

# École Sir Adam Beck Junior School Newsletter

## January 2024

544 Horner Avenue

Toronto, Ontario M8W 2C2

Tel: 416-394-7670

Fax: 416-394-6142

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

### Upcoming Events

Grades 1-5 Skating Begins

January 8: Classes Resume

January 8: Middle French Immersion  
Applications Open (for Grade 3  
English students only)

January 12, 26: Council Pizza Lunch Days

January 15: Week 1 Skating Groups Begin

January 15: School Council Meeting  
6:30 – 8:00pm

Google Meet link:

<https://meet.google.com/owv-hfhr-nmm>

January 19: PA Day – No School for  
Students

January 22: Week 2 Skating Groups Begin

January 26: Family Literacy Day @ SAB

January 26: Tropical Beach/Stripes & Polka  
Dot Spirit Day

February 2: Middle French Immersion  
Applications Close (for Grade 3  
English students only)

**Tamil Heritage Month**

**Character Attribute for January is  
Teamwork**

**Principal** Michael Kanalec  
**Office Administrator** Maureen Huddleston  
**Superintendent** Dr Debbie Donsky  
**Trustee** Patrick Nunziata  
**School Council Co-Chairs**  
Sara Chow, Japmeen Johal  
**Title Photo Credit:** Steve Burazin



Will your child be absent from school?

Call our Safe Arrival Number.

**NEW \*\* 1-833-250-2290 \*\***

### Principal's Message:

Happy New Year to all and best wishes to our students, families and staff for the upcoming holidays. Thank you to the entire school community for the overwhelming response to our food drive. Together we raised approximately 585 pounds of non-perishable food!! Thank you as well to Ms Paul's class who helped to assemble 15 packages in support of The Shoebox Project, a Canadian charity that collects & distributes gift-filled Shoeboxes to local women experiencing or at-risk-of homelessness, and that celebrates diversity, builds awareness, challenges stigma while promoting equity. Your generosity will help to support many families in our community. Well done SAB!

The initial offers of placement for new Early French Immersion students who will be starting in September 2024 at SAB will be sent out to parents/caregivers in the coming weeks. Families in this wave of offers must respond by the deadline in the offer email to accept the placement. Subsequent offers will continue into the new year until the placement process is complete. Due to the volume of applications, it can take many weeks for all the families to hear. Families are encouraged to check their email frequently, including junk mail.

For families interested in enrolling their child into the Middle French Immersion Program which begins in Grade 4, there is an online process to apply. This program is available to English Grade 3 students and begins in September 2024. Applications open on January 8, 2024 and the deadline is February 2, 2024. Please see p. 4 for additional details.

Saturday January 27<sup>th</sup> is Family Literacy Day. This year we will be kicking off literacy week by hosting the DuffleBag Theatre's performance of La Belle et La Bête. The DuffleBag Theatre performs well-known stories in a new and fun way. They take stories and make them come alive through improvisation. We will wrap the week up by inviting parents and caregivers into our classrooms to read their favourite story to their child's class. A sign-up schedule will be made available during the week of January 15<sup>th</sup>. Thank you to our literacy committee for organizing the activities. Hope to see you there.

On the final pages of our newsletter, we have included information from Extra Ed who will be running lunchtime and after school clubs in the new year as well the Hearts and Minds TDSB Psychological Services winter newsletter and Trustee Nunziata's December update.

Happy Holidays  
Michael Kanalec  
Principal

### Lunchroom Supervisors Needed

Do you have an hour to spare in the middle of the day? We are seeking energetic, reliable and trustworthy individuals with a love of working with children that are interested in becoming Supply Lunchroom Supervisors. If you are interested, please contact the school at 416-394-7670 for more details.

## January 2024 Council Corner

Email: [sabschoolcouncil@gmail.com](mailto:sabschoolcouncil@gmail.com)

Facebook: <https://www.facebook.com/groups/290183431386941>

Website: <https://schoolweb.tdsb.on.ca/siradambeck/School-Council>

**Thank you for supporting the Poinsettia Fundraiser** | The plants were beautiful and larger than everyone expected, which is always a lovely surprise. We look forward to doing it again next year and will endeavor to have the plants delivered earlier so that we can enjoy them for more of the Holiday Season.

## Recent Council Initiatives In Action:

**Math Workshop** | On December 4th the council was happy to invite our speaker Trevor Brown to lead a seminar for parents going over new math techniques and math manipulatives. This 2 hour session was a great way for parents and guardians to be more engaged with. Attendees walked away with multiple math manipulatives and a greater understanding of different thinking techniques. Thank you for all those who attended and to all those volunteers that made this night a success.





**Mad Science Day** | We were pleased to have funded a school experience of bringing Mad Science to the school. The presenter came and brought experiences and intrigue to the students. The big hit of the day was seeing the wonder and amazement in their faces.



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### Council Member Update

We warmly welcome the following members to Council:

- Bev Myhal (Teacher representative)
- Lynda Regan-Boriska (Support Staff Representative)
- Alyssa Wenzel (fundraising chair)

### Volunteers Needed! - Thanks in advance for your support

- Kiss and ride (AM and PM) - [sign up to volunteer here](#)
- Pizza lunch - Email [sabpizzalunch@gmail.com](mailto:sabpizzalunch@gmail.com). Volunteers meet in the gym at 10:45 AM and aid in handing out pizza until approximately 12:15 PM The list of lunch dates is available here: [Calendar](#)

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### Diversity, Inclusion and Equity Corner

**Set a New Year Inclusion Resolution!** A new year often means a fresh start and taking stock of things we want to leave behind as well as those we wish to carry forward into another year, start something new, pick up a new habit or learn something. Why not make a resolution with your family to a diversity, equity and inclusion goal that is important to you.

Examples of a family Inclusion Resolution:

- Choose a diversity and inclusion topic to research and visit the library as a family
- Story of the month: Read a story, watch a movie or listen to a podcast about a family that has a different structure or identity than your own
- Discuss what privilege means and identify areas that your family may have more or less privilege, and how that might show up at home or at school (a great tool is to look up The Wheel of Power/Privilege)

**Financial Assistance Available:** School Council is here to ensure all students have the opportunity to enjoy and participate in school programs including field trips and pizza days. Please email Mr. Kanalec at [michael.kanalec@tdsb.on.ca](mailto:michael.kanalec@tdsb.on.ca) if cost is a barrier to participating in any of these events. Mr. Kanalec will work with the Council to ensure support is provided anonymously, via our Angel Fund.

# Middle French Immersion (Grade 4 Entry)

**Please Note:** While admission to the Early French Immersion (JK entry) or Middle French Immersion (Grade 4 entry) programs is guaranteed at the entry points to all eligible on-time applicants, admission to a specific school is NOT guaranteed. Applications to begin these programs is open to all students not already enrolled in a French program.

**Transportation:** Where transportation is approved by the Transportation Department, students meeting the distance criteria for Kindergarten to Grade 5 will be transported by bus, and students from Grades 6 to 8 will be provided with TTC tickets, where applicable.

