



# Lynnwood Heights Jr PS



January 2024





lynnwood  
superheroes



# bell schedule

8:25 - 8:40	Before School Supervision
<b>8:40</b>	<b>School Entry</b>
10:05 - 10:20	Morning Recess
<b>11:30 - 12:35</b>	<b>Lunch</b>
2:00 - 2:15	Afternoon Recess
<b>3:25</b>	<b>Dismissal</b>
3:25 - 3:40	After School Supervision



# principal's message

Dear Families,

## Happy New Year – 2024!

I hope you enjoyed a restful winter break and are ready for the exciting opportunities the new year holds.

To our students: welcome back! Your enthusiasm makes our schools truly special, and I look forward to supporting and witnessing your growth and achievements in 2024.

A heartfelt thank you to our families for your ongoing support. Together, we create an environment where students can thrive academically, socially, and emotionally – inside and outside the classroom.

May 2024 bring curiosity, discovery, and success to each student in our community.

Wishing you a Happy New Year filled with learning, laughter, and lasting friendships!

Joy Reiter







# WINTER WEATHER REMINDERS

please wear...

- ❑ **Multiple layers**, with the outer wear being waterproof
- ❑ **Cold weather clothing** that is appropriate for specific activities
- ❑ **Mittens or gloves** that are waterproof
- ❑ **Warm hat** with ear protection since most of our body heat escapes from the head or a hood that stays in place.
- ❑ **Warm socks** to protect ankles and feet
- ❑ Slip resistant, insulated, **waterproof boots**
- ❑ **Scarf** if needed depending on the snowsuit
- ❑ **Snow pants**
- ❑ **Indoor shoes** to change into from recess
- ❑ **EXTRA pair of socks** in case of need



# WINTER WELL-BEING GUIDE 2023-2024

## Professional Support Services

The 2023-2024 Winter Well-Being Guide is filled with activities, games, wellness tips, identity affirming resources and community agencies to support wellness for all students, caregivers/guardians, families, and school communities over the winter months!

Created by Professional Support Services Staff who are part of the Mental Health and Well-Being Committee, the TDSB Mental Health Leads and the System Leader for Mental Health and Professional Support Services, this Guide provides accessible resources and has been translated into the top 20 TDSB spoken languages. This Guide can be accessed here:

[2023-2024 Winter Well-Being Guide](#)





# WINTER WEATHER

## Student Transportation

From time to time, it may be necessary to cancel student transportation, classes and/or programs because of [severe weather](#). On rare occasions, severe weather makes it necessary to close schools, administrative offices, or sites.

With approximately 236,000 students in 583 schools, any decision to cancel buses, classes and/or programs or to close sites can have a significant impact on thousands of families across Toronto. This decision is not taken lightly. When schools remain open on days with inclement weather, parents/guardians make the final decision on whether to send their children to school and they can keep children home from school if they so choose.

Should a cancellation or closure be necessary, information will be posted on the TDSB web site and TDSB social media 6 a.m. Visit the website to learn about [Snow/Cold Weather](#) and the [Procedure for Severe Weather](#).





# WINTER WEATHER

## Making the Best of Winter at our School

Principals are often asked how we decide whether it's too cold to allow our students out in the schoolyard for recess. Fresh air and exercise are important for children. It keeps them physically fit and helps them stay alert all through the school day. Parents can help by making sure their children come to school prepared to spend time outdoors. Hats, mitts, boots and a warm jacket are important to keep students comfortable during lunch and recess. But extreme cold can be dangerous, and parents want to know that their children will be safe.

When the temperature is predicted to drop below -15C, the City of Toronto may declare a cold weather alert. Schools are very sensitive to the needs of our students and pay close attention to the weather, especially when the windchill is below -20 C. The TDSB Severe Weather Protocol is flexible, so that every principal can make a decision that meets the needs of his or her school. It sets guidelines for when to allow students outside for recess, when to make outdoor breaks shorter, and when to keep students inside altogether.

Canadian winters can be wonderful but when the weather is cold, school staff keep one eye on the thermometer and the other on the needs of our students - a perfect balance of fun and safety.







# **WINTER WEATHER**

## Recess During Cold Weather

Elementary school students are kept indoors for recess and lunch times for a number of weather conditions such as rain, lightning in the area, extreme winds and extreme cold. When temperature and wind chill measure  $-28^{\circ}\text{C}$  or lower, students are kept indoors. Recesses and lunch hour may be shortened if the temperature and wind chill reading is between  $-20^{\circ}\text{C}$  and  $-28^{\circ}\text{C}$ . If a student's medical condition requires further consideration due to weather conditions, or if parents have other questions or concerns about how and when weather conditions affect your child's school day, please contact the school office.







# STAYING HEALTHY

## Flu Season

Toronto Public Health is recommending that whenever students and staff experience flu-like symptoms, they are sent home and do not return to school until they are no longer infectious to others. Therefore, ill students and staff should be symptom-free (especially from vomiting and diarrhea) for at least 48 hours before returning to school.

The primary concern is for the health and safety of all students and staff. Please note that no special measures are required when there is a case of influenza in a school or daycare. However, everyone should do their part to stop the spread of the flu.

As parents, you can also assist by: Reminding children to wash their hands often especially after using the washroom and before and after eating; Reminding children to cover their sneeze and cough; Watching for symptoms of vomiting, diarrhea, dizziness, and/or high fever; Informing the school if your child is ill; Keeping your child at home when he/she is ill. For more information, please visit the [Toronto Public Health](https://www.toronto.ca/public-health/) website, contact your family doctor, or Telehealth Ontario. 1-866-797-0000





# KINDERGARTEN

Registration Begins in February!

Kindergarten Registration Begins in February!

Registration for English Kindergarten programs begins in February. We look forward to welcoming you and your child at school in September! To attend Junior Kindergarten in September, children must turn four-years-old by December 31.

To register for Senior Kindergarten, children must be five-years-old by December 31. More information about [the Kindergarten program and registration requirements](#). [Insert school-specific registration information - e.g. dates, times, school phone number, etc.]





## VIRTUAL LEARNING

The TDSB will continue to offer students in Junior Kindergarten to Grade 12 the option for virtual learning in the 2024 - 2025 school year. Elementary Virtual Learning classes will continue to be hosted at local schools. Secondary students will attend Virtual Secondary School. Regular programs and Intensive Support Programs (ISPs) depending on viable programming and where there is available space, will be offered in elementary and secondary Virtual Learning.

French Immersion, Extended French, LEAP, Alternative Schools, and Student Interest Programs continue to be available in-person only.







# MIDDLE FRENCH IMMERSION

## Application Deadline

For families interested in the system-wide French Immersion Program, we offer an online process to apply for Middle French Immersion (begins in Grade 4). To apply for September 2024, applications must be completed online between January 8 and February 2, 2024. Families with an older sibling currently in a Middle French Immersion program are still required to complete an online application for the new student.

For more information, please visit: [Middle French Immersion](#) or the [Application Process](#). Interested families can apply via the [Application Link](#).





# ONLINE INTERPRETER Training Program

The Parent/Caregiver Engagement Office are excited to offer the Online Interpreter Training program again. We will be offering the opportunity to 85 TDSB parents/caregivers to receive online interpreter training in TDSB's most requested languages! Administrators are asked to share this opportunity with their school communities.

