

**ROYWOOD SCHOOL**



## **Roywood News Online #30**

Sunday, April 21st, 2024

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

# Appreciation

Thank you to Toronto Public Health for being at Roywood this past week and conducting dental screenings on all students. We look forward to seeing you again next year to check the students again! :D

Please see the dental clinic flyer with information on free dental clinics in the school area in the School News section of the newsletter!



# Upcoming Events

- Apr. 22nd - Earth Hour @ 2:00 p.m. - 3:00 p.m. (all unnecessary electricity will be turned off)
- Apr. 24th - Anti-Bullying Presentation for Students @ 1:30 p.m.
- Apr. 24th - Anti-Bullying Presentation for Parents/Caregivers @ 5:00 p.m.
- Apr. 26th - Spring Fling Dance-A-Thon & Pizza Lunch hosted by School Council Volunteers :D
- May 17th - Kindergarten Trip to the Aquarium (please watch email for permission form)
- May 20th - Victoria Day Holiday (no school for students)
- May 27th - Barrier Free Track Meet @ Variety Village - Mrs. Daye's class
- Jun. 7th - P.A. Day (no school for students)
- Jun. 19th - Kindergarten Celebration of Learning @ 1:30 p.m. (more info to come)
- Jun. 20th - Family Games Night @ 4:00 p.m.
- Jun. 25th - Final Report Cards Home to Families
- Jun. 28th - Last Day of School for Summer

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.

# School News

**Please see  
SchoolCash  
Online to order  
pizza and glow  
items for your  
child(ren)!**

**Orders will be  
due by  
Wednesday,  
April 24th.**

**A cash order form will  
be sent home Monday  
with students!**

**WELCOME TO ROYWOOD  
PUBLIC SCHOOL'S 1<sup>st</sup>  
SPRING FLING DANCE-A-THON!**

**Dance Timings:**

<b>9:00 – 9:50AM</b>	<b>KINDERGARTEN CLASSES</b>
<b>10:15 – 11:05AM</b>	<b>GRADES 1-3</b>
<b>12:45 – 1:35PM</b>	<b>ISP Classes</b>
<b>1:45 – 2:35PM</b>	<b>GRADES 3-5</b>

**SCHOOL CASH ONLINE FUNDRAISER:**

**Pizza Slices**

- 1 Slice - \$2.50**
- 2 Slices - \$3.50**
- 3 Slices - \$4.50**

**Glow Sticks – 4 for \$1.00**

**Glow in the dark temporary tattoos (sizes of  
tattoos vary) – 1 for \$1.00**

**Photo Booth printed pictures - \$3.00 per print**

**(SAMPLE PHOTO BOOTH PICTURED ON  
RIGHT)**



**Looking  
forward to  
dancing the  
day away and  
glowing in  
style!**

Join us and add your name to a draw for prizes!!!

Roywood P.S. School Council Presents

# BULLY-PROOFING CHILDHOOD

Come and learn about parent's guide to detection and intervention presented by Ryan Broadfoot

Ryan Broadfoot, RSW has been working in children's mental health since 2002 and speaking to students about bullying since 2016. Ryan has completed extensive research on school bullying but also has personal experience to draw upon. Ryan is a father of three children.

Join us for a chance to win a \$25 gift card!

BULLY-FREE ZONE



Learn how to:

Empower your child with bully-resilient skills

Uncover and address childhood bullying

Partner with the school to address bullying incidents

## EVENT DETAILS



ROYWOOD PUBLIC SCHOOL



WEDNESDAY APRIL 24, 2024



5PM

SAVE THE DATE



REFRESHMENTS AND CHILD-MINDING PROVIDED



For more information, please contact: [dawndee1026@gmail.com](mailto:dawndee1026@gmail.com) or [yetunde.olowokere@tdsb.on.ca](mailto:yetunde.olowokere@tdsb.on.ca)

Join us on April 24th in the Library to learn more about Bully-Proofing Childhood!



# Dental & Oral Health Services for Torontonians

## Caring for your teeth and gums is important for your oral, dental and overall health

### Toronto Public Health's (TPH) objective is to:

- Improve the wellbeing of residents by providing high-quality, client-centred dental and oral health services
- Educate Torontonians about the importance of oral health
- Deliver legislated programs, including clinical services and oral health screening



### Free oral health care for eligible Toronto residents

TPH provides free dental care for eligible Torontonians at convenient locations across the city. Our dental staff are highly trained and skilled in providing the following services:

- Dental examinations and x-rays
- Scaling
- Fluoride treatments
- Sealants
- Fillings
- Extractions
- Partial and full dentures (with reduced fees)
- Root canals

Your treatment is dependent on your overall health condition and your oral health needs. You must also be eligible for a government dental program.

