



# Iroquois Gazette

Volume 1 Issue 4

April 22, 2020

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## Principal's Message

Hello Parents/Guardians,

Happy Earth Day! Today marks the 50<sup>th</sup> anniversary of Earth Day. I hope this email finds you and your family safe and well as we continue to work together to stop the spread of the COVID-19 virus.

Today I hope that even though we are physically distancing that you are also able to celebrate Earth Day. Perhaps as a family you can engage in a nature walk, or talk about how to conserve water or energy at home, or look at how we should reduce, reuse and recycle to help protect our planet. I invite you to please let me know what you did, as a family, to celebrate Earth Day, with a picture, paragraph, or brief email to [audra.morgan@tdsb.on.ca](mailto:audra.morgan@tdsb.on.ca). Even though we are apart physically, online we can still be together as a school community.

Sincerely,

Ms A. Morgan  
Principal

## Iroquois P.S. Administrative Staff:

|                      |                    |
|----------------------|--------------------|
| Principal            | A. Morgan          |
| Office Administrator | A. Pratheese       |
| Superintendent       | D. Panagiotopoulos |
| Trustee              | Y. Rajakulasingam  |

## School Communication Methods

Please follow us on Twitter at:



@ TDSBiroquois

We also welcome you to check our website for up to date information at:  
<http://schoolweb.tdsb.on.ca/iroquois>

## EARTH DAY ALERT!

Today is **Earth Day!**  
While we need to physically distance ourselves, we also encourage you to go out for a walk and reconnect with nature. Have a great day!



It can sometimes be a little tricky to remember what we can recycle versus what goes in the green bin (or even the garbage). Please see below for a handy reference chart:

## Put Waste in its Place

### Recycling

- Rinse to remove food, liquid, product



### Garbage

Please do not contaminate recycling or the Green Bin with these items; these belong in garbage.



### Green Bin

- Take food items out of plastic bags/wrap
- Do not use biodegradable bags



#### Tips

- This poster is a quick reference. Not everything that goes in recycling or garbage is listed here.
- Not sure where something goes? Check: Toronto Recycling Guide or WASTE WIZARD ([toronto.ca/recycle](http://toronto.ca/recycle)) • Call 311.
- Our website translates information into different languages ([toronto.ca/recycle](http://toronto.ca/recycle)).

Thanks for doing it right!

Updated: June 2015 Credit: Halton Region concept and selected photos

## Device Information

If you applied to the TDSB for a device for student use (i.e., iPad), please know that they are in the process of being sent, safely, to your homes via Purolator. Please contact the school principal via email if you have any further questions about the status of your application or general inquiries about the devices themselves.

## Mental Health and Cyberbullying Resources

Staying at home can be very isolating for both adults and children. Remote learning or working at home also presents additional challenges as we are all online for long periods of time (i.e., extra screen time can be difficult without breaks to help with focus, cyberbullying, etc.). Please find on the following four pages of this newsletter two resources from School Mental Health Ontario (SMHO) for both children and adults regarding mental health and well-being. In my email last week I also made shared some cyberbullying resources. I have added some additional links below:

[Statistics Canada: Cyberbullying and Luring](#)  
[Stop A Bully Canada Media Smarts PREVNet](#)  
[Royal Canadian Mounted Police Cyber Bullying Resources](#)  
[Kids Help Phone](#) 1 800 668 6868

We hope you find these resources useful while we are all at home at this time.

## TDSB Social Media

Join the conversations happening on TDSB's social media communities. You'll find the most up-to-date information about us on our Twitter, Facebook and Instagram accounts.

**Twitter @TDSB**

<http://www.twitter.com/tdsb>

**Facebook**

<http://www.facebook.com/toronto.dsb>

**Instagram @Torontodsb**

<https://www.instagram.com/torontodsb>



## Our Next School Advisory Council is:

**postponed until further notice.**

Also please check Trustee Rajakulasingam's website at <http://www.tdsb.on.ca/Ward21> for current information from the TDSB.

## TDSB Celebrates Sikh Heritage Month

Sikh Heritage Month is celebrated at the TDSB during the month of April. On March 22, 2016, Trustees voted to designate April of each year as Sikh Heritage Month, making TDSB the first school board in Canada to do so, and matching recognition by the Province of Ontario in 2013.

Sikh Heritage Month is to provide an opportunity for staff, students and community members to learn more about Sikh traditions and history, and celebrate the many contributions of Sikh Canadians. The theme for the year is "A Century of Pioneer Families". We acknowledge that in 1919, Prime Minister of Canada Robert Borden at the Imperial War Conference was pressured after the great valour of soldiers to ease restrictions of wives and children to join their husbands and fathers in Canada.

