

### Principal's Message

### 'I MESSAGES'

Language is one of our most powerful tools in conflict resolution and, perhaps more importantly, in preventing conflict. We all learn to communicate at the knees of our parents and, under stress, will turn to the way our parents handled stress, verbally and even physically. It takes a conscious effort to change patterns (put-downs, sarcasm, negative comments) that are not constructive, patterns that diminish self-esteem and self-worth. You have a wonderful opportunity to help your children learn positive ways of responding to stress. Using 'I MESSAGES' is one powerful tool leading in that direction. Dr. Harding, at a recent conference in Toronto, indicated that validation is necessary before one can validate others. Without validation, one loses hope; without hope, behavioural issues most often follow. As a parent-facilitator you can:

Be a role model to your children by

using 4x more positive 'put-up' remarks than put-down remarks

Use 'I messages' when you are concerned or upset about a situation

Delaying action until you are calmer

Use a voice that becomes calmer and lower as you become more concerned or upset

# School Year Calendar



# **April Learning Sessions for Staff and Families**

Learning and engagement sessions continue to be made available for both staff and families, providing valuable opportunities to explore inclusive and anti-ableist practices and implement concrete strategies in the classroom and at home. These sessions are designed to support student achievement and well-being. Please click this link to access the sessions being offered.



# important dates



### SCHOOL COUNCIL

April 1 - Celebrate the Spectrum

April 3 -

After School Chess Club Sikh Heritage Month Assembly

**April 16 - School Council Meeting** 

**April 22 - Earth Day** 

**April 24 - STEAM Night** 

**April 25 - Jump Rope for Heart** 

**April 29 - Welcome to Kindergarten** 



PIZZA DAY

Wed. Apr. 16

Wed. May 14



### SCHOOL CALENDAR

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



# bell schedule



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

# **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!

### Afternoon Jays Camp RBI Summer Edition

<u>RBI Summer Edition</u> is a free afternoon baseball-for-development program for Grades 3 to 8 hosted at 13 schools. Throughout July, students registered for half-day morning summer school can opt to join the RBI Summer Edition program for the afternoon. Please note that spaces are limited and available on a first-come, first-served basis.

In the afternoon, students will engage in a wide range of recreational activities including cooperative games, arts and crafts, team-building, and inclusive baseball training. Throughout July, the program runs from 12:00 pm to 4:00 pm, with the opportunity to extend to 5:30 pm for aftercare. After TDSB summer school ends, students can register for a full-day program from 9:00 am to 4:00 pm during the first two weeks of August. **Please note** – students enrolled in the afternoon program must bring their lunch.

### Elementary Literacy and Numeracy Summer School

The Elementary Literacy and Numeracy Summer School Program offers the opportunity for students to continue learning in the summer.

Programs are offered in-person at various locations to students in Kindergarten to Grade 8, from **July 2 to July 25, 2025**. A remote program is available for students in grades 6 to 8.

### **Registration Information:**

- Program Dates and Hours Monday, July 2 to Friday, July 25, 2025, from 9:00 am to 12:00 pm
- Registration is online. To fill out an application, please click on the school registration form link in the list below.

# NURTURING POSITIVE MATHEMATICAL MINDS

A virtual workshop hosted by the community of schools (Eastwiew, Galloway, George & Little, Joseph Brant, St Margaret's, and West Hill Public Schools)



FOR KINDERGARTEN TO GRADE 12



These workshops will provide TDSB families with students in **Kindergarten to Grade 12** with practical strategies to support their child's math learning at home, building confidence, critical thinking, and problem-solving skills.



