

F. Costa
Principal

K. Serebrin
Vice-Principal

K. McIntosh
SOE

J. Li
Trustee

The Dragon's Fire

Latest news and bulletin updates

Issue #4 February 2023

Frank Costa

The Monthly Scoop

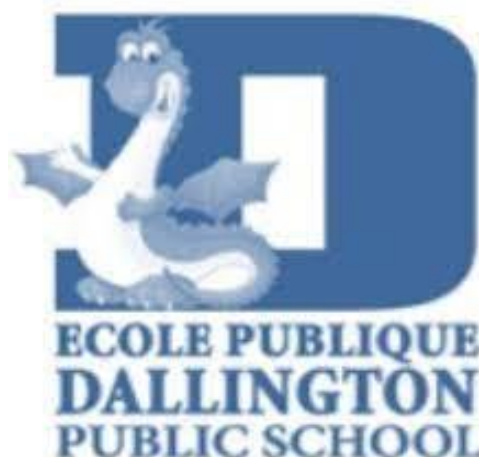
The latest updates from our office

Dear Dallington Families,

Despite February being the shortest month of the year, there were many opportunities abound at Dallington PS! 100th Day of school, celebrating Lunar New Year, recognizing Black History Month, Character Traits Assemblies, Basketball, Cookie Sales, Chess, Eco Club – so many ways to get involved at Dallington.

Thank you to our parents who attended Parent/Teacher conferences during mid-February. We appreciate your continued support and partnership to make Dallington a positive learning environment for all.

Look for more events and ways to get involved in March. Spring is around the corner...and don't forget to turn your clocks forward on March 12th!!



Parent Activity Council

Happy March to all! We just started our 2nd term pizza lunches. We are looking forward to another successful term with help from our student leaders and parent and guardian volunteers. We are still looking for more parents who can help with our lunches as we have 52 boxes of pizza to distribute.



Our upcoming fundraiser will be our Move-a-thon and planning is underway. Pledge forms will be going home soon. Please look out for this in the coming weeks.

The minutes for our 3rd Parent Council Meeting is posted on the website. Thank you for all those who attended our meeting. As always all parents and guardians are welcome to attend.

Upcoming:

-Parent Council Meeting #4: will be held on Thursday April 13th at 6:30 online. Minutes from the last meeting are posted on the website

-Move-a-thon: will be held in the school gym on April (TBA)

If you would like to contact us:

dallingtonpac@rogers.com

Thank you!

Jackie Chau (PAC chair)

Upcoming Dates at
Dallington
The latest updates
Science Centre – Forman and Lay
Mar. 2nd
Ski Trip – Gr. 4/5's Mar. 3rd
SST Meetings – Mar. 29th
Graduation Photo Day Mar. 30th

What's Happening in the TDSB The latest updates

March Is Greek Heritage Month

Isra'a and Miraj – Islam – Mar. 1st

<https://muslimhands.org.uk/latest/%202019/04/al-isra-wal-miraj-the-story-of-the-miraculous-night-journey>

Maha Shivaratri – Hinduism – Mar. 1st

<https://www.hindustantimes.com/lifestyle/festivals/maha-shivaratri-2021-history-significance-and-celebration-101615434959914.html>

Ash Wednesday (1st Day of Lent) Christianity (Western)- Mar. 2nd

<https://www.catholic.org/lent/ashwed.php>

Saka New Year (Nyepi) - Hinduism (Balinese) – Mar. 3rd-

<https://pelanbali.com/2019/03/01/nyepi-day-how-balinese-people-celebrate/>

Tibetan New Year (Losar)- Buddhism (Tibetan, Nepal, Bhutan)-

Mar. 3rd – 5th <https://www.chinahighlights.com/tibet/new-year.htm>

Sha'ban and MidSha'ban* Islam-

<https://muslimhands.org.uk/latest/2019/04/the-benefitsof-shaban-the-neglected-month>

International Women's Day United Nations International

Women's Day – Mar. 8th-

<https://www.un.org/en/observances/womens-day>

Chet (Sikh New Year) Sikhism- Mar. 14th -

[https://en.wikipedia.org/wiki/Chet_\(month\)](https://en.wikipedia.org/wiki/Chet_(month))

Purim* Judaism – Mar. 17th - <https://en.wikipedia.org/wiki/Purim>

Holi* Hinduism – Mar. 18th -

<https://theculturetrip.com/asia/india/articles/what-is-holiand-why-is-it-celebrated/>

