



**Lynnwood  
Heights Jr PS**



**Dear Families,**

**Practicing breathing exercises often will support your children and be helpful to you as well.**

**You can practice with these Breathing 'How-To' videos:**

**[Belly Breathing](#)**

**[478 Breathing](#)**

**[Box Breathing](#)**

**Best regards,**

**Joy Reiter**

## **Autism Regional Services Parent Drop-In Session - October 23**

**Principals are asked to share this information with families:**

**Autism Regional Services is hosting a drop-in session to support families by answering questions, sharing resources, and providing guidance on strategies that promote student success and inclusion both at school and at home. The session will be held on October 23 from 12 to 1 p.m.**

**Please use [this Microsoft Teams link](#) to join the session.**





## **Communication Strategies for Children with Special Education Needs and Disabilities - Parent Webinar Sessions**

**The Special Education and Inclusion Department is pleased to host a session for families, offering strategies to help children with special education needs and disabilities develop their communication skills.**

**Families will explore strategies, resources, and ways to celebrate and build upon their child's unique strengths.**

**[October 28 from 10 to 11:30 a.m. - Session Registration](#)**

**[October 29 from 6:30 to 8 p.m. - Session Registration](#)**



# Lynnwood superheroes





**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](tel:1-866-585-6486)**

**[www.Helpahead.ca](http://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)**



# important dates



## SCHOOL COUNCIL

October 8, 2025  
at 5:30



## PIZZA DAY

Upcoming events

October 29, 2025  
November 19, 2025  
December 17, 2025



## 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, 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.**

**Seven  
Sacred  
Grandfather  
teachings**

The buffalo  
represents



**Respect**

Respect the earth  
and all living  
creatures. Respect is  
earned when you  
share and give of  
yourself. Respect  
your elders.



September 30: Orange Shirt Day and National Day for Truth and Reconciliation

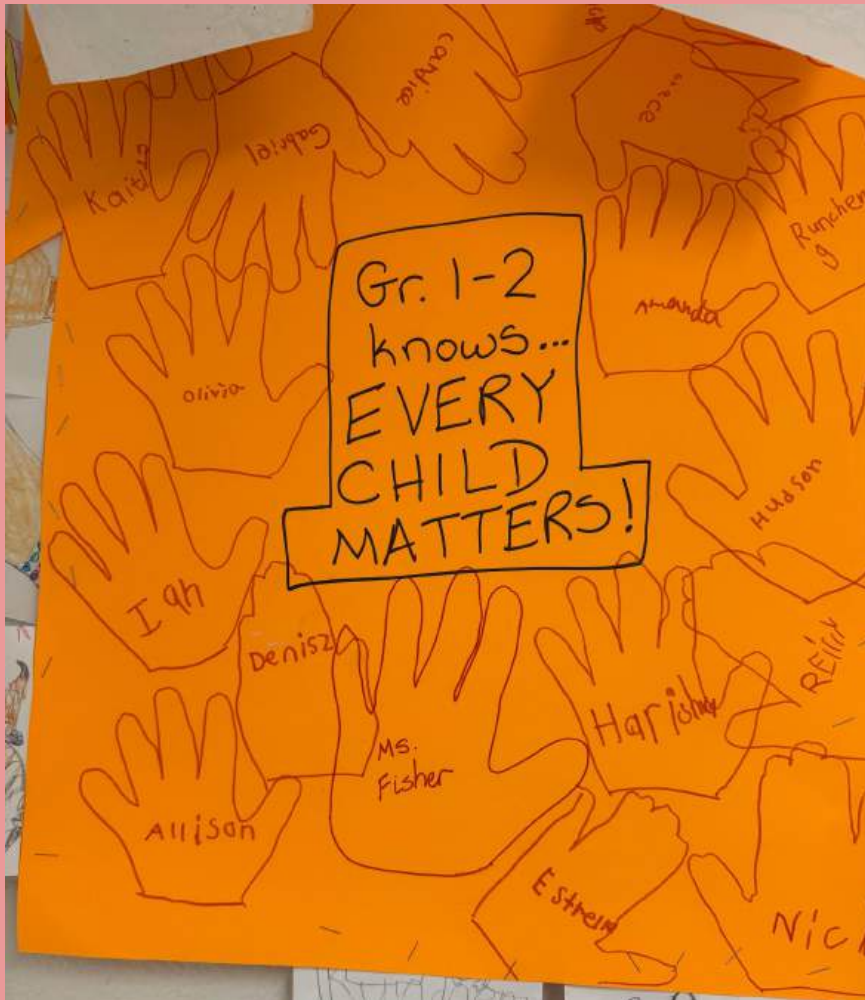
## What is Orange Shirt Day?

In 1973, six-year-old Phyllis Webstad was excited to wear her new orange shirt for the first day of school. Phyllis says of the shirt, “it was so bright and exciting - just like it felt to be going to school!” When she arrived at St. Joseph’s Mission Residential School her shirt was taken from her and was never given back. For Phyllis, “The colour orange has always reminded me of that and how my feelings didn’t matter, how no one cared and how I felt like I was worth nothing. All of us little children were crying and no one cared.”

Established in 2013, Orange Shirt Day recognizes the legacy of the Indian residential schools system for First Nations, Métis, and Inuit families and communities. By wearing orange shirts, we acknowledge the truths of residential schools in Canada, honour Survivors, and remember the thousands of children who died in these schools, many who were buried in unmarked graves.



