



## ***Bridlewood Cares - Learning Together***

We hope everyone enjoyed their first week at Bridlewood! It was wonderful seeing all the happy and smiling faces! We are off to a great start and we look forward to an awesome year of learning!

A few reminders...

All Grade 1 – 6 students will be eating in the gym in their designated table(s)/area. The kindergarten classes will enjoy their lunches in their classroom. Please ensure your child comes to school with a litterless and **peanut/nut-free** lunch. Please also remind your child that no sharing of food is allowed due to student allergies (known and unknown). At Bridlewood, we have

several children who have life-threatening allergies to peanuts/nuts and other allergens.



Students are also reminded to wash or use hand sanitizer before and after they eat or use the washroom as good hygiene practice.

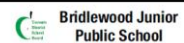


For safety, the school parking lot is for staff only. Please use street parking, but remember to observe street signs posted.



**NO ENTRY  
STAFF  
PARKING ONLY**

TORONTO MUNICIPAL CODE CHAPTER 915



# Bridlewood Jr. P.S. Bulletin – September 6, 2024

60 Bridlewood Blvd., Scarborough, ON M1T 1P7





As part of the TDSB's ongoing efforts to maintain a safe and welcoming environment on TDSB properties, dogs are generally not permitted on TDSB grounds, with the exception of service animals as defined by the [Student Use of Service Animals in Schools Policy \(P096\)](#) and the [Use of Service Animals by the General Public Procedure \(PR604\)](#).

TDSB Policy prohibits dogs (leashed or unleashed) being on school property [Section 6.10 PR523 Access to School Premises](#) (except service dogs). Please see below.

### 6.10 Use of School Board Premises by Canine Dog Owners

The TDSB does not allow canines (dogs) on their properties at any time. As such the expectation is that canines will not be on any TDSB property. The exception to this section will be in accordance with the Student Use of Service Animals in Schools Policy (P096) and the Use of Service Animals by the General Public Procedure (PR604). The use of service animals at the TDSB must be in accordance with both the above named documents as these documents provide directions for the administration of the school and support of service animals in the school environment.

## Bridlewood Jr. PS Bell Times

**Before School Supervision:**

**8:31 – 8:46AM**

**School Entry Bell: 8:46 AM**

**Morning Recess: 10:00 – 10:15 AM**

**Lunch: 11:35 AM – 12:42 PM**

**Afternoon Recess: 2:05 – 2:20 PM**

**Dismissal: 3:30 PM**

**After School Supervision:**

**3:30 – 3:45 PM**



Before School and After School Supervision is provided at the back of the school. Staff will be on duty prior to the start of school from 8:31 – 8:46 am. Please DO NOT drop your child off before 8:31 am as there will be no supervision available. From 3:30 – 3:45 pm, a staff member will be on duty. If your child has not been picked up by 3:45 pm, your child will be brought to the main office and Ms. Thomas will call home.



# Bridlewood Staff 2024 – 2025

<b>Grade/Position</b>	<b>Staff Member</b>	<b>Room</b>
JK/SK 1	Mina Monte	3
JK/SK DECE	Julia Torres	3
JK/SK 2	Crystal Ng	4
JK/SK DECE	Rathy Krishnakumar	4
Grade 1/2A (Chairperson)	Franca Esposito	5
Grade 1/2B	Helen Bevilacqua	7
Grade 3	Cherie Ling	33
Grade 3/4	Lyndsay Tessier	29
Grade 4/5	Robert Beer	25
Grade 5/6	Andreia-Irina Florea	21
Grade 6	Penny Karygiannis	23
DHH Gr. 1 - 3	Lisa Hough	27
Educational Assistant - DHH	Christine Davies	27
DHH Gr. 4 – 6	Sarah King	31
Educational Assistant - DHH	Leila Damiao Farah	31
Special Education (MART role) 0.5	Stephanie Belanger	Library
Library 0.5	Stephanie Belanger	Library
Special Education 0.5	Laura Condello	22/24
ESL Resource	Laura Condello	22/24
Physical Education / Health Education	Bill Skicos	Gym
Primary Music / Drama / Dance	Mustapha Sy – LTO; Contract Teacher TBD	22
Core French	Mustapha Sy – LTO; Contract Teacher TBD	24
Educational Assistant 0.5 AM	Lisa Blanchard	various
Special Needs Assistant	Mirka Pacewicz	various
Lunchroom Supervisor – JK/SK	Angel Hyginus	3
Lunchroom Supervisor – JK/SK	Asmaa Majeed	4
Lunchroom Supervisor – Gr. 1-6	Janany Selvarajah	Gym
Lunchroom Supervisor – Gr. 1-6	Stella Ojbewe	Gym
Head Caretaker	Eric Feng	Caretaking Office
Evening Caretaker	Nancy Miller	Caretaking Office
Office Administrator	Avery Thomas	Main Office
Principal	Gaynor Lim	Main Office

