

# Tommy Douglas SS e-Newsletter



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

June 3, 2022



## In this issue

- (Pg 2) 2022-2023 School Timetable
- (Pg 3) Culminating Activity Days & National Indigenous History Month.
- (Pg 4- 6 ) Celebrating Arts Fest

## YRDSB Seeking Volunteer PEAC Members

York Region District School Board invites parents/guardians and community members to apply for membership on the Board's [Parent, Family and Community Engagement Advisory Committee \(PEAC\)](#). PEAC supports parent engagement at the Board level in order to improve student achievement and well-being. It represents the collective voice of parents who have children attending public schools in York Region.

Interested parents/guardians and community members should submit an [online application form](#) by **June 15, 2022**, or can request a copy of the form by emailing [leadership.development.engagement@yrdsb.ca](mailto:leadership.development.engagement@yrdsb.ca) or calling 905-727-0022 ext. 3650.

More [information about the committee and the application process](#) can be found on the Board website.

## Water Pistols

We ask that you please remind your children that water pistols should not be brought to school or used on school property as they contribute to creating an unsafe environment for staff and students. These items should be left at home.

## Contact Us

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Phone 289.342.0001

Extensions

Reception 0

Attendance 1

Guidance 3

[tommy.douglas.ss@yrdsb.ca](mailto:tommy.douglas.ss@yrdsb.ca)

## Online

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[School website](#)

 TDSS\_YRDSB

 @tommydouglassmainoffice

## Administration

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Principal

[Sandra Sardone](#)

Vice Principals

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

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

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

## School Council

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[Joe Giusto](#)

[Amir Bigloo](#)

## Superintendent

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[Bill Cober](#)

## Trustee

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[Dr. Elizabeth Sinclair](#)



### School News

#### School Timetable for 2022-2023 School Year

Schedule	Start	End
<b>Homeroom (5 min)</b>	8:10 AM	8:15 AM
<b>Period 1 (75 min)</b>	8:15 AM	9:30 AM
<b>Travel Time</b>	9:30 AM	9:35 AM
<b>Period 2 (75 min)</b>	9:35 AM	10:50 AM
<b>Travel Time</b>	10:50 AM	10:55 AM
<b>LUNCH</b>	10:55 AM	11:45 AM
<b>Travel Time</b>	11:45 AM	11:50 AM
<b>Period 3 (75 min)</b>	11:50 AM	1:05 PM
<b>Travel Time</b>	1:05 PM	1:10 PM
<b>Period 4 (75 min)</b>	1:10 PM	2:25 PM



#### Important Dates

##### Wednesday, June 8th

- Grad Tea

##### Thursday, June 9th

- Life After Grade 8

##### Tuesday, June 14th and Wednesday, June 15th

- Grade 9 EQAO Math

##### Wednesday, June 22nd

- Culminating Day - Period 1

##### Thursday, June 23rd

- Culminating Day - Period 3 (Block 2)
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##### Friday, June 24th

- Culminating Day - Period 2 (Block 3)

##### Monday, June 27th

- Culminating Day - Period 4

##### Monday, June 27th

- Culminating Support

#### Helpful Links

##### **PUBLIC HEALTH LINKS:**

[york.ca/safeatschool](http://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



### Culminating Days (June 22 – 29, 2022)

The YRDSB has allocated June 22<sup>nd</sup> to June 29<sup>th</sup> as Culminating Activity Days. During these days, most students will engage in various demonstrations of learning which may include assessments like presentations, oral conversations, writing tasks, demonstrations and many others. These days will also be used to support student success with a particular focus on students who may be at risk of not earning credits. While we recognize that not all students will need to attend school each day, our teachers will identify and communicate when their individual students when/if are expected to attend. We also ask that families not schedule holidays during this time period to ensure that students have an opportunity to complete culminating tasks. In general, we will follow the schedule below

June 22	Culminating Tasks for Period 1 Courses and/or students at risk
June 23	Culminating Tasks for Period 2 Courses and/or students at risk
June 24	Culminating Tasks for Period 3 Courses and/or students at risk
June 27	Culminating Tasks for Period 4 Courses and/or students at risk
June 28	Culminating Support Day for courses that do not have culminating tasks and/or students at risk
June 29	Feedback Day – Students only attend from 8:10 – 10:55

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## NATIONAL INDIGENOUS HISTORY MONTH

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In June, we commemorate National Indigenous History Month. During this month, take time to recognize the rich history, heritage, resilience and diversity of First Nations, Inuit and Métis Peoples across Canada.

[Learn more about First Nations, Inuit, and Métis Peoples across Canada](#)



### From Our Students:

On May 26th we celebrated with our students and families the many artistic talents of our students at TDSS!