Section 1: Tuesday April 8, 2025 Section 2: Tuesday April 16, 2026





Presenters: Octavia Beckles - Math Consultant,
Troy Langevine - Centrally Assigned Principal, School Improvement & Leadership Development
Jason To - Coordinator, Secondary Hathematics and Academic Pathways,

& a team of TDSB Administrators and Math specialists

Register by scanning the QR code or by visiting b/t.lv/mathminds2025



For more information, contact Donnal Cardoos, 7058 Parent Caregiver and Community Engagement Worker (C) or text 647-403-5821

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The session is designed to support families with students from Kindergarten to Grade 12. It will provide parents/caregivers and guardians, with practical strategies to enhance their child(ren)'s math learning at home, focusing on building confidence, critical thinking, and problem-solving skills. Key topics include:

- Understanding Math Anxiety: Helping parents recognize and address math anxiety in their children.
- Positive Reinforcement: Techniques for using positive reinforcement to boost children's confidence in math.
- Engaging Activities: Fun and interactive math activities that parents can easily implement at home.
- Growth Mindset: Encouraging a growth mindset by emphasizing effort and persistence in learning math.

We have scheduled two virtual sessions for this workshop:

- Session 1: Tuesday, April 8, 2025, 6:30 pm 8 pm
- Session 2: Tuesday, April 15, 2025, 6:30 pm 8 pm



### **More Joy Session 2**

A 30-minute after-school family literacy series. These sessions are hosted by PCCEWs and facilitated by educators from across the Board and are open to all families with children in Kindergarten to grade 5. To register, please use the weekly zoom link below or use the link and QR code on the attached flyer.

Wednesdays, April 2 to May 28 | 4:30-5:00 pm | Weekly Zoom Link

### **April**

Wednesday, April 2nd Wednesday, April 9th Wednesday, April 16th Wednesday, April 23rd Wednesday, April 30th

### May

Wednesday, May 7th Wednesday, May 14th Wednesday, May 21st Wednesday, May 28th

# Parent/Caregiver and Community Newsletter







# Sex Trafficking Awareness

Although none of us want to think about it, Sex Traffic is a real danger. Please see below for informational videos supplied by TDSB.

Anti-Sex Traffic (AST) Information Videos for Parents/Caregivers/Staff in collaboration with Community Partners

- 1. Video #1: Victim Services of Toronto-Learning about AST
- 2. Video #2: Victim Services of Toronto-AST and Stigma

AST Information Videos for Parents, Caregivers, and Staff to Support Students with Special Education/Complex Needs
Healthy Vs. Unhealthy Relationships

- 7. Video #1: Relationships
  - 2. Video #2: Emotions & Boundaries
  - 3. Video #3: Relationships & Abuse



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 <a href="https://www.HelpAhead.ca">www.HelpAhead.ca</a>

**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)

# No Smoking

Please remember there is no smoking allowed anywhere on TDSB property. Please do not smoke near the children, on the property or leave cigarette butts on the property. Thank you for setting a positive example for Lynnwood's students.

# Special Education and Inclusion Video Series: Guides for Parents/Guardians/Caregivers

The TDSB's Special Education and Inclusion Department is excited to share their Guides for Parents/Guardians/Caregivers video series!

These videos provide an overview of our Guides to Special Education, designed to help families understand the programs, services, and supports available to students.

From learning about Individual Education Plans (IEPs) to navigating the Identification, Placement, and Review Committee (IPRC) process, these resources are here to support you every step of the way.

We encourage you to explore the full guides on the <u>Special Education and</u> <u>Inclusion website</u>, where you'll also find\ additional Special Education resources for families.

# **Safety**







### GREEK HERITAGE MONTH March 2025



Odyssey: A Decade of Celebrating Greek Heritage Month Οδύσσεια: Μία δεκαετία εορτασμού του μήνα ελληνικής κληρονομιάς



### GREEK HERITAGE MONTH March 2025



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# **Greek Heritage Month**





### March 2025

"Odyssey: A Decade of Celebrating Greek Heritage Month"

"Οδύσσεια: Μία Δεκαετία Εορτασμού του Μήνα Ελληνικής Κληρονομιάς"

# Greek Heritage Month

The TDSB is proud to recognize Greek Heritage Month (GHM) during the month of March.

