



Bridlewood Cares - Learning Together

Orange Shirt Day and Truth and Reconciliation Day at Bridlewood

On Friday September 29th, Bridlewood staff and students came together and wore Orange Shirts to recognize the harm that the Residential School System did to First Nations, Métis, and Inuit children and to recognize that "Every Child Matters."

In 1973, 6 year old Phyllis Webstad was excited to wear her new orange shirt to her first day of school. Phyllis says of the

shirt, "it was so bright and exciting—just like I felt to be going to school!" When she arrived at St. Joseph Mission Residential School, her shirt was taken and never given back. For Phyllis, "the color orange has always reminded me of that and how my feelings didn't matter, how no one cared and how I felt like I was worth nothing. All of us little children were crying and no one cared."

Established in 2013, Orange Shirt Day recognizes the legacy of the Residential Schools System for First Nations, Métis and Inuit families and communities. By wearing orange, we acknowledge the history of Residential Schools in Canada and we honour Survivors.

Each year, September 30 marks the National Day for Truth and Reconciliation. The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

Bridlewood Jr. P.S. Bulletin — October 4, 2024

60 Bridlewood Blvd., Scarborough, ON M1T 1P7



Bridlewood Cross Country Team at Earl Bales Park – October 1st



This year, our Bridlewood Cross Country Team had approximately 50 participants from Grades 3 - 6. The meet was held on October 1st at Earl Bales Park. Congratulations to all our runners who successfully completed their race and made Bridlewood proud! The students had a great experience all around! Thank you to all our parent supporters who drove and cheered on our athletes during their races. Thank you also to the commitment of Mr. Skicos, Ms. Esposito, and Ms. Tessier and their coaching efforts. The next Cross Country Meet will be the Conference Finals on October 17th at Earl Bales Park. A number of Bridlewood students will be representing us at the Meet! **Go! Broncos! Go!**

With the arrival of October, cooler weather also arrives. Please ensure that your child is dressed appropriately as students do *go outside* at lunch for approximately 35-40 minutes, so they need to be dressed according to the weather conditions. Outdoor education is also an important component of our programming throughout all seasons, please ensure that students can play and explore without worrying about damaging their best clothing.



A reminder that at Bridlewood, we have several children who have life-threatening allergies to peanuts/nuts and other allergens. Please enjoy your peanut/nut products at home.

Bridlewood Photo Day – Thursday, October 10, 2024

Thursday, October 10th is Photo Day. Please remember to bring your smile! On this day students will have individual photos taken as well as a whole class group photo. See flyer below.

YOUR PHOTO DAY IS APPROACHING!

Check photo day at: edgeimaging.ca/photoday

Showcase Your Best Smile

- Students will be photographed at school.
- On photo day, no order form or payment is due.
- Review your images and purchase online with ease!



! DON'T FORGET
School photos are a Canadian tradition to capture the school year and preserve your continued growth.

🔔 GET REMINDERS
Sign up for notifications at edgeimaging.ca/photoday to get real-time updates about your photo day and stay in the know with Edge.





1 (888) 707-3343

edgeimaging.ca

[edgeimaging](https://edgeimaging.ca)

Student of the Month for September - Respect

When a person is respectful, they are treating others the way they would like to be treated. They are being inclusive of differences. A respectful person is being considerate of the feelings of others and honouring others with courtesy and consideration. They show consideration for belongings and for the freedom, privacy, and dignity of others.

The students recognized in September for demonstrating Respect are:

Teacher Name	Grade	Student Name
Ms. Monte Ms. Torres	JK/SK1	Zoe Gabriel Hudson
Ms. Ng Ms. Rathy	JK/SK2	Sophia Joshua
Ms. Esposito	1/2A	Ayden Fiona
Mrs. Bevilacqua	1/2B	Liam Eleni
Ms. Ling	3	Martin Charlotte
Ms. Tessier	3/4	Theo Jovan Student of the Month - Hudson
Ms. Hough Ms. Davies	1-3	Sharif
Mr. Beer	4/5	Stephan Loria
Ms. Florea	5/6	Abi Christina Armando
Ms. Karygiannis	6	Justin
Ms. King Ms. Farah	4-6	Daniel



Congratulations!