### Eligibility

Different dental programs have different terms of coverage. Eligible Torontonians can access TPH's free services if they meet the following criteria:

- Eligible children and youth (0-17 years), adults enrolled in select TPH programs and seniors (65 years and older);
- Live in Toronto;
- Cannot afford to pay a dentist; and,
- Do not have private insurance.

### We provide services under several government programs, including:

- Ontario Seniors Dental Care Program
- Ontario Disability Support Program (ODSP)
- Healthy Smiles Ontario
- Non-Insured Health Benefits Program
- Ontario Works (OW)
- Interim Federal Health Program

Assessments for eligibility must be done at a Toronto Public Health dental clinic. If you are eligible, we can help enrol you into a program, or connect you to the proper government agency responsible for enrolment.

At your first appointment, a dentist will discuss the best treatment options available to you.

**If you are not eligible for free services, and you do not have private insurance, you may qualify for dental care with another provider who charges reduced fees.**

### Other services available

TPH also offers the following free dental services at our clinics, in partnership with local community health centres and hospitals, and through our mobile dental clinics:

- Dental screening for children and youth in childcare centres, schools and community groups, and residents of Toronto Long Term Care Facilities
- Denture cleaning and labeling services in Long Term Care Facilities
- Oral health education and information sessions for parents, caregivers, health care providers and professionals who work with children, youth and seniors



### Find a clinic near you & book an appointment

Contact 416-338-7600

or visit [toronto.ca/dental](https://toronto.ca/dental)

for more information.



### Clinical Services

Pre-pandemic (February 2019 – February 2020): 28,000 clients served

During pandemic (March 2020 – March 2023): 31,000 clients served



### Oral Health Screening

2018-2019 school year: 208,000 elementary school students served

- 28,000 with dental decay (8,000 urgent and 20,000 non-urgent)
- 60,000 needing preventive care



# Kindergarten Registration Has Opened for 2024/2025!

## Welcome to **KINDERGARTEN**

Kindergarten registration has opened up for the 2024/2024 school year!

Children who will be four by December 31, 2024, can start Junior Kindergarten in September 2024.

Please click the link to get more information on how to register your child today:

<https://www.tdsb.on.ca/EarlyYears/KindergartenMonth>





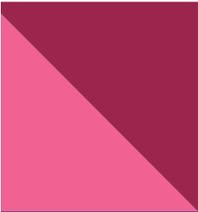
**TDSB Continuing Education Department** @TDSB\_ConEd · Mar 25



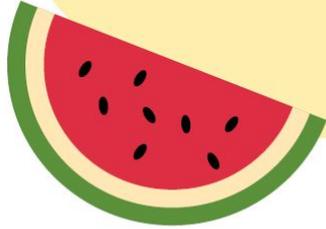
Registration is NOW OPEN for Elementary Summer School! ☀️ Programs are offered to students in grades K-8, running from July 2 to July 26, 2024. Plus, select schools are hosting the free afternoon @JaysCare RBI Summer Edition Program. Register here ➡️ [bit.ly/3Njuafx](https://bit.ly/3Njuafx)



Toronto District School Board



**Please consider  
donating to our  
Nutrition Program!**



**Scan the QR Code  
with your phone  
camera:**



**or go to [tfss.ca/donate/schoolsites-snp](https://tfss.ca/donate/schoolsites-snp)**

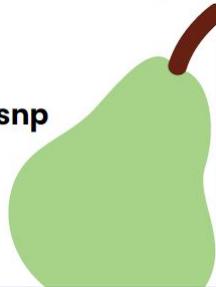
**The Nutrition  
Program helps  
with:**

Student focus and energy.

Student leadership and  
responsibility.

Fruit and vegetable intake.

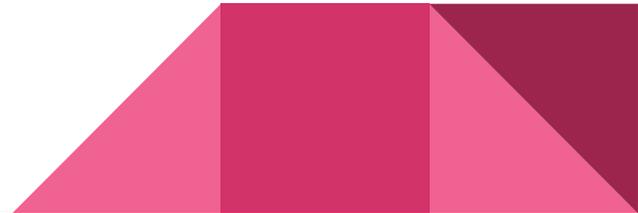
Community building.



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

Your donations count!!

Tax receipts will be issued  
for donations \$20 and over!