Nawruz (Persian New Year) – Mar. 20th -

<https://www.officeholidays.com/holidays/novruz>

Spring Equinox- Mar. 20th - <https://wiccaliving.com/wiccan-calendar-ostara-springequinox/>

International Day for the Elimination of Racial Discrimination -

Mar. 21st - <https://www.un.org/en/observances/end-racism-day>

Naw-Rúz (Bahá'í New Year) Bahá'í Faith – Mar. 21st -

<https://www.bahai.ca/holy-days/>

World Water Day – Mar. 22nd -

<https://www.un.org/en/observances/water-day>

Ramadan Begins Mar. 22nd-

<https://torontoprayerimes.com/when-is-ramadan-in-canada.html>

Reminders

The latest updates

Pizza Lunch - Mar 1st,
Mar. 22nd

Cookie Sales – March 9th,
23rd, and 30th

Pita Lunch – Mar. 10th &
Mar. 31st

There is NO SCHOOL the
week of March 13th –
March 17th 😊

Daylight Savings March
12th (turn your clocks
ahead by 1 hour)



Please follow our school twitter account and check out our school website where we will keep the community updated on all the great things happening at Dallington Public School.

Website: [Dallington Public School \(tdsb.on.ca\)](https://dallingtonpublicschool.tdsb.on.ca)

Twitter: @Dallington_TDSB

You can also get updates regularly from our Weekly Rambler and our website at <https://schoolweb.tdsb.on.ca/dallington>

See Our Work
The latest updates



Mrs. Foreman's Class is seen here building simple machines and showcasing their artworks. In Science, our Grade 2 class made simple machines. We learned to describe the



different ways an object can move, identify ways in which the position of an object can be changed, identify the six basic types of simple machines: lever, inclined plane, wedge, pulley, wheel and axle, and screw, describe ways in which each type of simple machine is used in daily life to make tasks easier, and to compare, qualitatively or quantitatively, the force required to move the object without using a simple machine. They are excited to share their work with you.



NEWS TODAY

Mr. Lavee and his Junior classes celebrated Black History Month with some Rhythm and Blues, Spiritual and Gospel songs to help us hear the beautiful sounds of music genres predominately created by African peoples. We heard "Swing Low Sweet Chariot", "Wade in the Water", "Midnight Special", and "Aint No One Gonna Turn Me Around".





Community Welcome 😊





Cozy Literacy Day

Families, we were so thrilled that many of you joined us to share in the love of reading on our comfty and cozy day. Thank you for wearing your cozy clothing and jammies, and selecting a book to share with our students and classes. Please feel free to join our classes any time, by reaching out to your child's teacher. We will always welcome the opportunity to have you be a part of our learning.

Njacko Backo

Our students were thoroughly entertained by the music, story-telling and experiences shared by Njacko

Backo. Mr. Backo is an entertainer, musician, composer, dancer, choreographer, author and educator Njacko Backo shares his uplifting music, energizing dance, and hope-filled stories with audiences of all ages and all walks of life. Njacko was born in Cameroon in 1958 and raised in the hills in a small village called Bazou, which means "The Walkers." Musically and spiritually Njacko draws on the lessons he learned in Africa from his musical family, mentors and village life. Although he loved life in the village where he was immersed in music, his dream was to discover the world and to learn all he could about people and different cultures. Njacko has lived, travelled and performed all over the world, and after moving from Cameroon to Nigeria, then Montreal and finally Toronto in 1998. He has been a guest artist on over 15 albums, has won the Fiati Memorial Award for Best Traditional Performance, has independently released twelve full length albums, one children's album, three drumming instruction CDs, a drumming instruction DVD, and a DVD with nine music videos, and performs at music festivals world-wide. Please, have a look at Mr. Backo's website to learn more about this talented artist.



Taken directly from <https://www.njackobacko.com/>



Mindfulness Moment

If you've heard of or read about mindfulness meditation — also known as mindfulness — you might be curious about how to practice it. Find out how to do mindfulness exercises and how they might benefit you.

A Mindfulness Practice for Families

By Christopher Willard – taken directly from <https://www.mindful.org/mindfulness-for-kids/>

One easy way to introduce mindfulness to your children is through informal practices that you can do along with them. Start with a simple kindness meditation—offering good wishes and compassion to others.