Applications to the Middle French Immersion program may be submitted, on behalf of students in the English program, the year the child is in Grade 3 for entry in September of Grade 4. It is an entirely online process. **All communication will be sent via the email address you provide. Please check your email regularly, including junk mail folders.**

Please visit the application site [www.tdsb.on.ca/pars](http://www.tdsb.on.ca/pars)

- You will need your child's date of birth and OEN. The OEN is a 9-digit number found on any report card from the TDSB.
- For non-TDSB students, please select the "Non-TDSB Student" option and follow the steps to generate an identification number. You must then return to the PARS site and follow the application procedure with this number.
- Please select Middle French Immersion from the drop-down menu and complete the application process.

On-time applicants will be offered a placement via the email address you have provided. You **MUST** take action to reserve a spot by the deadline requested when you are offered a placement.

Offers of placement will be on-going through the weeks and months following the close of the application period. ***Please check your email regularly, including junk mail folders, and follow any instructions.***

## **IMPORTANT DATES:**

Application process opens: January 8, 2024

### **Deadline for applications: February 2, 2024**

- *While every effort will be made to place students in the school identified as their area Middle French Immersion school, this is not always possible. In cases where the number of applications in a given area is greater than the number of allotted program spaces in the school, **students may be redirected to schools with available program space.***
- *Placements are made based on the child's primary home address of record prior to the application deadline. If the address changes between the application deadline and the fall of the Grade 4 year, there is no guarantee of placement in the new area.*
- *Late applicants will be held on a local school waitlist and considered subject to available space until the end of September of the entry year.*



## Staying Healthy this Holiday Season

Dear Parents and Guardians,

As we approach the end of the year and more people gather indoors due to the cold weather and the holidays, respiratory viruses are on the rise and circulating in our communities. Influenza (flu), COVID-19 and Respiratory Syncytial Virus (RSV) are three respiratory viruses that can cause serious illness in some people.

### Protect yourself and your loved ones

Toronto Public Health (TPH) is reminding families of ways to reduce virus spread as we prepare for winter and the upcoming holiday break:

- Get vaccines you are eligible for as soon as possible at a participating [pharmacy](#) or your primary health care provider to help prevent serious illness.
- Wear a well-fitted, high-quality mask in indoor public settings if you are at higher risk of getting very sick.
- Stay home when sick or if you have symptoms of illness, even if they are mild.
- Before returning to school or work screen for symptoms of illness by using the provincial [COVID-19 Self-Assessment Tool](#) or [TPH Screening Questionnaire](#).
- Wear a mask for 10 days after symptoms begin to protect others at home, school, and work.
- [Wash or sanitize your hands often](#).
- [Cover coughs and sneezes](#) with an elbow or a tissue.
- Clean high-touch surfaces often.

Visit [toronto.ca/RespiratoryViruses](https://toronto.ca/RespiratoryViruses) to learn more.

### Find FREE rapid antigen tests near you

Free rapid antigen tests are available at various City facilities across Toronto, including all Toronto Public Library branches. Visit [toronto.ca/COVID19Testing](https://toronto.ca/COVID19Testing) to find a location near you.

### What to do if you or your child are sick

Speak to your health care provider or call [Health811](#) if you have questions about your family's health or if you are unsure where to access care. If your child is sick, review this information about [how to care for them at home and when to seek medical care and information about fever and pain medications](#). The following virtual care clinics are available in Toronto:

- [Adult Virtual Care Clinic](#)
- [Pediatric Virtual Care Clinic](#)
- [Mental Health Virtual Care Clinic](#)

We can all take care of our families, school communities and health care system capacity by reducing the spread of respiratory viruses.

### Other Ways to Stay Healthy

Visit [toronto.ca/health](https://toronto.ca/health) to learn more about:

- [Health Information for School Age Parents and Caregivers](#)
- [Respiratory Viruses: Information for Parents and Caregivers](#)
- [Immunization](#)
- [Child Safety \(Injury Prevention\)](#)
- [Nutrition Tips for School-Aged Children and Youth](#)
- [Food Safety at Home](#)
- [Mental Health Resources](#)
- [Staying Healthy in Cold Weather](#)

Questions? Contact 416-338-7600 or [PublicHealth@toronto.ca](mailto:PublicHealth@toronto.ca).

Sincerely, Nicole Welch BSc., MSc., RN  
Director/Chief Nursing Officer  
Child Youth Health and Development  
Toronto Public Health

# **Congratulations to our Sir Adam Beck Athletes of the Month**

## **OCTOBER**

ARTEN K.	ROOM 122, MME PAPPALARDO
REMI M.	ROOM 120, MME FARRUGIA
BROOKE N.	ROOM 211, MS PAUL
BO M.	ROOM 210, MME KITAYGORA
MAYURI M.	ROOM 207, MME DIBON SMITH

## **NOVEMBER**

EDEN O.	ROOM 121, MME SINGH
EVANGELINE A.	ROOM 209, MS MYHAL
LIA P.	ROOM 213, MME CENI
PARKER F.	ROOM 212, MME BROWN
SEBASTIAN M.	ROOM 207, MME DIBON-SMITH

## **DECEMBER**

KOSTA A.	ROOM 208, MRS HARWOOD
DIANA K.	ROOM 121, MME SINGH
BHUCHUNG T.	ROOM 211, MS PAUL
RUBEN S.	ROOM 210, MME KITAYGORA
TEMPA T.	ROOM 214, MR BREAW

# **HAPPY NEW YEAR!!**



January 2023

[CONTACT US](#)

Mme Mahaney  
Mme Dibon-Smith  
Ms. Giorgio

# SAB Athletics



## Boys' Volley Ball

Congratulations to our boys' volleyball team on a successful tournament. Your coaches are extremely proud of the way you represented our school and the athletic growth you demonstrated. Our team placed third in their tournament with a record of 2-2. Good luck to our girls' team whose season begins after the break.



## Skating Program

We are happy to share that the skating program for grades 1-5 will begin in January! If you have not yet completed the online permission form, please do so as soon as possible. Students who do not have skates or a helmet at home will have access to the equipment we have at school. We will be using the permission forms to track the number of skates and helmets requested.

## Looking for VOLUNTEERS!

If you are interested in volunteering for our skating program, please let your child's teacher know. This program is for grades 1-5. All parent volunteers are required to have a police reference check and must be in queue for school approval.



## Coming Up!

We have so much to look forward to after the break, including the return of ball hockey, volleyball and badminton! Stay tuned for more information!



# Extra Ed.



## Lunch & After School Clubs

Winter 2024

Sir Adam Beck Junior School

Register now online at [ExtraEd.ca](https://www.ExtraEd.ca)

### Robotics

Grades 1-5

Working in groups, students tackle each LEGO robotics build together. They make a plan, assign roles among their team, and follow step-by-step instructions to completion.

**Monday After School** Jan-15 to Mar-4 -- 3:10 to 4:10 \$208.25 +HST

### Guitar

Grades 2-5

Between warm up exercises, strumming and picking techniques, and simple chord formation students jump right into the fun of making music from their very first lesson.

**Tuesday Lunch** Jan-16 to Mar-5 -- 11:25 to 12:25 \$238.00 +HST

### LEGO

Kindergarten -  
grade 5

Group builds are more fun. Our LEGO program fosters a cooperative building environment where children learn to communicate effectively, share ideas, and work together towards a common goal.

**Wednesday After School** Jan-17 to Mar-6 -- 2:50 to 4:10 \$238.00 +HST

### Chess

Kindergarten -  
grade 5

The benefits of chess are myriad. Whether a novice learning the basics, or an expert delving into complex analysis, our program improves problem-solving, pattern recognition, and strategic thinking.

