

March
2024



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PRINCIPAL NOTES

Dear Parents/Guardians:

Welcome to another newsletter!

Parents and guardians, I hope that you were able to attend our **Tamil Heritage Celebration** on the evening of Feb. 1st. For those that did, I am sure you would agree that it was a fabulous evening of entertainment. The children performed beautifully and skillfully – like professionals! (yes, even the students that haven't had any formal instruction in dance)– the dances were superbly performed – all the time and effort that went into the practices, weeks of practices, really paid off! The dresses were beautiful. It was a lot of hard work behind the scenes – but indeed worth it, because the students showcased their talents and are they talented! Most importantly, they loved what they were doing. You could tell on their faces. The Tamil community was there with their entertainment to add to the evening.

Thank you to all the parent(s)/ guardian(s) for your support for this event in readying the students for the evening and in supporting the director – Mrs. Komathy Caandeepan. Thanks to Director Caandeepan for all the hours of preparation with the students, connecting with the community to bring their events to the school and decorating and collecting

artifacts to display in the foyer and the gym stage. Lots and lots of effort and work went into turning the evening into a great Tamil community event, once again an annual event to be enjoyed.



Breaking Down Barriers to Mental Health in Black Communities with Trey Anthony

The Centre of Excellence for Black Student Achievement will be hosting a session during Black Mental Health Week 2024 with award-winning playwright, actor, and wellness expert [Trey Anthony 'Da Kink in My Hair'](#). Honouring the theme for this year, 'Growth and Reflection,' we invite parents, caregivers, students (Gr. 7-12) and community members to join Trey as she delves into important topics such as the stigma surrounding mental health in Black communities. Drawing from her own personal journey, Trey will shed light on her experience with functional depression and mental health. She will also discuss the importance of seeking help and removing the shame and stigma often associated with mental health struggles.

Date: Thursday, March 7, 2024

Time: 6 – 7:30 p.m.

Location: Synchronous virtual

Audience: Parents/ Caregivers, Community, Students (Gr. 7-12)

Register [here](#) or bit.ly/3ORt7om

For more information contact, jeffrey.caton@tdsb.on.ca, Centrally Assigned Principal, or lindsey.marshall@tdsb.on.ca, Program Co-ordinator, Centre of Excellence for Black Student.



World Down Syndrome Day 2024

WDS is marked each year on March 21. The 21st day of the 3rd month signifies the triplication of the 21st chromosome which causes Down Syndrome.

TDSB staff and students are encouraged to 'Rock Your Socks' to raise awareness and create a single global voice advocating for the rights, inclusion and well-being of people with Down syndrome.

We encourage students to wear mismatched socks, or draw pictures of mismatched socks to stir up conversation and remind people that things that are different are still beautiful and wonderful!

[Down-syndrome-fact-sheet \(dsat.ca\)](https://dsat.ca)



Virtual Learning

The TDSB will continue to offer students in Junior Kindergarten to Grade 12 the option for virtual learning in the 2024 - 2025 school year. Elementary Virtual Learning classes will continue to be hosted at local schools. Secondary students will attend Virtual Secondary School. Regular programs and Intensive Support Programs (ISPs) depending on viable programming and where there is available space, will be offered in elementary and secondary Virtual Learning. French Immersion, Extended French, LEAP, Alternative Schools, and Student Interest Programs continue to be available in-person only. For more information, please refer to the [2024 - 25 Virtual Learning, Internal Q & A](#). If you have any questions, please contact Linda Edwards, Centrally Assigned Principal, Virtual Learning & Re-Engagement.



Staffing

On Tuesday, February 27, 2024, Ms Simone Smith joined our staff as our student and school support CYW (Child and Youth Worker). She comes from the York Region District School Board and was trained at George Brown College. We are very fortunate to have her expertise and experience in serving our students until the end of the year.



School Council

Our next School Council meeting is Thursday, March 7, at 6:00 pm, in-person, in the staff room. For those new to our school and community, our School Council Chair is Thanuja Sankar. Mrs. Sujitha Pavananthan is our Treasurer. Mrs. Varsha Singh is our Secretary. We will be planning our Fun Fair, which is happening on Thursday, June 6 at 3:00 pm in the backyard of the school. We will need lots of parent volunteers to help run the events. Your participation would be greatly appreciated. Do come out and find out how you can help.

A reminder that our monthly Pizza lunch is always on the last Thursday of the month. Thank you, Mrs. Sankar, our School Council Chair, for arranging and delivering those lunches to the students.

Online Tutoring for TDSB Students - Online, on-demand tutoring is available 24/7 for students. **Elementary** students can access homework help and enrichment opportunities in all subject areas and grades through [Brainfuse](#). View the [Brainfuse Poster](#) for more information or contact Brainfuse. **Secondary** students can access tutoring for all courses and grades through [Paper](#). View the [Paper Poster](#) for more information or contact Paper.

