

Week of December 19, 2022

Upcoming Dates	
Dec. 21	Primary Winter Concert - Teachers will share additional details
Dec 26 - Jan 6	Winter Break
Jan. 11	School Council Meeting
Jan. 20	PA Day - School is closed to students

*Happy holidays to all who are celebrating Las Posadas.
Happy Chanukah to all who are celebrating this week.*

VDPS Spirit Week

VDPS Spirit Week, December 19th - 23rd	
Monday December 19th	World Cup Spirit Day <ul style="list-style-type: none">• Wear your favourite team's jersey• Wear Viola Desmond Spirit Wear
Tuesday December 20th	Cozy Sweater Day
Wednesday December 21st	Class Kindness Challenge <ul style="list-style-type: none">• As a class, complete a list of Kindness Acts• Student Government creating a list of Kindness Acts to try to achieve as a class
Thursday December 22nd	Highlighter Day <ul style="list-style-type: none">• Wear your Brightest Colours
Friday December 23rd	Pyjama Day! <ul style="list-style-type: none">• Wear your cozy and comfortable pyjamas

Canada's Anti-Spam Legislation (CASL)

Effective July 1, 2014, Canada's Anti-Spam Legislation (CASL) impacts how York Region District School Board communicates electronically with our parents and community partners. CASL prohibits the sending of any type of electronic message that is commercial in nature unless the recipient has provided specific and informed consent.

As a result, York Region District School Board requires your consent to receive any electronic messages which contain advertising or promotions regarding school fundraisers, lunch programs, field trips, the sale of yearbooks, purchasing of student photos, books, prom or dance tickets, athletic events with an entry fee or similar events and offers.

In order to consent to receive commercial electronic messages we must already have your email address on file with the school to receive non-commercial communications. If you have not provided your email address as a part of the registration process, please contact the school directly to have your email address added to the non-commercial communications.

If your email address is already on file with the school, please indicate your acceptance of commercial emails by providing your email address using [this link](#)

The system will cross reference your email address with our database and if your email is on file with the school(s), you will receive a confirmation email.

Please note, in order to receive emails about hot lunches, lunch programs (theatre, cooking etc.), and fundraisers, you need to [opt in](#) to these emails.


School Council Update


Following Winter break, we have 4 amazing extracurricular lunch programs to offer to Viola Desmond P.S. families.


Flyers have been shared with all families who have opted in to receive information about paid programs.

Please see information above (CASL) to learn how to opt in to messages about this type of programming.

Workshops

**FSYR**
Family Services York Region

All Groups are a
2SLGBTQ+ positive
space 

United Way
Greater Toronto

Group Calendar Winter 2023

Online Pre-group registration
required at www.fsyrr.ca

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 require a \$35 workbook purchase.
Date: **English** 8 Thursdays, January 19 to March 9, 2023 Time: 6:00 to 8:00 pm
Farsi 8 Thursdays, January 19 to March 9, 2023 Time: 5:30 to 7:30 pm
Chinese Spring 2023 TBD

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 long and requires a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371. Groups are virtual and require a \$35 workbook purchase.
Date: **English** 8 Tuesdays, March 30 to May 18, 2023 Time: 6:00 to 8:00 pm
Chinese Spring 2023 TBD

Fearless Triple P
This 6-8 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 require a \$35 workbook purchase.
Date: **English** 8 Wednesdays, January 18 to March 8, 2023 Time: 6:30 to 8:00 pm
Cantonese 8 Wednesdays, January 18 to March 8, 2023 Time: 6:00 to 8:00 pm

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 require a \$35 workbook purchase.
Date: **English** 6 Tuesdays, January 17 to February 21, 2023 Time: 6:00 to 8:00 pm

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, January to March, 2023 Time: 12:00 -2:00 pm
Contact Aisha at 647-545-8241 to register
Date: **Hindi, Punjabi, Urdu** Tuesdays, January to March, 2023 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. A pre-group interview is required. This group is virtual and requires a \$150 registration fee.

Date: **English** 8 Thursdays, January 19 to March 9, 2023

Time: 6:00 to 7:30 pm

Groups for Women

Farsi Women's Support Group

This virtual Free 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.fsyrr.ca. Call Poopah at 647-243-9646 ext. 531 Monday or Wednesday.

Date: **Farsi** 6 Wednesdays, January 18 to February 22, 2023

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 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 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 require a \$20 registration fee.

Date: **English** 8 Tuesdays, January 17 to March 7, 2023

Time: 4:30 to 6:00 pm

2SLGBTQ+ Groups

Transgender Support Group (Adults 18+)

A free monthly program for those questioning/exploring their gender identity or wanting more support during their journey. This group provides a safe environment to talk about things that matter and learn more about community supports. This group is free and virtual. Call Constantine Cabarios at 905-895-2371 ext. 151 or [apply online](http://www.fsyrr.ca).

Date: **English** Third Tuesday of each month, 2022/23

Time: 6:30 to 8:00 pm

FREE to BE

This is a free 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 Constantine Cabarios at 905-895-2371 ext. 151 or [apply online](http://www.fsyrr.ca) at www.fsyrr.ca.

Date: **English** Second Tuesday of each month, 2022/23

Time: 6:30 to 8:00 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 Constantine Cabarios at 905-895-2371 ext. 151 or [apply online](http://www.fsyrr.ca) at www.fsyrr.ca. Note: no class Feb 23 or March 16.

Date: **English** 8 Thursdays, January 19 to March 23, 2023

Time: 4:30 to 6:00 pm

Worth Repeating:

School and Child Care Screening Tool

A message from Public Health and YRDSB: Students, staff members & visitors should continue to use and adhere to the School and Child Care Screening Tool prior to entering school.

Public Health has provided an updated screening tool to align with recent recommendations. <https://www.ontario.ca/self-assessment/>

School Start-Up Forms

Please complete the School Start-Up forms as soon as possible. We require these forms for many aspects of school programming. They can be found here: <https://startupforms.yrdsb.ca/>

Safety Before and After School

Our school follows a soft entry model. Doors are open from 8:55–9:10 am and staff supervise students indoors. There is no staff supervising outside on the school yard. The expectation is for students to enter the building as they arrive.

- Please do not leave your children unsupervised before or after school. This includes dropping them off at the kiss and ride loop to wait for the bell to ring.
- Please do not allow your children to ride scooters or bicycles on school grounds during arrival or dismissal
- Please do not play soccer on the playground during arrival or dismissal

We have many parents, grandparents and children on our property during arrival and dismissal, and we want to keep everyone safe.

Attached to the Weekly

- Workshop flyer with live links