On Thursday, September 19<sup>th</sup> we are excited to hold a Meet-the-Teacher/Family Night. Please see the information below.

**MEET YOUR**



**TEACHER**



Bridlewood Junior Public School warmly invites parents/guardians/caregivers to attend our:

**Meet-the-Teacher /**  
**Family Night**

**Thursday, September 19, 2024**

**6:00–6:45 pm**

**Meet and Greet Staff in Classrooms**

6:00 - 6:30 pm – Meet and Greet teachers/staff in their Classrooms

6:30 - 6:45 pm – Welcome and Meet the Entire Staff in the Gym



August 2024 Issue

# Learn4Life

Registration for our fall term is OPEN and classes are starting September 14!

Unlock new skills and fuel your passion! Don't miss the chance to turn your free time into something rewarding—sign up today and discover a hobby or learn a skill that could become a lifelong love!

Please email [communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca) for inquiries.

<https://www.tdsb.on.ca/Portals/0/adultlearners/docs/Learn4Life%20Fall%202024%20AODA%20Brochure.pdf>

## African Heritage Program – Elementary 2024 – 2025



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 curriculum is designed to provide students with the opportunity to learn and explore experiences inspired by the principles of Nguzo Saba, a Swahili word also known as the Seven Principles of Kwanzaa that honours the people of African Ancestry, their rich heritage and past, celebrations, thanksgiving, empowerment, and daily affirmations. Student inquiry and classroom learning

are delivered through four main content areas focusing on: Early Civilizations of Africa, Celebrations and Traditions, Achievements and Contributions, and Rights and Equality. Nguzo Saba, a Swahili word also known as the Seven Principles of Kwanzaa are embedded throughout all of the inquiry in the curriculum to provide guidance in the learning.

Cost - \$20 material fee required at the time of registration.

Where and When - The African Heritage program is in-person only and is currently being offered in the North end of Toronto. Classes are held one day a week for 2.5 hours for 30 weeks, after regular day school or Saturday, starting from September to June 2025.

Please note that there are no classes on PA Days, long weekends, December Break and March Break.

### 2024-2025 Important Dates

Program Day	In-person Registration Day	First Day of Class	Last Day of Class
Monday	Sept 16, 2024	Sept 23, 2024	June 2, 2025
Tuesday	Sept 17, 2024	Sept 24, 2024	May 6, 2025
Wednesday	Sept 18, 2024	Sept 25, 2024	May 7, 2025
Thursday	Sept 19, 2024	Sept 26, 2024	May 8, 2025
Friday	Sept 6, 2024	Sept 13, 2024	June 20, 2025
Saturday	Sept 14, 2024	Sept 21, 2024	June 14, 2025

*Registration Information - Two ways to register*

#### Online Registration

Online registration is now open for Fall 2024-2025.

[Register online here](#)

#### In-person Registration

To register, please do the following:

1. Download and complete the [registration form](#).
2. Print the form: Select 'Fit to printable area' to ensure the entire form is printed.
3. Sign the registration form
4. Bring completed registration form to the ILE/AH school on registration day or program day during program time only (**see table above**). [View list of schools, program days and times](#). Complete registration with payment of \$20 materials fee. Cash is not accepted. Debit/credit cards and cheques are accepted as forms of payment.

Please note that blank registration forms are available at the school for completion. These forms are available during program hours only.