March: Greek Heritage Month at the TDSB

March is Greek Heritage Month at the Toronto District School Board. It is an opportunity to recognize and celebrate the many achievements and contributions of Greek Canadians to Canada, and an occasion to mark and enjoy the history of Greek culture. The theme for this year is: Greek Thought and Civilization: From Myth to Logos «Ελληνική Σκέψη και Πολιτισμός: Από τον Μύθο στον Λόγο»

[GHM 2024 Calendar of Daily Activities](#)

Join us on Friday, March 22nd for a Social Event at Floga Restaurant: [GHM Social Event](#)
Join us on Sunday, April 7th at 1:30 pm for the Greek Independence Parade on the



Danforth (meet at 15 Phin Avenue at 1:00 pm) Join us for the GHM Closing Event on Saturday, April 13th at the Greek Community Centre at 30 Thorncliffe Park Drive from 1 to 3 pm. For further information, please contact anna.epitropou@tdsb.on.ca GHM Chair



Ramadan 2024: Resources for Educators

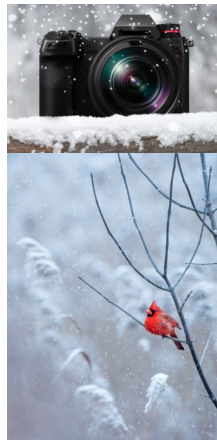
Monday, March 11, 2024, marks the first week of Ramadan, one of the holiest months of Islamic calendar. During the month of Ramadan, Muslims worldwide abstain from food and water from sunrise to sunset for 29 or 30 consecutive days - as determined by the lunar calendar. Fasting is one of the five pillars of Islam. Muslims break their fast each evening with a communal dinner called an iftar. During Ramadan, Muslims make every effort to recite the Qur'an, participate in extra prayers, engage in charity, and complete good deeds to reach a higher level of spirituality. Once the month is over, Muslims celebrate Eid al-Fitr, the festival of breaking the fast with family and friends, wearing special clothes and sharing gifts for up to three days.
Ramadan Mubarak!

Learn4Life Adult Community Programs - Spring Registration Now Open!

Spring 2024 registration is now open for Learn4Life's Adult General Interest Program! Open to adults 18 years of age and seniors, the Learn4Life program offers a unique and valuable opportunity for individuals to pursue their interests, expand their knowledge, and engage in lifelong learning with a wide range of courses and activities designed to cater to diverse interests and passions.

Just some of the new courses this term include:

- Pickleball Power Hour: Smash and Drive Mastery
- Birdwatching for Beginners – Explore Feathered Gems Right in Our Backyard!
- Feng Shui
- Payroll Level II
- Introduction to Documentary Filmmaking
- Introduction to Henna Body Art and the Ancient Art of Mehndi
- Sweet, Savoury, Flaky and Fun!



Latin Rhythms: Salsa and Merengue for All
Outdoor Soccer
Aerobics to the 80's! Let's Get Physical
Creating A New Vision for My Life
Personal Finance and Investment Basics for Women
Arabic Beginner Level II
AND MUCH MORE

[Visit Learn4Life's program page for more information.](#)

TDSB Virtual Community Fair For Parents/ Caregivers of Children, Youth and Young Adults with Special or Complex Needs

Topic: TDSB Virtual Community Fair: Let's Talk about Adulthood Transition Community Programs ([flyer](#))

Adulthood Transition Planning can be very challenging for Parents/Caregivers of Young Adults with Special/Complex Needs. Please Join Us as we hear from A Small Sample of Agencies that provide Community Day Programs for our Special/Complex Needs Students. These Community Agencies will share about their Recreational, Social, Life Skills or Employment Programs which TDSB Young Adults can utilize now or when they graduate. Start The Transition Planning Early for Your Young Adult So They Can Be Successful. This is Part 2 of a 2 Part series which focusses on Transition Planning for Young Adults 18 – 21 years old.

Speakers: Humber College, JVS Toronto, Corbrook, Jakes House, Meta Centre, Pines Adult Day Centre, and Post 21 Foundation ([flyer](#))

When: Monday, March 18th, 2024, from 9:30 am to 12:00 noon and the same information will be repeated on Monday, March 25th, 2024, from 5:30 pm to 8:00 pm.

Join on your computer, mobile app or room device [Click here to join the meeting](#)

Meeting ID: 255 846 447 429

Passcode: 3BWFVF

[Download Teams](#) | [Join on the web](#)

For more information send email to virtualfairinfo@tdsb.on.ca

Or call Larena Case at 416-570-3314 or Maria Antonia Aymerich at 416-524-1930 or Vanessa Wong at 647-229-0730.

National Council of Canadian Muslims (NCCM): Legacy and Excellence of Black Muslims

This workshop offers a historical overview of the excellence, resilience, and resistance of Black Muslim communities globally. Attention will be given to the untold stories of Black Muslim trailblazers and contemporary changemakers. The workshop will conclude with practical resources and recommendations to promote the ongoing affirmation and recognition of the achievements and wide-spanning contributions of Black Muslims within our local and global communities.