**STOP**

**RACISM**

# LEARN, LISTEN, *Care, and Stand Up!*

## PARTICIPANTS WILL:

- ✖ Gain understanding of what Anti-Black Racism and Anti-Oppression is
- ✖ Identify and articulate held beliefs that reinforce racist and oppressive practices
- ✖ How to speak to our children about race, equity, culture, and oppression
- ✖ Skills to critically-reflect, take action, and be a supportive-ally



SCAN TO REGISTER

**REGISTER TO JOIN US  
7:00 P.M. ET ON TUESDAY, JUNE 7, 2022**



Wellness & Learning  
Initiatives



# Sex Trafficking

Instances of sex trafficking and sexual exploitation  
are a growing concern in York Region.

Youth as young as 12 are being recruited!

Would you know it if you saw it?  
What could you do?

**June 7, 2022 | 7:00 p.m. – 8:30 p.m.**

**We welcome parents, guardians, caregivers, educators, staff and community!**

**[Register](#) today!**

York Region District School Board in a collaborative partnership with Women's Support Network is hosting a virtual information session about sex trafficking and sexual exploitation.

This session will provide awareness and information about:

- What is sex trafficking
- How to identify signs of someone who may be in the process of being recruited or is already being trafficked
- Who is at risk
- Available resources and supports in the community



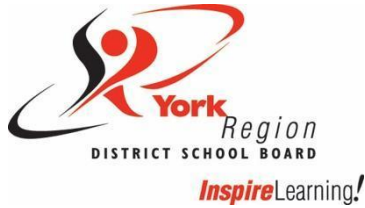
## **More Information:**

**Oksana Majaski**

**Community & Partnership Developer, YRDSB**

[Oksana.majaski@yrdsb.ca](mailto:Oksana.majaski@yrdsb.ca)





## Student Mental Health and Addictions Newsletter

June 2022

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

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### **Navigating Uncharted Territory**

For many students June symbolizes the end of the year celebration as well as the ending of a chapter. It's a time of year where a student may celebrate prom, graduations, final performances or look forward to further studies. These experiences serve as a milestone for many young people. As the school year comes to an end, it might feel like navigating uncharted territory. As we continue to navigate the unknown it is understandable for students to feel anxious, excited, a sense of loss, grief and all the emotions one can harbour during this time.

In an [article](#) by Erinne Magee, a freelance writer, discusses the importance of reflection and closure near the end of the school year. Marnee cites Jamie M Howard a PhD a senior clinical psychologist and Dana Dorfman a PhD and psychotherapist who both provide key considerations when approaching this theme of last day of school:

1. Considering cues from children such as their body language, words, behaviours or mentioning feeling fine at the moment but might be struggling as school ends.
2. Validating their feelings. Avoid overgeneralizing what the young person is feeling as this can cause feelings to be minimized. Rather, tuning in and holding space for safe spaces can allow for more open conversations.
3. Creating a family schedule. For younger children , asking your child what they miss the most can facilitate dialogue to incorporate what they were missing into

your family routine. Such as a family scavenger hunt, nature walk, photography, making a recipe and so on.

4. Reflection. Validating their progress and personal development is acknowledged. Discussing some of their favorite memories this year. Such as creating a family yearbook, photo collages, scrapbooks, storytelling or whichever creative ways suits your family.

[Scholastic Parents Staff](#) by [Scholastic Canada](#) offers some key insights in an article titled "[Tips to Get Kids Ready for the School Year End](#)" for parents on how to prepare our children for the end of the school year:

- **Talk it over:** Having open dialogue and inviting your children to reflect about their school year and their mental wellbeing.
- **Creating a countdown:** Some children might ask how long they have until an event happens? This is because they are starting to grasp the concept of time. So if your child asks "How many days until the end of school?" You can reply "Let's count down"

### **Helpful Tips and Resources:**

School Mental Health Ontario (SMHO) offers strategies on how we can start [these conversations and tools we can access to support](#).

[No Problem Too Big or Small:](#) This is a resource made by students for students. Throughout the resource, there are positive affirmations and reminders for students that there is help around and no problem is #TooBigOrTooSmall to reach out and ask for help. 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:**

[Children and Restorative Sleep](#), June 6, 2022 6:30 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](#).

#### **Patricia Marra-Stapleton, M.Sc., C. Psych. Assoc.**

Mental Health Lead

[patricia.marra-stapleton@yrdsb.ca](mailto:patricia.marra-stapleton@yrdsb.ca)

#### **Hoshana Calliste, M.S.W., R.S.W.**

Assistant Coordinator of Mental Health

[hoshana.calliste@yrdsb.ca](mailto:hoshana.calliste@yrdsb.ca)

#### **Swetha Srikanthan, M.S.W., R.S.W.**

Assistant Coordinator of Mental Health

[swetha.srikanthan@yrdsb.ca](mailto:swetha.srikanthan@yrdsb.ca)