



Wellness

Dear Parents,

Please see some ways that you can support your children's social - emotional wellness.

CHECK IT OUT!!

Introduction to Self-Regulation

https://www.youtube.com/watch?v=r3-5HvIn0lo

Lazy 8 Breathing

https://www.youtube.com/watch?v=4NY0nuwo8co

• Well Being for Children: Confidence and Self Esteem

https://www.youtube.com/watch?v=pdjaxS4ME2A

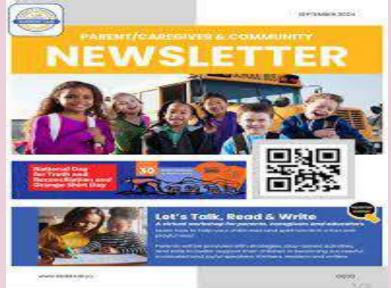
All the Best in 2025

There are many religious and cultural celebrations occurring in the month of December. On behalf of the staff at Lynnwood Hts. Jr. P.S., I would like to take this opportunity to wish you and your family a special and wonderful holiday season.

Our last day of school for students is **Friday, December 20st** with a regular 3:25 pm dismissal time. We will return to school on **Monday, January 6.**

Best regards,

Joy Reiter



Parent/Caregiver and Community Newsletter







Bell Times

Before School Supervision: 8:25 – 8:40 AM

School Entry Bell: 8:40 AM

Morning Recess: 10:05 – 10:20 AM

Lunch: 11:30 AM – 12:35 PM

Afternoon Recess: 2:00 – 2:15 PM

Dismissal: 3:25 PM

After School Supervision: 3:25 – 3:40 PM

To report your son/daughter absence, please call 1-833-250-2290

School Year Calendar



TORONTO DISTRICT SCHOOL BOARD H

Lynnwood Heights 2024 - 2025

В Bd. Designated Break

Statutory Holiday

PA Day

Non Instructional







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Professional Activity Days 1. Friday September 27, 202- 2. Friday October 11, 202- 3. Friday November 15, 202- 4. Friday November 29, 202- 5. Friday January 17, 2025- 6. Friday February 14, 2025- 7. Friday June 6, 2025
First Day of School: Tuesday September 3, 2024
Last day of school for Elementary students:

Friday June 27, 2025

Dates to Remember: Labour Day: September 2, 2024 Thanksgiving: October 14, 2024 Winter Break: December 23, 2024 -January 3, 2025 (last day of school December 20, 2024; school resumes January 6, 2025) Provincial Family Day: February 17, Mid-Winter Break: March 10 - 14, Good Friday: April 18, 2025 Easter Monday: April 21, 2025 Victoria Day: May 19, 2025 Total Instructional Days: 187

Resources to Support a Growth Mindset with Students:

Mindset Kit

(free site with resources on teaching and using a growth mindset)

https://www.edutopia.org/article/growth-mindset

-resources

https://biglifejournal.com/blogs/blog/growth-mindset-resources



Help Ahead is the centralized phone line to access child, youth and family mental health and well-being resources in Toronto. 1-866-585-6486 www.Helpahead.ca

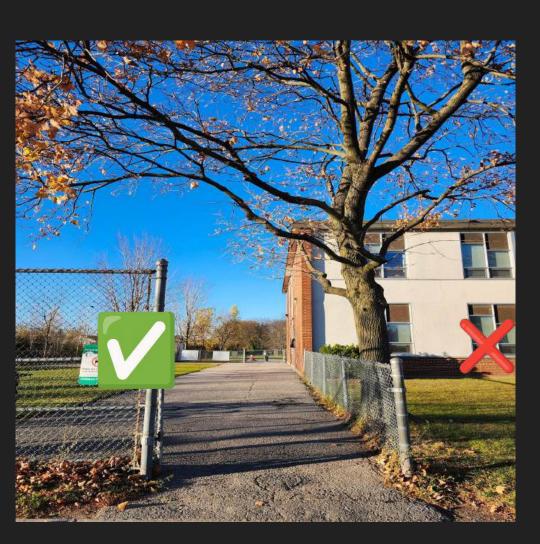
Need immediate help?

If you or someone you know is experiencing a mental health or substance use emergency, call 9-1-1 or go to the emergency room of your local hospital.

If you need someone to talk to, consider reaching out to:

- Telehealth Ontario at 1-866-797-0000
- Kids Helpline 1-800-668-6868 or text CONNECT to 686868
- Bullying Canada 877 352 4497
- Suicide Line 833 456 4566
- Suicide Text 45645
- Canadian human trafficking hotline: 1-833-900-1010
- 2SLGBTQ Youth line 1-800-268-9688
- LGBT Youth line TEXT 647-694-4275 (4pm-9:30pm)

Safety





Special Education Department for

Families/School Community



December 2024 | VOL 1 | ISSUE 4

https://www.tdsb.on.ca/Portals/0/docs/December%2020 24%20Special%20Education%20and%20Inclusion%20P arent Caregiver%20Newsletter.pdf The application to the Middle French Immersion (Grade 4 entry) program opens soon. It is an online process. Applications must be completed between January 6 to 31, 2025. An offer of placement in the program (not a specific school) is guaranteed to all on-time applicants. Families with an older sibling currently in the Middle French Immersion (MFI) program at the same school are still required to complete an online application for the new student. For more information visit: Application Middle French Immersion.

