

Tommy Douglas SS e-Newsletter



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

April 29, 2021

**PLEASE
NOTE:**

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Contact Us

Phone 289.342.0001

Extensions

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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](#)

Welcome to the Main Office

When our students, staff and families visit us in the main office, they are greeted by this wonderful group of administrative professionals.



L to R : Ms. Fernandes, Ms. Spadafora, Ms. Tomasone, Ms Celli,
Ms. Percibelli, Ms. Di Santo, Ms. Buscema, Ms. Bivic



School News

Our Tommy Douglas Athletic Council hosts many intramurals throughout the year to help engage our student body and keep them active with some healthy competition. This month they had basketball. Starting from the left of the photo, we have Yash, Noah, Omanand, Shobit, Ashvin, Patrick, Mohammed, Damaire, Mr. Buchnea, Christian, Aaron, and Nishaal.



Annual PEAC Regional Symposium “Parent Voice Matters!”

We would like to invite you to register for the PEAC Regional Symposium. The Symposium is virtual and is being held May 4th from 7pm to 9pm. We have Dr. Alex Russell as our keynote speaker and the option to select from one of 21 workshops. The Symposium has been designed by our PEAC planning team with a focus on parent voice. Please visit our webpage linked below for more information and to register. The Symposium is being held during Children's Mental Health Week and our keynote and many of the workshops support this focus.

[REGISTER HERE](#)

Important Dates

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

Wednesday, May 11th

- School Council

Thursday, May 19th

- Prom

Thursday, May 26th

- PISA for selected Grade 10 students in Library

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



From Our Students:

Student Nutrition Program



L to R : Atta B, Marielle C and Tony P.

Officially called Student Nutrition Program - we give out enough for a "meal"

Since March the Community Class has been running the Student Nutrition Program as part of their Work Experience. Everyday before announcements begin they set up a table in the foyer to give out a variety of nutrition breakfast items to students who would like a snack in the morning.



Black Youth Helpline

BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE

NOW CANADA-WIDE!!

Black Youth Helpline is pleased to announce that our STAY-IN-SCHOOL PROGRAM & SUPPORT SERVICES for Canadian Youth is now Canada-wide!!

NEW SUPPORT SERVICES

For Youth & Family, Schools & Other Youth Serving Organizations.

OUR FOCUS

Helping Canada's children and youth remain and succeed in school and community.

REACH US AT

Phone: 416-285-9944 or 416-739-8989
Toll Free #: 1-833-294-8650 /1-833-BYH-8650
E-mail: NationalHelpline@bellnet.ca
Website: www.blackyouth.ca

We acknowledge the financial support of the Government of Canada





NATIONAL HELPLINE:

BRIDGING CULTURES FOR YOUTH SUCCESS IN SCHOOLS & COMMUNITY

WHAT WE DO

- Serve as the point of contact and support for youth, parents, schools, and key stakeholders who work with youth.
- Help youth and families address their concerns in the school system and in their communities.
- Help schools and other youth serving organizations understand and effectively manage the most vulnerable children and the multicultural challenges of working across cultures.
- Ultimately, we work in partnership to help achieve the best possible outcome for each child/youth/family.

HOW

- A National Consultation Team from across Canada will support National Office, staff and volunteers in service delivery. Representation reflects the rich diversity of peoples, culture, beliefs, knowledge, professions and churches/Faith Based Organizations.

WHY

- 25 years of Black Youth Helpline (BYH) experience has proved informing. We must Intervene on behalf of youth with complex needs before severe problems arise.
- Needed are primary prevention approaches including a focus on parents and schools at the earliest possible point.
- A significant body of literature underline that suspensions and dismissals from schools are 3-4 times higher for vulnerable children.
- The word “drop-out” is often a misnomer. Repeated suspensions and dismissals fuel school failure and push students out of schools (Wilson, 2014). “We need to comprehend fully why schools fail some youths and conversely, why some students are failing school” (Dei, 1996).
- By helping youth, parents and schools succeed we increase the chances for productive futures for Canada’s children.



Black Youth Helpline

RELIER LES CULTURES | ATTEINDRE LES JEUNES | IMPACTER LE CHANGEMENT

MAINTENANT PARTOUT AU CANADA

La Ligne d'assistance pour les jeunes noirs est ravie d'annoncer que notre programme STAY-IN-SCHOOL et nos services de soutien pour la jeunesse canadienne s'étendent maintenant partout au Canada!!

NOUVEAUX SERVICES DE SOUTIEN

Pour les jeunes et la famille, pour les écoles et pour d'autres organisations au service des jeunes.