"March is a significant month for the Hellenic community and March 25 is celebrated each year as Greek Independence Day. Proclaiming March as Hellenic Heritage Month provides an opportunity to remember, celebrate and educate future generations about the outstanding achievements and contributions of the Hellenic Canadians in the province."

## We celebrate Greek Heritage Month - Belong









# We honour the Seven Grandfather Teachings









### We look forward to our Jump Rope for Heart Event on April 25th



### **World Down Syndrome Day**

### What is World Down Syndrome Day?

World Down Syndrome Day is on 21 March every year. It is a global awareness day which has been officially observed by the United Nations since 2012. The goal is to help people understand and support those with Down syndrome better.

The date being the 21st day of the 3rd month was chosen to represent the triplication (trisomy) of the 21st chromosome which causes Down Syndrome.

### What is Down Syndrome?

Down Syndrome (or Trisomy 21) is a condition in which a person has an extra chromosome. Most people have 23 pairs of chromosomes – 46 in total.

People with Down Syndrome have an extra chromosome added onto the 21st pair – 47 in total. Chromosomes act like an instruction manual that defines how our bodies look and how they work.

People who have Down Syndrome usually have an intellectual disability. This is different in each person. Some health conditions are more common in people with Down Syndrome. Around 1 in every 800 babies will be born with Down Syndrome. Down Syndrome occurs naturally – there is no known cause.



World Down-Syndrome Day

**Belong** 



Rock Your Socks for Down Syndrome Awareness Day

**Belong** 







### International Day for Elimination of Racial Discrimination

The International Day for the Elimination of Racial Discrimination is observed annually on 21 March since declared by the United Nations in 1966. This day serves as a call to action for individuals, organizations, and all levels of government to actively work to eliminate all forms of racial discrimination, injustice, systemic racism and hate.

What is the meaning of elimination of racial discrimination? The term "racial discrimination" shall mean any distinction, exclusion, restriction or preference based on race, colour, descent, or national or ethnic origin which has the purpose or effect of nullifying or impairing the recognition, enjoyment or exercise, on an equal footing, of human rights.

### Ways To Be Anti-Racist:

- Hold your friends and family accountable.
- Diversify your knowledge and check your information bias.
- Engage in race and ethnicity courses through different departments.
- Have intentional conversations with peers, friends, co-workers, etc.
- Learn with humility.

# **World Water Day**

This year's theme is Glacier Preservation, highlighting the urgency to protect glaciers that are melting due to climate change. Glaciers are critical sources of freshwater, feeding rivers, lakes, and ecosystems that sustain life. For many Indigenous communities, the loss of glaciers threatens both water security and traditional ways of life.

Although access to clean drinking water is a fundamental human right, water security continues to be an ongoing issue that Indigenous communities across Canada face. As of February 27, 2025, **34 water systems across 32 First Nations reserves were under drinking water advisories** — **some for three decades**. This day acts as a reminder that this is an ongoing fight, and that Indigenous rights and traditions must be considered and respected.

# **World Water Day**

World Water Day, celebrated globally on March 22, holds particular significance for Indigenous communities with deep cultural, spiritual, and practical connection to water sources.

**Check out** DWF's water-related learning resources.

- See how water inspires the work of our Artist Ambassadors:
  - Cody James Houle, '<u>Asking Water for Guidance</u>'
  - Emily Kewageshig, 'River'
  - o Isaac Murdoch (Bomgiizhik), "Water is Life"
  - Patrick Hunter, "<u>Afternoon River Vibes</u>"
  - Violet Gatensby, 'Killer Whale'
  - Peatr Thomas, 'Miskwaadesi Maada Ookii Gikendamowin Turtle Sharing
     Knowledge (From the Sturgeon)'

# **Epilepsy Awareness - Purple Day**

Epilepsy Awareness Day is on March 26th and is also known as Purple Day. It's an international day to raise awareness of epilepsy and to support people living with the condition.

