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# The Dragon's Fire

Latest news and bulletin updates

Issue #5 March 2023

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Frank Costa

## The latest updates from our office

Dear Dallington Families,

It is incredibly hard to believe that it is already April, and we are heading into our final quarter of the year's learning. Our spring break has come and gone and we hope that you enjoyed time with those who bring you joy.

March flew by and was a very busy month at Dallington. We had many of our classes out on school trips, and thank you to our Parent Council, we have had the opportunity to welcome Scientist(s) In The School into many of our classrooms.

In early March, our Dallington staff and students enjoyed a beautiful day of skiing at Horseshoe Valley and so many of them were thrilled to get to experience the excitement that our Canadian winters allow.

Our cookie sales have been a huge success and complement our pita and pizza lunches well.

Some of our staff participated in the Biidibaan learning project at the Urban Indigenous Education Centre, and as whole learning community, we all did professional development workshops in both Mindfulness and the Science of Reading, all of which have given us learning we will be bringing into our classes.

We did our Graduation photos at the end of March and look forward to celebrating our Grade 5 leaders as they slowly close this portion of their elementary learning journey.

As we navigate the continuously changing weather, please remind your children to dress in layers, and wear appropriate footwear so that they remain comfortable, warm, and dry when they play outside.

We wish you a great April and hopefully by our next newsletter, spring will have sprung, as the flowers will have started to bloom and the sun will have joined us for many days.



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## School Advisory Council



Happy Spring to all! Fingers crossed for warmer weather and less snow. Thank you for all the parents who have been coming out for pizza lunches. We have had some new volunteers for pizza lunches! We are hoping this continues for the remaining lunches. Even if you can only come once, it is much appreciated.

Our upcoming Move-a-thon fundraiser is slated for **Friday May 26<sup>th</sup>**. Pledge forms are being finalized and will be going out later this month. There will be the option of cash collection and online donations.

Our 4<sup>th</sup> Parent Council Meeting will be pushed a week. The new date is scheduled for **Thursday April 20<sup>th</sup>**. Minutes for our last meeting are posted on the school website. An agenda will be sent closer to our meeting date. As always, all parents and guardians are welcome to attend.

Lastly, if there are any parents who might consider joining the Parent Council (both officially and unofficially), please let us know. There are several parents who have children that are graduation from Dallington very shortly.

**Upcoming: Parent Council Meeting #4:** will be held on Thursday April 20<sup>th</sup> at 6:30 online.

**Move-a-thon:** will be held in the school gym on Friday May 26<sup>th</sup>

If you would like to contact us:

[dallingtonpac@rogers.com](mailto:dallingtonpac@rogers.com)

Thank you! Jackie Chau (PAC chair)

## See Our Work The latest updates

Mme. Yaltchi's class created a beautiful 3-Dimensional community consolidation task. They used Art, Math, fine motor skills, design, texture and material to create, build and display this beautiful city. Thank you for sharing your lovely work FI Gr. 1/2C. They also celebrated Egg Sandwich Day by exploring procedural writing and following instructions. What an Egg-cellent learning experience.



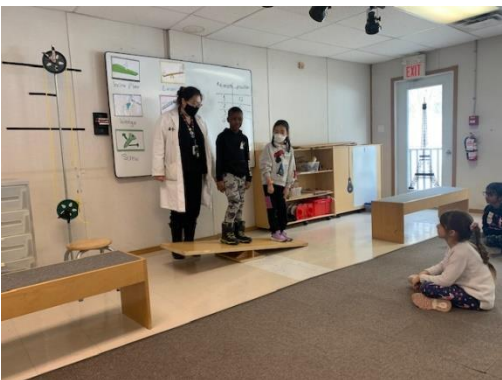
Our Grade 1's and 2's celebrated 100's day with Art, activities and dressing up like they were 100 years old.





## NEWS TODAY

Ms. Lay and Mrs. Forman's classes took a trip to the Ontario Science Centre to discover simple machines. They engaged in hands on learning activities and explored the "Rainforest" and all the different exhibits. What a fantastic trip!



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### Mindfulness Moment

This month our staff started their Professional Development on Mindfulness, Mental Wellness and Self Care.

#### What is mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

While mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis.

Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful. And there's growing research showing that when you train your brain to be mindful, you're remodeling the physical structure of your brain.

