



**Rene Gordon Health and
Wellness Academy
June 2014**



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Principal: Mr. J. Little
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<http://schoolweb.tdsb.on.ca/renegordon/home.aspx>



https://twitter.com/renegordon_hpe

Principal's Message:

Its hard to believe it the last month of the school year. I just want to thank all the students, staff and community for welcoming me into the Rene Gordon school community. It has been a fantastic year seeing the growth of the students, the dedication and skill level of our staff and the support we receive from the parent community. I am looking forward to working with the students, staff and parents in the future. As always, please call or drop by in person if I can help with anything.

I would like to highlight the following teams that did a fantastic job representing Rene Gordon in TDESAA events this spring:

- Track and Field Team, coached by Ms. Armstrong/Ms. Musick
- Boys Soccer team, coached by Mr. Marchioni
- Girls Soccer team, coached by Mr. Marchioni, Mrs. Scott, Mrs. McDonald
- Cricket team, coached by Mr. Marchioni, Ms. Mohan and Mr. Haque

Special congratulations to the Cricket team who were TDESAA North Conference Champions and won Rene Gordon's first interschool athletic banner! A great accomplishment for a small school. Well done Gazelle's!

Please have a safe summer and I look forward to seeing you in September!

Mr. Little

Grade 5 Graduation

Staff and students are currently getting ready for the Wednesday June 25th graduation at 1pm. We look forward to recognizing and saying goodbye to our graduates.

Cricket Champs!



Congratulations to our Track and Field Team who did an outstanding job representing our school at the Regional meet at Birchmount Stadium. At the North Conference Finals, the following students qualified for the TDESAA City Finals on June 12th: Shamar, Shaheim, Devante, Danta, Brianna and Almeka. Well done Gazelle's! Thank you to Ms. Armstrong and Mrs. Musick for coaching this amazing group of student athletes!

Qualifier Meet at Birchmount:



North Conference Finals:





Girls Soccer



Class Organization for Next Year:

Although June is often seen as a month that students are counting down the days, it actually is the busiest time for staff, as we wrap up all the end of year activities and have our plans in place for the start of the next school year. Our school class organization for next year will be the following:

- 2 Full Day Kindergarten classes
- 3 Grade 1/2 classes
- 1 Grade 3 class
- 1 Grade 3/4 class
- 2 Grade 4/5 classes



Rene Gordon Health and Wellness Academy Parent Council

Presents

The Wild Wild Web

**Helping your Kids be
Cyber Smart and Cyber Safe**

An educational evening for
Parents and Guardians

Presented by:
Debbie Gordon
Managing Director: Mediacs

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Director: kidsmediacentre
Centennial College

Wednesday, June 11, 2014
6:00 - 8:00 pm
Childcare Provided in Lunchroom



Parent/Guardian Workshop

Rene Gordon Health and Wellness Academy

Wednesday, June 11, 2014
6:00 pm - 8:00 pm

***The Wild, Wild Web - Helping your Kids be
Cyber Smart and Cyber Safe***

If you have children in your home, chances are they're hooked on Instagram, Snapchat, Fruit Ninja, texting, YouTube, multi-player gaming, and/or doing all of these things at once! As early

adopters of new technology, most youth are **considerably** more tech immersed than their parents and are often navigating the digital world on their own. But digital immersion doesn't necessarily translate into digital savvy.....

Cyber Smart is Cyber Safe

The educational and social benefits of the digital world are profound. But so are the risks. Join **Debbie Gordon, Managing Director of Mediacs** for a review of **what you need to know** to help your child make smart digital choices. This workshop gives parents the confidence to better monitor their child's digital experiences. We look at the "selfie" generation, gameplay tips, what youth are doing in the digital space, and the risks, responsibilities and upside of digital citizenship.

On the agenda:

- the current generation of digital "community" and communication tools, including social media sites (i.e. Snapchat, Instagram, YouTubers), apps, video monetization, texting, mobile communications, virtual worlds/MMO's, online forums, etc
- apps and micro-transaction literacy
- parental controls/filters and i-Device restrictions...
- kids who use technology to climb the social hierarchy and the problem of online bullying
- digital footprint management: and **personally identifiable information (Pii)**
- teaching youth the importance of "smart clicks" and keeping "personal" info, private
- pro-social and high-ground tech; celebrating the good stuff!

Summer Activities

As the year winds to a close, here are some suggestions to help keep your children entertained and learning this summer in Toronto, without costing a fortune.

Whether you use any of these suggestions, we wish you a healthy, happy, and relaxing summer, full of fun, laughter, and learning!