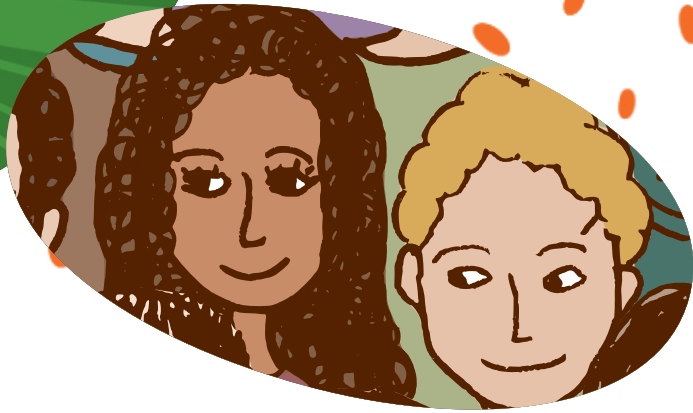
The Sikh community is just one of the many ways that make our school board so rich in its diversity and we're proud to celebrate this heritage with everyone.

## Iroquois Jr. Public School

265 Chartland Blvd. S.,  
 Scarborough, Ontario  
 416.396.6355

<http://schoolweb.tdsb.on.ca/iroquois>

# REACHING OUT



## You might be thinking:

**I don't think my problems are important or big enough to talk to anyone about...**

**I'm worried I might be labelled or that people might judge me...**

Not at all! It's best to reach out and talk to someone. We all have mental health and talking about things is one of the ways we can take care of it! Asking for help can be awkward but you'll probably feel relieved after you do.

## How do I start the conversation?

Here are some suggestions to help start the conversation:

**"I don't know if you can help me, but I'm hoping you can help me to find someone who can."**

**"I've been feeling \_\_\_\_\_ lately, can I get your help?"**

**"I have a tough situation; it's really bugging me... Can I talk to you about it?"**

**"I can't seem to get past the feelings I'm having. I wanted to reach out before things got worse."**

With difficult conversations, it may be easier to "break the ice" by writing things down on paper or through text. Reaching out to talk to someone doesn't have to be in person. For example:

**"Hey \_\_\_\_\_, it's \_\_\_\_\_. Do you have some time to chat with me tomorrow? I have a problem I want to talk to you about..."**



**If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency department.**

**You can also reach out to Kids Help Phone at 1-800-668-6868 or by texting **CONNECT** to 686868.**





## What will happen after I reach out for help?

After talking to a trusted adult about yourself and how you're feeling:

**It can take time to feel better**

**The person you reach out to may not be able to "fix" the problem, but they may be able to connect you with someone who can support you better**

**They may need to set up an appointment for you to see someone else that can help you**

If you find that your problems seem to be unresolved after seeking help, **don't give up**. Keeping trying. You'll find someone who can support you and let you know that you are not alone.

There's no problem **#TooBigOrTooSmall** to ask for help.  
Check out: "**How to overcome obstacles when reaching out**" ➡

Not everything  
that **weighs you**  
down is yours to  
carry alone.



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School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

[www.smho-smso.ca](http://www.smho-smso.ca)

# 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.



**SLEEP** Getting a healthy number of hours each night helps you to better deal with the stresses of everyday life.

- \* **Tip:** While you're at home, try to set up a sleep routine that you can stick to. Plan to go to bed and wake up at the same time every day. For some other helpful ideas check out: 'Up all night? Get a better sleep with these tips' →

**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!



## WHY SELF-CARE?

Self-care is like saving up for a rainy day! It's about nurturing yourself so that when difficult situations happen, you will have the energy and strategies to help you get through it! It can feel hard to practice all of the self-care tips that we know are important, pick a few to focus on, congratulate yourself on what you're able to accomplish and continue to set goals for yourself.

- **TIP:** Try this quiz to find out if you're practising enough self-care 🎯

For more ideas to help you recharge, check out Kids Help Phone's self-care checklist! 📄



**PAUSE** Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in the gratitude journal.

- **TIP:** There are lots of different apps and sites out there for breathing exercises or check out: 'How to calm down when you're stressed' 📱

**REFLECT** Take time to think about what's important to you. It can be easy to get caught up in the negative messages, instead look for kindness and positivity. This can come in different forms like people doing good things for others or positive posts on social media.

- **TIP:** Practicing gratitude on a regular basis can improve our sense of well-being and happiness! Journal about gratitude: every night, write down three good things about your day. They don't have to be major (i.e. a great lunch, talking to a friend, finishing a task).

**REPEAT** Did you know that trying a new skill, habit, or routine for 21 days in a row will increase the likelihood of maintaining this new practice?

- **TIP:** Try having a partner to hold you accountable during the first few weeks; this strategy has been shown to enhance your success rate of maintaining your new practice.

**CONNECT** Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness.

- **TIP:** Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost. If you can't see the people you care about every day, send them a text or make a phone call; it will make their day and yours!

**RECOGNIZE** Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk, although always important, is super important during stressful times.

- **TIP:** When thinking, ask yourself? Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Don't be too hard on yourself!

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