

ROYWOOD SCHOOL



Roywood News Online #16


Sunday, January 15th, 2023

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

Appreciation

Thank you to all who participated in our Holiday Fun Week!

The students had lots of fun dressing up, guessing candies and participating in many winter crafts and fun activities.



Thank You!



Upcoming Events/Significant Days of the Year

- Jan. 15-18 - Thai Pongal
- Jan. 16-22 - No Name Calling Week
- Jan. 17 - Martin Luther King Jr. Day
- Jan. 21 - Lunar New Year
- Jan. 22 - Chinese New Year
- Jan. 22-27 - Chinese Spring Festival
- Jan. 24 - International Day of Education
- Jan. 26 - Vasant Pachami
- Jan. 27 - International Day of Commemoration in Memory of the Victims of the Holocaust
- Jan. 30-Feb. 1 - Mahayana New Year



School News

School CashOnline - ACTION ITEM

Roywood PS will be going CASHLESS next school year. Please take some time to create an account in School CashOnline to be able to pay for field trips, special lunches, spirit wear and any other school items while your child is at Roywood PS.

All of the TDSB is moving towards becoming cashless schools so that children do not have to bring money to school (with the chance of it getting lost), schools do not have to hold a lot of money (with a chance of it getting lost) and to keep up with the ever changing times of the world.

Please use the following link to create your account today! **Roywood has 60% of our school signed up... Let's make it 100%!!**

School Cash Online Links:

<https://tdsb.schoolcashonline.com/>

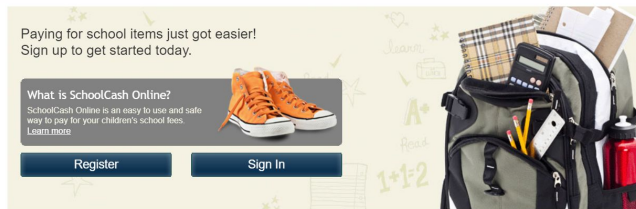
[School Cash Online - Sign Up Instructions](#)

SchoolCash Online



Toronto District School Board

IMPORTANT: Please click [here](#) to read information from the Toronto District School Board regarding the collection of your personal information.



Roywood Spirit Wear Orders

Most orders have been delivered to students or family members. Unfortunately we did not receive any purple youth medium tee-shirts and a couple of sweatshirts. If your child brought home an incomplete order, we will send home the rest of the order as soon as we receive the missing items.

So sorry for the inconvenience!





MIDDLE FRENCH IMMERSION (Grade 4 Entry)

Applications Open: January 9, 2023

Deadline to Apply: February 3, 2023

Applications open to Grade 3 students
not currently in a French Program

Virtual and In-Person Information
Sessions available in January.



For more information and to apply online,
please visit: www.tdsb.on.ca/french





This Week @ Roywood PS

The background is a solid pink color. In the top right corner, there is a decorative pattern of overlapping geometric shapes, including triangles and squares, in various shades of pink and magenta.

Stay tuned for classroom
activities!



Continued Learning for All

Students, Families & Staff

School Improvement Planning @ Roywood PS

We are focusing on including more student voice into classroom programming and throughout the school. Some of the ways that we are doing this is through:

- Offering student choice in presentation formats
- Virtual announcements each day with students included
- Sharing resources and books that are representative of the Roywood school community
- Listening to using student opinion on intramural ideas, graduation ideas, classroom setup, etc.
- And more...

We are also focusing on classroom environment to help us use the walls in our classrooms as a third teacher. Some of the ways that we are doing this is through:

- Learning goals and success criteria posted on walls for students to know and understand
- Creating print rich environments for students to learn from
- Including many faces and images of people from many different cultural backgrounds
- And more...



Community News

Winter 2022-2023 Well-Being Guide

In This Guide ...

Let's Get Excited for Winter!

Support for Mental Health & Well-Being

Support & Resources for Youth

Winter Programs & Activities for My Child/Youth

Ideas for Keeping My Child/Youth Active This Winter

Resources for My Child/Youth with Special/Complex Needs

TDSB Supports & Resources for Mental Health & Well-Being



As the days get shorter, the nights get longer & the temperature continues to drop, it is not unusual to feel a decline in our mental wellness. Our **Winter 2022-2023 Well-Being Guide** is a place to learn about Culturally Responsive and Identity Affirming resources and activities to make the most of this time of year while improving our mental well-being. Some ways to do this include:

Keeping Active: Physical activity produces endorphins that help elevate your mood.

Making up for Lost Sunshine: A decrease in daylight can impact your mood. Bundle up and get outside. The sun on your face is an instant booster.

Establishing Healthy Routines: Having a routine to fall back on can be very helpful. It can be as simple as sleeping & waking at the same time each day.

Getting Enough Sleep is important for our physical and mental health.

Reaching Out For Help: This may be the right time to seek extra support if your regular mental health routine & seasonal adjustments just are not enough. We all have mental health & talking about things is one of the best ways to take care of it. No issue is too big or too small.

TDSB Winter 2022-2023 Well Being Guide

Please click on the picture to the left to access the entire winter guide.

Click on the link below to access the winter guide translated into many different languages:

<https://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-and-Well-Being-Professional-Support-Staff-PSS/Well-Being-Guide>

From TDSB Psychological Services
to Your Family

In this issue of Hearts & Minds, we are highlighting the neurodiversity of our complex needs students! In TDSB Psychological Services, we get to witness the joys & triumphs of our neurodivergent students every day, and we also aim to provide the extra support they need to thrive. Students with complex needs are children and teenagers with multiple or unique differences in their learning, behaviour, mental health, or brain functioning.



