



Windham Ridge Public School Community Newsletter



Week ending: May 26th, 2023



Multifaith Observances

- June**
Indigenous Spirituality
 1 Strawberry Moon (local Oneida)
Indigenous Spirituality
 1 National Indigenous History Month
Buddhism
 4 Saicho Dengyo Daishi Memorial
 Eastern / Old / Orthodox Christianity
 4 Pentecost (E)
 Christianity 4 Trinity Sunday (W)
 Full Moon 4 Full Moon
 Bahá'í Faith 5 Núr

Monday, May 29 (Day 4) Gr 5 to Queen's Park EQAO grade 6	Monday, June 5 (Day 3)
Tuesday, May 30 (Day 5) Pizza lunch EQAO grade 6	Tuesday, June 6 (Day 4) Pizza lunch
Wednesday, May 31 (Day 1) Astoria Lunch Swim to Survive -last day EQAO grade 6-last day	Wednesday, June 7 (Day 5) Astoria Lunch Intermediate Track & Field (Area Meet)
Thursday, June 1 (Day 2) Subway Lunch Volunteer Tea	Thursday, June 8 (Day 1) Subway Lunch Junior Track & Field (Area Meet)
Friday, June 2 PA Day (no school)	Friday, June 9 (Day 2) Kids Kitchen Lunch

	June 13th	New grade 1 families school visit
	June 15th	Jungle Book Performance
	June 16th	Fun Day
	June 20th	End of Year BBQ
	June 22nd	Grade 8 Graduation
	June 30th	Last Day of School (dismissal at 11:40 am)

Volunteer Tea

We love
♥ OUR ♥
Volunteers

WRPS invites you to join us as we celebrate and extend our gratitude for your support of our Windham Ridge PS community.

Please join us on Thursday June 1, 2023 at 10am in our Library.



Windham Ridge PS Volunteer Tea

Please join us to celebrate
'YOU'
at our Windham Ridge PS
Volunteer Tea!

Junior and Intermediate Track & Field Events



This week, our Junior and Intermediate students participated in a variety of Track & Field events at Windham Ridge. Our students enjoyed the opportunity to demonstrate their athleticism in the 100-metre, the 200-metre, the 400-metre, the 800-metre, shot put, triple jump, standing long jump and running long jump. Congratulations to all our participants! We would like to thank all our staff who organized and ran the events for our students. More information will be forthcoming on our participation in the upcoming Area Meets.



Kid's Kitchen Specials

Kid's Kitchen Co.

JUNE 2023

END OF YEAR SPECIALS



BBQ Chicken Drumsticks with Mashed Potatoes, Corn Niblets and a Chocolate Pudding
[gluten-friendly]

OR



Cheese Tortellini in tomato sauce and a Chocolate Pudding

JUNE SPECIALS

You can choose from our:

- **Beef or Bean Soft Taco**



The June Specials can be ordered as a combo with fruit or as an entrée only.

ALL Specials are available on your school's service days from June 1 – 29th!

Place your orders online at www.kidskitchen.ca **Visit us on-line to see our full menu.**

Ordering is easy!

Login to place your orders at www.kidskitchen.ca

You can order online up until 10am the previous business day. **A valid credit card is required.**

We're here to help!

Live Customer Service: 8:30am – 2:30pm Monday to Friday.

Spend more quality time with your kids. Leave the lunches to us!

905.944.0210 | www.kidskitchen.ca | information@kidskitchen.ca



June 30, 2023

Early Dismissal



All schools in the York Region District School Board are committed to improving student achievement and well-being. On Friday, June 30, 2023, an early release day will take place to allow elementary teachers and support staff to take part in meetings during the afternoon of that day. These meetings will allow for school staff to engage in culminating activities regarding the review and revision of the School's Improvement Plan as well as year-end and transition activities that support student success.

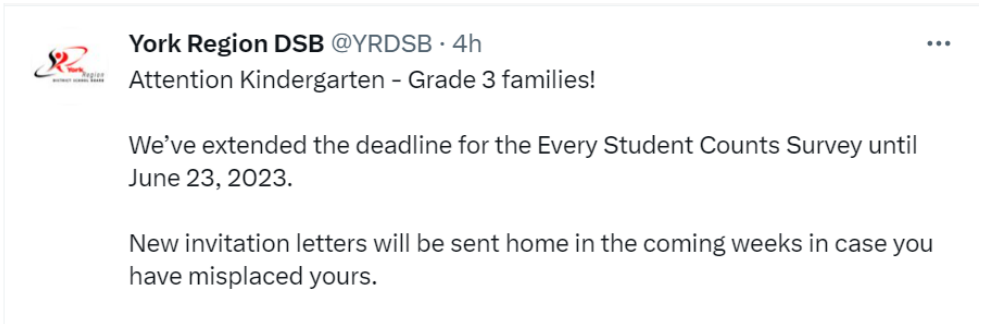
As has been our practice in the past, students will attend school during the morning of Friday, June 30, 2023 only. Students will be dismissed early that day at 11:40 am.

