January 29, 2021

Quote of the Week:

**“Anyone who has never made a mistake has never tried anything new.”**

**~ Albert Einstein, Theoretical Physicist**

Please see below for this week's updates:

**Elementary Switching Update (January 29, 2021), Letter to Parents:**

[https://www.tdsb.on.ca/News/Article-Details/ArtMID/474/ArticleID/1585/Elementary-Switching-Update---January-29-2021](http://track.spe.schoolmessenger.com/f/a/-MNLmuAHflDvKoJ6ZkvdiQ~~/AAAAAQA~/RgRh9ZUxP0RzaHR0cHM6Ly93d3cudGRzYi5vbi5jYS9OZXdzL0FydGljbGUtRGV0YWlscy9BcnRNSUQvNDc0L0FydGljbGVJRC8xNTg1L0VsZW1lbnRhcnktU3dpdGNoaW5nLVVwZGF0ZS0tLUphbnVhcnktMjktMjAyMVcHc2Nob29sbUIKYBGxYRRgpzhKyVIZTWFyaWEuTG9CaWFuY29AdGRzYi5vbi5jYVgEAAAAAg~~)

**Online survey Regarding Mental Health and Well-Being, Student Engagement, and Learning Experiences**

Now that we are part way into the 2020-21 school year, the TDSB would like to connect with you once again to hear how things are going from your perspective and to receive input and comments about mental health and well-being, student engagement, and learning experiences to date.

We know that this year continues to be challenging and that everyone’s experience is different, depending on whether your child is learning in-person or virtually, as well as a variety of other factors. Our goal is to collect information directly from families in order to gain insight that will help us best serve students and families.

We invite you to complete this short survey. It should take no more than 10 minutes and is anonymous. The survey will be available until January 31.  
  
**Complete the survey now at:** [https://tdsb.ca1.qualtrics.com/jfe/form/SV\_835EiBqHYP7KGWx](http://track.spe.schoolmessenger.com/f/a/GSGyQYHCVy3elc2kHf23nQ~~/AAAAAQA~/RgRh9ZUxP0Q6aHR0cHM6Ly90ZHNiLmNhMS5xdWFsdHJpY3MuY29tL2pmZS9mb3JtL1NWXzgzNUVpQnFIWVA3S0dXeFcHc2Nob29sbUIKYBGxYRRgpzhKyVIZTWFyaWEuTG9CaWFuY29AdGRzYi5vbi5jYVgEAAAAAg~~)

**February is Kindergarten Registration Month - Registration for School Year 2021-2022**

Registration for Kindergarten begins February 2021.  Please complete this online. Contact [Mary.Skoubouris@tdsb.on.ca](mailto:Mary.Skoubouris@tdsb.on.ca) or  [Gregoria.Mpantigiorgis@tdsb.on.ca](mailto:Gregoria.Mpantigiorgis@tdsb.on.ca) to book an appointment if you are unable to complete the online registration. We will contact you to share the documentation necessary after the online form has been submitted and reviewed. Click and follow the Link below for registration:

[https://www.tdsb.on.ca/EarlyYears/KindergartenMonth](http://track.spe.schoolmessenger.com/f/a/r8Wv8GGY46C0HyocoMJlnw~~/AAAAAQA~/RgRh9ZUxP4TPAWh0dHA6Ly90cmFjay5zcGUuc2Nob29sbWVzc2VuZ2VyLmNvbS9mL2EvUFMzYm9WRjZCbEtJZFVZUDBtSmpnUX5-L0FBQUFBUUF-~)

Below are the supporting documents to be shared after the online form is completed.