TORONTO PUBLIC LIBRARY "MUSEUM + ARTS PASS" PROGRAM: Your local library has passes to a number of different arts and cultural places, such as Bata Shoe Museum, the ROM, The Science Centre, Black Creek Pioneer Village, Casa Loma and The Toronto Zoo. They usually give free admission to up to two adults and four children (one family). You need an adult library card to get a pass. You can get full information at <http://www.torontopubliclibrary.ca/museum-arts-passes> , or ask at your favourite branch.

MUSEUMS AND OTHER PLACES OF INTEREST - Did you know that many of our museums have free or reduced times? Here are a few:

Art Gallery of Ontario (www.ago.net) - 317 Dundas Street West 416 979 6648 : FREE
Wednesday evenings from 6 to 8:30 pm (Permanent Collection only). Also, if high school students are free after 3:00 Tuesday-Friday.

Royal Ontario Museum (www.rom.on.ca) 100 Queen's Park (Queen's Park Subway) (416) 586-8000: Discounted admission on Fridays from 4:30 pm to 9:30 pm; (general admission only) (\$7 for children; \$10 for adults)

Gardiner Museum of Ceramics (www.gardinermuseum.on.ca) 111 Queen's Park (across from the Royal Ontario Museum) 416.586.8080: Half price Fridays 4pm-9m .

Bata Shoe Museum (www.batashoemuseum.ca) 327 Bloor St. West, at St. George Subway 416.979.7799: Every Thursday evening between 5 and 8 pm, admission is Pay-what-you-can, with a suggested donation of \$5

Toronto Police Museum and Discovery Centre (www.torontopolice.ca/museum) 40 College Street: 416-808-7020: Open Monday-Friday 8:00 am - 4:00 pm. Call ahead to book a visit - (416) 808-7020 Admission is \$1.00 for children under 12, and \$3.00 for adults. This is one of Toronto's best-kept secrets. It's very small - an hour and a half will give you plenty of time to see everything. There are displays about some famous crimes, a police motorcycle to sit on, a cutaway police car to sit in, and displays of uniforms and equipment through the years.

TORONTO PUBLIC LIBRARY

Every summer, the libraries have a summer reading program that children may sign up for, but they also offer a full schedule of free activities . There are brochures at all public libraries,

Brookbanks library: Thursdays from 2:00-3:00, Most programs have free tickets available 30 minutes before the show: Musician David Fox July 10, Feed the Birds - make a bird feeding device- for the first 30 children; July 31, painting (first 30 children); August 7 - Library Bingo (first 30 children); August 14 - Magician Super Sarah.

Fairview Library (outside Fairview Mall): Report on a book to earn a sticker - July 5, 7, 12, 14, 19. Tuesdays: Preschool programs July 8 - August 5; Wednesdays: Eurka: Adventure Club Games, activities and crafts for school-age children July 9-13, except July 23, which is a French concert day; . Performances Thursdays at 1:30 - Puppet show July 10, Science Show July 17 2:00, Silent Storytelling July 31, Mystic Drumz August 7, Magic Show August 14; Summer Movies: Fridays, July 11, 18, 25, August 1, 8. Limited space - free tickets are available at 1:30, movies start at 2

Maryvale Library (Parkway Mall) did not have any programs listed at the time this article was written.

NATURE

High Park Zoo (<http://www.highparktoronto.com/zoo.php>): This is a very small zoo, but it's free, and worth the trip because it's in High Park, a truly amazing park in the city.

Toronto parks and gardens: We are rich in parks - too many to list here, but the **City of Toronto Parks and Recreation website http://www.toronto.ca/parks/parks_gardens/index.htm** lists all the Toronto parks, if your family likes to visit parks and gardens.

There are a number of conservation areas a short drive from Toronto. Check the **Toronto and Region Conservation Authority at <http://www.trca.on.ca>** for a list of parks and what they offer.

Parks Ontario has a learn-to-camp program: They provide the tents, air mattresses, and the equipment for food preparation, as well as an experienced guide to teach you and present programs; you provide the clothing, sleeping bags, and food. At \$80.00 for one night and two days for up to 6 people, this is a great way to learn to camp and get to know some local parks. Information is at http://www.ontarioparks.com/learntocamp/overnight_upcoming.html.

Riverdale Farm is a working farm right in the city, with a walking path and gardens. Admission is free, and it is open 7 days a week from 9am to 5pm. 201 Winchester Street, near Parliament and Gerrard. <http://www.toronto.ca/parks/featured-parks/riverdale-farm/>

Toronto Islands: Technically, this is a park, but getting there is half the adventure! Take a ferry from the foot of Bay Street to get there. In addition to beaches and splash pools, the Islands have a children's garden and a miniature farm. If you are looking for rides that are somewhat tamer and less expensive than Canada's Wonderland, Centreville offers 30 rides and attractions; you can buy all-day or all-season passes, but also packages of ride tickets. The web address is very long; for information search Toronto Islands and click on the link that begins www1.toronto.ca.