Date: March 5, 2024

Time: 4:30 – 5:30 p.m.

Location: Virtual

Register [here](#) or bit.ly/49HwLcx

For more information contact, jeffrey.caton@tdsb.on.ca, Centrally Assigned Principal, or lindsey.marshall@tdsb.on.ca, Program Co-ordinator, Centre of Excellence for Black Student Achievement.



Black Mental Health Week

TDSB acknowledges Black Mental Health Week, which is from March 4th to March 10th, 2024. This important acknowledgment began with Black Mental Health Day which was initially recognized by the City of Toronto, Taibu Community Health Center, CAFCAN, and Strides Toronto in 2020. In 2021, Black Mental Health Day was expanded to a full week. At TDSB we recognize the global impact Anti-Black racism continues to have on the mental health and wellbeing of individuals, students, and families of African descent.

A day or a week is not sufficient and supporting Black mental health and well-being must be every day.

Positive Black mental health, wellness, and well-being, are adversely impacted by Anti-Black racism, which is woven into the fabric of our institutions and systems and we recognize and understand this emotional impact is real, present, and daily.

In this link, you will find numerous resources, information, and videos that support [Black mental health and well-being!](#)

Here is a link to the Winter Well Being Guide from the MHWB Committee :

<https://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-and-Well-Being-Professional-Support-Staff-PSS/Well-Being-Guide>

Afterschool Leisure Program for Students with ASD

ASD After School Skills Development Program – Spring 2024 Session

Spring sessions of the ASD After School Leisure Program which will run from March 26 – June 13, 2024, in-person and virtual. The program is available to students in Grades 4-10 who have been diagnosed with Autism Spectrum Disorder. This program provides an opportunity for students to develop, build and enhance their social -communication skills through either weekly in-person or weekly virtual sessions.

Please forward the letter linked below which includes the link for registration to the parents of Grades 4 – 10 students with ASD in your school. The registration period will remain open until Friday, March 15, 2024. Thank you in advance for your assistance. If you have any questions, contact Special Education at SpecialEd@tdsb.on.ca.

[Afterschool Leisure Program Parent Letter-Spring 2024 .docx](#)

March Is Easter Seals Month

Easter Seals Ontario is proud to dedicate the month of March to raising awareness and support for children and youth with physical disabilities through our annual campaign: March Is Easter Seals Month (MIESM).

Easter Seals Ontario is a charitable organization that is dedicated to improving the lives of children and youth with physical disabilities. We aim to create a more inclusive, accessible, and equitable society where kids with physical disabilities are valued, respected, and given the opportunities to reach their full potential. For 77 years, our annual month-long MIESM campaign has helped make progress toward achieving these goals by promoting understanding of the challenges and experiences of Easter Seals kids and families. This year, we are shining a light on the stories, perspectives, and contributions of individuals with physical disabilities. During the month of March, we will launch various initiatives and activities in local communities and across digital platforms that raise awareness and support for our cause. By participating in MIESM, we can make a direct impact on the lives of Easter Seals kids and create a better future for all individuals with physical disabilities.

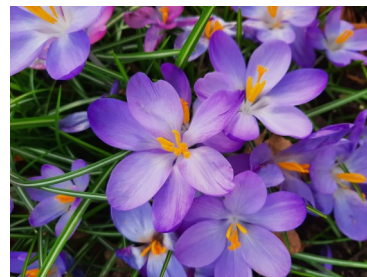
With the launch of MIESM, we will announce our 2024 Provincial Easter Seals Ambassadors as youth representatives for the campaign and the organization. Now in its 77th year, the Provincial Easter Seals Ambassador program continues to provide a platform for kids with physical disabilities to share their journeys and develop the skills to effectively use their voices to advocate for themselves and others. Through their advocacy, they can empower even more kids with physical disabilities to pursue their dreams and make their mark on the world.

Join us this March to help create a more inclusive, accessible, and equitable society for children and youth with physical disabilities. You have the power to make a difference. Spread awareness about the campaign by following Easter Seals Ontario

on Instagram, Facebook, LinkedIn, and Twitter at @EasterSealsON, or show your support by making a donation or registering an Easter Seals fundraising team at MarchIsEasterSealsMonth.org. By coming together, we can give more Easter Seals kids the opportunity to live their best lives.



Helping Kids with
Physical Disabilities
Succeed



March Break

Vacation time is on the horizon - March Break is from March 11 to March 15. Have a wonderful time everyone, whether it is with family at home, relaxing and visiting relatives or basking in the sun at some southern destination. Whatever form that break takes – enjoy it before our last lap. School resumes on Monday, March 18.

That's all for now... Feel free to call the office anytime if you have questions or concerns at: 416-396-6420.

Have a wonderful vacation, everyone!

Sincerely,

T. Dillinger

Principal