1. **To begin, find a comfortable sitting position.** You can even place a hand on the heart. Allow your eyes to close or lower your gaze toward the floor.
2. **Bring to mind someone who you really respect and look up to,** and who really loves you in return.
3. **Notice how you feel as you bring this person to mind.**
4. **Make a kind wish and send it their way.** What would make them happy?
5. **Next, bring to mind someone else you love and care about:** A family member, a friend, a beloved colleague. Just bring this person to mind, sending this person a kind wish.

We'll move from here to a more neutral person. Perhaps someone you don't know very well: A parent you see occasionally in the pick-up line, a person who delivers your mail, or makes your coffee in the morning. Just bring this person to mind and imagine yourself sending them some kind of kind wish.

6. **Lastly, bring to mind someone who has frustrated you lately,** someone who is a little difficult. Send this last person a kind wish—something nice for them in their life.

7. **Check in with your mind and body as you conclude this practice.** Allow your eyes to open if they've been closed. Notice if there's any shift

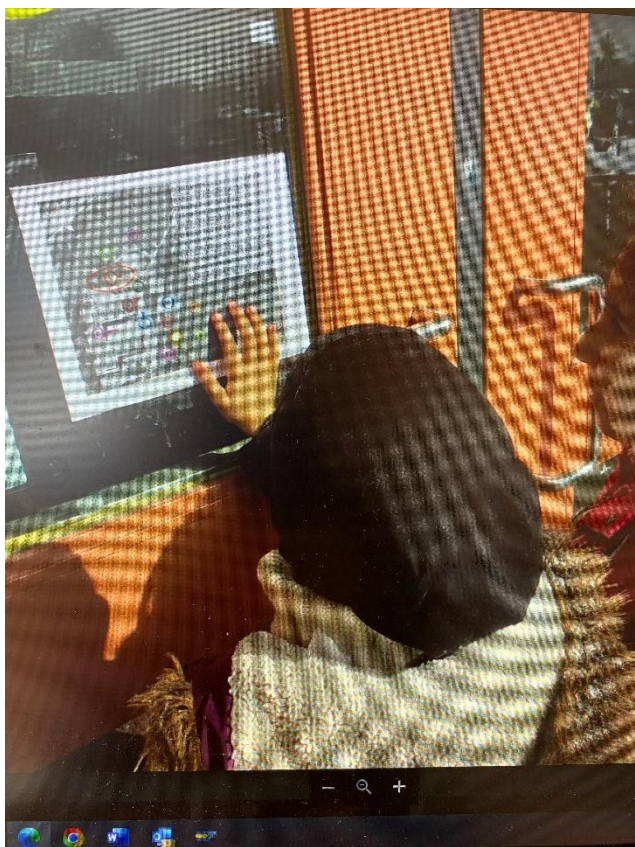
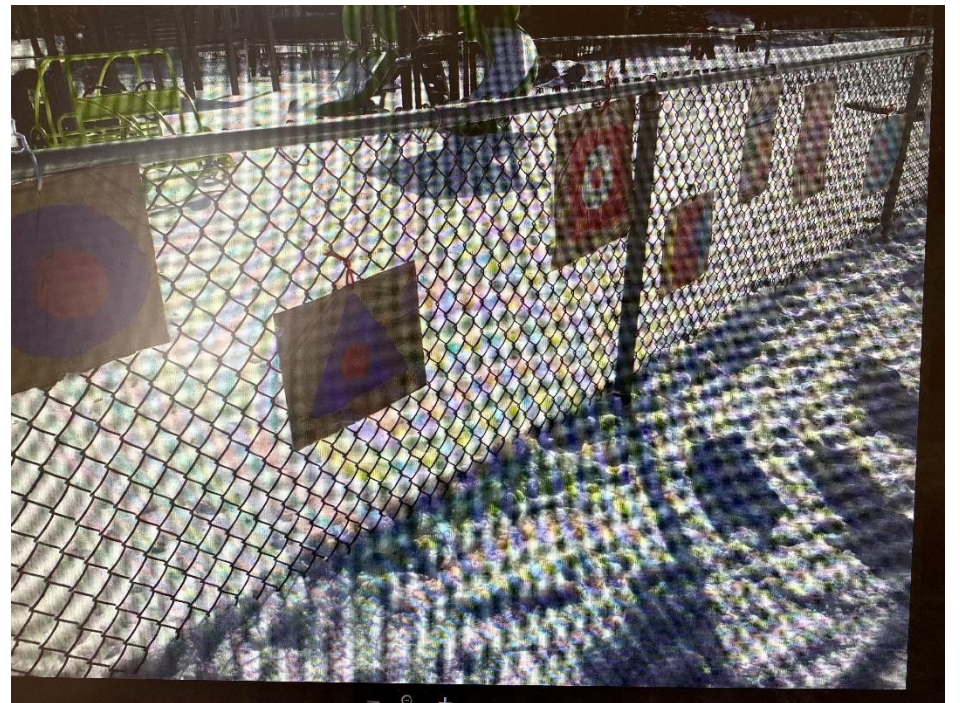
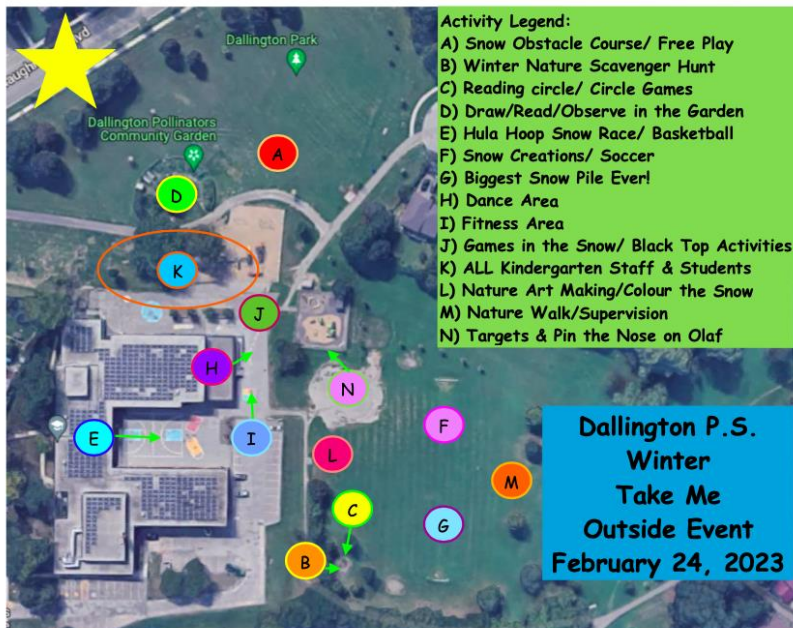
Eco Schools Cool Corner