Are you a parent/caregiver with a child registered in the TDSB who:

1. has full proficiency in English and another language (i.e., Pashto, Farsi, Roma, Ukrainian);
2. is interested in being trained as an interpreter to work with the TDSB;
3. is comfortable with virtual/online learning;
4. has access to a computer, and the internet and has, at minimum, intermediate computer fluency;
5. has a recording device, headphones, and dictionaries (hard copy and/or online).

TDSB is the largest school board in Canada and one of the most diverse. 23% of our students were born outside of Canada and there are over 120 languages spoken by TDSB students and their parents/caregivers. Research also identifies communication between the home and the school as essential to student success. Ensuring equitable engagement opportunities for our multi-lingual parents/caregivers, while maximizing their language assets, will enable the TDSB to improve communication between parents/caregivers and the school/Board.

Please join us on January 25, 2024, at 6:30 p.m. Please see the [attached flyer](#) for more details. If there are any questions, please reach out to Central Coordinator Michelle Munroe.





# CONTINUING EDUCATION PROGRAMMING

Continuing Education Programming Explore Continuing Education Programming at the TDSB! Learning opportunities are available for children, families, adults and visitors:

- Secondary Credit Night School Program - Semester 2
- International Languages Elementary & African Heritage Program
- Learn4Life General Interest Winter Program 2023 - Adults 18+ and Seniors
- Continuing Education - Adult ESL Program





## ADULT ESL

Adult ESL Gaining proficiency in English is a critical skill for many newcomers to our city. Every year, nearly 20,000 adults benefit from the TDSB's English as a Second Language classes. Through general language training, and a host of specialized courses, we serve learners at all levels - from those with little or no formal education to those with post-secondary degrees. Currently, all Adult ESL classes are on-line. Visit [ESL Toronto's Website](#) for more information. @TDSB\_ConEd







## 17th Annual PIAC Conference

### Parent Involvement Advisory Committee (PIAC)

The 17th Annual PIAC Conference is on Saturday, February 3, 2024 from 10 a.m. to 3 p.m. at Earl Haig Secondary School. The PIAC Conference is a unique opportunity to deepen understanding of the educational landscape, connect with fellow parents/guardians/caregivers and staff, and contribute to the continued success of our community. More information:

[www.torontopiac.com/whats-happening/conferences](http://www.torontopiac.com/whats-happening/conferences) and review our [conference flyer](#).



# important dates



## SCHOOL COUNCIL

**February 7, 2024**  
(virtual)

**April 17, 2024**  
(virtual)

**June 5, 2024**  
(in-person, X-Movement)



## PIZZA DAY

**February 14, 2024**  
(gym)

**June 5, 2024**  
(gym)



## SCHOOL CALENDAR

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





**community  
safety &  
support**

If you should you ever see any suspicious activity around school buildings after school hours, please contact 311, Toronto Police Services Dispatch at 416-808-2222, or the TDSB's 24-hour Call Centre at 416-395-4620.

If you or a family member is in crisis, please contact Kids Help Phone: 1-800-668-6868 or get support right now by texting CONNECT to 686868.



# traffic safety

*how to  
make this a  
safe winter  
season*



As winter approaches, we know that severe weather will be part of our daily lives for the next several months. While traffic safety is an important matter all year long, this is a particularly good time to review what we can do to keep students safe.

The need to be aware and alert at all times, on any road, and even in the most routine circumstances is key to traffic safety. This applies to students and drivers alike. Road conditions can be challenging in the winter months. So to those of us who drive, please take extra care on the roads and in parking lots, especially in areas where children might be present.

School staff periodically review street and traffic safety with students. Parents can help reinforce these safety messages with children at home. Below are some tips that might be helpful to review.

- ★ Stop, look, and listen for traffic.
- ★ Only cross at corners and crosswalks.
- ★ Make eye contact with drivers.
- ★ Walk on the right side of the crosswalk.
- ★ Wear appropriate footwear to reduce the chances of slipping. - Never run into the street.
- ★ Obey crossing signals.
- ★ Cross only if clear.
- ★ Walk on sidewalks.
- ★ Where there are no sidewalks, walk as far away from traffic as possible, facing traffic.

The safety of our students is always a top priority. Let's work together to make the winter season safe so we can enjoy all it has to offer.



# road safety

Parents are reminded to observe the speed limit and all posted traffic signs e.g., Bus Loading Zone, No U Turning, No Parking, etc. along Southlawn and surrounding streets. Remember to please slow down in school zones!

We have a Student Drop-off Zone by the west gate by the kindergarten play area. The parking lot is for staff use only. *For safety, students are not allowed to enter the parking lot, nor are parents allowed to drop off their child(ren) in the parking lot.*



# Fire Safety

toronto fire services resource

Here are some flyers and resources from the Toronto Fire Services to help you and your family stay safe.

[Fire Prevention – Inspection & Enforcement - City of Toronto](#)

[Smoking and Home Fire Safety](#)

[Alarmed for Life](#)



# AFTER A FIRE

## Resources to Assist Recovery



Toronto Fire Services Tel: 416-338-9050 www.toronto.ca/fire



Toronto Fire Services invites You to Team Up With Us To Make Sure You and Your Family Stay Safe.

**PREVENTION**  
Check your home for hazards and eliminate them. Most home fires are still caused by careless cooking, smoking and candle use.

**DETECTION**  
Working smoke alarms are so important, it's the law to have them on every storey of your home and outside sleeping areas.

**ESCAPE**  
Plan your escape with two ways out of every room, practise your plan and pick a meeting place in front of your home.

There is so much more you need to know to make sure your family stays safe. Please contact your local Fire Station, Fire Prevention!

Public Education office, call Access Toronto at 416-338-0338 or visit www.toronto.ca/fire

## R.A.C.E. for Fire Safety

Procedure will vary among facilities and establishments. Consult your safety department for further details.

### R=RESCUE

Remove anyone in immediate danger from the fire, if it does not endanger your life

### A=ALARM

Activate the nearest pull station. Call 911 or your local emergency number and give the location of the fire and fire type.

### C=CONTAIN

Confine/contain the fire by closing all doors and windows.

### E=EXTINGUISH

If the fire is small enough, extinguish fire with a fire extinguisher using the P.A.S.S. method.

- Pull pin
- Aim extinguisher
- Squeeze lever/handle
- Sweep nozzle or hose side to side

**INFORMATION SHEET  
IN CASE OF EMERGENCY  
CALL 911**

**CONTACT INFORMATION**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Address \_\_\_\_\_ Apartment Number \_\_\_\_\_  
 City \_\_\_\_\_ Postal Code \_\_\_\_\_  
 Main Phone \_\_\_\_\_ Alt. Phone \_\_\_\_\_  
 Health Card \_\_\_\_\_ Birth Date \_\_\_\_\_  
 Primary Caregiver: \_\_\_\_\_ Gender  M  F  
 Advanced Care Directive  See file with \_\_\_\_\_

Emergency Contact 1: \_\_\_\_\_ Alt. Phone: \_\_\_\_\_  
 Emergency Contact 2: \_\_\_\_\_ Alt. Phone: \_\_\_\_\_  
 Primary Care Provider: \_\_\_\_\_  
 Please \_\_\_\_\_

**RELEVANT MEDICAL HISTORY**

Cardiac (angina, heart attack, bypass, stent)  Stable (chronic) heart health  Deaf  
 Stroke/TIA  COPD (emphysema, asthma)  Allergies  
 Hypertension (high blood pressure)  Severe allergies  Diabetes  
 Congestive heart failure  Anemia  Psoriasis  
 Other: \_\_\_\_\_

www.toronto.ca/emergency



## Alarmed for Life

### Home Fire Safety Check

**Your "REMINDER" List**

- ✓ Test your smoke and carbon monoxide alarms at least once a month.
- ✓ Change smoke and carbon monoxide alarm batteries annually and whenever the low-battery warning sounds.
- ✓ Replace smoke alarms that are more than ten years old.
- ✓ Replace carbon monoxide alarms that are more than seven years old.
- ✓ You may have less than one minute to escape a fire in your home – practise your home fire escape plan at least two times every year.
- ✓ Keep all exits in the home clear and easy to use.

