



October 20th ,
2023

LESCON

Family
Feature

Dear Parents/ Guardians,

I hope this email finds you all well.

This week our grade 2s enjoyed their learning at Forest Valley Conservation Centre. They engaged in experiential learning about air and water and the trip was a great success. This week our cross country runners who were in the finals also were able to show the Lescon spirit while competing on Wednesday for the TDSB finals. Our soccer team participated in their first tournament today as well.

A gentle reminder to parent who are shopping for Halloween costumes. Any fake weapons are absolutely not permitted at school, any costumes that appropriate another person's identity are not allowed and any costumes that promote hate or are offensive will not be tolerated. I encourage you to be creative with your child to produce their own joyful, creative or funny costumes. Our staff have been busy planning for a fun-filled Halloween at Lescon on October 31st. All classes will participate in fun activities and different centres throughout the day. Again, Lescon will also be promoting the donations of non-perishable food items for our local food bank.

Please read with your children. Literacy is a life skill that everyone needs to navigate life and be successful. Reading with or to your child daily and modelling a love of reading is time spent with your child that you will be thankful for later in life. It doesn't matter what language you read in; just read and share the love of learning with your child.

Yours in education,

Shauna Small



Principal: *Shauna Small / 416-395-2640*

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

shauna.small@tdsb.on.ca

Lescon@tdsb.on.ca

Superintendent: *Kurt McIntosh*

Trustee: *James Li • Ward 13: Don Valley North*
416-395-8787 • James.Li@tdsb.on.ca





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Family
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Early French Immersion (Junior Kindergarten Entry) Application Deadline

For families interested in the Toronto District School Board's system-wide French Immersion Program, we offer an online process to apply for Early French Immersion (begins in JK). To apply to the Early French Immersion Program for September 2024, applications must be completed online between **November 6 and December 1, 2023**. Families with an older sibling currently in an Early French Immersion program are still required to complete an online application for the new student. For more information, please visit: [Early French Immersion](#) or the [Application Process](#).

International Languages Elementary and African Heritage

Open to all students from Kindergarten to Grade 8, the International Language Program offers language learning with engaging activities like games, songs and dance. Activities will be focused on building students' abilities in oral communication, reading and writing and no language background is necessary to participate. The African Heritage Program connects students, from Kindergarten to Grade 8, to the contributions of people of African descent, their histories, cultures and traditions, through inquiry and experiential learning.

[Visit our program page for more information including registration details.](#)

Learn4Life – Adult General Interest Community Program

Fall registration is still open for our Adult General Interest Program with courses in business, languages, art, music, sports, dancing, and more! Open to adults 18 years of age and seniors, the Learn4Life program offers a unique and valuable opportunity for individuals to pursue their interests, expand their knowledge, and engage in lifelong learning with a wide range of courses and activities designed to cater to diverse interests and passions.

[Visit Learn4Life's program page for more information.](#)

Dates to Remember

NOVEMBER

2 – Picture Day

14th – First Day of Afterschool Program (NEW DATE)

15 – Progress Reports go home

16/17 – Parent/Teacher interviews

17 – PA day

DECEMBER

8 – PA day

Dec 25 – Jan 5 Winter Break



Please inform the school if your child will be late or absent!



School Council Information

Welcome our New School Council Members

Claudia – Chair

Alex – Treasurer

Shama – Secretary

Member at Large – Nina, Tatiana, Neil, Christine and Tsholofelo

STAY TUNED FOR SOME INFORMATION ON HOW YOU TOO CAN GET INVOLVED!

School Council Meetings

Monday Dec 4th

Monday Feb 5th

Monday April 8th

Monday June 17th

6 pm in the library

All are welcome

Multi-Year Strategic Plan (MYSP) Renewal

We want to hear from you! Please complete the [MYSP online survey](#) and share your thoughts about what the TDSB's priorities should be for 2023–2027. Learn more about how to contribute at www.tdsb.on.ca/MYSPrenewal.

