

**ROYWOOD SCHOOL**



## **Roywood News Online #17**

Sunday, January 12th, 2025

Click on the image to access our Website and Twitter page.

# Appreciation

Thank you to all the families for helping to create a smooth back to school this new year! :D

All of the staff at Roywood hope that the community was able to have some time with family and friends and enjoyed the break!

Wishing all of the Roywood families a very Happy New Year everyone!  
Hello 2025!!



# Upcoming Events

- Jan. 16 - Cookie Thursday - \$2.00 per cookie
- Jan. 16 - School Advisory Council Meeting @ 9:15 a.m. - Staffroom
- Jan. 17 - P.A. Day (no school for students)
- Jan. 20 - First Aid/CPR for Parents/Caregivers @ 9:00 a.m. - Library
  - Sign up through school cash online and link on flyer - \$10 fee per person
- Jan. 29 - Father Figures Session @ 4:00 p.m. - Library
- Feb. 6 - School Advisory Council Meeting @ 9:15 a.m - Staffroom
- Feb. 12 - Term 1 Report Cards Home to Families
- Feb. 13 - Caregiver/Educator Conferences in Evening
- Feb. 14 - P.A. Day (no school for students)
- Feb. 14 - Caregiver/Educator Conferences in Morning

The school bell rings at 8:40am! Please make sure to be at school on time as a lot of literacy and numeracy lessons are taught in the morning! If your child is going to be late or absent from school at any time, please call Mrs. De Silva in the office to let her know or leave a message on the school answering machine.



## **Donate to a School-Specific Nutrition Program**

Thank you for supporting nutrition programming at the Toronto Foundation for Student Success!



**Scan the QR code to donate to the Roywood Student Nutrition Program!**

**Your donations count!!**

**Tax receipts will be issued (and emailed to families) for donations \$20 and over!**



# Ways to Follow Along with School Information

You can learn about and stay informed with all things Roywood PS in a variety of ways:

1. Visit the school website → <https://schoolweb.tdsb.on.ca/roywood/>
2. Visit the school X account → [https://x.com/TDSB\\_RoywoodPS](https://x.com/TDSB_RoywoodPS)
3. Weekly Newsletter → sent to registered email address' (if you do not receive the weekly newsletter to your email inbox, please contact the office to update your information!)
4. Communication from classroom teachers



# Happier January 2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together



Follow along with us this **HAPPIER** January

Try as many **HAPPIER** activities as you can with family!

# School News

Take a look at the flyers to see information on the first Father Figures session at Roywood PS on Wed. January 29th

Scan the QR code or click the button to register!



“The nature of impending fatherhood is that you are doing something that you’re unqualified to do, and then you become qualified while doing it.” –John Green



3-Part  
conversation series

Fathers & Father Figures



Research shows that...

Positive father figure involvement is strongly associated with positive outcomes for children. From supporting strong mental health, as well as healthy child growth and development, fathers make a difference in the lives of their children.

FATHER FIGURES



1



FOUNDATIONS OF  
SUPPORTIVE PARENTING

Learn practical strategies to support academic learning at home.

January

2



NURTURING SOCIAL-  
EMOTIONAL GROWTH

Explore strategies for modeling and fostering emotional resilience.

March

3



ENGAGING WITH YOUR  
SCHOOL COMMUNITY

Discuss volunteer opportunities and their impact on children's confidence and sense of belonging.

May



Wednesday, January 29th, 2025  
4:00pm to 5:30pm - in the library



To register, scan the QR code or  
click here

FREE REFRESHMENTS



For more information, please contact Parent/Caregiver and Community Engagement Worker, Steve Salfarlie at 647-523-5337 or [steve.salfarlie2@tdsb.on.ca](mailto:steve.salfarlie2@tdsb.on.ca)

[www.tdsbHUB.ca](http://www.tdsbHUB.ca)

Get Connected. Get Involved. Make a Difference.