- ✓ Keep matches and lighters out of the sight and reach of children.
- ✓ If parents suspect their child is involved in inappropriate fire use, they can call Toronto Fire Services for information and assistance.
- ✓ Always stay in the kitchen when you are cooking.
- ✓ Keep children at least one metre from the stove.
- ✓ If you are sleepy or have consumed alcohol, don't use the stove.
- ✓ Always blow out candles before leaving the room.
- ✓ If anyone in the home smokes, smoke outside.




# Tamil Heritage Month

*Our Memories, Our Truths, Our Paths Forward: A Mosaic of Tamil Identity*

இந்த ஆண்டின் தமிழ் மரபு மாதத்திற்கான கருப்பொருள், "எங்கள் நினைவுகள், நமது உண்மைகள், நமது முன்னோக்கி செல்ல வேண்டிய பாதைகள்: தமிழர் அடையாளம்"





Tamil Heritage Month is proudly recognized during the month of January at the Toronto District School Board since January 2016. This year, the theme for Tamil Heritage Month is **Our Memories, Our Truths, Our Paths Forward: A Mosaic of Tamil Identity**. Memories play an integral role in how we shape our stories and identities. They are what we tell ourselves about who we are, and they form the basis for how people know us as well as how we perceive and know the world around us. Memories also shape our truths, and it is within our memories and truths that we set goals for ourselves and move forward, individually, and collectively as a group of people.

As a Board, the TDSB is committed to affirming identities, and to teaching and learning about the various stories and viewpoints of all its members. This year's Tamil Heritage Month theme is a reminder to pause and reflect on our memories and narratives, to consider how they shape us individually, and to look at ways that we can come together to honour and celebrate our individuality while moving forward with our collective humanity in mind.

To mark Tamil Heritage Month, various educational opportunities will be offered to students to learn about the history, culture, and traditions.

# 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.**



# Building Friendships While Learning Through Building





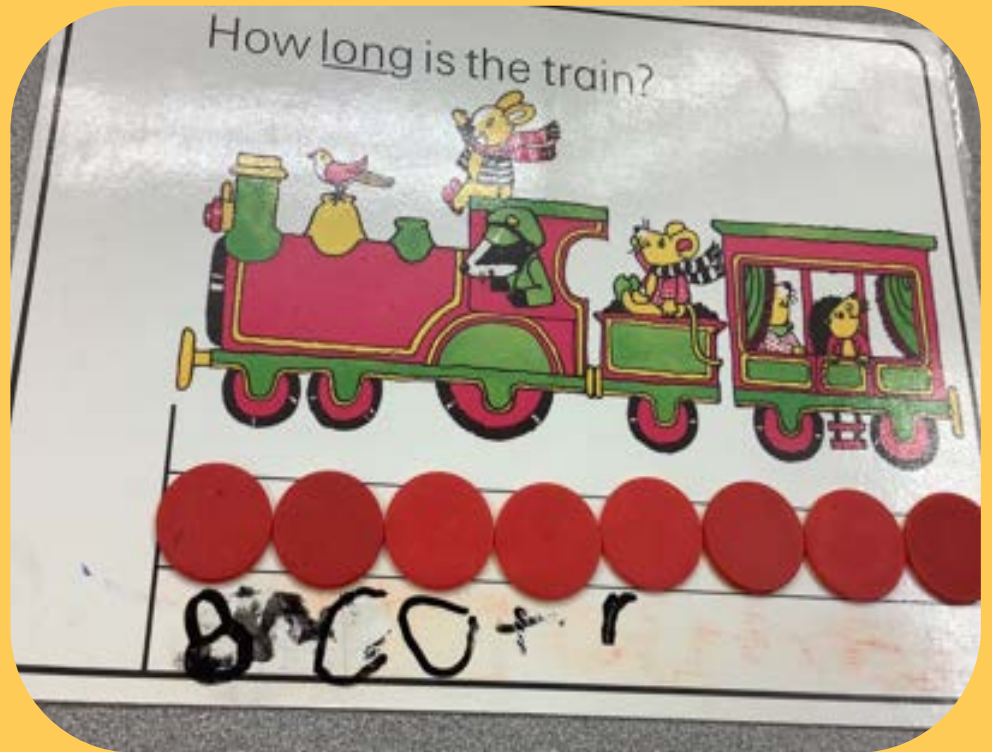
# Working and Playing Together



- Use kind words
- Keep your body to yourself
- Share toys
- Be kind
- Say "please, I forgive you, thank you"
- Give your hand to someone who is hurt. Say, "are you ok?"
- Say, "sorry"
- Respect the culture of other people

**Martin Luther King Jr Day**  
**how to treat others with respect**

**Measuring using  
non-standard units**





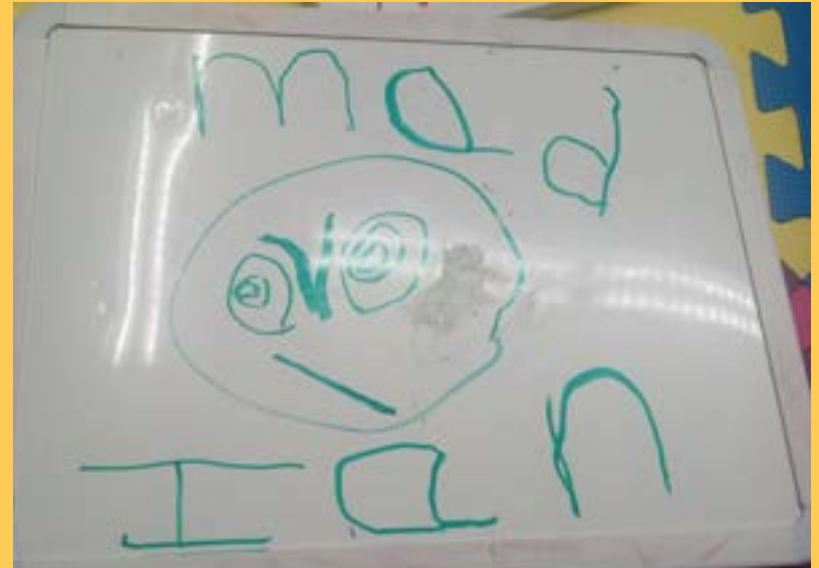
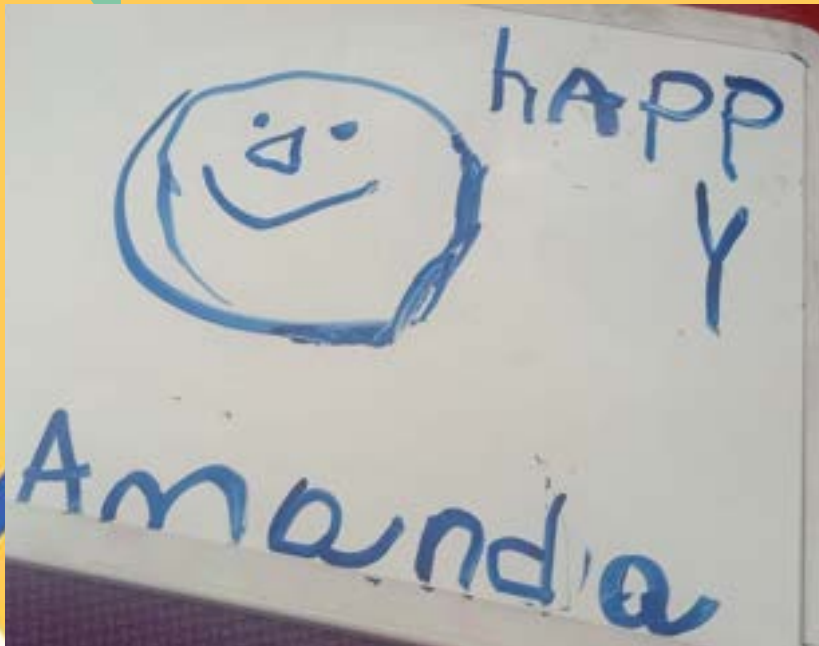
## Creations with loose parts



