



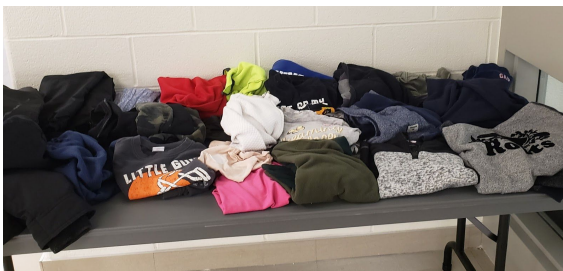
March 6, 2020

Important School-Wide Upcoming Dates

| | |
|------------------|---|
| Week of March 16 | March Break |
| April 1 | Family Movie Night (pre-order on School Cash Online by March 27) |

Lost and Found

Our Lost and Found is displayed in the front foyer. Teachers have brought their classes to take a look for items they may have lost, but we still have a large number of items, especially hats, gloves and mittens, that have not been claimed. **Any items that have not been claimed by Friday, March 13 will be donated.**



Registering for Kindergarten

Kindergarten registration for the 2020-2021 school year continues to be open. Families can use [online Kindergarten registration](#) or paper. **Families are encouraged to register as soon as possible.** Please ensure you have the following documents (originals required) to present to the school after completing the online/paper registration process:

- Proof of child's age (Birth Certificate/Passport)
- Proof of your child's address - two documents, one from category A and B below showing the home address;
 - **Category A:**
 - Property Tax Bill / MPAC Notice of Assessment
 - Current Rental / Lease Agreement
 - Agreement of Purchase and Sale, including proof of purchase provided before the pupil attends the school, and;
 - **Category B:**
 - Utility Bill / e-Bill (i.e. Hydro, Water, Residential Phone/Cable/Internet Bill, Enbridge, Insurance Policy – Home, Tenant or Auto)
 - Other official/government documents (i.e. CRA Notice of Assessment, Statement of Old Age, Security T4 (OAS) or Statement of Canada Pension Plan Benefits, etc.)



YRDSB Summer Institute - Online Registration Opens on March 10

Summer Institute offers academic, recreational and athletic programs and activities with intentional links to the Ontario Curriculum for students entering Senior (Year 2) Kindergarten to Grade 8. We are pleased to offer online registration again this year. **Registration opens on March 10 at 4:00 pm.** You can find information about Summer Institute and registration at www.yrdsb.ca. Families can also continue to register in person or by mail at Dr. Bette Stephenson Centre for Learning, 36 Regatta Richmond Hill L4E 4R1. For more information about YRDSB Summer Institute, please email Performanceplus.si@yrdsb.ca

SMALL CHANGES MAKE A DIFFERENCE!

Take a moment, close your eyes and imagine....If every student at our c school chose to walk, cycle or ride the bus to and from school, what would the school zone look like? How would it function? What type of place and environment would be created for your children?

Car-Free School Zone

School's across York Region may experience many traffic-related issues at the beginning and end of each school day. Volume alone creates congestion, reduces visibility and results in poor driver behaviour. Car-free school zones can create a space where people become the priority. This would result in a reduction of cars around school zones, creating an environment that promotes active lifestyles and overall positive environment for all to live, learn and play.

Clean Air School Zone

Cars release air pollutants that could have serious health implications over time. Traffic-related air pollution in the GTA and Hamilton area is responsible for about 1,000 early deaths, and 3,000 to 4,000 hospital admissions each year. Sustainable travel to school would clean the air and improve the quality of air where your children spend a lot of their time.

Someone Else Will Do It

Be the change. Try not to adopt a "someone else will do it" mentality and rely on others to make sustainable choices. By making a small change today and building active living lifestyles, we can create lasting impacts that will benefit the environment, improve our health, school zone and communities!

If you drive your children to school, take a moment to reconsider using a sustainable mode that will not only benefit your children's health but create neighbourhoods and school zones that are people-friendly and more livable for all and generations to come! Small changes do make a difference and they start with the choices you make today. While we understand this may not be doable every day, try once, twice or three times a week, or consider parking a block away and walking the rest of the way! **Choose to make sustainable lifestyle choices over convenience.**



Mindfulness March

Action for Happiness has created a monthly calendar to help us be more mindful and to live in the moment. For more information, go to actionforhappiness.org.

