



# Windham Ridge P.S. Community Newsletter



**Week ending: January 20, 2023**



<b>Monday, January 23 (Day 4)</b> Brave Program (Gr. 7 & 8)	<b>Monday, January 30 (Day 4)</b>
<b>Tuesday, January 24 (Day 5)</b> Pizza lunch	<b>Tuesday, January 31 (Day 5)</b> Pizza lunch
<b>Wednesday, January 25 (Day 1)</b> Windham Let's Talk Day	<b>Wednesday, February 1 (Day 1)</b>
<b>Thursday, January 26 (Day 2)</b> Last day to order Subway & Greek Lunch on School Cash Online	<b>Thursday, February 2 (Day 2)</b>
<b>Friday, January 27 (Day 3)</b> <a href="#">National Family Literacy Day</a> International Holocaust Remembrance Day	<b>Friday, February 3</b> PA Day (no school)



**Lunar New Year- Sunday January 22, 2023**  
**Best wishes to all celebrating the Lunar New Year in Korean 새해 복 많이 받으세요, Vietnamese Chúc mừng tết Nguyên Đán, Mandarin 新年好 & Cantonese 恭喜发财, Thai สวัสดีปีใหม่ทางจันทรคติ, Mongolian цагаан сарын мэнд хүргэе, and to Tibetan families 'Tashi Delek'.**

## Multifaith Observances



For additional artist info, visit:  
<https://www.tammingapaton.com/>

- Buddhism 25 Honen Shonin Memorial*
- Hinduism 26 Vasanta Panchami*
- 27 Holocaust Remembrance Day (UN)*
- Indigenous Spirituality 1 Midwinter Moon (local Oneida)*
- Wicca 2 Imbolc*
- Shinto 3 Setsubun-sai*
- Buddhism 5 Magha (Sangha Day)*
- Judaism 5 Eve of Tu B'Shevat*
- Full Moon 5 Full Moon*
- Judaism 6 Tu B'Shevat*
- Bahá'í Faith 7 Mulk*
- Buddhism 15 Nehan-e (Nirvana Day)*
- Buddhism 16 Nichiren Shonin's Birth date*
- Islam 16 Laylat al-Mi'rāj*
- Hinduism 18 Mahashivaratri*

January 27, 2023

## International Holocaust Remembrance Day

January 27 is International Holocaust Remembrance Day. This date was designated by resolution of the United Nations General Assembly in November 2005.

The day reaffirms “that the Holocaust, which resulted in the murder of one third of the Jewish people along with countless members of other minorities, will forever be a warning to all people of the dangers of hatred, bigotry, racism and prejudice” (UN General Assembly A/60/L.12).

This day serves as an international memorial day for the victims of the Nazi Holocaust, which saw the murder of 6 million Jews, 250,000 to 500,000 Roma people, 200,000 to 250,000 persons with disabilities, and 15,000 people who were LGBTQ+. January 27 marks the date when the Nazi concentration and extermination camp of Auschwitz-Birkenau was liberated by Soviet troops in 1945.

[Click here to explore more information about this today through the UNESCO website.](#)



## Grade 1 French Immersion Registration (new registrations for 2022-2023)

Do you have an SK child  
that you would like to  
register for French  
Immersion, beginning  
September 2023?

Message from YRDSB:

Dear Senior Kindergarten Families,

Due to inclement weather, the French Immersion Information Session scheduled for Thursday January 19th at 7 p.m. at all French Immersion program locations was cancelled. We are very sorry for any inconvenience this may have caused, however, the safety of our families, staff and communities remains our priority.

In place of the in-person information session, a [pre-recorded French Immersion video session](#) is available on the YRDSB website. In addition, you can also hear all about the French Immersion program on the [Tune In YRDSB: French Immersion Podcast](#). Program locations and additional information is also available on our [website](#).

**Registration:** FI registration will begin on January 20, 2023. Parents or guardians of Senior Kindergarten students entering Grade 1 in 2023, and wishing to enrol in the FI Program, can email or call their home school office and indicate their intention to enrol. The home school will notify the French Immersion school, and the French Immersion school will contact you by phone or email to collect any necessary information. You are asked to register by February 6, 2023. Registration during this period is not first come, first served.

**Late Registrations:** Late registrations are those submitted after February 6, 2023. Late registrations will be treated on a first-come, first-served basis and will be considered subsequent to registrations received during the registration period should overflow be necessary.

## Kid's Kitchen

Kid's Kitchen will resume a hot lunch program every **FRIDAY** starting on Jan. 27th. Please visit their website for an easy, secure online ordering system.

<https://www.kidskitchen.ca/>

Please note - if Buses are cancelled, Kid's Kitchen will NOT deliver lunches

## Windham Ridge Talent Show



We're very excited to see so much excitement from our students for our upcoming Windham Ridge Talent Show!