We are looking for fathers and father figures who are open to learning, sharing, and connecting with other father figures committed to making a positive impact on their children's education. By building a strong network of school community father figures, we can work together to ensure every child has the support they need to thrive academically and beyond. We look forward to your participation, and to building a community of fathers and father figures who are passionate about shaping the future of education.



SCAN HERE



Child Minding  
Refreshments



# Father Figures

For more information, please contact Parent/Caregiver and Community Engagement Worker, Steve Salfarlie at 647-523-5337 or by email at [steve.salfarlie2@tdsb.on.ca](mailto:steve.salfarlie2@tdsb.on.ca)

Are you interested in becoming First Aid and CPR trained? Do you need to renew your expired certificate? Are you a parent/caregiver of a Roywood student?

Then this opportunity is for you!

\$10 registration fee is required.

**The registration fee can be paid through school cash online. Fee must be paid in order to attend the training.**

Registration Form:

<https://docs.google.com/forms/d/e/1FAIpQLSc1NCp-MhXfCVfIR1EsSKkZotUm2scfX-PIZKQsgb4IJgkyNQ/viewform>



**EMERGENCY**



# FIRST AID TRAINING

FIRST COME, FIRST SERVE!

**20**

SPOTS AVAILABLE

- ✓ CPR (Cardiopulmonary Resuscitation)
- ✓ Certificate valid for 3 years

**30 JANUARY, 2025 | \$10 PER PERSON**

**9:00AM TO 1:00PM**

IN THE LIBRARY

Contact Steve Salfarlie at

steve.salfarlie2@tdsb.on.ca | 647-523-5337



**SCAN THE QR  
CODE OR  
CLICK HERE  
TO REGISTER**



**PAYMENT OPTIONS**  
SCHOOL CASH  
ONLINE OR CASH



# Terra Cotta COOKIE CO.

## Cookie Thursday YUM!



Fudge Chip DeLite \*



Vanilla Snowman (Nov - Jan)



Funfetti DeLite\*

This week we will have our cookie fundraiser on Thursday.

This week's cookies are:

1. Fudge Chip DeLite
2. Funfetti DeLite
3. Vanilla Snowman

Individual cookies will be sold for \$2.00 each!

All proceeds from this cookie sales will go towards purchasing new sports equipment for the physical education program and sports teams.



For cookie ingredients, please use the link below:

<https://terracottacookies.com/school-cookie-program/cookie-ingredients/>



This Week @ Roywood PS



# Continued Learning for All

Students, Families & Staff

# School Improvement Planning @ Roywood PS

## Literacy Goal:

Through a structured literacy approach in Kindergarten to Grade 1 and a deeper application of the comprehensive literacy program in Grades 2-5, the students of Roywood will develop their confidence in decoding and comprehending texts at or above their expected grade level. We will focus on the most underserved students. Teachers will learn how to use phonological and phonemic screeners to develop instruction based on early reading needs. We will monitor three times a year using DRA and ongoing running records.

## Math Goal:

By implementing evidence based numeracy strategies (high-impact instructional practices), we will improve student engagement, learning, and attitudes towards math. To accomplish this, we will support teachers to make instructional choices that help to eliminate disproportionate outcomes and to interrupt oppressive practices (e.g. provide explicit needs-based professional learning opportunities such as "Building Foundational Math Skills in the Early Years" and "Building Thinking Classrooms in Mathematics Through an Anti-Oppressive Lens", work with Math Learning Partner, etc.)



# Community News

Please see the flyer for Sunflower Developmental Services March Break Camp.

Contact information is included on the flyer!



REGISTER TODAY !!!

