

**Vanier Community Newsletter – Week 16 (Dec. 22, 2023)**

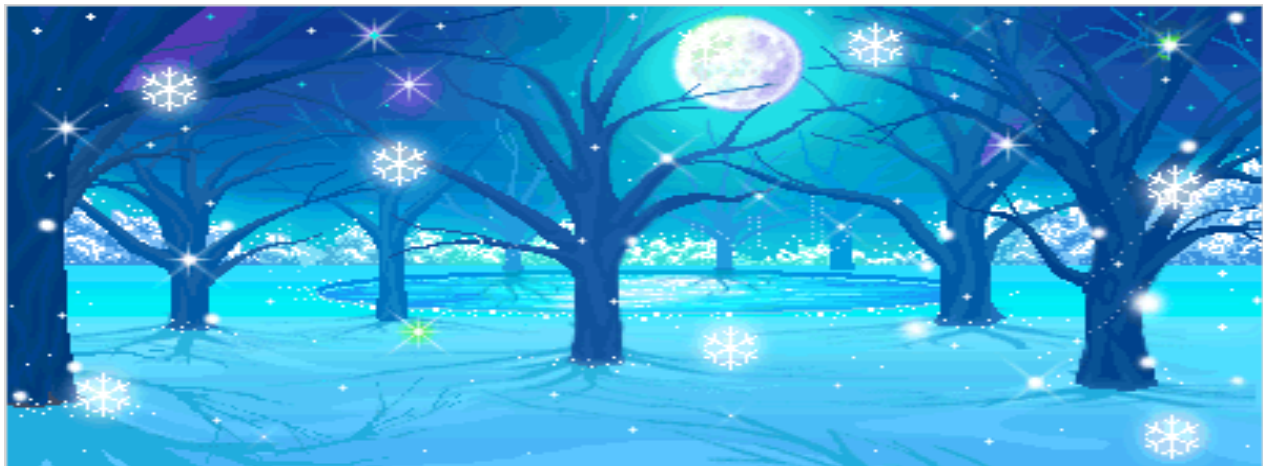
Dear Vanier Family,

We did it! We completed our final week before the winter break with a plethora of activities – our Holiday Concert, Skate Day for our ESL & LEAP students, our PEEL students' Family Luncheon, and the Semi-Formal Dance, to name a few. Some snapshots of these events are included on the next few pages of this newsletter.

Before we head out, I want to take this opportunity to wish our Vanier community a safe, restful, and fantastic holiday! Merry Christmas and Happy Kwanzaa to those celebrating. May your holiday season be filled with love, joy, and laughter!

The holidays can be especially tough for some individuals, so I have included some resources under the **Mental Health & Well-Being** section of the newsletter. Please be sure to utilize them if you need support.

Have a Happy New Year when it comes. See you back in school on January 8th, 2024



*Happy Holidays!*

Karen Johnson

Principal, Georges Vanier SS

416-395-3250 Ext. 20010

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

## Week before Winter Break in Pics





**Georges Vanier Secondary School**  
3000 Don Mills Rd. E., North York ON M2J 3B6





## Week before Winter Break in Pics

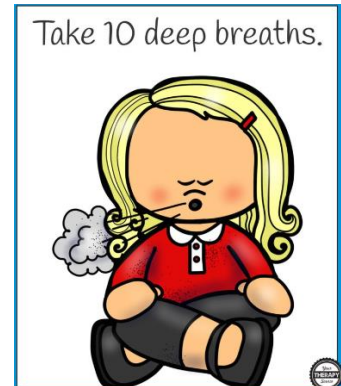


## Mental Health & Well-being

**TDSB Psychology Department.** Please click [here](#) to find the December's newsletter from the TDSB's psychology department. In this edition you will find calming strategies, and much more.

**Mental Health Resources:** Mental Health and Well-Being is essential to student success. The TDSB is committed to improving the mental health and well-being of students and has created an [action plan dedicated to achieving this goal](#).

[MHWB Resource for all grades](#) [Parent-Caregiver Resources](#)



### **\*NEW\* Mental Health and Suicide Prevention Helpline 9-8-8...NEW!!!**

The Public Health Agency of Canada (PHAC) through the Canadian Radio and Television Corporation (CRTC) has announced on November 30th, 2023, a national three-digit Mental Health and Suicide Prevention hotline number, 988, will be in effect.

CMH's new role in leading the development of 988 service delivery in Canada builds on their experience delivering Talk Suicide Canada, previously known as the Canada Suicide Prevention Service. The Centre for Addiction and Mental Health (CAMH) has been selected as the organization to lead the coordination of service delivery for the national three-digit number.

In the face of increased demand for crisis services, **9-8-8** provides:

- A number that's easy to remember in a crisis.
- Support in English and in French, by phone and text.
- Quick access to support from trained responders, available 24/7/365.
- High quality, evidence-based, equitable suicide prevention and crisis support for everyone in Canada.



For more information about 9-8-8: Suicide Crisis Helpline, visit <https://988.ca>.

