

FEBRUARY  
2022



#### PRINCIPAL

David Williams

#### VICE-PRINCIPAL

Sumir Bansal

#### SUPERINTENDENT

Laura Leesti

#### 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

# The Stonebridge Story

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

Email: [Stonebridge.ps@yrdsb.ca](mailto:Stonebridge.ps@yrdsb.ca)

Follow us on twitter: @StonebridgePS

## Message from our Administrators

Dear Stonebridge families!

We hope that you and your family are safe and are keeping well. This month's message from us is very much focused on communicating to you important information for the winter months.

### Changing Models of School

If you would like to change model of school for your child (e.g. switching from face to face to online or from online to face to face), please send us an email at [stonebridge.ps@yrdsb.ca](mailto:stonebridge.ps@yrdsb.ca) with your child's name, grade and current teacher. We will then arrange for a return to face to face schooling date for your child. Please note, that after your initial request, it may take a week for us to facilitate your request. Please wait for a confirmation from the school.

### Inclement Weather Days

As we approach colder weather, there may be Inclement Weather days declared by our school board. On these days, all schools will be closed, please do not send your child to school. This information will be posted on our [board's twitter account](#) and [website](#) by 6am.

On inclement weather days, there will be no synchronous instruction (e.g. no live google meet). Instead, asynchronous instruction will be available to all students. Asynchronous learning opportunities [can be found here](#) as well as on your child's google classroom.

### Dressing for the Weather

Your child should arrive at school every day dressed and ready to go outside. Our decision to send students outside depends upon the temperature and the wind chill. These two factors considered together determine whether we are outside for the full recess, whether we go outside for a shortened recess, or remain inside due to severe cold. If you search for The [Weather Network/Stonebridge PS](#) they will show you what you need to wear in the morning, lunch time and end of day to dress for the weather!

### Feb 4th - PA Day No school

Please keep in mind that this Friday February 4th is a PA day and there will be no school.

Thank you for all that you are doing to support your child and us during continued trying times.

Yours in partnership,

Mr. Williams and Mr. Bansal

# Trustee Greetings

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 [values](#) as an organization and the goals set out in our [Multi-Year Strategic Plan](#), 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 [www.yrdsb.ca/school-reopening](http://www.yrdsb.ca/school-reopening).

On the website, you can also find information about the [Board of Trustees](#), 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 a [review](#) completed earlier this year, trustees approved some changes to [committee structures](#) and [delegation process](#) 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 [schools will close when an inclement weather day is declared](#). 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 [www.yrdsb.ca/studenttrustees](http://www.yrdsb.ca/studenttrustees).

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 [read or watch the stories of some of the many outstanding individuals in York Region, or nominate someone](#). You may also be interested in some of the episodes available on our [TuneIn YRDSB podcast](#), 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 [prevent and address bullying](#) and create [equitable and inclusive learning environments](#).

**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.

Ron Lynn

Trustee, Markham Wards 2, 3 and 6

## **Lunar New Year - February 1, 2022**

Lunar New Year is a significant and meaningful cultural celebration for many people of East and Southeast Asian heritage including Chinese, Korean, Taiwanese, Vietnamese and Indonesian communities, to name a few. It is celebrated across the Asia-Pacific and diaspora communities around the world. This holiday commemorates the first day of the Lunar Calendar. The date is determined by the appearance of the moon and usually takes place between late January to early February. For some, this occasion has religious significance as well.

Lunar New Year is celebrated where families come together, enjoy traditional foods and activities. Many countries also have their own unique ways of celebrating the event. These could include families coming together to spend time with one another, sharing of traditional meals, and engaging in traditional activities such as cleaning the house and performing ceremonial ritual to elders and ancestors. For example, in many Chinese communities, customs may include: cleaning houses, paying off debts, settling old arguments, and other means of making a "fresh start." In the Korean community, the ceremonial ritual of seh-bae (deep bow) is performed to the elders and ancestors. Families share the traditional meal of rice cake and dumpling soup and play traditional games such as yut-nori.

Schools will acknowledge this occasion through various activities that promote sharing and understanding of the diverse practices across Asian communities.

## **Black History Month**

Celebration of Black History Month has been a part of Canadian society since the 1950s. Lieutenant Governor Hal Jackman declared February as Black History Month in Ontario in 1993, and in 1995, the Honorable Jean Augustine made the same declaration in the House of Parliament in Ottawa.

