

March 2023

544 Horner Avenue
 Toronto, Ontario M8W 2C2
 Tel: 416-394-7670
 Fax: 416-394-6142

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

Will your child be absent from school?
 Call our Safe Arrival Number.
NEW ** 1-833-250-2290 **

Upcoming Events March

- 1:** School Council Freedom School Presentation #2, 6:30PM
 ZOOM link: <https://tdsb-ca.zoom.us/j/5433391421>
- 8:** International Women's Day
- 9:** The Big Crunch Day
- 10, 24 :** Council Pizza Lunch Fridays
- 10:** Locker and Lost & Found Clean Out
- 10:** Silly Hat/Hair Spirit Day
- 13-17:** March Break
- 20:** School Council Meeting, 6:30PM
 ZOOM link: <https://tdsb-ca.zoom.us/j/5433391421>
- 22:** World Water Day – Wear Blue
- 22:** School Council Freedom School Presentation #3, 6:30PM
 ZOOM link: <https://tdsb-ca.zoom.us/j/5433391421>
- 24:** TDSB Earth Hour Day
- 24:** School Council Community Clothing Exchange
- 29:** Walk on Wednesday (WOW)

Greek Heritage Month Character Attribute for March Honesty

Principal's Message:

Thank you to all parents/guardians who attended interviews during the month of February. Ongoing home and school communication is integral to your child's growth and we will continue to work in partnership to support every student in their learning. We appreciate all the very positive comments and feedback from parents and their ongoing support of our dedicated staff as we work together for the common goal of supporting every child's success.

Many thanks to our School Council Equity team for hosting the Freedom School series of presentations. Part two and part three take place this month on March 1st and 22nd. Our students and staff very much enjoyed the School Council sponsored presentation by Joaquín Núñez. The Cuban/Brazilian Carnival experience gave us all an opportunity to participate in percussion exercises, vocal chants, harmony parts and traditional dance steps, and learn about various percussion instruments used in styles such as Samba and Conga.

Our Knights athletes had an extremely successful month. The junior girls' volleyball team will be heading to the conference championship later this week and our junior coed ball hockey team has advanced to the TDSB City Championships. We wish both teams best of luck!

The lost and found has become a happening place over the winter months. Please remind your child to reclaim misplaced items. All unclaimed items will be bundled up and donated on March 10.

Each year, as we transition from winter into spring we are faced with some erratic weather. Warm days of thaw followed by intense cold spells often results in large icy areas on our playground and field. Please do exercise extra caution as you navigate the school property at drop off and pick up times. We would like to welcome Chris Hogan to the Sir Adam Beck team. Mr Hogan has joined us this week as our new head custodian.

Due to ongoing concerns regarding our parking lot during the morning drop off it is very important that we all follow the rules by driving slowly, utilizing designated parking spaces and not parking or idling along the drop off curb. We encourage as many families as possible to walk to school or alternatively to drop off school aged children (grades 1-5) on Eltham Ave adjacent to the north school yard.

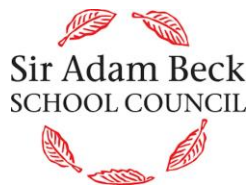
From all of us here at SAB – we would like to wish all of our students and their families a wonderful and safe March Break

Yours in partnership,
 M. 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.

- Principal** Michael Kanalec
- Vice-Principal** Lauren Rovas
- Superintendent** Dr Debbie Donsky
- Trustee** Patrick Nunziata
- School Council Co-Chairs**
 Corinne Frey, Beverley Essue
- Title Photo Credit:** Steve Burazin
- Centennial Logo Credit:** Eliane Dibon-Smith



March 2023 Council Corner

Email: sabschoolcouncil@gmail.com

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

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

It's been a busy few months rolling our Council funded/supported initiatives. Thank you to the volunteers, teachers, staff and administrators who make this possible, as well as the parent community for their generous support. Be sure to join our Facebook group to stay updated with reminders and photos of Council initiatives.

