

Tommy Douglas SS e-Newsletter



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

May 13, 2022

**PLEASE
NOTE:**

In this issue

(Pg 2) Capoeira workshop

Please see the many events and flyers that have been included in this issue

Contact Us

Phone 289.342.0001

Extensions

Reception 0

Attendance 1

Guidance 3

tommy.douglas.ss@yrdsb.ca

Online

[School website](#)

 TDSS_YRDSB

 @tommydouglassmainoffice

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](#)

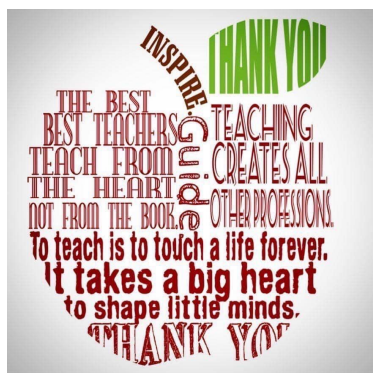
News from Our Community

For those who may be interested in a career in policing: [Recruiting Session and Introduction to PREP \(yrp.ca\)](#)

Uber Eats / Skip the Dishes / Door Dash etc.

Please note that due to COVID regulations, food deliveries to the school cannot be accepted at the school. Please remind your students that if they would like to utilize these services, they cannot be delivered on school grounds.

Thank you to our wonderful staff!





School News



Music, Drama, and Dance grade 9-12 students participated in an in-person Capoeira workshop with Mestre Sérgio Xocolate & Suzanne Roberts Smith. During this interactive workshop, students learned about the important stories of cultural expression and preservation from the North East of Brazil. Mestre Sérgio Xocolate shared the history of the musical instruments, movements, and ancestral connections that shape artistic expression. Students learned about the importance of the natural world, elements, and the inherent connection that humans have with the world around us and each other.



Important Dates

Thursday, May 19th

- Prom

Monday, May 23rd

- Victoria Day - No School

Thursday, May 26th

- PISA for selected Grade 10 students in Library
- Arts Night 4-6pm

Tuesday, May 31st

- Student Council Elections

Wednesday, June 8th

- Grad Tea

Thursday, June 9th

- Life After Grade 8

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

- Grade 9 EQAO Math

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

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?

May 19, 2022 | 10:00 a.m. – 11:30 a.m.

We welcome parents, guardians, caregivers, educators, staff and the 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

For more information:

Oksana Majaski

Community & Partnership Developer, YRDSB

Oksana.majaski@yrdsb.ca

Join us at the **2022 CNE**
ALL PROGRAMS **FREE*** WITH ADMISSION!



KID'S PASS
FREE GROUNDS ADMISSION

CN11A

QR Code

CANADIAN NATIONAL EXHIBITION
AUG 19 TO SEPT 5 | 2022
LET'S GO TO THE EX!  **THEEX.COM**

TORONTO, CANADA

*Does not include rides, games and food.
All programs subject to change





Inclusive School and Community Services
in partnership with
CCSYR SEPYR and CICS IYC

Celebrating Asian Heritage Month

Everyone is welcome!

**Come and join us in this online experience
to celebrate different Asian cultures and participate
in fun games, a talent show, virtual cultural displays
and much more!**

**Tuesday, May 31, 2022
6:30 p.m - 8:00 p.m**

Register now for this online event! bit.ly/38OiMrq

For more information, please contact: iscs@yrdsb.ca



THE CENTRE FOR BLACK STUDENT EXCELLENCE



“The Come Up Summer Program was amazing. My experience was, in-short, incredible. It taught me different things and things I need to know to help me in my future endeavors. It was an incredible experience and helped me a lot to know how to handle school situations as a Black teenager.”

- Bamishe, YRDSB Student

The Come Up summer program is a unique **in-person** experience for self-identifying Black students (and their parents/guardians) in the York Region District School Board who will be entering grade 9 or 10 in September 2022. The program will begin Wednesday, July 6 and end Friday, July 29, 2022 (9:00 a.m. - 3:30 p.m.).