These declarations set the stage for acknowledging the contributions of Black people of African Heritage to the cultural, economic, political and social fabric of Canada dating back to the early 1600s. They have also increased our awareness that people of African and Caribbean Heritage are an integral part of Canadian history.

During the month of February, we deliberately reflect upon the legacy of African history in all its diversity, and we join all Canadians in celebrating Black History Month. During this month we are able to appreciate the significance of African people in world history by centering people of African, Caribbean, and Canadian heritage, famous and not so famous, who have influenced the nation and the world through their ideas, words and actions.

# Information for New Students

For students new to our school returning to in-person learning after the break, please note the following:

Regular school hours:

First bell	8:45 am
School starts	8:55 am
Recess/Snack break	10:35-11:05 am
Lunch time	12:45-1:45 pm
School ends	3:25 pm

Please send student to school with a snack, lunch, indoor shoes and a reusable water bottle. They should be dressed for the weather as they go out daily for recess and lunch breaks.

On the first day in person, please arrive at the main school doors around 8:30 am, ring the door bell and a staff member will come out to greet/guide you.

At the moment only staff and students are permitted in the school building.

## Reminders

Please do not drop off any items for students such as water, snack, lunch, clothing, homework, etc. The same applies to special occasions like birthdays or other celebrations.

Please email or call the school if you are moving to a new address so that we can update our records. Be prepared to provide us with the proof of address.

If there are any other changes such as contact information, pickup, etc., please let us know.

# Kindergarten Registration 2022–2023



Kindergarten registration for the 2022-2023 school year started on Friday, January 14, 2022. Children who turn four or five years old during 2021, live within the school boundary and whose parents/guardians are public school tax supporters will be eligible to register for Kindergarten.

Families can register using the following options:

1. **Online using Edsby** - Families can access the online Kindergarten registration information at [www.yrdsb.ca/Kindergarten](http://www.yrdsb.ca/Kindergarten) > Registration;
2. **By email** - Families can download the fillable PDF [Elementary School Registration Form](#) at [www.yrdsb.ca/Kindergarten](http://www.yrdsb.ca/Kindergarten) and email the completed registration form to the school's email address found on the [school website](#);
3. **By phone** - Families can request school support via telephone or video conference with the school administrator to complete the registration form, with translation or interpretation support as needed;
4. **By mail or appointment** - Call the home school to have a paper registration package (with relevant resources) mailed to them. Families can then complete the paper registration package, call the school to book an appointment to drop off the completed package. Please note that this process is by appointment only. Families must follow all school COVID-19 protocols while on site. All permitted visitors must wear a mask. This registration process is offered in extenuating circumstances.

Please note, at this time, under our [health and safety protocols](#), we cannot accept walk-in registrations.

Once you have completed your application, the school will contact you to make an appointment to review and verify the [required documents](#) when the school reopens.

Our Kindergarten programs are caring and welcoming where children learn through exploration, play and inquiry. You can learn more at [www.yrdsb.ca/Kindergarten](http://www.yrdsb.ca/Kindergarten). We look forward to welcoming our new students and families to the school.

# French Immersion Registration

## French Immersion Registration

Please share this important information regarding French Immersion registration with your Senior Kindergarten families as soon as possible:

### Grade 1 French Immersion Information Sessions and Registrations

#### What is French Immersion?

- In French Immersion, students receive instruction in French in a variety of subjects from a teacher who speaks French fluently.
- The French Immersion program begins in Grade 1 and is designed for children whose first language is not French.
- In Grades 1, 2 and 3, all subjects are taught in French. Starting in Grade 4, time is shared equally between French and English instruction.
- The French Immersion program continues in high school.
- Secondary school students must earn at least 10 French Immersion credits to qualify for the French Immersion Certificate upon graduation.

#### Important Considerations

- For the first few months of Grade 1, the children do not acquire skills identical to those learned by children in an English program as the focus is on learning in French.
- There may be certain lags in English Language Arts skills in the first few years of the program, but by the end of the elementary grades, successful French Immersion students perform as well as their peers in a regular English program.
- Communication with parents/guardians is in English including, but not limited to, report cards, newsletters and parent-teacher interviews.
- Reading to a child at home in a child's native language can strengthen literacy skills. Research studies confirm that children achieve greater academic success when parents read frequently (daily) to them.
- There is only one entry point into French immersion in YRDSB; Grade 1.