Next month's character trait is RESPONSIBILITY

Trustee Manna Wong Ward 20 Forum

TDSB Trustee Wong will be holding the first Ward Forum to meet and greet parents & caregivers to connect & share ideas on supporting students in the Ward 20 schools.

Ward 20 in-person Ward Forum

Date and Time: Monday, October 7, 2024, 6:30 PM to 8:30 PM

Location: Stephen Leacock Collegiate Institute
2450 Birchmount Rd, Scarborough, ON, M1T 2M5

Please see the attached flyer and the flyer below : [2024-10-07_WardForum_M. Wong.pdf](#)

Let's Talk, Read and Write

The Board has organized a series of Parent Sessions around early literacy for Grade 1 students. These virtual sessions will be at night. Please see the flyer below or click on the following link for further information, and to register. [Let's Talk Read Write Registration Flyer 2024.pdf](#)

International Languages Elementary /African Heritage Program

The TDSB's International Languages Elementary and African Heritage Program is offering an engaging language and culture program for students from JK to Grade 8. We are currently offering classes in 53 languages, along with an enriching class on African Heritage. Please see flyers below.

For more details, please visit our website: www.ileahprograms.ca. See flyers below.



Recycle Your Batteries, Canada! Battery Blitz School Mission Contest

Did you know that properly recycling your batteries can help protect wildlife?

Batteries contain toxic materials that can harm the environment if they end up in landfill. That's why it's important to properly recycle your batteries!

When you collect batteries at your school, you're keeping them out of landfills and protecting wildlife. You're also helping to recover valuable materials that can be re-used to make new products, like new batteries, golf clubs, and the stainless steel pots and pans! The possibilities are endless. Last year, the Recycle Your Batteries, Canada! program collected and recycled over 4 million kg of batteries. That's about the weight of 500 African elephants!

Participate in the Battery Blitz School Mission and do your part to recycle batteries!

From **Sept 30, 2024 to October 31, 2024**, Earth Rangers and **Recycle Your Batteries, Canada!** are running Battery Blitz School Mission contests, in Manitoba, Ontario and Saskatchewan. Elementary schools will compete with other schools within their province, for a chance to win amazing cash prizes!

Your School Mission is to recycle as many used batteries as you can by encouraging students, parents, staff, and community members to bring them into your school and place them in the Recycle Your Batteries, Canada! collection boxes.

[Recycle Your Batteries, Canada! Battery Blitz School Mission Contest - Earth Rangers](#)





A fresh take on school fundraising

Healthy Fundraising
for Ontario Schools

Since Fresh from the Farm's launch in 2013, 2,600 schools have sold over \$5.5 million of Ontario grown fruits and vegetables, equating to over 4.6 million pounds of product. This has resulted in \$2 million raised by schools and \$3.2 million being returned to local farmers.

14lb Vegetable Bundle

\$22.00

LESS THAN
\$1.60/lb

Includes

- 5 lb bag White Potatoes
- 3 lb bag Sweet Potatoes
- 3 lb bag Yellow Onions
- 3 lb bag Orange Carrots



8lb Apple Bundle

\$24.00

ONLY
\$3.00/lb

NEW - 8 lb bag Ambrosia apples

Ambrosia apples are a beautiful bright pinkish red and light yellow coloured apple. They are crisp and juicy with a distinct sweet aroma and sweet low acid flavour. Excellent for eating fresh.



Please return the Student Order Form and submit collected payments to the school by: October 15th, 2024

Thank you for supporting school based initiatives and Ontario farmers

brought to you by



Bridlewood Jr. PS Fundraiser

<https://schoolweb.tdsb.on.ca/soes>



Bridlewood is pleased to offer popcorn snacks on Wednesdays.

Snack sized bags will be sold for **\$2 a bag**. A special envelope will be sent home. Use this envelope to indicate the student name, teacher, and number of popcorn bags being ordered for each day.

Submit the completed envelope with exact **cash** by October 7, 2024. All proceeds will go towards the school.

Butter Salt Popcorn Ingredients: GMO-free Popcorn, Canola and/or Sunflower Oil, Seasoning (maltodextrin, salt, flavour, spices, beta carotene).

