



# FRANKLAND'S NEWSLETTER

Frankland continues to celebrate **PRIDE** Month! The TDSB also recognizes National Indigenous History Month in June. This is Frankland's FINAL newsletter for the school year!

## Athletics

### Track and Field Team 2023 Update from Jedi Sykes:

*The Falcons had an amazing day at the Conference Finals. I am so proud of this team. So many new personal bests. Hard work and dedication pays off for this team. City Finals happen on June 20th. Go Falcons Go!*



Photo above: Frankland Track and Field team at the City Finals

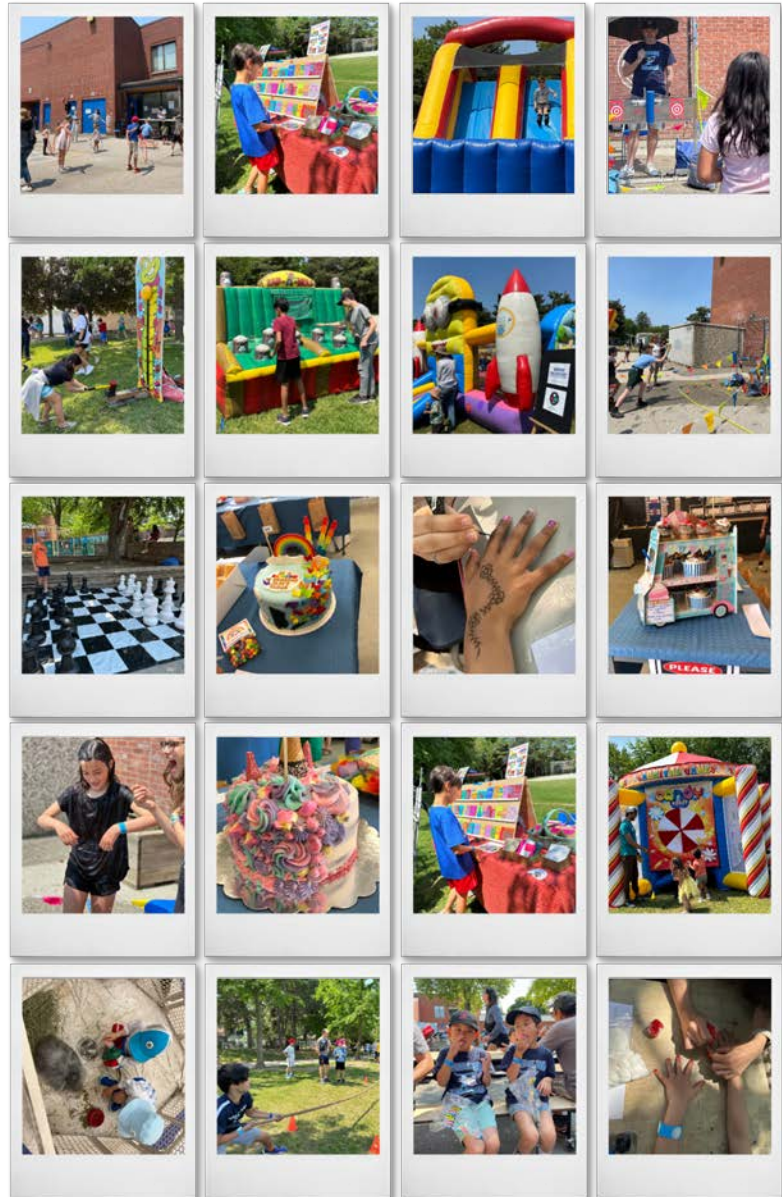
### Frankland Spirit Wear Online Store

Looking to purchase t-shirts, hooded sweaters, sweatpants and more? Frankland Spirit Wear will re-open this fall for all Falcon families. Get into the spirit of the next school year 2023-2024 by sporting the Frankland Falcon logo! Stay tuned for the store opening date when students return to school.



## Falcon Highlights

### Fun at the Fair!



Photos above: Various attractions from Frankland's Fun Fair on June 4th, 2023

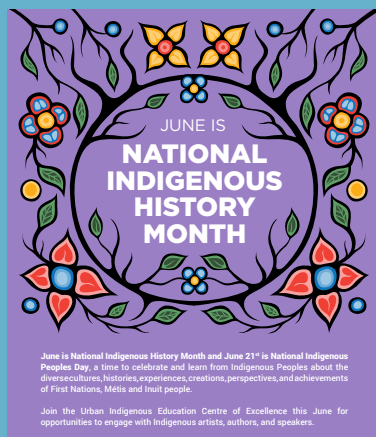
## Did you know: about Summer Solstice?

While Summer Solstice is widely known for being the longest day and the shortest night of the year, during National Indigenous History Month the TDSB highlights that June 21st means much more to many First Nations, Métis and Inuit peoples.

This year, June 21st, 2023 marks the national 27th anniversary of celebrating the heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis peoples. Throughout history and across continents, Summer Solstice brings multi-disciplinary arts festivals and programs that share knowledge and celebrate Canada's diverse Indigenous cultures.