More information is also available at [9-8-8 | CAMH](#) and [9-8-8 number for mental health and suicide prevention | CRTC](#)

## **Kids Helplines:**

**Kids Help Phone Line** is a 24 hour/7 days per week crisis line that youth can contact for support:  
Online Chat: [www.kidshelpphone.ca](http://www.kidshelpphone.ca) Phone: 1-800-668-6868 Text: 686868

**Black Youth Help Line** – available 9 AM – 10 PM [www.blackyouth.ca](http://www.blackyouth.ca) 416-285-9944

**LGBT Youth Line** – Sunday – Friday 4 PM – 9:30 PM – PEER SUPPORT\*

Live chat: [www.youthline.ca](http://www.youthline.ca) Text: 647-694-4275 Call: 1-800-268-9688

**Naseeha - Muslim Mental Health Help Phone** – 1-866-Naseeha (627-3342)

Call: 1-866-627-3342 (7 days/week 12-9 PM) Text: 1-866-627-3342 (Mon-Fri 12-9 PM)

**Hope for Wellness Help Chat** – offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada

Live chat: [www.hopeforwellness.ca](http://www.hopeforwellness.ca) Call: 1-855-242-3310 (24/7)

## **Other Resources:**

**Help Ahead** is the centralized resource and intake phone line for multiple trusted community-based mental health organizations in Toronto. Help Ahead has up-to-date information about the available programs and services and can find local supports to address the needs of your child and family. <https://www.helpahead.ca/> 1-866-585-6486

**What's Up Walk-In Clinic** provides free mental health counselling for children, youth, young adults and their families, and family with infants. <https://www.whatsupwalkin.ca/resources/>

**One Stop Talk** is a free, confidential service that lets children and youth aged 0-17 years call or connect online from anywhere in Ontario to get brief mental health services. Parents seeking services are encouraged to visit *One Stop Talk* with their child to ensure access to a session.  
<https://onestoptalk.ca/> 1-855-416-8255

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## **Upcoming Dates & Events**

Dec. 25 – Jan 5	Winter Break
Jan. 8, 2024	School Re-opens (Day 2)
Jan. 18 – 23	Moratorium begins
Jan. 23 – 30	Exams



## Parent Concern Protocol

1

Step One

### Classroom Teacher

If you have any questions or concerns, the first person to go to is your classroom teacher. The classroom teacher can help with:

- Any questions about the classroom
- Classroom rules and consequences
- Homework and assignments

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Step Two

### School Principal

If you would like more information or you have questions that are beyond the classroom, the school principal can help.

- Concerns about an individual school
- Student registration
- Student schedules
- Student suspensions
- Report card concerns
- Classroom concerns
- Code of Conduct
- Safety and security
- Budget and fundraising
- School Council

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Step Three

### School Superintendents

Superintendents are responsible for a Network of Schools. They support school staff and can be contacted if you have questions that have not been answered or for help with:

- Alternate attendance request
- Suspension appeals

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Step Four

### Trustees

Trustees are your elected community officials. They are available to help you with the following areas of the TDSB:

- Concerns about your community
- Ideas and suggestions for the Board
- Items on Board Agenda
- Board policies under review
- Board budget
- Collective bargaining

#### Board Office

You can contact the Board Office directly for any questions or concerns related to:

- Continuing Education
- Night and summer school
- Adult education
- ESL
- Board documents

Phone: 416-397-3000 • Email: [GeneralInquiries@TDSB.on.ca](mailto:GeneralInquiries@TDSB.on.ca)

## School Information

School Phone #: (416) 395 – 3250

School's Twitter: @GeorgesVanierSS

School's Website:

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

### Our Student Support Team:

#### Guidance:

Jennifer Hayward (Assistant Curriculum Leader)

Supporting Students with surnames N - Z

[jennifer.hayward@tdsb.on.ca](mailto:jennifer.hayward@tdsb.on.ca)

Margarita Leventis

Supporting Students with Surnames G - M

[margarite.leventis@tdsb.on.ca](mailto:margarite.leventis@tdsb.on.ca)

Loraine Chichester

Supporting Students with Surnames A - F

[loraine.chichester@tdsb.on.ca](mailto:loraine.chichester@tdsb.on.ca)

#### Special Education:

Steven Maurer (Assistant Curriculum Leader)

[steven.maurer@tdsb.on.ca](mailto:steven.maurer@tdsb.on.ca)

#### Student Success:

Paula Burgess (Assistant Curriculum Leader)

[paula.burgess@tdsb.on.ca](mailto:paula.burgess@tdsb.on.ca)

**Superintendent:** Kurt McIntosh (LC2|LN11)

416-395-8808 • [Kurt.McIntosh@tdsb.on.ca](mailto:Kurt.McIntosh@tdsb.on.ca)

**Trustee:** James Li • Ward 13

416-395-8787 • [James.Li@tdsb.on.ca](mailto:James.Li@tdsb.on.ca)