March is all about spreading awareness and education to help end the stigma and misconceptions surrounding epilepsy. What better way to celebrate than by bringing Purple Day to Lynnwood Heights? Epilepsy Awareness / Purple Day is observed every year on March 26.

On **March 26th** annually, people in countries around the world are invited to **wear purple** and host events in support of epilepsy awareness. Last year, people in more than **85 countries** on all continents participated in Purple Day! Notably, Canada is the only country in the world that officially recognizes March 26th as Purple Day through the Purple Day Act implemented on June 28, 2012<sup>12</sup>. Together, we can help raise awareness for the **65 million people** who have epilepsy worldwide, with an estimated **1 in 100 people** affected by this condition. Let's join the campaign, promote events, and spread the word about epilepsy!











Belong

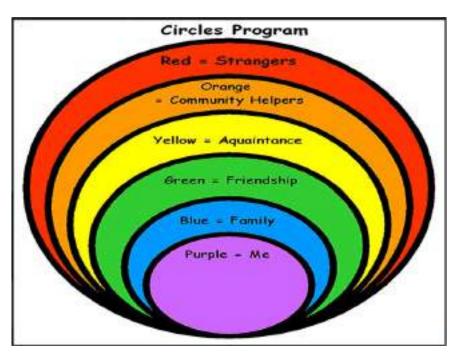
# **World Autism Day**

Join us in celebration of World Autism Awareness Day! Autism Ontario is committed to raising awareness about autism so that all Ontarians can make their communities a better and more inclusive place for people on the spectrum and their families. By holding your own school initiative in support of Autism Ontario, you teach your students valuable lessons about community, giving, and inclusion by breaking down stigma around autism. Toolkits, activities, videos, topics for classroom discussions, and other resources are available for World Autism Awareness Day on April 2, 2025, and throughout the month of April. Join us in making your school and community a more inclusive place for autistic students. Help Autism Ontario celebrate World Autism Day!



# **Circles Program**

The CIRCLES program teaches children appropriate social distance and levels of intimacy and adapting behaviours accordingly.



# Kindergarten Registration September 2025

Registration for Lynnwood Heights English Kindergarten programs is OPEN. 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 <a href="https://www.tdsb.on.ca/kindergarten">www.tdsb.on.ca/kindergarten</a> or in-person at the school. With both options, families must validate registration information in-person at the school.



#### Special Education and Inclusion Transitions

Special Education and Inclusion Transitions Supports Website for Parents/Guardians/Caregivers and Students

We are pleased to share a new <u>Transitions Supports website</u> with information and resources to assist students, families, and educators in navigating transitions for entry to school, from grade to grade, from elementary to secondary, and from secondary to post-secondary (and post-21) pathways. Connect with your child's teacher or principal for more specific transition information.

#### **Toronto Public Library Resources for Families:**

eBooks and Online Content <a href="https://www.torontopubliclibrary.ca/books-video-music/downloads-ebooks/">https://www.torontopubliclibrary.ca/books-video-music/downloads-ebooks/</a>

Programs for Kids and Families <a href="https://www.torontopubliclibrary.ca/programs-and-classes/kids-and-families/">https://www.torontopubliclibrary.ca/programs-and-classes/kids-and-families/</a>

Youtube Playlists <a href="https://www.youtube.com/user/torontopubliclibrary/playlists">https://www.youtube.com/user/torontopubliclibrary/playlists</a>

Museum and Arts Pass <a href="https://www.torontopubliclibrary.ca/museum-arts-passes/">https://www.torontopubliclibrary.ca/museum-arts-passes/</a>

Leading to Reading <a href="https://www.torontopubliclibrary.ca/services/leading-to-reading.jsp">https://www.torontopubliclibrary.ca/services/leading-to-reading.jsp</a>

Dial a Story – 416-395-5400 https://www.torontopubliclibrary.ca/services/dial-a-story.jsp

# Learning Opportunities Index Policy (P067) Consultation

The TDSB is currently reviewing its Learning Opportunities Index (LOI) Policy, which affirms the TDSB's commitment to achieve equitable academic opportunities.