Understanding Mental Health in Children & Youth

What is Mental Health?

Mental health can mean different things to different people. Generally, it refers to the ability to feel, think, and act in ways that help us enjoy life and deal with difficulties. Just like we all experience different states of physical health (e.g., like being healthy one day and having a cold the next), our mental health may vary day to day and often depends on what is going on in our lives and what resources we have to help us cope.

"Mental health is inspired by a balance of the mental, physical, spiritual, and emotional self. Everyone, even the most vulnerable or mentally ill, has an opportunity to live as a healthy and whole individual." — First Nations Mental Wellness Continuum Framework, 2014

What is a Mental Health Problem?

Mental health problems occur when people experience a lot of distress that is intense or does not go away. If a person's stressors outweigh their coping resources, they can develop a mental health problem. These problems can sometimes be classified as disorders or mental illness. Naming these health problems can help people understand why they are struggling, and find the best ways to cope.



CAMH video
on the continuum
of mental health



1 in 5 people will
experience a serious
mental health problem
in their lifetime.



Mental health problems
can seriously impact
functioning at home,
school, or in relationships.

Hearts & Minds TDSB Psychology Newsletter

Please click on the picture to the left to access the newest edition of the TDSB Psychological Services newsletter. This issue contains articles on mental health, how to support mental health in our neurodivergent student population, and strategies to facilitate the transition to adulthood for students with complex needs.

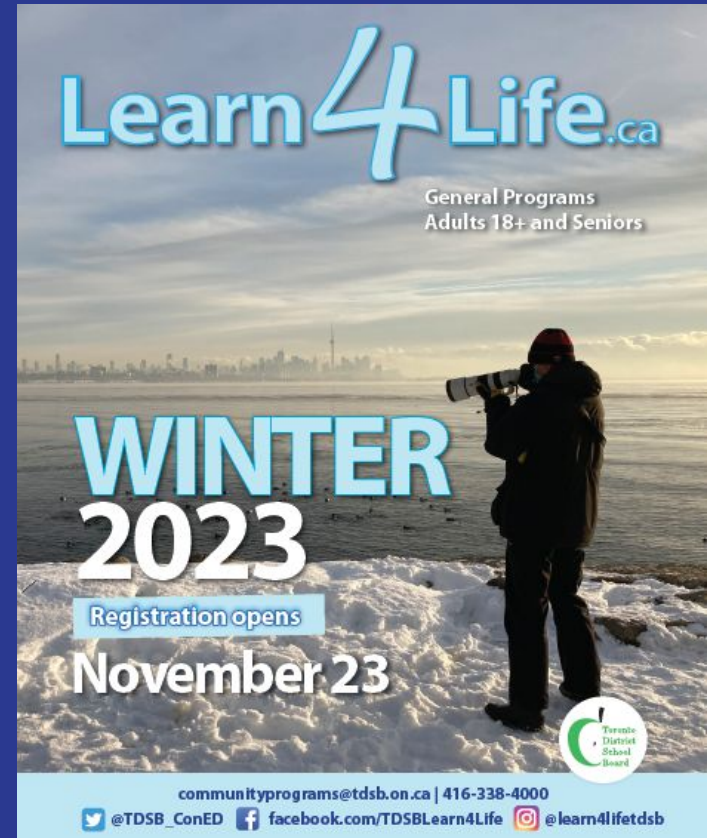
Learn4Life

Adult General Interest Courses

The Adult General Interest Winter Session starts soon! There are still courses available. Find out more at:

<https://www.tdsb.on.ca/Adult-Learners/Learn4Life>

Please note: Both in-person and remote courses are being offered for the Winter 2023 term.

A promotional poster for Learn4Life.ca's Winter 2023 Adult General Interest courses. The background is a photograph of a person in winter gear standing on a snowy beach, looking through a telescope towards a city skyline across the water. The text 'Learn4Life.ca' is at the top in a large, blue, stylized font. Below it, 'General Programs Adults 18+ and Seniors' is written in a smaller, black font. The words 'WINTER 2023' are prominently displayed in the center in large, bold, blue and white letters. Below this, a blue banner reads 'Registration opens' in white, followed by 'November 23' in large, bold, white letters. At the bottom, a light blue banner contains the email 'communityprograms@tdsb.on.ca | 416-338-4000' and social media handles for Twitter (@TDSB_ConED), Facebook (facebook.com/TDSBLearn4Life), and Instagram (@learn4lifetdsb). A small circular logo for the Toronto District School Board is in the bottom right corner.

Learn4Life.ca

General Programs
Adults 18+ and Seniors

**WINTER
2023**

Registration opens
November 23

communityprograms@tdsb.on.ca | 416-338-4000

@TDSB_ConED facebook.com/TDSBLearn4Life @learn4lifetdsb

Toronto District School Board

*Dear Families,
Join the EarlyON Program to explore some of the fun
activities.*

Everyone is Welcome!

Roywood EarlyON Contact Info:
Phone: 416-395-2830
Mon. to Fri. 8:30am - 12:00pm



**Early
ON**
Child and Family Centre

Connecting with the School

Office Hours 8:00am - 4:00pm

Telephone

416-395-2830

E-Mail

RoywoodPS@tdsb.on.ca

Website

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

Twitter

https://twitter.com/TDSB_RoywoodPS