<https://fromfarmtotable.ca>



Trustee Manna Wong

Ward 20, Scarborough-Agincourt

Ward 20 Ward Forum

An Evening Meet & Greet with Parents & Caregivers

DATE: Monday, October 7, 2024

TIME: 6:30 p.m. - 8:30 p.m.

LOCATION: [Stephen Leacock Collegiate Institute \(2450 Birchmount Road\)](#)

Please join Trustee Manna Wong to Meet & Greet with Parents & Caregivers. This is an opportunity for Ward 20 Parents and Caregivers to connect and share ideas to support students in Ward 20 Schools.

Refreshments and childminding are provided.

Please [RSVP](#) for the Meet & Greet Here

[Sign Up for My Newsletter](#)

[Visit My Website](#)



Manna Wong

Trustee, Ward 20, Scarborough-Agincourt

Tel: 416-395-8787 E-mail: Manna.Wong@tdsb.on.ca

Welcome All Grade 1 Parents, Caregivers, and Educators



Let's Talk, Read & Write!



Learn how to help your child read and spell words in a fun and playful way

Learn how to help your child develop their academic language skills



5 Virtual Sessions

6:30 - 7:30pm

- Sept. 24 Let's Play With Sounds
- Oct 8 From Sounds to Words
- Oct 15 Let's Read
- Oct 29 Let's Write
- Nov 12 Let's Keep Learning



For more information, contact
Donna Cardoza, Parent Caregiver & Community
Engagement Worker

 647-403-5821

 Donna.Cardoza@tdsb.on.ca

A collaboration between TDSB Speech
Language Pathologists and Donna Cardoza
(PCEW)

REGISTER by
scanning the
QR code or
type the code



rb.gy/52jzie



International Languages Elementary Program

The International Languages Elementary Program is an enriching learning experience to learn or maintain a language and discover other cultures. No language background is necessary to participate.

Who: Kindergarten to Grade 8 (TDSB and Non-TDSB students).

When: Classes start from September to June, one day a week for two and a half hours. Classes are held after school or on Saturdays.

Cost: \$20 material fee (one time).

Current* languages include:

Albanian, American Sign Language, Amharic, Arabic, Aramaic, Armenian, Azerbaijan, Bengali, Bosnian, Bulgarian, Cantonese, Creole, Dari, Edo, Farsi/Persian, German, Greek, Greek Cypriot, Gujarati, Hebrew, Hindi, Italian, Japanese, Karen, Korean, Macedonian, Mandarin Simplified, Mandarin Traditional, Marathi, Mongolian, Nepalese, Pashtu, Portuguese, Punjabi, Romanian, Russian, Sanskrit, Serbian, Sinhala, Somali, Spanish, Tagalog, Tamil, Telugu, Tibetan, Tigrinya, Turkish, Twi, Ukrainian, Urdu and Vietnamese.

**Current at time of printing. Please note that additional languages may be offered. Please contact 416-338-4100 for more information.*

Information and Registration:

www.ileahprograms.ca

Phone: 416-338-4100

Email: ile_ah@tdsb.on.ca

tdsb | Continuing
Education





AFRICAN HERITAGE PROGRAM



The African Heritage Program connects students to the contributions, histories, legacies, cultures and traditions of people of African descent through inquiry and experiential learning.



The African Heritage program can be offered in TDSB schools around the city in which an international Languages Elementary program is currently running.

- Who: Kindergarten to Grade 8 (TDSB and Non-TDSB students).
- When: Classes start from September to June, one day a week for two and a half hours. Classes are held after school or on Saturdays.
- Cost: \$20 material fee (one time).