# Artwork



## Pictures showing emotions





# Sorting loose parts

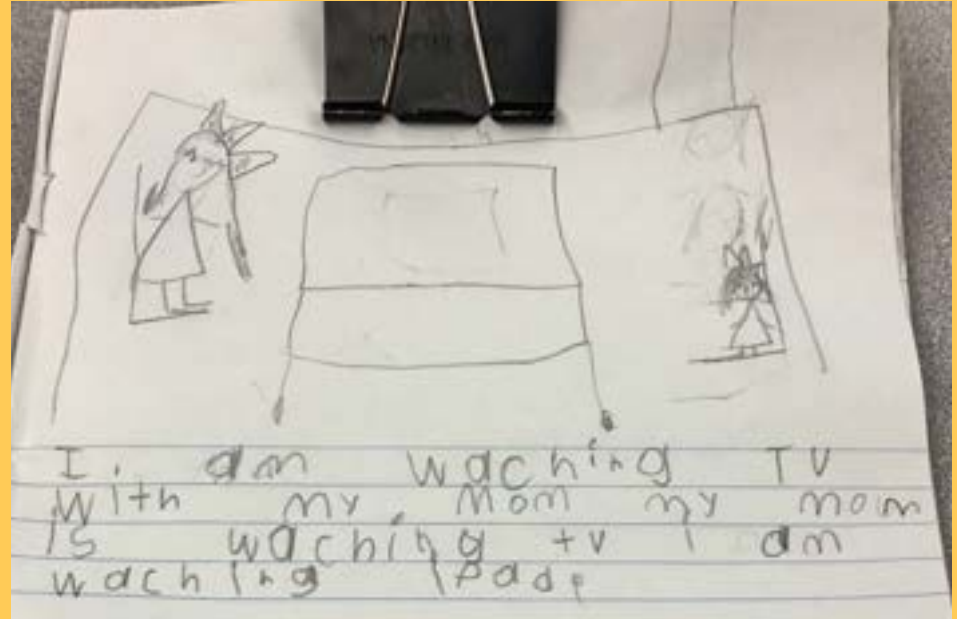




## Sorting by colour



# Writing - Junior Kindergarten on the left, Senior Kindergarten on the right



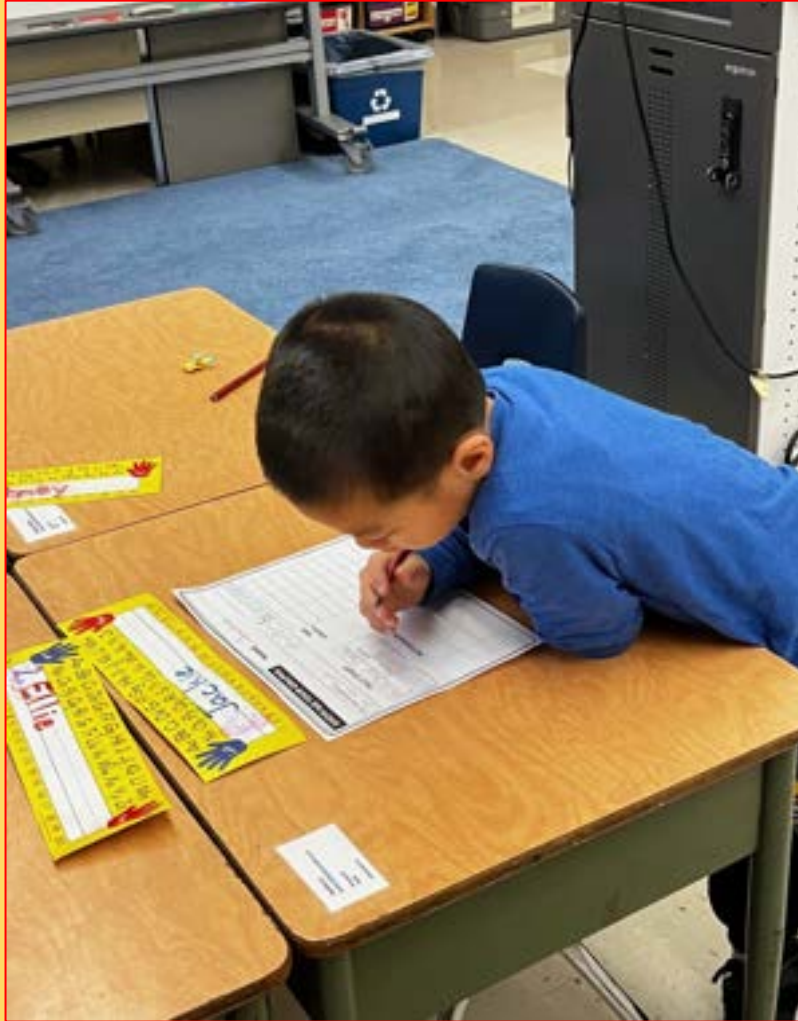
# Grade 1



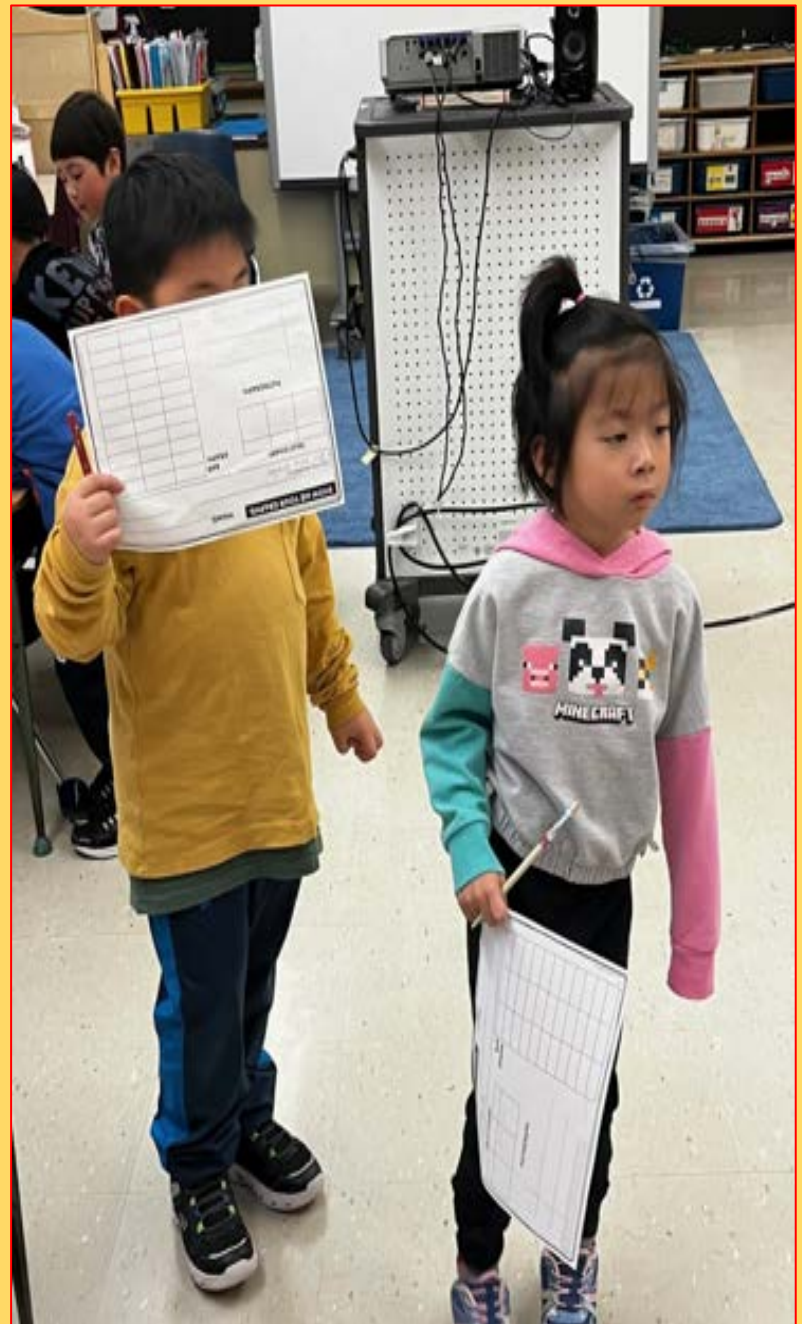
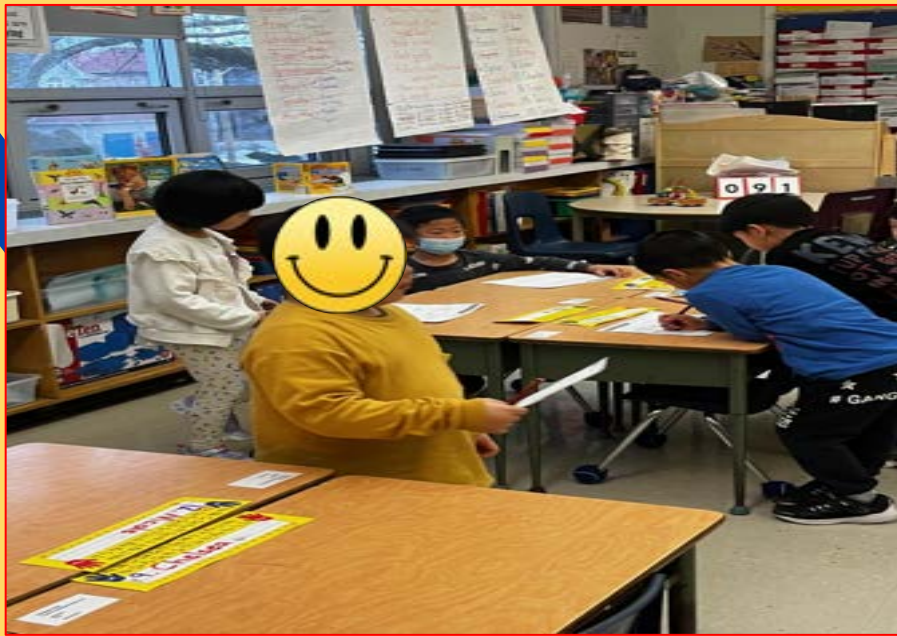