NOTRE OBJECTIF

Aider les enfants et les jeunes du Canada à rester et à réussir à l'école et dans la communauté.

REJOIGNEZ-NOUS AU

Téléphone: 416-285-9944 ou 416-739-8989
Sans frais: 1-833-294-8650 / 1-833-BYH-8650
Courriel: NationalHelpline@bellnet.ca
Site Web: www.blackyouth.ca

Nous reconnaissons la
soutien du gouvernement du Canada

**Canada**



LIGNE D'ASSISTANCE NATIONALE:

RELIER LES CULTURES POUR LES JEUNES RÉUSSITE À L'ÉCOLE ET DANS LA COMMUNAUTÉ

NOTRE TRAVAIL

- Servir de point de contact et de soutien pour les jeunes, pour les parents, pour les écoles et pour les principaux intervenants qui travaillent avec les jeunes.
- Aider les jeunes et les familles à s'occuper de leurs préoccupations concernant le système scolaire et leurs communautés.
- Aider les écoles et d'autres organisations au service des jeunes à comprendre et à s'occuper des enfants les plus vulnérables et de gérer de façon efficace les défis multiculturels du travail à travers les cultures.
- Enfin, nous travaillons en partenariat pour réaliser le meilleur résultat possible pour chaque enfant / jeune / famille.

COMMENT

- Une équipe pancanadienne de consultation soutiendra le bureau national du LAJN, son personnel et ses bénévoles dans la livraison de service. Notre représentation reflète la riche diversité des peuples, des cultures, des croyances, des connaissances, des professions et des églises /organisations confessionnelles.

POURQUOI

- 25 ans d'expérience avec Black Youth Helpline (BYH) s'est avérée instructive. Il faut intervenir au nom des jeunes ayant des besoins complexes avant que des problèmes graves ne surviennent.
- Des approches de prévention primaire sont nécessaires au plus tôt possible y compris un accent sur les parents et les écoles.
- Un corpus important de littérature souligne que les suspensions et les licenciements scolaires sont 3-4 fois plus élevés pour les enfants vulnérables.
- Le mot «décrocheur/décrocheuse» est souvent un terme inapproprié. Les suspensions et licenciements répétés alimentent l'échec scolaire et repoussent les élèves des écoles (Wilson, 2014). "Il faut comprendre pleinement pourquoi les écoles laissent tomber certains jeunes et inversement, pourquoi certains étudiants laissent tomber l'école" (Dei, 1996).
- En aidant les jeunes, les parents et les écoles à réussir nous augmentons les chances d'un avenir productif pour chaque enfant du Canada.

2022 Summer Learning Programs Available

During the summer, YRDSB continues to offer credit and non-credit summer school program opportunities for elementary, secondary and adult students. Registration is now open for the following programs:

Elementary Credit and Non-Credit Programs:

- [Elementary Summer School](#) (Grades 6 - 8 non-credit reinforcement)
- [Grade 8 Reach Ahead](#) – Students in Grade 8
- [Summer Institute](#) - Kindergarten to Grade 8

Secondary Credit Programs:

- In-Person Learning
- Online Learning

Adult Learning Programs:

- Adult Literacy and Basic Skills
- English as a Second Language
- Citizenship Classes

For more information about summer learning programs and registration please visit www.yrdsb.ca and follow us on Twitter @YRDSB.



YRDSB Secondary Summer School Programs

Registration is now open for YRDSB students through [MyPathwayPlanner](#)

In-Person Learning – Secondary Summer School

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, and Westmount CI.

Students are required to attend daily from 8:45 a.m. to 3:33 p.m. with scheduled breaks and a lunch period.

Acceleration full-credit courses: Wednesday July 6 to Friday July 29

Credit Upgrading courses: July 6 to July 18 (S1) & July 19 to July 29 (S2)

- For students who were successful in obtaining the credit and seeking additional support

Reinforcement courses: July 6 to July 18 (S1) & July 19 to July 29 (S2)

- For students who were previously unsuccessful in obtaining the credit and recommended for reinforcement

Civics & Careers Acceleration half-credit courses: July 6 to July 18 (S1) & July 19 to July 29

- Students interested in taking both Civics and Careers must select one course from each session
CHV2O5 (S1) & GLC2O6 (S2) or GLC2O5 (S1) & CHV2O6 (S2)

Remote Learning – International Languages

Remote learning classes will occur in a virtual environment, using a synchronous model. Students are required to attend daily from 8:45 a.m. to 3:33 p.m., with scheduled breaks and a lunch period.