It is a time that reminds people to remain grounded, humble and appreciative. It is usually celebrated by coming together with family and community for a feast. Traditional foods are an important aspect of the feast as they signify connection to the land and animals.

To learn more, please see poster below.



### *(Falcon Highlights cont'd)*

On a sunny June 4th afternoon, hundreds of families from the community gathered and enjoyed a wholesome event put on by over 140 tireless volunteers and parents from Frankland's School Council. While Falcons and friends loaded up on cotton candy, popcorn and pizza, then took turns jumping on oversized inflatables and tried their hand at tug-of-war, parents were impressed by the Frankland team for organizing such a successful Fun Fair. Behind the scenes, the planning committee put in hours of work to fuel Frankland's biggest fundraising event of the year. Meanwhile local small businesses contributed by sponsoring dozens of the activities on site. School Council has graciously thanked all who were involved but would like to expand on their appreciation for all the volunteers and sponsors again. Surely the Fun Fair has inspired more family participation and encouraged a positive outlook on the future of Frankland!

### Pride Month at Frankland



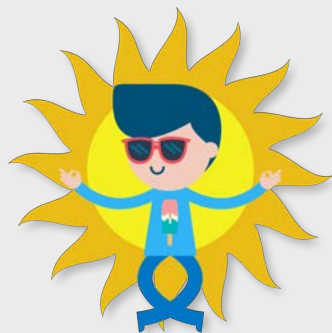
Photo above: Frankland School Class of 2022-2023 dressed in all the colours of the rainbow to represent the Pride flag

Frankland Falcons all gathered on June 1st to commence Pride month with an annual school rainbow photo and an outdoor dance. This annual gathering creates a meaningful and memorable experience to celebrate Pride and all the colours of the rainbow.

### Falcons Eloquently Advocate for Frankland's Swim Program

In recent weeks, Toronto's school community members sat in numerous TDSB Finance, Budget, and Enrolment Committee meetings at the TDSB head office to discuss the impact of reducing the number of aquatic instructors and classes. As Frankland is among the schools that are at risk of being affected by these

## Health and Safety



### TDSB Summer Well-Being Guide

As we look toward the end of the school year, there may be excitement as well as thoughts and feelings that bring forward a need for support. TDSB's Summer 2023 Well-Being Guide is a place to learn about Culturally Responsive and Identity Affirming resources and activities to make the most of this time of year, while supporting and improving mental well-being.

Some ways to do this include:

- Creating a loose Routine for meals, exercise, and sleep
- If possible, spend time outside in nature
- Encourage physical activity
- Spend quality time with friends and family
- Try mindfulness practices like meditation, deep breathing and yoga to promote relaxation and calm
- Prioritize self-care activities, if possible!
- Seek help from a mental health professional or family doctor

For more support, services and resources for Mental Health and Well-Being by the TDSB, please see [TDSB's Summer 2023 Well-Being Guide](#).

*(Falcon Highlights cont'd)*



Photo above: Henry Zolis speaking about the importance of swim class at a TDSB FBEC meeting

cutbacks, a number of Falcons spoke at the meetings to express how important swim classes are to them and highlighted that the life-saving skills could one day play a role in saving themselves and others. A special shout-out to the brave Falcons Khloe Potocnik, Max Stajan, Henry Zolis and Frankland parent Irena Dolenc-Stajan who were part of the official delegations. They stood up for Frankland's swim program by speaking from the heart about what it means to them.

## News You Can Use

### Navigating Instagram as a 6+ Student - Virtual Event



Are you a parent or caregiver who has given thought to a child's exposure or use of social media? Now you can hear from experts and community engagement leaders about how to support children when using platforms like Instagram safely and productively. Join this dynamic online

Zoom event hosted by TDSB to hear from experts working in the field of social media, and enthusiastic student interns. These experts equip attendees with the essential knowledge to safeguard people on Instagram from online hate, become better digital citizens and also reveal how teens can leverage Instagram to acquire new skills and to appeal to post-secondary admissions teams and future employers. This free online session will help you optimize the use of Instagram for your child's benefit and productive growth. Any questions, please email Centrally Assigned Principal Jason Kandankery at [kason.Kandankery@tdsb.on.ca](mailto:kason.Kandankery@tdsb.on.ca)



## Important Dates



**June 21st:** Pizza Lunch

**June 23rd:** Fun Day at Frankland and Frankland Family Pride Picnic Day (playground and gymnasium, 3:30 pm to 6:30 pm)

**June 30th:** Last Day of School

**See you on the first day of school, Tuesday, September 5th, 2023!**

## School Council Meeting Dates

*Meeting Time Changed:*

**Thursday, June 22nd at 6:30 p.m.** in the Library. Refreshments, pizza and a movie available with babysitting.

## Special Column: The Frankland Press Review on *The High Seas*



Time to spill the gills about John Jacobson's 'plunderful' musical *The High Seas* performed by Frankland Falcons grades 1-6 and directed by the truly 'oar-inspiring' Ms. Stanley!