# SPRING BREAK

MARCH 10- 14, 2025

LIMITED SPACE AVAILABLE

LEARN SKILLS YOU NEED TO  
"ENHANCE YOUR QUALITY OF LIFE"

## INTERACTIVE SOCIAL GROUPS

HOURS: MONDAY- FRIDAY 9AM- 3PM  
EXTENDED HOURS AVAILABLE

ALL AGES (3 & UP)  
REGISTRATION REQUIRED  
OAP FUNDING APPROVED  
LIFE & SOCIAL SKILLS-  
PROGRAMMING AVAILABLE

- STRUCTURE/ ROUTINES
- TASK ORIENTED
- GOAL SPECIFIC
- MODIFIED ACTIVITIES

**CONTACT US:**

1970 ELLESMERE ROAD UN. 1  
416-289-2223  
SUNFLOWERRCS@GMAIL.COM  
SUNFLOWERRCS.COM





# TRANSITIONS SUPPORTS

A resource guide for parents/guardians/caregivers

Welcome to the TDSB Transitions Supports Site!

This site is designed to support you, as a parent, guardian or caregiver, in navigating your child's transitions.

Staff are committed to partnering with you to ensure your child's success during these important times of change.

**Click here to access the Transitions Supports website:**

**<https://sites.google.com/tdsb.on.ca/transition-support-public-supp/transition-support-home>**

## Parenting in the Age of Stress

Parenting & caregiving has become more stressful in new and different ways over the past century. The internet has made access to information often overwhelming, and difficult to navigate. The rise of social media has led to many unrealistic (and sometimes unachievable) displays of what 'ideal' parenting should look like. Along with heightened expectations to keep children happy at all times, the fast-paced and consumer-driven society we live in has increased caregiver stress, especially for those managing financial burdens, the rising cost of living, and/or a lack of community support.

This time of year, parents and caregivers may feel even more anxiety and stress than usual. For some families, the holidays come with additional expectations and responsibilities that we (and others) place on ourselves. Caregivers are increasingly feeling that they don't have enough time, energy, or resources to give when needed.

Parents often blame themselves for feeling deficient, but these challenges reflect broader societal issues. Recently, the U.S. Surgeon General issued a [public health advisory about the impact of modern stresses on parents' mental health](#). In light of this, here are some questions and reminders to tell yourself this winter season.

What do you need from yourself and others to help manage parenting stress?

**Take perspective.**  
No parent or caregiver is perfect, nor can they be! Children don't expect their caregivers to be perfect, either.



### Ask for help.

It really can "take a village" to both parent and keep yourself mentally well. Make sure to ask for and receive support from your "village" - extended family, friends, neighbours, school, place of worship, or **community resources**.

### Practice self-care.

Take whatever time you have to release your stress, recharge your energy, and reward small (or big!) wins for yourself. Remember, we need to put our own 'oxygen masks' on first before we can help others.



### Create Healthy Boundaries.

Set daily and weekly goals that prioritize the most important tasks and people. Practice firm yet respectful ways to say no.

Please click the link below to access the Hearts & Minds newsletter, Volume 6, Issue 2 Winter newsletter.

Ec

<https://drive.google.com/file/d/1ddbHCoIYTUq-mELosuLzDE8hNkMyZLbW/view?usp=sharing>

*Roywood EarlyON Contact Info:  
Center Coordinator: Maria Rusu  
Phone: 416-395-2830  
Mon. to Fri. 8:30a.m. - 12:30p.m.*



## DEAR FAMILIES

Visit the EarlyON program Monday to Friday from 8:30 a.m. to 12: 00 p.m. to play with your little ones and make new friends. From 12:00 p.m. to 12:30 p.m. is the time to connect individually with the parent worker regarding any interests or concerns you may have.

EVERYONE IS WELCOME!

**Early  
ON**  
Child and Family Centre

# Connecting with the School

Office Hours 8:00am - 4:00pm

## Office Administrator

Patricia-Anne De Silva

## E-Mail

[Patricia-Anne.DeSilva@tdsb.on.ca](mailto:Patricia-Anne.DeSilva@tdsb.on.ca)

## Telephone

416-395-2830

## General E-Mail

[RoywoodPS@tdsb.on.ca](mailto:RoywoodPS@tdsb.on.ca)

## Website

<https://schoolweb.tdsb.on.ca/roywood/>

## Twitter

[https://twitter.com/TDSB\\_RoywoodPS](https://twitter.com/TDSB_RoywoodPS)