Please visit the <u>TDSB French</u>

website for more information, to see the <u>MFI</u>

Flyer Translations or view the <u>application</u>

timelines video.

Winter Well-Being Guide

We are excited to announce that the <u>Winter Well-Being Guide</u>
2024-2025 is now available. The Guide is prepared by the Mental Health and Well-Being Committee, in collaboration with the Mental Health Leads and the System Leader for Mental Health and PSS. The Winter Well-Being Guide 2024-2025 offers updated, culturally relevant, and responsive resources to support students and parents/caregivers/guardians in fostering mental and physical wellness during the winter months. It also includes specific supports tailored for students with disabilities and complex needs.

To ensure accessibility for our diverse community, the guide has been translated into the top spoken languages within the TDSB. You can access it here: The <u>Winter Well-Being Guide</u>

Kindergarten Registration for September 2025

New this year, registration for all TDSB English Kindergarten programs will begin in **January**. We are opening the registration window a month earlier to better align with other system wide application processes such as Out of Area and Alternative Schools.

As in previous years, families have the option to register their child online at www.tdsb.on.ca/kindergarten or in-person at the school. With both options, families must validate registration information in-person at the school.



Welcome to KINDERGARTEN

Learn4Life Adult General Interest Program - Winter Registration Opens Wednesday, November 13, 2024

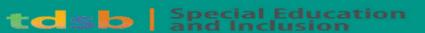
Registration for winter courses in the Learn4Life Adult General Interest Program opens on November 13 at 8:30 a.m. Available to adults 18 and older, the Learn4Life program offers a unique opportunity to pursue interests, expand knowledge, and engage in lifelong learning. The program features a wide range of courses and activities designed to cater to diverse interests and passions—from art and fitness to languages, sports and handiwork.

Some of the new courses this term include:

- 1. Making Your Home Smarter
- 2. Classics of Horror
- 3. Wood Carving Introduction
- 4. How to Minimize Cost of Living and Maximize your Purchasing Power
- 5. Strength for Life Full Body Fitness
- 6. Portugal's Iconic Pastel de Nata Workshop



Courses start January 11, 2025. Visit Learn4Life program page for more information.



Drop In Sessions 2024-2025 for Parents/Guardians/Caregivers

Special Education and Inclusion is pleased to once again offer a number of drop-in sessions for parents, guardians, and caregivers. We look forward to connecting with you!



Session	Date	Time	Link
Occupational Therapy/Physiotherapy Services Question and Answer Session	October 15th, 2024	12:30pm - 1:30pm	Link
Supporting the Grade 8 to 9 Transition for Students with Disabilities/Special Education Needs	November 4th, 2024	12:30pm - 1:30pm	<u>Link</u>
Occupational Therapy/Physiotherapy Services Question and Answer Session	November 19th, 2024	12:30pm - 1:30pm	<u>Link</u>
Supporting the Grade 8 to 9 Transition for Students with Disabilities/Special Education Needs	December 3rd, 2025	6:30pm - 7:30pm	<u>Link</u>
Occupational Therapy/Physiotherapy Services Question and Answer Session	December 17th, 2024	12:30pm - 1:30pm	<u>Link</u>
Occupational Therapy/Physiotherapy Services Question and Answer Session	December 19th, 2024	6:30pm - 7:30pm	<u>Link</u>
Occupational Therapy/Physiotherapy Services Question and Answer Session	January 21st, 2025	12:30pm - 1:30pm	Link
Accessing Special Education Supports	January 22nd, 2025	12:00pm - 1:00pm	<u>Link</u>
		6:30pm - 7:30pm	<u>Link</u>
Occupational Therapy/Physiotherapy Services Question and Answer Session	February 18th, 2025	12:30pm - 1:30pm	<u>Link</u>
Occupational Therapy/Physiotherapy Services Question and Answer Session	March 18th, 2025	12:30pm - 1:30pm	<u>Link</u>
Occupational Therapy/Physiotherapy Services Question and Answer Session	March 20th, 2025	6:30pm - 7:30pm	<u>Link</u>
Accessing Special Education Supports	March 26th, 2025	12:00pm - 1:00pm	<u>Link</u>
		6:30pm - 7:30pm	<u>Link</u>
Occupational Therapy/Physiotherapy Services Question and Answer Session	April 15th, 2025	12:30pm - 1:30pm	<u>Link</u>
Accessing Special Education Supports	May 7th, 2025	12:00pm - 1:00pm	<u>Link</u>
		6:30pm - 7:30pm	<u>Link</u>
Occupational Therapy/Physiotherapy Services Question and Answer Session	May 20th, 2025	12:30pm - 1:30pm	<u>Link</u>
Occupational Therapy/Physiotherapy Services Question and Answer Session	May 22nd, 2025	6:30pm - 7:30pm	<u>Link</u>

School Council

School Council Elections

Co-Chair: Conrad Hartmann

Co-Chair: Grace Su

Treasurer: Tamie Tran

Secretary: Katherine Seiter

Secretary: Helen Yao

A huge thank you to these parents for volunteering for School Council.



important dates



SCHOOL COUNCIL

-January 16 - Virtual to align with Telus presentation.

