



January 16, 2020

Important School-Wide Upcoming Dates

Jan 17	FI and Kindergarten Registration Begins
Jan 23	Family Movie Night!
Jan 31	PA Day
Feb 3	School Council Meeting

LIVE! on School Cash Online

<https://yrdsb.schoolcashionline.com>

Item	Who does it apply to?	Deadline (11:59pm)
Family Movie Night	Everyone	Jan 18
Mad Science	Grade 1	Feb 7
Term 2 Pizza	Everyone	Feb 13

Developing a Positive Mathematics Mindset

How do you react when you see a math problem? Do your palms start to sweat, does your mind go blank, do you start to feel physically ill? Approximately one third of children feel anxious when doing math - and the scary part is, this anxiety has been found in children as young as 5 years old. Our goal is to help children see that math is more than just right and wrong answers or sets of facts and rules, so they can find the joy and beauty in it.

Here are some tips for how you can help your child develop a positive relationship with math:

- Watch how you talk about math at home - when children hear adults talking about how hard math is or that they do not like math, they adopt these feelings and these can be really large obstacles to overcome
- Help your child see that math is an important part of everyday life
- Play games that promote math learning (see [Resources for Supporting your Child](#))
- Encourage curiosity
- Avoid math tasks that involve time constraints (e.g., Mad Minutes)
- Help your child see that mistakes in math are not bad but are opportunities to learn
- Ask them questions that focus on the process and not necessarily have one right answer

To find out what your child will learn in math this year or to find other fun activities that you can do together as a family, please see the [YRDSB Math Page](#).

IMPORTANT NOTICE



Elementary Schools Closed to Students on Monday, January 20 due to ETFO Strike

Notice has been provided by ETFO, the Elementary Teachers' Federation of Ontario, that all YRDSB elementary school teachers will be conducting a one day strike affecting elementary schools on **Monday, January 20, 2020**.

If the strike proceeds, on Monday, January 20, 2020, elementary schools will be closed to students for the day. Please do not send students to elementary school on January 20. Secondary schools will not be affected and will remain open. All elementary school transportation services (including buses, taxis, etc.) will not be running. Independent childcare programs in elementary schools are expected to continue - please confirm with your provider.

School will resume on Tuesday, January 21, and students are expected to return to their regular schedule for the day.

Please continue to monitor media, www.yrdsb.ca or Twitter: [@YRDSB](https://twitter.com/YRDSB) for up to date information.

FAMILY MOVIE NIGHT



Viola Desmond School Council is hosting its first Movie Night on January 23rd! We will be showing Abominable. Families are invited to bring pillows and blankets to snuggle with in the gym!

Doors will open at 6:00pm and the movie will begin promptly at 6:30.

All family members are welcome. Tickets are \$2 per person (non-school age children do not require a ticket)

*Students must be accompanied by an adult at all times and are not to be left to watch the movie alone.

Snacks and drinks will also be available for sale on School Cash Online prior to the event.

Everything will also be sold on the day of the event but in limited quantities and on a first come, first served basis.

The deadline for pre-orders will be January 18th, 2020.

<u>Item</u>	<u>Cost</u>
Tickets	\$2 (children under 4 are free)
Popcorn	\$2
Cookies	\$2
Water Bottle	\$1
Juice Box	\$1
Pizza slice	\$2.50
Pizza Tray (med. 8 slices)	\$20

We look forward to seeing you there!

SUPPORT OUR FUNDRAISER!

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**VIOLA DESMOND P.S.
(Maple)**

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- SPORTING EQUIPMENT & UNIFORMS
- LUNCH CONTAINERS & WATER BOTTLES



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PARENT PRESENTATION
CARRYING THE LOAD: YOUTH MENTAL HEALTH
For parents of children from birth to teens

Let's Talk About It!

Increase your mental health literacy, skills and knowledge to recognize the signs and symptoms of mental health and learn about appropriate resources.

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

To register please contact:

Oksana Majaski,
Community & Partnership
Developer,
Inclusive Schools &
Community Services

Oksana.majaski@yrdsb.ca
416-568-2252

Viola Desmond P.S.

invites all

Parents, Grandparents and Caregivers to attend!

Topic: Carrying the Load: Youth Mental Health

This session will focus on mental health during the teenage years. Parents will explore possible signs of mental health concerns using the mental health continuum model for recognizing and achieving mental health balance.

Location: Viola Desmond Public School

Date: Tuesday, January 21, 2020

Time: 9:30 a.m. – 11:00 a.m.

Facilitator: Uma Bhatt, R.S.W.
York Hills Centre for Children, Youth and Families

This free Parent Presentation is brought to you by Viola Desmond Public School in partnership with York Hills Centre for Children, Youth and Families and Family Centre and York Region District School Board.



LOWER YOUR CHILD'S FLU RISK



FLU SEASON IS HERE. GET THE FLU SHOT AS EARLY AS POSSIBLE.

The first and best step to prevent influenza, the flu, is to get the flu shot every year. The flu is contagious and anyone can get it. Getting the flu shot can protect you, your family and those around you.

The flu shot is especially important for people who are at **high risk** of flu-related complications or hospitalization including:

- **All children six months to five years of age** (infants under six months of age are also high risk but the flu shot is not offered for this age group)
- **All pregnant women**
- **People with chronic health conditions** (including diabetes, heart or lung disease, conditions affecting the immune system, neurodevelopmental conditions)

It is important that children, parents and caregivers get the flu shot as early as possible as it can take nearly **two weeks** for the vaccine to provide the greatest protection.

In addition to getting the flu shot, here are some other health tips that can help prevent the spread of the flu:



Wash your hands well and often with either soap and water or alcohol based hand rub (don't forget to wash your wrists, under your fingernails and in between your fingers).



Cough or sneeze into your sleeve or cover your mouth and nose with a tissue and throw the tissue out immediately. Wash your hands afterwards.



Avoid touching your eyes, nose and mouth.



Avoid large crowds and stay home when you are sick.



Clean and disinfect surfaces and shared items.

To learn more about the flu and flu vaccine, visit york.ca/flu

PUBLIC HEALTH

1-800-361-5653

TTY 1-866-252-9933

19-5678


York Region

THE Sankofa Mentoring Program

FOR BLACK YOUTH BETWEEN THE AGES OF 12-18

"Bridging the Past with the Present"

...Navigating the Present into the Future"

- MENTORSHIP • LEADERSHIP • CULTURAL EXPERIENCE
- FIELD TRIPS • LIFE SKILLS • RETREATS • SELF-AWARENESS
- CAREER EXPLORATION • ACADEMIC SUPPORT

The **Sankofa Mentoring Program** is rooted in an African Rites of Passage framework that highlights the principles of Unity, Self-Determination, Collective Work and Responsibility, Cooperative Economics, Purpose, Creativity, Faith and Self-Respect.

WHEN WE MEET: **Tuesdays at Vaughan Secondary School**
Time: 6:30 to 8:30

Thursdays at Bur Oak Secondary School
Time: 6:30 to 8:30

FOOD PROVIDED

For more information please contact the
Program Manager at Pgmgr@yorkregionaacc.ca
or call **647 807-2016**.

www.yorkregionaacc.ca