For registration info and to find a location near you, please visit www.ileahprograms.ca

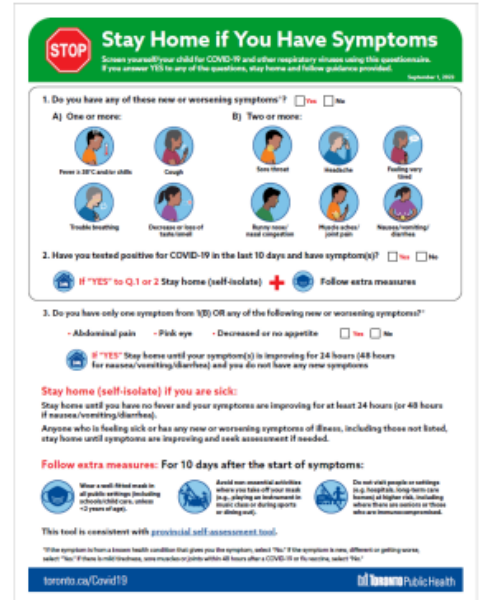
Phone: 416-338-4100 | Email: ile_ah@tdsb.on.ca



tdsb | Continuing Education

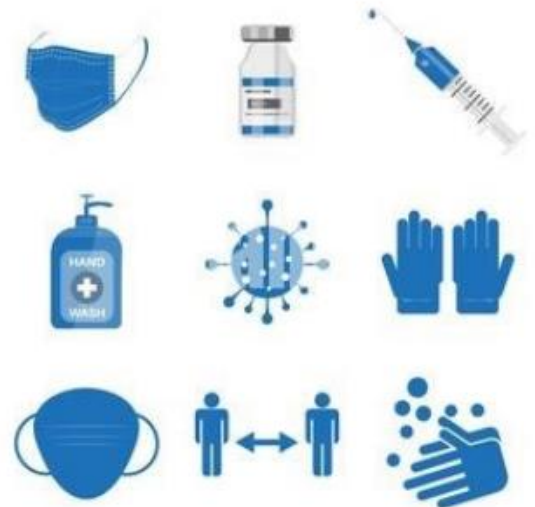
Reduce the Spread of Respiratory Illness

- Stay home when sick to prevent the spread of infections.
- [Screen](#) if symptoms of illness - Provincial [Self-Assessment Tool](#)
- [Clean your hands](#) often
- [Cover your cough](#)
- Disinfect surfaces
- Promote good ventilation
- [Stay up to date](#) with vaccines



2024-2025 Respiratory Illness Season

- Respiratory viruses are expected to increase (Respiratory Syncytial Virus RSV), influenza (Flu), COVID-19 & other viruses
- RSV and influenza can be more serious in children
- New – an infant RSV vaccination
- New- Pertussis (whooping cough) increase this year



2024-2025 Respiratory Virus Season: Vaccines

COVID-19 & Influenza Vaccines for Six months of age and older:

- Updated **COVID-19** vaccine (KP2 mRNA formulation) beginning in October 2024
 - Moderna, Pfizer-BioNTech
- Updated **influenza** vaccine (including senior specific vaccines)
- Can receive both at same time
- **RSV** prevention products:
 - Abrysvo™-vaccine (publicly funded for adults 60 years of age and older in a high risk category and pregnant individuals)
 - Beyfortus®- monoclonal antibody (publicly funded for infants born in 2024 and high risk children)
- Staying up-to date with vaccinations gives the best protection

Immunization School Pupils Act (ISPA)

Purpose:

Increase the protection of the health of children. Working collectively, we can keep all students healthy and in school.

Under the ISPA, Toronto Public Health (TPH) collects and assesses student immunization records to ensure students have the required vaccinations for their age or a valid exemption.

[ontario.ca/laws/statute/90i01](https://www.ontario.ca/laws/statute/90i01)

ISPA Compliance

Routine vaccines required under the ISPA:

- Measles
- Mumps
- Rubella
- Diphtheria
- Meningococcal (MenACYW in grade 7 or later)
- Tetanus
- Polio
- Pertussis
- Chicken pox (Born in or after 2010)



OR a [valid exemption](#) (medical or philosophical/religious)





Scan the QR Code. It's the fastest and easiest way to report your vaccinations through ICON.

Other Options:



Mail a copy to:

Toronto Public Health
Vaccine Preventable Diseases
5100 Yonge Street, 2nd Floor
Toronto, ON
M2N 5W4



Fax to:

416-338-2487
On the cover sheet, be sure to include identifying information, (child's name, DOB, OIID, Health Card Number) and parent's contact information.



Email to:

immunization@toronto.ca
Note: Email is not a secure form of communication, but you may use it if you wish.

