

Island Breeze



The Newsletter of
Island Public School
School Phone: (416) 393-1910



Island Public/Natural Science School
30 Centre Island Park, Toronto, ON M5J 2E9
Scott Woolford, Principal
Elizabeth Stefanec, Site Supervisor
Jane Phillips-Long, Superintendent of Education
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School Website: <http://schools.tdsb.on.ca/island>

HAPPY SUMMER 2020 EDITION #2

Hello IPS Families

I hope you are healthy and well. We will continue to communicate through the Island Breeze throughout the summer as a way to keep connected. I continue to encourage you to reference the [TDSB Summer Well-being Guide](#). Please also continue to reach out via email at Scott.Woolford@tdsb.on.ca even during the summer break.

Regards,

Scott Woolford, Principal

[TDSB Community Supports & Resources](#)

The Toronto District School Board is committed to the safety and well-being of our students and families, especially during the current health crisis of COVID-19 (Novel Coronavirus). To ensure access to information on essential services and supports, we have developed a list of external community-based resources that we hope can offer assistance during this period. You can search for local resources at [211](#) (i.e. Scarborough, Etobicoke, North York, etc.).

If you have questions related to the specific supports and resources below, please contact the organization directly. For more information on COVID-19, such as remote learning resources, mental health and well-being supports and on-going updates on the impact to our schools, please visit:

www.tdsb.on.ca/coronavirus

Stay
Connected
through
[TDSBWeb](#)



STUDENT REMOTE LEARNING RESOURCES

Students and families can continue to access the list of [Online/Digital Student Learning Resources](#) and the [TDSB Virtual Library](#) over the summer months. To explore the full digital resources, please use the links within the second column. Have fun exploring!

Guided Mindfulness Practice

From our very own Nicole McSweeney, TDSB Social Worker

- [From Mindless to Mindful](#) - Learning Mindfulness video for ALL Students
- [Cosmic Kids Yoga](#) - Great Yoga videos for All Students
- [Deep Belly Breathing](#) - Instructions around deep breathing techniques
- [Breathing Makes It Better by Dr. Christopher Willard](#) - Great Read Aloud Video for students Grade 4 to 6

TDSB Speakers Series

Mental Health, Well-being and Routines in the Early Years

Speakers:

- 1) **Afroze Anjum**, Psychologist, TDSB
 - Dr. Anjum's expertise includes strengths-based, school-based interventions that incorporate character strengths, resilience, mindfulness and adaptive problem solving to cope with challenges such as depression, anxiety, bullying and lack of motivation in children.
- 2) **Ann Douglas**, Author [Happy Parents](#), [Happy Kids](#) & [Parenting Through the Storm](#)
 - A bestselling parenting author and the weekend parenting columnist for CBC Radio
- 3) **Karen Thornton**, Clinical Social Worker/Psychotherapist
 - Karen brings over 15 years' experience in psychotherapy and is the clinical director of four mental health clinics across the GTA. Karen has worked with individuals, couples, groups and families of various racial, cultural and religious backgrounds.

[Click Here to Access Video](#)

TDSB Speakers Series

Mental Health, Well-being and Routines in Adolescents & Teens

Speakers:

- 1) **Dr. Amy Cheung**, Psychiatrist Sunnybrook
 - Dr. Cheung's research focus includes adolescent depression and community-based service delivery models for youth with mental illness.
- 2) **Charmaine Lane**, Registered Psychotherapist, B.A., M.Sc., RP
 - Charmaine specialize in Racialize Trauma and its contribution to other mental health issues such as depression, anxiety and mental illness routed in internalized oppression and trauma.
- 3) **Scott Ste Marie**, Keynote Speaker, YouTuber & Podcast Host
 - Scott's mission is to help people take control of their mental health. His presentations demystify mental health and reveal the connection between social media use and feelings of stress, anxiety and depression.

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