

OCTOBER 2024



**PRINCIPAL**

David Williams

**VICE-PRINCIPAL**

Elaine Ricketts

**SUPERINTENDENT**

Kandeephan  
Ganeshalingam

**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 pm

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

The weather in September was wonderful. I hope you and your families got to enjoy it. Let's hope for more of the same in October!

The Stonebridge cross country team has been running almost every day in preparation for the upcoming big area race on Oct. 10. We wish them lots of luck hope they have good weather!

Please remember that Thanksgiving is on Monday, Oct. 14th. The school will be closed to students that day. Enjoy the long weekend!

This is a reminder that we have a healthy fundraiser, Fresh From the Farm, happening right now to support our Physical Education classes with new physical education equipment. We are selling Ontario-grown fruit and vegetables and 40% of all sales go directly to the school.

There are 2 produce bundles for sale:

- 14lb Vegetable Bundle sells for \$23 — 5 lb white potatoes, 3 lb carrots, 3 lb yellow onions, 3 lb sweet potatoes;
- 8lb Apple Bundle sells for \$25 — 8 lb bag of Ambrosia apples

All orders are to be placed in School Cash Online, no later than October 15th, 2024.

Thank you for supporting an initiative that helps our kids raise funds — in a healthier way!

We look forward to seeing all our families on Tuesday, Oct. 8 at 6:30 for our Curriculum Night. This is an opportunity for you to meet with your child's teacher, see the classroom and find out what your child will be learning this school year. Our staff are excited to meet all of you and share how you are an important part of your child's educational journey. Together we can support our students reach their full potential in academics and well-being.

David Williams

Principal

Elaine Ricketts

Vice-Principal

# Islamic Heritage Month

The York Region District School Board proudly recognizes Islamic Heritage Month during the month of October and honours Muslim identities all year round.

The Government of Canada declared the month of October as Canadian Islamic History Month in 2007. In 2016, Ontario passed the [Islamic Heritage Month Act](#) to recognize, celebrate and affirm the significant contributions that Muslims continue to make as part of the vibrant social, economic, political and cultural fabric of this province.

Islamic Heritage Month (IHM) is an opportunity to reflect on and highlight the rich histories and diversity of Muslims in all aspects of society across Canada and around the world. In education, it is critical to represent the historical and contemporary excellence of Muslims through literature, the arts, math, science, and all other areas of the curriculum as part of our unwavering commitment to equity and inclusion. Affirming Muslim identity through the curriculum is foundational for creating inclusive educational environments that centre humanity, value authenticity, and nurture belonging and joy for Muslim students. While exploring and reflecting on Islamic history and the diversity of Islamic heritages, we must also intentionally disrupt harmful biases, deficit-based ideologies and dehumanizing narratives about Muslims. Challenging and combating Islamophobia and anti-Muslim hate and discrimination in all YRDSB schools is necessary to create safer and more inclusive learning environments for all.

## Latin Heritage Month

October is Latin American Heritage Month. As proclaimed by the Government of Canada, October is a month to recognize and celebrate the significant contributions of the Latin American community to the social, economic and political fabric of the nation.

Latin American heritage and identities are vast, diverse and intersectional. People with Latin heritage and of the diaspora may come from Spain, Mexico, Central and South America, and the Caribbean.

Each year, during the month of October, peoples of Latin heritage around the world come together and pay tribute to their shared culture, experiences and histories. Such celebrations around the world include Hispanic Day (Dia de la Hispanidad), the Day of the Cultures (Dia de las Culturas), Day of the Race (Dia de la Raza), Day of Respect for Cultural Diversity (Dia del Respeto a la Diversidad Cultural) and Day of Indigenous Resistance (Dia de la Resistencia Indigena).

## Women's History Month

In 1992, the Government of Canada proclaimed October as Women's History Month. This is a month dedicated to honour and recognize girls and women of the past, present and future who work collectively to create inclusive and equitable environments.

This year's theme, Women at Work: Economic Growth Past, Present and Future, highlights the significant contributions women have made to the workforce throughout history, and the critical role they continue to play in driving economic innovation and progress that has benefited Canada as a whole. For more information about this month's theme visit the [Government of Canada website](#).

# IWALK Month

**International Walk to School Month (IWALK)** is an annual celebration of active transportation that takes place around the world throughout the month of October. IWALK Month officially launches **October 2, 2024**.