You can also use these options to report vaccinations from outside Ontario/Canada or records in languages other than English.

 **TORONTO** Public Health

toronto.ca/immunization

Reporting student vaccine information

Ontario's Immunization of School Pupils Act (ISPA) requires that students attending school be vaccinated against 9 diseases or have a valid exemption.

Parents/legal guardians and students 16 years of age and older are responsible for reporting vaccines directly to Toronto Public Health.

Health care providers DO NOT do this for you.



Visit
[Toronto.ca/
StudentVaccines](https://toronto.ca/StudentVaccines)



Verify with
student's health
card or Ontario
Immunization ID#*



Input name &
dates of vaccines
received



Review.
Confirmation
email to follow

Need help?

**Reporting student
vaccine records online
is fast and easy!**

If you need help entering student
vaccine information online:

Call 416-338-7600

Email immunization@toronto.ca



An Ontario Immunization ID# (OIID#) is a 10-digit number given to people without a health card to access ICON. Find it in a letter from TPH or by contacting TPH at 416-338-7600.

[Toronto.ca/StudentVaccines](https://toronto.ca/StudentVaccines)

 **TORONTO** Public Health

**PARENTS & CAREGIVERS
as PARTNERS**

Journey to Joy, Wellness, and Wholeness

Conference 2024

November 16th, 2024

10:00 AM - 1:15 PM



Save the Date!

TDSB Parents & Caregivers as Partners

Virtual Conference

November 16, 2024

10:00 am – 1:15 pm

parentsaspartners.ca

Volunteering at Bridlewood

If you would like to be a volunteer at Bridlewood, there is a new online Vulnerable Sector Police Check process as of last year. This process is for any new volunteers who have not completed a Police Check (VCS) previously. Please carefully read the attached instructions [Volunteer\Revised Volunteer TPS New Online VSC Process \(Sept 2024\).pdf](#)



*Volunteers Needed!
Make a difference in our
children's school success*

A READING PROGRAM

UNLIKE ANY OTHER!

- *Read with grades 1 & 2 children during school hours*
- *Only 2 ½ hours weekly or every other week*
- *No experience required, training provided*
- *Goal: to instill a love of reading in children, and improve their reading skills.*

VOLUNTEER READERS PROGRAMME (VRP)

VRP, a registered charitable organization which helps grades 1 and 2 children with reading, is looking for Volunteers to read with students at YOUR SCHOOL NAME. Note that training is provided. If you are interested, please...

*Fill out this short application: <https://volunteerreaders.ca/new-volunteers/how-to-volunteer>
(be sure to put YOUR SCHOOL NAME as your selected school)*

*Or contact Kristina Hunt Kristina Hunt Director, Operations
Kristinavrp@gmail.com; 416-220-5928*



Little Jammerz – Date Change – Please see below. There is still plenty of time to sign up for beginner guitar lessons.



NEW DATES Guitar Program (Grades 1-6)

Little Jammerz Guitar Program is coming to Bridlewood Junior Public School.

Students will learn to play notes and chords on the guitar. We develop strumming techniques and learn to play pop songs.

There is an optional \$20 guitar rental fee for students who do not have their own guitar. Students take the rental guitar home and bring it back each week for their lesson. (it comes with a small backpack carrying case)

The program consists of six lessons; which run once per week during lunchtime at Bridlewood Junior Public School.

Dates: Fridays Oct 25th to Dec 13, 2024 (no class Nov 15 & 29)

Time: lunchtime

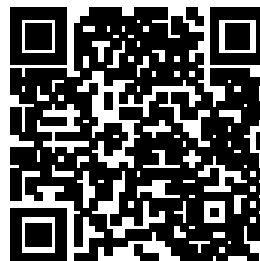
Cost: \$99 + \$20 (guitar rental fee optional) = \$119

To Register Go Online to:

www.LittleJammerz.com or Scan the QR Code below

enter "Bridlewood" in the Name Of Your Child's School Field

Register Early!