**Wednesday Lunch** Jan-17 to Mar-6 -- 11:25 to 12:25 \$238.00 +HST



## Robotics

**Grades 1-5**

Working in groups, students tackle each LEGO robotics build together. They make a plan, assign roles among their team, and follow step-by-step instructions to completion.

**Thursday Lunch**

Jan-18 to Mar-7 -- 11:25 to 12:25

\$238.00 +HST



**Winter Session begins January 15th**

## **EVERYONE IS WELCOME**

Every child is able to participate in our programs, regardless of a family's economic circumstances. If cost is a barrier, parents may register their children and pay less, or even nothing, with no questions asked. Our programs are for everyone.



Register online:

**ExtraEd.ca**

**info@extraed.ca**

**(416) 953-1955**





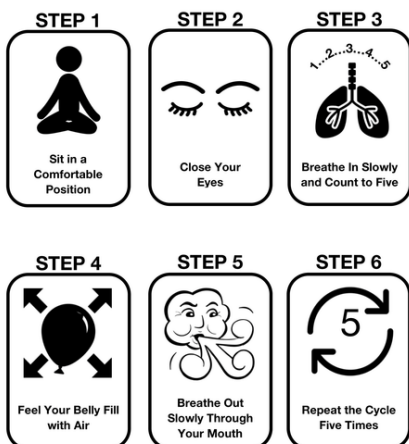
## Breathe: How We Can Access our Inner Calm

“Take a breath!” We have all heard about the importance of deep breathing to promote stress management and relaxation, especially when experiencing heightened emotions. However, we hear much less about the biological processes behind breathing strategies or why they actually work.

When we breathe deeply and slowly, there are many biological benefits. But stress, anxiety, and anger often cause us to breathe in short, shallow bursts rather than deep from our diaphragm. When we take deep, slow breaths from our diaphragm, the nervous system moves from ‘fight or flight’ mode into ‘rest and digest’ mode. This, in turn, reduces cortisol (the stress hormone) levels in the body, regulates heart rate, and calms the nervous system. There is ample evidence that taking less breaths in a day is beneficial for our biological and mental health.

Different types of breathing practices can have different effects on the body. For example, some breathing practice can energize the body/mind, while others have a more relaxing effect. Give these a try at home to see what works best for you and your child! For more information on breathing, consider reading the book *Breath: The New Science of a Lost Art*, by James Nestor.

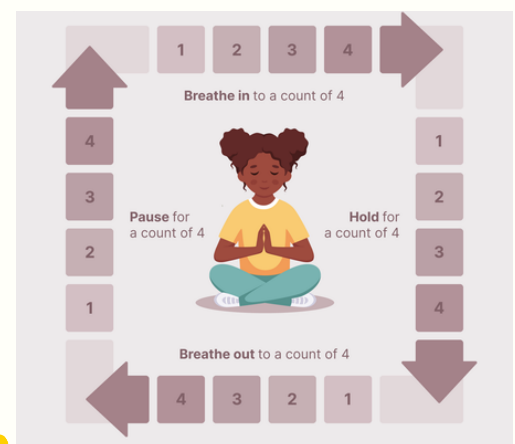
### Belly Breathing



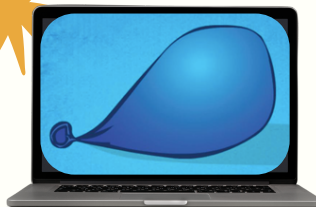
### 4-7-8 Breathing



### Box Breathing



Remember to practice breathing exercises often so they become automatic! You can practice with these Breathing ‘How-To’ videos:



Belly Breathing



478 Breathing



Box Breathing



# A Look into School Psychology in the TDSB ...and Beyond!

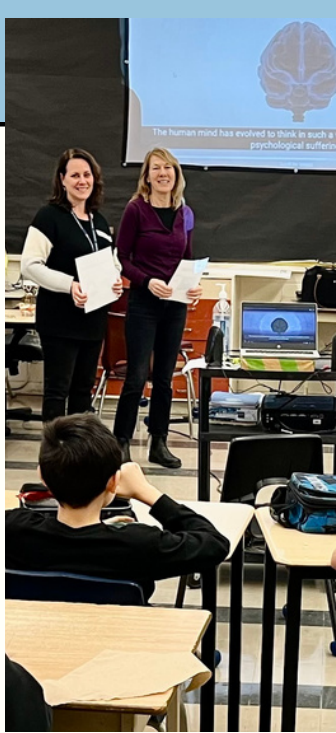


**Rachel Horton, Ph.D., C.Psych.**  
(TDSB Clinical and School Psychologist)

I had the pleasure of delivering a presentation about 'Attachment' to school staff at Calico and Stilecroft P.S. Attachment refers to the relationships between an infant and their primary caregivers that develop over the first years of life. By the time children come to school, their attachment experiences can impact how they settle into school and their readiness to learn. We discussed the important part educators play in helping children to feel emotionally safe and develop self-regulation skills using the acronym P.A.C.E. (developed by psychologist Daniel Hughes), which help us remember to practice Playfulness, Acceptance, Curiosity, and Empathy with students. We discussed strategies at school that can help students feel a sense of belonging, safety, and motivation so that they are ready to do their best learning.

**Jennifer Kapler, M.A, C. Psych.**  
(TDSB School Psychologist)

In December the school Social Worker Barbara Judge and I began a "Test Smart" group for selected students in grades 7 and 8 at Glen Ames Middle School. The group meets weekly at lunch to discuss values/goals and 'barriers' to achieving goals. We focus on a different topic each week: stress, organization skills, study strategies, healthy habits, and learning profiles. The goal is for each student to learn more about themselves and find their own unique skill set that works for them. Our aim is to help these students build independence and confidence in problem solving, school success, and life beyond school!



Curious what School Psychology staff do? Check out the [CPA's 2-minute YouTube video](#) to learn more!



Do you know a student who is interested in a career in school psychology? The Canadian Psychological Association (CPA) has [information on post-secondary programs](#) that are available in Canada!



# Bias and Attribution Errors

by Dr. Peter Mallouh, C.Psych

We all hold biases. We sometimes make errors when we perceive (think about) other people. Without being aware of it, our own expectations can greatly influence our impressions of other people. One common error we make is called **The Fundamental Attribution Error**. This is the tendency of people to underestimate the impact of situational factors and to overestimate the role of personality factors in explaining the behaviour of others.

In general, we tend to see behaviour as caused by an individual's personality or character traits, minimizing the importance of the context or situation. For example, consider a grade five student on the playground being bumped by a bigger student. In most contexts, the grade 5 student is likely to attribute the collision to the other student's bad intentions (personal motive). Yet, it may be that the bigger child was trying to escape from another student's bullying or they may have poor gross motor skills during group play. In contexts such as these, people will often attribute the behaviour or incident to personal factors and not consider or be aware of the circumstances of the overall situation.



Research shows that this bias has an opposite effect on our own self perception, as we tend to overemphasize situational variables to explain our own behaviour. People want to see good things about themselves and avoid unpleasant information. For example, a high school student may blame their teacher and the provided study materials when they fail their math test (“He’s so tough on us!), versus considering their own conduct and its impact on their math test (“Maybe I should have studied more than just 30 minutes before class?”).