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# Having fun creating graphs









# Students are engaged in learning through the use of technology









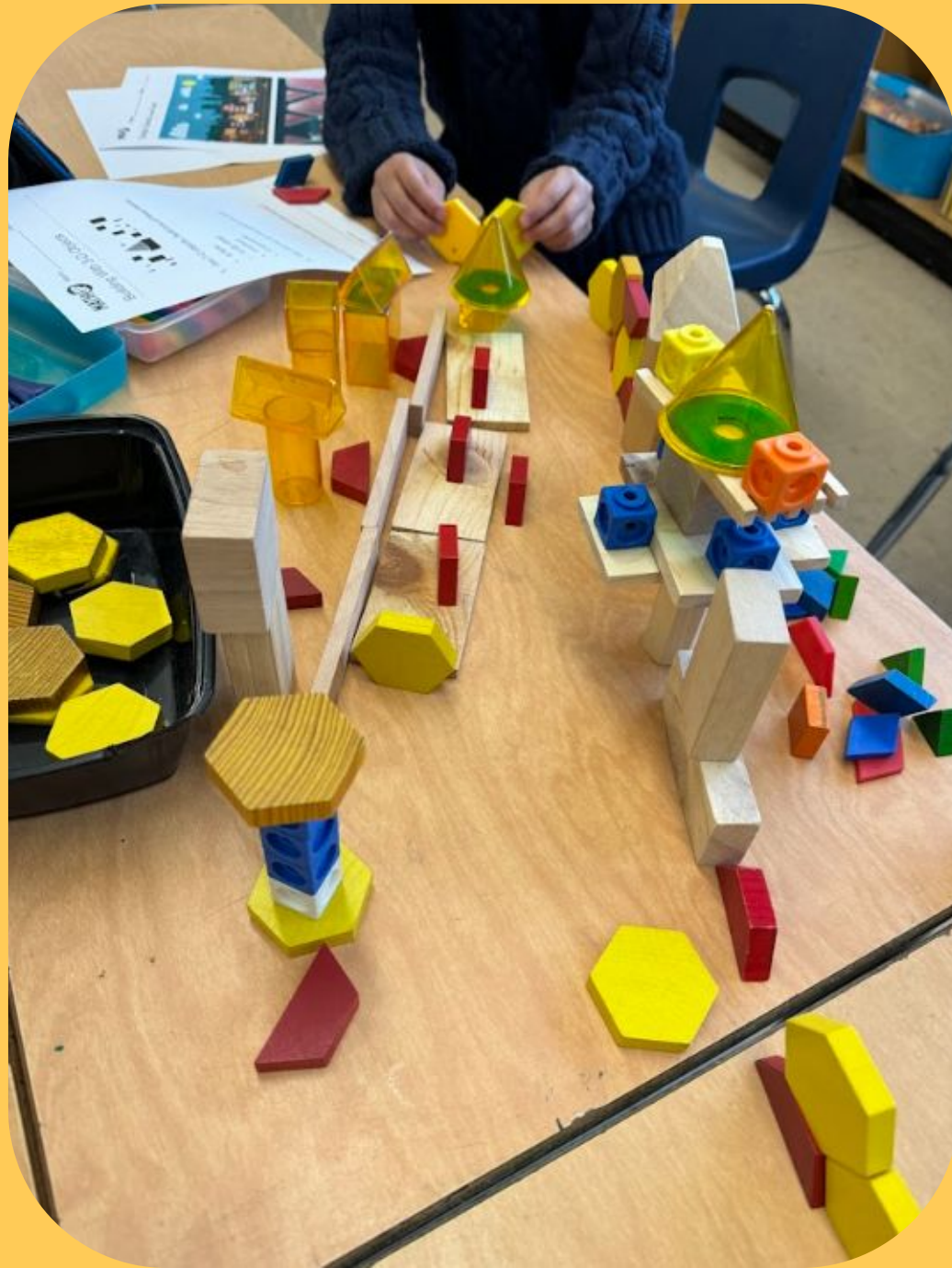
# Grade 1/2



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exploring and  
**creating**  
3D shapes



