



Halbert News Online - # 32

Monday, April 27, 2020

<http://www.updateallday.com/org/h/halbert/display.php>

Important Update

Important Update: Premier Doug Ford has announced that students will **NOT return to school on May 4, 2020** as previously indicated.

A Video Message to Students from Dir. of Education, Dr. John Malloy



If video does not
play, please click
here:

[https://safeYouTube.
net/w/EkK8](https://safeYouTube.net/w/EkK8)

Hey Halbert,

We know you've been drawing and creating at home!

Send us pictures of your works of art and we'll frame it and share via Twitter and Facebook.

Please send photos of art only.

HA Halbert Jr PS
2019-2020

SELF-CARE 101

Self-care is an important part of wellness. Take time and discover what helps you to feel good and recharge.



EAT We all need to refuel. But sometimes when we're stressed, our habits can change – maybe we eat junk food, or don't feel like eating at all. It is important to focus on eating foods that will provide you with the nutrients you need.

- **Tip:** Have a healthy snack nearby so you can refuel and avoid getting "hangry."

HYDRATE Try to increase your water intake and decrease your caffeine intake. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless.

- **Tip:** Drink a glass of water or milk before bed (but not too much!) rather than a caffeinated drink. This should also help you sleep.



MOVE Being physically active has many positive effects on your health. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth and has been shown to decrease feelings of sadness.

- **Tip:** This doesn't need to take much time. You can get these benefits of being physically active from just a 30-minute walk. Stuck inside? Check out YouTube for brief yoga routines, at-home workouts or track your steps, and challenge a friend!

ENJOY Take time to discover things you enjoy. Do things that make you feel good as often as you can. It may not be what others find fun, and that's okay! We're all different.

- **Tip:** Maybe there's a book you want to read, a show or movie you've been meaning to watch, a skill you've been interested in, or something new!



Children born in 2016 are eligible to register for Kindergarten for September 2020.

Please [click here](#) for Kindergarten Registration FAQ.

Please [click here](#) to register online for JK for September 2020.



Child and Family Centre

We invite families to visit the EarlyON's Facebook page.

<https://www.facebook.com/groups/234648267587530>



Connecting with your child's teacher

During remote learning it is very important to stay in contact with your child's teachers. All of us are available to respond and communicate during instructional hours of 9 AM to 3 PM.

Each teacher uses different means to communicate to families. Some use Google Classroom, while others use e-mail, Class Dojo, Blooms or Remind App.

I encourage you to connect with your child's teacher using the normal means you would use other than calling the school.

Please do not hesitate to email me should you need to connect with your child's teacher.

WHAT IS PHYSICAL DISTANCING?

Physical distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:



Avoiding non-essential trips in the community



Cancelling group gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings



No visits to long-term care homes and other care settings

If you must go out, keep a distance of 6 feet from others.

[TORONTO.CA/COVID19](https://toronto.ca/covid19)

 **TORONTO** Public Health

#StayHomeSaveLives

Stay connected with www.tdsb.on.ca

Please click on the images below to access key information from TDSB.

**School
Closed:**
Q&As



COVID-19
(Novel Coronavirus)

**Student
Learning
Resources**



COVID-19
(Novel Coronavirus)

Ministry
of Education
Learn at Home



COVID-19
(Novel Coronavirus)

Mental Health
and Well-being
Resources



COVID-19
(Novel Coronavirus)



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