

NMPPS Weekly
Friday March 1, 2024

Lion Dance

This Friday we had an amazing group of high school students from Riverdale CI who put on an incredible lion dance performance! The tradition of the lion dance is meant to bring good luck during special occasions such as the lunar new year which was recently celebrated by the whole school with a big meal! The performance was interactive and many of our students were able to try on the lion and also got to try out the drum!



Skate Exchange - Saturday March 2, 2024



Skate Exchange

Give, Get, Trade

What: Gently used skates available for free
(limited amount of skates and sizes)
Skate Tips and Tricks, Music and Fun

When: Saturday March 2, 2024
from 10:00 a.m. to 1:00 p.m.

Where: Regent Park Rink (480 Shuter St.)

 TORONTO

toronto.ca/skate

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REPORT A PROBLEM OR ASK FOR HELP

Access to Recreation - Spring 2024 Afterschool Swimming Lessons

Attached, [please find the application form](#) to be distributed to your students. Forms will be collected from the school on March 6th to facilitate registration confirmation during the winter holidays. Programs will begin for students on Wednesday April 3rd, 2024.

Breaking Down Barriers to Mental Health in Black Communities: Looking at more effective ways to address our mental health

The Centre of Excellence for Black Student Achievement invites community to join us as we host a Mental Health session with award-winning playwright, actor and wellness expert Trey Anthony 'Da Kink in My Hair'.

Join Trey as she delves into important topics such as the stigma surrounding mental health in Black communities. Drawing from her own personal journey with functional depression, Trey will shed light on what depression and mental health can look like, providing valuable insights and understanding. She will also discuss the importance of seeking help and removing the shame often associated with mental health struggles.

Date: March 7, 2024

Time: 6 – 7 p.m.

Location: Virtual

Register [here](#) or bit.ly/3ORt7om

[Digital Media Literacy Skills in the Age of AI](#)

Thursday, March 7, 2024, from 6:30 p.m. to 8:00 p.m. via Zoom

Join Trustee Debbie King, Trustee Alexis Dawson, and Trustee Deborah Williams for a special virtual joint ward forum.

It can be challenging to sort fact from fiction online, and an increase in hate speech, alongside ChatGPT and other artificial intelligence tools, have made it even harder.

This virtual workshop, led by CIVIX and TDSB staff, is designed to help parents and caregivers learn simple skills for spotting misinformation in the context of social media platforms and AI.

All parents/ guardians/ caregivers, students, staff, and members of school communities in Parkdale-High Park, Davenport, Spadina - Fort York, University - Rosedale and Toronto Centre are welcome to attend.

We look forward to seeing you there!

[REGISTER HERE](#) to confirm your interest in participating via Zoom

Travelling abroad for March Break? Measles is just a plane ride away.



Last week, TPH [announced an investigation of a confirmed case of measles](#) linked to travel. This virus continues to spread in many parts of the world. If you are planning to leave the country over March Break, get the best protection for you and your loved ones by staying up-to-date with your routine vaccines, including the measles vaccine.

These vaccines are available from your primary health care provider or at a TPH community clinic for school-aged children, by appointment. Visit TPHbookings.ca for more information.

If you are unsure of your child's vaccination status, check their yellow card (Ontario Immunization Record), [TPH's Immunization Connect Ontario \(ICON\)](#) or by speaking with their primary health care provider.

To learn more, visit toronto.ca/immunization or contact TPH at publichealth@toronto.ca, or 416-338-7600 (TTY: 416-392-0658), Monday to Friday from 8:30 a.m. to 4:30 p.m.