Considering situational factors, not only in our own behaviour, but in that of others, may go a long way in helping us to better understand what happens to us. Can you think of examples in your life where you may have underestimated situational factors in a conflict or situation?





# 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



For immediate mental health & crisis help during the winter break, caregivers & students can access free supports online + phone and text. Stay safe & well.





# Winter Well-Being Guide

## In this Guide..

### Supports for Mental Health and Well-Being

### TDSB Professional Support Services Mental Health and Well-Being Winter Programs

### Supports and Resources for Youth

### Winter Programs and Activities for Child/Youth

### Ideas for Keeping my Child/Youth Active this Winter

### Resources for My Child/Youth with Special/Complex Needs

### TDSB Resources for Mental Health and Well-Being



As we head into the Winter Season, there may be excitement as well as thoughts and feelings that bring forward a need for support. Our **Winter 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 supporting and improving our mental well-being. The [Canadian Mental Health Commission](#) suggests:

- Don't underestimate the power of **sleep**. It impacts our whole self: mind, body, and spirit.
- During winter, we may feel the impacts of getting less sunlight. The sun's ultraviolet rays help us produce **vitamin D**, which is vital for our mental health.
- **Self-care** is also very individualized. It's not just about bubble baths, spas, and exercise. It includes things like healthy boundaries, healthier food choices, making those medical appointments, decluttering your space, creating a budget, calling a friend, and so on
- Paying attention to **our senses** helps bring us back to simpler times, come back to the basics and, after a few deep breaths, feel a lift in our spirit!
- **Are your thoughts healthy for you**, or are they making you unhealthy? It's easier to get into bad mental habits during winter's short days and long nights.
- Put your pen to paper and write. No matter what is happening, **there is always something to be grateful for**.
- Finally, remember to **seek help** from a mental health professional or family doctor, if you or a loved one is struggling.

# TDSB Professional Support Services Mental Health and Well-Being Upcoming Programs & Events

Throughout the Year, TDSB Professional Support Services Staff will be offering a number of opportunities that promote well-being, community and connection. Please follow the links to find out more!



TDSB Social Work and Attendance Services is offering monthly [Virtual Community Fair's](#) that highlight and share resources for the community which support complex and special education students at the TDSB. Find out more here!



The TDSB Psychological Services team provides updated knowledge and information pertaining to student well being and achievement in their quarterly Newsletter "[Hearts and Minds](#)".



A video series and related resources have been developed by TDSB staff and expert facilitators to offer coping strategies during war and conflict to support the emotional and mental wellness of students, parents/guardians/caregivers, staff, and the broader community. [Visit the Affinity Wellness webpage for videos and resources](#)

CENSUS 2023



The preliminary results of the [2023 Student census](#) have been released. Look out for the full report in Early 2024



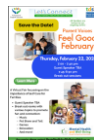
The TDSB Mental Health Leads, in collaboration with TDSB Community Support Workers in learning Centre 1 present a webinar on [Positive Mental Health and Academic Achievement](#). [Link here to find out more!](#)



The Occupational Therapy and Physical Therapy Department invite Parent(s)/Guardian(s)/Caregiver(s) of children with intellectual and/or developmental disabilities or other diagnoses to their quarterly sessions. [Meet with OT/PT](#) and find out about some of the services they support and how to connect with Community resources. Check Calendar for upcoming dates!



Monthly [Virtual Drop in office Hours](#) for Parents/Caregivers and Guardians of TDSB students. Come meet with various Professional Support Services to discuss ways to promote well being for students.



Save the Date for Let's Connect! The Parent Partnership Committee of TDSB will have their "[Let's Connect - Feel Good February](#)" on **February 22, 2024**. Look out for registration details here!



[TDSB's Gender Independent Groups \("GIG"\)](#) are groups for families with trans, Two Spirit, non-binary and/or gender diverse children in grades K-6.

# Supports for Mental Health and Well-Being

Access [Culturally Responsive & Relevant Resources](#) compiled by the TDSB MHWB Committee.



[Across Boundaries](#) – Provides equitable, holistic mental health and addiction services for racialized communities.



[HelpAhead](#) – Connecting infants, children, youth and families to mental health services in the Toronto community.



[Children's Mental Health Ontario](#) – Find resources to help support children and youth mental health.



[Daily Bread Food Bank](#) – Search your local area by postal code/location to access food.



Government Financial Supports:

[Canada Dental Benefit](#)

[Some other benefits which may be available to families](#)



[Kids Help Phone](#) – Find youth resources based on where you live.



[Lumenus](#) – Mental health, developmental and community services.



[Bob Rumball](#) - Mental Health Treatment for Deaf and Hard of Hearing Children/Youth and Families [Bob Rumball Canadian Centre of Excellence for the Deaf](#)



[SickKids](#) – This hub provides resources to help support your child's mental health and general well-being.



[YouthLink](#) – Youth/family counseling, parenting support, shelter/housing, education and community-based programs for ages 12-24 and their families.



[211 Central](#) – Find community and government services where you live.



[Helping your Child Manage Digital Technology](#) -School Mental Health Ontario





**Supports & Resources for Youth:**

**Helplines and Services**

**In the case of an emergency please call 9-1-1 or visit your local hospital emergency room**

[9-8-8- Suicide Crisis Helpline](#) - A safe space to talk 24 hours a day, every day of the year. **Call: 9-8-8 or Text 9-8-8**

[Black Youth Helpline](#) – A multicultural helpline and services for children, youth and families. Available from **9am-10pm everyday**.



[BounceBack®](#) – A free cognitive behavioural therapy (CBT) program that offers mental health self-help support for those 15-17 & older. **Toll free: 1-866-345-0224**.



[Hope for Wellness Helpline](#) – An Indigenous Youth Helpline. **24 Hour / 7 days a week Phone Support.**



[Kids Help Phone](#) – Find youth resources based on where you live. **24 Hour / 7 days a week Phone/Text/Chat Support.**



[LGBT Youthline](#) – Confidential, non-judgmental and informed LGBTTTQQ2SI Peer Support. **(Sunday - Friday) 4pm-9:30pm Text/Chat Support.**



[Naseeha](#) – Mental health hotline, resources, workshops, web therapy and more for Muslim and non-Muslim youth/individuals. **Phone Support daily 12pm-3am.**



[What's Up Walk-In Clinic and One Stop Talk](#) – Free virtual and in-person counseling for youth. Follow the link to find locations **Monday - Saturday (hours and days can vary by location)**



[Woodgreen](#) – Offers social, employment and academic support for youth, persons with developmental disabilities, and caregivers/families. Free single session counseling by phone or video for ages 16+ (12-15 years requires parent/caregiver consent). **Available Tuesday in person and Wednesday virtually. Registration from 4:00-6:30 pm. Call (416) 645-6000 ext. 1990**





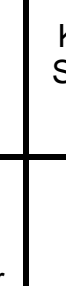


























[Trans Lifeline](#) – a peer support phone service run by trans people for trans and questioning youth and adults. **There will be a two week pause in service and will resume January 1st, 2024 starting with Monday to Friday 1pm-9pm 1-877-330-6366**



[Youthdale](#) - Community and in-patient services for children, youth, young adults and families struggling with complex mental health needs. **Crisis Service Line available 24/7 416-363-9990**



# Supports and Resources for Youth

Mental Health Info	Self-Care	Social Media and Screen Time	Managing Substance Use	Managing a Crisis
 Things you should know	 Self-care information	 Healthy Social Media Habits	 Buzz on Booze	 How to stay safe
 Sleep and mental health	 6 ways to practice self-care	 A Teen's Guide to Social Media Safety	 Things you should know about cannabis	 Supporting someone considering suicide
 Mental health: Learning Hub	 Kids Help Phone's Self-care checklist	 Smart Social Networking	 Vaping: What you & your friends need to know	 Be Safe App
 Coping During War and Conflict Affinity Wellness Videos	 Wheel of Well-Being	 Screen time: Overview	 Opioids: What you & your friends need to know	 Self-injury: What it is and how to cope
 Help for Youth	 What is Mindfulness?	 5 online safety tips	 Fentanyl facts	 How to help a friend navigate
 I Don't Know What's Wrong	 Self-Care 101	 Online gaming	 Taking care when using substances	 Help Ahead In Crisis

# Winter Programs for My Child/Youth

## Winter Recreation Programs

[Toronto Public Library](#) – Information about programs, classes and events.



