

Tommy Douglas SS e-Newsletter



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

May 30, 2022

**PLEASE
NOTE:**

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(Pg 2) Families of Graduating Students
Culminating Activity Days & Feedback Day

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](#)

June is Pride Month



[Tune in to learn more](#)





School News

Families of Graduating Students

On June 29 we will be hosting our 2022 graduation ceremony at Tommy Douglas SS. Doors will open at 6:15pm for ticket holders. All graduates will receive their graduation cap and gown as well as tickets for family members at the graduation tea taking place on June 8th during period 4. We look forward to celebrating this milestone with our graduating class and families.



Culminating Activity Days & Feedback Day

Culminating activity days will take place between June 22-28. Teachers will be communicating with their classes about the expectations during the assigned day. (Please see schedule to the right for specific dates / period) On June 28th students will be invited in by their teachers on an appointment basis if necessary. June 29th will be feedback day and will take place in the morning between 8:10am-10:54am - schedule to follow in the next bulletin.

If you have any questions about what is happening in your child's classes during this period, please reach out to their teachers directly.

Please note - family trips or vacations during this time can impact overall student achievement.

Important Dates

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

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

Helpful Links

PUBLIC HEALTH LINKS:

york.ca/safeatschool

CARING & SAFE SCHOOLS:

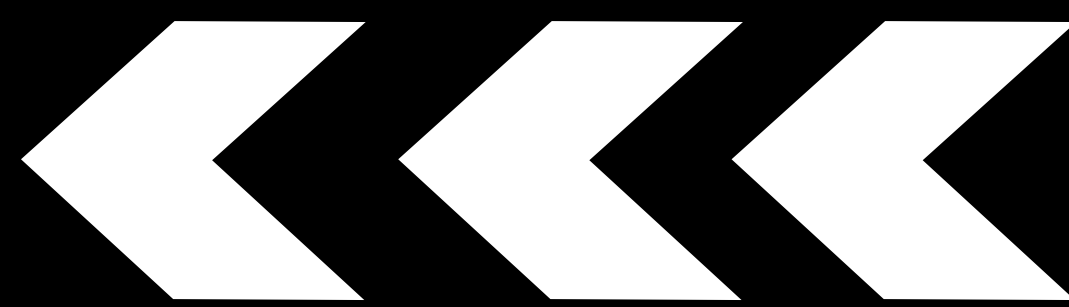
[Kids Help Phone](#)

[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



Empowering YRDSB Secondary Students to
construct a self-narrative that is inclusive of their
multiple identities

EAST ASIAN YOUTHS SPEAK

18 MAR - 24 JUN 2022

4:30pm-6:00pm

BI-WEEKLY (FRI)



Meeting ID: 997 4927 8170

Passcode: DBQ19d

Collaboration with:



RSVP BY EMAILING THE SOCIAL WORKER AT
CHARMAINE.TONG@YRDSB.CA



- Make your volunteer hours meaningful

Family Dynamics & Mental Health A workshop to parents on how to support their children

了解家庭動態及其對子女 心理健康的影響 (粵)

YRDSB ELEMENTARY & SECONDARY SCHOOL
PARENTS ARE INVITED

RSVP BY EMAILING THE SOCIAL WORKER AT
CHARMAINE.TONG@YRDSB.CA or by entering
the Zoom info below when meeting starts.

可電郵 charmaine.tong@yrdsb.ca 登記報名
或按，以下zoom會議資料

Date: May 26th 2022

Time: 7:00pm- 8:00pm

Meeting ID: 953 8426 6366

Passcode: x61L6t



NACCA

est.2018

Community Communication

Dear Community:

NACCA is creating a new strategic plan and we want to hear from you! The survey will take approximately 15 minutes to complete. The first 100 participants will receive a \$25 gift card from Sunrise Caribbean Restaurant or Taste of the Islands. All survey participants will have a chance to win one of 25 \$100 Indigo gift cards.

Survey timeline - May 18 - May 31, 2022

For the eligibility and transparency statement, visit: <https://www.naccacommunity.ca/survey.html>

If you would like to receive a hard copy of the survey due to accessibility, contact:

info@naccacommunity.ca

Thank you for helping us build a better community!

[CLICK HERE TO TAKE THE SURVEY](#)

[Visit our website](#)

[Membership](#)



Student Mental Health and Addictions Newsletter

June 2022

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

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](#).