Sports and Physical Activity

Junior Jays Saturdays: Every Saturday home game, there are specially priced tickets for children under 14, starting at under \$10. There are also special activities, and the chance to run the bases after the game. http://toronto.bluejays.mlb.com/tor/ticketing/jr_jays_saturdays.jsp

Swimming: toronto.ca/swim leads to a directory of swimming pools with hours and locations. Your nearest outdoor pools are Maryvale and Broadlands; there are a number of indoor pools in the area. There is also Kidstown, the City's only water park, at 3159 Birchmount Road near Huntingwood. The website has information about hours and admission to all its facilities. Wishing you all a pleasant summer, whatever your plans!

Ellen Morrow

Room 102 takes the stage! Ms. Baker and Mrs. Scott

Our Kindergarten class performed a musical called, "The Little Red Hen". We worked so hard making our costumes and learning the songs. The best part was when we performed for our parents and other students. It was so much fun!



Bike Safety

Parents, I've noticed many children riding their bikes after school and on weekends at Rene Gordon. That's fantastic! But, I've also noticed that not many of the students are wearing Helmets. Children **MUST** wear helmets while riding bikes and scooters. We want them to be safe and protected. **Please see attached Bike Safety tips from:**

http://www.safekids.org/sites/default/files/documents/bike_safety_tips.pdf

Sun Safe Behaviour

Getting students outside and active is good for their health but too much sun can have serious side-effects, including burns, eye damage, premature aging of the skin and skin cancer. We encourage all students to practice "sun safety."

What exactly does sun safe behaviour look like?

- Cover up: Even on days with a moderate UV index students should wear a hat and sunglasses, especially if they'll be outside for over 30 minutes.
- Stay cool: Students should stay in shady areas, particularly at midday when the sun is strongest.
- Use sunscreen: Choose sunscreens with SPF 15 or higher that include protection from both UVA and UVB rays.

2014 / 2015 School Year Calendar:

The official school year calendar for the Toronto District School Board runs from September 2, 2014 to June 26, 2015, inclusive. The last day of classes for elementary students is June 25, 2015.

Dates to Remember

Labour Day: September 1, 2014

Thanksgiving: October 13, 2014

Professional Activity Day (Elementary and Secondary): November 14, 2014

Professional Activity Day (Elementary and Secondary): December 5, 2014

Christmas Break: December 22, 2014 to January 2, 2015 (inclusive)

(last day of school is December 19, 2014; school resumes January 5, 2015)

Professional Activity Day (Elementary): January 23, 2015

Professional Activity Day (Elementary and Secondary): February 13, 2015

Family Day: February 16, 2015

Mid-Winter Break: March 16 to 20, 2015, inclusive

Good Friday: April 3, 2015

Easter Monday: April 6, 2015

Victoria Day: May 18, 2015

Professional Activity Day (Elementary): June 5, 2015

Professional Activity Day (Elementary and Secondary): June 26, 2013

CTV News and Citytv Visit Rene Gordon to Learn About How Integrated Yoga Instruction Helps Promote Mental Health and Well-being





Ontario schools mark the first week of May as Children's Mental Health Week. The week is about building awareness around children's mental health issues, decreasing the stigma associated with mental illness and promoting the many resources available to help students and parents. To kick start Children's Mental Health Week, the local Toronto media was invited to our school to watch a yoga session for the grade 1/2 class instructed by Ms. Soloman. CTV reporter Pauline Chan interviewed Ms. Soloman to find out more about the connection with yoga and mental health. Ms. Chan also spent time with grade 2 student Julia Triglebova. Julia did an exceptional job instructing Ms. Chan on how to perform a variety of yoga poses and breathing exercises. Great job Ms. Soloman, Julia and Ms. Soloman's grade 1/2 class!



The media also visited Ms. Armstrong's grade 2/3 class to watch as students participated in a board wide "Take 10 Stress Free Minutes an Drop Everything and Relax" session produced by HPE specialist teacher Beth Ritchie and her students from Sloane Public School. The video students followed for this relaxation exercise along with additional information about mental health can be found

at: <http://www.tdsb.on.ca/ElementarySchool/SupportingYou/MentalHealthStrategy.aspx>

Great job Ms. Armstrong and her grade 2/3 class!

Watch the clip here:

<http://www.citynews.ca/2014/05/05/using-yoga-to-help-childrens-mental-health>