Congratulations to Mr. McCaughey's class for earning the first Golden Garbage Can award for the year.



Parents and Caregivers as Partners Conference - October 21 & 22, 2023

Join us at our annual Parents and Caregivers as Partners Conference on October 21 and 22, 2023. Parents, guardians, and caregivers are invited to participate in a weekend of learning, connection, and engagement and to learn strategies to support your child throughout the year.

Last year, we partnered with the TDSB's Outdoor Education team and the City of Toronto to bring a unique experience to the conference. All of the in-person sessions are scheduled between 2:00 and 3:30 p.m. on both Saturday and Sunday. Transportation from central sites is available to all venues, leaving the location at 1:00 p.m. and returning at 3:30 p.m. More information will be provided as we approach the date.

The virtual conference includes a keynote address on Saturday, October 21, 2023, by Dr. Gholneskar (Gholdy) Muhammad, an Associate Professor of Literacy, Language, and Culture. On Sunday, October 22, 2023, Sarah Baldeo, an accomplished neuroscientist, technologist, corporate strategist, and a successful entrepreneur, will be our keynote.

Visit www.parentsaspartners.ca to register and for more information.

"At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents."

Jane D. Hull



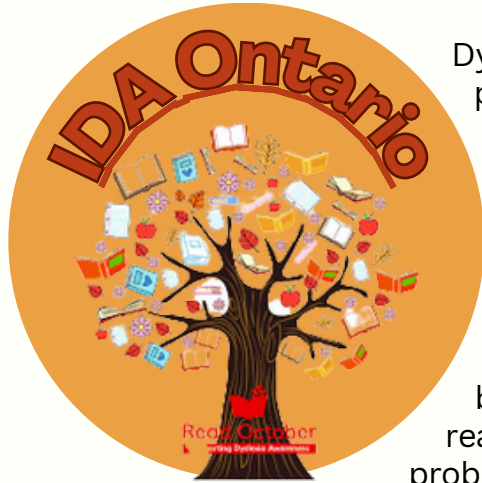
**DIVERSITY
OUR
STRENGTH**



From TDSB Psychological
Services to Your Family




OCTOBER IS DYSLEXIA AND LEARNING DISABILITIES AWARENESS MONTH!



Dyslexia is a specific learning disability that is related to how the brain processes sounds in spoken language. **Dyslexia impacts the ability to read accurately and fluently.** Spelling (and other areas of academics) may be impacted as well. One of the consequences of not being able to read is that these students avoid reading, which can lead to limited vocabulary knowledge and comprehension.

Dyslexia is not related to intelligence. Many smart and talented people have dyslexia. It is often confusing to caregivers when their bright children suddenly encounter significant difficulty when learning to read, despite trying their best. Ongoing learning issues can lead to other problems, like school absenteeism, mental health struggles, or a lack of motivation at school. The good news is that children with dyslexia can learn to read, but they usually need specialized instruction in order to do so. The Ontario Human Rights Commission 'Right to Read' report has recommended that all school boards begin providing science-based reading instruction. Known as **Structured Literacy**, this approach helps children master reading skills by using an explicit, systematic, cumulative, and structured approach. When taught to read in science-based ways, approximately 95% of students can learn to read (Fletcher & Vaughn, 2009).



The term learning disability describes a range of learning challenges (including specific terms like 'dyslexia' or 'specific learning disorder'). **Here are some signs to look for if you suspect a learning disability in your child.** If you have concerns, check out the Learning Disabilities Association of Ontario for more information, or speak with your child's school support team:

READING

- Feels like they get "lost" when trying to read
- Mispronounces common "sight" words
- Has difficulty "sounding out" words (blending letter sounds together correctly)

WRITING

- Lots of spelling errors
- Has messy writing and/or difficulties with letter spacing, direction
- A noticeable difference between their oral responses and their written responses

MATH

- Struggles to understand multi-step word problems
- Trouble recognizing patterns or math symbols
- Difficulty applying learned math rules to different questions

Growing Resiliency in Students with Learning Disabilities: How to Help

By: Sumbel Malik, M.Psy.