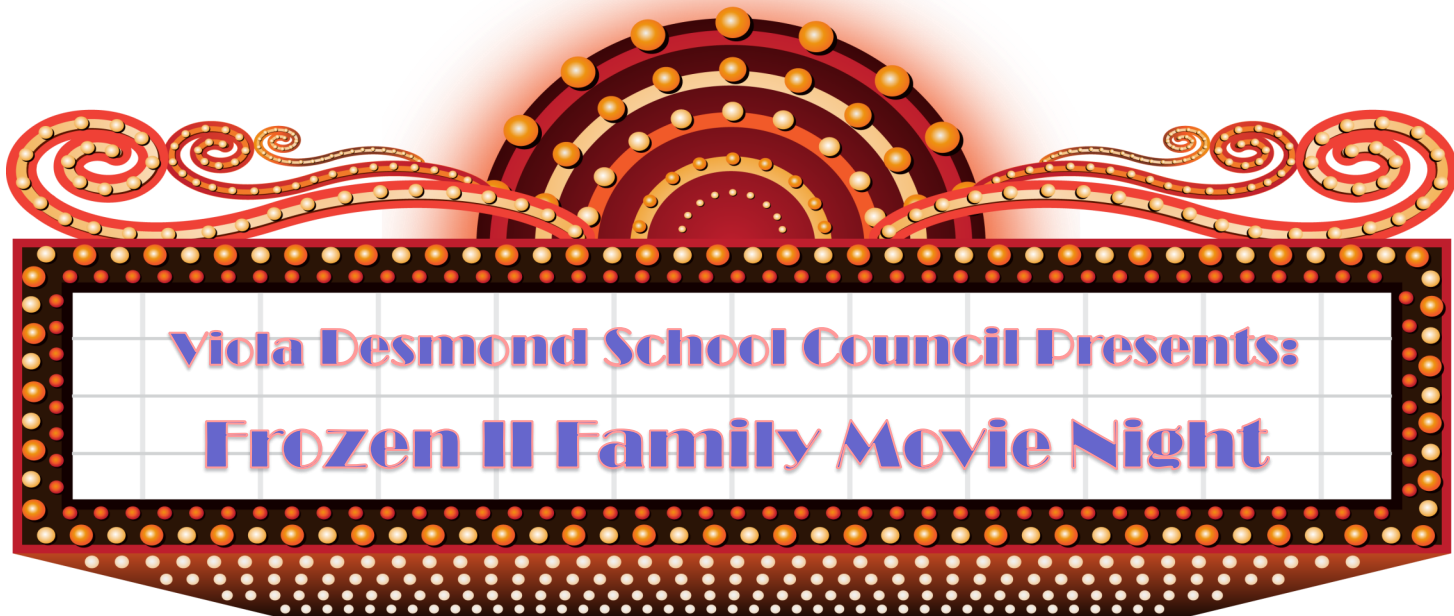
ACTION CALENDAR: MINDFUL MARCH 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|---|--|
| 1 Set an intention to live with awareness and kindness | 2 Get outside and notice five things that are beautiful | 3 Cultivate a feeling of loving-kindness towards others today | 4 Start today by appreciating that you're alive and have a body | 5 Every hour simply take three calm breaths in and out | 6 Eat mindfully. Appreciate the taste, texture & smell of your food | 7 Listen to a piece of music without doing anything else |
| 8 No plans day. Slow down and let spontaneity take over | 9 When someone is speaking, take a full breath before you reply | 10 Stay fully present while drinking your cup of tea or coffee | 11 Notice how you speak to yourself. Try to use kind words | 12 Feel the cool of a breeze or warmth of the sun on your face | 13 Stop, breathe and just notice. Repeat regularly during the day | 14 Enjoy doing any chores or tasks more mindfully today |
| 15 Stop to just watch the sky or clouds for ten minutes today | 16 Do something creative that absorbs your attention | 17 Look around and spot 3 things you find unusual or pleasant | 18 If you find yourself rushing, make an effort to slow down | 19 Listen deeply to someone and really hear what they are saying | 20 Happy International Day of Happiness! dayofhappiness.net | 21 Notice the joy to be found in the simple things of life |
| 22 Have a device-free day and enjoy the space it offers | 23 Take an unusual route and notice what looks different | 24 Notice when you're tired and take a break as soon as possible | 25 Make a list of amazing things that you take for granted | 26 Tune in to your feelings, without judging or trying to change | 27 Stop work earlier and use the time to be still and relax | 28 Bring to mind all the people you love and care about |
| 29 Appreciate your hands and all the things they enable you to do | 30 Mentally scan down your body and notice what it is feeling | 31 Go nature spotting today. Even in a city, life is all around | <p>"Mindfulness means being awake. It means knowing what you are doing" - Jon Kabat-Zinn</p> | | | |

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys



Viola Desmond School Council Presents:
Frozen II Family Movie Night



It's time for another Family Movie Night! We will be showing Frozen II!
 Families are invited to bring pillows and blankets to snuggle with in the gym!

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

Join us on April 1st at 6:00. We hope to see you there!

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

Snacks and drinks are available for sale on School Cash Online prior to the event.

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

The deadline for pre-orders will be March 27th, 2020.

| Item | Cost |
|----------------------------|--------|
| Tickets | \$2 |
| Popcorn | \$2 |
| Cookies | \$2 |
| Water Bottle | \$1 |
| Juice Box | \$1 |
| Pizza slice | \$2.50 |
| Pizza Tray (med. 8 slices) | \$20 |

PARENT PRESENTATION
SIMPLE GIFT: EMOTIONAL REGULATION
For parents of children from birth to teens

Parents, Grandparents and Caregivers are invited to attend!

Let's Talk About It!

Emotional regulation, sometimes called self-regulation, refers to the way we deal with big feelings like anger, excitement, frustration, anxiety, jealousy or low mood.

Improved emotional regulation leads to benefits in all areas of a child's life. They are better able to resolve conflicts with their peer, show lower levels of physiological stress and achieve more in school.

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

To register for this session please contact:

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

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

Topic: Simple Gift: Emotional Regulation

This session will provide parents with information about:

- What is emotional regulation
- Long term implications of negative emotions
- The importance of learning about your child's unique temperament, strengths and areas of improvement
- Triggers that set off emotions
- The 8 principles of emotional regulation and how you can teach your child to identify and cope with their feelings

Location: Viola Desmond Glen Public School
25 Farrell Rd, Maple, ON L6A 0H9

Date: Thursday, March 26, 2020

Time: 7:00 – 9:00 p.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 York Region District School Board.