-February 26 - Virtual

-April 17, 2024 – Virtual

-June 5, 2024 – In



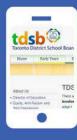
PIZZA DAY

December 18, 2024



SCHOOL CALENDAR

To access the **School Year Calendar**, please click on the icon below for more information.





TDSB and Cellphones

To help reduce distractions in our schools, starting this September, we are denying cell phone usage during instructional time so that students can focus on getting back to basics and learning foundational skills like reading, writing and math.

Our youngest learners in kindergarten to Grade 6, who may have phones, will now be required to keep phones on silent and out of sight for the duration of the day.

TDSB will also commit to having report cards include comments on students' distraction levels in class. We recognize that some parents want to communicate with their children during school, and the policies listed above will still permit that during non-instructional time or when an educator gives permission.

tdsb

Parent/Caregiver & Community
Engagement Workers
Present

Supporting Children in our Digital World





Virtual on Zoom

About This Session

This workshop is designed for adults and parents of children in JK to grade 5, and focuses on topics including screen time, gaming, sexting, cyberbullying and more.

Join for a

chance to win a \$25 gift card!

Scan to Register



Presented by: Telus Wise

Thursday, January 16, 2025 6:30-8pm





3

How much screen time is appropriate for my child



How can I support my child with cyberbullying



How can I place limits and boundaries on my child's gaming



For more information, please contact Parent/Caregiver & Community
Engagement Worker, Yetunde Olowokere:
yetunde.olowokere@tdsb.on,ca





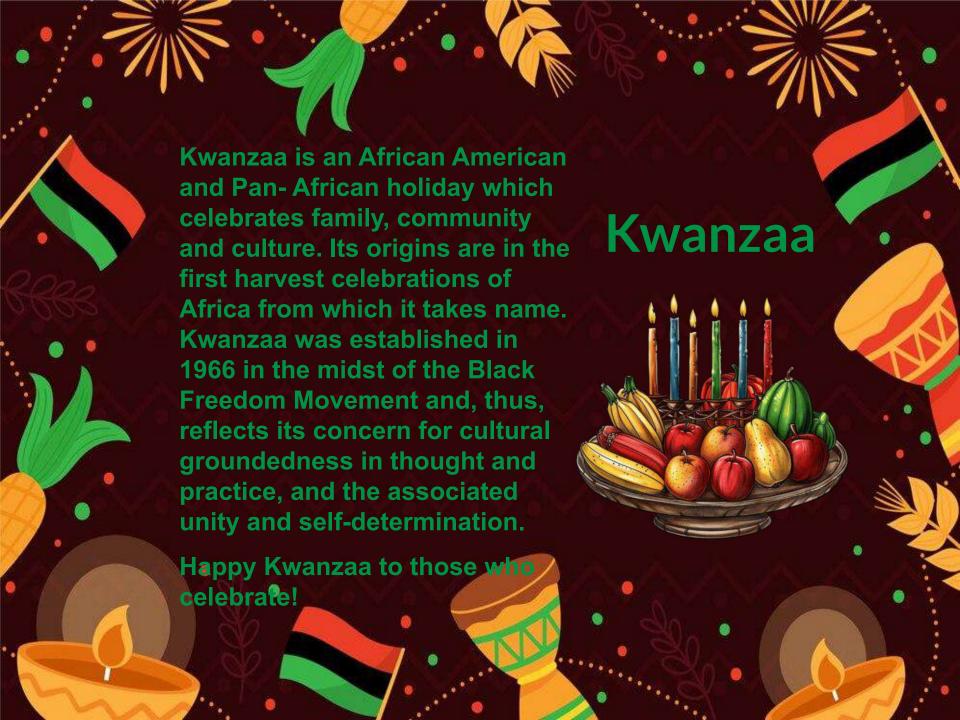
Many Christians celebrate the birth of Jesus of Nazareth in Bethlehem on December 25, although the true date and year of his birth is unclear. The tradition of celebrating his birth at the end of December may come from the widespread European tradition of celebrations around the winter solstice. Christians who follow the Eastern Orthodox tradition celebrate the birth of Jesus on January 7, while it is marked on January 6 by the Armenian Apostolic Church.

Christmas

Christmas is celebrated on December 25th each year. Depending on where in the world one live, Christmas is celebrated differently.