Students will have an opportunity to successfully earn a high school credit by participating in a fun and dynamic program. Some of the topics may include: positive identity formation and affirmation, career pathways, emotional intelligence, social media, digital literacy, entrepreneurship and legal rights. Each activity/workshop is designed to prepare and support Black students as they embark on a new journey.

A workshop series on navigating the secondary school system, supporting your child and accessing resources is also available for parents / guardians.

See [flyer](#) for further information. Deadline to [register](#) is May 31, 2022.

Scholarships

[AEBS Scholarship](#) The Alliance of Educators for Black Students (AEBS) is pleased to offer York Region District School Board students graduating from high school in 2022 the opportunity to apply to several scholarships.

Deadline: May 16, 2022.

[BFCN Scholarship](#) BFCN believes that access to education of all forms is important for the continued success and development of youth in our community. Their Scholarship Program is designed to address a few of the gaps and barriers in order to increase access to post-secondary education and support Black students and their families.

Deadline: July 31, 2022.

From: [Shane Gonsalves](#)
To: [Shane Gonsalves](#)
Subject: OPSBA's "I Public Education Video Contest"
Date: Wednesday, May 4, 2022 10:39:16 AM
Attachments: [image001.png](#)

YRDSB-WARNING: EXTERNAL EMAIL: This message comes from an external organization. Do NOT reply, click links (embedded links) or open attachment(s) unless you recognize the sender email address. Also, NEVER provide your username and password as a result of an emailed request.

To: Communication Officers,

Cc: All Trustees, Directors of Education



The graphic features the OPSBA logo at the top left, consisting of a triangle with black, yellow, and grey sections, above the text "ONTARIO PUBLIC SCHOOL BOARDS' ASSOCIATION". Below this is the text "VIDEO CONTEST" in large yellow letters, with a small red heart icon to the right. Underneath is "Win a \$50 Gift Card!". To the right is a laptop screen showing a hand holding a sign that says "I ♥ Public Education". Below the laptop are two boxes: a black box on the left with the heading "Follow These Steps:" and a numbered list (1-3) detailing the contest rules, and a yellow box on the right with the heading "For More Information" and the URL "Visit www.opsba.org".

Follow These Steps:

- 1 Record a 3-5 second video holding a sign reading "I ♥ Public Education"
- 2 Save with a file name including your name, school and school board
- 3 Submit to the OPSBA Dropbox

For More Information
Visit www.opsba.org

Good morning!

OPSBA is seeking your assistance to promote a campaign we will be running throughout this month. We are hoping you will consider sharing the following details with your communities in what ever way you deem appropriate.

Video Contest

In an effort to showcase the diversity of voice in public schools across the province, OPSBA is asking students, staff, and school communities to submit a short clip (three to five seconds) holding a small sign with the phrase/image: "I Public Education".

Participants can write this in their “first language” (which may or may not be English) or any non-English language typically spoken at home.

The submissions will be used to create a two to three minute video showing the full range of diversity of ages, faces, voices, and places that make up our provincial public schools, and their collective love of learning and the shared values of public education.

Rules and Prizes

Although we encourage participation from all those involved in our education system, the contest winners will be selected from student submissions. The contest is open to any student from Junior Kindergarten to Grade 12 in Ontario, so long as they are enrolled in a school that is part of a public district school board or school authority that is [a member of the OPSBA](#).

All students who submit a clip will be automatically entered into a prize draw for one of five \$50 Indigo e-gift cards.

The deadline for this contest is **May 31, 2022 at 5 p.m.**

The final video will be posted on OPSBA’s social media channels by **mid-June**.

Recording and Uploading Instructions

- The video can be recorded wherever you would like using a smartphone or any video device in standard video formats (.mp4, .avi, .mov, .m4v). You are encouraged to film at school, or any other location that is special to you and/or emblematic of your local community.
- All video files must be submitted [through our contest Dropbox portal](#). Students must also submit their name, school, and school board with their video clips. The video clip’s file name must include this information in order for OPSBA to be able to contact the winners. (i.e. EthanWu_SmithPS_OCDSB)

Additional contest details can be found on the [OPSBA Website](#).

