term 1 Reports</i> <i>Popcorn Day</i>	14	15
16	17 <i>Family Day</i> <i>Mr. Sub Lunch</i>	18 <i>Popcorn Day</i>	19 <i>Pasta Lunch</i>	20 <i>Community Sports Night @6pm</i> <i>Hong Fook Positive Parenting @6-8pm</i> <i>Popcorn Day</i>	21	22
23	24 <i>Mr. Sub Lunch</i>	25 <i>Popcorn Day</i>	26 <i>Mr. Greek Lunch</i>	27 <i>Popcorn Day</i>	28	29