Photo above: Ms. Julie Stanley, Frankland's music teacher and Falcons dressed as Merpeople from *The High Seas*

In this musical, a group of sailors rival a group of pirates to a singing competition when they find themselves shipwrecked after being sidetracked by melodious mermaids. But the two groups put their nautical differences aside and unite

as one, taking the singing competition by storm.

The Sailors, led by Riley as Captain Atlantis, kept everyone at bay with their English echelon accents and dry witty puns. The Pirates, steered by the convincingly seasick Rowan as Captain Songbird, did a 'fintastic' job acting scurvy-ish.



Photo above: Falcons dressed as Sailors from *The High Seas* Musical



Photo to the left and above: *The High Seas* musical cast dressed as Sailors and Sea Creatures



## Fun For Falcons

### Create a Summer Bucket List

There are only 10 days left until you pack up your desks and welcome summer break!

Create a summer bucket list to help you focus, feel motivated and stimulate a sense of fulfillment. It will also give you something to share about your summer on your first day back to school!



### Here's how to make a bucket list for summer:

1. Decide on 10 things (or more) that you would like to do this summer
2. Write them down on a piece of paper
3. Re-order them by priority/feasibility
4. Decorate or colour your page
5. Put it up in your room or on your fridge to remind yourself and supportive family members of your summer goals!

### Sample Summer Bucket List Ideas:

- **Tourist attractions** (CN Tower, Hockey Hall of Fame)
- **Nature** (Harbourfront, the Beaches, Toronto Zoo or Scarborough Bluffs)
- **Cultural** (Art Gallery of Ontario, Chinatown, Kensington Market, Beaches Jazz Fest)
- **Educational** (Royal Ontario Museum, Science Centre)
- **Sports** (Attend a game at the Rogers Centre, organize a sporting event with friends)
- **Personal** (Make a new friend, join a club, read a novel, learn a new skill)

Download this [free Summer Bucket List](#) from Google Docs Templates.

(Special Column cont'd)

Meanwhile, graceful Merpeople captivated the crowd with their harmonious voices and blessed the audience with a solo by Sui. Then, if any group could convince you to be an 'aqua-holic' it would be the Sea Creatures who also carried a lovely 'tune-a' and gleefully added to the 'theaquatic' musical fun.



Photo above: Revolving set handmade by parent volunteers and Frankland classrooms for the *The High Seas* musical

The set, a sailboat revolving pirate ship and ornate palm trees and rocks, were handprinted by classrooms and talented parent volunteers then wheeled centre-stage by the discreet stagehand crew.

'Aaarg-umentatively' one of Frankland's best musical performances as a school, for 'shore'! Frankland families will be looking forward to more incredible displays of hard work in the arts, 'schooner' then later. High fives for *The High Seas*!

## School Council

### Frankland Family Pride Picnic - VOLUNTEERS NEEDED

In the spirit of Pride month at Frankland, the School Council warmly welcomes all families to attend a Family Pride Picnic on Friday, June 23rd, 2023 from 3:30 p.m. - 6:30 p.m. in the Frankland gymnasium and playground. Please come and enjoy a rainbow ice cream station, crafts and music! Pack a picnic and/or bring a potluck item to share. Everyone is welcome!

Volunteers are still needed to scoop ice cream, assist with setting up or cleaning up and helping with crafts. If you are able to volunteer, please email [melissa.vanwert@gmail.com](mailto:melissa.vanwert@gmail.com)

### Frankland Thanks Sharon, Rosemary and Margot

Behind all of Frankland's wonderful events are a team of dedicated parents who selflessly contribute their time and effort toward creating the best possible school for the Falcons. This trio in particular deserves recognition for sourcing sponsors, organizing volunteers and leading the plans for the biggest fundraising event

## Until Next Time from the Frankland Press



Photo above: Frankland Grade 6's, class of 2022-2023 on a rural trip

As Frankland says 'Goodbye' to the Grade 6s with a graduation, then says 'Hello' to a new set of Kindies with a welcome event, we are reminded that the end of a chapter is just the beginning of a new one!

The Frankland Press wishes everyone a great summer and positive start to their new school year in September.

As always, thank you for reading!



Photo above: Frankland Kindergarten classes singing at the Kindergarten Welcome Event

*(School Council cont'd)*

of the year and past years as well. Thank you to Sharon Schmidt, Rosemary McDougall and Margot Darling! With full hearts the school bids farewell to Sharon whose daughter will move on to intermediate school next year. She leaves the legacy of an event in the hands of the School Council 2023-2024!



Photo above: Rosemary, Sharon and Margot, the planning committee of the Frankland Fun Fair

## Featured Falcon Artist

### Creative Drawings

By Iris, Grade 5, Ms. Dwyer, Room 204



*Thank you for Reading!*