Merry Christmas to those who celebrate on December 25th!





Chanukah (Hanukkah)

HAPPLY * HANUKK

Hanukkah (Chanukah) is celebrated over an eight-day period - a "wintertime 'festival of lights'". Hanukkah means "dedication," because it "celebrates the rededication of the Holy Temple." On the night that this rededication occurred, and the menorah was lit "a one-day supply of oil lasted for eight days, until new oil could be prepared."

Happy Hanukkah to those who celebrate!





Chinese Heritage Month

Chinese Heritage Month is proudly recognized by the Toronto District School Board in February.

For this month, we invite all students and staff to submit a 1-minute video that answers one (or more) of the guiding questions posed in the attachment.

Please take a moment to view this introductory video: https://drive.google.com/file/d/1hqCzGtDKKsEEylwQXM2A5ZhWtuKn7PM4/view?usp=sharing

Please see the attached document for the following:

- Guiding Questions

COMPUTER WORKSHOPS STARTING IN January. 2025

Topic	Start Date	End Date	Time	Location
Microsoft Excel	Jan. 14, 2025 (Tues & Thurs)	Mar. 6, 2025	6:30PM - 9:00 PM	Online
Microsoft Word	Jan. 14, 2025 (Tues & Thurs)	Feb. 6, 2025	6:30PM - 9:00 PM	Online
Microsoft PowerPoint	Jan. 20, 2025 (Mon Only)	Feb. 10,2025	9:30AM - 3:00PM	1641 Pharmacy Ave
Microsoft Word	Jan. 20, 2025 (Mon & Wed)	Jan. 29, 2025	9:15AM – 2:45PM	777 Bloor Street West (Christie & Bloor St.)
Microsoft Word	Jan. 21, 2025 (Tues & Thurs)	Jan. 30,2025	9:30AM - 3:00PM	1641 Pharmacy Ave
Microsoft Word	Jan. 21, 2025 (Tues only)	Feb. 11,2025	9:30AM - 3:00PM	3701 Chesswood Dr Suite 100
Microsoft PowerPoint	Jan. 22, 2025 (Wed only)	Feb. 12,2025	9:15AM – 2:45PM	777 Bloor Street West (Christie & Bloor St.)
Workplace Communication Skills	Jan. 29,2025 (Wed only)	Feb. 12, 2025	9:30AM - 3:00PM	1641 Pharmacy Ave

To attend workshop:

- Learners attending online workshop need laptop/computer with software installed
- Learners MUST be registered to attend workshop
- Valid SIN required

WORKSHOPS ARE FREE. REGISTRATION REQUIRED.

TO REGISTER,

Please call 416-396-6368 to book an assessment.
Or email us at upgrading@tdsb.on.ca and include phone number









4/5 and JK/SK Coding Pictures









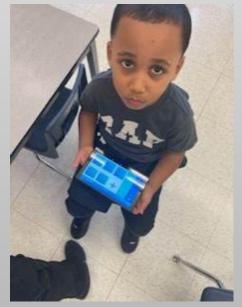


4/5 and JK/SK Coding Pictures











4/5 and JK/SK Coding Pictures







Kindergarten



PLEASE NOTE:

Out of respect for families who have not granted TDSB permission for media release, the students' faces will be masked with a sticker.

Coding with Mr. Swire' Grade 4-5 Class, Part 1





Coding with Mr. Swire' Grade 4-5 Class, Part 2





Exploring Indigenous Books, Part 1



Coding with "The Girl and the Wolf"



Showing kindness with "When We are Kind"

Exploring Indigenous Books, Part 2



Making the number 10 with "We All Count"



Drawing your own cloud with "The Cloud Artist"



Showing your favourite celebration with "Powwow Day"

Model Magic and Play Dough Creations





Flowers



People

Learning about Technology and Engineering by Using Gears







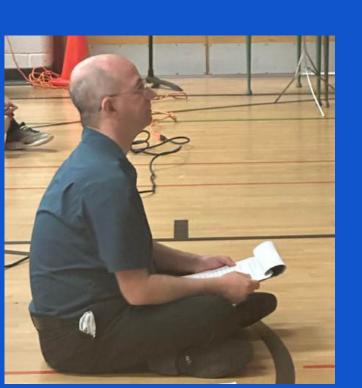
Playing Together





























End of Month Assembly Kindness & Caring Grandfather Teachings - Zaagi'idiwin (Love)



End of Month Assembly Kindness & Caring Grandfather Teachings - Zaagi'idiwin (Love)



Grade 1

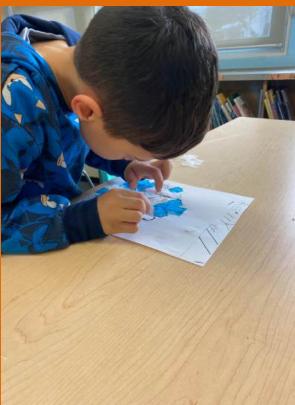


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Creating snowflakes in art class