# Terra Cotta COOKIE CO.

## Cookie Thursday YUM!

This week we will be taking a break from cookie sales! No cookie sales this week.

Stay tuned for next week!



Fudge Chip DeLite \*



Oatmeal DeLite \*



Funfetti DeLite\*

For cookie ingredients, please use the link below:

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



# School CashOnline - ACTION ITEM

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

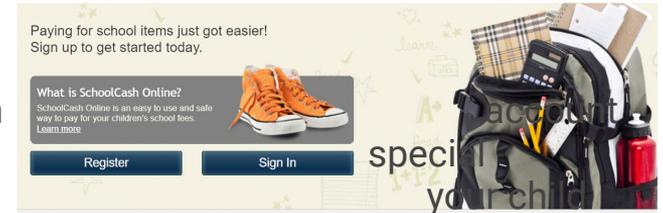
All of the TDSB is moving towards becoming cashless schools so that children do not have to bring money to school (with the chance of it getting lost), schools do not have to hold a lot of money (with a chance of it getting lost) and to keep up with the ever changing times of the world.

Please use the following link to create your account today!

## School Cash Online Links:

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

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



Paying for school items just got easier!  
Sign up to get started today.

What is SchoolCash Online?  
SchoolCash Online is an easy to use and safe way to pay for your children's school fees.  
[Learn more](#)

Register Sign In

special your child

The banner features a background with faint icons of school supplies like a pencil, paper, and a backpack. On the right, there is a photograph of a school backpack filled with books, a water bottle, and other items. The text 'special your child' is partially visible on the right side of the banner.

# Active April 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Follow along with us this ACTIVE April month.

Try as many ACTIVE activities as you can with family!



This Week @ Roywood PS



Roywood P.S.

@TDSB\_RoywoodPS



We love the Grade 5 students for their personalities, their leadership, their humor and their conversation! The countdown is on to the “Moving On Up” ceremony - we will miss them when they are at their new schools! [#grade5greatness](#) [#movingonup](#) [#smilingkids](#) @PrincipalPegg





**Roywood P.S.** @TDSB\_RoywoodPS · 1h



We love Mr. D!!! He is always working to keep the school clean and without clutter! Thank you for all that you do Mr. D!!! [@tdsb](#) [#facilities](#)  
[#caretakerlove](#) [#caretakerappreciation](#)





**Roywood P.S.** @TDSB\_RoywoodPS · 1h

...

The students in Gr. 3/4, in partnership with one of the students parents, are starting the germination process of different types of seeds. Their goal is to grow as many flowers to be able to plant around the school to encourage butterflies and other pollinators to visit Roywood!

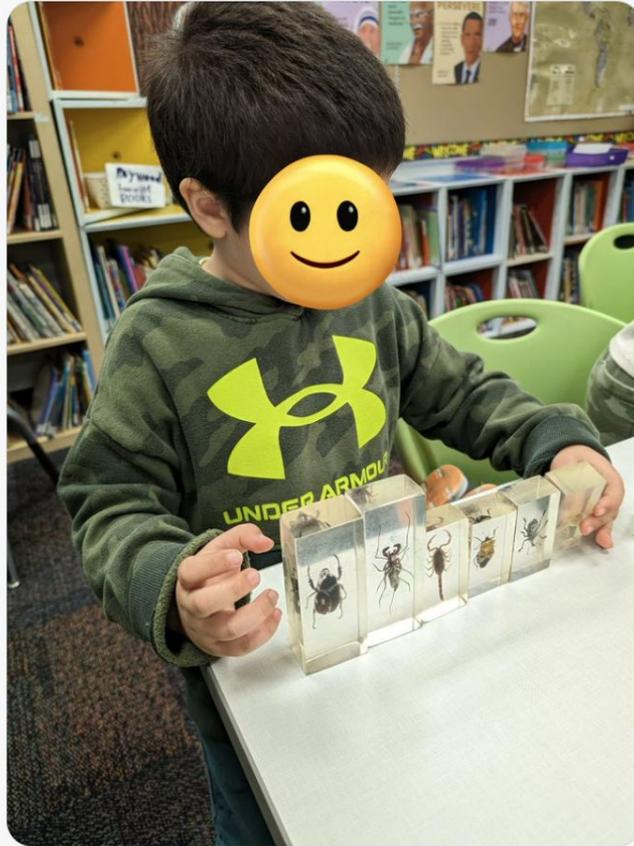




Roywood P.S. @TDSB\_RoywoodPS · 1h



D is the FDK scientist! I wonder what he is noticing when looking at the bugs? How's he sorting them? Based on number of legs? Number of body parts? Antenna or no antenna? What do you think? @BFJayne @PrincipalPegg #roywoodrocks #springinthelibrary #handsonactivities





**Roywood P.S.** @TDSB\_RoywoodPS · 1h



It's beautiful garden is ready for the spring bugs 🐛 The Library Learning Commons is a place of unlimited fun and exploration! @BFJayne @PrincipalPegg #springhassprung #roywoodrocks #handsoncreating #gardenkids





Roywood P.S. @TDSB\_RoywoodPS · 1h

...

