

SEPTEMBER 2020



The Stonebridge Story

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

Email: Stonebridge.ps@yrdsb.ca

Follow us on twitter: @StonebridgePS

A Message from the Administration

Dear Stonebridge Families and Community

敬爱的石橋學校社區家庭和家長們，

大家都大概會理解到，對每一位，這是一個非常不同的開學經驗。經過多月來家人之間緊密聯繫一起，在疫情期間互相照顧，我們現在校學習學習的學生們亦成為像家人一樣。為此，我們所有人都遵從約克區公共衛生部門指引採取防預措施以保護我們所有人安全 and 健康。

As all of you are all aware, this has been a very different school start up experience for everyone. After months of being so closely connected to our families, taking care of each other during the pandemic, our students that are learning face-to-face now become part of our family as well. For this reason, we are all taking precautions based upon advice from York Region Public Health to keep us all safe and healthy.

我們真的感激您們對學校重開計劃的回應和感想。亦感謝大家對我們讓大家安全 and 健康的所作一切的好評。我們的家長們亦作了很大幫忙，把孩子們所需要的都準備好帶回學校，每天早上為孩子們自我檢查以確定他們沒有新冠病毒病癥，和了解有什麼與平常有異的。我們在此一起努力。

We really appreciate your feedback about how you are feeling about the school reopening plan that we have in place, and appreciate your kind words for all the measures that we are putting in place to keep all of us safe. Our families have helped us so much with this process by sending your child(ren) to school with all that they need for the day, doing a self check with your child every morning to ensure that they have no symptoms of COVID-19, and understanding that things are not as they were, and that we are all in this together!

您會留意到在我們學校門前字牌上我們有那信息“黑人的命同樣重要”。這對我們是重要的因為我們努力不懈的肯定我們學習種族問題，打倒種族主義和提問我們今年全校的指引問題“我是誰！”。在學年開始，我們給我校每位教職人員一個根狄醫生（Dr .Ibrahim Kendi ）所作的“反種族主義寶寶”（antiracist baby）的拷貝。希望這文章會幫助我們反省多元文化的美麗，以助打開有種族和種族主義的交流討論和可在本校帶出一個反種族主義的議題。

Continued on next page...

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

BACK TO SCHOOL



Message from the Administration continued

You will notice on our school sign that we have the message “Black Lives Matter”. This is important to us as we strive to ensure we learn about race, combat racism and answer our school wide guiding question, “Who Am I?”. To start off the year, we provided each staff member in our school a copy of a book by Dr. Ibrahim Kendi called Antiracist Baby. This text will hopefully help us reflect on the beauty of diversity, help facilitate conversations about race and racism and take on an anti racist approach at school.

在今年，第一次学校家长会会在十月十九日下午七时至八时三十分举行。如果您有兴趣成为2020-2021年度的家长委员会成员，请通过约克区教育局的开学表格连线填写。该开学表格大概在九月十八日左右直接电邮家长，或可填写附此校讯的表格。如果被提名，您需要出席会议以决定一个在家长委员会的职位。今年这会议将会以视像会议进行：

石橋小学家长委员会的会议在十月十九日下午七时至八时三十分。

请以电脑，平板电脑或手机登入参加会议：

<https://global.gotomeeting.com/join/112717653>

或电话打入：

Canada: +1 (647) 497-9373

密码：112-717-653

亦可通过Go ToMeeting 平台，如果第一次使用，预先下载APP 在第一次会议登入：

<https://global.gotomeeting.com/install/112717653>

Our first school council meeting this year will be held on October 19th from 7:00 to 8:30 pm. If you are interested in being part of our 2020-21 School Council, please express your interest through the YRDSB School Start-Up Forms link that was sent to you on or about Friday September 18th, or complete the form we have attached to this newsletter. If nominated, you will need to attend the meeting to be considered for a position on our School Council. Meetings this year will be taking place virtually at:

Stonebridge PS School Council Meeting Monday October 19th, 7:00 pm to 8:30 pm

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/112717653>

You can also dial in using your phone.

Canada: +1 (647) 497-9373

Access Code: 112-717-653

New to GoToMeeting? Get the app now and be ready when your first meeting starts:<https://global.gotomeeting.com/install/112717653>

个人教育计划 (IEPs):

IEPs (Individual Education Plans): For some of our students IEPs will be going home this month. This outlines the goals for some of our students for term one that our staff, students and parents will work towards to achieve the goals set out for them. Please look out for these.

ESL letters: All teachers support English language learning of children acquiring English as an additional language. These supports and scaffolds are integrated across the day and in all subjects. If program modifications are required for learners working with an ESL teacher alongside the classroom teacher, letters will be sent home by the end of October sharing the nature of the support, goals the learner is working towards in their language learning, and some strategies that have been helpful across the day. Please engage with your child's teacher to learn more about how we are supporting the success of their language and academic learning.

Yours in partnership,

Sumir副校长 and Kevin校长

International and Indigenous Languages (IIL) Classes

Dear Families,

The International and Indigenous Languages (IIL) program provides elementary and secondary students with the opportunity to speak, read and write a new language or maintain heritage language and culture. Due to the pandemic, International and Indigenous Language classes for SK to Grade 8 students will take place **online**, not in the school buildings. Teachers will teach live language lessons in real time using Google Classroom to provide both synchronous and asynchronous learning opportunities during the regularly scheduled language class.

Lots of information is also available on our [International and Indigenous webpages](#). To learn more about elementary programs, click on [elementary programs](#). Below you will find information on how to register for elementary (SK to grade 8) language classes.

Elementary Program Registration

- Refer to our revised [brochure](#) for the most up-to-date information about class start dates and times.
- Online registration is available to YRDSB and NON-YRDSB students:
 - o Login here if you have an [existing Edsby account](#)

Or, to [create a new Edsby account](#)

NOTE: Use of a laptop or desktop is highly recommended. Edsby cannot support online registration from any mobile or tablet device.