As the weather get warmer, we are starting our walk to school initiative. Walk to School Wednesdays starts at Dallington PS! It is a good time to start or encourage your friends to walk with you. If you are able to, we invite you to walk, bike, and scooter to school. Do not forget a helmet if you wheel to school and look both ways before crossing streets. Stay green!



TAKE ME OUTSIDE

Our second *Take Me Outside Day* was held on Friday, February 24th. We loved playing in the snow, making snow bricks, playing pin the carrot on the snowman, snow football, snow painting, snow dancing and so much more. Thank you to everyone who joined us during our outside adventure. It is so important for us to learn how to love and be outside in the winter months. Canada has so much to experience during our four seasons, and winter is no exception. Here is a glimpse of us having "snow" much fun! Stay Warm! Stay Green.



News You Can Use

Information from the Toronto District School Board Site

English Kindergarten Registration Begins in February!

Registration for all English TDSB Kindergarten programs begins in February. We look forward to welcoming you and your child at school in September!

To attend Junior Kindergarten in September, children must turn four-years-old by December 31. To register for Senior Kindergarten, children must be five-years-old by December 31. For more information about the Kindergarten program and registration requirements, please visit www.tdsb.on.ca/kindergarten.

African Heritage(Black History) Month

During the month of February, the TDSB proudly recognizes African Heritage (Black History) Month. It is an occasion to celebrate the many achievements and contributions of peoples of African descent to Canada and the world. The chosen theme for 2022-2023 was Black Joy.

TDSB Schools Safe Arrival Calls Update

Updates have recently been made to TDSB Safe Arrival calls. Moving forward, the main school number will be displayed when parents/guardians/caregivers receive a call to report that a student is absent from school. Previously, a number beginning with 833 was displayed for callouts (some families may be familiar with seeing this number appear when receiving a call from TDSB). To report a student absence, parents/guardians/caregivers may call the school phone number directly or call 1-833-250-2290 and will receive the same options.

International Decade of People of African Descent: Panel Conversation - African Indigenous Spirituality and Healing

Join Dr. George J.S. Dei, Dr. Ama Mazama and Dr. Njoki Wane for this enriching panel exploring Africentricity and Spirituality rooted within African-centred practices.