1. Proof of age (a birth certificate or passport)
2. Proof of address (2 needed - i.e.utility bill, lease or property agreement, monthly bank statement, property tax, government correspondence mail)
3. Health Card
4. Proof of Immunization to be completed online with Toronto Public Health, link is below:

[https://tph.icon.ehealthontario.ca/#!/welcome](http://track.spe.schoolmessenger.com/f/a/3j2HXgr5Vryp8oSqMo1jIg~~/AAAAAQA~/RgRh9ZUxP4TDAWh0dHA6Ly90cmFjay5zcGUuc2Nob29sbWVzc2VuZ2VyLmNvbS9mL2Evb2ttcDV6S3BKUlRNbzVod040VERuZ35-L0FBQUFBUUF-~)

**African Heritage Month Launch – February 1st, 2021**

During the month of February, the Toronto District School Board is proud to recognize and celebrate African Heritage Month.  It is an occasion to recognize and celebrate the many achievements and contributions made by peoples of African descent to Canada and the world. The chosen theme for 2020-2021 is Kujichagulia: Self Determination.

The members of the African Heritage Month Planning Committee have developed several initiatives to recognize African Heritage Month by gathering meaningful resources, encouraging the expansion of Black Students Alliances and the creation of a Black Student Leadership Council, organizing the Know Your Worth Conference for Black secondary students and enhancing our TDSB educators’ knowledge through professional learning opportunities.

In addition to the above, we are delighted to share with you that a virtual launch will be taking place and you’re invited to attend!  Details are provided below and on the [attached flyer.](http://track.spe.schoolmessenger.com/f/a/qgVGYuuMuH6wpPXWXRxHRA~~/AAAAAQA~/RgRh9ZUxP4QPAWh0dHA6Ly90cmFjay5zcGUuc2Nob29sbWVzc2VuZ2VyLmNvbS9mL2EvSVlJYWFMb3l5QXlpbXppcTdiNmpJQX5-L0FBQUFBUUF-L1JnUmg3RWc3UDBSU2FIUjBjSE02THk5a2NtbDJaUzVuYjI5bmJHVXVZMjl0TDJacGJHVXZaQzh4Y0dRM1dGOVFOelpwWDBOV2VrRmxibTA1T0VkWk5UbElTRFIzY0hack4xVXZkbWxsZHo5MWMzQTljMmhoY21sdVoxY0hjMk5vYjI5c2JVSUtZQWk3RkF0Z1RSemJ6bElaVFdGeWFXRXVURzlDYVdGdVkyOUFkR1J6WWk1dmJpNWpZVmdFQUFBQUFnfn5XB3NjaG9vbG1CCmARsWEUYKc4SslSGU1hcmlhLkxvQmlhbmNvQHRkc2Iub24uY2FYBAAAAAI~)

Date:               Monday, February 1st, 2021

Time:               1:00 pm – 2:00 pm

Virtual Link:   [https://tdsb-ca.zoom.us/s/98434421029](http://track.spe.schoolmessenger.com/f/a/gwWZehHZ9YoYtg6AnQWwlg~~/AAAAAQA~/RgRh9ZUxP0TTaHR0cDovL3RyYWNrLnNwZS5zY2hvb2xtZXNzZW5nZXIuY29tL2YvYS9DUHo4bGxhcnVhbVJ4djdMTHhJM01nfn4vQUFBQUFRQX4vUmdSaDdFZzdQMFFsYUhSMGNITTZMeTkwWkhOaUxXTmhMbnB2YjIwdWRYTXZjeTg1T0RRek5EUXlNVEF5T1ZjSGMyTm9iMjlzYlVJS1lBaTdGQXRnVFJ6YnpsSVpUV0Z5YVdFdVRHOUNhV0Z1WTI5QWRHUnpZaTV2Ymk1allWZ0VBQUFBQWd-flcHc2Nob29sbUIKYBGxYRRgpzhKyVIZTWFyaWEuTG9CaWFuY29AdGRzYi5vbi5jYVgEAAAAAg~~)

**Chinese Heritage Month at the TDSB**

The Toronto District School Board is proud to recognize Chinese Heritage Month (CHM) during the month of February 2021.  This year the selected theme is Year of the Ox:  Loyal, Honest, Responsible, Hard-Working and Logical.  Further information/events/news about available on the official CHM site and  Twitter (@tdsbChineseHM)