### Audition dates:

- January 27 - Grades 1, 3, 4
- January 30 - Grade 2
- January 31 - Grades 5, 6, 7, 8

Students must come prepared with all items necessary for their audition. Those playing the piano will audition using our school piano. We look forward to seeing all the Windham Ridge P. S. talent!

Mme Song, Mme Suleman, Mr. Halkusis, Mme Lacaille, Mme Plamondon

## Extra Clothing & Student Checklist

As students continue to be outdoors for recess, it is important to send warm clothing with your child including **extra** clothing to be kept at school on your child's hook or in their lockers. **Have I packed these items in my bag today before leaving for school:**

lunch/extra snacks/ Utensils	extra masks (if needed)
water bottle	indoor shoes, if possible
agenda	<b>extra clothing- including socks/pants</b>
homework/assignments/ projects	<b>snow Pants/hat/mittens</b>

## In collaboration with York Region District School Board

SAAAC Autism Centre Presents:

## Caregiver Orientation: New Autism Diagnosis



[Click here to access the full flyer and registration information.](#)

## Grade 9 Course Selection (grade 8 students)

High school course selection is coming fast! Please complete the Google Form below indicating which high school your child will be attending for Grade 9. **This form must be completed by a parent/guardian by February 1st.** The completion of this form will impact course selection timelines, so please ensure to finish this step at your earliest convenience.

<https://forms.gle/Dv48F6m5VZhvVJmaA>

Please direct any questions to Mr. Raha and/or the office.

# Windham Let's Talk Day

Wednesday  
January 25, 2023



## YRDSB message:

One of the priorities in the [Trustees' Multi-Year Strategic Plan](#) is to Foster Well-Being and Mental Health with the ultimate goal of improving student success.

As part of this plan, our board will be acknowledging Let's Talk Day Wednesday Jan. 25, 2023. One of the biggest hurdles for anyone dealing with a mental illness is overcoming the stigma attached to it. The annual Let's Talk awareness campaign and day aims to help reduce this stigma and promote awareness and understanding, and talking is an important first step toward lasting change.

### January 25, 2023 at Windham Ridge PS

**MENTAL HEALTH**  
Check-in

HOW AM I FEELING PHYSICALLY/MENTALLY? HAVE I HAD ENOUGH TO EAT?

HAVE I DONE ANYTHING AS AN ACT OF KINDNESS?

HAVE I HAD TOO MUCH SCREEN TIME? DO I NEED A BREAK FROM SOCIAL MEDIA?

HAVE I SHARED WITH ANYONE HOW I'M FEELING?

AM I GIVING MYSELF ENOUGH CREDIT? WHAT AM I MOST PROUD OF MYSELF FOR?

WHAT HAS BEEN WEIGHING HEAVILY ON MY MIND? SHOULD I WRITE IT OUT?

AM I BEING KIND TO MYSELF?

AM I GETTING ENOUGH SLEEP?

**Wellbeing Wednesday- le 18 janvier**

Let's take a minute to check-in with ourselves using this infographic. These questions can help us determine what we may need to boost our mental health this week

Our Healthy Schools Committee and Student Well Being Committee have been planning and preparing for continued learning about mental health and well being. We look forward to the continued focus this week as we continue to underline the importance of well being for our students.

### Resources for families- click on links

#### Let's Talk Day

Last updated January 18, 2023

In acknowledgement of "Let's Talk" day on Wednesday January 25, 2023, the Mental Health Team has gathered resources that can support child and youth mental health. Let's Talk and reduce the stigma by promoting awareness and understanding!

<https://www2.yrdsb.ca/lets-talk-day>

School Mental Health Ontario / Santé mentale en milieu scolaire Ontario

### Parents and caregivers

- What is mental health?
- Noticing mental health concerns for your child
- Supports available through Ontario schools
- How to work together with your school

<https://smho-smso.ca/>



Bell Let's Talk Day is Wednesday, January 25. We are joining in and committing to take meaningful action to create positive change.

Since 2011, Canadians and people around the globe have joined in the world's largest conversation around mental health on Bell Let's Talk Day. Together we have taken big steps to reduce the stigma around mental health issues,

inspire one another to take action, and help create a Canada where everyone can access the mental health support they need. But it is clear more needs to be done.