#### Information Sessions

This year our Information session for Grade 1 entry into the French Immersion (FI) program will take place virtually on January 13, 2022. A link will be shared with you via email where you will be able to view a pre-recorded information session which includes commonly asked questions and answers.

#### Registration

FI registration will begin on January 14, 2022. Parents or guardians of Senior Kindergarten students entering Grade 1 in 2022, and wishing to enrol in the FI Program, can email or call their home school office and indicate their intention to enrol. The home school will notify the French Immersion school, and the French Immersion school will contact you by phone or email to collect any necessary information. You are asked to register by February 4, 2022. Registration during this period is not first come, first served.

#### Late Registrations

Late registrations are those submitted after February 4, 2022. 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](http://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.



# 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心理健康學習講座： 如何了解子女內心世界多一點

講員: Guest Speakers:

誠意邀請家長和子女一起參與

日期： 二零二二年二月九日

時間： 7:00pm-8:00pm

Feb 9th, 2022

Chinese Students and  
parents are invited

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  
或按以下zoom會議資料

楊博源 Bernie Yeung  
BA, SSW, Placement Student,  
(completion in April, 2022)  
Hong Fook Mental 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



Meeting ID: 923 1395 7122  
Passcode: hyK7N7

# 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

讲员: Guest Speakers:

诚意邀请家长和子女一起参与

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**

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 Associ  
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



## INFORMATION FOR FAMILIES AND CAREGIVERS WITH SCHOOL-AGE CHILDREN

### Canada Recovery Caregiving Benefit (CRCB) Extended to May 7, 2022

The CRCB is extending until **May 7, 2022**. The maximum number of weeks you can apply for also increases to **44 weeks**. You can apply retroactively until February 16, 2022 if you are eligible.

The Canada Recovery Caregiving Benefit (CRCB) gives income support to employed and self-employed individuals who are unable to work because they must care for their child under 12 years old or a family member who needs supervised care. This applies if their school, regular program or facility is closed or unavailable to them due to COVID-19, or because they are sick, self-isolating, or at risk of serious health complications due to COVID-19. The CRCB is administered by the Canada Revenue Agency (CRA).

If you are eligible for the CRCB, your household can receive \$500 (\$450 after taxes withheld) for each 1-week period.

If your situation continues, you will need to apply again. Each household may apply for up to a total of 44 weeks between September 27, 2020 and May 7, 2022.

**For more information and to apply please take this link:**

[Canada Recovery Caregiving Benefit](#)

**If you have any questions please contact:**

Yvonne Kelly,

Community and Partnership Developer with Regional Portfolio on Poverty and Intersections of Poverty Inclusive School and Community Services

[Yvonne.kelly@yrdsb.ca](mailto:Yvonne.kelly@yrdsb.ca)

416-697-4208



## Student Mental Health and Addictions Newsletter

February 2022

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

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### 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?

[The Canadian Mental Health Association](#) 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.

[Acknowledging](#) 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](#)
- [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.
- [SMHO Parents and Families Webpage](#)

#### **Upcoming Workshops:**

[Many Faces of Anxiety - Cantonese](#) and many more workshops at the [York Hills Centre 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 [feedback form](#), 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 [COVID-19 Mental Health Supports for Students and Families](#) webpage.

Continue to check out the [YRDSB website](#) 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](mailto:patricia.marra-stapleton@yrdsb.ca)

**Hoshana Calliste, M.S.W., R.S.W.**

Assistant Coordinator of Mental Health

[hoshana.calliste@yrdsb.ca](mailto:hoshana.calliste@yrdsb.ca)

## Report Absences or Late

If your child is going to be absent / late, please report via Edsby before the bell time.

If you do not have an Edsby account or need help with setting it up, please contact the office @ **905-887-2427** or email [stonebridge.ps@yrdsb.ca](mailto:stonebridge.ps@yrdsb.ca)

TO REPORT A STUDENT ABSENCE/LATE:

LOGIN TO: **[yrdsb.edsby.com](http://yrdsb.edsby.com)** / **CALL 905.887.2427**

## 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.