

Tommy Douglas SS e-Newsletter



4020 Major Mackenzie Drive West, Woodbridge, ON L4H 4E9

April 22, 2021



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Contact Us

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tommy.douglas.ss@yrdsb.ca

Online

[School website](#)

 [TDSS_YRDSB](#)

 [@tommydouglasssmaninoffice](#)

Administration

Principal

[Sandra Sardone](#)

Vice Principals

[Tanya-Lynn Paul](#) (A-G)

[Elizabeth Sloan](#) (H--PAS)

[David Cashmore](#) (Pat-Z)

School Council

[Joe Giusto](#)

[Amir Bigloo](#)

Superintendent

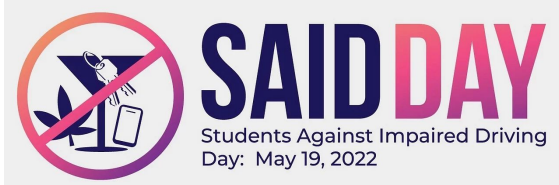
[Bill Cober](#)

Trustee

[Dr. Elizabeth Sinclair](#)

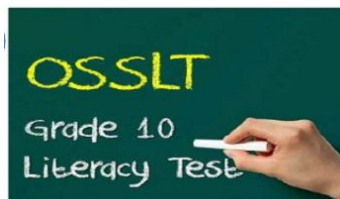
Every year, lives are needlessly lost on our roadways because of alcohol, drugs and distracted-impaired driving. These are avoidable tragedies that leave scars on our families, schools, and communities. During Students Against Impaired Driving Day we ask that you make known your commitment to preventing impaired driving. We remember the victims and honour their memory by making the responsible decision to not be impaired while driving and ensuring that others do the same.

<https://www.osaid.ca/projects-2>



OSSLT - May 5th or May 10th

Grade 10 students and students who were previously eligible and have not yet met the literacy requirement will be writing the OSSLT on May 5th. Students with Individual Education Plans and English Language Learners will write on May 10, and will be notified by our Student Services and/or ELL department individually. In addition, all homeroom teachers have the list of students who are writing and will confirm with their students the date and location of their tests. Students will be using their own computers to write the test and are asked to come to school on the date of the test with their device fully charged.





School News

From Our Students:

“Open-Heart” Surgery in TPJ3M

As someone who aspires to one day work in the medical field, this healthcare course (TPJ3M) presented us with great opportunities to explore the experiences and responsibilities healthcare workers take on. One of the highlights of this course was getting the chance to participate in "open-heart surgery" on a sheep heart. It was very eye-opening to be able to first-hand see the form and function of anatomy. After cutting open the heart, it was crazy to see how different the real structure of the heart was from the diagrams we are used to seeing in textbooks. Many schools are not fortunate enough to have a course like this, so students in Tommy Douglas should take advantage of this once-in-a-lifetime opportunity. Overall, we strongly encourage other students interested in the medical field or just looking for an intriguing and hands-on elective to consider taking this course at Tommy Douglas!

Submitted by Sarah Mendhawi, Niti Gandhi, Sofia Baptista



Pictured above are Sarah Mendhawi, Etkan Erdogan and Hannah Nguyen

Important Dates

Thursday, April 28th

- ❑ OSAP / Pathway Planning for Grade 11 Students, Virtual Event

Thursday, May 5th

- ❑ OSSLT - Grade 10 students and previously eligible students

Friday, May 6th

- ❑ PD Day - No School

Tuesday, May 10th

- ❑ OSSLT - Students with Individual Education Plans and English Language Learners

Thursday, May 19th

- ❑ Prom

Helpful Links

PUBLIC HEALTH LINKS:

york.ca/safeatschool

CARING & SAFE SCHOOLS:

[Kids Help Phone](#)

[Report It \(YRDSB\)](#)

SUPPORTING MENTAL HEALTH AND WELL-BEING:

Crisis Mental Health Supports for Students:

[310-COPE](#): 905-310-COPE (2673) or 1-855-310-COPE (2673) - available 24/7

[KidsHelpPhone](#): 1-800-668-6868, text 686868 - available 24/7



My Pathway Summer School Registration

In-Person Learning – Secondary Summer School

- Traditional summer school being offered at nine locations: Aurora HS, Keswick HS, Langstaff SS, Markham District HS, Milliken Mills HS, Pierre Elliott Trudeau HS, Richmond Green SS, **Tommy Douglas SS**, Westmount Cl.
- Students are required to attend daily from 8:45 a.m. to 3:33 p.m. with scheduled breaks and a lunch break.
- In-Person program offerings:
 - **Acceleration courses**
 - § Full credit course, 18 days: Wednesday July 6 to Friday July 29
 - § Compulsory and electives (ex. ENG4U**1**)
 - § English as a Second Language (ESLDO**1**, BBI2OL)
 - § French Immersion (CHC2DF, CGG3OF)
 - **Credit Upgrading courses**
 - § 9 days S1 - July 6 to July 18, S2 – July 19 to July 29
 - § For students who were successful in the credit (ex. S1 - MTH1W**3**, S2 - MTH1W**4**)
 - § [Credit Upgrading FAQs](#)
 - **Reinforcement courses**
 - § 9 days: S1 - July 6 to July 18, S2 – July 19 to July 29
 - § For students who were previously unsuccessful and recommended for reinforcement (ex. S1 - MTH1W**5**, S2 - MTH1W**6**)

Remote Learning – International Languages

- Remote learning classes will occur in a virtual environment, using a synchronous model. Students are required to attend daily at prescribed times.
- Remote Learning will run from 8:45 a.m. to 3:33 p.m., with scheduled breaks and a lunch break.
- Remote learning offerings:
 - **Acceleration courses**
 - § Full credit course, 18 days: Wednesday July 6 to Friday July 29
 - § Languages offered: Spanish, Simplified Mandarin, Farsi (ex., Spanish LWSBD**1**)

Online Learning

- Courses are specifically designed to be taught in a fully online format.
- Classes occur online using an asynchronous model. Students are able to access course content at any time. In addition, daily synchronous real time check-in opportunities with the teacher are provided.
- Online Learning program offerings include:
 - **Acceleration courses**
 - § Full credit course, 18 days: Monday July 4 to Wednesday July 27
 - § Compulsory and electives (ex. ENG4U**1**)

International Students can access four-week programs in all models at a reduced rate of \$500 and two-week programs at a rate of \$250. Fee paying students will be contacted in July for payment.

Note: courses ending in an **8** (i.e. GLD2O**8**, LWSBD**8**) are Reach Ahead opportunities for grade eight students.

Join us for a Virtual Parent Evening

New Date: Monday, April 25, 2022 @ 7pm

Brought to you by School Council
in partnership with Julliard PS

Bee Quammie—Guest Speaker

"A Thousand Cuts: Anti-Black Racism in Our Schools and Society"



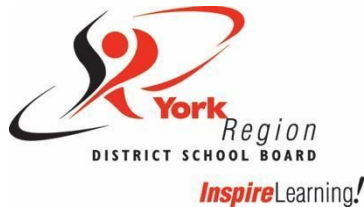
Bee Quammie is an author and public speaker. She has addressed audiences on topics like diversity and inclusion, anti-Black racism, digital content creation, Black womanhood, pop culture, film, feminism, health & wellness, and more through keynotes, panels, and panel moderation.

Join Zoom Meeting Link *(see email how to connect using a phone)*

<https://yrdsb-ca.zoom.us/j/92591965061?pwd=UkZwRVhUTE1MNlqVVRwR0hRVi9oQT09>

Meeting ID: 925 9196 5061

Passcode: 558952



Student Mental Health and Addictions Newsletter

May 2022

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

Children's Mental Health Awareness Week

Every year in Ontario, the first week in May is acknowledged as [Children's Mental Health Awareness Week](#); this year it will fall on May 2-6, 2022. In recognition of this important week, at YRDSB, we are planning a variety of classroom daily activities, increasing awareness through our social media platforms as well as working with our community partners to build awareness about children and youth mental wellness through [webinars and workshops](#). Over the course of the pandemic the need to support children's mental health has been amplified. There are several definitions to Mental Health; the First Nations Mental Wellness Continuum highlights the holistic ways of understanding mental health and wellness. A balance of the mental, physical and emotional enriches one's daily lives, their hope for the future which in turn provides a sense of unity to themselves, families and communities. In addition, [School Mental Health Ontario](#) (SMHO) explains mental health as a dual continuum. Similar to our physical health, there are days where we might not feel mentally well. This can include our children, families and communities. SMHO reports that 70% of people indicated their first mental health concerns emerged when they were a child or an adolescent. Each year, one in five Canadian children and youth experience significant mental health challenges. Think of your average class size, this may mean many students can have mental health impacts in which support can be beneficial.