# Indigenous learning - Every Child Matters



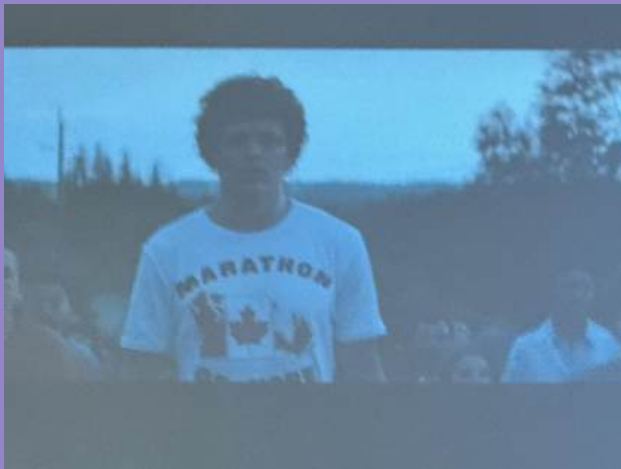
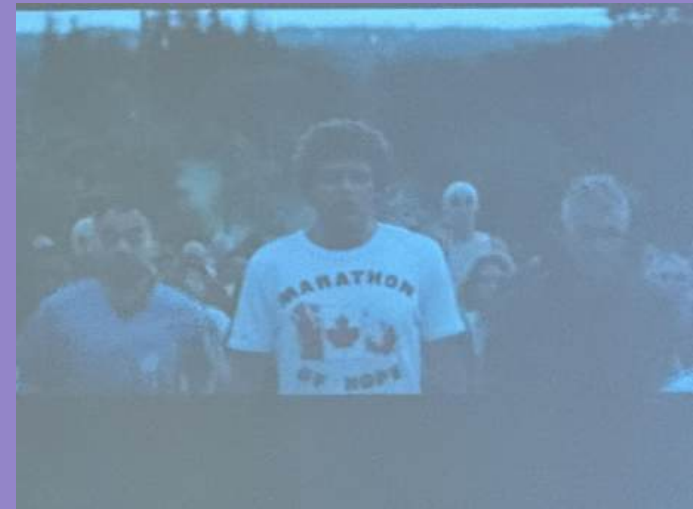
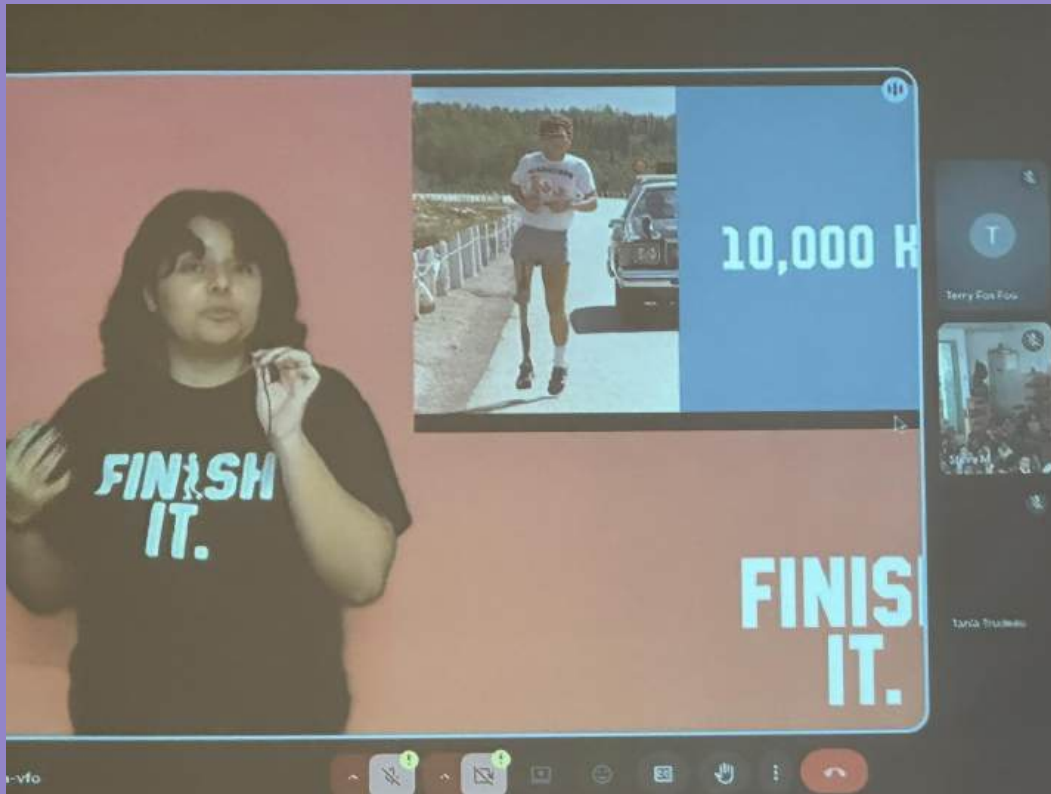
# Truth and Reconciliation Day - Indigenous



# Truth and Reconciliation Day

## Indigenous





Terry Fox  
Assembly - Belong

# Terry Fox Assembly - Belong

ANYTHING IS POSSIBLE



IF YOU TRY!