- o Alternatively, if there are issues with registering through Edsby, you can complete the PDF (fillable) [Elementary Paper Registration Form](#) and email the completed form to international.languages@yrdsb.ca.
- Our office will contact you for additional documentation if required.
- No consumable fees will be collected at this time.

More information on the [elementary](#) program and [secondary credit](#) program is available on our webpages. If you have any questions, please do not hesitate to contact us at (905) 884-2046 ext. 242 or email us at international.languages@yrdsb.ca. Thank you for your interest in our programs.

Message from Our Trustee– Ron Lynn

As we begin a rather different start to the school year, I want to take this opportunity to welcome all new and returning students and families. Whether you are returning to school in person or participating in remote, online learning, we look forward to welcoming you into safe, inclusive and engaging learning spaces.

Staff members have been working hard over the summer months with the Ministry of Education and public health experts to develop a reopening plan that prioritizes the health, safety and well-being of our students and ensures that important health and safety measures are in place.

Please know that whatever learning model you chose, we will continue to provide your children with high quality education, and to support their learning, achievement and well-being. Our school staff are prepared to help your child transition back into our learning environments, and we will continue to partner with families to support your child's success.

We know that families have many questions about what to expect as their children return to school. You can find information about what to expect at the start of the school year on the Board website, including frequently asked questions that you may find helpful at www.yrdsb.ca/school-reopening.

As your school board trustee, it is my role to advocate for quality public education in York Region, and to ensure that our students remain at the centre of all of our decision making. The Board of Trustees makes policy and budget decisions, and communicates with the public, among other responsibilities.

We are also responsible for setting direction for the school board, through our Multi-Year Strategic Plan. This plan sets out four priorities: Foster Well-Being and Mental Health, Build Collaborative Relationships, Champion Equity and Inclusivity, and Empower Ethical Leadership.

The relationship that we have with families is important, and I will continue to keep you informed of our work and priorities. You can also find the message from the Chair of the Board on the Board's website. You are welcome to contact me if you have any questions or concerns.

I hope you have a great start to the school year and wish you a happy, healthy and successful year ahead.

Fall Celebrations



October and November are months of diverse celebrations and holidays. Some of these include Yom Kippur, Diwali and Thanksgiving. Halloween is also amongst these, which falls on October 31st. If you would like your child to dress up that day, you are welcome to do so. Please keep in mind that this is not required or expected. Please remember that if you do wear a costume, that you can not bring items that look like weapons. Please do not send candy or treats to school, as they will not be distributed. We know that not all families celebrate Halloween for a variety of reasons, and we respect this. If your family attends a celebration or holiday that you would like us to know of please notify your child's teacher or the administrator team.

October is IWALK Month

Make a Commitment to Walk this October

International Walk to School Month (IWALK) is an annual mass celebration of active transportation taking place around the world every October.

- Helps prepare children for learning
- Keeps students physically and mentally fit
- Builds friendships
- Improves air quality and the environment
- Creates safer neighbourhoods

Join the movement! We encourage all our students to Walk or Wheel for the month of October.

Report Absences/Lates

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.

TO REPORT A STUDENT ABSENCE/LATE:

LOGIN TO: yrdsb.edsby.com / CALL 905.887.2427

School Council Meeting –October 16th

Our first School Council meeting on October 16th from 7:00 to 8:30 taking place online where we will elect our School Chair, Treasurer, Secretary and our voting members for our 2020-21 School Council. Details of these positions will be shared in advance.

The meeting is taking place online at <http://bit.ly/StonebridgeSchoolCouncil> We have attached the School Council nomination form to this school newsletter.

We look forward to working closely with our school council this year!

City of Richmond Hill By-Election

The City of Richmond Hill will hold a by-election on **Monday, October 19, 2020** to fill the vacant trustee position for Richmond Hill, [Wards 1, 2 and 4](#). This **Monday, October 5 at 6:30 p.m.**, York Region District School Board will host an online candidates meeting for members of the public to learn more about the candidates and the candidates' views on issues that affect public education in York Region. Due to COVID-19 restrictions, this event will be held electronically.

If you are interested in joining this session, please [register](#) to receive connection instructions directly. Please note, only residents of Richmond Hill, [Wards 1, 2 and 4](#) may vote in the by-election.

Reminders:

1. Please send a snack and lunch to school with your child. Students are not able to go home for lunch at this time.
2. Please remember to provide your child with a fork or spoon as we are not able to provide this in the office at this time if they forget. You may want to place additional cutlery in their lunch bag to ensure that they have an eating utensil to use for their lunch.
3. Our parking lot is for staff only. Please do not park in the morning to drop off your child. We have staff in the drop off ("kiss and ride") that can assist your child in the morning. Thank you for your cooperation with this.
4. Parking on the streets - Any area marked with a red line on the streets surrounding the school, parking is not permitted between 8:30 and 9:30 am, and 3:00 to 4:00 pm. Ticketing happens frequently, and these parking rules are in place to keep our students safe.

Thank you for all your support and your kind words to ourselves and our staff about our return to school. We greatly value your partnership in keeping our school safe during this time.

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.

COVID SYMPTOMS at Home

We want to remind our families that they need to screen students on a daily basis for any symptoms of COVID-19 on a daily basis. Please use the Daily Screening Assessment Tool (attached) for your child every day before they go to school.

We are also attaching the Return to School Daily Checklist that we have shared with you previously to send your child to school with the materials they need and reminders that should be discussed on a daily basis in both English and Simplified Chinese.

