



the eagle

Welcome to our community newsletter, a quick update of the going-ons at Thornhill Public School. **February 7, 2020**

Dates for the Calendar

Feb 14– Grade 8 Grad Photos
Feb 14– M.S. Readathon
Feb 17– Family Day
Feb 18– Council Meeting @ 7 pm

A Message From Mrs. Waiser

Arrival Time:

We would like to remind our community that the instructional day at Thornhill P.S. begins at 8:30 a.m. and that staff are on duty as of 8:15 a.m. Arriving to school on time supports your child/children in ensuring they enter into the school day with their peers, prepared and ready for a successful day. We thank you for your efforts in planning ahead to ensure your child/children arrive to school on time.

Report Cards:

Our students continue to work hard on their daily tasks and culminating activities as Term One comes to an end. Please be advised that Term One Report cards will **not** be distributed due to job action. Should you have any assessment and/or evaluation questions, you are encouraged to contact your child/children's teachers directly.

Meeting

School Council Update:

Our next School Council meeting will be held on Tuesday, February 18th at 7 p.m. in the library. Please consider coming out to join us so that we can work together to support the Thornhill Public School Community. All are welcome to attend!

School Cash Online

Pizza for next term will be posted online on February 27th. Please watch for the email or check your account on time as no extra pizza will be ordered next term. Thank you!

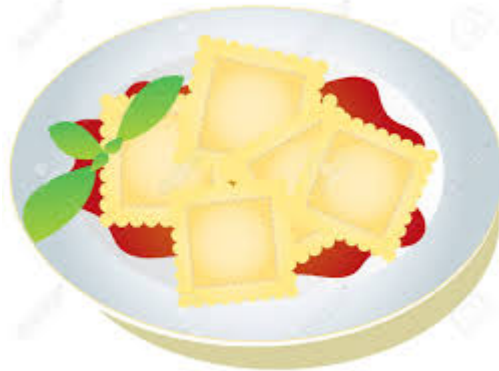
Happy Family Day



FEBRUARY SPECIALS

Ordering is Easy. Kid Approved Stress Free.

IT'S RAVIOLI TIME!



Returning for February - our raviolis in tomato sauce!

Choose from Cheese or Beef

Also available this month only:

TUNA SANDWICH ON A WHOLE WHEAT KAISER

STEAMED DUMPLINGS

More choices and menu options available online!

Ordering is easy!

Online orders can be completed up until 10am
the previous business day

We're here to help!
905-944-0210

information@kidskitchen.ca
www.kidskitchen.ca



KID'S KITCHEN Co.

Helping children eat well and perform better since 2001!

PARENT PRESENTATION
SIMPLE GIFT: EMOTIONAL REGULATION
For parents of children from birth to teens

Parents, Grandparents and Caregivers are invited to attend!

Let's Talk About It!

Emotional regulation, sometimes called self-regulation, refers to the way we deal with big feelings like anger, excitement, frustration, anxiety, jealousy or low mood.

Improved emotional regulation leads to benefits in all areas of a child's life. They are better able to resolve conflicts with their peer, show lower levels of physiological stress and achieve more in school.

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

To register for this session please contact:

Oksana Majaski,
Community & Partnership
Developer,
Inclusive Schools &
Community Services

Oksana.majaski@yrdsb.ca
416-568-2252

Topic: Simple Gift: Emotional Regulation

This session will provide parents with information about:

- What is emotional regulation
- Long term implications of negative emotions
- The importance of learning about your child's unique temperament, strengths and areas of improvement
- Triggers that set off emotions
- The 8 principles of emotional regulation and how you can teach your child to identify and cope with their feelings

Location: Bayview Glen Public School
42 Limcombe Drive L3T 2V5

Date: Thursday, February 6, 2020.

Time: 7:00 p.m. – 9:00 p.m.

Facilitator: Uma Bhatt, R.S.W.
York Hills Centre for Children, Youth and Families

This free Parent Presentation is brought to you by Bayview Glen Public School in partnership with York Hills Centre for Children, Youth and Families and York Region District School Board.



FEBRUARY 2020 PARENT PRESENTATIONS

For parents of children from birth to teens
Parents, Grandparents and Caregivers are invited to attend!

Let's Talk About It!

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

To register for any one of these free sessions please contact:

Oksana Majaski,
Community & Partnership
Developer,
Inclusive Schools &
Community Services

Oksana.majaski@yrdsb.ca
416-568-2252

VIOLA DESMOND PUBLIC SCHOOL

25 Farrell Rd, Maple, ON L6A 0H9

Tuesday, February 4, 2020

9:30 a.m. – 11:00 a.m.

Let's Talk 2 Anxiety: Youth Mental Health

Anxiety is the most common health concern for children, youth and adults. This session will help parents better understand anxiety, explore effective coping strategies and how to help their child successfully manage anxiety.

VIOLA DESMOND PUBLIC SCHOOL

25 Farrell Rd, Maple, ON L6A 0H9

Thursday, February 6, 2020

7:00 p.m. – 8:30 p.m.

The Lure of Video Gaming

This session will help parents better understand what gaming is, the risks and benefits, high – risk situations, triggers, language and conversations, coping strategies and resources.

VIOLA DESMOND PUBLIC SCHOOL

25 Farrell Rd, Maple, ON L6A 0H9

Tuesday, February 18, 2020

9:30 a.m. - 11:00 a.m.

Simple Gift: Emotional Regulation

This session will provide parents with information the 8 principles of emotional regulation and how to teach your child to identify and cope with their feelings.

VIOLA DESMOND PUBLIC SCHOOL

25 Farrell Rd, Maple, ON L6A 0H9

Wednesday, February 19, 2020

7:00 p.m. – 9:00 p.m.

Let's Talk 2 Anxiety: Youth Mental Health

Anxiety is the most common health concern for children, youth and adults. This session will help parents better understand anxiety, explore effective coping strategies and how to help their child successfully manage anxiety.

These free Parent Presentations are brought to you in a collaborative partnership with Viola Desmond P.S., York Hills Centre for Children, Youth and Families, Addictions Services for York Region and York Region District School Board.



**PARENT PRESENTATION
TRIPLE P PARENTING SEMINAR
RAISING RESILIENT CHILDREN**
For parents of children from birth to teens

Let's Talk About It!

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.

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

To register for this seminar please

contact:

Oksana Majaski,
Community & Partnership
Developer,
Inclusive Schools &
Community Services

Oksana.majaski@yrdsb.ca
416-568-2252

Woodland Public School

invites all

Parents, Grandparents and Caregivers to attend!

Topic: Raising Confident, Competent Children

This session will focus on how to encourage your child to learn;

- how to become independent.
- how to develop healthy self-esteem, and
- how to be good problem solvers.

Location: Woodland Public School
120 Royal Orchard Blvd, Thornhill, ON L3T 3T9

Date: Thursday, February 13, 2020

Time: 7:00 p.m. – 9:00 p.m.

Facilitator: Uma Bhatt, R.S.W.
York Hills Centre for Children, Youth and Families

This free Parent Presentation is brought to you by Woodland Public School in partnership with York Hills Centre for Children, Youth and Families and York Region District School Board.

