

Week of October 23, 2023

Upcoming Dates	
Oct.	Islamic Heritage Month
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. 1	Gr. 8s visiting Alexander Mackenzie Secondary School (more info to follow)
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.

A purple-themed poster for the Viola Desmond PS 2023 Fall Dance. At the top, it says "Viola Desmond PS 2023 Fall Dance" in orange. Below that, it says "TUESDAY, OCTOBER 31 SCHOOL GYM" in white. The bottom section features three glowing jack-o'-lanterns and the text "GLOW STICKS, SNACKS, MUSIC AND FUN" in orange. There are also small black bat silhouettes in the top corners.

**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** (ordering window has closed)
- ★ Tuesdays: **Kid's Kitchen** (order directly through Kid's Kitchen)
- ★ Wednesdays: **Pizza** (ordering window has closed)
- ★ Thursdays: **Astoria** (order by Nov.5th on School Cash Online)
- ★ Fridays: **Kid's Kitchen** (order directly through Kid's Kitchen)

NOVEMBER SPECIAL

Ordering is Easy. Kid Approved. Stress Free.

SUB MONTH

Options include:




- Beef Meatball
- Veggie Meatball
- Chicken Meatball(H)

(H) - Halal Friendly

Available as an entrée only or in a combo with fruit.

Online orders can be completed up until 10am the previous business day.

We're here to help!
information@kidskitchen.ca
www.kidskitchen.ca



"Shine a Light"

We are looking to *shine a light* on student passions, hobbies and interests at VDPS. Students are invited to share their skills through completed art pieces, artifacts they have created, Lego builds, or more. Students should speak to Ms. Ricciardi if they are interested in contributing to the display. We look forward to filling our second floor display case with shining examples of our students' passions.

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



Youth Gambling Awareness Series

This workshop series offers educational prevention sessions to parents and caregivers. Participants will engage in learning on gambling awareness, including potential risks, making informed decisions and healthy and active living.

We welcome all parents, guardians, caregivers and community members to attend these free virtual sessions!

November 7, 2023: 10:00 a.m. to 11:30 a.m.

Game Bling: When Gaming Meets Gambling

This session explores unconventional forms of gambling available to minors, the signs of problem gaming and gambling, and explores the potential risks of these activities. Parents will learn strategies on how to help your child make safe and healthy decisions and information on community support services will be provided.

November 14, 2023: 10:00 a.m. to 11:30 a.m.

Gambling, Money and Decision Making: Financial Literacy and Gambling

This session discusses items of value used by youth to bet with, and analyzes factors leading them to participate in games of chance to make money. Financial risks of gambling will be explored while providing safety tips and information on community support services.

November 21, 2023: 10:00 a.m. to 11:30 a.m.

Media Impact

This session will explore the increased youth exposure to gambling-related content on social media platforms while providing media safety tips for parents as well as information on community support services.

November 28, 2023: 10:00 a.m. to 11:30 a.m.

Stigma and Gambling

This session will define stigma associated with gambling while providing factual knowledge and awareness to support a compassionate approach to reducing stigma and facilitating an open dialogue. Information on community support services will also be shared.



[Register](#) Now For These Free Sessions Today!

These free information sessions are organized by York Region District School Board in collaboration with YMCA of Greater Toronto Youth Gambling Awareness Program (YGAP).

For more information please feel free to contact: Oksana Majaski, Community & Partnership Developer at oksana.majaski@yrdsb.ca or 416-568-2252.

[Register Here](#)