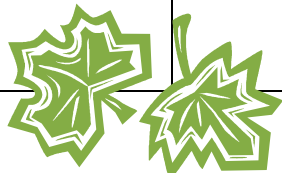


For any questions please contact: info@littlejammerz.com
416-787-1782

October

Character Trait for October: Responsibility

10	Mon	Tue	Wed	Thu	Fri	Sat
6	7 – Day 4 Popcorn Orders due – Please return your envelopes and money Trustee Manna Wong Ward 20 Forum @ Stephan Leacock CI, 6:30 pm - Please see flyer above	8 – Day 5 SAC Election – Self nomination forms to due Mrs. Lim by noon Let's Talk, Read & Write – From Sounds to Words Gr. 1 Parent virtual session, 6:30 pm – Please see flyer above	9 – Day 1 SAC Election – Nominations shared with school community	10 – Day 2  Smile! It's Photo Day at Bridlewood – Please see flyer above	11 PA Day No School	12 Yom Kippur
13	14  Happy Thanksgiving No School	15 – Day 3  Grade 6 Excursion to SOES/Kearney with Ms. Florea, Ms. Karygiannis, Mr. Beer SAC Election – Elections held between 8:30 am – 4:30 pm by ballot in school office Fresh from the Farm Fundraising Orders due Let's Talk, Read & Write – Let's Read Gr. 1 Parent virtual session, 6:30 pm – Please see flyer above	16 – Day 4  Grade 6 Excursion to SOES/Kearney with Ms. Florea, Ms. Karygiannis, Mr. Beer  Popcorn delivered to students who ordered	17 – Day 5  Grade 6 Excursion to SOES/Kearney with Ms. Florea, Ms. Karygiannis, Mr. Beer Cross Country Conference Finals @ Earl Bales Park	18 – Day 1  Grade 6 Excursion to SOES/Kearney with Ms. Florea, Ms. Karygiannis, Mr. Beer  Willowgrove Farm Excursion with Gr. 1/2A, Gr. 1/2B, Gr. 1-3 DHH classes with Ms. Esposito, Mrs. Bevilacqua, Mrs. Hough, Mrs. Davies	19333
20	21 – Day 2 Girls Soccer Tournament hosted at Bridlewood, Mr. Skicos, Mr. Beer TDSB Universal Screening Process - Gr. 3 Students	22 – Day 3 Boys Soccer Tournament hosted at Bridlewood, Mr. Skicos, Mr. Beer TDSB Universal Screening Process - Gr. 3 Students	23 – Day 4 Cross Country City Finals @ Sunnybrook Park, Mr. Skicos TDSB Universal Screening Process - Gr. 3 Students	24 – Day 5 TDSB Universal Screening Process - Gr. 3 Students	25 – Day 1 Recognition Assembly, 9:00 am TDSB Universal Screening Process - Gr. 3 Students  Little Jammerz Guitar Lessons start, lunch – Please note date change Please see flyer above	26
27	28 – Day 2	29 – Day 3  Brooks Farm Excursion with Gr. 3, Gr. 3/4, Gr. 4/5, Gr. 4-6 DHH with Ms. Ling, Ms. Tessier, Mr. Beer, Ms. King, Ms. Leila Soccer Finals (Girls and Boys) @ Zion Heights, Mr. Skicos Let's Talk, Read & Write – Let's Write Gr. 1 Parent virtual session, 6:30 pm – Please see flyer above	30 – Day 4  Popcorn delivered to students who ordered	31 – Day 5  Hallowe'en Parade, afternoon Battery Blitz School Mission ends		



October is Islamic History Month
 October is Latin America History Month
 October is Somali Heritage Month
 October is Learning Disabilities Month <https://www.ldao.ca/>
 October is ADHD Awareness Month <https://www.adhdawarenessmonth.org/>