Your input is important and we want to hear from parents/guardians/caregivers, students, and community partners. To learn more, visit the policy consultations web page and share your thoughts, questions and recommendations on the draft Policy by March 24, 2025.

#### **TDSB Schools Safe Arrival Calls Update**

Moving forward, the main school number will be displayed when parents/guardians/caregivers receive a call to report that a student is absent from school.

Previously, a number beginning with 833 was displayed for callouts (some families may be familiar with seeing this number appear when receiving a call from TDSB). To report a student absence, parents/guardians/caregivers may call the school phone number directly or call 1-833-250-2290 and will receive the same options.

## Students with a Developmental Delay

Students with a developmental delay finish schooling when they are 21. It is important for them to move toward independence and a plan needs to be generated early on.

Developmental Services Ontario (DSO) is an umbrella organization made up of nine social services agencies in Ontario, including Surrey Place in Toronto. The purpose of the DSO is to assist in planning for the future of adults with developmental disabilities.

#### They assist with:

- **★** Residential services
- ★ Community participation
- ★ Caregiver respite
- ★ Counselling
- ★ Matching the adult with a Protective Services Worker
- ★ Specialized and professional services funded by Ministry of Community and Social Services
- ★ Passport services funding (i.e. paying for your own private services and being reimbursed by the Ontario government)

### **Junior Chess Club - Belong and Thrive**







#### **Project X Guard - Community Engagement**



























































#### Kindergarten and Grade one learn self defense









Grades 4,5 and 6 learn self defense











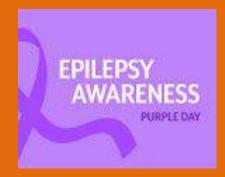


# Kindergarten



#### **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.



# Belong



#### Playing Number Bingo (mental math) - Achieve









# Building Thinking Classrooms in Math (different combinations of ice cream flavours) - Achieve











### **Physical activity - Thrive, Part 1**







### **Physical activity - Thrive, Part**





#### **Making Communities - Belong**



Family and friends together



Driving with a friend



Watching a movie on a TV screen



Family eating a meal together

## **World Water Day - Thrive**



# Grade 1



#### **PLEASE NOTE:**

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### Grade one is learning coding - Achieve















Grade one is learning coding - Achieve

## **World Water Day - Thrive**





#### **Belong**





**u** times in Grade 1

# Grade 2



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### **World Water Day - Thrive**





**Belong** 



Grades 2 enjoy learning self defense.











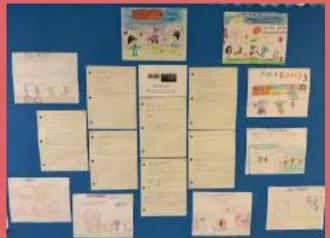




















# Grade 2/3



#### **PLEASE NOTE:**

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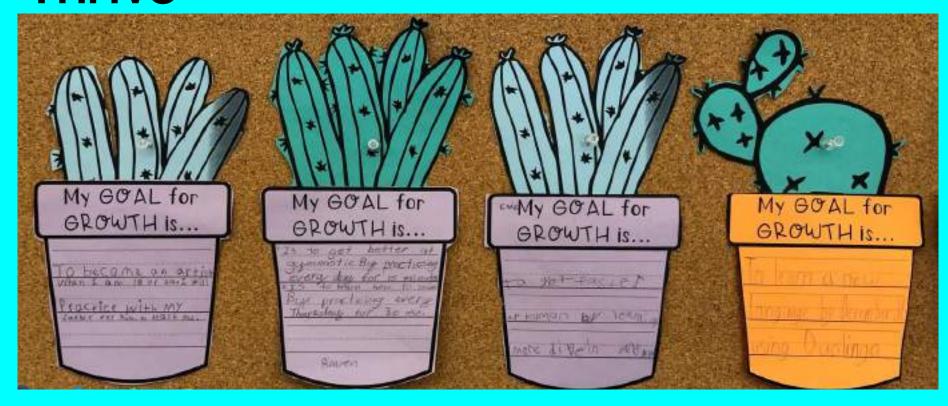
### S.M.A.R.T. Goals -