#### [Frequently Asked Questions](#)

For questions or inquiries regarding our programs please see list of Program Officer's by school: [Program Officer Emails by School Name](#).

## International Languages Elementary Program 2024 – 2025



The International Languages – Elementary / African Heritage Program is now offering language classes to students (TDSB and non TDSB) Kindergarten to Grade 8. Activities will be focused on building student’s abilities in oral communication, reading and writing. Please note that a minimum of 25 students is required to open a language class.  
Languages

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, Sinhalese, Somali, Spanish, Tagalog, Tamil, Telugu, Tibetan, Tigrinya, Turkish, Twi, Ukrainian, Urdu and Vietnamese. Please note that additional languages may be offered. Please contact 416 338-4100 for more information.

Cost - \$20 material fee required at the time of registration

Where and When - The International Languages Elementary program is in-person only. Classes are held one day a week for 2.5 hours for 30 weeks, after regular day school or Saturday starting from September to June 2025.

Please note that there are no classes on PA Days, long weekends, December Break and March Break.  
[View a list of school locations and language classes](#)

### 2024-2025 Important Dates

Program Day	In-person Registration Day	First Day of Class	Last Day of Class
Monday	Sept 16, 2024	Sept 23, 2024	June 2, 2025
Tuesday	Sept 17, 2024	Sept 24, 2024	May 6, 2025
Wednesday	Sept 18, 2024	Sept 25, 2024	May 7, 2025
Thursday	Sept 19, 2024	Sept 26, 2024	May 8, 2025
Friday	Sept 6, 2024	Sept 13, 2024	June 20, 2025
Saturday	Sept 14, 2024	Sept 21, 2024	June 14, 2025

*Registration Information - Two ways to register*

## Online Registration

Online registration now open for Fall 2024-2025.

[Register online here](#)

## In-person Registration

To register, please do the following:

1. Download and complete the [registration form](#).
2. Print the form: Select 'Fit to printable area' to ensure the entire form is printed.
3. Sign the registration form
4. Bring completed registration form to the ILE/AH school on registration day or program day during program time only (**see table above**). [View list of schools, program days and times](#). Complete registration with payment of \$20 materials fee. Cash is not accepted. Debit/credit cards and cheques are accepted as forms of payment.

Please note that blank registration forms are available at the school for completion. These forms are available during program hours only.

## Frequently Asked Questions

For questions or inquiries regarding our programs please see list of Program Officer's by school: [Program Officer Emails by School Name](#).

# What is food allergy?

Food allergy is a medical condition where your immune system mistakenly treats something in a particular food (most often, the protein) as if it's dangerous to you. Your body reacts to the food (an allergen) by having an allergic reaction.



Pack really delicious snacks for school, so you won't be tempted by food from your classmates.



#FoodAllergyHacks  
✓ BACK-TO-SCHOOL EDITION



Label your lunch bag with your name and allergies to avoid confusion. It can be a food conversation starter to help inform others.



#FoodAllergyHacks  
✓ BACK-TO-SCHOOL EDITION



Label your water bottle with your name, so no one else will drink from it.



#FoodAllergyHacks  
✓ BACK-TO-SCHOOL EDITION





Make sure your auto-injector is with you at all times. Running/fitness belts can be a great way to store and carry your auto-injector.



#FoodAllergyHacks  
✓ BACK-TO-SCHOOL EDITION



Consider a lunch bag that has an outer pocket for an auto-injector. This way, it's always around when you're eating.



#FoodAllergyHacks  
✓ BACK-TO-SCHOOL EDITION



Looking for new brands without a specific allergen? Visit health food stores which often carry specialty brands.



#FoodAllergyHacks  
✓ BACK-TO-SCHOOL EDITION



# BACK-TO-SCHOOL WITH FOOD ALLERGY

## CHECKLIST FOR STUDENTS

✓ FOLLOW THIS CHECKLIST AND MANAGE YOUR FOOD ALLERGY WITH CONFIDENCE.