2024

ISLAMIC HERITAGE MONTH

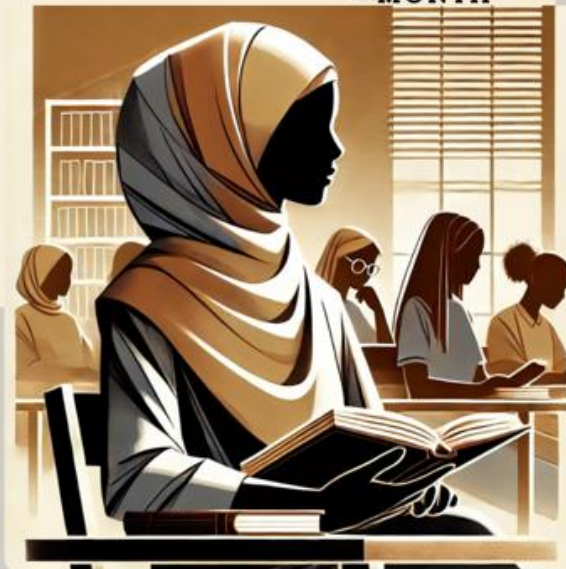
OCTOBER 2024



SABR & SHUKR: EMBODIED BY MUSLIM OLYMPIC ATHLETES



Somali Heritage MONTH



October 2024

AQOON LA'AANI, WAA IFTIINLA'AAN

THE ABSENCE OF KNOWLEDGE IS THE ABSENCE OF LIGHT



Days of Significance 2024 – 2025

October 2024

Day of Week	Date	Event	Source	Website
Tuesday	01	International Day for Older Persons	United Nations	https://www.un.org/en/observances/older-persons-day
Wednesday	02	International Day of Non-Violence	United Nations	https://www.un.org/en/observances/non-violence-day
Wednesday	02	Mehregan	Zoroastrian	https://en.wikipedia.org/wiki/Mehregan
Wednesday	02	Walk to School Day	Adopted by Toronto District School Board (TDSB)	https://www.walkbiketoschool.org/learn-more/why-walkbike/
Thursday and Friday	03 - 04	Rosh Hashanah*	Judaism	http://www.jewfaq.org/holiday2.htm
Thursday to Saturday	03 - 12	Navratri	Hinduism	https://www.britannica.com/topic/Navratri
Friday	04	Sisters in Spirit	Status of Women Canada	https://www.alberta.ca/sisters-in-spirit.aspx
Saturday	05	World Teachers' Day	United Nations	https://en.wikipedia.org/wiki/World_Teachers%27_Day
Sunday to Saturday	06 - 12	Body Confidence Awareness Week	Canadian Women's Foundation (Adopted by Toronto District School Board TDSB)	https://canadianwomen.org/blog/october-celebrate-body-confidence/
Wednesday to Sunday	09 - 13	Durga Puja	Hinduism	https://www.transitionsabroad.com/listings/travel/articles/india-durga-purga-honoring-goddess.shtml
Thursday	10	World Mental Health Day	World Health Organization	https://en.wikipedia.org/wiki/World_Mental_Health_Day

Monday	14	Thanksgiving Day - Canada	Government of Canada	https://www.canadashistory.ca/explore/arts-culture-society/the-history-of-thanksgiving-in-canada
Wednesday	16	World Food Day	United Nations	https://www.worldfooddaycanada.ca/about/
Thursday	17	International Day for the Eradication of Poverty	United Nations	https://www.timeanddate.com/holidays/un/international-day-for-poverty-eradication
Thursday	17	Kathina Festival	Buddhism	https://feast-guide.com/en/celebrations/521.html
Sunday	20	Karva Chauth*	Hinduism	https://indianculture.gov.in/stories/karva-chauth
Saturday	12	Yom Kippur*	Judaism	https://en.wikipedia.org/wiki/Yom_Kippur
Monday to Friday	14 - 18	Week Without Violence	YMCA	https://ywcaweekwithoutviolence.org/
Thursday to Wednesday	17 - 23	Sukkot*	Judaism	https://www.myjewishlearning.com/article/sukkot-101/
Sunday	20	Gurgadi of the Holy Scriptures of Guru Granth Sahib Ji <u>as Guru</u>	Sikhism	https://en.wikipedia.org/wiki/Guru_Granth_Sahib
Thursday	24	Shemini Atzeret*	Judaism	http://www.jewfaq.org/holiday6.htm
Friday	25	Simchat Torah*	Judaism	http://www.jewfaq.org/holiday6.htm

Asterisk * indicates religious holy day or other event begins on the **Evening Before** the beginning date indicated

NOTE: holy day / holiday dates may vary from the indicated date due to date conflicts between websites, regions where observance takes place, Ecclesiastical Declarations, etc.

Optimistic October 2024

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together