



# Windham Ridge P.S. Community Newsletter



**Week ending: December 23rd, 2022**



<b>Monday, January 9 (Day 5)</b> School resumes	<b>Monday, January 16 (Day 5)</b>
<b>Tuesday, January 10 (Day 1)</b> Pizza lunch	<b>Tuesday, January 17 (Day 1)</b> Pizza lunch School Council Meeting- 6:30-8:00
<b>Wednesday, January 11 (Day 2)</b>	<b>Wednesday, January 18 (Day 2)</b>
<b>Thursday, January 12 (Day 3)</b>	<b>Thursday, January 19 (Day 3)</b> French Immersion Information Night for 2023 grade 1 registrants
<b>Friday, January 13 (Day 4)</b>	<b>Friday, January 20 (Day 4)</b> PA Day



**Wishes of good health, love, and  
peace to all our  
Windham Ridge PS families.**

**~WRPS staff**

## Multifaith Observances



"Looking to a New Day"  
by Ann Hilton

- Indigenous Spirituality* 1 Snow Moon (local Oneida)
- 1 New Year's Day
- Buddhism* 1 Solar New Year
- Shinto* 1 Gantan-sai
- New Moon* 2 New Moon
- Zarathushti (Zoroastrianism)* 4 Ghambar Maidyarem ends
- Sikhism* 5 Birth date of Guru Gobind Singh Ji
- Christianity* 6 Epiphany (W)
- Eastern / Old / Orthodox Christianity* 6 Armenian Christmas
- Christianity* 6 Theophany (E - New Calendar)
- Diamond Days* 7 Christmas (E - Orthodox)
- Eastern / Old / Orthodox Christianity* 7 Christmas (Old / Julian Calendar)
- Buddhism* 10 Linji Memorial
- Sikhism* 13 Maghi
- 14 Thai Pongal
- Eastern / Old / Orthodox Christianity* 14 New Year (Old / Julian Calendar)
- Hinduism* 14 Makar Sankranti

## Winter Giving by Windham Ridge PS



Students donated funds for a chance to take home one of 22 gingerbread houses created and donated by staff, School Council, and the Social Justice Committee. Our WRPS community raised \$1166.00 that will be donated to The [Yellow Brick House](#) 'provides life-saving services for women and children escaping domestic violence in York Region.'



WRPS staff and families demonstrated empathy, generosity, and kindness through donations of non-perishable foods, warm outerwear, gift cards, student made cards, & special crafts for [@360kids\\_york](#) youth at risk or youth facing homelessness in York Region.

We are grateful to all families that were able to donate to these initiatives, to staff for supporting this focus, and to our Social Justice committee who organized and facilitated these acts of giving.

All participants have impacted youth, women, and children of York Region experiencing difficult circumstances. Everyone's support has been truly appreciated as we continue to build social consciousness and empathy with our WRPS students.

## Black Foundation for Community Networks

## Scholarship Application Workshop

Black Foundation of  
Community Networks (BFCN)

**BFCN**

**Scholarship  
Application  
Workshop**

Black Foundation of Community Networks (BFCN), in collaboration with York Region District School Board (YRDSB), is providing a free workshop to show Black students and their families how to search, prepare, and apply for scholarships and bursaries. If you are in high school or Grade 8, this workshop is especially for YOU!

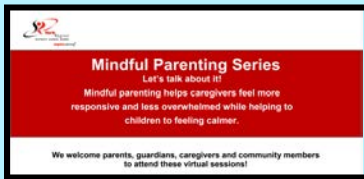
**Tuesday, January 17, 2023  
6:30 PM - 8:30 PM EST | ONLINE (ZOOM)**

Learn more and register at:  
[bit.ly/BFCNWorkshopJanuary17](https://bit.ly/BFCNWorkshopJanuary17)


To participate Black students and their families must be from YRDSB.  
For questions contact:  
Cheryl Yarde at [info@bfcn.ca](mailto:info@bfcn.ca)

Learn more about our work and how to support at [bfcn.ca](https://bfcn.ca).

[Click here to access the full flyer  
and live links.](#)



## Free parenting sessions for caregivers



### Mindful Parenting Series


Let's talk about it!

Mindful parenting helps caregivers feel more responsive and less overwhelmed while helping to children to feeling calmer.

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

**January 10, 2023 | 10:00 a.m. – 11:30 a.m.**  
**Being a Parent: Mindful Parenting**  
 For parents of children 0-12 years of age. This session will focus on mindful parenting and the role it plays in being responsive and not reactive. Participants will be provided with strategies that will result in positive changes to many familiar parenting challenges.  
[Register now for Being a Parent](#)

**January 17, 2023 | 10:00 a.m. – 11:30 a.m.**  
**Ride the Waves: Mindful Parenting**  
 For parents of children 0-12 years of age. This session will provide an understanding of the importance of mindful parenting and the role it plays in nurturing positive relationships within the family.  
[Register now for Ride the Waves](#)

**Facilitator:** Uma Bhatt, R.S.W. York Hills Centre for Children, Youth and Families 

This free parent presentation is brought to you in a collaborative partnership with York Region District School Board and York Hills Centre for Children, Youth and Families.

For more information contact: Oksana Majaaki, Community & Partnership Developer  
[Oksana.majaaki@yrdsb.ca](mailto:Oksana.majaaki@yrdsb.ca)

[Click here to access the full flyer and live links for registration.](#)

## Creating Identity Affirming Spaces and Practices to Support Muslim Learners

### Families and Community Event



### Creating Identity Affirming Spaces and Practices to Support Muslim Learners

In partnership with the National Council of Canadian Muslims (NCCM) and the Alliance of Educators for Muslim Students (AEMS), the YRDSB will offer a series of professional learning sessions and workshops that focus on creating identity affirming learning environments, while also interrogating Islamophobia and its impact on student achievement and well-being.