Please note that if your child demonstrates ANY symptoms of COVID-19 at school (even if mild e.g. sore throat, Nausea, fever, shortness of breath etc.) you will be asked to bring your child to the nearest COVID-19 Assessment Centre or your health care practitioner. Students will not be able to return until they have had a negative COVID-19 test and are 24 hours symptom free, have been cleared by their family physician followed by a 24 hours period of being symptom free or have been in 14 day isolation starting 48 hours before the onset of symptoms.

These processes are in place to protect all of our Stonebridge PS students, families and our staff and are based upon guidance from York Region Public Health.

Daily COVID-19 Self-Screening Tools





Student (PRINT) _____
Teacher (PRINT) _____
Grade _____

SCHOOL COUNCIL CANDIDATE NOMINATION FORM

Please complete Part A or Part B

Part A: I am declaring my candidacy:

- ☐ I wish to declare my candidacy for an elected position as a parent/guardian representative on the school council:

I am the parent/guardian of _____ who is currently
(print name of student)
registered in Grade _____.

I am an employee of York Region District School Board. Yes No

Name _____

Address: _____

Home Phone: _____ Business Phone _____

Email: _____

Part B: I am nominating a candidate

- ☐ I wish to nominate _____ for an elected position as a
parent/guardian representative on the school council.

_____ is the parent/guardian of _____
(print name of nominee) (print name of student)

who is currently registered in Grade _____.

The person I have nominated is an employee of York Region District School Board. Yes No

Name _____

Address: _____

Home Phone: _____ Business Phone _____

Email: _____

Nominator's
Signature: _____ Date _____

Please include a brief (4-5 sentences) biography of the candidate on the next page.

Personal information is collected under the authority of the Education Act as amended, and will be used to manage the disclosure of individual personal information. Contact the school principal for more information.

File: ADM-School Councils

Valid for 12 months after date of last use/application

Please include a brief (4-5 sentences) biography of the candidate.



September 2020

**Family Connection
Walking Wednesday's
starts September 16th**

**Walking Wednesdays –
Every Wednesday, Walk
to School!**

Supporting our School's health and well-being through Active School Travel – Pilot Project Phase 2B

Dear Families

As we prepare to return to school, it's important that we remain focused on supporting our physical and mental health well-being and keeping our school zones safe. Covid-19 has led to changes in our day-to-day lives, and we all need to do our part to ensure the welfare of those around us. Active School Travel is one way we are encouraging our families to stay healthy and safe and so we need your help! We are asking all families and students to use active modes to travel to and from school as often as possible (walk, cycle, and scooter).

As you may recall, this project began in April 2019 and will continue throughout the 2020/2021 school year. A number of activities have been carefully developed that encourage healthy and safe school zones. Below is a description of the activities that will take place.

- **Education**
 - **Walking Wednesday's** – All students and families are encouraged to walk and cycle every Wednesday for the entire school year. When participating, remember to maintain follow public health guidelines and maintain physical distance of at least two metres (or six feet) away from other people.
 - **Weekly Announcements** – We encourage your child to submit an announcement about why it's important to walk and cycle to school. Announcements will be made weekly so there is ample opportunity throughout the school year for your child to participate. It's also a great way for your child to practice their writing skills.
- **Classroom Competition**
 - A classroom survey will be conducted once a month to calculate all students' modes of transportation to school. The class with the highest fraction of Active School Travel (walking, cycling etc.) will be recognized for that month.
- **New Family Connection Group Walking Wednesdays**
 - This initiative is to assist families with getting to know each other and building healthy neighbourly relationships by walking to school together. Group walking is supported by Public Health agencies across Ontario following public health guidelines and maintaining physical distances. It limits the number of adults entering school sites and assists parents who may not be able to participate in active modes all the time to find other means of doing so. Students and families are invited to meet once a week at the designated meeting spots in the community and



walk to school together to build connections with their school community and to help facilitate more walking to and from school. When participating, remember to follow public health guidelines and maintain a physical distance of at least two metres (or six feet) away from other people. Over time, as neighbours connect, they may make their own arrangements to walk more often as they wish. See attached map for meeting locations and Q and A for further details. This initiative begins September 16th.

- **Sidewalk Markings and Signage**

- Our school community has installed Active School Travel encouragement signs and sidewalk markings along various routes. The signs indicate 5 minutes, 10 minutes, 15 minutes distance points from the school and the sidewalk markings are stencil activities within approximately 400 metres of the school. See map attached for signage locations and poster for visuals.

- **New Traffic Safety Tools**

- A number of traffic calming tools have been implemented directly around the school zone. The attached poster provides details on the sidewalk markings, signage and traffic safety schools

If you choose to drive your child to school, park your car a few blocks away and walk the rest of the way to support safe physical distancing for all. Follow all street signage and obey parking bylaws.

Being active helps to build strong immune systems and keep children healthy

Please review Covid-19 [active school travel and pick-up and drop-off guidelines](#) for more details.

If you have questions regarding this program, please email activeschooltravel@yrdsb.ca

Sincerely

Kevin Merkley, Sumir Bansal and York Region District School Board Active School Travel Team

Family Connection – Walking Wednesdays

The Family Connection activity encourages families to meet once a week on our School's chosen walking day, **Wednesdays**. There will be signs posted in the ground at the meeting spots. Families are encouraged to meet at the location nearest to their home and walk to school with other families, while following public health guidelines and maintaining physical distance. Driver awareness increases when more kids are out walking and this results in safer school zones. ****If you choose to participate in this activity please follow all public healthy guidelines and maintain physical distancing. Where physical distancing is not possible, wear your mask.** Please review map for meeting spots and attached Q&A for more detail.