[Winter Wonderland at the Toronto Botanical Garden](#) - Winter Camps are offered for campers 4 to 12 years of age. PA Camps are designed for campers 5 to 10 years of age (November 27, 2023 - April 12, 2024)



[Winter Recreation Programs](#) – Free, high-quality recreation activities for all ages, including CampTO



[Kids Out and About.com](#) – Online guide for kids, teens, and families living in Toronto including local events, camps, day-trip ideas and more!



[YMCA of Greater Toronto](#) - Programs for people of all ages and life stages including child care and family development, health and fitness, camps and outdoor education and youth programs. These are fees for service with subsidy options.



[CNIB Virtual Programs](#) – Free virtual programs available to all Canadians who are blind or partially sighted, as well as their families, friends





# Ideas for Keeping My Child/Youth Active This Winter

[Backyard Camp](#) – Year round activity ideas to do at home.



[Cosmic Kids](#) – Free, online yoga and mindfulness for kids



[Heart and Stroke](#) – Tips for eating healthy and keeping active.



[ParticipACTION](#) – Encouraging Canadians to get healthy by getting active since 1971.



[SPAC Learning Library](#) – Online video lessons and activities designed to help you be creative at home.

WELCOME TO OUR  
LEARNING LIBRARY

[Welcome to Ontario Parks](#) – Information about visiting Ontario Parks.



[YGym](#) – Virtual physical activities.



[Yoga with Adrienne](#) – Free yoga and mindfulness videos.



# Supports and Resources for Children/Youth with Special/Complex Needs

[Community Living Toronto](#) – Offering many programs to support individuals with intellectual disabilities and their families.



[Geneva Centre for Autism](#) – Offering groups and programs for children and webinars and support for parents.



[Holland Bloorview Family Resource Centre](#) - Access helpful tips and information for caregivers and parents of children with disabilities.



[Surrey Place Family Resources](#) - helps people of all ages with developmental disabilities, autism and special needs reach their full potential



[Kerry's Place](#) - has been creating, and providing evidence-based supports and services across the province of Ontario that enhance the quality of life of those with ASD.



[Connectability](#) - A website and virtual community dedicated to lifelong learning and support for people who have an intellectual disability and their families.



[Lumenus](#) – Offers a broad range of high quality mental health, developmental and community services for infants, children, youth, individuals and families across Toronto.

WELCOME TO LUMENUS.

*be seen. be heard. be well.*

[Meta Centre](#) – Offering a wide spectrum of services and personalized supports to help people live inclusive, engaged and enriched lives in the community.



[Miles Nadal JCC](#) – Offering programs for children and youth with ASD and other developmental disabilities.



[MyCommunityHub.ca](#) – A search engine for activities available in the community for children and youth with developmental disabilities.



# Supports and Resources for Children/Youth with Special/Complex Needs continued

[SAAAC Autism Centre](#) – we build inclusive communities through culturally responsive autism practices and accessible programming.



[Toronto Parks and Recreation Adapted Programs](#) – To ensure the most enjoyable recreation experience families must first contact the Adapted and Inclusive Recreation Programs central hotline at 416-395-6128 to apply for and receive a membership.



[Variety Village](#) – Variety programming empowers children with disabilities to be seen, participate, and feel included. We bring accessible facilities to life with sports, fitness, activities, camps, skills training and coaching for competitive and Paralympic athletes



[Information on accessible parks and camps](#)



[TDSB Occupational and Physiotherapy resources for play and leisure fun at home](#)

[TDSB Psychology resources for families of students with complex needs](#)

[TDSB Speech Language Pathology tip sheets](#)



# TDSB Supports and Resources for Mental Health & Well-Being

Please visit our [TDSB Website](#) to access a comprehensive list of resources and supports. Spend some time exploring our interactive lounges and virtual field trips for [Students](#), [Parents & Caregivers](#), and [Staff](#).

Mental Health and Well-Being  
Supports and Resources

Access our interactive [Children's Mental Health Week resource kits](#) for elementary and secondary students, students with complex needs, parents/caregivers and educators.



Access [Culturally Responsive & Relevant Resources](#) compiled by the TDSB Mental Health and Well-Being Committee.



Access our [Black Mental Health Week Resources](#) from the March 2023 week of recognition for Black Mental Health Week in Toronto. Look for updates in March 2024



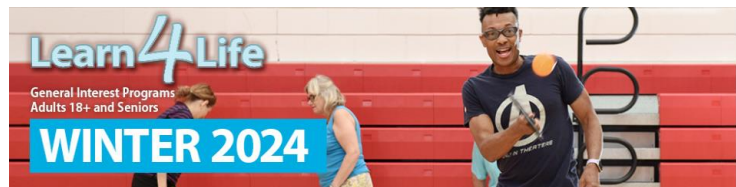
This [slide](#) provides access to 2023-24 MHWB resources for all grades.



Visit these introductory guides to Mental Health ([Elementary](#) and [Secondary](#)) on the Virtual Library and other Library Learning Resources.



[TDSB Learn4Life](#) – Health & Wellness Programs. (18+ Learning Opportunities)







Find out more about TDSB Professional Support Services Google Sites:

- [Child and Youth Services](#)
- [Occupational Therapy and Physical Therapy Services](#)
- [Psychological Services](#)
- [Speech Language Services](#)
- [Social Work and Attendance Services](#)



# Stay Connected!

Information is always changing. Please be sure to follow us and check back in for the latest updates.

	<a href="https://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-and-Well-Being-Professional-Support-Staff-PSS">https://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-and-Well-Being-Professional-Support-Staff-PSS</a>
	Email: <a href="mailto:MentalHealthandWellBeing@tdsb.on.ca">MentalHealthandWellBeing@tdsb.on.ca</a>
	<a href="https://www.instagram.com/tdsb_mhwb">@tdsb_mhwb</a>
	<a href="https://twitter.com/TDSB_MHWP">@TDSB_MHWP</a>

If you or someone you know is experiencing a mental health or substance use emergency, **call 9-1-1 or go to the emergency room of your local hospital or call 9-8-8 for Crisis Support.**





# Trustee Update

Patrick Nunziata • Ward 3: Etobicoke-Lakeshore

Toronto District School Board

416-395-8787 • [Patrick.Nunziata@tdsb.on.ca](mailto:Patrick.Nunziata@tdsb.on.ca)



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To the Students, Families and Residents of Ward 3,

Wishing you all the best this holiday season, below you can find some helpful information, news and useful links. Whether you are a student, parent or resident, as your elected representative for the TDSB, it is my role to advocate on your behalf. Should you require any assistance please don't hesitate to email me at [Patrick.Nunziata@tdsb.on.ca](mailto:Patrick.Nunziata@tdsb.on.ca)

Yours in community,

Trustee Patrick Nunziata - Ward 3

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## Winter Break Reminder

As we approach the end of the year, we want to remind you that schools will be closed for Winter Break from **December 25, 2023, to January 5, 2024**. I hope that students enjoy this well-deserved time off and that everyone has the opportunity to spend time with family and friends. We look forward to welcoming students and staff back on **Monday, January 8, 2024**.