Developing resiliency is important for all children, and it can be especially important for the well-being and growth of students with learning disabilities (LD's). **Resiliency is the ability to cope with or adapt to moments of hardship, challenge, or stress.** Here are some resilience building strategies to try at home:

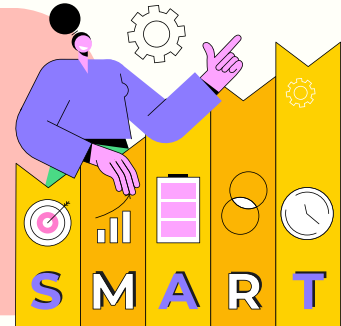
1 LEARN FROM MISTAKES.

Making mistakes is okay and in fact, is a great way to encourage skill building for challenging things. Parents can model “growth mindset”, a concept pioneered by psychologist Carol Dweck, that says mistakes help us learn and that just because we can’t do it YET, doesn’t mean we can’t learn it!



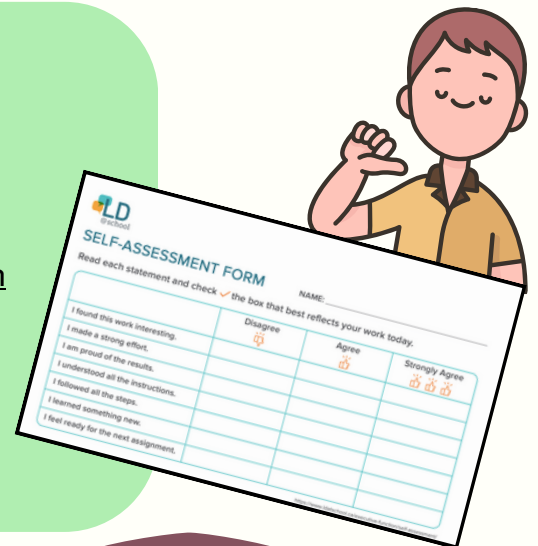
2 SET GOALS AND BE PERSISTENT.

Making goals with your child can help foster motivation, a sense of purpose, and pride when they reach their goal! For kids with LD's, they will likely need more supervision, modelling, and support at first. It can help to use SMART goals or goal calendars. Building in rewards and praise for goal-setting can be helpful too!



3 ENCOURAGE SELF-ADVOCACY.

Children with LD's really benefit from extra support and specific learning tools, yet they may feel shy or embarrassed to ask for help or advocate for their needs. By increasing your child's awareness of what they need to succeed and how (or who) to ask for help, they can become a good self-advocate at school. Practice self-advocacy with these sentence starters from Understood.org. You can also use a self-assessment form with your child to help them understand what work is easy, hard, and how to get help. There are many helpful self-advocacy resources for caregivers to use at home at the website LD@Home, including this self-advocacy card template.



4 HELP YOUR CHILD BE OPTIMISTIC ABOUT THEIR LEARNING POTENTIAL.

Help them to recognize their strengths (in all areas of life) and discuss how they can use their strengths and talents to solve problems or make hard things easier. Use these easy at-home activities from School Mental Health Ontario to practice “noticing the positive” and recognizing strengths at home. Or make this accomplishment starter kit from Understood.org with your child!





Developing Healthy Coping Skills

By: Paul Szego, Ph.D., C. Psych.



As caregivers, we spend a lot of time and energy dealing with challenging behaviour and what caused it. Rather than focusing on the specific incident that caused the behaviour, it can be more helpful to look at what skills your child is missing that made dealing with the incident so difficult.

As the child psychiatrist Stuart Albon says, **“Kids will do well when they can”!** Without useful coping skills, children deal with challenges in the best way they know how - and this often leads to inappropriate or unhelpful behaviours. A lot of children and teens are still developing the skills needed to deal with the world, and we can help them to develop the skills they need to cope with challenges.