Family Connection – Group Walking

Meeting Spot



Active School Travel Map Stonebridge PS



Legend

FCM = Family Connection Meeting Spot and Time

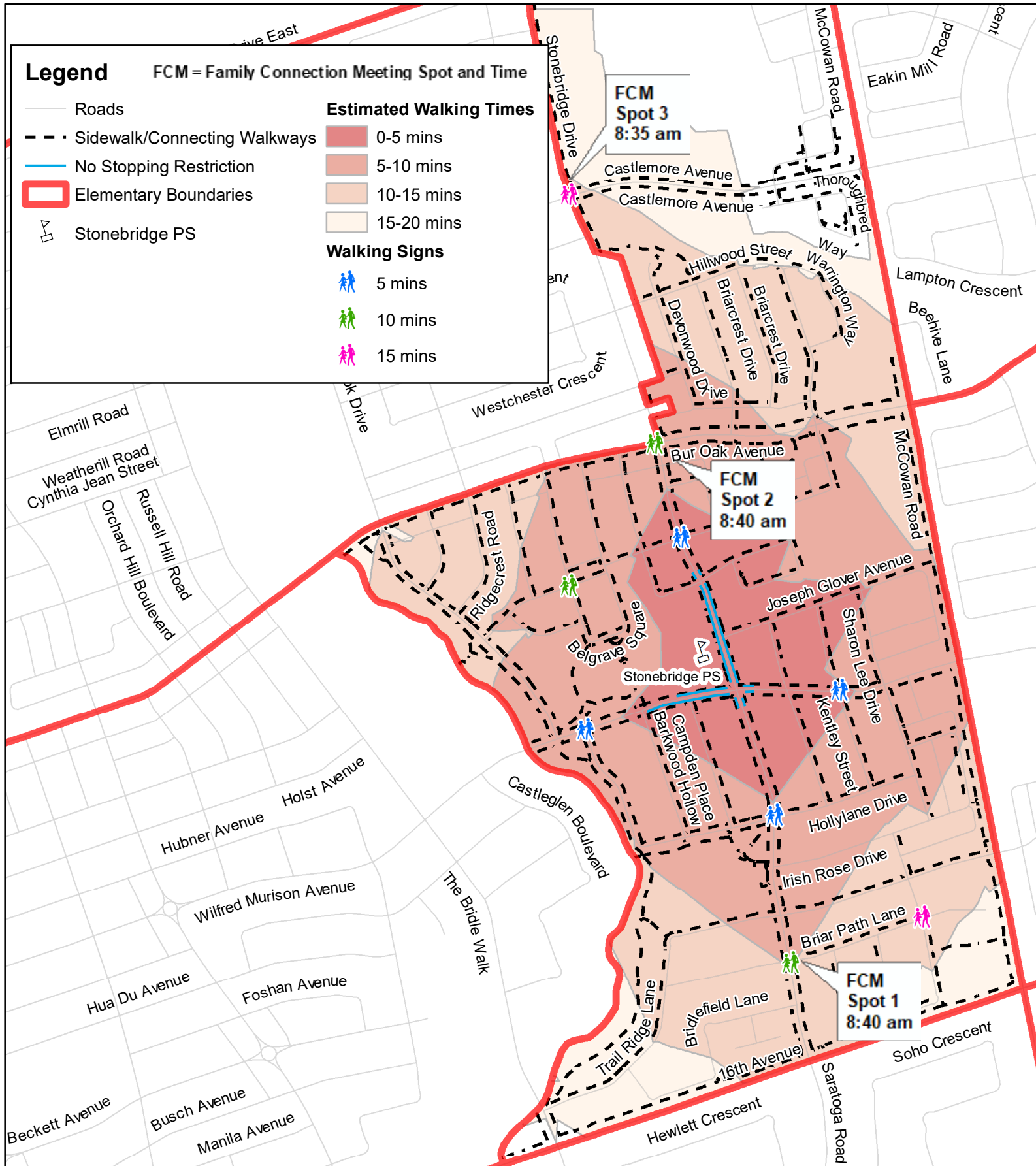
- Roads
- - - Sidewalk/Connecting Walkways
- No Stopping Restriction
- ▭ Elementary Boundaries
- 📍 Stonebridge PS

Estimated Walking Times

- 0-5 mins
- 5-10 mins
- 10-15 mins
- 15-20 mins

Walking Signs

- 5 mins
- 10 mins
- 15 mins



1:8,902

0 0.05 0.1 0.2 0.3 Kilometers

Produced by Planning & Property Development Services, September 2019

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© Regional Municipality of York

Active School Travel Pilot

School Zone Tools

You may notice some **NEW** School Zone Tools around your school community. Please review the tools below so you understand what they mean.



Wayfinding Signage

Informs students how far it is to walk or bike to school. Also a great place to meet up with others and walk/bike together!



No Stopping Signs on Street Adjacent to School.

Stopping a vehicle, including for pick-up or drop-off of students, is not permitted during the times shown.



No Stopping "Red Zone"

Supplemental to the existing "No Stopping" signs, the red line indicated where pick-up and drop-off activity is not allowed.



Ladder Crosswalks

Enhances visibility of people crossing the road



Sidewalk Stencils

Fun activities for students and families on the walking route!



School Zone Pavement Marking

These markings indicate when a vehicle is entering the school zone.



Supervised Crossing

Locations where a crossing guard is available to assist with crossing the street.

We encourage all families and students to use active modes to travel to and from school as often as possible (walk, cycle, and scooter). When doing so please follow public health guidelines and maintain physical distance.

Q & A Walking Wednesday Family Connection Group Walking Program

What is the Family Connection Group Walking Initiative? Who is going to be walking together?

The Family Connection Group Walking initiative is a program designed to connect school families to walk to school together. Families are encouraged to walk to school with their children and other parents and students on the school's designated walking day (for example Walking Wednesdays). Families will meet at the pre-designated location closest to your home, and will then walk together in a group to school. Over time, as neighbours connect, they may make their own arrangements to walk more often as they wish. Families should follow public health guidelines, including physical distancing, when participating in group walking initiatives.