### EAT SAFELY

- ☐ Avoid sharing food.
- ☐ Only eat approved food from home or food that a parent or guardian has approved.
- ☐ Don't share utensils, straws or containers.
- ☐ Always read food labels yourself and don't eat anything with precautionary warnings, like "may contain".
- ☐ Wash your hands before and after eating. Wipe down tables and other surfaces.

### BE PREPARED

- ☐ Tell others about your food allergy. Let them know where you keep your epinephrine auto-injector(s).
- ☐ Always carry at least one epinephrine auto-injector with you. You never know when you may need it.
- ☐ Wear medical identification, like a MedicAlert® bracelet.

### TALK TO ADULTS AND OTHERS

- ☐ Tell an adult when you don't feel well.
- ☐ If you are being bullied or excluded because of your food allergy, speak to an adult.
- ☐ Learn how others your age manage their food allergies at [foodallergycanada.ca/teens](http://foodallergycanada.ca/teens).

VISIT  
[FOODALLERGYCANADA.CA/SCHOOL](http://FOODALLERGYCANADA.CA/SCHOOL)  
FOR MORE INFORMATION



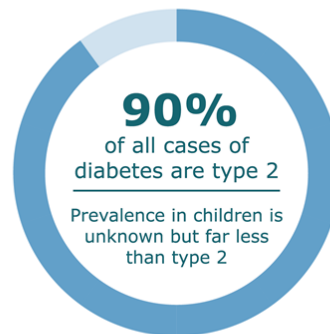
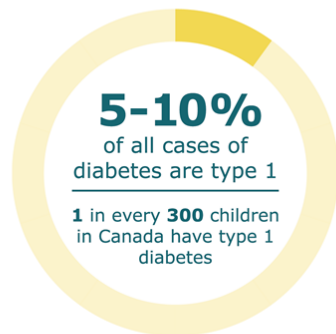
# DIABETES

## TYPE 1 vs TYPE 2

### PREVIOUSLY KNOWN AS

- Insulin-dependent diabetes mellitus (IDDM)
  - Juvenile diabetes
  - Childhood diabetes
- Non-insulin dependent diabetes mellitus (NIDDM)
  - Adult-onset diabetes

### RATE



### INSULIN PRODUCTION

**None or very little**  
when beta cells in the pancreas cannot produce insulin well



**Too little or too ineffective**  
when the cells do not use insulin well (insulin resistance)

### AGE OF DIAGNOSIS



Usually **ages 0-40**

Mostly young children or teens

Usually **ages 40+**

Mostly adults but increasingly occurring in children and teens who are overweight and obese






### TREATMENT

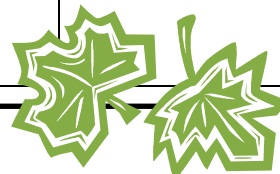
- Healthy eating and meal planning
- Increased physical activity
- Blood sugar checks
- Insulin injections

- Healthy eating and meal planning for healthier weight and decreasing insulin resistance
- Increased physical activity
- Blood sugar checks
- Insulin injections may be needed
- Oral medication may be needed

# September

## Character Trait for September: Respect

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8	9 – Day 5	10 – Day 1	11 – Day 2	12 – Day 3	13 – Day 4	14
15	16 – Day 5	17 – Day 1	18 – Day 2	19 – Day 3	20 – Day 4	21
				 <p>Meet-the-Teacher/ Family Night, 6:00 – 6:45 pm</p>	 <p>School-Based Terry Fox Walk/Run, 9:00 am</p>  <p><b>Toonies for Terry!</b> Everyone is encouraged to bring a toonie (or any amount) as a donation to help with the fight against cancer!</p>	
22	23 – Day 5	24 – Day 1	25 – Day 2	26 – Day 3	27	28
	 <p>Stay tuned for more details...</p>				<p><b>PA Day</b></p> <p><b>No school</b></p>	
29	30 – Day 4					
	 <p>National Day for Truth and Reconciliation</p>  <p>Orange Shirt Day</p> <p>Recognition Assembly, 9:00 am</p> <p>Staff and Students are encouraged to wear orange shirts</p>					