### **Thrive**





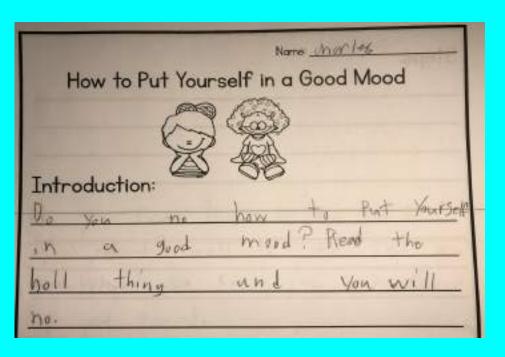
## S.M.A.R.T. Goals -Thrive

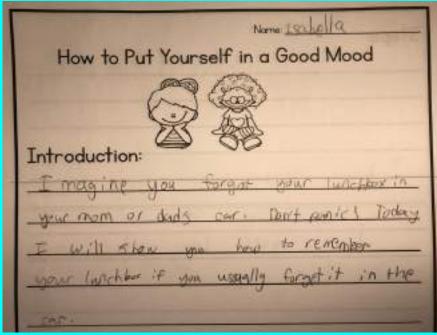


## S.M.A.R.T. Goals -Thrive

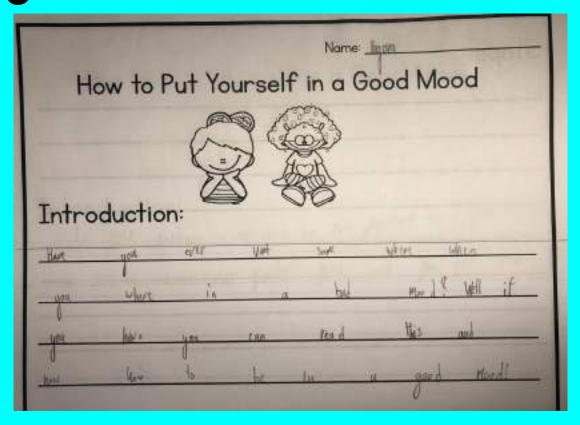


# Procedure Writing: Introduction - Achieve

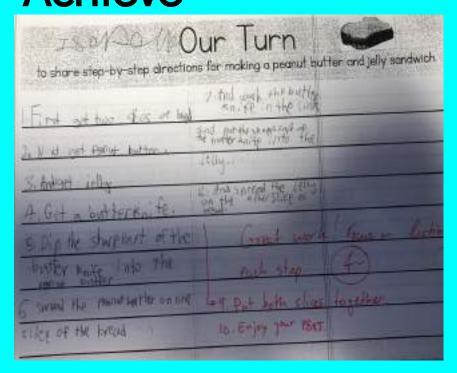


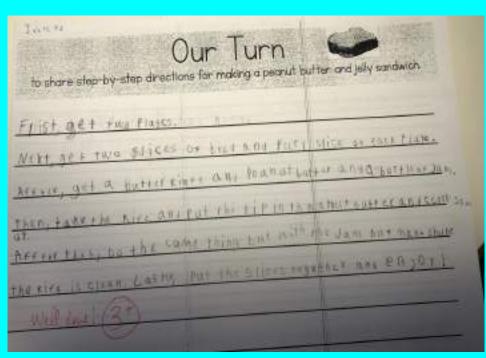


# Procedure Writing: Introduction - Achieve



#### Procedure Writing: Steps -Achieve





# Procedure Writing: Steps -

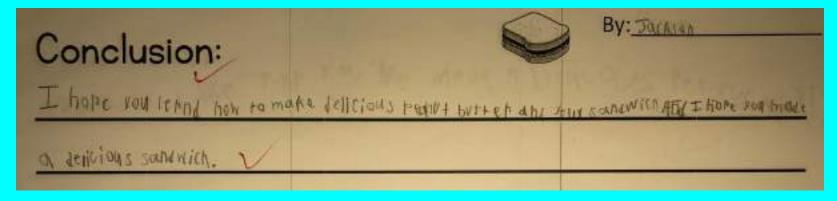
**Achieve** 

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# Procedure Writing: Conclusion - Achieve