## Terry Fox Assembly - Belong



# Ms. Ci on Curriculum Night explained her classes program -Thrive



# Curriculum Night with Mr. Rothman explaining about the Kindergarten program - Thrive



# Curriculum Night

Ms. Ho at Curriculum Night explained the program for her class - Thrive



# Curriculum Night

Mrs. Gopaulsingh is sharing updates about the Grade 2 and 3 curriculum - Achieve



# Curriculum Night

## Mrs. Foulidis explains the curriculum for Grades 5 and 6-Thrive



# Curriculum Night

## Mrs. Feldman and Ms Pun are explaining the Grades 3 and 4 curriculum-Thrive

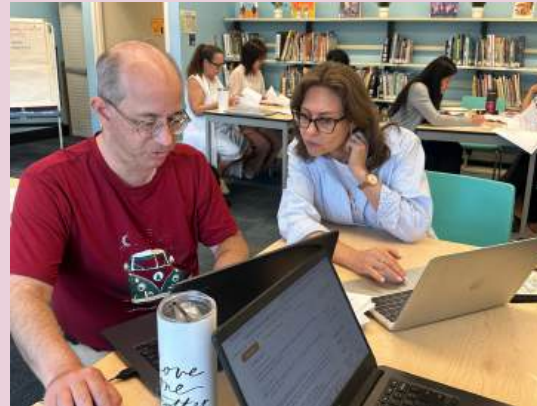


# Curriculum Night

## Mrs. Fisher is explaining the curriculum for Grades 1 and 2- Thrive



# Everyone is engaged in learning on the Professional Activities Day- Belong



# 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.**

# Painting with the Kinders - Thrive



# Painting with the Kinders - Thrive



# Painting with the Kinders - Thrive



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# Painting with the Kinders - Thrive



# Name decorating - Achieve



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# Name decorating - Achieve





# Tissue paper art Thrive



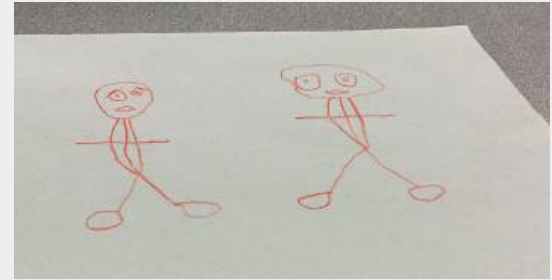
# Work on Indigenous Learning



**Yu Lin's Indigenous house**



**Ayden's Indigenous house**



**Hei Hei's picture of playing with Phyllis (related to the book, "The Orange Shirt Story")**



**Noor's picture of eating with her brother (related to the book, "We Sang you Home")**



**Millerson's scene of watching TV with his family (related to the book, "Birdsong")**



**Oliver's scene of fishing with his family (related to the book, "Birdsong")**

**GRADE 1/2**

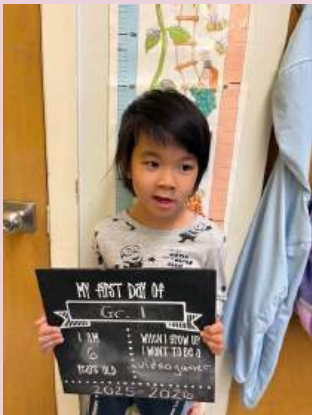
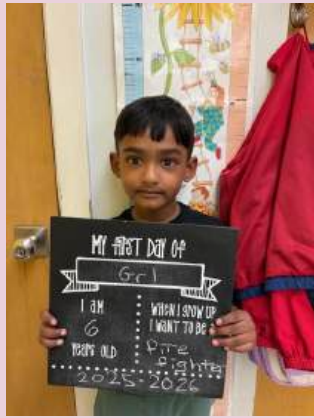