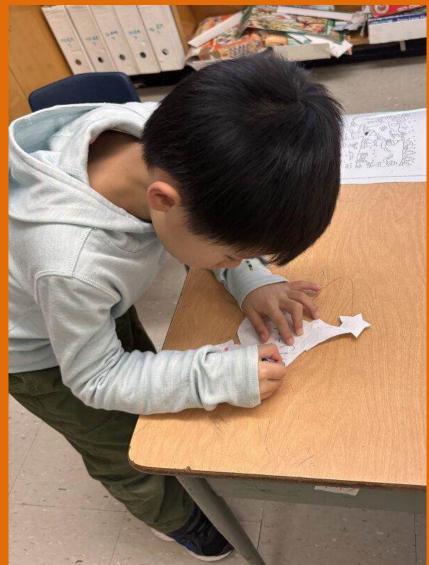




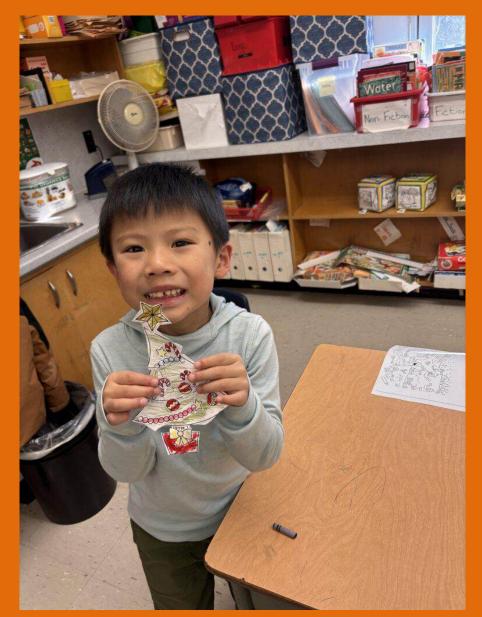


















Friendship is a wonderful thing!









End of Month Assembly Kindness & Caring Grandfather Teachings - Zaagi'idiwin (Love)



Grade 2



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Gr 2 Mixing MATTERS in Science





Exploring value in art class







Exploring value in art class







Creating a winter landscape







Creating a winter landscape







Grade 2 Dancers!









Grade 2 Dancers!







































End of Month Assembly Kindness & Caring & Love



Grade 2/3



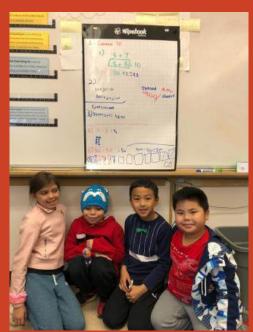
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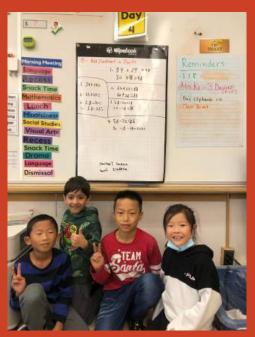
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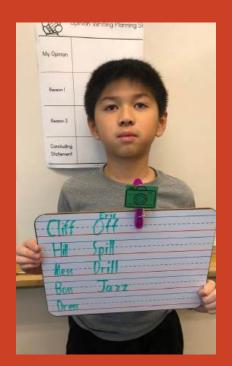