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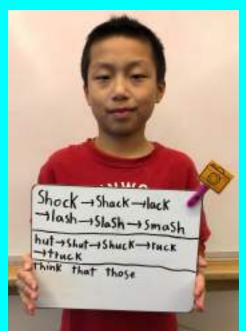


# Procedure Writing: Conclusion - Achieve

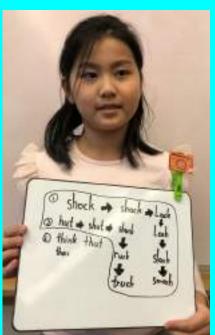
Conclusion:	By: Fef fred
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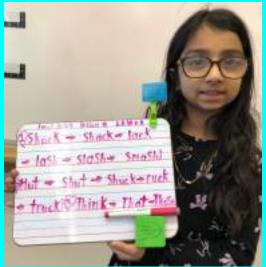
Conclusion:	By: Hunter
	can teach your from ds &
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### UFLI - Phonemic Awareness -Belong



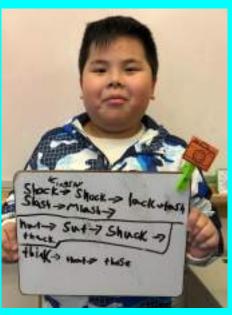




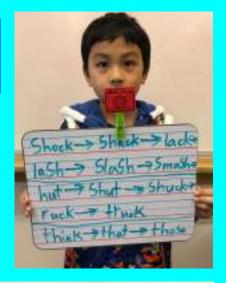


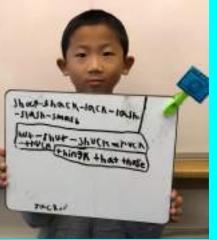
#### UFLI - Phonemic Awareness -Belong











#### 7 Sacred Teachings: Honesty Bookmarks -Indigenous





#### 7 Sacred Teachings: Honesty Bookmarks - Indigenous





## **World Water Day - Thrive**





**Belong** 



Grades 2/3 enjoy learning self defense.



















# Grade 4/5



#### **PLEASE NOTE:**

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## **World Water Day - Thrive**





Belong



## **Physical Activity - Thrive**





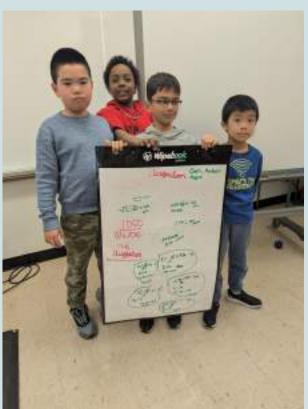
# **Mastering Strings - Thrive**





### **Solving Equations Together - Acheive**







## **Solving Equations Together -**

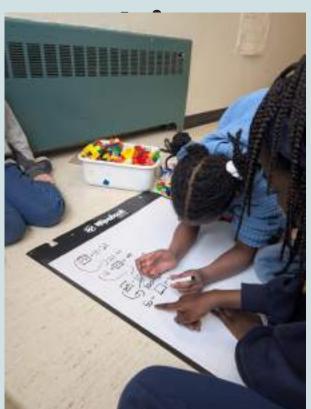






## **Solving Equations Together -**







# Grade 5/6



#### **PLEASE NOTE:**

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# **World Water Day - Thrive**





### **Belong**



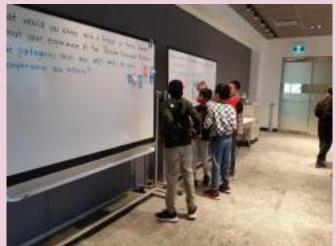
### Trip to the Holocaust Museum Toronto -Achieve

Learn not to repeat the same mistakes and move forward with Courage, Resilience, and Hope.