2024



**TORONTO DISTRICT SCHOOL BOARD**  
**Bridlewood Jr. Public School**  
**2024 - 2025**

**H** Statutory Holiday  
**B** Board Designated Break  
**PA** PA Day  
**X** Non Instructional

**September**

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
	H	FD	2	3	4	
8	9	10	11	12	13	14
	6	1	2	3	4	
15	16	17	18	19	20	21
	6	1	2	3	4	
22	23	24	25	26	27	28
	6	1	2	3	PA	
29	30					
	4					

Respect

**October**

S	M	T	W	Th	F	S
		1	2	3	4	5
		6	1	2	3	
6	7	8	9	10	11	12
	4	6	1	2	PA	
13	14	15	16	17	18	19
	H	3	4	6	1	
20	21	22	23	24	25	26
	2	3	4	6	1	
27	28	29	30	31		
	2	3	4	6		

Responsibility

**November**

S	M	T	W	Th	F	S
					1	2
					1	
3	4	5	6	7	8	9
	2	3	4	6	1	
10	11	12	13	14	15	16
	2	3	4	6	PA	
17	18	19	20	21	22	23
	1	2	3	4	6	
24	25	26	27	28	29	30
	1	2	3	4	PA	

Empathy

**December**

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
	5	1	2	3	4	
8	9	10	11	12	13	14
	6	1	2	3	4	
15	16	17	18	19	20	21
	6	1	2	3	4	
22	23	24	25	26	27	28
	B	B	B	B	B	
29	30	31				
	B	B				

Kindness & Caring

**January**

S	M	T	W	Th	F	S
			1	2	3	4
			B	B	B	
5	6	7	8	9	10	11
	6	1	2	3	4	
12	13	14	15	16	17	18
	6	1	2	3	PA	
19	20	21	22	23	24	25
	4	6	1	2	3	
26	27	28	29	30	31	
	4	6	1	2	3	

Teamwork

**February**

S	M	T	W	Th	F	S
2	3	4	5	6	7	8
	4	6	1	2	3	
9	10	11	12	13	14	15
	4	6	1	2	PA	
16	17	18	19	20	21	22
	H	3	4	6	1	
23	24	25	26	27	28	
	2	3	4	6	1	

Fairness

**March**

S	M	T	W	Th	F	S
2	3	4	5	6	7	8
	2	3	4	6	1	
9	10	11	12	13	14	15
	B	B	B	B	B	
16	17	18	19	20	21	22
	2	3	4	6	1	
23	24	25	26	27	28	29
	2	3	4	6	1	
30	31					
	2					

Honesty

**April**

S	M	T	W	Th	F	S
		1	2	3	4	5
		3	4	6	1	
6	7	8	9	10	11	12
	2	3	4	6	1	
13	14	15	16	17	18	19
	2	3	4	6	H	
20	21	22	23	24	25	26
	H	1	2	3	4	
27	28	29	30			
	6	1	2			

Co-operation

**May**

S	M	T	W	Th	F	S
				1	2	3
				3	4	
4	5	6	7	8	9	10
	6	1	2	3	4	
11	12	13	14	15	16	17
	6	1	2	3	4	
18	19	20	21	22	23	24
	H	6	1	2	3	
25	26	27	28	29	30	31
	4	6	1	2	3	

Integrity

**June**

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
	4	6	1	2	PA	
8	9	10	11	12	13	14
	3	4	6	1	2	
15	16	17	18	19	20	21
	3	4	6	1	2	
22	23	24	25	26	27	28
	3	4	6	1	LD	
29	30					
	X					

Perseverance

**Professional Activity Days:**  
 1. Friday September 27, 2024  
 2. Friday October 11, 2024  
 3. Friday November 15, 2024  
 4. Friday November 29, 2024  
 5. Friday January 17, 2025  
 6. Friday February 14, 2025  
 7. Friday June 6, 2025

**First Day of School:**  
 Tuesday September 3, 2024

**Last day of school for Elementary students:**  
 Friday June 27, 2025

**Dates to Remember:**  
**Labour Day:** September 2, 2024  
**Thanksgiving:** October 14, 2024  
**Winter Break:** December 23, 2024 - January 3, 2025 (last day of school December 20, 2024; school resumes January 6, 2025)  
**Provincial Family Day:** February 17, 2025  
**Mid-Winter Break:** March 10 - 14, 2025  
**Good Friday:** April 18, 2025  
**Easter Monday:** April 21, 2025  
**Victoria Day:** May 19, 2025