**We are looking forward to the impactful activities that will highlight this important day at Windham Ridge PS!**

**Let's change this. Take action on Bell Let's Talk Day and all year long!**

This year's Bell Let's Talk Day campaign highlights ways we can all create meaningful change and take action by doing one or more of the following:

- **C**hoose a mental health organization to learn about or support
- **H**elp a friend struggling with their mental health by learning how to support them
- **A**sk about how your school, workplace or community is creating change for mental health
- **N**urture your own well-being by practicing and learning mental health strategies
- **G**et involved in a mental health initiative or organize an event to support mental health
- **E**ngage in conversations about mental health to fight stigma

Share your actions using #BellLetsTalk and help inspire others to join the movement to create positive change. We are proud to come together, take action, and help create change for mental health in Canada so that Canadians can access the mental health and addiction supports they need to flourish.

You can find resources, learn more about some of the organizations providing mental health supports and services throughout Canada and download the [Bell Let's Talk toolkit](#) to begin your own conversation about mental health and create positive change at home, school or in the workplace.

## The Centre for Black Student Excellence

### January 2023 Newsletter

Check out our new community newsletter- [Click here to access the full newsletter](#)



We invite you to explore our new online presence at [ww.yrdsb.ca/blackexcellence](http://ww.yrdsb.ca/blackexcellence) to:

- Access videos, resources and information about community partners.
- Learn more about our work to dismantle anti-Black racism, guided by our strategy.
- Celebrate Black excellence through video, feature stories, podcasts and more.
- Find out about programs available to Black students and families.

## Advocacy and Allyship

### Parent Engagement Event

YRDSB is hosting a 3 part Information series that looks at how to engage and help build shared solutions. Families will build on knowledge about discrimination, racism, bias, stereotypes and how to advocate and become an ally.

Registration at <http://bit.ly/3VZpttx>

Registration closes: January 27th,  
2023



### Inclusive School and Community Services is hosting A Guardian/Parent Engagement Event

#### Advocacy and Allyship

YRDSB is hosting a 3 part Information series that looks at how to engage and help build shared solutions. Families will build on knowledge about discrimination, racism, bias, stereotypes and how to advocate and become an ally.

#### 1. Understanding and Challenging our Bias

Learn how to understand and challenge our biases. Challenge our Comfort Zones in order to change and grow in a positive direction. Connect with other parents and caregivers and share our ideas and experiences.

**Presented by:** Shafiq Aziz from Harmony Movement

**When:** January 31st 6:30 pm - 8:00 pm

#### 2. Recognizing and Responding to Hate

Learn how to recognize and respond to hate and discrimination, through looking at data, talking through examples and further understanding bias.

**Presented by:** Shafiq Aziz from Harmony Movement

**When:** February 22nd 6:30 pm - 8:00 pm

#### 3. Becoming an Ally

Learn how to become an ally through engaging and listening to lived experiences of discrimination and hate.


**Presented by:** Soha Mohammad from Working Women

**When:** March 22nd 6:30pm – 8:00pm

## The Power of Positive Parenting

Free session for  
parents, guardians,  
caregivers, and  
community members!

[Click here to REGISTER](#)

  
**THE POWER OF POSITIVE PARENTING**  
Let's talk about it!

Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

**January 24, 2023 | 10:00 a.m. – 11:30 a.m.**

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

**Register Today!**

This session will focus on how to ensure a safe and engaging environment for children by:

- creating a positive learning environment,
- using assertive discipline,
- having realistic expectations,
- taking care of yourself as a parent, and
- available resources and supports in the community.

**Facilitator:** Uma Bhatt, R.S.W. York Hills Centre for Children, Youth and Families [york hills](#)

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:  
Oksana Majaski, Community & Partnership Developer, YRDSB  
[Oksana.majaski@yrdsb.ca](mailto:Oksana.majaski@yrdsb.ca)

## 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

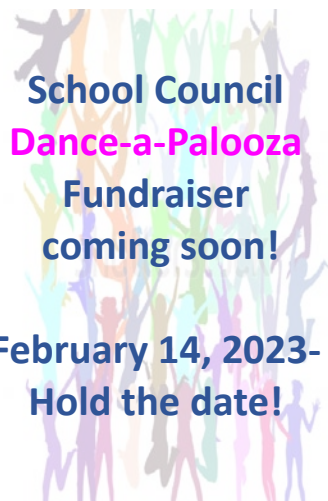
**2. Tenant Rights to Housing** – Guest Speaker Margaret Flynn with the Canadian Centre for Housing Rights  
Wednesday, Feb 8th, 7:00pm-8:30pm

**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.](#)**



Our WRPS School Council is looking forward to bringing  
**Dance-a-Palooza**  
back to Windham Ridge PS!

Planning is in the works for this fundraiser and we look forward to more information coming soon!

In keeping with inclusive school practices, please note that all students are invited but not required to participate in the dancing portion of this event on February 14th. Students will have the option of attending a classroom space to engage in activities with supervision of a staff member if they choose not to participate in the gym.

You are welcome to contact the admin team if you would like to discuss how we can best support your child on the day of this event.