Spring has Sprung... Hands on discovery time 🐛🦋 in the Library Learning Commons! Thanks to Mrs. Bossert for planning engaging lessons and activities for all of the students at Roywood!!! @BFJayne #springtime @PrincipalPegg #handsonactivities #roywoodrocks





**Roywood P.S.** @TDSB\_RoywoodPS · 1h



On Friday, April 26th the School Council will be hosting a Spring Fling Dance-A-Thon for all students! The family members came to test out how the lighting in the gym will look! So fun! Students will have the opportunity to dance for an hour with friends!! Thanks to our SAC Exec!





**Roywood P.S.**

@TDSB\_RoywoodPS



FDK classes have been learning about why we should take care of the Earth & ways to take care of the Earth. The two FDK classes went out on a walk around the school community & collected litter. Students were so excited to help the Earth, “small hands can change the world.”



↶ You reposted

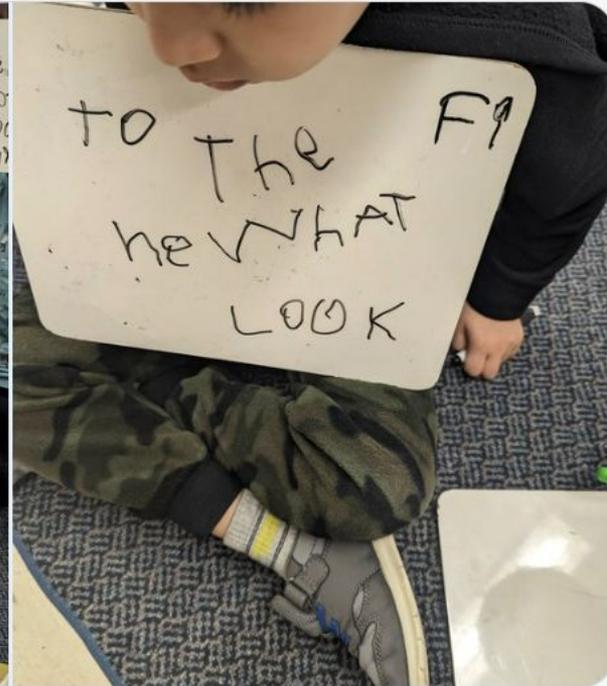
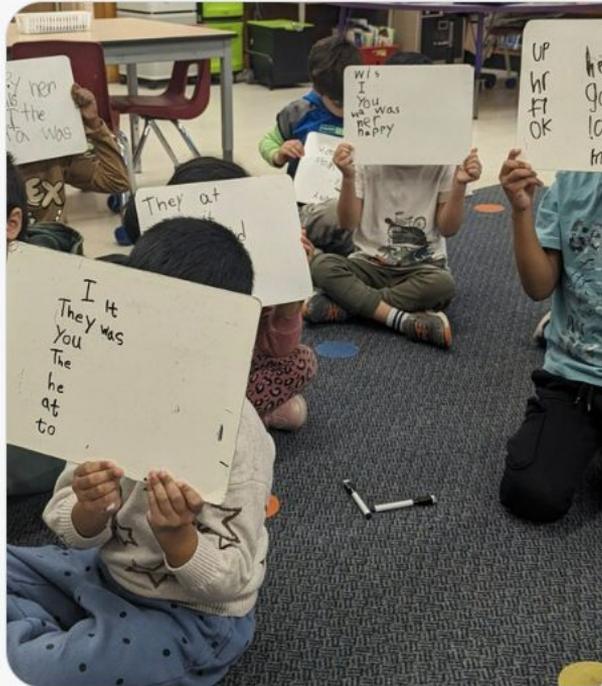


**Jacqueline Samuels** @TechTeacherJSam · Apr 18



Today we tried something new with our reading exploration. Kids all got a white board and marker and as we read, students identified and wrote the sight words they recognized. Instruction: listen, observe then write.