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## Celebrating Good News

I encourage you to read about some of the recent events, initiatives and great things happening across the Toronto District School Board, including:

- [Thistletown CI Preps Thousands of Meals for Shelters/Food Banks](#)
- [Weston CI Student Excels at Harvard-MIT Math Tournament](#)
- [Founder and Elder of TDSB's Kâpapâmahchakwêw / Wandering Spirit](#)



A business case outlining the need for a new elementary school of 823 pupil places to accommodate current and future students residing within the Etobicoke City Centre area was submitted to the province last month.

This new school is proposed to be constructed on an existing TDSB-owned site located at 160 Silverhill Drive in central Etobicoke. A map showing the location of the site along with the adjacent elementary schools can be found in Appendix A. The site accommodates a small building constructed in 1954 that houses Etobicoke Secondary Alternative School. The proposal is to demolish the existing building and construct the new elementary school in its place. Etobicoke Secondary Alternative School is the only occupant of the building, and they would be relocated to another TDSB site in advance of demolition. This planned relocation is a study identified in the Board's Long-Term Program and Accommodation Strategy and was included to acknowledge the need for a new elementary school on the site to accommodate rapid population growth in the area.

Wedgewood JS (JK-5) and Bloorlea MS (6-8) are the designated elementary schools for the area. Residential intensification in the area has caused enrolment at both schools, particularly Wedgewood JS, to increase substantially over the past 5-7 years. In 2018, enrolment at Wedgewood JS was 459 students, as of September 30, 2023, enrolment at the school was 585 students, representing an increase of 126 students (27%). The school has a capacity of 438 pupil places, which equates to a current utilization rate of 134%.

To accommodate this growth, a total of 7 portables have been placed on-site at Wedgewood JS. While the site is of a sufficient size to accommodate these portables (7 acres), the facility itself is not well equipped to handle further growth. Facilities staff at the Board have determined that the site/school has reached the maximum number of portables and students that can be reasonably accommodated.

The school was constructed in 1950 (73 years old) and has a very small gymnasium at only 2,100 ft<sup>2</sup>; about half the size of a gymnasium prescribed by the Ministry for a school of nearly 600 students. Other facilities such as the library are undersized and insufficient to accommodate the needs of a rapidly growing population. This is the situation at many junior schools constructed by the former Etobicoke Board of Education.

A new elementary school has been proposed rather than an addition at Wedgewood JS due to the projected number of students anticipated from future development. Enrolment projections suggest that additional pupil places well beyond that of the new school is required to accommodate the full buildout of the



known residential development in the area. To this end staff are currently exploring options to reserve an opportunity for a future elementary school within the Etobicoke City Centre area, or future addition at Islington JMS, located to the east of Wedgewood JS.

This business case is a proposal and has yet to be selected, approved or funded, we look forward to supporting the process for a new school in this rapidly growing area of Etobicoke.

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## Literacy Strategy Consultation

I am happy to inform you that the TDSB is developing a Kindergarten to Grade 12 Literacy Strategy which will set the direction, priorities, and goals for learning and teaching literacy over the next three years. And we want to hear from you! I encourage all TDSB parents/ guardians/ caregivers to share feedback anonymously through the online [Literacy Strategy Consultation survey](#).



The survey will remain open until **Monday, December 18, 2023**

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**MOVING FORWARD  
TOGETHER**  
TDSB Multi-Year Strategic Plan Renewal  
2023-2027

## Multi-Year Strategic Plan Renewal Next Steps

Thank you to everyone in the TDSB community who engaged in the MYSP consultation process to provide feedback and share ideas – we appreciate your time and efforts. Over the course of the extensive consultation process in 2023, input was received from internal and external stakeholders in several formats, including written submissions, via the MYSP online survey, and group discussions. As a next step, information from all engagement opportunities will be considered to identify themes for the renewed MYSP and a final renewed MYSP will be formally presented to the Board of Trustees for approval in 2024. Check [www.tdsb.on.ca/mysprenewal](http://www.tdsb.on.ca/mysprenewal) for updates as the process continues.

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## Elementary Alternative Schools Central Application Process

As you know, the TDSB has a wide range of [elementary alternative schools](#) available to students. The application process is managed centrally and includes an online application form. Information about the online application process will be available on the [Alternative Schools website](#) on December 11, 2023. The online application for admission for September 2024 will be open from **Monday, January 8, 2024 at 9:00 a.m. to Wednesday, January 31, 2024 at 4:00 p.m.**

Elementary alternative schools will hold information sessions and/or open houses for students and parents/guardians/caregivers in December 2023 and January 2024. More information is available on the . There will also be two Elementary Alternative Schools live webinars, including one daytime and one evening session. Registration is required, and a recording of the webinars will be posted on the website.

The registration link for the December 12 webinar, from 1 p.m. to 2:00 p.m. is:

[https://tdsb-ca.zoom.us/webinar/register/WN\\_hUaDVOo5SWOSyaGxRPT00g](https://tdsb-ca.zoom.us/webinar/register/WN_hUaDVOo5SWOSyaGxRPT00g)

The registration link for December 13 webinar, from 6:30 p.m. to 7:30 p.m. is:

[https://tdsb-ca.zoom.us/webinar/register/WN\\_yzjAeULCQg6ELcK0qBWxAA](https://tdsb-ca.zoom.us/webinar/register/WN_yzjAeULCQg6ELcK0qBWxAA)

If you have any questions or require additional support, you can contact the school or contact [EAS.Application@tdsb.on.ca](mailto:EAS.Application@tdsb.on.ca).

## Revised Out-of-Area Admissions Procedure

In May, 2023, updates were made to the [Out-of-Area Admissions Policy](#) (P013). On November 14, 2023, the revised [Operating Procedure](#), PR545 was approved by Executive Council and will be going to the Governance and Policy Committee and the Board Meeting in January 2024 for information.

The changes in the revised Procedure will be reflected on the various public TDSB [Out-of-Area Admissions websites](#). When applying for September 2024, applicants may submit one school/program choice in their application. **The online application will be available on January 8, 2024.**

---

## High School Open Houses and Information Nights

We are pleased to offer open houses and information sessions for students and parents/ guardians/ caregivers to help you make an informed decision when choosing a school. These open houses and information sessions are taking place between November and January! Please visit the website to learn more about our variety of schools, programs and courses and see the dates and times of scheduled [Open Houses and Information Nights](#).

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## Review of Legacy Technical and Commercial Boundaries

As part of the [Long-Term Program and Accommodation Strategy](#), the TDSB aims to address outdated technical and commercial boundaries that exist in certain areas of the city.