March 3 deadline for ordering SAB School Spirit Wear!

Orders through School Cash Online will close on March 3, 2023 for SAB Spirit Wear. You can choose from an embroidered hooded sweatshirt, a screen t-shirt or a lanyard. Youth and adult sizing available. Regardless of order status, each SAB student will be gifted an SAB decal/water bottle sticker! Expected delivery of orders is at the end of March/beginning of April. Proceeds from spirit wear will help fund Council initiatives.

Upcoming anti-racism parent workshops with child-minding provided

Mark your calendars for the next two parent workshops offered virtually by The Freedom School:

- March 1, 2023 @ 6:30 p.m. - How to Talk to Your Kids About Racism
- March 22, 2023 @ 6:30 p.m. - Anti-Black Racism in Ontario's School System – Reacting as a School Community

Join the sessions in person at the school in the Staff Room with caregiving provided for your children.

Otherwise join virtually via Zoom:

<https://tdsb-ca.zoom.us/j/5433391421>

Details on each 90-minute workshop are available here:

<https://freedomstoolschooltoronto.ca/advocacy-bookings/workshops/workshops-for-parents-in-schools>

Congratulations to our Chocolate Almond Fundraiser top sellers

We have had another successful chocolate almond fundraiser, which comes to a close this month. Everyone's participation in this initiative allowed us to raise \$9,100, which provides a significant investment into our students' academic and classroom experience at SAB.

Congratulations to our top-selling students and classes for the fundraising campaign:

Top sellers:

First prize - Reidel Family (Sadie and Toby) - 14 cases

Second prize - Layla Friel - 10 cases

Third prize - Leo Antonious - 5 cases

Top selling classes:

Top Class: Mme Dibon Smith

Second Class: Mme Brown

Third Class: Ms Paul

Prizes will be announced over the announcements.

If you have an outstanding payment for this fundraiser, please submit the funds as soon as possible.

February Dance to support our Grade 5 grad celebrations

On February 10th, we all had an opportunity to put on our dancing shoes and bring out our moves to the dancefloor in support of our Grade 5 students. Your generous support of the dance allowed us to raise around \$4,200, which will be used to support their graduation-related celebrations.

Recent Council investments

At the last Council meeting, funding was allocated to the following items:

- \$1,500 to update the Sensory Library to support students with diverse learning styles as they work to manage their five senses and self-regulate. This complements the many donations from families received by the school in the past month.
- \$4,250 has been allocated to a field trip/student experience fund, that will allow teachers to select an in-person / virtual 'trip' or experience (e.g. Scientists in School) for their classroom.
- Doubling the discretionary funds available to purchase classroom items, from \$100 to \$200 per teacher/ECE. These funds have been used to purchase items such as stickers, classroom prizes, books, etc.

Volunteers needed for pizza lunches

If you have a valid police check on file and want to see some student smiles, consider volunteering at one or more pizza lunches on designated Fridays! Email sabpizzalunch@gmail.com so our lunch leads can ensure there is sufficient help on a given pizza day. On the day itself, you'll be at the school from about 10:45 a.m. to 12:15 p.m. The list of lunch dates is available here: [Calendar](#)

Thanks in advance for your support.

Diversity & Inclusion Corner

In March, we celebrate International Women's Day on the 8th of the month. International Women's Day is a day to recognize and celebrate gender equality - a term that means that girls and women matter, and that they have always been - and will always be - an important part of world history. We celebrate this day to help us all remember that little girls can and will grow up to do amazing things and in fact, little girls are already very important people!

To recognize this day at home, consider starting a discussion with your kids by asking:

- Which women or girls are you learning about in school?
- Who are your favorite female characters from books, television or movies?