What is the purpose of the Family Connection Group Walking initiative?

The purpose of this initiative is to encourage walking/cycling/scootering and riding the bus more often to school. The Family Connection Group Walking initiative will assist families with getting to know each other and build healthy neighbourly relationships so that they feel comfortable making arrangements to walk to school together.

Why are you promoting this program?

The school is participating in a project in partnership with the York Region District School Board and York Catholic District School Board, the City of Markham, York Region, Green Communities Canada and the Government of Ontario to implement Active School Travel programming to:

- Encourage walking/cycling/scootering and riding the bus to school
- Increase physical and mental well-being
- Improve social and academic performance
- Reduce traffic congestion on and around the school site
- Reduce the school's environmental footprint

Since 2019, our school, with our community partners, have been working on encouraging active school travel, and developing tools and sharing information with families to support this.

Provincial, regional and municipal government policies encourage active school travel. This pilot and the programs planned, help support this policy in advancing active school travel.

Who assumes responsibility for my child?

Like on all school days, the guardian /caregiver of the child will assume responsibility for their own child. It will be the guardian/caregiver's decision to participate. ***There are no official escorts or guides provided by our school, school board, municipal or regional staff.***

Where do I meet other families and what is the route?

The meeting spots can be located by an H-Frame sign, which notes “meeting spots” and the community partner logos. The spots are also highlighted on the walking map your school would have provided your child. The walking route is the most direct and connected sidewalk route to school and is highlighted on your respective schools walking map. If you need a copy of the map please contact your School Principal.



How do I know my child has arrived safely to school?

As per the Safe Schools Arrival policy, all York Region District School Board schools have an automated notification system to contact parents who have not reported their child absent. The automated notification system will contact parents at multiple contact numbers until one of the designated contacts are reached. If our system is unable to reach a designated contact after 20 minutes, office staff will follow up.

What happens at the end of the day?

This initiative only officially takes place in the morning on your schools designated walking day. Should you choose to create your own walking group at other times, you may organize one on your own.

How do I contact someone to walk with my child?

You cannot contact anyone through the school, the school board or municipality to walk your child(ren). The purpose of this initiative is to encourage families to participate in group walking and build connections among each other. Should you build a relationship through this activity you may choose to make your own walking arrangements. The program is designed to bring families together to get to know each other better, build trust and form their own connections with other school families.

Will this be taking place all year round?

This initiative will take place in the 2020/2021 school year for the entire school year rain, snow or shine.

Be sure to follow public health guidelines and maintain physical distance at meeting spots and as you walk to school. Where it is not possible, wear your mask.

Happy Walking!

Immunization Clinics Start October 5 for Grade 7 & 8 Students

Update to York Region schools, parents and health care providers as of September 25, 2020

In March 2020, the Provincial government announced the closure of all schools due to the COVID-19 pandemic. As a result, school and community immunization clinics during the previous school year were cancelled by York Region Public Health (YRPH). Many students now entering grade 8 never received their second dose of immunizations planned to be administered in school in the spring of their grade 7 year. These vaccines include Hepatitis B, Human Papillomavirus (HPV) (Gardasil® 9), and Meningococcal A, C, Y, W-135 (Menactra®).

As the school setting continues to be impacted by the COVID-19 pandemic, York Region Public Health will **not** be offering in-school immunization clinics this school year, and will instead be offering community immunization clinics this fall, beginning on **Monday October 5**, to ensure that students are still able to receive these important vaccines, whether they are attending school in person or online.

YRPH is offering the vaccines listed below at no cost to **all grade 7 students this fall and to grade 8 students who missed their second dose** in the spring of 2020 due to school closures.

Vaccine	Total number of doses required (for grade 7 & 8 students)
Hepatitis B	2 doses, 6 months apart
Human Papillomavirus (HPV)	2 doses, 6 months apart
Meningococcal A, C, Y, W-135 (required for school attendance)	1 dose

Note: Hepatitis B and HPV vaccines are administered as two separate injections during the same visit.

YRPH community immunization clinics are offered at various locations throughout York Region. Please inform your clients that children who recently completed Grade 7 (born in 2007) or are now entering grade 7 (born in 2008) are able to receive these immunizations at a community immunization clinic. Appointments will be available online at york.ca/immunizations, by clicking on [Immunization Clinics](#)

In order to ensure safety for everyone in our immunization clinics, all appropriate COVID-19 public health and infection prevention and control measures will be in place, as well as the following measures:

- Elementary school aged students will be allowed a maximum of **ONE** support person to accompany them into the clinic
- High school aged students will be required to enter the clinic space alone for their appointment unless special circumstances require a support person
- Both the student and their support person must wear a mask at all times while in the clinic. Certain exceptions apply. Visit york.ca/mandatorymasks for details
- Both the student and their support person will undergo COVID-19 screening upon arrival and will **NOT** be allowed in the clinic space unless they screen negative

For more information visit york.ca/immunizations.

HEPATITIS B VACCINE INFORMATION

What is Hepatitis B?

Hepatitis B is an infection of the liver caused by the hepatitis B virus. Hepatitis B can cause permanent damage to the liver, liver cancer or death. Symptoms of Hepatitis B infection include fatigue, fever, loss of appetite, and jaundice (yellow skin and eyes).

How does Hepatitis B spread?

The virus is found in the blood and body fluids of an infected person and can be spread through sexual contact, sharing toothbrushes or needles with an infected person and through other exposures to these fluids.

An infected pregnant woman can pass the virus to her unborn child.

How can Hepatitis B be prevented?

Through vaccination and by avoiding contact with other people's blood and body fluids.