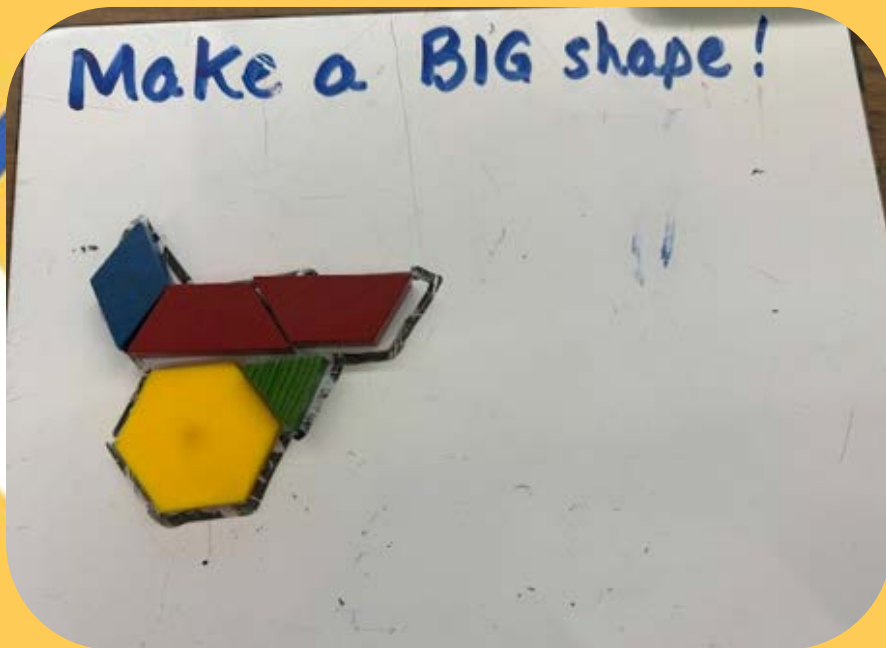
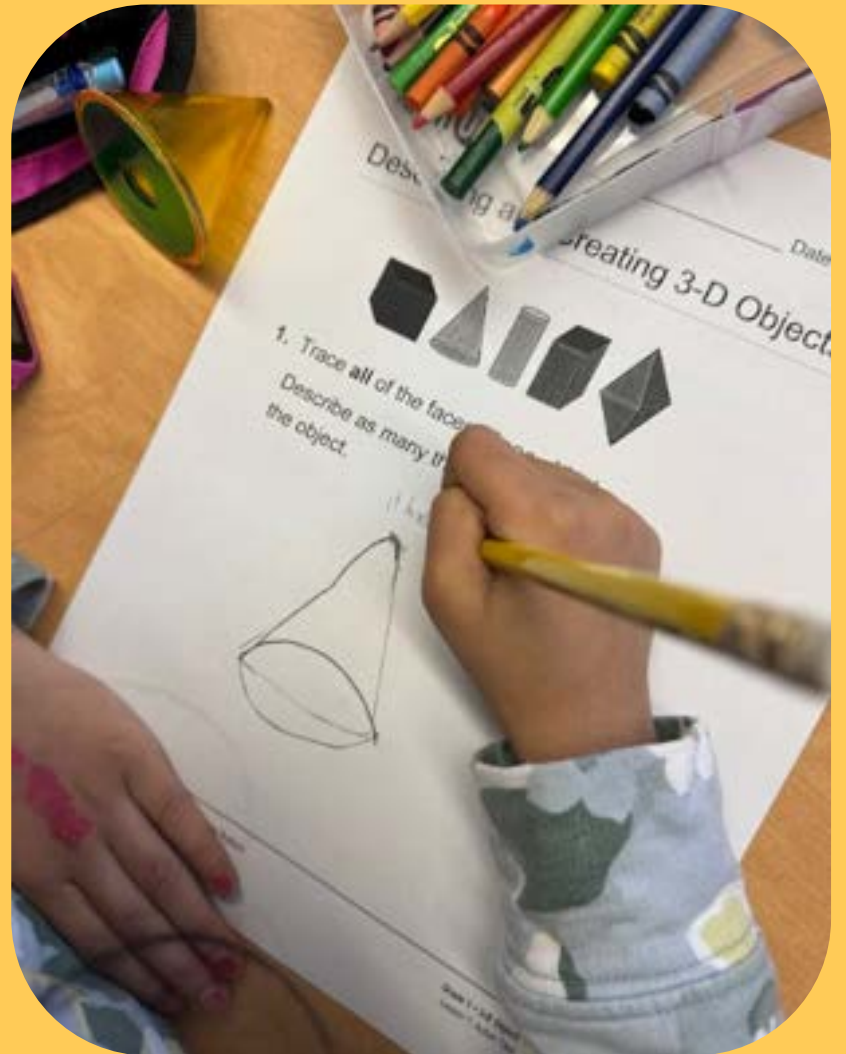