When walking to school, here are some important safety tips to remember:

- Look all ways before you cross the street. Always **STOP, LOOK and LISTEN** before crossing.
- Cross at intersections and crosswalks, when possible.
- Always make eye contact with drivers before you cross the street.
- Obey traffic signals and signs.
- Use a sidewalk if there is one.

For anyone who can't walk or cycle to school every day, we encourage you to try choosing an active mode of travel two or three times a week or consider parking and walking a block to decrease the pollution and improve safety around your school.

If you choose to drive, please be mindful of students who walk and cycle, drive slowly and be highly vigilant of your surroundings. If your child is eligible for the bus/student transportation, have them walk to the bus stop. Riding the bus is sustainable!





INTERNATIONAL BACCALAUREATE (IB) PROGRAMME

# SAVE THE DATE

Students who start Grade 8 in September 2024 and their parents/guardians are invited to attend an International Baccalaureate Programme information session on:

**THURSDAY, OCTOBER 10, 2024 @ 7:00 P.M.**

Information sessions will run at each of the five YRDSB schools that offer IB programming:

- Alexander Mackenzie High School
- Bayview Secondary School
- Dr. G.W. Williams Secondary School
- Maple High School
- Milliken Mills High School



## What is the International Baccalaureate?

The International Baccalaureate (IB) aims to develop inquiring, knowledgeable and caring young people who help create a better and more peaceful world through intercultural understanding and respect. To this end the organization works with schools, governments and international organizations to develop challenging programs of international education and rigorous assessment. These programs encourage students across the world to become active, compassionate and lifelong learners who understand that other people, with their differences, can also be right.

For more information about the YRDSB's IB programming, check out

**[www.yrdsb.ca/ib](http://www.yrdsb.ca/ib)**





# Groups

Fall/Winter 2024

## Parenting

### Triple P 0-12

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their children with behavioural and emotional problems. This group is 8 weeks in length and requires the completion of a workbook and weekly homework tasks. If you are interested in this course [apply online](#) or call Janice at 905-895-2371 ext.108 for more information. A pre-group interview is required. Groups are virtual and require a \$35 workbook purchase.

#### Dates:

- English: 8 Tuesdays, October 22 to December 10, 2024 Time: 6:00 PM to 8:00 PM
- Farsi: 8 Wednesdays, September 4 to October 23, 2024 Time: 5:30 PM to 7:30PM

### Triple P Teen

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their teens with behavioural and emotional problems. This group is 8 weeks long and requires a workbook and weekly homework tasks. If you are interested in this course, [apply online](#) or call Janice at 905-895-2371 ext.108 for more information. A pre-group interview is required. Groups are virtual and require a \$35 workbook purchase.

#### Dates:

- English: 8 Thursdays, October 10 to December 5, 2024 Time: 6:00 PM to 8:00 PM
- Mandarin: 8 Wednesdays, October 2 to November 20, 2024 Time: 6:00 PM to 8:00 PM

### Fearless Triple P

This 6–8-week group is for parents of children 6-14 who are experiencing anxiety. Fearless Triple P supports parents and helps them to learn new cognitive behavioural strategies for anxiety management, encouraging them to apply these themselves to all their children. If you are interested in this course, [apply online](#) or call Janice at 905-895-2371 ext.108 for more information. A pre-group interview is required. Groups are virtual and require a \$35 workbook purchase.

#### Dates:

- English: 6 Mondays, November 4 to December 9, 2024 Time: 6:00 PM to 8:00 PM
- Mandarin: TBD

### Family Transitions Triple P

This 5-week group promotes a healthy transition for parents going through separation or divorce. This course will address co-parenting, being a single parent, self-care and is designed to help parents manage the anger and resentment that often accompanies relationship breakdown. If you are interested in this course, [apply online](#) or call Janice at 905-895-2371 ext.108 for more information. A pre-group interview is required. Groups are virtual and require a \$35 workbook purchase.

#### Dates:

- English: 5 Tuesdays, September 10 to October 8, 2024 Time: 6:00 PM to 8:00PM

## South Asian Outreach Program

### South Asian Women's Support Groups

Ongoing free virtual programs for South Asian Women. Topics include parenting, health & nutrition, family stress, immigration and legal information, health, exercise, Yoga, employment, and various other topics that matter to you and your families.