**Let's play  
in the  
park -  
Belong**





**Let's play  
in the park -  
Belong**



# Grade Ones first day of Grade 1 in Mrs. Fisher's Gr 1-2! - Thrive

**GRADE 2/3**



**How high  
can we  
build?  
- Achieve**



**Free time to play  
with classmates  
- Belong**



# RESPECT is the character trait and the Grandfather Teaching for September. Thrive.



GRADE 3/4



**Social Studies, Then  
and Now- Achieve**



**Social Studies, Then and Now - Achieve**



**Social  
Studies,  
Then and  
Now -  
Achieve**

GRADE 4/5



**Learning  
about different  
kinds of  
questions  
Thrive**



**Learning about  
different kinds  
of questions**

**Thrive**

# All About Us - Community Building - BELONG



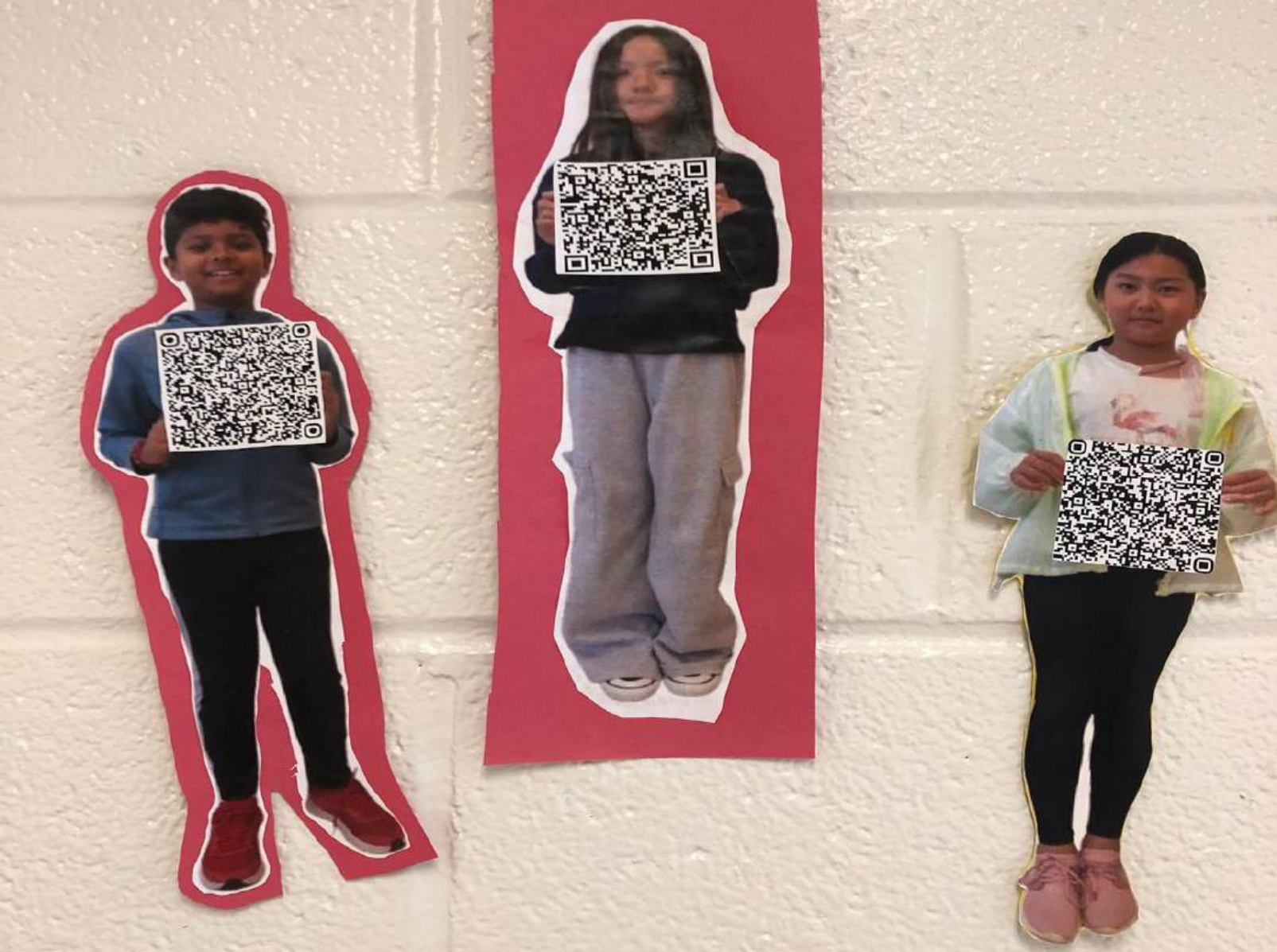
# Community Building- Belong



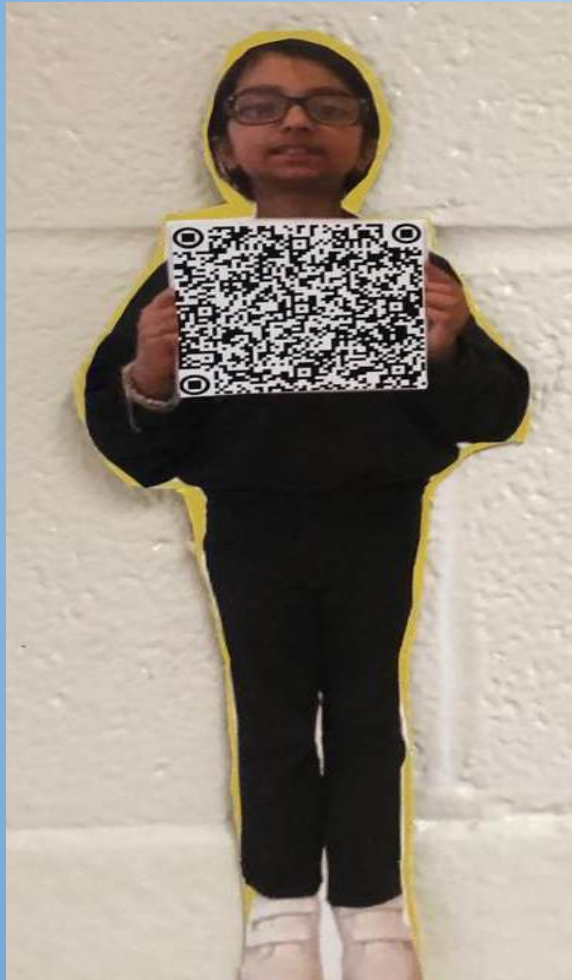
# Community Building- Belong



# Community Building- Belong



# Community Building- Belong



# All About Us - Community Building BELONG



# All About Us - Community Building BELONG



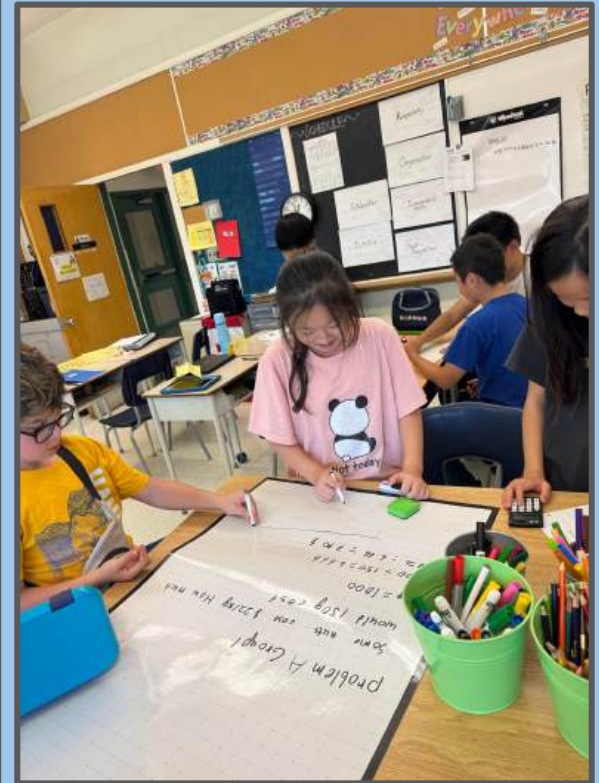
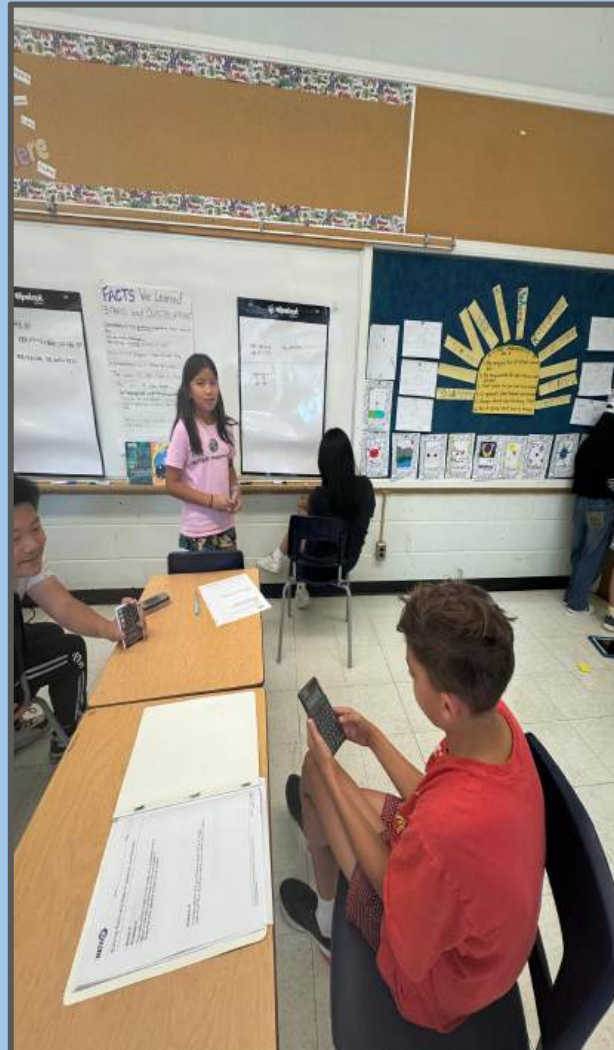
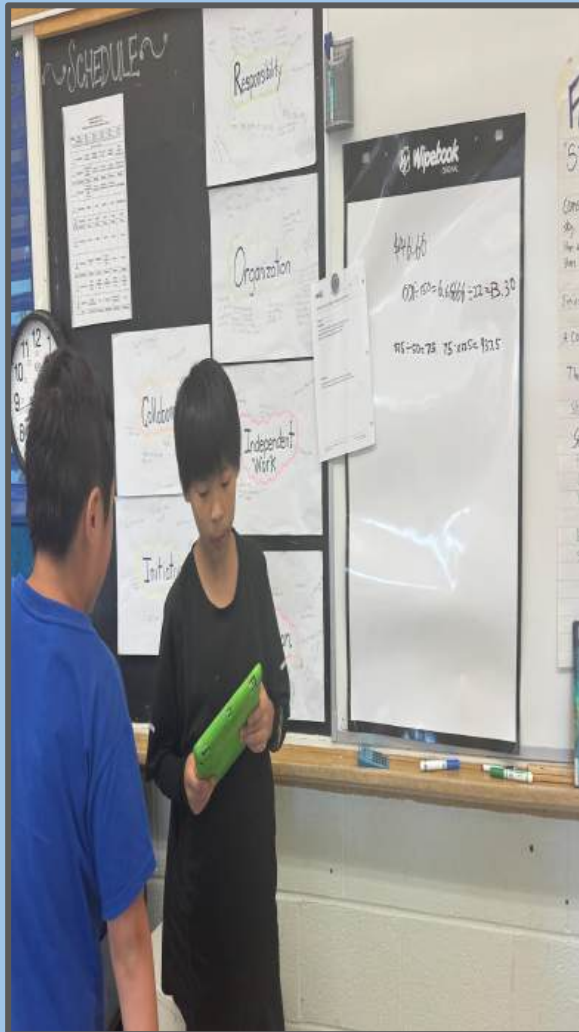
GRADE 6

The students in Grade 6 have been learning about each other and the meaning behind their names. We made Name Scribble Art to showcase them. We also reconnected with books and Independent Reading for fun!! **BELONG**