Grade 1 • 1.8 Objects 1

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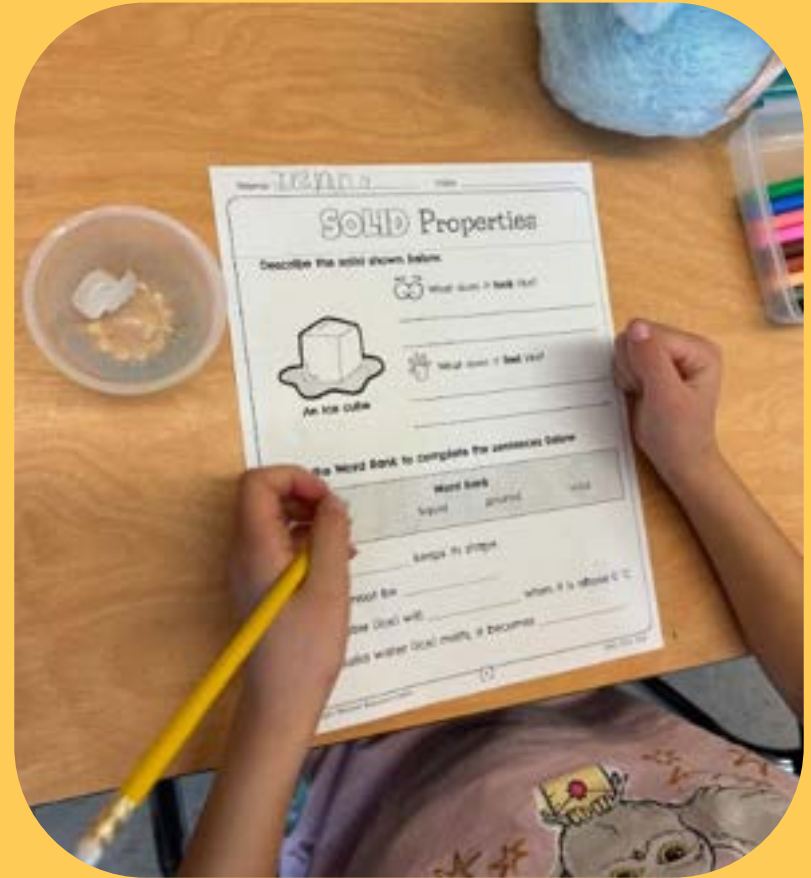
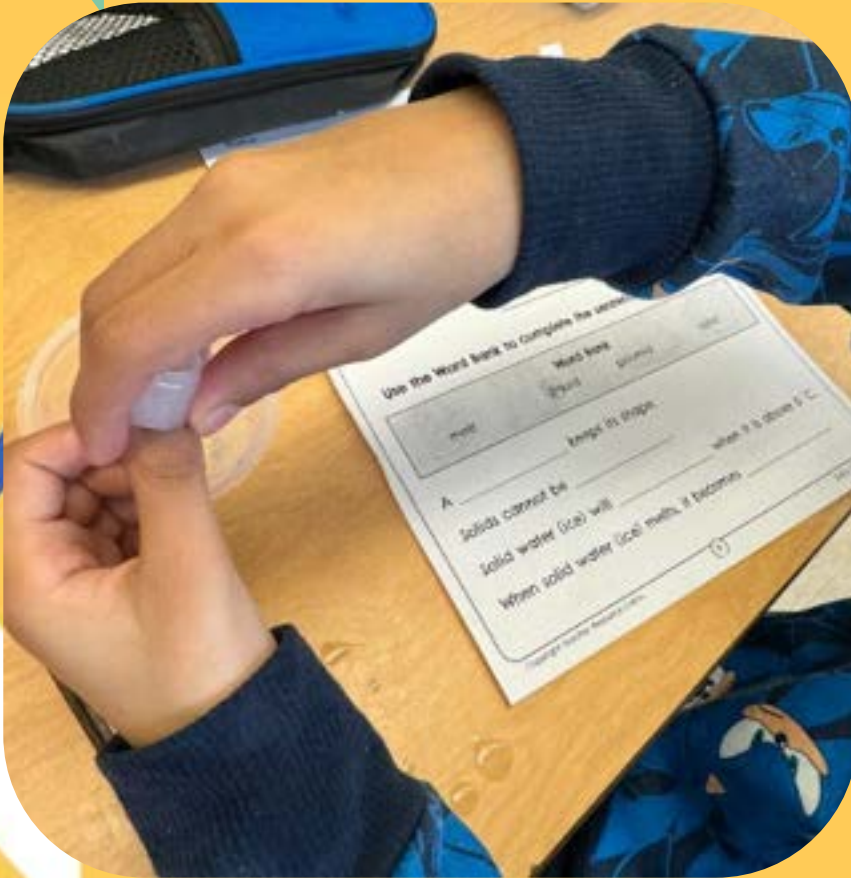








# what are the properties of a solid?





**Learning  
about robotics  
with the Grade  
5/6 class**





# Grade 2/3



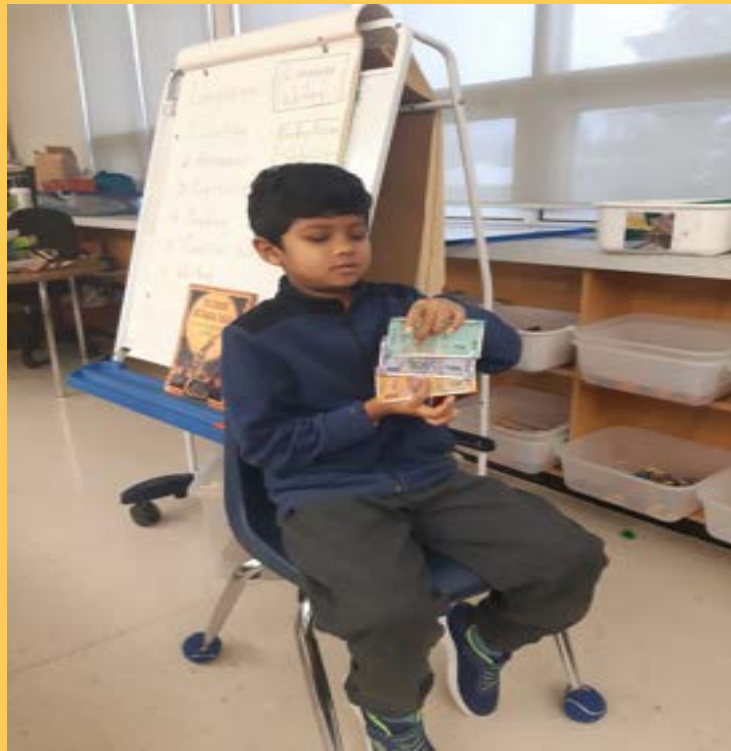
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# Financial Literacy

Let's talk about why we have different money in different countries? Do you agree with that the bills reflect our culture and history?











# Let's Make Music Using Beepbox!







# We Made a Two-Spoon Instrument!



# Double Free Time Please, Ms. Ko!









Happy  
Reading!





# Our Pledge for 2024

We  
Try Our  
Best

We  
Go To  
The World  
By  
Learning

We  
Explore

We  
Create

We  
Learn  
From  
Mistakes



We  
Respect  
Each  
Other

We  
Support  
Each  
Other

We  
Think  
Critically

We  
Listen To  
Each  
Other

We  
Are A  
Team



# Winter Is Fun!





# Off You Go Our Ladies Keziah and Christy!





# Grade 4/5



**PLEASE NOTE:**

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**Forest Valley Trip**



































































**creating  
beautiful  
music**











# Grade 5/6



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# coding with robots!