Thanks in advance for your support of this campaign. Please don’t hesitate to reach out with any questions.

Shane Gonsalves

Managing Director, Government & Public Affairs
Ontario Public School Boards’ Association

sgonsalves@OPSBA.org

416-722-9287

Twitter: @OPSBA

Instagram: @OPSBA_Official

Navigating Secondary School and Beyond

Summer Program 2022

Program Overview

The Come Up is a unique identity-affirming summer experience. Students will engage in meaningful discussions and activities that will empower them to pursue excellence in high school and beyond. Students will also earn a credit upon successful completion of the program.

Eligibility

- Are you entering Grade 9 or 10 in September 2022?
- Do you self-identify as Black?
- Are you a YRDSB Student?
- Are you interested in earning a high school credit?

Register by May 31st

Swag Bags, Prizes, Giveaways Included!

Date: July 6 - July 29, 2022 (Monday-Friday)

Time: 9:00 a.m. - 3:30 p.m.

Location: Choice of Tommy Douglas SS, Milliken Mills HS or Virtual

For more information email: TheComeUP@yrdsb.ca



Virtual Black Parent/Guardian Workshop Series

Summer Program 2022

- Is your child a YRDSB student?
- Is your child transitioning to Grade 9 or 10?
- Is your child registered in the Come Up Program?
- Does your child self-identify as Black?

Join us for a workshop series on navigating the secondary school system.

Session # 1 - Tuesday, June 28, 2022, 6:30 p.m. to 8:00 p.m.

Understanding the Secondary System (Structure, Rights, Policies, Attendance, Credit Recovery, IEPs and more)

Session # 2 - Tuesday, July 12, 2022, 6:30 p.m. to 7:30 p.m.

Supporting your Child (Mental Health Supports, Tips and Strategies)

Session # 3 - Tuesday, July 26, 2022, 6:30 p.m. to 7:30 p.m.

School/Community Resources (Accessing Supports)

Families of all students for the summer school program will receive registration information for the Black Parent/ Guardian Workshop Series via email once student registration is complete.



Engagement Matters

Parent, Family and Community Engagement Advisory Committee Newsletter



Save the Date

- May 19 PEAC Public Meeting
- End of May PEAC New Member Information Session
- Board Events Visit [Board Events](#) for additional events

Celebrating Mental Health Week

The beginning of May was Children's Mental Health Awareness Week in Ontario. YRDSB planned a variety of classroom daily activities, including webinars and seminars, and worked with our community partners to build awareness about this important topic. Thank you to everyone for your hard work. Please visit the [Student Mental Health and Addiction Newsletter](#) for more information.

Attending a PEAC Public Meeting

PEAC public meetings are open to the public and all are welcome to attend. In addition to Board and PEAC updates, there are also special interest presentations at each meeting. Non-PEAC attendees are in listen only mode.

- Date... May 19, 2022
- Time... 7 pm to 9 pm
- Location... Virtual
- Meeting Link... Connection instructions can be found within the meeting agenda, which is posted before the meeting date on the [YRDSB website](#).

Interested in becoming a PEAC Member?



The application process opens this month!

The PEAC new member application process will begin in **May 2022**. Join us for an information session hosted by current PEAC members and associated YRDSB staff. The information session will provide information for those who are interested in becoming a PEAC member. Please see the [PEAC webpage](#) for more information as it becomes available.

What is the purpose of PEAC and its members?

PEAC members support, encourage and enhance parent engagement at the Board level in an effort to improve student achievement and well-being. They represent the collective voice of parents who have children attending public schools in York Region.

What are the membership expectations?

Members are expected to attend a minimum of five meetings each year either virtually or in person (to be determined), and are encouraged to participate on PEAC sub-committees.

How to apply?

