



# Windham Ridge Public School Community Newsletter



Week ending: April 28th, 2023



<b>Monday, May 1 (Day 5)</b> Swim to Survive- Group A	<b>Monday, May 8 (Day 5)</b> Grade 8 students in Ottawa
<b>Tuesday, May 2 (Day 1)</b> Pizza lunch	<b>Tuesday, May 9 (Day 1)</b> Pizza lunch Grade 8 students in Ottawa
<b>Wednesday, May 3 (Day 2)</b> Astoria Lunch Swim to Survive- Group B Grad Retake day - (rescheduled date)	<b>Wednesday, May 10 (Day 2)</b> Grade 8 students in Ottawa Astoria Lunch Swim to Survive Final Day- Every Student Counts Survey
<b>Thursday, May 4 (Day 3)</b> Subway Lunch King City SS Information Evening	<b>Thursday, May 11 (Day 3)</b> Subway Lunch School Council Meeting - 6:30 to 8:30 pm
<b>Friday, May 5 (Day 4)</b> Kids Kitchen lunch Badminton Tournament at King City SS	<b>Friday, May 12 (Day 4)</b> Kids Kitchen lunch Last day to purchase yearbook- see below



The Every Student Counts Survey will be administered between April 24th and May 10, 2023. [Click here for more information.](#)

## Multifaith Observances



Our planet is like a giant aquarium sharing it with countless other creatures whose home it is also. Tip the balance, and the outcome is well known. So, let the victory be ours and look after our planet, thus building our future together.": lansburylinda@gmail.com

*Bahá'í Faith 29 Ninth Day of Ridván*  
*Zarathushti (Zoroastrianism) 30 Ghambar Maidyozareem begins*

**May:**

*Indigenous Spirituality 1 Planting Moon (local Oneida)*  
*Wicca 1 Beltane*  
*Bahá'í Faith 2 12th Day of Ridván*  
*Zarathushti (Zoroastrianism) 4 Ghambar Maidyozareem ends*  
*Buddhism 5 Wesak (Buddha Day)*  
*Astronomical Event 5 Penumbra Lunar Eclipse*  
*Full Moon 5 Full Moon*  
*Judaism 8 Eve of Lag Ba'Omer*  
*Judaism 9 Lag Ba'Omer*

# Wellbeing Wednesday

## Short Film Series-


### Part 2

Over the past months, the Tech Crew, Student Wellbeing Committee, staff and volunteers have been using their creative technical and dramatic skills to plan, write, act, and record real life scenarios.

Part 2 was premiered on Wednesday's virtual morning announcements as we continue to explore how to support well being and be an upstander at Windham Ridge.

Windham Ridge is so incredibly proud of students' and staff's dedication to continuing to develop supportive and inclusive spaces.

**Wellbeing Wednesday- le 26 avril**



**Part 2 of the UPstanders series is now ready to watch!**

Today's scenario reinforces the 3 steps to support anyone who may be teased, bullied or having a tough day. There is a short "quiz" at the end.

There may be sound difficulties as videos stream through Google Meet. Therefore, we recommend classes to re-watch the video at a later time if necessary.

*(Teachers have access to play the video straight from this slide deck)*

Supporting someone who may be bullied/teased:

1. Check-in
2. Listen
3. Make a plan to talk to a caring adult

# Autism Acceptance Month at Windham Ridge

## Strengths Links



<https://www.youtube.com/watch?v=Q5uQ2gMFzU>



Staff and students continued learning over the course of the month about Autism Acceptance and how connected

we are in our unique strengths as a WRPS community. Strengths links created by WRPS staff and students, who reflected on their own personal strengths, are installed across the school to highlight our commitment to inclusive spaces where all strengths, differences, and similarities are welcome <https://twitter.com/MmeWalls/status/1652050192508616704?s=20>

# 'Pause To Play' Challenge



## Updates!

We are hoping that your family has had an opportunity to track screen time and activity times over the past week.

A reminder to sign off on each day of the tracking sheet and have your child(ren) return the form(s) for a chance to have their name drawn for a small prize on Monday!

Please click on the link below to access some helpful tips for parents to reduce screen time.