These outdated boundaries were established during a time of academic-vocational streamlining, but now hinder equity of access. The Board is proposing the dissolution of these legacy boundaries by September 2025 to provide equal access to all Toronto students.

The affected schools include Central Technical School, Central Toronto Academy, Danforth Collegiate and Technical Institute, Northern Secondary School, Victoria Park Collegiate Institute, and Western Technical-Commercial School. The proposed changes would not affect current programs.



I encourage you to attend public engagement opportunities, which are scheduled for mid-January 2024 through three virtual meetings, details of which will be provided before the winter break.

For more information, please visit the Boards' Secondary Program Review which can be found here: [www.tdsb.on.ca/High-School/Secondary-Program-Review](http://www.tdsb.on.ca/High-School/Secondary-Program-Review)

A webpage dedicated to the review of legacy technical and commercial boundaries can be found here:

[www.tdsb.on.ca/About-Us/Strategy-Planning/Search-All-Reviews/id/189](http://www.tdsb.on.ca/About-Us/Strategy-Planning/Search-All-Reviews/id/189)

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## Winter Weather and Student Transportation

From time to time, it may be necessary to cancel student transportation, classes and/or programs because of [severe weather](#). On rare occasions, severe weather makes it necessary to close schools, administrative offices, or sites.

With approximately 236,000 students in 583 schools, any decision to cancel buses, classes and/or programs or to close sites can have a significant impact on thousands of families across Toronto. This decision is not taken lightly. When schools remain open on days with inclement weather, parents/guardians/caregivers make the final decision on whether to send their children to school and they can keep children home from school if they so choose.

Should a cancellation or closure be necessary, information will be posted on the TDSB web site and TDSB social media 6 a.m. Visit the website to learn about [Snow/Cold Weather](#) and the [Procedure for Severe Weather](#).

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## TDSB Student Census Results

In Spring 2023, the TDSB conducted its fourth Student Census, which resulted in a response rate of approximately 58% across all grades. The Student Census asks students important questions about school experiences and identities and is an opportunity for students to share their voice and provide valuable information to help improve our schools and system. Please visit the following link to [view Student Census results on the TDSB website](#).

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## Raise A Reader

It's time to bring the magic of reading to life once again, and we can't do it without your help. In this 3rd and final session of Raise a Reader, we will review and continue to learn new strategies to build and strengthen our children's reading skills, enabling them to surpass their potential and instill a love for reading. To register for Part 3, please take a moment to complete the registration form below. This session will be taking place on Wednesday, December 6th, from 6:30 pm to 8:00 pm, and will be virtual.

Resources from Part 1 and 2 are available for your reference, and you can access them here: <https://sites.google.com/tdsb.on.ca/donnacardozacsw/raise-a-reader>

Registration Link for Part 3: [https://tdsb-ca.zoom.us/meeting/register/tJ0qdOisrj8tHd2YI-bGZZv3IXBC8g\\_OZtMD](https://tdsb-ca.zoom.us/meeting/register/tJ0qdOisrj8tHd2YI-bGZZv3IXBC8g_OZtMD)

If you have any questions, please feel free to reach out to TDSB Community Support Worker, Donna Cardoza, at [donna.cardoza@tdsb.on.ca](mailto:donna.cardoza@tdsb.on.ca) or call 647-403-5821.

Thank you for your commitment to your child's reading journey. We can't wait to learn and share together on Wednesday, December 6!

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## Learn4Life Adult Community Programs - Winter 2024 Registration Now Open

I am pleased to share that the Winter 2024 registration is now OPEN for Learn4Life's Adult General Interest Program with courses in business, languages, art, music, sports, dancing, and more!

The variety of courses are open to adults 18 years of age and seniors. The Learn4Life program offers a unique and valuable opportunity for individuals to pursue their interests, expand their knowledge, and engage in lifelong learning with a wide range of courses and activities designed to cater to diverse interests and passions.

New courses this term include:

- Adventures in Photography

### Bringing Stories to Life Through Book Illustrations

- Create Your Own Natural Cosmetics
- De-Stress and Relax
- Pastry Arts for Everyone
- Golf Training Program
- Portuguese Essential Conversation
- Afrobeat Aerobics

### Understanding Landlord Rights and Responsibilities

Please [visit Learn4Life's program page for more information](#)

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## New Community Adult Classes in January 2024

I am happy to share that the Community Services Unit-operated programs across the GTA are offering new start dates for various classes starting in January. These free and low-cost services and programs are designed for parents and adults seeking employment, new skills, and better opportunities.

- January 9: [LINC – Language Instruction for Newcomers to Canada](#) starts Citizenship Preparation Classes
- January 12: [Enhanced Language Training \(ELT\)](#) starts new sessions for newcomer professionals who have education and/or experience in Information Technology; Office Admin & Customer Relations; and Health and Wellness sectors
- January 22: [Studio500 Hairstylist program](#) starts a new term of Full-Time Hairstylist Apprenticeship program and [Enhanced Language Training \(ELT\)](#) starts new sessions for newcomer professionals trained and/or experienced in Engineering and Accounting/Financial Services

For young adults who are out of school and out of work, the On the Road Construction training program and On the Line Culinary training program will start new sessions on January 1 and 8, respectively. Please note that these programs have very rigorous criteria for enrollment. To learn more about Community Services programs and services, please [click here](#).

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## International Languages Elementary Program

The International Languages Elementary Program is an enriching learning experience to learn or maintain a language and discover other cultures. No language background is necessary to participate.

**Who:** Kindergarten to Grade 8 (TDSB and Non-TDSB students).

**When:** Classes start from September to June, one day a week for two and a half hours. Classes are held after school or on Saturdays.

**Cost:** \$20 material fee (one time).

### Current\* languages include:

African Heritage, Albanian, American Sign Language, Amharic, Arabic, Aramaic, Armenian, Azerbaijan Bengali, Bosnian, Bulgarian, Cantonese, Creole, Dari, Edo, Farsi/Persian, German, Greek, Gujarati, Hebrew, Hindi, Italian, Japanese, Karen, Korean, Macedonian, Mandarin Simplified, Mandarin Traditional, Marathi, Mongolian, Nepalese, Pashtu, Portuguese, Punjabi, Romanian, Russian, Sanskrit, Serbian, Sinhala, Somali, Spanish, Tagalog, Tamil, Telugu, Tibetan, Tigrinya, Turkish, Twi, Urdu and Vietnamese.

\*Current at time of printing. Please note that additional languages may be offered. Please contact 416-338-4100 for more information.

Information and Registration:

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

Phone: 416-338-4100

Email: [ile\\_ah@tdsb.on.ca](mailto:ile_ah@tdsb.on.ca)

tdsb | Continuing Education



## Long-Term Program and Accommodation Strategy 2023-2032

On November 1, 2023, the Board of Trustees approved the Long-Term Program and Accommodation Strategy (LTPAS) for 2023-2032. The LTPAS helps the TDSB plan in a city that is always changing. The LTPAS enables the Board to plan studies to balance school enrolments among overcrowded and under-used schools, as well as increase access to programs for all TDSB students. The LTPAS is updated and approved each year. For more information, please visit the [TDSB's public website](#) to review the LTPAS document.

## Ministry of Education Information Sheets

The Ministry of Education has created information sheets for parents/guardians/caregivers to keep you informed about important issues or initiatives and to help support your children reach their full potential:

**[Financial Literacy](#)**: Interactive online lessons for parents to use with their children which covers the value and use of money, managing personal finances such as budgeting and investing wisely.

