Parents and Students
PORT ROYAL WEEKLY
March 29 - April 2

此文件含有重要资讯。请找一能阅读英文的人替你翻译或将文件带到你的学校办事处以便他们能替你安排一口译员或翻译员。

Monday, March 29, 2021 (Day 5)	**Character Education:** **Honesty** 诚实 **Greek Heritage Month** **International Women's Month**
Tuesday, March 30, 2021 (Day 1) Last Day of Self-Isolating for grade 1-3	
Wednesday, March 31, 2021 (Day 2) Grade 1-3 students return to school Character Education Awards	
Thursday, April 1, 2021 (Day 3)	
Friday, April 2, 2021 *GOOD FRIDAY - NO SCHOOL*	
Upcoming Dates: **April 5:** Easter Monday - NO SCHOOL **April 6**: Last Day for grade 7/8 to self isolate **April 7**: Grade 7/8 students return to school **April 12-16 - Spring Break**	
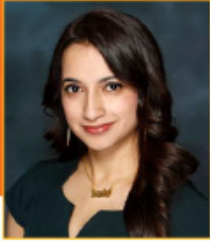
Trustee Yalini Rajakulasingam
Ward 21, Scarborough North

Ward 21 School/Student Councils, Parents/Caregivers, Community Members, and School Staff
Please join me for a Virtual Ward Forum:

Understanding Student Mental Health and Well-Being

Thursday, April 1, 2021 from 7:00 p.m. to 9:00 p.m.

Guest speaker: Shameen Sandhu, System Leader for Mental Health and Professional Support Services

Meeting Agenda

- PIAC Election for Ward 21 Representative and Alternate. Nominations for the PIAC Rep and Alt are received only through the **Nomination Form** (https://forms.gle/NN8LdRWRkdyi4ybDA). The deadline for the nominations is March 29, 2021. No nominations will be taken from the floor at the meeting. Candidates will be notified of eligibility by March 30, 2021. Read more about the **Election Process** (https://www.tdsb.on.ca/ward21/) or email me at **Yalini.Rajakulasingam@tdsb.on.ca**.
- Mental Health and Well-Being presentation by Shameen Sandhu.
- Updates from the Trustee and Superintendents.

How to Join the Ward Forum

- To be able to join, you must register by Wednesday, March 31. Meeting links and dial-in numbers will be emailed to you by Thursday afternoon.
- **Register Online** (https://forms.gle/ZgeYSLLxXGcDNLZK6)

Opportunities for Feedback and Questions |Attend from Wherever You Are!

Yalini Rajakulasingam
Trustee, Ward 21, Scarborough North
Tel: 416-395-8787   E-mail: Yalini.Rajakulasingam@tdsb.on.ca

Ward forum registration form: https://forms.gle/W57GBs1B8JiRgqmd6

Nomination form for PIAC Representative and Alternate:
https://forms.gle/HsDEjuezkZde7AdF6

TORONTO

Dr. Eileen de Villa
Medical Officer of Health

Dr. Khai-Nhu Zweig
Manager
Dental & Oral Health Services

Toronto Public Health
277 Victoria Street
Toronto, Ontario M5B 2L6

Tel: 416-338-7600
publichealth@toronto.ca
www.toronto.ca/covid19

Dear Parent/Guardian: School Year 2020-2021

To identify children who may have problems with their teeth and gums, a dental screening program is offered by Toronto Public Health to students as part of the Ontario Ministry of Health requirements for mandatory health programs. Dental screening is a quick check of teeth and gums done at school every year. A Toronto Public Health dental staff member would examine the need for cleaning of the teeth, topical fluoride, sealants to protect teeth from cavities, and other essential and urgent dental needs.

Due to the pandemic, dental screening for this school year has been postponed. However, virtual and in-person screening is available at our clinics to all school aged children living in the City of Toronto. Furthermore, Toronto Public Health Dental Clinic - Critical Services is open and continues to provide emergency and essential dental care to all eligible children.

If the cost of the dental treatment will result in financial hardship, you may be eligible for free services through the Healthy Smiles Ontario (HSO) program. If you have any concerns regarding your child's oral health condition or would like to get more information on HSO program, please call 416-338-7600.

Thank you,

Dr. Khai-Nhu Zweig, DDS
Manager
Dental and Oral Health Services

A healthy mouth is part of overall health!
Here are 5 tips to a healthier mouth:
- Reduce sugary foods (e.g., candy, cakes, sugary drinks)
- Brush and floss teeth daily
- Eat fruits and vegetables
- Protect your teeth from injury
- Visit the dentist regularly

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