12. Physical Activity Screen Time Reduction Support Teens with Mindful Screen Ti...

**PAUSE TO PLAY - STUDENT ACTIVITY LOG (VERSION A)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PERFECT ACTIVITY</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>PHYSICAL ACTIVITY</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>SCREEN TIME</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- You'll find our school-related screen time to 2 hours or less per day
- Take the 20-20-20 rule every 20 minutes. Take a 20 second break and focus your eyes on something at least 20 feet away.
- Plan screen-free outings with family or friends
- Location and classroom
- Take an evening walk with family
- Enjoy screen-free meals with family and friends
- Limit checking during screen time
- Put phones away 1 hour before bedtime and keep screens out of bedrooms

**Mindful Screen Time**

Be OK with your screen. They are an important part of our day, but don't let them take over your life.

Try our screen-free tips and practice mindful screen time!

They can help you get the most out of your screen time for healthy, balanced, and happy days!

**Spending too much time on screens can lead to:**

- Headaches and vision problems
- Back and muscle pain
- Poor sleep quality
- Developing poor social skills
- Missing out on physical activity
- Difficulties with relationships
- Low self-esteem
- Stress, depression and being socially withdrawn

2022-2023  
Yearbooks for sale

May 12th-  
last day to order your  
yearbook!



## Windham Ridge Yearbook 2022-2023

*You make the year, we make the book*

Making memories with new and old friends are important parts of the school year. Help your child keep the fun and memories alive for years to come with a yearbook, a time capsule of the events and people that made this year unique.

This year there will be two options for purchase:

- Softcover yearbook - \$30.50
- Hardcover yearbook - \$45.50

Yearbooks can ONLY be ordered through School Cash Online  
The deadline to order is Friday May 12<sup>th</sup>

To avoid disappointment, don't delay in placing your order because **no LATE orders will be accepted.**

The yearbooks will be delivered to the school and distributed to students at the end of this school year (June 2023)

Sign in to your [School Cash Online account](#) to place your order

April 25, 2023

Clean Up  
Green Up-  
Update!



On **Tuesday, April 25th**, students and staff participated in Clean Up, Green Up in partnership with the City of Richmond Hill.

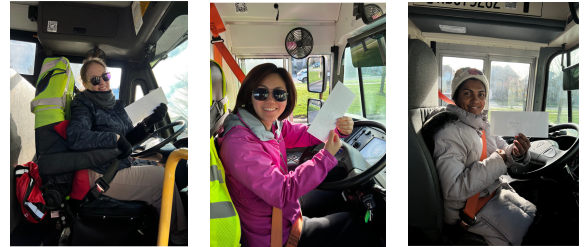


We look forward to continued actions to demonstrate respect and care for our outdoor spaces.

**April 25, 2023**

**School Bus Driver Recognition Day**

On April 25th, we recognized and thanked the School Bus Drivers as special members of the WRPS community! Their care and dedication to the safety of our students makes it possible for families to access education across YRDSB schools. Join us to thank our School Bus Drivers!



**April 26, 2023**

**Administrative Professionals Day!**



On April 26, we shared thanks and gratitude with our EOAA Sandy and SAS Ashley! Join us in sharing our appreciation for their dedication to admin, staff, students, & families which is paramount to making Windham Ridge PS a special place!

Thank you Sandy and Ashley for all you do for our WRPS community!

**Windham Ridge PS School Garden**

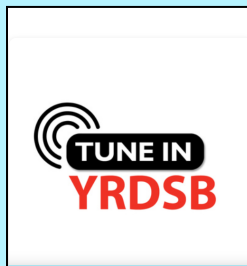
**Updates!**




In partnership with WRPS School Council, our students have begun preparing our school garden!

Mulch, soil, and supplies have arrived and students have

begun working with their teachers and facilitators to get our garden ready for spring planting.



 **South Asian Heritage Month** Apr 25, 2023

In today's episode we are joined by members from the Educators for Students of South Asian Heritage (ESSAH). The podcast highlights the importance of ...

[See more](#) 01:00:41

Welcome to Tune In YRDSB.

Tune In YRDSB is the first podcast of its kind in Ontario. Here we will explore a wide range of topics related to education in York Region and beyond. We look forward to inspiring learning through storytelling.

[Click here for access to Episode 6.](#)