#### Dates:

- Urdu, Punjabi, Hindi & English: Thursdays, September to December 2024 Time: 12:00 PM to 2:00 PM  
Contact: Aisha 647-224-2083 to register
- Hindi, Punjabi, Gujarati, Urdu & English: TBD  
Contact: Leena 416 818 7075 to register

## Groups for Adults

### Emotion Regulation and Interpersonal Skills Development

An 8-week group for adults that focuses on skill development and experiential learning in the areas of emotion regulation and interpersonal relationships. This is an integrated and evidence-informed program where participants will learn and practice such skills as managing difficult feelings, using positive coping strategies, communication, assertiveness and setting healthy boundaries. Together in a supportive space, participants will help work through common life stressors. If you are interested in this course, [apply online](#) or call 905-895-2371 for more information.

#### Dates:

- English: 8 Thursdays, October 3 to November 21, 2024 Time: 6:00 PM to 7:30 PM

## Groups for Women

### Farsi Women's Support Group

This virtual Free program will focus on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self-care, health, and wellness, and will explore community resources. If you are interested in this course, [apply online](#) or call Poopeh at 647-243-9646 for a pre-screening interview.

#### Dates:

- 6 Wednesdays, November 6 to December 11, 2024 Time: 5:30 PM to 7:00 PM

## Groups for Youth

### Emotion Regulation and Interpersonal Skills Development

This is an 8-week program for youth 13 to 17 years of age that focuses on skill development and experiential learning in the areas of emotion regulation and interpersonal relationships. This is an integrated and evidence informed program where teens will learn and practice skills such as identifying feelings, regulating emotions, positive coping strategies, communication, self-compassion/self-esteem, and assertiveness, and understanding boundaries. If you are interested in this course, [apply online](#) or call 905-895-2371 for more information. A pre-group interview is required. Groups are virtual and free.

#### Dates:

- English: 8 Wednesdays, September 25 to November 20, 2024 (No group on October 30)  
Time: 4:30 PM to 6:00 PM

## 2SLGBTQ+ Groups

### Transgender Support Group (Adults 18+)

A monthly ongoing program for those questioning/exploring their gender identity or wanting more support during their journey. This group provides a safe environment to talk about things that matter and learn more about community resources. This group is free with in-person and virtual options. If you are interested in this group, [apply online](#) or for more information or assistance completing the application form, please call Andrew (they/them) at (905) 883-6572 ext. 151 or email [araya@fsyr.ca](mailto:araya@fsyr.ca)

#### Dates:

- English: Fourth Thursday of each month, Time: 6:00 PM to 7:30 PM

### Free to Be

This is a free virtual group for parents/caregivers of gender diverse children, regardless of age, which meets once a month. Free to Be offers an opportunity to meet for support and education. The goal of this program is to destigmatize gender diversity. If you are interested in this group, [apply online](#) or for more information or assistance completing the application form, please call Andrew (they/them) at (905) 883-6572 ext. 151 or email [araya@fsyr.ca](mailto:araya@fsyr.ca)

#### Dates:

- English: Third Wednesday of each month, Time: 6:30 PM to 8:00 PM

### Gender Galaxies

A free 8-week virtual group for youth 12 to 17 exploring their gender identity and gender expression. Learn about and discuss topics such as: self-care, self-advocacy, media, dysphoria, body image, coming out, gender affirming care and intersectionality. This group is free with in-person and virtual options. If you are interested in this group, [apply online](#) or for more information or assistance completing the application form, please call Andrew (they/them) at (905) 883-6572 ext. 151 or email [araya@fsyr.ca](mailto:araya@fsyr.ca)

#### Dates:

- English: TBD



Inclusive School and Community Services, in partnership with the Canadian Centre for Housing Rights, is offering:

### **Tenants' Housing Rights Free Virtual Workshops Fall 2024**

All parents, guardians and staff are welcome to attend any of the free virtual workshops.

<b>October 9<sup>th</sup></b>	1:00-2:30 pm	<b>October 22<sup>nd</sup></b>	6:30-8:00 pm
<b>October 28<sup>th</sup></b>	9:30-11:00 am	<b>November 6<sup>th</sup></b>	6:30-8:00 pm
<b>November 18<sup>th</sup></b>	1:00-2:30 pm	<b>November 26<sup>th</sup></b>	9:30-11:00 am

### **Topics covered during each session by guest speakers:**

Ayesha Adamjee, Program Lawyer, Canadian Centre for Housing Rights  
Matthew Cheng, Program Lawyer, Canadian Centre for Housing Rights  
Jessica Long, Program Lawyer, Canadian Centre for Housing Rights

- Beginning and ending a tenancy
- Maintenance
- Privacy
- Rent control
- Human rights, discrimination and accommodation
- Eviction prevention

Once you register, we will send you invites and links to the workshops.