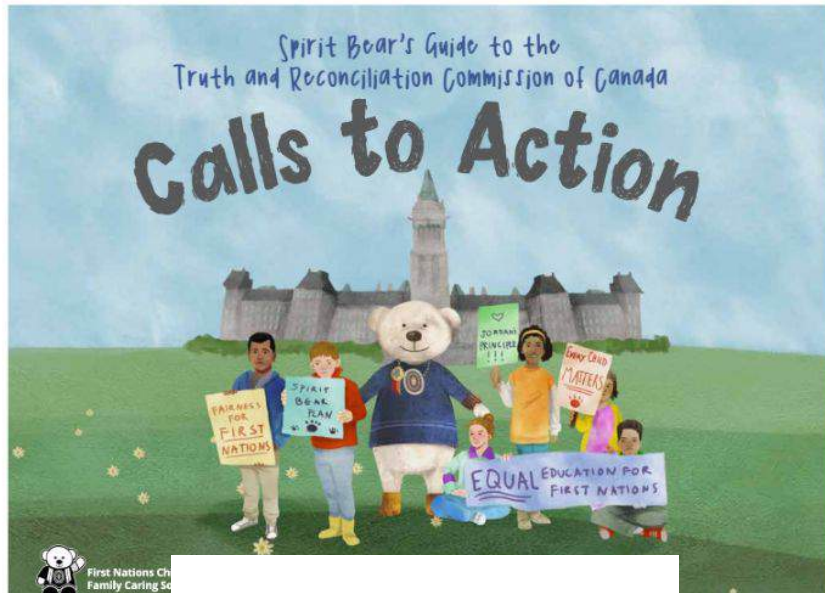
# Achieve.

In Math, we have learned about classifying numbers and comparing ratios and rates with equivalent parts.



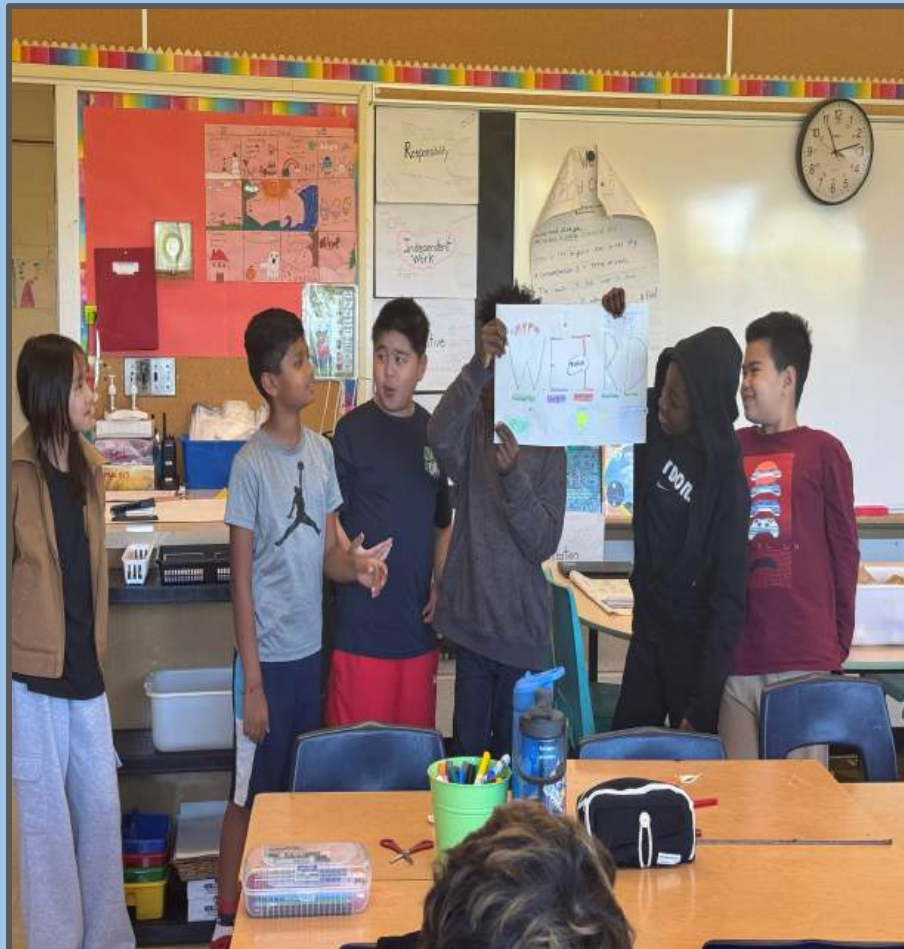
# Truth and Reconciliation- Indigenous

## 94 Calls to Action



# Belong

We belong and work together in this class.



# Thrive.

We thrive in class by building a community and being inclusive.