[#kindergarten](#) [#Reading](#) [@TDSB\\_RoywoodPS](#)



↻ You reposted



**Jacqueline Samuels** @TechTeacherJSam · 18h



Every year I look forward to seeing our kindergarten kids do a portrait of themselves. Children's art is simply fascinating to look at. Their different personalities shine through their art.

[#kindergartenart](#)

[@TDSB\\_RoywoodPS](#)





# 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



# HEARTS & MINDS

From TDSB Psychological Services  
to Your Family

Volume 5  
Issue 3  
April  
2024

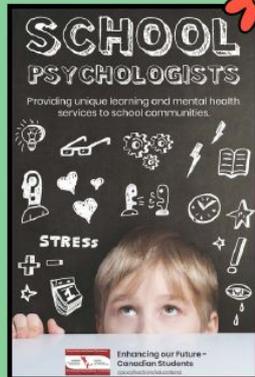
## HAPPY SPRING TDSB!

This spring, the Hearts & Minds newsletter turns 4 years old! We started this newsletter in order to share our passion for neurodiversity, mental wellness, and the positive impact research and psychology can have on learning. We have aimed to provide useful and interesting information to our school communities since May 2020.

We hope our newsletter continues to inform and reach out to all the caregivers, families, students and staff that make TDSB a place to learn and grow.

READ, ENJOY & SHARE!

Want more tips?  
Visit [TDSB Psychological Services website](https://www.tdsb.on.ca/About-Us/Professional-Support-Services/Psychological-Services) for more!



### Psych Tip: Try This!

If you have trouble remembering someone's name when you first meet them...try using **mnemonic strategies** (pronounced 'nu-mon-ick')! One way is called the 'keyword method': Picture in your mind a visual image/keyword that reminds you of the person's first name. For example, when meeting 'Mike', picture him holding a microphone!  
**Mnemonics are evidence-based strategies** proven to help you learn new information more easily. Click these [video & article links](#) to learn more!

Our articles, tips, and suggestions do not constitute treatment advice. If you or a family member is in crisis, please contact Kids Help Phone: 1-800-668-6868 or Distress Centres of Greater Toronto: 416-408-4357.



## STUDY TIPS

### TO PREPARE FOR HIGH SCHOOL EXAMS

By: Sumbel Malik, M.Psy.

#### Have an Agenda Handy.

An agenda (either digital or physical) is helpful when it comes to organizing your tasks. Write down the names of classes you have each day, any extra-curricular activities you are involved in, family commitments, etc. You can incorporate study time in the blocks of time you see on your agenda.

#### Don't Forget to Recharge.

It is important to give yourself breaks, time to relax, and time to recharge your brain. Keeping yourself motivated through praise, positive reinforcement, or even tangible rewards is a great idea.

#### Be Prepared.

It is helpful to read the material before class so that you can understand the material in an in-depth manner. This will be helpful especially during class lessons. When the teacher is teaching the same material, you will be able to make connections and learn in a comprehensive manner. When it comes time to studying, you will already have much of the information down in your head and that will help make studying easier.

#### Study in Small 'Chunks'.

Studying too much information at once can be overwhelming. It is important to break down the material into chunks (small, manageable parts) so that your brain has more time to absorb the information. The **'pomodoro technique'** is a widely used strategy that helps increase focus when studying. It involves breaking your study sessions down into timed, 25 minute chunks with a 5 minute break in between each session to stretch, check your phone, or grab a drink or snack.

#### Take Meaningful Notes.

During class lessons, take detailed notes on important points. Try to review your notes before class so that the lessons can connect with new information you learn. Use highlighters for key points and use sticky notes to write down any questions you may have.

## TDSB COMMUNITY CORNER

### Virtual Drop-in Hours

OPEN TO ALL TDSB PARENTS, GUARDIANS, AND CAREGIVERS!

#### Join our Virtual Drop-ins on Google Meet

Wednesdays\* 7 p.m. - 8 p.m.  
[www.tdsb.on.ca/virtualsupport](http://www.tdsb.on.ca/virtualsupport)  
\*Check website for specific dates offered

Connect with Professional Support Staff to explore ideas related to your child's mental health & wellbeing, including students with Special Education & Complex Needs



### NEW Mental Health & Well-Being Resources



Check out the FULL Article at the link below:

<https://www.tdsb.on.ca/About-Us/Professional-Support-Services/Psychological-Services>

## Dear Families,

*The EarlyON centre is open from Monday to Friday, 8:30 a.m to 12:30 p.m.  
Join the program with your child/ children to explore different activities and to  
meet other families.*



*Everyone is Welcome!*

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

**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)