# KEY DATES - SCHOOL YEAR CALENDAR 2024-2025

The official school year calendar for the Toronto District School Board runs from  
September 1, 2024 to June 30, 2025, inclusive

Professional Activity Days	September	October	November	January	February	June
Elementary Schools	27	11	15, 29	17	14	6
Secondary Schools		11	15, 29	30	14	26, 27

Designation of Professional Activity Days	
Elementary	Secondary
<ol style="list-style-type: none"> <li>1. September 27, 2024 – Professional Development</li> <li>2. October 11, 2024 – Professional Development</li> <li>3. November 15, 2024 – Parent Teacher Conferences</li> <li>4. November 29, 2024– Professional Development</li> <li>5. January 17, 2025 – Assessment and Reporting</li> <li>6. February 14, 2025 – Parent Teacher Conferences</li> <li>7. June 6, 2025 – Assessment and Reporting</li> </ol>	<ol style="list-style-type: none"> <li>1. October 11, 2024 – Professional Development</li> <li>2. November 15, 2024 - Professional Development</li> <li>3. November 29, 2024 - Professional Development</li> <li>4. January 30, 2025 - Professional Development</li> <li>5. February 14, 2025 - Professional Development</li> <li>6. June 26, 2025 - Professional Development</li> <li>7. June 27, 2025 - Professional Development</li> </ol>

**EQAO:** - The following dates have been established:

Gr. 9 Math: TBD  
Gr. 9 Math: TBD

OSSLT: TBD  
Primary/Junior EQAO: TBD

Dates to Remember - School Year Holidays (as per Ministry of Education)	
Labour Day:	September 2, 2024
Thanksgiving:	October 14, 2024
Winter Break:	December 23, 2024 – January 3, 2025
Family Day:	February 17, 2025
Mid-Winter Break:	March 10-14, 2025
Good Friday:	April 18, 2025
Easter Monday:	April 21, 2025
Victoria Day:	May 19, 2025



Toronto District School Board

## Days of Significance 2024 – 2025

### September 2024

Day of Week	Date	Event	Source	Website
Sunday	01	Installation of the Holy Scriptures of Guru Granth Sahib Ji	Sikhism	<a href="https://www.sikhdharma.org/sikh-history/siri-guru-granth-sahib/">https://www.sikhdharma.org/sikh-history/siri-guru-granth-sahib/</a>
Monday	02	Labour Day	Government of Canada	<a href="http://www.thecanadianencyclopedia.ca/en/article/origins-of-labour-day-feature/">http://www.thecanadianencyclopedia.ca/en/article/origins-of-labour-day-feature/</a>
Saturday	07	Ganesh Chaturthi	Hinduism	<a href="https://en.wikipedia.org/wiki/Ganesh_Chaturthi">https://en.wikipedia.org/wiki/Ganesh_Chaturthi</a>
Sunday	08	International Day of Literacy	United Nations	<a href="https://www.wincalendar.com/ca/International-Literacy-Day">https://www.wincalendar.com/ca/International-Literacy-Day</a>
Sunday	08	Nativity of Mary	Christianity (Eastern Orthodox and Western)	<a href="https://www.franciscanmedia.org/saint-of-the-day/nativity-of-the-blessed-virgin-mary">https://www.franciscanmedia.org/saint-of-the-day/nativity-of-the-blessed-virgin-mary</a>
Monday	09	International Day to Protect Education from Attack	United Nations	<a href="https://www.un.org/en/observances/protect-education-day">https://www.un.org/en/observances/protect-education-day</a>
Wednesday	11	Ethiopian New Year	Government of Ethiopia and Christianity (Eastern Orthodox) Rastafarian holy day	<a href="https://publicholidays.africa/ethiopia/new-years-day/">https://publicholidays.africa/ethiopia/new-years-day/</a>
Wednesday	11	Coptic New Year	Christianity (Coptic Orthodox Church)	<a href="https://en.wikipedia.org/wiki/Nayrouz#:~:text=Nayrouz%20or%20Neyrouz%20(Arabic%20%D9%86%D8%A7%D8%B1%D988%D8%B2,and%20its%20first%20month%2C%20Thout.">https://en.wikipedia.org/wiki/Nayrouz#:~:text=Nayrouz%20or%20Neyrouz%20(Arabic%20%D9%86%D8%A7%D8%B1%D988%D8%B2,and%20its%20first%20month%2C%20Thout.</a>
Sunday	15	International Day of Democracy	United Nations	<a href="https://www.un.org/en/observances/democracy-day">https://www.un.org/en/observances/democracy-day</a>
Sunday	15	Terry Fox Run	Terry Fox Foundation	<a href="https://en.wikipedia.org/wiki/Terry_Fox_Run">https://en.wikipedia.org/wiki/Terry_Fox_Run</a>
Monday	16	Anant Chaturdashi	Jainism	<a href="https://en.wikipedia.org/wiki/Anant_Chaturdashi">https://en.wikipedia.org/wiki/Anant_Chaturdashi</a>