**Mental Health Resources**

[Noticing Mental Health Concerns for Your Child](http://track.spe.schoolmessenger.com/f/a/Y1Rds_nunJDCQJ-LSaiBwA~~/AAAAAQA~/RgRh9ZUxP0RQaHR0cHM6Ly9zbWhvLXNtc28uY2Evd3AtY29udGVudC91cGxvYWRzLzIwMjAvMDgvSW5mby1zaGVldC1ub3RpY2luZy1jb25jZXJucy5wZGZXB3NjaG9vbG1CCmARsWEUYKc4SslSGU1hcmlhLkxvQmlhbmNvQHRkc2Iub24uY2FYBAAAAAI~) from School Mental Health Ontario:  [https://smho-smso.ca/wp-content/uploads/2020/08/Info-sheet-noticing-concerns.pdf](http://track.spe.schoolmessenger.com/f/a/Y1Rds_nunJDCQJ-LSaiBwA~~/AAAAAQA~/RgRh9ZUxP0RQaHR0cHM6Ly9zbWhvLXNtc28uY2Evd3AtY29udGVudC91cGxvYWRzLzIwMjAvMDgvSW5mby1zaGVldC1ub3RpY2luZy1jb25jZXJucy5wZGZXB3NjaG9vbG1CCmARsWEUYKc4SslSGU1hcmlhLkxvQmlhbmNvQHRkc2Iub24uY2FYBAAAAAI~)

[Your Child's Mental Wellness and Remote Learning](http://track.spe.schoolmessenger.com/f/a/WkvuLqZJoysffv4LswZn5g~~/AAAAAQA~/RgRh9ZUxP0RBaHR0cHM6Ly9jbWhvLm9yZy95b3VyLWNoaWxkcy1tZW50YWwtd2VsbG5lc3MtYW5kLXJlbW90ZS1sZWFybmluZy9XB3NjaG9vbG1CCmARsWEUYKc4SslSGU1hcmlhLkxvQmlhbmNvQHRkc2Iub24uY2FYBAAAAAI~) from Children’s Mental Health Ontario: [https://cmho.org/your-childs-mental-wellness-and-remote-learning/](http://track.spe.schoolmessenger.com/f/a/WkvuLqZJoysffv4LswZn5g~~/AAAAAQA~/RgRh9ZUxP0RBaHR0cHM6Ly9jbWhvLm9yZy95b3VyLWNoaWxkcy1tZW50YWwtd2VsbG5lc3MtYW5kLXJlbW90ZS1sZWFybmluZy9XB3NjaG9vbG1CCmARsWEUYKc4SslSGU1hcmlhLkxvQmlhbmNvQHRkc2Iub24uY2FYBAAAAAI~)

**School Council Updates**

**Next PSC meeting**

The next Parent & School Council meeting will be held virtually on Wednesday, February 10th at 7 p.m.

Join Zoom Meeting   -   [https://tdsb-ca.zoom.us/j/99279601778](http://track.spe.schoolmessenger.com/f/a/abxuvT9z2jmFghVZuilQ9g~~/AAAAAQA~/RgRh9ZUxP4S7AWh0dHA6Ly90cmFjay5zcGUuc2Nob29sbWVzc2VuZ2VyLmNvbS9mL2EvNE41Y1BRSERWUXBXUUE2YWxYZFNod35-L0FBQUFBUUF-L1JnUmg3RWc3UDBUVGFIUjBjRG92TDNSeVlXTnJMbk53WlM1elkyaHZiMnh0WlhOelpXNW5aWEl1WTI5dEwyWXZZUzl1T1VsamRHNVNNV2hoVDJwalZEWnVNa1pYUms1M2ZuNHZRVUZCUVVGUlFYNHZVbWRTYURSbFdXNVFNRkZzWVVoU01HTklUVFpNZVRrd1draE9hVXhYVG1oTWJuQjJZakl3ZFdSWVRYWmhhVGcxVDFSSk0wOVVXWGROVkdNelQwWmpTR015VG05aU1qbHpZbFZKUzFoZk1tNXpaMEpuZEZKVlQxbEdTVnBVVjBaNVlWZEZkVlJIT1VOaFYwWjFXVEk1UVdSSFVucFphVFYyWW1rMWFsbFdaMFZCUVVGQlFXZC1mbGNIYzJOb2IyOXNiVUlLWUFpN0ZBdGdUUnpiemxJWlRXRnlhV0V1VEc5Q2FXRnVZMjlBZEdSellpNXZiaTVqWVZnRUFBQUFBZ35-VwdzY2hvb2xtQgpgEbFhFGCnOErJUhlNYXJpYS5Mb0JpYW5jb0B0ZHNiLm9uLmNhWAQAAAAC)