Interested applicants are asked to submit an application using ONE of the methods listed below once the application period opens:

- Submit an Online Application Form
- Email [Leadership Development and Engagement](#)
- Call Leadership Development and Engagement at 905-727-0022 ext. 3650

Tips from Dr. Alex Russell on how to keep our kids safe while watching them grow

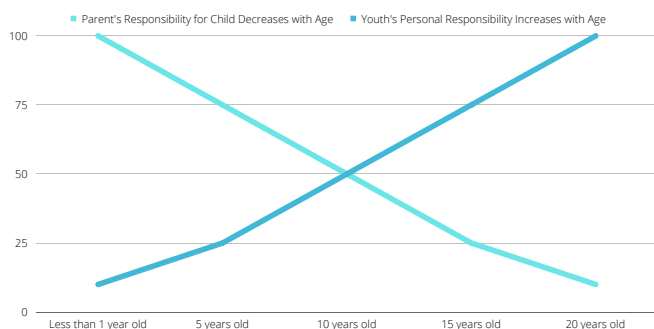
Dr. Russell, the keynote speaker at the PEAC Regional Parent Symposium, taught us that when our children leave the home, they learn how to manage themselves in the world through social reality. For many reasons, the pandemic delayed these growth opportunities. Now - as the parents, guardians, caregivers, and teachers - we are learning how to support our children as they return to the outside world. This transition is a time of uncertainty and for many, uncertainty can breed anxiety.

Anxiety and growth

Anxiety is an emotion in the fear family. It is a mix of fear and planning, which results in the anticipation that something **could** happen. Anxiety is a learned behavior based on past experiences and is beneficial to our growth and survival because it helps protect us from unfortunate circumstances.

Parenting and anxiety.

When our children are young, our role is to protect and direct them; the younger they are, the more we do this. As they grow older, the role changes as they learn how adaptive anxiety (the good type of anxiety that helps with survival) can help them protect themselves by making positive decisions.



This graph shows how the responsibility for a children's decision making shifts from the caregiver to the child during adolescents. A healthy level of adaptive anxiety supports positive decision making skills as the child grows older and becomes fully responsible for their actions.

"Minding" youth with anxiety

Adaptive anxiety is learned through non-catastrophic painful failure within a safe environment, and is best supported when those around the child mirror the response of the child. This is called "**minding**." An example is when a child falls and scrapes their knee, they will likely cry. A minding response is to say, "Ouch! That looks like it really hurts." This type of response validates the emotions felt by the child, which in turn, helps create resiliency. You are confirming their sense of self by recognizing their experience in the moment.

If you were unable to attend the main session of the Symposium, we would like to share the [recording](#) for you to view.

Updates

Looking for updates relating to:

- Health and Safety
- Learning Model Selection
- Teaching and Learning

Please visit the YRDSB [COVID-19 Frequently Asked Questions webpage](#).

Some questions you will find the answers to are:

- Will there be food lunch programs available?
- What changes will be made in schools in respect to ventilation?

You may also wish to visit the [Health and Safety webpage](#) to have your questions answered relating to:

- Extra-Curricular Activities and Clubs
- Field Trips
- School Assemblies

Event Ideas and Year-End School Council Tasks

Thanks to our school council chairs who shared ideas about successful events at their school on our Edsby group. Here are some highlights from those posts, plus a few other ideas to help you plan your next event.

- Scavenger Hunt
- Fun Fair
- Year-End BBQ
- Martial Arts Class
- Talent Show
- Family Movie Night
- Family Math Night
- Pizza Lunches
- Games Night



As the school year draws to an end, school councils can finish the year strong, and prepare for a successful new year, by doing these four tasks. More details can be found in our [June 2021 newsletter](#).

- Prepare the school council annual report
- Review and update the principal profile
- Review your council's election process and update the constitution, if needed
- Plan a staff and volunteer appreciation event or recognition

Join the Edsby Group for School Councils Chairs and Co-Chairs



Calling all school council chairs and co-chairs! We have an Edsby group just for you!

On our Edsby platform you can:

- stay up-to-date on school council topics and current affairs;
- share inspiring ideas and helpful suggestions for fundraisers and events;
- learn about training sessions and public meetings,
- plus so much more!

Your engagement with this group is helping create a support network for school councils across our Board. We look forward to growing this group together!