Acceleration full-credit courses: Wednesday July 6 to Friday July 29

Languages offered: Farsi, Simplified Mandarin, Spanish

Online Learning - Secondary Summer School

Online Learning courses are specifically designed to be taught in a fully online format in an asynchronous model. Students are able to access course content at any time with daily check-in opportunities with their teacher.

Acceleration full-credit courses, 18 days: Monday July 4 to Wednesday July 27

Civics & Careers Acceleration half-credit courses: July 4 to July 13 (S1) & July 14 to July 27 (S2)

- Students interested in taking both Civics and Careers must select one course from each session
CHV2O5 (S1) & GLC2O6 (S2) or GLC2O5 (S1) & CHV2O6 (S2)

For more information:

- Please visit our website: [Summer Learning Opportunities](#)
- Contact your school Guidance counsellor
- Contact Continuing Education with 'Secondary Summer School' in the subject line at
 - In-Person Learning - continuing.education@yrdsb.ca
 - Online Learning - online.learning@yrdsb.ca

Please note: course offerings are not guaranteed as they are subject to sufficient enrolment and available staffing.

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. A pre-group interview is required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** 8 Thursdays, April 7 to May 26, 2022 Time: 6:00 to 8:00 pm
Mandarin 8 Thursdays, May 5 to June 23, 2022 Time: 6:00 to 8:00 pm
Cantonese 8 sessions, Fall 2022 TBC

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 in length and requires the completion of a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** 8 Tuesdays, April 26 to June 14, 2022 Time: 6:00 to 8:00 pm
Farsi 8 Wednesdays, March 30 to May 18 2022 Time: 5:30 to 7:30 pm
Chinese Fall, 2022 TBD

Fearless Triple P

This 6-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 for all their children. Apply online at www.fsyrr.ca. Pre group interview required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** 6 Thursdays, March 24 to April 28, 2022 Time: 10:00 am to 12:00 pm
Chinese Fall, 2022 TBD

Family Transitions Triple P

This 6-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. Apply online at www.fsyrr.ca. Pre group interview required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** Fall 2022 TBC

South Asian Outreach Program

South Asian Women's Support Groups

Ongoing virtual programs for South Asian Women. Topics include Parenting, Health & nutrition, family stress, immigration and legal information, health, exercise, and Yoga, employment and various other topics. Free.

Date: **Hindi, Punjabi, Urdu** Thursdays, April to August, 2022 Time: 11:00 am-1:00 pm
Contact Aisha at 647-545-8241 to register

Date: **Hindi, Punjabi, Urdu** Tuesdays, April to August, 2022 Time: 6:00 to 8:00 pm
Contact Leena at 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. This group is virtual and requires a \$150 registration fee.

Date: **English** 8 Thursdays, April 7 to May 26, 2022

Time: 6:00 to 7:30 pm

Farsi MAST Group

This 5 week group intervention offers members the opportunity to better understand their unique response to stress and to learn valuable skills to help manage their stress and regulate emotions. Through education, mindfulness practice and group support, members will expand their toolkit of coping skills. Apply online at www.f syr.ca or call Poopeh at 647-243-9646 Monday or Wednesday. This group is virtual and is \$120.

Date: **Farsi** 6 Wednesdays, August 3 to 31, 2022

Time: 5:30 to 7:00 pm

Groups for Women

Farsi Women's Support Group

This virtual 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. Apply online at www.f syr.ca. Call Poopeh at 647-243-9646 Monday or Wednesday. This is Free.

Date: **Farsi** 6 Thursdays, March 31 to May 5, 2022

Time: 5:30 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 focusses 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. A pre-group interview is required. Groups are virtual and requires a \$20 registration fee.

Date: **English** 8 Tuesdays, April 19 to June 7, 2022

Time: 4:30 to 6:00 pm

2SLGBTQ+ Groups

Transgender Support Group

An ongoing program for those questioning/exploring their gender identify or wanting more supports. This group provides a safe environment to talk about things that matter as well as learn more about community supports. This group is free and virtual. Call Barb Urman at 905-895-2371 or Apply online at www.f syr.ca.

Date: **English** Third Wednesday of each month, 2022

Time: 7:00 to 8:30 pm

FREE to BE

This is a 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. Call Barb Urman at 905-895-2371 or apply online at www.f syr.ca. Free.

Date: **English** First Wednesday of each month, 2022

Time: 7:00 to 8:30 pm

Gender Galaxies

A free 8 week virtual group for youth 12 to 15 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. Call Liway at 905-883-6572 ext. 137 or apply online at www.f syr.ca.

Date: **English** 8 Tuesdays April 26 to June 14, 2022

Time: 4:30 to 6:00 pm