We continue to strive towards foundations laid out in the [Director's Annual Plan](#), which highlights the goal of building safe, healthy and inclusive learning and working environments where all feel they matter and belong. We strive to build on the notion of Acknowledging, Bridging and Connecting ([ABCs of mental health](#)) and create actions to support this framework.

In this edition of our Newsletter, we would like to share a video by [Strong Minds Strong Kids Psychology Canada](#) titled "[Supporting Teen Resilience: What Adults Need to Know](#)". This video showcases an open panel discussion with high school students and registered psychologists, Dr. Chantal Regis with a Ph.D. in Clinical Psychology from the University of Guelph, and Dr. Michael Saxton who maintains a practice working with children and youth in Ontario. They discuss the resiliency, intensity of emotions, intersecting identities, vulnerability children and youth encounter as well as key strategies for adults to enhance young people's mental wellness. This video highlights some important factors to keep in mind:

- **Taking Time to Foster Strength** - Dr. Regis explains that caring adults can hold a safe space for youth by displaying listening skills, curiosity, and practicing open body language which symbolizes signs of caring adults. By doing so, caring adults can help facilitate dialogue with our children and youth to talk about their feelings, understanding that children's emotions and thoughts are amplified during brain development. For example, an adult may say to a child, "I see this is not making you happy, how are you feeling now?" Sometimes the use of colours can help children explain their emotions.
- **Creating a Care Plan** - Setting boundaries and taking time for YOU is essential as mental health is experienced across a dual continuum. Ask yourself, what does care look like for me? What one small thing do I need to feel cared about? Who is my support system that is identity affirming? What motivates me to care for myself? Who can I trust to share this care plan with? For some, this can include journaling, going on a walk, mindfulness, deep breathing, connecting with their roots and identities, being in identity affirming spaces, connecting with their loved ones and so on. Check out: [My Circle of Support Pocketbook-Student Help Seeking Resource](#) by School Mental Health Ontario.

Additional Resources:

[YRDSB Mental Health Resource Page](#)

[SMHO Parent/Family Page](#)

Upcoming Workshops:

[CMHA 2022 Mindful Compassion](#) - Wed, May 2nd , 2022 6:30 pm - 8:30 pm EDT

For more additional workshops visit [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

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 [@MH_YRDSB](#).

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The South Asian & Tamil Women's Collective Annual Well-Being Conference

The South Asian & Tamil Women's Collective (WOW) in collaboration with ESSAH and ETSS invites self-identifying South Asian and Tamil, female/non-binary, grades 5 to 12 students to attend our **2022 Annual Well-Being Conference Virtual**

Students will participate in two evenings of culturally responsive coaching and mentorship in support of agency, health, and well-being.

When

Wednesday, May 11th and Thursday, May 12th, 2022
4:00 – 6:30 p.m.

Where

Zoom link to be provided by email

Registration

Students should register for the conference through the [Google Form](#).

Contact

For more information, please contact:

SATWC: Niyomi Raveenthiran at niyomi.raveenthiran@yrdsb.ca
Ayesha Syed at ayesha.syed@yrdsb.ca

ESSAH: Harpinder Kaur at harpinder.kaur@yrdsb.ca
Sonya Venugopal at sonya.venugopal@yrdsb.ca

ETSS: Suganja Sinnathamby at suganja.sinnathamby@yrdsb.ca

SEPYR: Hina Shah at hshah@ccsyr.org



@SATWCollective



@satwcollective



THE SOUTH ASIAN AND TAMIL WOMEN'S COLLECTIVE PRESENTS OUR 5TH ANNUAL

WELL-BEING CONFERENCE

MAY 11 & MAY 12, 2022
FROM 4:00PM – 6:30PM

REGISTER TODAY
bit.ly/SATWC



SCAN ME

