



Week of October 16, 2023

Upcoming Dates	
Oct.	Islamic Heritage Month
Oct. 20	PA Day (students do not attend school)
Oct. 24, 25 and 26	X-Movement: X-Other workshops
Oct. 25	X-Movement: Family Event 6:00 -7:30p.m.
Oct. 31	Fall Dance
Nov. 3	Picture Day
Nov. 8	School Council Meeting

[VDPS Website and Calendar](#)
[YRDSB 2023-2024 School Year Calendar](#)

School Council - Fall Dance Oct. 31

Our VDPS School Council is helping to organise a Fall Dance scheduled for Tuesday, October 31. If you are interested in volunteering Oct. 31 please complete [this form](#).

Students will rotate through the gym for an active period of dancing and fun. Everyone will also be offered a snack and a glow stick. We will have an alternate space and activities available for students who do not want to participate in the dance. More details to follow.

**Viola Desmond PS
2023 Fall Dance**

TUESDAY, OCTOBER 31
SCHOOL GYM

**GLOW STICKS, SNACKS,
MUSIC AND FUN**

VDPS Weekly



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Hot Lunches

We are happy to share that hot lunch programs are starting.

- ★ Mondays: **Swiss Chalet** (order by Oct. 15th on School Cash Online)
- ★ Tuesdays: **Kid's Kitchen** (order directly through Kid's Kitchen)
- ★ Wednesdays: **Pizza** (order by Oct. 18th on School Cash Online)
- ★ Thursdays: **Astoria** (order by Nov.5th on School Cash Online)
- ★ Fridays: **Kid's Kitchen** (order directly through Kid's Kitchen)

X-Movement

We are excited to welcome back the team from X-Movement for another great series of workshops. They will be at VDPS on October 24, 25, and 26th for the X-Other workshops that focus on recognizing the importance of connecting with others. We will also be hosting a Family Night on Wednesday, October 25th at 6:00p.m. Please see the flyers below for more information.



X OTHERS

RECOGNISING THE IMPORTANCE OF STRONG CONNECTIONS



WHAT IS X OTHERS?

Teach kids to master the journey from disconnection to connection with others and help others to do the same.

Human beings have a strong desire to connect with others, which is important for our survival and development.



WHY X OTHERS?

This urge to belong goes way back to our ancestors who relied on groups for safety from the dangers around us. Nowadays, we still feel good when we're connected and being disconnected leads us to feel that same sense of danger.

X Others explores this concept by identifying the differences between connection and disconnection and teaching students the most effective ways to build connection with the people around them.





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X OTHERS



RECOGNISING THE IMPORTANCE OF STRONG CONNECTIONS



DAY ONE

CONNECTION VS DISCONNECTION:

Gain insight into connection, its significance, and the role of questions in shaping it. Students learn to manage emotions during times of disconnection.

"THE QUALITY OF CONNECTIONS IS BASED ON THE QUALITY OF THE QUESTIONS YOU ASK"



DAY TWO

REFLECT, RESPECT AND ENGAGE:

Reflect on how to deepen connections through thoughtful questions and meaningful actions, rather than relying on surface-level criteria for people.

"WE DON'T HAVE TO BE FRIENDS, BUT WE CAN ALL C.A.R.E."



DAY THREE

EMPOWERMENT TO CARE: A

summary of previous lessons. Students are empowered to practice all steps of the C.A.R.E model and encouraged to participate in a celebration of connection.

"THE COURAGE TO CARE IS THE POWER TO CONNECT"

TANGIBLE TAKEAWAY

USING THE C.A.R.E MODEL, WE SEE HOW EMPOWERING IT IS TO BE CONNECTED TO YOURSELF AND OTHERS. STRONG CONNECTIONS START WITH ASKING QUALITY QUESTIONS OF OURSELVES AND OTHERS.

The model teaches us that even though we don't need to be friends with everyone, we can choose to C.A.R.E, which will ultimately allow these connections to be made, strengthened and make us feel good.

C - Calm yourself + others
A - Ask quality questions of yourself and others
R - Reflect + respect yourself and others
E - Engage in connection actions





EVENT INVITATION



COMMUNITY EVENT!



EXPERIENTIAL LEARNING + COMMUNITY ENGAGEMENT

**SAVE THE
DATE!**

DATE: Wed. Oct. 25th
TIME: 6:00-7:30 p.m.
LOCATION: Gym

SEE YOU SOON!

The *Community Engagement Event* is a fun social gathering of the school community that happens after school hours.

This event gives the students an opportunity to participate in the program activities together with their families/guardians.

This event is a high energy and fun hour long session that brings laughter, smiles and joy to the whole school community.



**GET READY
TO MOVE**

You will experience a range of activities together, such as dance, fitness, sports, martial-arts, mindfulness and more!



**BE OPEN
TO LEARN**

Students are empowered to teach their families the life skills they learned in the program, strengthening the learning outcomes.



**WHAT YOU
WILL NEED**

Appropriate footwear, as you will be moving around and getting active. A water bottle closeby is also recommended!



Workshops and Events



GIVE!

Get Involved. Volunteer in Education!

Develop Skills to Support School Communities

Research shows that parent and community engagement increases student achievement, well-being and success.

Learn more about:	Will help you:
<ul style="list-style-type: none">• Role of the Volunteer• Transferable Skills• Equity and Inclusive Education• Communication Skills• Human Rights• Employment Readiness• School Information and Community Resources	<ul style="list-style-type: none">• Build confidence• Effectively communicate with school staff• Contribute to student learning and parent engagement• Gain volunteer experience in schools• Build healthy communities• Meet new people• Boost Professionalism

Date: **Oct. 23 - 27, 2023 Monday to Friday**

Time: **9:30 a.m. – 12:30 p.m.**

Location: **Richmond Hill Welcome Centre, 9325 Yonge Street, Richmond Hill, L4C 0A8**

OR

Date: **Oct. 30 - Nov. 3, 2023 Monday to Friday**

Time: **9:30 a.m. – 12:30 p.m.**

Location: **Markham South Welcome Centre, 7220 Kennedy Road, Markham, L3R 7P2**



Register For This Free Program Today!

Space is limited [Register Now!](#)

This free information session is organized by York Region District School Board in partnership with Catholic Community Services of York Region. For more information, please contact:

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