**Families & Community Event**

**Know Your Rights: Muslim Students and Families**

In this session, students and families will learn about their legal rights and responsibilities within schools. Participants will be provided with tools and resources that will support them throughout their child's school experience, allowing them to feel more confident and empowered.

**Date:** January 25, 2023  
**Time:** 7:00 - 8:30 p.m.  
**Location:** Virtual (link to be provided prior to event)

**Families & Community Registration Form** | [bit.ly/3FJo4OD](https://bit.ly/3FJo4OD) 

For further information contact Inclusive School and Community Services at [icsa@yrdsb.ca](mailto:icsa@yrdsb.ca)


**Click below to register:**

[bit.ly/3FJo4OD](https://bit.ly/3FJo4OD)



## Poverty in York Region 2023

### Three Part Parent/Guardian Workshops



### Inclusive School and Community Services

#### Parent/Guardian Virtual Workshops

#### Poverty in York Region 2023

All parents, guardians and staff are welcome to attend any or all of the free virtual workshops about poverty, housing rights and resources in York Region.

- 1. Making Ends Meet during COVID, Inflation and a Housing Crisis** – Presented by Community and Partnership Developers Yvonne Kelly and Pauline Costello  
 Tuesday, January 24th 7:00 - 8:30 pm
- 2. Tenant Rights to Housing** – Guest Speaker Margaret Flynn with the Canadian Centre for Housing Rights  
 Wednesday, Feb 8th, 7:00pm-8:30pm
- 3. The Impact of Poverty, Intersectionality and Classism on our Students, Parents and Family Engagement** - Presented by Community and Partnership Developers Yvonne Kelly and Pauline Costello  
 Monday, February 27th 7:00pm - 8:30pm

[Register](#) for any or all three workshops.  
 A virtual link will be provided prior to the each event.

[Click here to register for one or all three workshops.](#)



## Kid's Kitchen optional lunch program

**Kid's Kitchen** will start delivering lunches every **Friday** starting on January 27th, 2023. All orders are to be placed online by visiting [Kidskitchen.ca](http://Kidskitchen.ca). Look out for weekly communications. Please note Kid's Kitchen lunches will be cancelled on Inclement Weather Days when the buses are cancelled.

**www.kidskitchen.ca**

905.944.0210 | [information@kidskitchen.ca](mailto:information@kidskitchen.ca)

Serving hot lunches to GTA schools since 2001!

## Well Being Wednesday At Windham Ridge PS!

le 21 decembre

### Wellbeing during the Winter Break

→ Here are 3 tips to help boost our mental health during the break:

**Gratitude**

Take time to think of all the people & things to be thankful for.



**Nature**

Spend time outdoors to enjoy some fresh air with family/friends



**Lend a Hand**

Find ways to help around the house or in your community. Doing something for others can boost self-confidence and increase empathy



Our Healthy Schools and Wellbeing Committee shared some suggestions for supporting mental health over the winter break. We invite families to think about how to support each other over the next two weeks away from school.

Both staff and students enjoyed each day of our WRPS Spirit Week. Although we missed out on our Pyjama/Cozy Clothes Day together, we are in hopes that all our Windham Ridge PS families are warm and cozy today during this school closure.

Spirit Week @ Windham Ridge P.S.!

vendredi le 16 décembre	lundi le 19 décembre	mardi le 20 décembre	mercredi le 21 décembre	jeudi le 22 décembre	vendredi le 23 décembre
					
Sports Day/ Fifa World Cup Day!	Inside Out Day	Vacation Day!	Festive Winter Hat Day!	Superhero Day!	Pyjama/ Cozy Clothes Day!
Portez des vêtements sportifs, comme des maillots ou des casquettes, pour montrer ton "look" "fit" ou sportif!	Wear an item of clothing inside out as a way of making us all stop and think. Be kind- you never know how someone is feeling inside.	Imaginez le chaleur du soleil du fait à la plage ou le soleil d'hiver en faisant du patinage! Choisissez votre tenue préférée pour une journée de soleil!	Avec vous une tugue festive ou une tunique préférez pour célébrer l'arrivée du congé! #loveless- montrons nos couleurs hivernales!	Chacun de vous est un super héros!	Faisons l'année 2022 ensemble, enveloppez dans nos vêtements préférés et chaleureux!

## Student absences And Reporting Extended Absences and Vacations

Please notify the school office if your child/ren will not be returning on Monday January 9th. An absence can be reported by parents, in advance, by one of the 2 methods:

- 1) enter a planned absence on Edsby or the Edsby App
- 2) report through the iNFORM system by calling 905-773-5443 (press 1)

If the parents/guardians do not report the absence before January 9th and if the office is unsuccessful in reaching parents or emergency contacts, the school is required to call the police to ensure the safety and location of the student.

# YRDSB Student Mental Health and Addictions Newsletter

December 2022



## Mental Health

### Student Mental Health and Addictions Newsletter - December 2022



Student Mental Health and Addiction Strategy

A Closer Look At The Concept of "Between and Around"

In the  
November  
edition of the  
Student Mental  
Health and  
Addictions  
Newsletter

We took a closer look at the concept of Within. In this [December edition](#), we continue to focus on the [Student Mental Health and Addiction Strategy \(SMHAS\): A Holistic Approach to Mental Health, Within Us, Between Us, Around Us](#) by taking a closer look at the concept of "Between" and "Around" and the associated priority actions.