More about the Hepatitis B vaccine

In Ontario, all grade 7 students are offered the vaccine at no cost. If your child was already vaccinated with a complete series of Hepatitis B vaccine (usually 3 doses as a child or infant), they do not need to be vaccinated again. If your child received less than three doses in the past, they can receive the dose(s) offered in grade 7 to complete their series. If you are unsure if your child was previously vaccinated with Hepatitis B vaccine, your child should receive the dose(s) offered in grade 7.

Who should NOT get this vaccine at a community clinic and should consult their health care provider?

- Those who have had a severe reaction to a vaccine
- Those who have an illness or take any medication that weakens the immune system
- Those who have been previously immunized with a complete series of the Hepatitis B vaccine
- Those who have a severe allergy to aluminum, latex, yeast or Thimerosal

What are the side effects of this vaccine?

- Some people may experience headache, fatigue, redness, pain and swelling at the injection site that may last about a day. Apply ice to the site and/or take a non-aspirin pain reliever to help minimize pain and/or swelling
- Students are observed for a minimum of 15 minutes after their vaccination to ensure there are no immediate side effects. Anyone who experiences serious health effects after they leave the clinic should consult their doctor and notify York Region Public Health

HUMAN PAPILLOMAVIRUS (HPV) VACCINE INFORMATION

What is HPV?

HPV is a common virus with more than 100 strains. Some strains of HPV can cause cancers of the anus, rectum, and throat while others cause genital warts or cervical cancer. Many people with HPV do not have any symptoms and can spread the virus without knowing it.

How does HPV spread?

Some types of HPV are spread through sexual contact with an infected person, including contact with genital skin or bodily fluids.

How can HPV be prevented?

- Abstinence from all sexual activity
- Delaying the start of sexual activity (waiting until you are older)
- Safer sex practices, including using condoms (note: condoms do not provide full protection against HPV as it is spread through skin to skin contact)
- Limiting the number of sexual partners and not having sex with someone who has had many partners
- Getting immunized before becoming sexually active is effective to protect against the nine strains of HPV covered by the vaccine

More about the Gardasil 9 vaccine

All grade 7 students in Ontario are offered the Gardasil 9[®] vaccine at no cost, providing protection against nine of the most prevalent disease-causing strains of HPV. Gardasil 9[®] is a two dose series if your child receives their first dose before the age of 15. Three doses of the vaccine are required if your child is 15 years or older at the time of their first dose.

Who should NOT get this vaccine at a community clinic and should consult their health care provider?

- Those who have had a severe reaction to a vaccine
- Those who have an illness or take a medication that weakens the immune system
- Those who have been previously immunized with a complete series of an HPV vaccine
- Those with an allergy to yeast, aluminum, sodium chloride, L-histidine, polysorbate 80, sodium borate
- Pregnant students should wait until after pregnancy to start or complete the vaccine

What are the side-effects of the vaccine?

Some people may experience headache, fatigue, redness, swelling and pain at injection site that may last about a day. Students are observed for a minimum of 15 minutes after their vaccination. Anyone who experiences a serious side-effect after leaving the clinic should consult a health care provider and notify public health.

MENINGOCOCCAL DISEASE VACCINE INFORMATION

(MENACTRA® OR MENVEO® VACCINE)

What is meningococcal disease?

- It is caused by the bacteria *Neisseria Meningitidis*
- It is a serious illness that can cause meningitis (inflammation of the tissue around the brain and spinal cord) or infection of the blood
- It can cause severe long term health problems, including hearing loss and brain damage
- Serious illness can develop quickly and 10 percent can die from the disease
- Symptoms can include sudden onset of fever, severe headache, stiff neck, nausea, vomiting and sometimes a rash

How is meningococcal disease spread?

The bacteria can spread from person to person through direct contact with secretions from the nose and throat of an infected individual, from kissing, or using items that have been in contact with an infected person's mouth, such as: water bottles, straws, cigarettes, e-cigarettes, food, utensils, musical instruments, toothbrushes, or lipstick.

How can Meningococcal disease be prevented?

The best way to prevent Meningococcal disease is to get vaccinated.

More about the Meningococcal A,C,Y,W135 (Menactra® or Menveo®) vaccine

Menactra®/Menveo® provides protection against four serogroups (strains) that cause Meningococcal disease – strains A, C, Y, and W135. One dose is required to attend school in Ontario for students ages 12 and over and is available at no cost as part of the grade 7 immunization program. If your child received a dose of Menactra®/Menveo® in the past (between ages of 1-5 years) another dose is not required for school attendance, but it is safe and recommended for your child to still receive the grade 7 dose.

Other meningococcal vaccines are offered to children at younger ages (e.g. NeisVac-C® or Menjugate®). These vaccines only protect against meningococcal type C and do not offer protection against strains A, Y, or W135.

If your child misses being vaccinated in grade 7, they can still receive Menactra®/Menveo® vaccine until the end of grade 12 at a York Region Public Health community clinic. Visit york.ca/immunization for clinic information.

Who should not get this vaccine at a community clinic and should consult their health care provider?

- Those who have had a severe reaction to a vaccine
- Those who have an illness or take a medication that weakens the immune system
- Those who have a severe allergy to diphtheria toxoid
- Those who have received a Meningococcal conjugate vaccine within the past 4 weeks

What are the side-effects of the vaccine?

Some people may experience headache, fatigue, redness, swelling and pain at injection site that may last about a day. Students are observed for a minimum of 15 minutes after their vaccination. Anyone who experiences a serious side-effect after leaving the clinic should consult a health care provider and notify public health.

This year, we have new health and safety measures in place to help keep students and staff safe from the spread of COVID-19. Everyone, including families, plays a critical role in supporting health and safety in our school communities.