Helpful Hint: To ensure that you receive important messages, update your notification settings by following the step-by-step instructions in the “Knowledge” section of the group.

PEACs BUDGET RECOMMENDATIONS



- Provide more support to programs related to **mental health, equity, inclusion, anti-racism** and **disrupting colonialism**.
- Increase **international student** enrolment
- Provide resources that can help the students have a more **fulfilling academic experience** (i.e funding for the arts and mental health)
- In relation to **learning recovery**, as a result of the **Covid-19 pandemic**, provide more support to **strengthen reading** and **math skills** and support student **resilience** and **mental well-being**.
- Provide **additional staffing** to classrooms and schools to ensure that **students** have access to the **supports** they need (i.e., librarians, educational assistants, and occasional teachers)

6

Supporting Policy Review

Policy #635, **Dress Code**, and Policy #672, **Student Leadership**, are currently under review.. We are asking for your feedback. Share your ideas and suggestions by following this link, [Guideline to Policy Review and Feedback](#).



HAVE A
SAFE & HAPPY

Summer

BREAK!





Youth S.P.A.C.E (Y.S) Advisory

Students Promoting Awareness Connection Empowerment for Mental Health, Well-being & Leadership

The Youth Space Advisory Pilot is a four-session advisory program. Students participating in this opportunity will work with staff champions and York Region Public Health Nurses to shape, advise and co-create the YRDSB Youth S.P.A.C.E student leadership initiative.

Youth S.P.A.C.E ✓ Student Champions can be:

Any student in grades 9-12

- Passionate or interested in Mental Health and Well-being
- Can have no leadership experience
- Open to leading and engaging in co-learning
- Someone who never considered themselves a student Champion or Leader

[Apply Here](#)





Youth S.P.A.C.E (Y.S) Advisory
Students Promoting Awareness Connection Empowerment for
Mental Health, well-being & Leadership



Eligibility:

- Open to all students in grades 9-11 and returning grade 12 students
- No former student leadership experience is required
- Passionate or interested in Mental Health and Well-being
- Willingness and commitment to attend four meetings May- June (dates below)
- Students are open to (but not expected to) share their experiences relating to Mental Health and Wellness
- Students are open to leading and engaging in co-learning and capacity building
- Students are open to participating in the Youth S.P.A.C.E information video

Self-nomination or Staff nomination: Students interested in participating in the Youth S.P.A.C.E Advisory pilot may express interest by completing the [self-nomination form](#). A caring adult (YRDSB Staff) in your school may also nominate you or another student.

Students must be available to attend virtual sessions on:

Thursday, May 26th	Time: 4:00 - 5:15 pm
Thursday, June 2nd	Time: 4:00 - 5:15 pm
Wednesday, June 8th	Time: 4:00 - 5:15 pm
Wednesday, June 15th	Time: 4:00 - 5:15 pm

Why join the Youth S.P.A.C.E Advisory:

- Share your expertise and experiences with YRDSB Staff champions and York Region Public Health to inform the development of the YRDSB student leadership initiative
- Inform the planning and implementation of an identity affirming leadership platform for student voice and leadership
- Share your ideas, skills, assets and strengths with others
- Elevate your voice and empower other students to do the same
- Gain valuable skills and experience
- Volunteer hours
- Letter of recommendation
- Inform Board level programs
- Certificate of participation
- Build connection and community with others

As part of the Y.S advisory, Student Leadership will entail:

- Engage in solution-focused planning to address stigma related to mental health, intersectionality and barriers to positive mental health and well-being.
- Support the development of programming that supports mental health within the learning environment at the student, classroom, school, and board level.



Youth S.P.A.C.E (Y.S) Advisory
Students Promoting Awareness Connection Empowerment for
Mental Health, well-being & Leadership



- As part of the Y.S pilot, students will work with the central mental health team and Y.S advisors to plan, create and facilitate after-school opportunities.
- Engage in leadership skills training, building capacity around the MH continuum and develop knowledge regarding foundational and age-appropriate content supporting mental health and well being
- Co-create and, where possible, lead/co-lead a student leadership conference in May for children's mental health and awareness week

-