Arrangements will be made to ensure that students who are normally bussed to and from school will receive transportation at this time. Parents/guardians whose children attend after school child care should make appropriate arrangements to address this change in schedule.

Every Student Counts Survey



We thank all of our students who have completed the survey. Please read the following message from YRDSB to all our Grades 1 to 3 families:



Messaging from Scott Yake

YRDSB Interim Director of Education

[Please click here to access the message from the YRDSB Director of Education, Scott Yake.](#)



Lunch Schedules



Pizza	Tuesday	until June 20th
Astoria	Wednesday	until June 21st
Subway lunch (current session)	Thursday	Until May 11th
Subway lunch (new session)	Thursday	May 18th until June 22nd

Message from our Indigenous Trustee

June 2023

Aaniin (Hello), I am Indigenous Trustee for the York Region District School Board and a member of the Chippewas of Georgina Island, the only First Nation in York Region and one you may recognize YRDSB acknowledging as their “partner in education” when providing land acknowledgements.

I would like to offer greetings for the month of June, the month when we recognize and celebrate the Indigenous People of Canada, our unique status as Canadians, our history on this land and our many significant contributions. In 1996, Governor General Romeo LeBlanc declared June 21 as National Aboriginal Peoples Day. He said, “On June 21st, this year and every year, Canada will honour the native peoples who first brought humanity to this great land.” In 2017, the name was formally changed, and we now recognize this day as National Indigenous Peoples Day.

June 21 was chosen because it is summer solstice, a time of spiritual significance for Indigenous people. It is a time when the sun is at the highest point in the sky and we experience the longest day of the year, and the most amount of daylight. This is considered powerful medicine and is a time for practicing ceremonies that honour our interconnection with the land and the cosmos.

The Anishinaabe also recognize June as the month of the Strawberry moon, Ode’min Giizis. The beautiful red heart shaped strawberry offers us the teaching of reconciliation and forgiveness. It is the first berry of the season that brings us that sweetness for life. June offers us many special gifts and much to be grateful for.

People ask what they can do to celebrate Indigenous People Day and as Canadians support Indigenous people in Canada?

We can build our awareness by reading Indigenous books, listening to Indigenous podcasts, and attending Indigenous events. We can create positive change and promote public awareness by lending our support to Indigenous issues. We can also offer land acknowledgements as we do at the beginning of meetings and events in the YRDSB.

However, I believe most importantly to Indigenous people across this planet is to recognize our right to reclaim and practice our Indigenous languages and the important significance of the earth under our feet. Our traditional knowledge and our cultures exist in our languages and without the opportunity to learn them in our schools and speak them in our communities much of our ancestral knowledge will be lost forever.

Further, recognizing Indigenous relationship with the land and taking the time to build land awareness and connection is imperative. We must practice environmental stewardship and protect our greenspaces. Walk in nature, plant, or hug a tree, help a turtle across the road, sing to the water, just be with the land. It does little to offer a land acknowledgement if we do not acknowledge the earth on which we live. The earth is our mother, this is why we call her “Mother Earth” in our Anishinaabe creation stories. We are extrinsically interconnected; without her we would not exist. As her children we must care for her and protect her. Stand with Indigenous people by honouring her, this is the most important land acknowledgement you can give.

Chi-Miigwech and Happy Indigenous People’s Day!

Your Indigenous Trustee, Lauri Hoeg

**Message
from
our
School
Trustee**

June 2023

Dear families,

As we approach the end of the school year and the start of the summer break, I want to take this opportunity to thank everyone for helping to make this school year a positive one. This is our first school year since 2018-2019 that has not been interrupted by closures as a result of COVID-19, and it has been such a pleasure to visit schools and school events over the past few months and see students, staff and families connecting and learning together.

I think it's important to acknowledge the effect the pandemic has had on students; and we have made it a priority to put supports in place for student learning, achievement, mental health and well-being. We also continue to work hard to create safe, inclusive and caring learning environments where our students know and feel that they matter and belong.

June is also a time when we look ahead to transitions - students moving ahead to new grades, new schools and new adventures. Thank you to the school staff who support students through these transitions. Congratulations to all of our graduating students moving on to secondary school or post-secondary pathways. We are so proud of all that you have achieved, class of 2023, and wish you all the very best in what comes next.

I also want to acknowledge all that you have done, as family members, to support your child and our schools - whether that's asking your child about their learning, communicating with their educators, attending school events, reading the information that comes home from the school, sharing feedback, completing surveys, tracking down library books, volunteering on field trips and in the classroom, participating in school councils, and so much more. We are grateful for all of the ways you support your child's learning and our public education system.