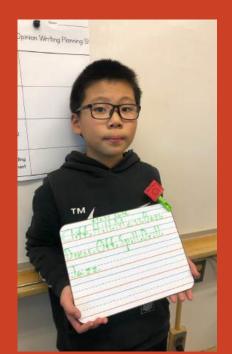




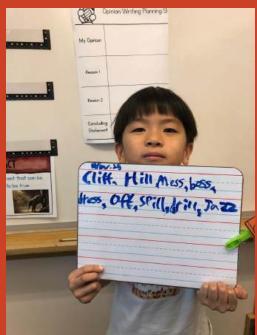






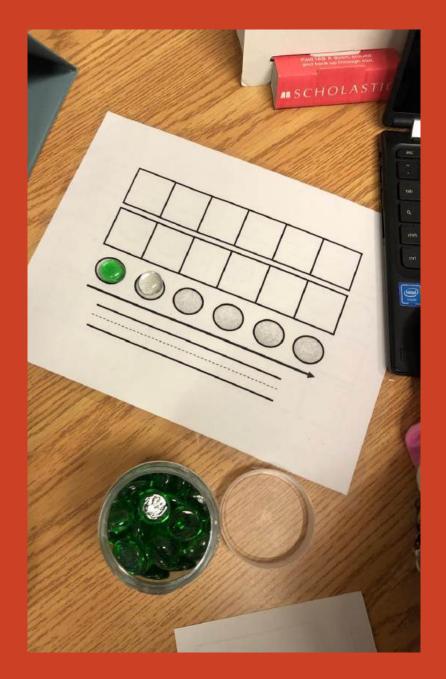


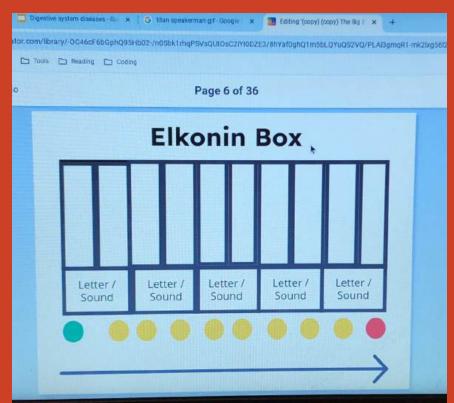














Grade 2/3 Coders







Grade 2/3 Coders





Winter Concert





Winter Concert





Winter Concert





End of Month Assembly Kindness & Caring & Love



Grade 4/5



PLEASE NOTE:

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Learning About Art







Learning About Value in Art















Creating winter landscapes













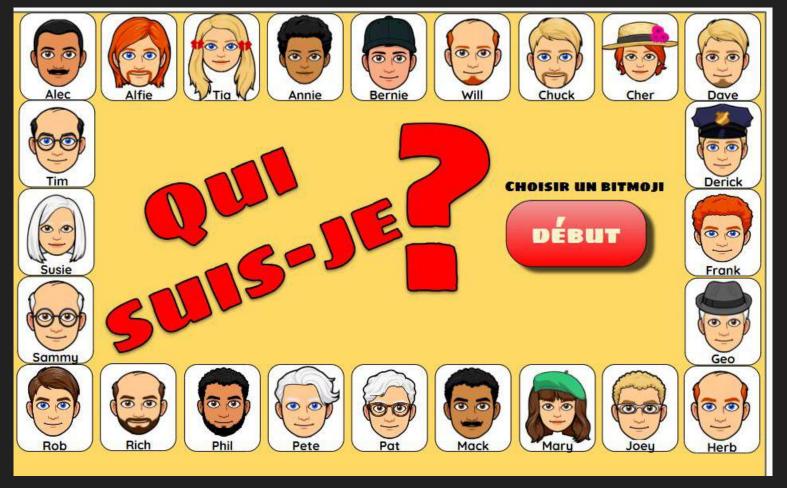
Grade % Coding











The students really enjoyed playing the interactive game "Qui suis-je?" as they practiced naming body parts, describing people, and forming questions in French.



The students rehearsed the lyrics of the song "Merci, oui, oui, s'il vous plaît" in preparation for their performance at the Winter Concert, showcasing their creativity and enthusiasm.

Winter Concert

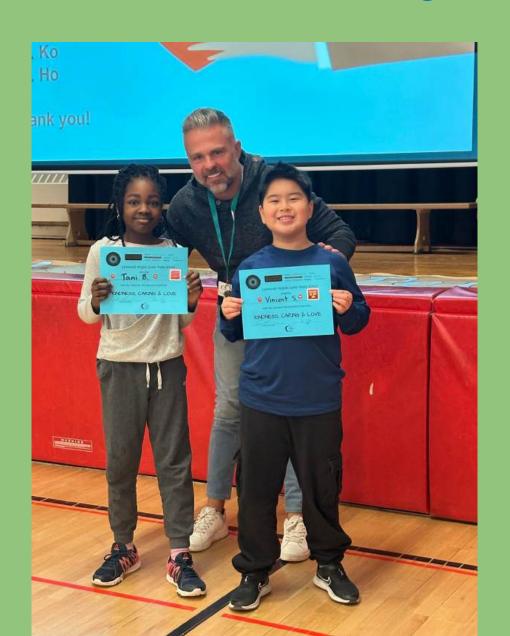








End of Month assembly Kindness & Caring & Love



Grade 5/6



PLEASE NOTE:

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Ici on parle Francais!



The students practiced using adjectives by writing about their favorite superhero. They described their superhero's traits, abilities, and personality, showcasing their creativity and language skills. It was wonderful to see their excitement and effort in expressing themselves!"

En français, s'il vous plaît !





The class played the game 'Où est le cochon?' to review body parts in French while practicing complete sentences. The students had so much fun engaging in this interactive activity and demonstrated great enthusiasm and teamwork!

Genius Hour



























Guess who?

Winter Concert



Before































End of Month assembly Kindness & Caring



Grade 1 to 3



PLEASE NOTE:

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Happy Holidays!!



Spirit Week-Pajamas Day



Spirit Week- Green Day!!







All eyes on us!!











All eyes on us!!