Monday	16	<b>Mawlid-al-Nabi - Prophet's Birthday*</b>	Islam	<a href="https://www.britannica.com/topic/mawlid">https://www.britannica.com/topic/mawlid</a>
Thursday	19	<b>Powley Day</b>	First Nations, Métis	<a href="https://www.metisnation.org/news/september-19-powley-day/">https://www.metisnation.org/news/september-19-powley-day/</a>
Thursday to Wednesday	19 - 25	<b>Ohigan - Autumn Festival</b>	Government of Japan and Buddhism (Shintoism)	<a href="https://en.wikipedia.org/wiki/Higan">https://en.wikipedia.org/wiki/Higan</a>
Saturday	21	<b>International Day of Peace</b>	United Nations	<a href="http://www.un.org/events/peaceday/">www.un.org/events/peaceday/</a>
Saturday to Sunday	21 - 29	<b>Mabon</b>	Wicca/Pagan	<a href="https://en.wikipedia.org/wiki/Wheel_of_the_Year#Autumn_Equinox_(Mabon)">https://en.wikipedia.org/wiki/Wheel_of_the_Year#Autumn_Equinox_(Mabon)</a>
Monday	23	<b>International Day of Sign Languages</b>	World Federation of the Deaf and United Nations	<a href="https://www.un.org/en/observances/sign-languages-day">https://www.un.org/en/observances/sign-languages-day</a>
Monday to Saturday	23 - 28	<b>International Week of the Deaf</b>	Canadian Association and World Federation of the Deaf	<a href="https://www.nad.org/resources/american-sign-language/international-week-of-the-deaf/">https://www.nad.org/resources/american-sign-language/international-week-of-the-deaf/</a>
Wednesday	25	<b>Franco-Ontarian Day</b>	Government of Ontario	<a href="https://www.uottawa.ca/gazette/en/news/franco-ontarian-perspectives-green-and-white">https://www.uottawa.ca/gazette/en/news/franco-ontarian-perspectives-green-and-white</a>
Friday	27	<b>Elevation of the Holy Cross</b>	Christianity (Eastern Orthodox)	<a href="https://orthodoxwiki.org/Elevation_of_the_Holy_Cross">https://orthodoxwiki.org/Elevation_of_the_Holy_Cross</a>
Monday	30	<b>National Day for Truth and Reconciliation</b>	Government of Canada	<a href="https://www.cbc.ca/news/canada/first-national-truth-reconciliation-day-1.6188540">https://www.cbc.ca/news/canada/first-national-truth-reconciliation-day-1.6188540</a>
Monday	30	<b>Orange Shirt Day</b>	First Nations, Métis, Inuit	<a href="https://www.orangeshirtday.org/about-us.html">https://www.orangeshirtday.org/about-us.html</a>

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.

# Self-Care September 2024

SUNDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

MONDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

TUESDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love



WEDNESDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing



THURSDAY

5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents



FRIDAY

6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans



SATURDAY

7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn



ACTION FOR HAPPINESS

Happier · Kinder · Together