Please [REGISTER](#) here.

### **For more information, contact:**

Yvonne Kelly, Community and Partnership Developer at [iscs@yrdsb.ca](mailto:iscs@yrdsb.ca)  
or 905-895-5155 ext. 5124

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With generous support from:



City of Markham

# School Zone Safety Guide



## Help us make school zones safer!

Share your ideas on improving safety for students travelling to and from school.



[markham.ca/SchoolZoneSafety](https://markham.ca/SchoolZoneSafety)





## Coffee with Tamil Social Worker

\*Service in English and Tamil

**Join our Social Worker for the  
Tamil Diaspora, Nijatha Subramaniam  
virtually to chat about:**



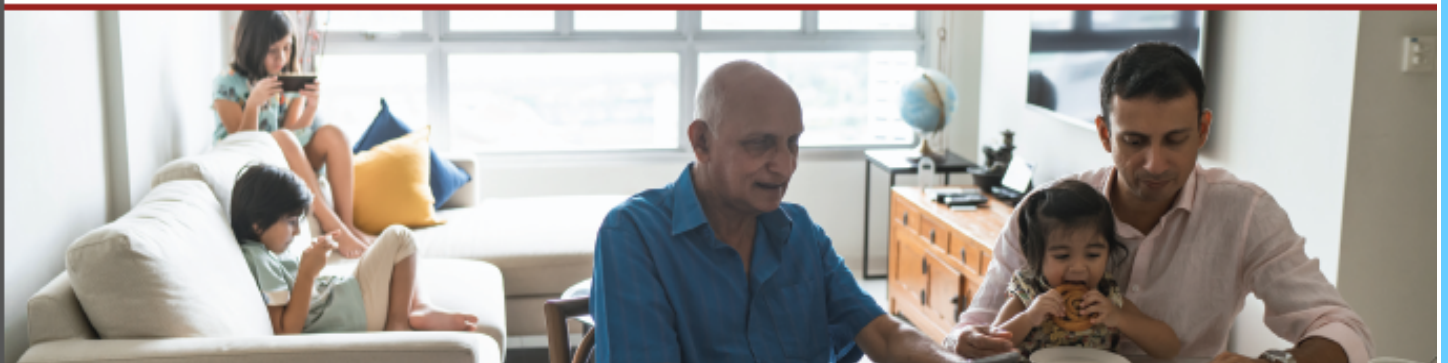
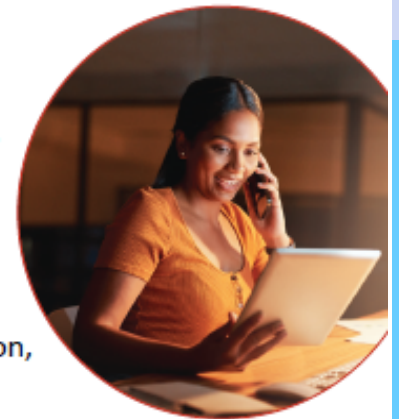
- Tips to engage and connect with your child
- Ways to support your child's well-being and emotional ups and downs
- How to request and navigate getting support for your child at school
- Guidance for current challenges and concerns experienced by your child
- Resources in the York Region community to support your child's needs

Consultation sessions are offered by  
video conference or telephone.

For more information and/or to book a consultation,  
please contact Nijatha Subramaniam at

[nijatha.subramaniam@yrdsb.ca](mailto:nijatha.subramaniam@yrdsb.ca)

or 905-727-0022 ext. 4138 (voicemail only).



Hello Silver Wolves, Spirit Wear is here!!!



<http://stonebridgeps.entripyshops.com/>

Our Spirit Wear will be available for  
order online through the above link.  
Delivery to your home!

You have the ability to customize your  
order with colour and lettering!

Order now!! Proceeds to support the school!!

Link: <https://stonebridgeps.entripyshops.com/>

# Student Lunch

We continue to encourage students to bring their lunch with them when they are coming to school in the morning.

## 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**.

TO REPORT A STUDENT ABSENCE/LATE:

LOGIN TO: **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.