

ROYWOOD SCHOOL



Roywood News Online #18

Sunday, January 19th, 2025

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

Appreciation

A huge thank you to Mrs. Bossert and Mme. Fung who are working very hard to support the Grade 4/5 students and class. We appreciate you and your consistency with them. The community building is awesome! Thank you!

Thank you to the School Council members who are working hard to support fundraising throughout the school, purchasing of classroom supplies and more and organizing fun events and special lunches for the students! We appreciate you!



Upcoming Events

- Jan. 21 - Snuggle Up & Read Event @ 4:00 p.m. - 5:00 p.m. - Library
 - Snacks can be pre-purchased via School Cash Online or at the event
- Jan. 22 - Intramurals @ Fenside PS - Selected Grade 5 Students
- Jan. 23 - Cookie Thursday - \$2.00 per cookie
- Jan. 29 - Father Figures Session @ 4:00 p.m. - Library
- Jan. 30 - 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. 31 - Hot Dog lunch for students (order through School Cash Online)
- 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

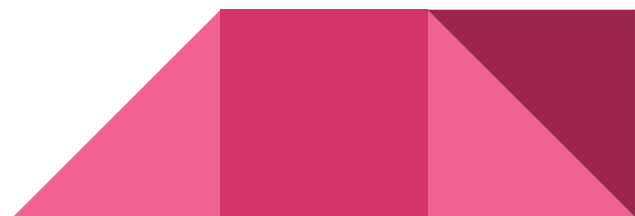
Thank you for supporting nutrition programming at the Toronto Foundation for Student Success!



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!



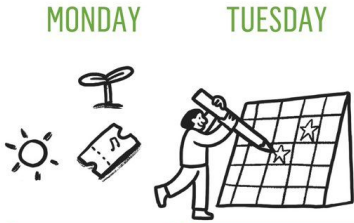
Ways to Follow Along with School Information

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
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



Happier · Kinder · Together



ACTION FOR HAPPINESS

Follow along with us this **HAPPIER** January

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

School News

Join us for the 2nd Annual Snuggle Up and Read event in the Roywood library!

See flyer for more details!

SNUGGLE UP AND READ

📅 Date: January 21st,

🕒 Time: 4:00 – 5:00pm

📍 Location: Roywood Library

Join us for an evening of cozy reading and community fun! Enjoy reading strategies discussion, storytelling by "Miss Sparkles," and family reading time. This event is designed for the whole family to enjoy.

Snacks & Treats to enjoy during event:

- 🍵 Hot Chocolate Cup - \$3 per cup
- 🍿 Popcorn - \$3 per bag
- 🍪 Big Daddy cookies - \$3 per cookie
- 🍓🍌 2 Fruit Kebabs - \$3 per two skewers
- 🍹 Combo: Hot Chocolate + any item above - \$5
- 🏠 Take-Home Treats:
 - Chocolate Cone - \$5
 - Double Walled Glass Mug + Chocolate Bomb - \$10

Available though **cashonline**
and **cash** during the event



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

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.



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

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!

This week we will have our cookie fundraiser on Thursday.

This week's cookies are:

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



Fudge Chip DeLite *



Vanilla Snowman (Nov - Jan)



Funfetti DeLite*

For cookie ingredients, please use the link below:

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

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.

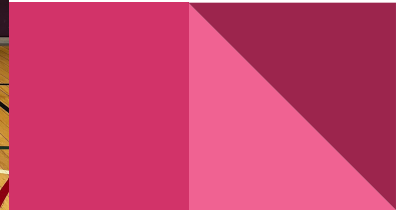




This Week @ Roywood PS

Ball Hockey Intermurals with Mr. Goldenberg & Mr. D

The students have been having an awesome time playing Ball Hockey at afternoon recess on different teams. The sounds of joy coming out of the gym from both the students and Mr. Goldenberg and Mr. D are incredible! Students are excited to play, excited to cheer and excited to watch! The sportsmanship that is being displayed and learned is off the charts!





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
ACTIVITES

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.

<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,

The EarlyON drop-in program is open Monday to Friday from 8:30 a.m. to 12:00 p.m. Join the program to play together with your children.

Let's Have Fun Together!



**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

Telephone

416-395-2830

General E-Mail

RoywoodPS@tdsb.on.ca

Website

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

Twitter

https://twitter.com/TDSB_RoywoodPS