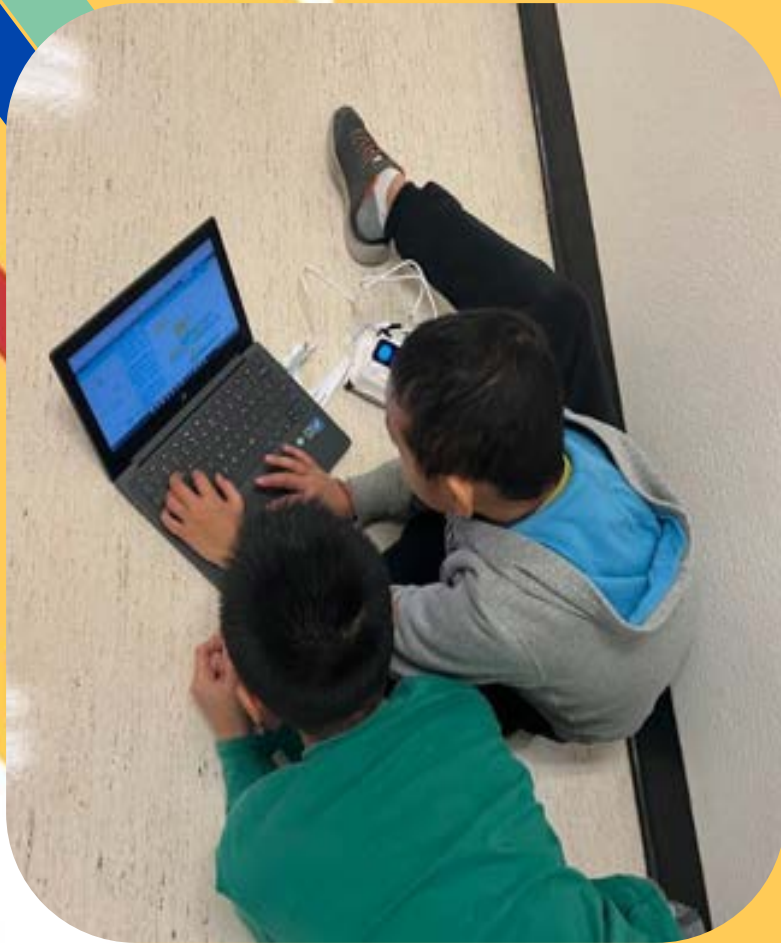












**click [here](#) to watch it all in action**







# Celebrating Indigenous culture through literature













**Our Lynnwood parents are so talented!**





**Happy Birthday Ms. Alexander!**



















**Forest Valley Trip**





**Learning about Habitat and Wildlife**







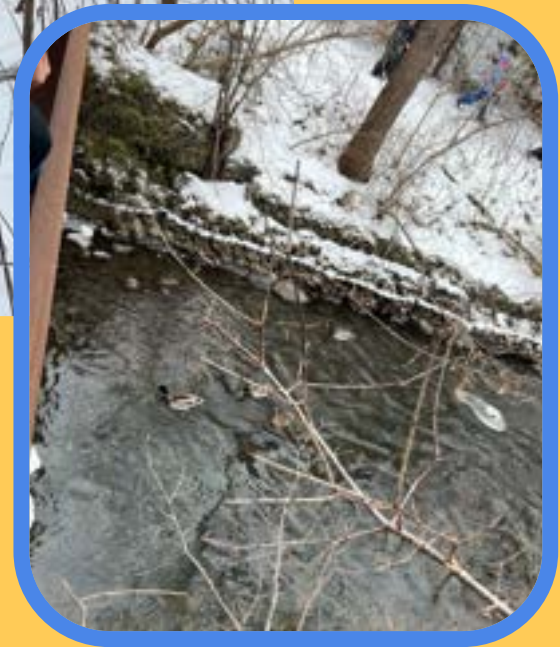








**Quack quack!  
Spotted some  
wildlife**









**“Our wonderful office helpers saying goodbye to our amazing temporary Office Clerk, Jennifer Li”**



# Mental Health Matters!

**COMMIT**  
**ICIDE**  
**ILLS YOU**



go out take a walk and touch grass  
think the BRIGNESS



**STAY**

Without adults  
with a pet  
new with chores  
**OUTSIDE**

Mental health is more than just "feeling sad or stressed." It's the state of your mind, emotions, and thoughts. Taking care of your mental health is just as important as taking care of your physical health. It's about feeling good, thinking clearly, and being able to handle life's challenges. Mental health is a journey, and it's okay to ask for help when you need it. There are many ways to take care of your mental health, and it's important to find what works for you. Some people find that talking to a friend or family member helps, while others find that exercise or spending time in nature is helpful. The key is to be proactive and to not let your mental health suffer. It's about taking control of your mind and emotions, and it's about being kind to yourself. Mental health matters, and it's something we should all pay attention to.

**10 WAYS TO TAKE CARE OF YOUR MENTAL HEALTH**

- 1. Exercise regularly
- 2. Eat a healthy diet
- 3. Get enough sleep
- 4. Spend time in nature
- 5. Practice deep breathing
- 6. Write in a journal
- 7. Talk to a friend or family member
- 8. Engage in a hobby
- 9. Practice gratitude
- 10. Seek professional help if needed



What actions are you taking or can you take to support the mental health of yourself or someone you care about?



Hand-drawn illustration with a grid pattern and text: 'Mental health is more than just "feeling sad or stressed." It's the state of your mind, emotions, and thoughts. Taking care of your mental health is just as important as taking care of your physical health. It's about feeling good, thinking clearly, and being able to handle life's challenges. Mental health is a journey, and it's okay to ask for help when you need it. There are many ways to take care of your mental health, and it's important to find what works for you. Some people find that talking to a friend or family member helps, while others find that exercise or spending time in nature is helpful. The key is to be proactive and to not let your mental health suffer. It's about taking control of your mind and emotions, and it's about being kind to yourself. Mental health matters, and it's something we should all pay attention to.'

Listen to **TRANK**  
• Play a game you like  
• Read a book you like  
• Walk  
• Do something you like  
• Sleep  
• Go out in nature  
• Write





Mental health is a very important thing. Since today is Bell let's talk day, I am going to be talking about all the things that I think that I can do and you can do for the people that suffer from mental illness and yourself. There are many things that you can do for someone or someone you know that are suffering from mental health problems.

Such as if someone is down or having a hard time, instead of treating them like trash, you should treat them how you want to be treated. Some of you might be wondering "how do I know if someone is suffering from a mental health illness?" Well that shows why we should always treat people nicely because you never know what they are going through.

Another way to help people is by listening. If someone tries to tell you something like what they're going through or their feelings, you should always listen to them. Think of it like if you were in that type of situation, you would also want someone to talk to and someone that listens to you. One piece of advice that might help someone that's feeling down or is having a hard time, instead of asking them if you are okay, you can ask them something such as "What's on your mind today?" or "How are you feeling today?" Think of it like if you were down and someone came up to you and asked if you were okay, you would most likely say something like yeah, i'm fine, or i'm okay, and this doesn't really give you a chance to actually express your feelings and talk.

What are some things that you can help/support yourself with when you're feeling down? There are a lot of things that you can do for someone that's struggling with their mental help, but what are some ways that you can help and support yourself? There are a variety of ways you can make your mind and body healthier. If you spend a lot of time on social media, I suggest that you should go outside and get some fresh air and exercise. Getting fresh air and exercising can have a big impact on both your mental and physical health. Going outside can help people reduce anxiety levels and stress, lower your heart rate and can even improve digestion. Sometimes it might even help you feel closer to nature.

If you're ever feeling down, don't worry because everyone needs motivation sometimes. There will always be a time where you feel like you aren't yourself or you aren't worth it, but remember you're not worthless. Your self-worth is always determined by you, and always keep your face to the sunshine and the darkness will fall behind. Always love yourself and you'll be fine. In the end you are a human and you'll at least experience something stressful in your life, but remember that you're not the only one that has experienced something like this.





What actions are you taking or can you take to support the mental health of yourself or someone you care about?



# Gr 1 to 3



**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.**



Ms. Cis's Class

W I N T E R F U N















# Gr. 4 to 6



**PLEASE NOTE:**

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# cooking and eating together



"I like pastas!"







**It's wheel-y nice to ride our bikes!**













# LET IT SNOW























# JANUARY ASSEMBLY

*hosted by Ms. Jinjin Qi*

***Nathan and Mahi did an excellent job as MCs at our January assembly***





the month of January we acknowledge the value of

**r e s p e c t**



**Grayson and Isaiah do an excellent job as our tech team.**



Mrs. Alexander thanks her whole class for their teamwork and respect in celebrating her birthday with a surprise party.



These are all our students who excelled in showing teamwork and respect in January.



Lynnwood's staff celebrates student success in showing teamwork and respect.









**thank  
you!**