

Week of September 19, 2022

Upcoming Dates

Sept. 23	PA Day
Sept. 28	School Council Meeting 7:00 p.m.
Sept. 29	VDPS Terry Fox Run
Oct. 12	Curriculum Night



EDUCATION CENTRE - AURORA

60 Wellington Street West
Box 40, Aurora, Ontario L4G 3H2
Tel: 905.727.3141 905.895.7216
905.722.3201 416.969.8131

Fax: 905.727.1931
Website: www.yrdsb.ca

September 16, 2022

Dear Parents/Guardians:

Re: Class Re-Organization for September 26, 2022

As you may know, the Government of Ontario requires all school boards in Ontario to have 20 or fewer students in 90% of primary classes (Grade 1 to Grade 3); up to 10% of primary classes may have up to 23 students. At the same time, we are required to show the average size of Grade 4-8 classes across our Board. Early Learning Kindergarten programs have approximately 26 students, with one teacher and one designated early childhood educator in each class.

Staff have worked diligently to organize classes to provide the best program for each child and to comply with the maximum class size requirements. Please note however that there may be changes prior to September 26, 2022 (the date on which class sizes will be reported to the Ministry of Education).

You will be informed of any changes to your child's class placement through the school principal.

If you have any questions regarding the Class Size strategy, please visit the Ministry of Education's website at: www.edu.gov.on.ca and search for "Class Size".

Rest assured that we are taking all steps possible to minimize disruption in our schools.

We thank you for your patience and cooperation.

Sincerely,

A handwritten signature in black ink, appearing to read 'Louise Sirisko'.

Louise Sirisko
Director of Education

Start Up Forms

School Start-Up forms have been shared with all families by the YRDSB. If you have not yet received the forms, they are available online through this link [Online School Start-Up Forms](#)

Please note, the **forms must be completed through your child's YRDSB Google account.**

Bus Transportation

If your child takes the bus to or from school, please go to the [School Bus City website](#) to confirm your bus stop, and for updates regarding bus delays.

Allergies/Medical Conditions

There are students and staff members in our school who have life-threatening allergies to nuts and other allergens. If they smell or come into contact with these allergens, they may have an anaphylactic reaction.

To help create an allergen-safe environment, please **refrain from bringing any nut products (i.e. nutella, peanut butter, candy/chocolate containing nuts) to school.** For more information on helping to create an allergen-safe environment, please see the section on Allergies in the [Guide to the School Year](#)

If your child has a serious or life-threatening allergy or prevalent medical condition, such as anaphylaxis, asthma, diabetes and/or epilepsy/seizure disorder, please complete the health care forms that were previously shared.

School Council

Dear VDPS families,

We hope you all had an enjoyable and fun filled summer! It's great to have our kids safely back at school and we thank all the teaching staff for a smooth transition to the new school year.

We would like to make you aware that our first school council meet will be on WEDNESDAY, SEPTEMBER 28th. (More details will be shared in the coming weeks)

We hope you can attend the meeting to learn about what the school council does, offer your help, or even meet other school families. At this first meeting of the year we will hold



elections for the coming year and also be filling committee roles e.g., fundraising and lunch programs.

Everyone is welcome to attend the meetings even if you do not wish to take on a role.

Our school council is committed to nurturing and supporting our whole school body. We look forward to seeing many of you at the meeting and please reach out if you have any ideas or suggestions for making our school year a great one!

Kind regards,

Pam and Sarah (Council chairs and moms!)

Cross Country Team

We are excited to announce that Cross Country practices have begun! Students in Grades 4-8 who are interested in running meet on Mondays, Wednesdays and Fridays during the lunch hour. We are excited to see so many students interested in this opportunity. If your child would like to join the Cross Country team, it's not too late! Please ask your child to see Ms. Cogan, Ms. Lombardi or Ms. Naccarato for a Cross Country practice permission form.

Arrival and Dismissal

***Please note that the staff parking lot is not available during arrival and dismissal. ***

Toys

Please **do not** send Pokemon cards or other special toys to school.

Workshops



Group Calendar Fall 2022

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 Wednesdays, October 12 to November 30, 2022 Time: 1:00 to 3:00 pm
Cantonese 8 Thursdays, October 6 to November 24, 2022 Time: 6:00 to 8:00 pm

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 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 Tuesdays, October 18 to December 6, 2022 Time: 6:00 to 8:00 pm
Chinese 8 Thursdays, October 6 to November 24, 2022 Time: 10:00 am to 12:00 pm

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** 6 Thursdays, Oct 27 to December 1, 2022 Time: 10:00 am to 12:00 pm
Mandarin 8 Wednesdays, October 12 to November 30, 2022 Time: 6:30 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 Thursdays, October 27 to December 1, 2022 Time: 6:00 to 8:00 pm
Farsi 5 Thursdays, November 17 to December 15, 2022 Time: 5:30 to 7:30 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, October to December, 2022 Time: 11:00 am-1:00 pm

Contact Aisha at 647-545-8241 to register

Date: **Hindi, Punjabi, Urdu** Tuesdays, August to December, 2022 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, September 22 to November 10, 2022

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 Poopeh at 647-243-9646 ext 531 Monday or Wednesday.

Date: **Farsi** 6 Wednesdays, September 28 to November 2, 2022

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, September 27 to November 15, 2022

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 as well as learn more about community supports. This group is free and virtual. Call Constantine Cabarios at 905-895-2371 ext 151 or [apply online](#).

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

Time: 7:00 to 8:30 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](#) at www.fsyrr.ca.

Date: **English** First Wednesday of each month, 2022/23

Time: 7:00 to 8:30 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 at www.fsyrr.ca.

Date: **English** 8 Thursdays October 6 to November 24, 2022

Time: 4:30 to 6:00 pm