**Holocaust means** "Burnt Sacrifice"





















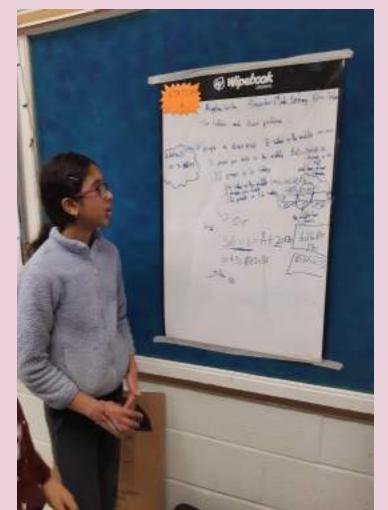




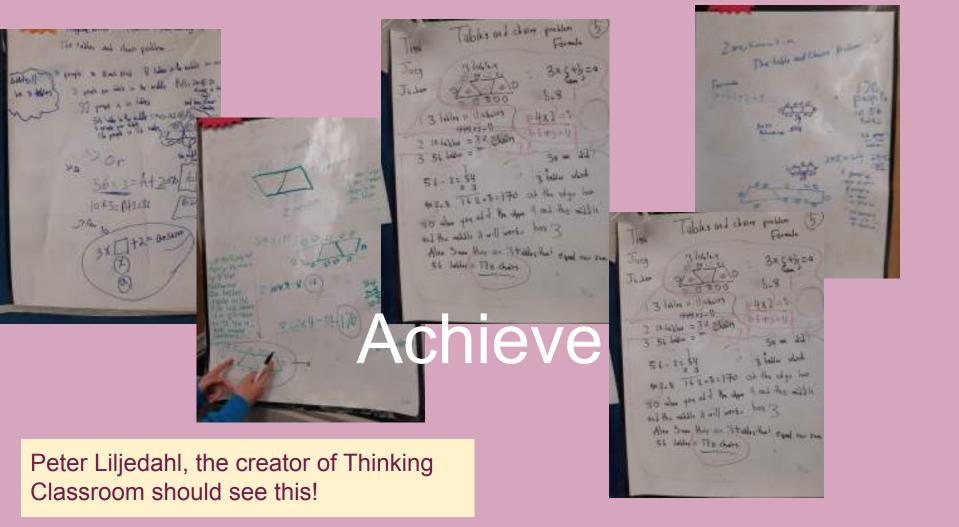


# Thinking Classroom Continues

Algebraic Patterns







Fun and Engaging Master Class - Thrive

# Jujitsu





March was wet, busy, and still cold but we had so much fun with beautiful ups and downs! Belong

























# Grade 1-3



#### **PLEASE NOTE:**

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#### THINGS THAT GO-ACHIEVE- PART )



#### THINGS THAT GO-ACHIEVE- PART Z



#### THINGS THAT GO-ACHIEVE- PART 3



### Learn and play together- Belong







### Learn and play together- Belong- Part 2







### Enjoy- Thrive











#### Grades 1, 2 and 3 enjoy learning self defense

































# Grade 3-6



#### **PLEASE NOTE:**

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# Having Fun at School!

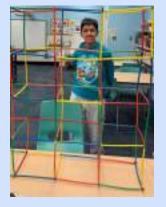
#### **Belong**















# Happy St. Patrick's Day!

**Belong** 



# Project X Guard

#### **Thrive and Belong**















# Project X Guard

#### **Thrive and Belong**















# Project X Guard

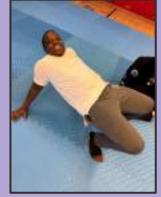
#### **Thrive and Belong**















#### **END OF THE MONTH ASSEMBLY- HONESTY**