***The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes.***

If you would like to join us, here is a Mindfulness Practice for Families:

<https://www.youtube.com/watch?v=evU81WkWZrU>



# Eco Schools Cool Corner

We had a very busy Eco March. We celebrated International Water Day with our #thegreatgulp, we turned our lights out for Earth Hour, and did great work with our composting and recycling programs. Our students showed initiative by collecting garbage on our property and wrote and presented announcements each morning with tips on how to preserve and protect our environment.



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## News You Can Use

### Information from the Toronto District School Board Site

#### **Centre for Black Excellence. Connect with Us!**

The Centre of Excellence for Black Student Achievement focuses on improving the academic outcomes and experiences of belonging for Black students. The Centre of Excellence strives to support meaningful engagement and advocacy of caregivers and communities, improve communication about Black student success and provide guidance with system navigation. Location: 2239 Lawrence Ave E, Scarborough, ON, M1P 2P7. Office phone number: (416) 396-2351

#### **Indigenous Education Centre**

Have a look at this great site that outlines and highlights the Indigenous Territories, Languages and Treaties wherever you live. For example, by using this site, we know that Dallington Public School is on the land of the Mississaugas and the Anishinaabemowin of the London Township under Treaty 6, Treaty 2 1790, Treaty 21 1819, and Treaty 29 1827.

#### **Reminder: Excellence Awards 2023 Nominations due April 6!**

Every year, the TDSB Excellence Awards help shine a light on the stories of extraordinary staff commitment, and we are delighted to announce that nominations for the Excellence Awards 2023 are now open.

We want to know about the TDSB staff you know who are supporting underserved students, as well as fostering joy, engagement and belonging in our schools, workplaces and communities in so many different ways.

We welcome nominations from anyone – staff, students, parents/caregivers or community members – so we encourage you to submit nominations by April 6, 2023.

For more information, please contact David Hawker-Budlovsky, Centrally Assigned Principal, Outdoor Education, at [David.Hawker-Budlovsky@tdsb.on.ca](mailto:David.Hawker-Budlovsky@tdsb.on.ca), Jason Kandankery, Centrally Assigned Principal, System Leadership and Equity, at [Jason.Kandankery@tdsb.on.ca](mailto:Jason.Kandankery@tdsb.on.ca), or Arlene Winsborrow, Manager, Service Excellence, at [Arlene.Winsborrow@tdsb.on.ca](mailto:Arlene.Winsborrow@tdsb.on.ca).

#### **Latin-America History Month**

This year the theme to mark Latin-America History Month is (Decolonizing) Latin-America History Month & Beyond: Honouring & Uplifting the Real Histories and Multiplicities of Our Identities. During the month of April, several activities are planned for students, staff, and community members. We invite everyone to join us to kick-off Latin-America History Month with a virtual launch.

#### **TDSB Student Census**

The TDSB Student Census is a confidential and voluntary survey that asks students important questions about their school experiences and identities including participation in school activities, safety, well-being, mental health, outdoor learning, etc. It is an opportunity for students to share their voice and provide valuable information to help improve our schools and system. The TDSB is asking all parents/guardians/caregivers and/or students to consider filling out a census survey online. Detailed information about the Student Census and consent process was shared directly with parents/guardians via email during the week of March 27. For more information, please visit [www.tdsb.on.ca/census](http://www.tdsb.on.ca/census) and read the Student Census Questions and Answers.

## **Hispanic Heritage Month**

Hispanic Heritage Month is an opportunity to remember, celebrate and educate future generations about the outstanding achievements and contributions of Hispanic people in the province.

## **Sikh Heritage Month**

This year the Sikh Heritage Month theme is Kes. Kes is one of the five Kahaars, indicators that Sikh individuals must acknowledge as part of their faith. The five Kakaars are five sacred articles of faith prescribed by Guru Gobind Singh Ji. We are inviting all TDSB community, students, and staff to join our virtual Sikh Heritage Month launch to recognize the contributions of Sikh Canadians.

## **Elementary Summer School 2023: Registration Now Open!**

The focus of the 2023 Elementary Literacy and Numeracy Summer School Program is to continue student engagement through July. Programs, embedded in Literacy and Numeracy, are developed by the summer school principal to reflect the local school focus. Programs are offered in-person to students in K to Grade 8, from July 4 to July 28, 2023. This year, one remote program will also be available. For more information, including a list of schools and online registration forms, visit our summer school program page.



**Thank you to this month's contributors:**

**Jackie Chau (PAC)**

**Mrs. Forman**

**Ms. Lay**

**Ms. Pavuk**

**Mme. Yaltchi**