PROBLEM SOLVING:

- *What it is:* Being able to come up with other options and solutions when obstacles arise and you can't immediately think of a way to proceed or achieve your goal, instead of getting so upset and/or angry when things don't go as planned (like not knowing what an answer is or knowing how to figure out what the answer or solution might be) that you stop or give up.
- *How to help:* Ask what your child(ren) think might help them accomplish or get closer to accomplishing their goal, like trying for just one more minute, looking for more/different information, getting supplies, or just taking a break to come back when feeling more patient or focused.

FRUSTRATION TOLERANCE:

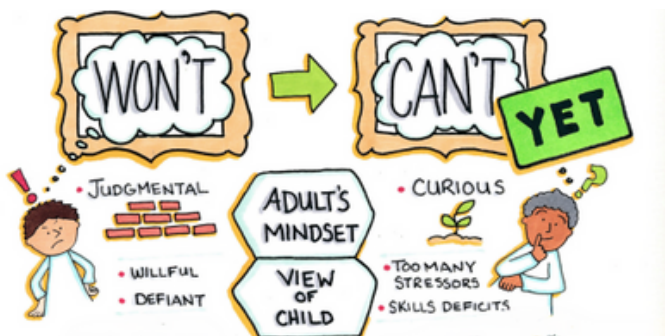
- *What it is:* Being able to remain calm or calm down easily when things aren't going as you hope or want them to, like when you're not getting your way, not getting a turn with a toy or having to share, losing when playing a game, having to stop something fun when you want to keep playing, or not being able to get or do what you want.
- *How to help:* Help your child(ren) either deal with the obstacle that's getting in the way (e.g., offering another option) or with the big emotion that comes up (e.g., offering some comfort).

FLEXIBILITY:

- *What it is:* Being able to go along with unexpected changes instead of getting “stuck” on needing to have things be a certain way, refusing to do things differently, demanding that things have to be a certain way, or having big emotional reactions like anger or worry when things go differently than expected or wanted.
- *How to help:* Practice being flexible by making small changes throughout their day, like what's for dinner or when they're going to get to do a favourite activity. Discuss what the new or different option will be like, and how your child(ren) can cope with them.

KEEP IN MIND:

- It's best if these skills are taught in the moment as they occur.
- Model calm kindness, and gently correct any inappropriate language or actions that may occur.
- Validate your child(ren)'s feelings by acknowledging their frustration, and big emotions.
- Offer emotional support, like a hug or some reassuring words.
- Don't assume that they have the skills or strategies to deal with their big emotions. Instead, assume that they want to develop these skills, and help them to.



TDSB COMMUNITY CORNER

PARENTS & CAREGIVERS
as PARTNERS
Joy in the Journey of Learning
In-Person and Virtual Conference 2023

Virtual Drop-in Hours

OPEN TO ALL TDSB PARENTS, GUARDIANS, AND CAREGIVERS!

Join our Virtual Drop-ins
on Google Meet

Wednesdays* 7 p.m. - 8 p.m.

www.tdsb.on.ca/virtualsupport

*Check website for specific dates offered

Connect with Professional Support Staff to explore ideas related to your child's mental health & wellbeing, including students with Special Education & Complex Needs



Speaking to Children about Tragic Global Events



TDSB Early Reading Resources & Science-based Reading Information





LESCON'S FOOD DRIVE

HELP SCARE AWAY HUNGER

BRING IN NON-PERISHABLE FOODS LIKE PASTA,
CANNED GOODS, CEREAL, TUNA ETC...

IF EVERY STUDENT BRINGS IN 1 ITEM, TOGETHER WE CAN MAKE A DIFFERENCE.

ALL PROCEEDS GO TO THE
NORTH YORK HARVEST FOOD BANK

WE NEED YOUR HELP!