**Grades 1 to 3**

# Welcome Back- Belong

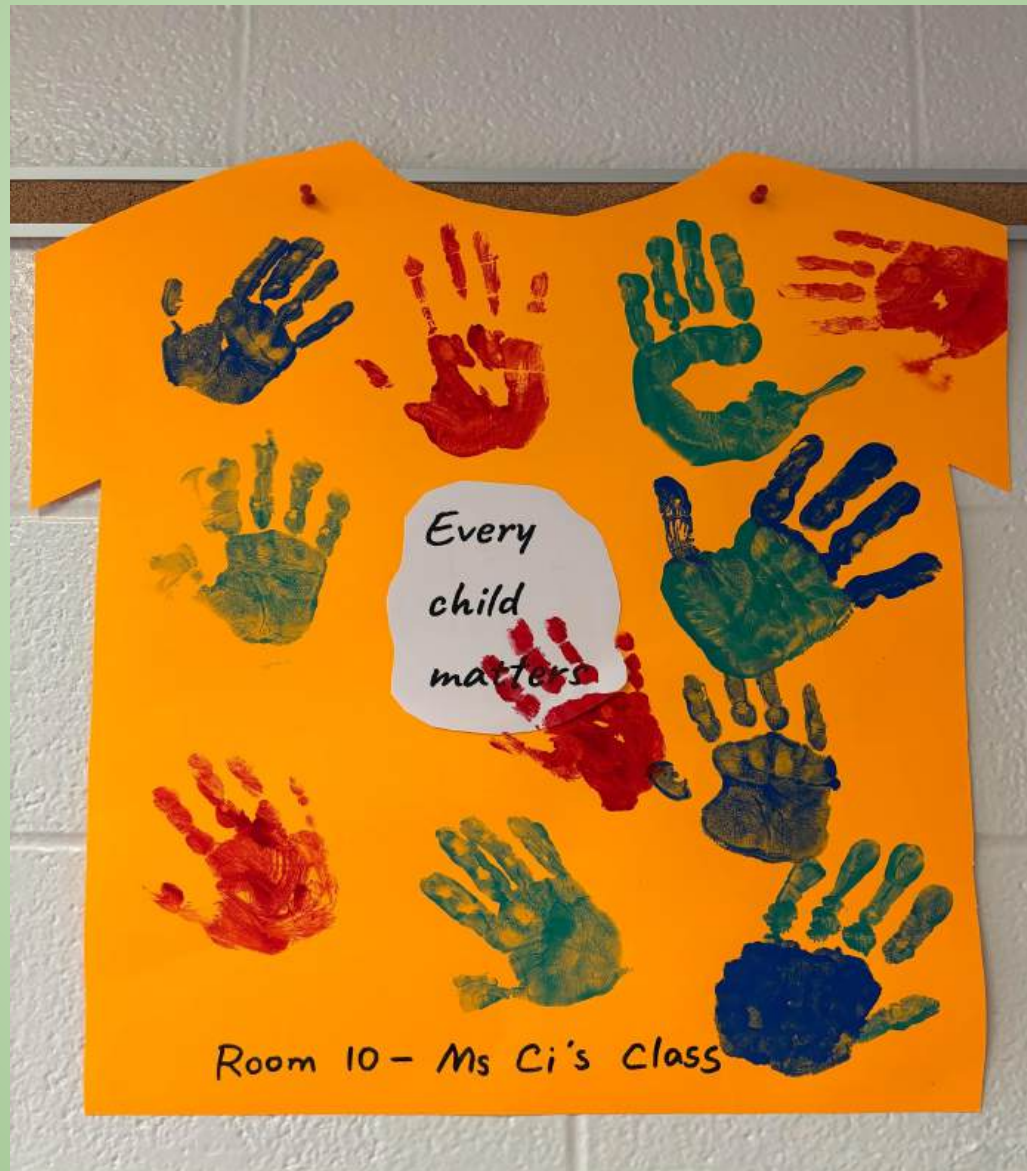
Ms. Ci's Class

# WELCOME BACK

It is  
School Time!!