Communicating with families remains an important priority for us. I have had the pleasure of meeting and connecting with many families throughout the school year and appreciate how important it is that we remain connected to you. In addition to communication from your child's school, there are also many ways you can stay connected with what is happening in the Board, including our [newsroom](#), [Twitter](#), [Instagram](#) and [award-winning podcast](#). We were also very pleased to launch this year the [Centre for Black Student Excellence Mailing List](#) for families looking to receive information directly related to supporting Black students, celebrating Black excellence and dismantling anti-Black racism.

As we approach the summer, we look forward to welcoming students who will be participating in our variety of [elementary](#) and [secondary](#) summer learning programs. I wish everyone a happy, safe and restful summer break.

Crystal Yu, Trustee, Richmond Hill Wards 1, 2 and 4

Student Mental Health and Addictions Newsletter

[Click here to access the full newsletter](#)



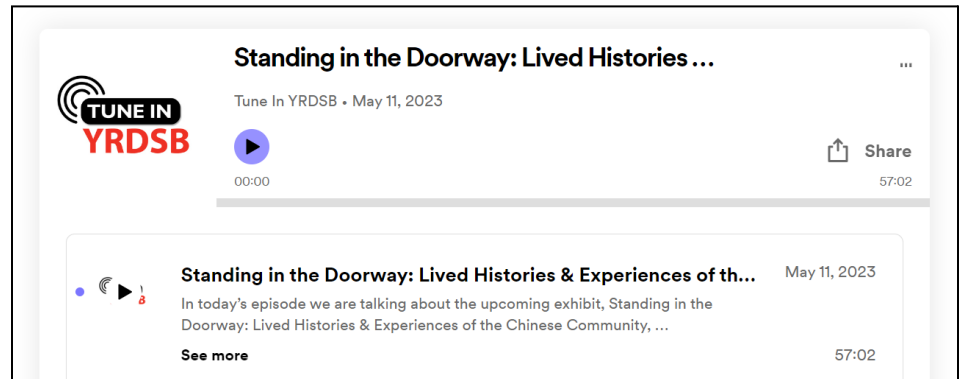
Student Mental Health and Addictions Newsletter

May 2023

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

Children's Mental Health Awareness Week

Lived Histories and Experiences of the Chinese Community



Learn more about the upcoming exhibit, Standing in the Doorway: Lived Histories and Experiences of the Chinese Community in the latest Tune In YRDSB podcast episode.

The exhibit is a collection of personal stories and artifacts that shed light on the experiences of Chinese immigrants in Canada during the early 1900s, and commemorates the 100th anniversary of the Chinese Exclusion Act.

[Click here to access the podcast.](#)

Talking to Youth About Vaping

York Region Public Health



There are many reasons why youth may start to use vapes. Friends may pressure others to start using vape products. Youth may see family members vape or smoke and imitate that behaviour. Additionally, the last few years may have been extraordinarily difficult for many youth and they may think that vapes and nicotine products will help them cope with [stress](#).

Whether you are a parent, guardian or teacher, [starting a discussion with your kids](#) about vaping may not be easy but having the conversation early about drugs and [experimenting](#) is important so that youth can get the real facts.

Parents and Caregivers play an important role

The adolescent period is a time of critical growth and development making youth more susceptible to the effects of nicotine, the addictive substance found in many vapes. Nicotine can interfere with [teenage brain development](#) and can cause changes in the brain affecting learning, memory and concentration, making youth more susceptible to other [substance misuse](#) and risk-taking behaviours.

Some tips for starting a conversation about vapes and youth vaping includes:

- Get the facts about the health risks and laws around vaping before your talk – information and products change quickly so conversations should reflect the child's growing maturity and the pressures they may face
- Keep your talk informal and look for natural opportunities for discussion (e.g., a new vape store opens near you)
- Ask questions and try to be empathetic about what they know and how they feel about vaping
- Share some vaping facts with them
- If their friends use vapes/e-cigarettes, disapprove of the use of these products rather than disapproving of the friends themselves

Remember: listening is just as important as talking.

For more information and tips about how to talk with youth, read [Talking with your teen about vaping: a tip sheet for parents](#) and visit [Tobacco, Vaping And Youth](#).

When talking with youth about tobacco products and vaping, it is important to:

- Understand tobacco and vaping from a youth's point of view – youth understand the issue differently based on their developmental stage
- Talk about the tactics used by the tobacco industry to make tobacco and vaping appealing to youth. Explain how the industry tempts youth to buy tobacco products and/or engage in behaviours that might be harmful to their health
- Role play, practice and provide options about how to refuse tobacco products to help youth prepare for situations involving tobacco and vaping with their peers
- Equip youth with the information, skills and motivation they need to make informed and healthy choices
- Discuss vape-free laws so youth understand that it is illegal to sell or supply vapes to anyone under 19 years of age; and that it is illegal to vape anywhere you can't smoke cigarettes, including on or around school and community centre properties, among other places

Quitting vaping/tobacco Quitting vaping and/or tobacco is one of the best things you can do to improve your health. If you or someone you know needs help, call York Region Access York at 1-877-464-9675 TTY (for those with hearing disabilities) 1-866-512-6228.