**[Anti-Bullying](#)**: The guide, 'Bullying: We can all help stop it' has information about bullying, including cyberbullying, what you can do if your child is being bullied, has witnessed bullying or may be bullying others.

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## Coping During War & Conflict: Video Series and Culturally Responsive Resources

I know our community is going through a period of unprecedented challenges, and we understand that it's crucial to find effective ways to manage our well-being. A video series and related resources have been developed by TDSB staff and expert facilitators to offer coping strategies during war and conflict to support the emotional and mental wellness of students, parents/guardians/caregivers, staff, and the broader community. [Visit the Affinity Wellness webpage for videos and resources.](#)

---

## Mental Health and Suicide Prevention Helpline 9-8-8

On November 30, the Public Health Agency of Canada (PHAC) through the Canadian Radio and Television Corporation (CRTC) announced a national three digit Mental Health and Suicide Prevention hotline number, **988**. [Learn More.](#)

---

## Professional Activity (PA) Days

As you know, during the school year, school staff participate in a number of Professional Activity (PA) Days. Starting this school year, boards of education are now required to publicly share detailed information about PA Days, as outlined in [Policy and Program Memorandum \(PPM\) 151](#). Please note, all information and details will be posted to [www.tdsb.on.ca/PAdays](http://www.tdsb.on.ca/PAdays) at least 14 days in advance of the scheduled PA Day. Information for the upcoming PA Day on December 8 was posted on the [PA Day web page](#) on November 24.

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## National Day of Remembrance and Action on Violence Against Women - December 6

On December 6, TDSB students and staff mark the National Day of Remembrance and Action on Violence Against Women. Established in 1991 by the Parliament of Canada, this day coincides with the anniversary of the death of 14 young women who were tragically killed on December 6, 1989, at l'École Polytechnique in Montreal because of their gender.

On this national day of remembrance, we honour the memory of these women and reflect on the ways that gender violence continues to affect us. For more information, visit Status of Women Canada and participate in their #ActionsMatter campaign. To find out how you can help prevent violence against women visit [www.ontario.ca/page/lets-stop-sexual-harassment-violence](http://www.ontario.ca/page/lets-stop-sexual-harassment-violence). Within the TDSB, please contact [www.tdsb.on.ca/gbvp](http://www.tdsb.on.ca/gbvp) for further support or questions on any issues related to gender-based violence.

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## Winter Outerwear Drive

One in every three children lives in poverty right here in our city and too many children come to school without proper clothing to keep them warm



during the winter months. In addition, many TDSB students are new to Canada

and this may be their first time experiencing a Canadian winter. The TDSB holds an annual Winter Outerwear Drive to help ensure that all students have warm winter outerwear to get to and from school, and are prepared to participate in all of the fun outdoor activities winter has to offer. You can support our students and their families by making a donation to provide warm winter coats, pants, hats, gloves, and boots. This year's Winter Outerwear Drive will run from October 2023 to the end of February 2024. 100% of all proceeds and in-kind donations go to benefit our students. Tax receipts are available for these donations. Contact the Business Development department at [BusinessDevelopment@tdsb.on.ca](mailto:BusinessDevelopment@tdsb.on.ca) for more information about how to donate new outdoor items. Please [donate here](#).

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## We Have a Dog Problem

Current by-law rules don't work for school grounds. As a result, many dog owners disregard our signage and don't seem to care that children play on that same grass! With limited resources the TDSB must rely on dog owners to be responsible and unfortunately, so many aren't.

TDSB Policy prohibit dogs (leashed or unleashed) being on school property. [Section 6.10 PR523 Access to School Premises](#) prohibits canines on our properties "at any time" (except service animals).

Please respect children's play spaces.



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## Community Safety & Support

If you should you ever see any suspicious activity around school buildings after school hours, please contact 311, Toronto Police Services Dispatch at 416-808-2222, or the TDSB's 24-hour Call Centre at 416-395-4620.

If you or a family member is in crisis, please contact Kids Help Phone: 1-800-668-6868 or get support right now by texting CONNECT to 686868.



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## Steps to Address Your Questions and Concerns

Here at the TDSB, we are always open to hearing your questions and concerns and make every effort to address them as quickly as possible. Your child's classroom teacher is the first point of contact, followed by the school's principal, the school superintendent, and me, your Trustee! For more information, visit [www.tdsb.on.ca/Contact-Us/Steps-to-Address-Questions-Concerns](http://www.tdsb.on.ca/Contact-Us/Steps-to-Address-Questions-Concerns).

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## Upcoming Meetings

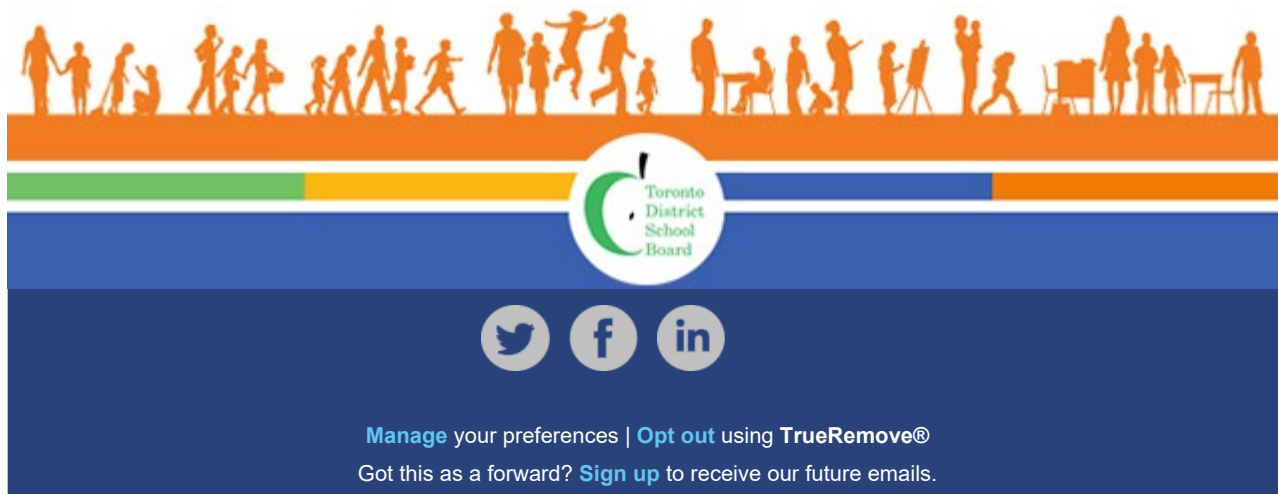
The next Regular Board Meeting will be held on Wednesday, January 31, 2024. For a list of upcoming meetings, please click on the [calendar](#) at [www.tdsb.on.ca](http://www.tdsb.on.ca).

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## Follow the TDSB

Join the conversations happening on TDSB's social media communities. You'll find the most up-to-date information about us on our Twitter, Facebook, and Instagram accounts.

- [X \(Twitter\) @TDSB](#)
- [Facebook](#)
- [Instagram @Torontodsb](#)
- [Threads @Torontodsb](#)



View this email [online](#).

5050 Yonge Street  
Toronto, Ontario | M5N 5N8 CA

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