



Windham Ridge P.S. Community Newsletter



Week ending: **March 29th, 2024**



(Click on the numbered items to be linked directly to your selection on this PDF.)

1. [Multifaith Observance](#)
2. [Windham Community Calendar](#)
3. [Continued Learning at Windham Ridge PS](#)
4. [Supports for Students with Autism and their Families](#)
5. [WRPS Community Calendar & Website- Updates!](#)
6. [Hot Lunches](#)
7. [Korean Community Engagement Night](#)
8. [Summer Institute Registration](#)
9. [Kids Kitchen April Specials](#)
10. [Student Mental Health and Addictions Newsletter](#)

Multifaith Observances

Best wishes to all families observing celebrations!

[Here is the link](#) to the Multifaith calendar.

[Here is the link](#) to the YRDSB list of significant faith day observances.

What's Up Windham Community Calendar

[What's Up Windham Community Calendar](#)



Continued learning at Windham Ridge PS!



[Greek Heritage Month](#)



[Happy Bangladeshi Heritage Month!](#)



▶ [Diamond Day Video Series: Good Friday](#)



Thank you to all families and students who have contributed to our inclusive displays in our main foyer. We appreciate our partnerships with our families and community members.

Supports for Students with Autism and their families

Supports for Students with Autism and their Families

This session will support parents, guardians and families with:

- Understanding Autism
- Process for diagnosis
- YRDSB referral process
- School supports
- Community resources

Date: Wednesday, May 1, 2024

Time: 6:30 p.m. – 8:30 p.m.

Location: Unionville High School, 201 Town Centre Blvd, Markham, ON L3R 8G5

Please [register](#) by Apr. 28, 2024.

This free information session is organized by Inclusive School and Community Services in partnership with Student Services of York Region District School Board. For more information, please email shani.blake@yrdsb.ca or pauline.guo@yrdsb.ca Please note that Childcare will not be provided.

****NEW****

Windham Community Calendar- Updates



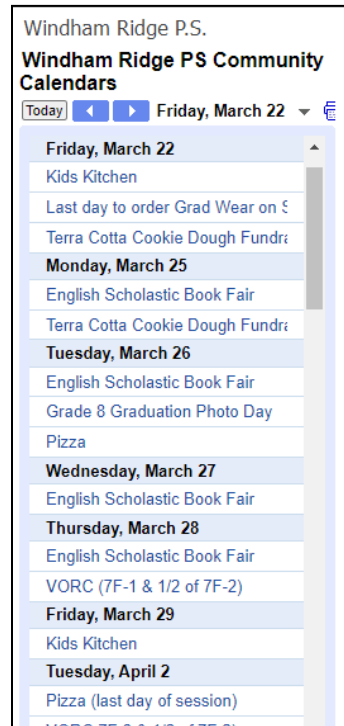
Now also on the [Windham Ridge PS Website!](#)

For your convenience, you may find the **Windham Community Calendar** either by:

- 1) Clicking on the link [What's Up Windham Community Calendar](#) (listed each week on the first page of the Community Newsletter);

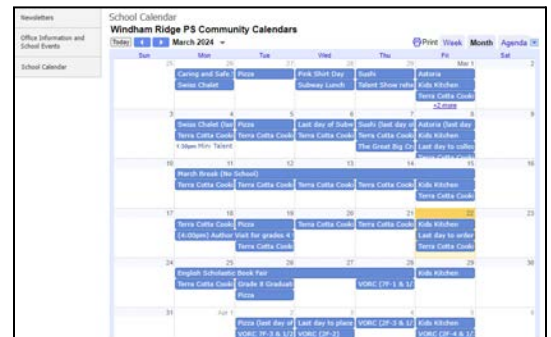
OR

- 2) Visit our school's [website](#) . Events are listed on the left hand side of the home page:



When visiting our school's [website](#), go to the **News & Events tab** and click on **School Calendar** listed on the left hand side of the page to get a [full months calendar](#):

Please be sure to save the [Google Calendar](#) on your phone to get up-to-date reminders for lunch items, school trips and other school events.



Hot Lunches

The next round of hot lunches will begin the week of April 8th and end the last week of May, with the exception of pizza that will proceed until the last week of school. Orders can be placed on School Cash Online until **Wednesday April the 3rd, 2024**. <https://yrdsb.schoolcashonline.com/> Please mark the following dates in your calendar:

Mondays	Swiss Chalet	April 15 to May 27
Tuesdays	Pizza	April 9 to June 25
Wednesdays	Astoria	April 10 to May 29
Thursday	No hot lunch on this day	
Friday	Kids Kitchen	

Summer Institute Registration

Summer Institute Registration

Looking for summer learning and fun activities for students entering Senior Kindergarten to Grade 8? Summer Institute offers academic, recreational and athletic programs and activities with intentional links to the Ontario Curriculum.

The program runs for six weeks during July and August. It is offered at nine school sites around York Region.

For more information on dates, programs and locations, please visit the [Summer Institute webpage](#).

Registration opens March 27, 2024, at 4:00 p.m. Families can register online.

Kids Kitchen April Specials



APRIL SPECIALS
Our specials are getting 2 thumbs up!

Online orders can be completed up until 10am the previous business day.

TRUSTED AND APPROVED
SCHOOL LUNCH PROVIDER

Chicken Shawarma Chicken Parmesan Pasta Falafel Wrap

Gluten-friendly, vegetarian and other menu options available online!

We're here to help!
information@kidskitchen.ca
905-944-0210 (M to F 8:30am-2:30pm)

 www.kidskitchen.ca **Kids Kitchen** Co.

Ordering is Easy. Kid Approved. Stress Free.

Student Mental Health and Addictions Newsletter

[Click here to access the newsletter](#)



Student Mental Health and Addictions Newsletter

April 2024

YRDSB Mental Health services are provided by YRDSB psychology and social work personnel

Connection between Physical and Mental Health

Dear Families and Caregivers,

This edition focuses on the important relationship between our physical and mental health. Much in the same way we all have physical health, we also all have mental health. Our physical health and mental health are connected to one another in numerous ways. Maintaining good physical health can have a positive impact on our mental health. For example, a consistent exercise routine may benefit your heart or muscles and it may also help you relieve stress, tension and may even help to boost your mood. As a result, you may even feel more likely to socialize and connect with your families, social circles, and faith or cultural groups. Similarly, maintaining good mental health can have a positive impact on your physical health. When your mental health is good, you may be more likely to eat well, exercise, and take care of yourself etc.

We encourage you to think of small strategies you can incorporate into your daily routine to maintain your physical and mental health. For example, you might choose to go on a short walk, practice gentle stretching, or practice guided imagery to promote good physical and mental health. Each person will have different strategies and that is ok. No matter what strategy you choose to employ, it should feel right for you.