[January 13 PSC Meeting Minutes](http://track.spe.schoolmessenger.com/f/a/kKclj55Vp2PXZgxVr7OIDg~~/AAAAAQA~/RgRh9ZUxP4Q7AWh0dHA6Ly90cmFjay5zcGUuc2Nob29sbWVzc2VuZ2VyLmNvbS9mL2EvQWxBNTZPMTUzeWN4WVl1dkYzZlBQUX5-L0FBQUFBUUF-L1JnUmg3RWc3UDBSMGFIUjBjSE02THk5dGMyY3VjMk5vYjI5c2JXVnpjMlZ1WjJWeUxtTmhMMjB2UDNNOVpXRnhSV1JJWVd0eWVITW1iV0ZzUFRabU0yVTRPVEJtTVdNeVlUY3lNekJtTW1Oak9Ea3pOMkkzTURrNE5EbGpNak5sT0dJeE5XVmxNV05rTXpBME9EWXpZVFppWVdRMk1qRTNabVEzT1dSWEIzTmphRzl2YkcxQ0NtQUl1eFFMWUUwYzI4NVNHVTFoY21saExreHZRbWxoYm1OdlFIUmtjMkl1YjI0dVkyRllCQUFBQUFJflcHc2Nob29sbUIKYBGxYRRgpzhKyVIZTWFyaWEuTG9CaWFuY29AdGRzYi5vbi5jYVgEAAAAAg~~)

**RH McGregor Community Fitness Challenge!**

Thank you for everyone that participated in the RH McGregor Community Fitness Challenge. It was great to see so many students and families from every grade participate!!! Great Job Tigers!!!

Ms. Proudfoot and Mr. McKay encourage all students and families to try and get outside and be active everyday!!!

Have a great weekend!

Ms. Proudfoot and Mr. McKay

Attached are the results:

[**https://drive-thirdparty.googleusercontent.com/16/type/application/vnd.google-apps.spreadsheet RH MCGREGOR COMMUNITY FITNESS CHALLENGE**](http://track.spe.schoolmessenger.com/f/a/Aldiy2tMcpf_sp0ZSZfu5Q~~/AAAAAQA~/RgRh9ZUxP0RmaHR0cHM6Ly9kb2NzLmdvb2dsZS5jb20vc3ByZWFkc2hlZXRzL2QvMThNMUI2M2lQR3RGNTlQc3p4blZSV0cwZDltNzhFU0d2bmxYV0d1V0NqZE0vZWRpdD91c3A9ZHJpdmVfd2ViVwdzY2hvb2xtQgpgEbFhFGCnOErJUhlNYXJpYS5Mb0JpYW5jb0B0ZHNiLm9uLmNhWAQAAAAC)

**SNAP (Stop Now and Plan) Program Information:**

SNAP was developed by the Child Development Institute (CDI).  The program is an evidence based, gender specific mental health program that uses informed principles to teach elementary school-aged children with disruptive behaviours, and their parents, learn how to stop and think before they act and make better choices “in the moment” by increasing effective emotion-regulation, self-control and problem solving skills.  See the attached brochure for more information.