Here are some kid-friendly resources to engage your children:

<https://www.internationalwomensday.com/School-Resources>

TDSB also recognizes March as Greek Heritage Month. Toronto is home to a vibrant Greek population, with restaurants, places of worship and cultural centres dotted all across our city. For information on ways to celebrate Greek Heritage around the city this month, check out this link:

<https://sites.google.com/a/tdsb.on.ca/greekheritagemonth/events>

The past few weeks (and years!), as we have watched global events unfold on the news and social media, a lot of it has been hard to process, for adults and kids alike. This is a great opportunity to teach

kids about media literacy and critical thinking. Ask: Who is this story about? Who is absent from this story? Whose voice is not being heard? Are similar stories reported in the same way? Through this level of critical thinking, we can begin to look for, listen to and include those who are typically and systemically left at the margins. These questions provide an important step toward a more inclusive society.

Learning Corner

Being co-located with a Toronto Public Library branch brings along so many benefits. At our recent Council meeting, we received the following tips for the TPL website and local programming. Be sure to place a hold on the “Let’s Get Ready for Reading” book, which is helpful for families to promote literacy.

Your Account

- When using any TPL resource your PIN is the last 4 numbers of your phone number
- If your account is blocked, phone Alderwood Library for assistance

E-books

- Cantook Station (French books only)
- go to tpl.ca and type in the search bar “Cantook Station”
- go to sign in and enter your card information

Overdrive (English and French)

- download the Libby app to your device OR
- go to tpl.ca/overdrive
- click on “Kids” to only see children’s materials (screen should be orange)

TPL Kids

- go to tpl.ca and click on “Kids” in the upper right corner
- go to “Programs” and click on “Homework Help”
- scroll to the bottom of the page for tips on “How to Research”
- click on “Brainfuse” for free tutoring online

Programming

- go to tpl.ca then type Alderwood in the search bar
- click on Alderwood Library and scroll down for programs that are running at Alderwood

Sir Adam Beck Junior School

Clothing Exchange

Friday March 24th 2023

Collection starts on Monday March 20th

Recycle! Reuse! Reduce!

Bags can be dropped off at 544 Horner Avenue, in the hallway at the far gym door from Monday March 20th to Thursday March 23rd, 8:30-11:00AM

The exchange opens on Friday evening from 6:00PM to 8PM

So.... Save those bags of good used condition clothing to help recycle them back into our community.

**All left over clothing will be sent to donated to local charities in the area
This event is not for rags and textiles.**

YOUNG WOMEN ON THE MOVE

On March 8th we are proud to celebrate International Women's Day at Sir Adam Beck! Over the past few weeks our Young Women on the Move club has been busy participating in workshops and creating posters, videos and messages that empower young women at school to be confident in who they are and to support one another in all their endeavors. There is no one better to elaborate on what this group of young women does than the members themselves.

Leah G. says: *"The Young Women on the Move Club started at Sir Adam Beck and has empowered young women like me to know that they can be themselves and they are great the way they are. People who are involved in this club are grade 3, 4, and 5 students as well as some teachers such as Mme Dibon-Smith, Mme Rovas and Mme Brown. At a meeting of the Young Women on the Move Club we had a presentation called the Power Within. At the presentation we learned that you should not compare yourselves to other people and that you are beautiful just the way you are and you don't have to change yourself for other people. We want girls like us to feel confident about themselves and we want them to know that they don't have to change themselves and that they are amazing just the way that they are."*

Our Sir Adam Beck Young Women on the Move club has even been recognized by Plan International Canada as February's Changemakers of the Month and are featured in their monthly newsletter. We would like to share the following excerpt with you today:

Congratulations to Evie and her peers, February's Changemakers of the Month! Evie is a member of École Publique Sir Adam Beck Junior Public School's Young Women on the Move (YWM) Club. YMW is a powerful TDSB mentorship initiative led by socially conscious girls in Grades 3-12 and supported by a strong community of mentors. As an empathetic advocate for helping her friends build confidence and courage, Evie shares that YWM helps young women and girls "recognize that they are here for an important reason. Some women may be threatened by those that are more popular and better in school. Young Women on the Move helps show us that we can be ourselves and do whatever makes us happy." By creating a safe space for young women to dialogue, foster healthy relationships, learn about and engage in social justice activities, YWM equips inspiring members like Evie with the tools they need to create a more caring world for themselves and others.