# Every Child Matters- Belong



# Outdoor Fun- Belong



# Outdoor Fun-Belong



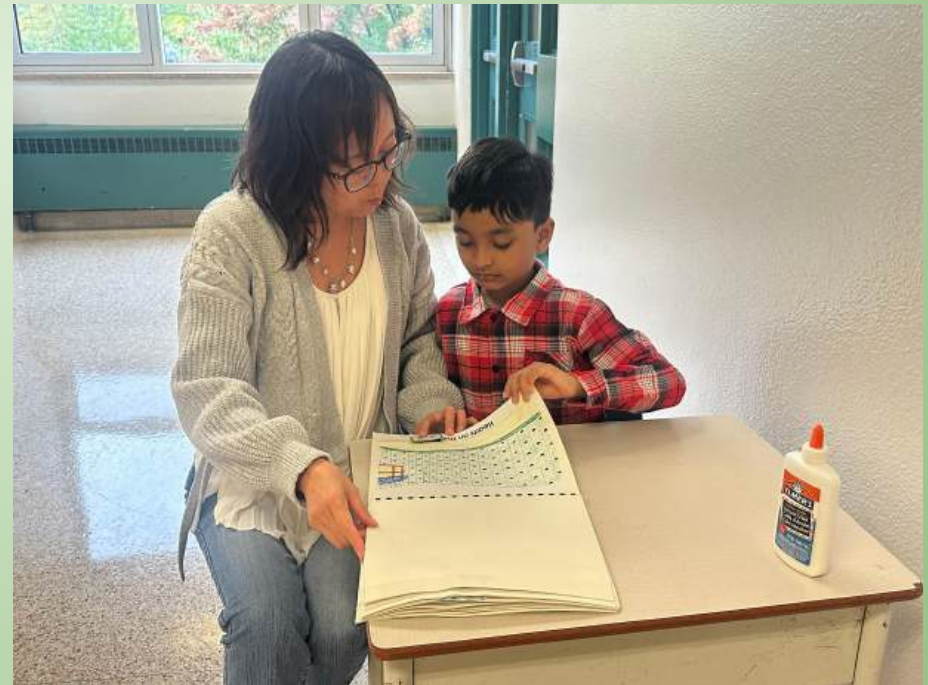
# Outdoor Fun- Belong



# Outdoor Fun-Belong



# Focused learning Thrive



**Grade 3 to 6**



**Belong**

# Having Fun Outdoors (Thrive)



# Active Learners (Achieve)



# Active Learners (Achieve)





**Working together  
from different  
classes**

**Thrive**

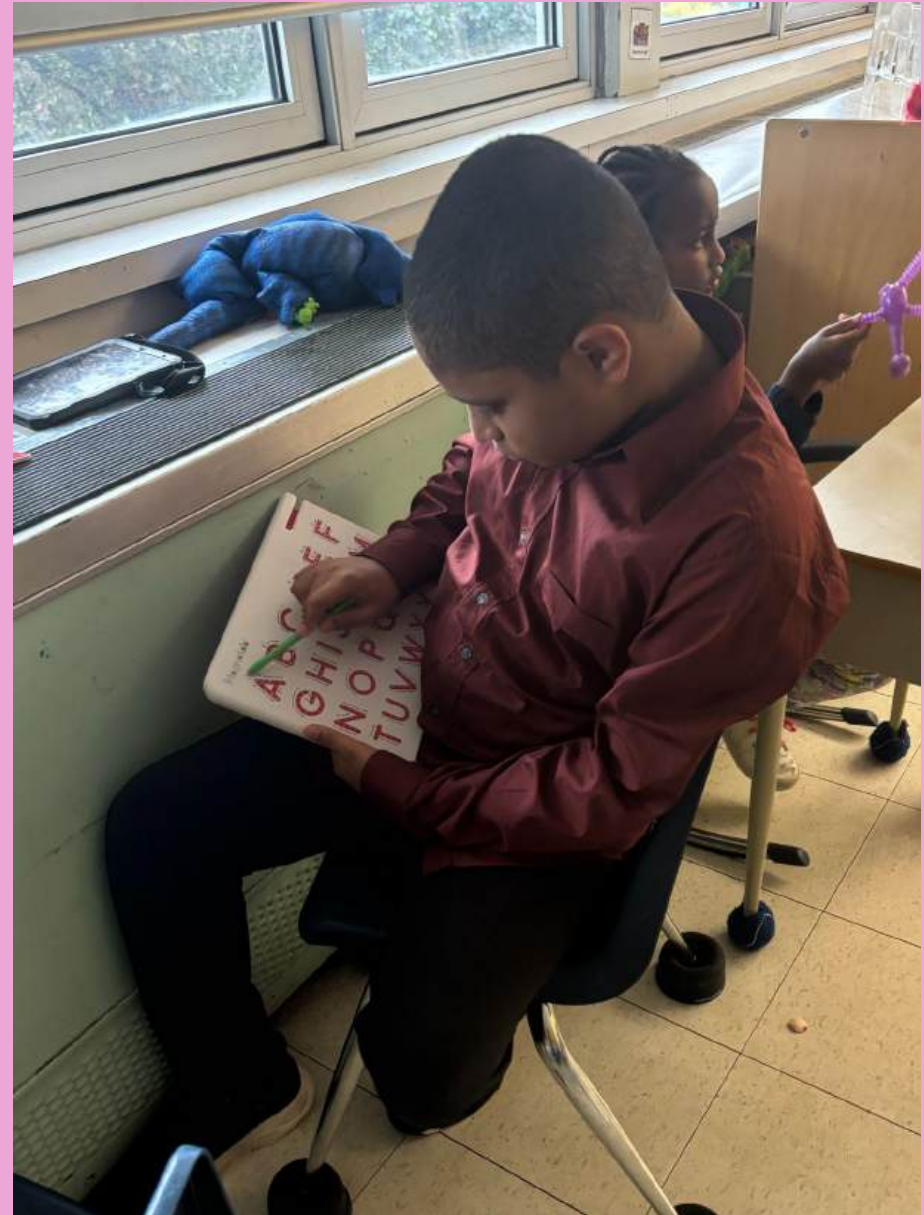


**Learning together - Thrive**

# Classroom Learning - Thrive



# Classroom Learning - Thrive



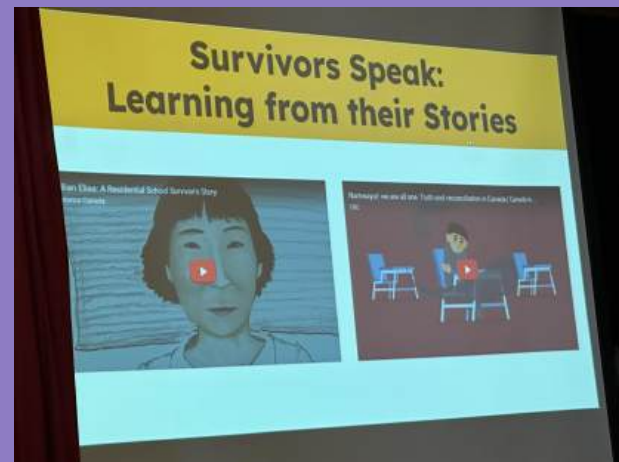
# School Assembly



**National Truth  
and  
Reconciliation**

**Indigenous**

# National Truth and Reconciliation



Indigenous



**National Truth  
and  
Reconciliation  
- Indigenous**





## National Truth and Reconciliation- Indigenous





## National Truth and Reconciliation- Indigenous





## National Truth and Reconciliation- Indigenous

# RESPECT & MNAADENDMOWIN Indigenous



# RESPECT & MNAADENDMOWIN Indigenous



# RESPECT & MNAADENDMOWIN Indigenous



# RESPECT & MNAADENDMOWIN Indigenous





**thank  
you!**