Dancing with Ms. P

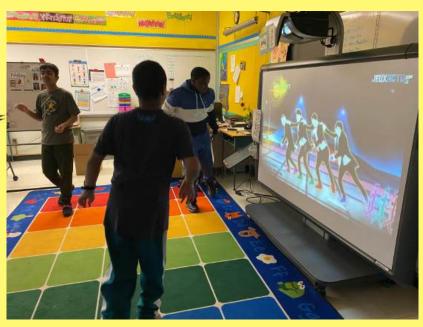






Grade 3 to 6





















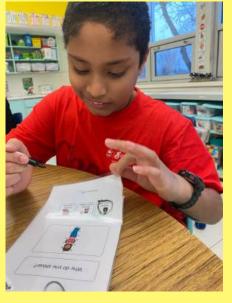


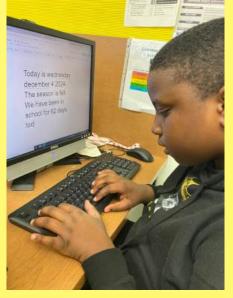




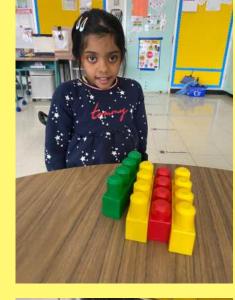


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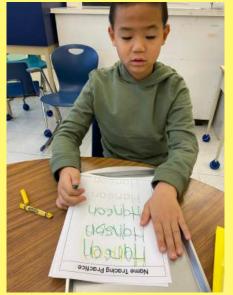




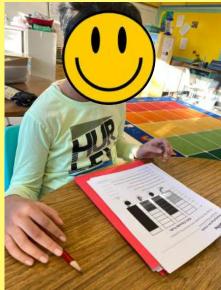


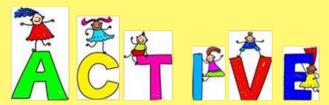




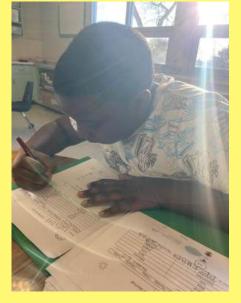








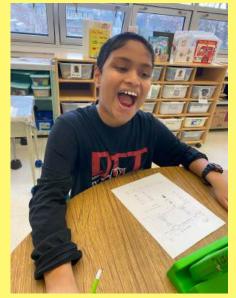
LARNERS







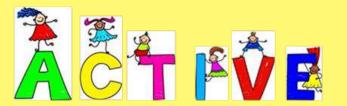




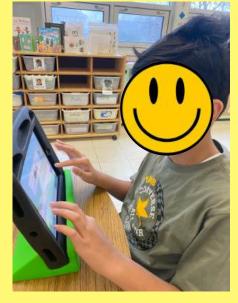






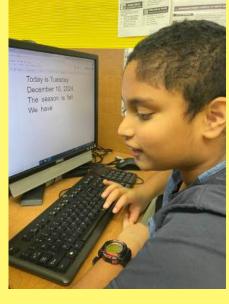


PARN RS

















Learning about Community Helpers











Our students made yogurt parfait and Christmas cookies!

