#### FROM THE PRINCIPALS' DESK

Hello Families.

It has been a great week at Wendat Village P.S!

Students continue to enjoy the snowy weather as well as visiting Hawk's House. Matilda play rehearsals continue, art club, lego robotics, Reach For The Top as well many other school activities. This week the Jr. girls and boys volleyball team continued playing exhibition matches. Both teams showed incredible teamwork, determination and skills! Go Hawks Go! The Eco cup challenge continues at Wendat Village! Classes are encouraged to participate in different ways to be eco-friendly!

A reminder that our "Merry and Bright" holiday concert will be taking place on Wednesday December 18th. Please see the flyer below for more details. If you have any questions please contact your child's homeroom teacher.

As we enter the last week of school and classes may celebrate the break and holidays, please be mindful of the many allergies in our building. We ask that you refrain from sending food items for the purpose of sharing.

Enjoy your weekend!

Sheryl Gray Principal Kelly Maggirias Vice-Principal

#### **PARENT / FAMILY CHECKLIST**



Know how to reach us phone :(905) 642-8095 email: wendat.village.ps@yrdsb.ca

Student Mental Health & Addictions

December Newsletter

### IN THIS ISSUE...

- Building Healthy Kids
- Baythorn information
- Understanding and Navigating the Educational System (Black Students)
- Upcoming events



### **BUILDING HEALTHY KIDS**



### Supporting healthy, confident kids and teens!

Resiliency is not just about surviving tough times; it's about thriving despite them. Resilient kids and teens are better equipped to manage stress, build healthy relationships, and succeed academically and socially. Resilience comes from supportive relationships, emotional awareness, competence, and realistic optimism.

Help kids bounce back from stress by giving them tools to manage stress in different environments. These tools might include strategies such as breathing, visualization or listening to music. Try a variety of activities, and practice strategies together as a family to see what works best for you and your child.

You can also encourage optimistic thinking by listening to your child and respecting and confirming their experiences. Foster positive interactions and support and help them to make connections – encourage your child to talk to others. Parents, caregivers, coaches and teachers all have a role to play in building a child's resilience and confidence. Everyone can contribute to a child or teens resiliency by believing in them and encouraging them to try new things and achieve their goals.

Don't forget it is also important to build your own resiliency – taking care of you helps you support others. Your self-care can help improve your energy, focus, ability to cope with challenges and you will be a role model for your children. Practice self-care by staying active, getting enough sleep, keeping connected with friends and family, taking time to pause and reflect and treating yourself with compassion and gentleness. You may want to try journalling, mindfulness, practicing gratitude and kindness or listening to music. Find what works for you.

Building positive relationships with children is important for them to grow up healthy and confident. York Region Public Health is here to support you with information and resources. If you would like more information on how you can help build healthy kids and teens visit york.ca/HealthyKids.

Public Health 1-877-464-9675 TTY 1-866-512-6228 york.ca/HealthyKids



### **Integrated Elementary Arts @ Baythorn!**



At YRDSB, we are committed to continuous improvement, and we continue to focus on **Student Achievement**, promoting and supporting high expectations for all, **Health and Well-Being**, building healthy environments and positive relationships, and **Human Rights and Inclusive Education**, learning and growing together, and affirming our diverse identities.



There are 4 Regional High School Arts Programs and 1 Regional Arts Elementary Arts Program in YRDSB. The Arts@Baythorn invites students to explore Dance, Drama, Visual Arts and Music integrated into learning each and every day in a collaborative and cooperative learning environment.

**Applications are open** on Edsby from January 13 - 26, 2025.

Please note that late applications will not be accepted.

Collaborative workshops are being held February 18 - 20, 2025.

These dates are firm.

### To apply or for more information

Please visit the <u>Baythorn Arts webpage</u>.

\*The Edsby application link will open on January 13, 2025.

If you have any further questions, please reach out to <a href="mailto:baythornarts@gapps.yrdsb.ca">baythornarts@gapps.yrdsb.ca</a>





# Families of YRDSB Black Students Monthly Information Session

# Monday, December 16, 2024 6:30 - 7:30 p.m.

Families, parents, caregivers, please join us for our monthly virtual meeting where families with Black children come together to learn about resources and upcoming programs for Black students in both elementary and secondary schools.



- Presentation Ways to support our children
- Upcoming Programs and events
- Question and answer session

### Please register ASAP.

A Zoom meeting link will be sent after registration.

Let us come together to empower our students and build a stronger community.

We look forward to seeing you there.





Register now.

# SAFE ARRIVALS AND PARKING LOT TIPS

Student Safety Is A Community Effort.

# Walk, bike or scooter

Wendat Village P.S. is proud to be a 100% walking school. We encourage families to leave the keys, and walk when possible! Parking is free on side streets where signage is posted.



### Have a meeting spot

End of day dismissal can be a busy time. We encourage families to create a family "meeting spot" near the edge of the school property to alleviate congestion, and to help avoid creating a parking lot backlog.

# Front loop fines

Beware of standing or parking in the front loop along Reeves Way Blvd. This is an emergency fire route and is subject to ticketing and fines as per Whitchurch-Stouffville Bylaw. If you are entering the loop for <u>any reason</u>, you may be subject to costly tickets. Wendat Village P.S. is not responsible for town issued parking tickets incurred while on school property.

### FREE AREA PARKING Please note that on-street parking is available within walking

Please note that on-street parking is available within walking distance of Wendat Village P.S. All streets marked in green on the map below offer free 3-hour parking. Please obey town signage and parking bylaws when parking your vehicle.



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