[SNAP Brochure](http://track.spe.schoolmessenger.com/f/a/sjJPSsQ8TM69OcJCJhvYKQ~~/AAAAAQA~/RgRh9ZUxP0R0aHR0cHM6Ly9tc2cuc2Nob29sbWVzc2VuZ2VyLmNhL20vP3M9eDZKa0dLS0x6bzgmbWFsPTg3ZTIwZjg3ZjQxMWVkZWU5YmRhOTU2MjIxNGM2YmY4ZDMxNzlkNTcxMWZjOWM5NjhhN2M3ODU0NDg5MjBjYThXB3NjaG9vbG1CCmARsWEUYKc4SslSGU1hcmlhLkxvQmlhbmNvQHRkc2Iub24uY2FYBAAAAAI~)

**Exciting Parent and Caregiver Engagement Initiatives**

During this challenging period for students, staff and parents/caregivers connecting with and supporting parents and caregivers continues to be a priority in the TDSB.  The Parent and Community Engagement Office (PCEO), Parent Involvement Advisory Committee (PIAC) and the Community Support Workers (CSWs) have been engaged in a variety of activities to offer support, build capacity and make connections for parents/caregivers.

Over the next week, a number of engaging, informative and exciting initiatives are being launched in response to parents /caregivers requests and needs.

The [Parent Academy](http://track.spe.schoolmessenger.com/f/a/eCmtS2sWqMAeGxOJJ2FoAg~~/AAAAAQA~/RgRh9ZUxP0RCaHR0cHM6Ly9zaXRlcy5nb29nbGUuY29tL3Rkc2Iub24uY2EvY3N3cy9wYXJlbnQtYWNhZGVteT9hdXRodXNlcj0wVwdzY2hvb2xtQgpgEbFhFGCnOErJUhlNYXJpYS5Mb0JpYW5jb0B0ZHNiLm9uLmNhWAQAAAAC),  a platform for parents/caregivers to lead and engage in  learning within the  Model Schools for Inner Cities,  launched its first session on Understanding Anti-Indigenous Racism with the Urban Indigenous Education Centre on Thursday, January 21 at 6:30 p.m.

The [Conversation Series](http://track.spe.schoolmessenger.com/f/a/4y5My6DAJ7bDcb3oKof_ew~~/AAAAAQA~/RgRh9ZUxP0QiaHR0cDovL3d3dy50ZHNiLm9uLmNhL2NvbnZlcnNhdGlvblcHc2Nob29sbUIKYBGxYRRgpzhKyVIZTWFyaWEuTG9CaWFuY29AdGRzYi5vbi5jYVgEAAAAAg~~), hosted by the Parent and Community Engagement Office and the Parent Involvement Advisory Council, is kicking off its second year with an online session on How Children Understand Race and How Adults Can Help on Saturday, January 30 at 11 a.m. More events will be added in the coming weeks.

TDSB Community Support Workers have also created a [Community Support  Hub](http://track.spe.schoolmessenger.com/f/a/UPtTO9CQAYEN8IsY9unA2g~~/AAAAAQA~/RgRh9ZUxP0QtaHR0cHM6Ly9zaXRlcy5nb29nbGUuY29tL3Rkc2Iub24uY2EvY3N3cy9ob21lVwdzY2hvb2xtQgpgEbFhFGCnOErJUhlNYXJpYS5Mb0JpYW5jb0B0ZHNiLm9uLmNhWAQAAAAC), a one stop shop program and service hub for parents/caregivers. The Hub features not only full access to CSWs and their work, but also a series of information and presentation on navigating, understanding TDSB and professional development for families through the Parent Academy, including a number of other events under three themes: Anti-Racism Series, Know Your Rights Series, and Well-Being Resources and Support Series.

Each of these initiatives offer  so many options to our varied  parents/caregivers across our district. Please check each site regularly for new additions as well as login information.

**School Calendar**

Please see the attached school calendar outlining the 5 day cycle and any PA Days and holidays for your reference

[Day 1 - 5 School Calendar](http://track.spe.schoolmessenger.com/f/a/XG6LlL1UGqfob2tIDCVV8w~~/AAAAAQA~/RgRh9ZUxP4RHAmh0dHA6Ly90cmFjay5zcGUuc2Nob29sbWVzc2VuZ2VyLmNvbS9mL2EvQVJwaHZlSEZEbXM1WVFtYWF3Q1BrZ35-L0FBQUFBUUF-~)