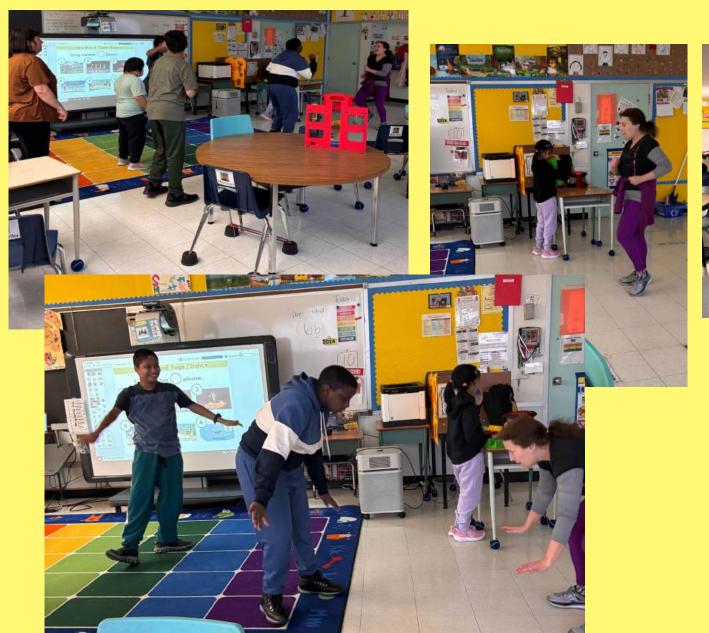








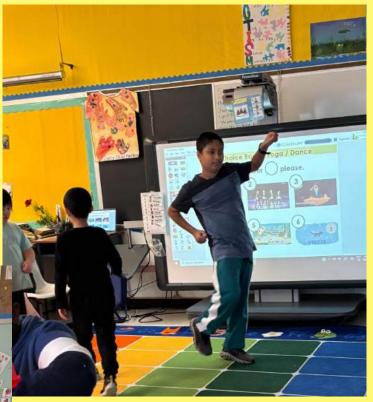
DD2 class with dance instructor

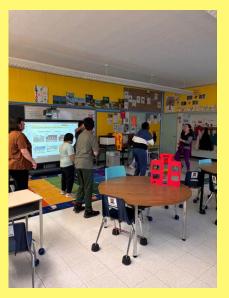












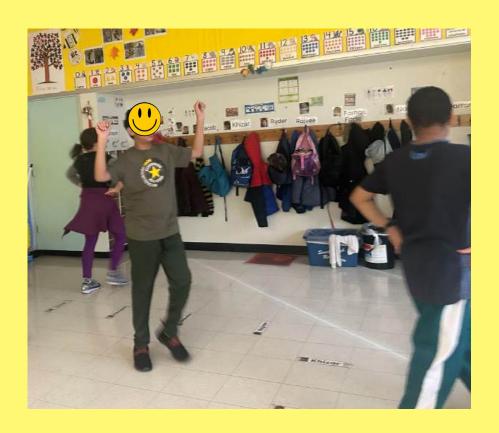








Dancing!





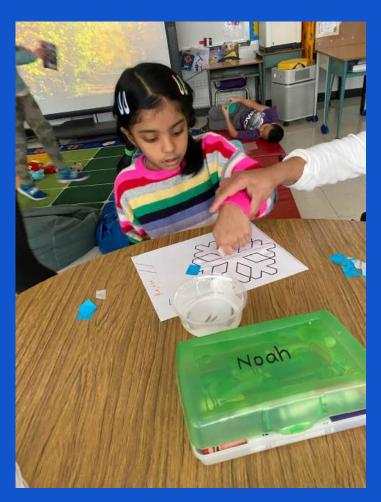






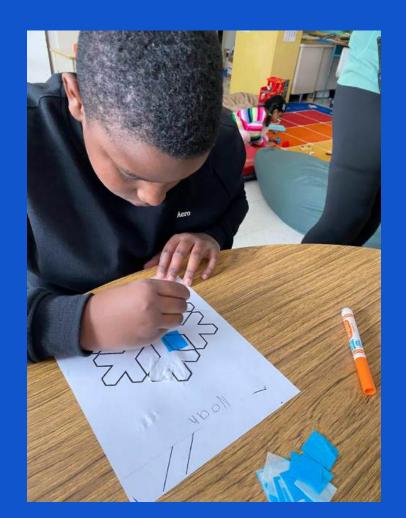


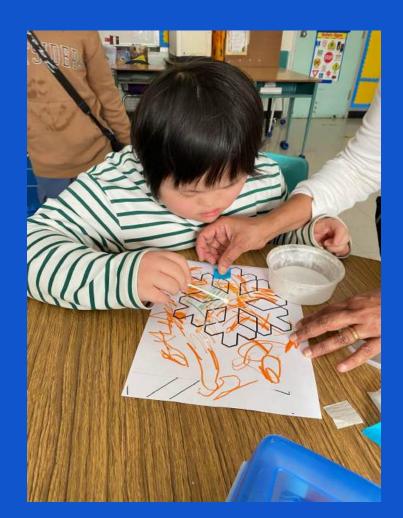
Creating snowflakes in art class





Creating snowflakes in art class





Winter Concert





Character Development

Character development at the TDSB is about helping students learn and practice positive character attributes. When we build good character, we build strong communities. In the school community, character development is woven into programs and practices it becomes a way of life. Student success is dependent on a safe, caring and inclusive learning environment where all students feel valued. This starts by teaching our students about the value of character – respecting themselves and each other, making positive contributions to their school and community and thinking critically and creatively.

Character Development:

Develops the whole student

Contributes to a healthy, safe and orderly school environment

Creates a collaborative school where the teaching and learning can be the focus

Provides high expectations for learning and behaviour

Engages students in their learning

Is Universal

Is Respectful

Strives for an ever growing depth of self-awareness, self-discipline and understanding

Monthly Themes

September - Respect

October - Responsibility

November - Empathy

December - Kindness & Caring

January - Teamwork

February - Fairness

March - Honesty

April - Cooperation

May - Integrity

June - Perseverance



Character theme and Seven Grandfather Teaching for the month of December: Zaagi'idiwin (Love)Kindness and Caring/Zaagi'idiwin (Love)



A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. ~ Amelia Earhart, an American aviation pioneer and writer. She was also the first female aviator to fly solo across the Atlantic Ocean.

Character theme and Seven Grandfather Teaching for the month of December: Zaagi'idiwin (Love)Kindness and Caring/Zaagi'idiwin (Love)

Zaagi'idiwin: (Love)Kindness and Caring

The Eagle

Unconditional love between one another including all of Creation, humans and non-humans. Commonly referred to as Love.

Zaag = to emerge, come out or flow out ldi = in a reciprocal way Win = a way it is done The eagle represents love because he has the strength to carry all of the teachings.





























Carolling