Audience: Caregivers, community, staff

Date: March 1, 2023

Time: 6:30 – 8:00 pm

Register [here](#)

For more information contact, System Superintendent Karen Murray, karen.murray@tdsb.on.ca or Centrally Assigned Principal Jeffrey Caton, jeffrey.caton@tdsb.on.ca.

Please see our Boards Nutrition Newsletter: [SN Dept Newsletter - Winter Issue 5 March 2023.pdf - Google Drive](#)

You're invited! Join the Centre of Excellence for Black Student Achievement

You're invited! Join the Centre of Excellence for Black Student Achievement or a virtual screening of Scarborough followed by a conversation with the author and screenwriter of the novel and adapted film Catherine Hernandez!

Scarborough the novel employs a multitude of voices to tell the story of a tight-knit neighbourhood under fire: among them, Victor, a Black artist harassed by the police; Winsum, a West Indian restaurant owner struggling to keep it together; and Hina, a Muslim school worker who witnesses first-hand the impact of poverty on education.

Scarborough (film description, from TIFF website): Adapted from the critically acclaimed novel by Catherine Hernandez, Scarborough is an unflinching portrait of three low-income families struggling to endure within a system that's set them up for failure. It shows the love and perseverance communities can foster, lifting up families to overcome the obstacles placed in their way.

Audience: Caregivers, community, staff

Date: March 7, 2023

Time: 6:00 – 9:00 pm

Register [here](#)

For more information contact, System Superintendent Karen Murray, karen.murray@tdsb.on.ca or Centrally Assigned Principal Jeffrey Caton, jeffrey.caton@tdsb.on.ca.

Learning Opportunities

For information on Continuing Education, Secondary Alternative Schools, Adult Education, Educational Partnerships, and Delegations & Heritage Months, please contact System Superintendent Peter.Chang@tdsb.on.ca

Program updates include:

- African Heritage Elementary Program
- International Languages Elementary Program
- Learn4Life General Interest Spring Program - Adults 18+ and Seniors
- Adult ESL Program
- Summer Music & Art Camps
- International Youth Summer Program

Sikh Heritage Month at the TDSB Poster/Video Contest 2023

Sikh Heritage Month is proudly recognized at the Toronto District School Board (TDSB) during the month of April since 2016 as the Board of Trustees voted to designate April of each as Sikh Heritage Month making the TDSB the first school board in Canada to do so. This designation matches the recognition by the Province of Ontario that proclaimed Sikh Heritage Month Act in December 2013 and matches the recognition proclaimed by the Government of Canada on April 30, 2019. Sikh Heritage Month is recognized nationally across Canada.

As part of the celebrations to mark Sikh Heritage Month, all TDSB students are invited to be creative! All elementary school students from kindergarten to grade 8 are invited to create a poster, infographic text, etc., and all secondary school students from grades 9 to 12 are invited to submit a short informative video, spoken word, poetry etc., (1 to 2 min) related to the theme Kes.

Deadline: All entries must be submitted on or before Wednesday, March 22, 2023 by 4:00 pm.

Full details about the theme, eligibility and how to submit are available in the [attached](#) document.

Should further information be required, please contact Kanwaljit.Woodwal@tdsb.on.ca , Balwinder.Mangat@tdsb.on.ca or Maninder.Rai@tdsb.on.ca

Calling all creatives!

Pride Month 2023 is just around the corner, and the TDSB Pride Planning Committee is holding a T-Shirt Design Competition. Open to all TDSB students, we're looking for two unique designs that celebrate 2SLGBTQ+ Pride across TDSB. The winning designs will be printed on hundreds of TDSB Pride 2023 T-shirts and worn by all members of the TDSB contingent during 2023 Pride Parade on Sunday, June 25th.

The TDSB Pride 2023 T-shirt Design Competition is open to all ages. Deadline for design submissions is March 23rd, 2023 at midnight .

The criteria for design submissions are:

- May be hand-drawn OR digital.
- May be grey-scale OR multi-coloured.
- Must incorporate the TDSB logo OR leave enough space for logo to be added.
- Must be original.
- Must be respectful.

Everything else is up to the designer!

For more information and to submit an entry, please email tdsbpride@tdsb.on.ca attaching an image of the design (e.g., .jpeg, .gif, .png, pdf., etc.). Be sure to include the student's name, grade, and school, as well as the name of a staff member for communication.



Thank you to this month's contributors:

Jackie Chau (PAC)

Mme. Goumakos

Mrs. Forman

Mr. Lavee