Every day, please

Screen your child for symptoms of COVID-19 and keep them home if they:

- ☐ Feel sick or have symptoms of COVID-19
 - ☐ Have been in close contact with someone who is sick or has confirmed COVID-19 in the past 14 days
 - ☐ Have returned from travel outside of Canada in the past 14 days
-
- ☐ Provide multiple snug and comfortable **masks (at least 3)** for your child, so they have back-ups ready. We suggest separate bags to store clean and dirty masks and a pouch or fanny pack to hold them. Wash cloth masks daily.
 - ☐ Review and practice proper **hand washing** techniques at home, especially before and after eating, sneezing, coughing, and adjusting a mask or cloth face covering.
 - ☐ Pack a full **water bottle** and practice providing a **litterless/boomerang** lunch and snacks daily. Sharing of food is not allowed and garbage will be sent home to help keep our schools clean. Please remember that lunches **cannot** be dropped off at school.
 - ☐ If you send **school supplies**, such as crayons and scissors, please store them in a labelled pencil case and inform your child to avoid sharing.
 - ☐ Dress your child in **weather appropriate clothing**; they may be spending more time outdoors.
 - ☐ Make sure your information is current at school, including **emergency contacts** and individuals authorized to pick up your child from school. When they are sick, pick up your child promptly.
 - ☐ Follow your school's **local protocols**, including drop off and pick up protocols and using the designated entry doors.
 - ☐ Remind your child of **physical distancing** and following the flow of traffic and other measures in place at school.
 - ☐ Limit **personal belongings** being brought to school - students/parents to assess their backpacks for extraneous items daily.
 - ☐ Please be **patient and flexible** as we adjust to these new measures to help keep everyone safe.



今年我们采取了新的健康和安全措施, 以确保学生和教职员工免受 COVID19 的传播.每个人包括家庭在内, 在支持我们学校社区的健康和安全方面都起着至关重要的作用。

请每天检查

每天筛查您的孩子是否患有 covid-19 症状, 如果出现下列症状时, 请将其留在家中:

- ☐ 感觉不舒服或有 COVID-19 症状。
- ☐ 在过去 14 天内与已患病或已被确诊为 COVID-19 的人保持过密切联系。
- ☐ 在过去 14 天内刚从加拿大以外地区旅行回来。

- ☐ 为您的孩子提供多个合适舒服的 口罩 (至少 3 个) 以供备用。我们建议使用单独的袋子来存放干净或脏的口罩, 并使用小袋或腰包来存放它们。 每天清洗布口罩。

- ☐ 在家里学习并练习恰当的 洗手技巧, 尤其是在饭前和饭后, 打喷嚏, 咳嗽和调整口罩或布面罩之前和之后。

- ☐ 准备装满 水的瓶子, 然后练习每天给孩子准备无垃圾/开盖即食的午餐和小吃。学生不允许共享食物, 学生要将垃圾带回家以帮助保持学校的清洁, 请记住: 家长不能到学校给孩子送午餐。

- ☐ 如果您想给您的孩子带一些学习用品 (例如蜡笔和剪刀), 请将它们放在一个带标签的铅笔盒中, 并告知您的孩子不能和其他孩子分享共用。

- ☐ 根据天气情况给您的孩子穿适合的衣服; 他们可能会花更多的时间在户外。

- ☐ 确保您在学校的联系信息是最新的, 包括当您的孩子生病时需要从学校及时接走的 紧急联络 人和有权从学校接您孩子的其他人的信息。

- ☐ 遵守学校的 当地规程, 包括接送规程和使用指定的入口。

- ☐ 提醒您的孩子 保持距离, 并跟随交通流量和学校采取的其他措施。

- ☐ 限制 个人物品 带入学校的数量---学生/家长每天要检查他们的背包中是否有与当天学习无关的物品。

- ☐ 在我们适应这些新措施以确保所有人安全的过程中, 请大家保持 耐心和灵活机动。

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

POSITIVE CONNECTIONS— HOW TO RESPOND TO YOUR CHILD IN POSITIVE AND EFFECTIVE WAYS

(Larisa Levalds - Child and Family Therapist, Cindy Inacio -0-6 Child and Family Worker, Vibhuti Bhatt—Speech and Language Pathologist)

This workshop is for parents/caregivers who are looking for new ways to connect with their child(ren) aged 0—6. Caregivers will learn how to connect with their children, and will gain a solid understanding of how, why and when connections are optimal in order to overcome behavioural challenges that child(ren) may be experiencing.

Monday

September 21, 2020

6:30 PM — 8:30 PM

Zoom Webinar

MANY FACES OF ANXIETY - UNDERSTANDING AND SUPPORTING CHILDREN WHO LIVE WITH WORRY (Fiona Jack - Child and Family Therapist and Jeaninne Cairns - Child and Family Therapist)

The goal of this workshop is to provide valuable information to support caregivers of children and adolescents who experience anxiety. Topics include: Understanding different types of anxiety, causes, how the mind and brain are connected, coping strategies for caregivers; and what caregivers can do to help.

Thursday

September 24, 2020

6:30 PM — 8:30 PM

Zoom Webinar

RIDE THE WAVE - DEVELOPING MINDFUL PRACTICES AND COPING SKILLS (Karen McKinney-Community Outreach Worker)

Have you noticed an increase in stress levels and an influx of emotional regulation skills in your household during these challenging times? Being housebound can definitely have an impact on our thoughts, emotions and actions. As the days are turning into weeks and likely months, both our physical and emotional well - being is being challenged. This webinar will demonstrate a variety of coping strategies and informal mindfulness practices to help us ride the emotional waves that come and go each day. The aim is to provide participants with a variety of mindful coping strategies that can help us to: Pause, observe our body's physical sensations, thoughts and emotions, problem solve, and respond to everyday challenges in a positive and thoughtful way.