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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, 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



Community immunization clinics have re-started for eligible students to receive vaccines against Hepatitis B, Human Papillomavirus (HPV) and Meningococcal disease

Immunization is one of the safest ways to protect you and your child from illnesses associated with vaccine preventable diseases.

Parents/guardians can now book an appointment [online](#) for their child to receive vaccines to protect them against [Hepatitis B](#), [Human Papillomavirus \(HPV\)](#) and [Meningococcal](#) disease. Please check the community [immunization clinics](#) web page often as newly released appointments will be posted regularly.

The following student immunizations will be offered at community immunization clinics and are for eligible students in grades 7 to 12 who missed any doses of these vaccines due to school closures and the pandemic response:

Vaccines	Students currently eligible
Hepatitis B (Two doses*)	Grades 7 to 10
Human Papillomavirus (HPV) (Two doses**)	Grades 7 to 12 Also: Female students (born 2002 or 2003) who completed secondary school in 2020 or 2021
Meningococcal (Men-C-ACYW-135) (One dose***)	Grades 7 to 12

* Hepatitis B is a two-dose series if given between ages 11 to 15 (2 doses, at least 6 months [168 days] apart)

** HPV is a two-dose series if the series is started before age 15 (2 doses, at least 6 months [168 days] apart)

*** Men-C-ACYW-135 is one dose and is required for school attendance in Ontario for students aged 12 and older

If your child has been previously immunized with any of the above vaccines listed, please update your child's [immunization records online](#). It is important to keep us informed when your child has received a vaccination. Doctors or schools do **not** provide this information to York Region Public Health.

Students 12 years of age and older are able to receive a vaccine at the same time, or before/following, a COVID-19 vaccine.

If you are not certain if your child is eligible for one of these vaccines or if you need assistance booking an appointment online, call Access York at 1-877-464-9675.

For more information, visit york.ca/immunizations.

PUBLIC HEALTH
york.ca/immunizations
1-877-464-9675





Secondary Credit Program (Grades 9 to 12)

Indigenous Languages and International Languages (ILIL): Secondary Credit Program Update and Registration (2022-2023)

Duration

September to June (a minimum of 32 students is required for a course to be offered). PLEASE NOTE: Course offerings are not guaranteed as they are subject to sufficient enrolment, classroom and teacher availability.

Eligibility

Open to students (grade 9 to 12) who are non-first language speakers and first language speakers.

Pre-requisites

Students must have the required pre-requisite course in order to enroll in a level C or level D International Languages course, regardless of fluency (i.e., students may not skip levels). Advanced standing is granted only to students who have recently arrived (6-12 months) in Ontario and have an equivalent course pre-requisite from the home province/country.

How to Register

Registration: Wednesday, May 25, 2022 to Monday, September 19, 2022.

Credit classes begin September 24, 2022. Secondary (Grades 9 to 12) ILIL registration will not be accepted after the third class. Refer to our [ILIL Secondary Credit Program](#) webpage for the most up-to-date information about class start dates and times.

The 2022-2023 program year will be delivered virtually through synchronous learning, supported by asynchronous activities.

Visit our **Secondary Credit Program** webpage for more information:



YRDSB Students

- Please register on [myPathway Planner](#) before September 19, 2022.
- For information on registering, view the myPathway Planner [tip sheet](#).
- After September 19, please complete the online [Registration Form](#). Once submitted, a confirmation form will be emailed to the student.
- The student must share the form with their Guidance and have them email it to ILIL@yrdsb.ca with their approval in lieu of signatures as our office is closed.

NON-YRDSB students

- Complete the online [Registration Form](#).
- Once submitted, a confirmation form will be emailed to the student.
- The student must share the form with their guidance counselor and have them email it to ILIL@yrdsb.ca with their approval in lieu of signatures as our office is closed.

Course Materials & Fees

A \$10.00 non-refundable consumable fee is collected in the third class. Any additional book fees will be collected during class hours as required for certain courses. Students will be responsible for purchasing the course textbook/course packs which will be sold in September. International fee-paying visa students are required to pay an additional \$500 for registration for a total of \$510.

We look forward to seeing you in our online ILIL Program. If you have any questions, please do not hesitate to contact us at (905) 884-2046 ext. 242 or email us at ILIL@yrdsb.ca.