Monday

October 5, 2020

6:30 PM — 8:30 PM

Zoom Webinar

CALMING STORMY WATERS— SUPPORTING CHILDREN THROUGH SEPARATION

AND DIVORCE (Jo Allison- Child and Family Therapist and Sarah Leyton Glimcher- Child and Family Therapist)

Are you worried about how separation or divorce is affecting your children? Would you like to minimize your children's exposure to conflict and strengthen their resiliency? Are you looking for ways to deal with stress in co-parenting relationships? In this workshop you will learn how to: Improve communication and decrease stress, manage upset emotions, strengthen and grow relationships with your children, and develop positive approaches to parenting that will support your children's emotional health.

Thursday

October 15, 2020

6:30 PM — 8:30 PM

Zoom Webinar



If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
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or scan the barcode!

PLUGGED IN – TIPS AND STRATEGIES FOR MANAGING SCREEN TIME

(Michelle Holzapfel—Child and Family Therapist, Jelum Raval— Child and Family Therapist)

Does screen time in your home ever feel like scream time? Is it hard to get your children unplugged? If you answered yes, the Plugged In workshop is for you. Topics include: Guidelines for healthy screen time use, understanding how screen time effects the brain, how your own technology use impacts children, and strategies for managing screen time.

Monday
October 19, 2020
6:30 PM — 8:30 PM
Zoom Webinar

CONSCIOUS PARENTING – RAISING TEENS (Abner Lico- Child and Family Therapist)

This workshop will provide an opportunity for parents to better understand their adolescent, and their role as parents. During our time together we will explore questions such as: How do I see myself as a parent? Why do I choose to parent the way I do? We will also look at what our triggers are and our reactions to these triggers.

Conscious parenting includes awareness of ourselves as individuals, as parents, and of our teenage child. We will look at the developmental period of adolescence and the specific factors that distinguish it from other developmental periods. The aim of this workshop is to introduce you to the concepts of conscious parenting. It is an invitation to become more aware, reflective, understanding and deliberate in the relationship with your child.

Tuesday
October 20, 2020
6:30 PM — 8:30 PM
Zoom Webinar

PARENTING TRAPS AND STRATEGIES—SMALL CHANGES, BIG DIFFERENCES

(Uma Bhatt - Community Outreach Worker)

This workshop is informed by the evidence based parenting program Triple P. While parents hope to have positive relationships with their children, these relationships can sometimes be difficult to navigate when power struggles and challenging behaviours are encountered.

Come and learn about how to identify and respond to children in order to avoid power struggles, and develop strategies that will work for your family.

Tuesday
October 27, 2020
6:30 PM — 8:30 PM
Zoom Webinar

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

TRIPLE P SEMINAR SERIES - POSTIVE PARENTING (Uma Bhatt - Community Outreach Worker)

Power of Positive Parenting seminars are a series of three workshops for parents of children birth to 12 years of age. Kids don't 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.

Seminar # 1 - The Power of Positive Parenting

This seminar focuses on : ensuring a safe engaging environment for children by: creating a positive learning environment, using assertive discipline, having realistic expectations and taking care of yourself as a parent.

Seminar # 2 - Raising Confident and Competent Children

This seminar focuses on encouraging respect and cooperation, learning to be independent, developing healthy self esteem and learning how to be a good problem solver.

Seminar #3 - Raising Resilient Children

This seminar focuses of: learning strategies to help build positive feelings in your child and help your child recognize and accept feelings, deal with negative feelings and upsetting stressful life events.

Seminar #1
Tuesday
September 22, 2020
6:30 PM — 8:30 PM
Zoom Webinar

Seminar #2
Tuesday
September 29, 2020
6:30 PM — 8:30 PM
Zoom Webinar

Seminar #3
Tuesday
October 6, 2020
6:30 PM — 8:30 PM
Zoom Webinar



TAKE ACTION – ANXIETY GROUP FOR CHILDREN AND THEIR PARENTS/CAREGIVERS (Ages: 7-11 years)

This 9 week virtual parent child group supports children in learning strategies and coping skills to manage anxiety in their lives. The goal of this group is for children to create an ACTION plan for anxiety. ACTION stands for Aware, Calm, Think, Into action, Options and Never stop taking action. Participants will be provided with a workbook and will engage in play, art and creative activities. Parents and caregivers will engage in their own learning through the use of a parent handbook, and group participation. Parents/caregivers will also have the opportunity to meet virtually as a group to learn how to support their child(ren).

Wednesday
Evenings
September 23, 2020–
November 18, 2020
6:30 PM — 8:00 PM
Zoom Meeting

To Register for this group please call York Hills Intake department (905) 503-9560



If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

TRIPLE P STANDARD GROUP - POSITIVE PARENTING PROGRAM

Triple P Positive Parenting Program Group is for parentings of children 2—12 years of age. During this 8 week virtual parenting group you will:

- Learning How to create a safe and positive learning environment for your child.
- Learn why your child responds the way they do, how to support them during challenging moments
- Learn how to build your children's self—esteem and sense of self—worth.
- Learn how to teach children to become independent problem solvers.



**Thursday
Evenings
October 1, 2020–
November 12, 2020
6:30 PM — 8:00 PM
Zoom Meeting**

**To Register for this
group please call
York Hills Intake
department
(905) 503-9560**

TRIPLE P FAMILY TRANSITIONS GROUP

Family Transitions Triple P is a positive parenting program that helps you protect your child from the impact of divorce or separation. Over five weeks, in small group sessions with a Family Transitions provider, you will explore everything from stress and anger management, to how to communicate better with your ex-partner. Your Family Transitions Triple P provider will give you new ideas about managing the day-to-day dramas and ongoing trauma of your situation. It is not a mediation program, so you attend without your ex-partner. The group will be offered virtually.



**Thursday
Evenings
October 22, 2020–
November 19, 2020
6:30 PM — 8:00 PM
Zoom Meeting**

**To Register for this
group please call
York Hills Intake
department
(905) 503-9560**