We are very proud of all their accomplishments and look forward to the many initiatives they will undertake over the next few months.

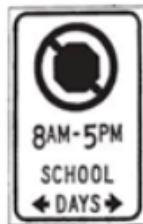
“A MESSAGE FROM OUR COMMUNITY OFFICER”

As the winter months roll in, traffic-wise, things can get particularly busy, especially near schools. For the safety of all children, we are strongly encouraging everyone to drive carefully and obey traffic signs around school grounds.

If possible, we are encouraging everyone to walk, cycle or carpool to school. If you must drive, consider parking a few blocks away and walk the rest of the way.

“NO STOPPING 8am – 5pm SCHOOL DAYS”

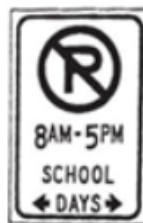
Please use the “Kiss & Ride” properly, by not parking and leaving your vehicle unattended. Once you drop off your child we ask that you promptly drive off, so that another vehicle/family can make use of the “Kiss & Ride”. Allow your children to exit your vehicle on the curb side and NOT in a live lane/street, which will reduce the chance of injury.



“NO STOPPING 8am – 5pm SCHOOL DAYS”

These signs designate the zones where vehicles are not permitted to stop under any circumstances. These zones are kept clear to provide good sight lines for drivers to see students and students to see drivers.

Fine \$60



“NO PARKING 8am – 5pm SCHOOL DAYS”

These signs designate the zones for active picking up and dropping off of students. Do not park and leave the vehicle in these zones.

Fine \$40

We are respectfully requesting that EVERYONE follow & obey the parking/traffic signs, so that we may reduce the chances of having an accident and that we may ALL stay safe. **PLEASE NOTE THAT THE PARKING ISSUES AT YOUR SCHOOL HAVE BEEN BROUGHT TO THE ATTENTION OF THE PARKING CONTROL/AUTHORITY.**

March 2023

SAB Athletics

[CONTACT US](#)

Mme Mahaney
Mme Dibon-Smith
Mme Matthews



Volleyball

Congratulations to our girls' volleyball team on a successful tournament at Lambton Kingsway JMS. They finished second in their pool and will be playing in the conference finals on Friday, March 3rd. We wish them all the best! A few of the girls will be participating in our co-ed volleyball tournament this spring.



Ball Hockey

A big congratulations to our ball hockey team who won their conference finals game against Millwood JPS. They will represent the West in the City Finals Championship on Tuesday, March 7th at Winston Churchill Collegiate Institute. We wish them all the best!

Sir Adam Beck SKATING!

Our skating program is coming to an end. Thank you to all of our parent volunteers for their help on and off the ice.

Coming Up!

The badminton and volleyball coed season will begin after the March Break! Stay tuned to learn more about our spring sports.





From TDSB Psychological Services
to Your Family



Psychology Month is celebrated every February by the Canadian Psychological Association (CPA), to highlight the contributions of psychological service providers, and to show how psychology works to help people live healthy and happy lives.

The field of psychology in Canada is vast and constantly growing with new research, innovation, and funding. If you have a child in secondary school who is interested in a career in psychology, check out CPA resources for education and career planning ideas!

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



In this issue of Hearts & Minds, we aim to provide useful information about child development and emotions, including the presence of mood disorders in students.

TDSB Psychological Services staff are trained to help support students with a wide variety of emotional and mood related challenges. If you have concerns about your child, reach out to your principal or teacher. They can help you get in touch with the professional support service providers at your school.

How Can We Help Kids Tolerate Distress?

By Adele Goldberg Ph.D., C.Psych.

All feelings are normal and important - even uncomfortable feelings, like worry, anger and sadness. Feelings serve a purpose and are part of the way that people are wired. For example, fear and worry can keep us safe. Sadness reminds us that we have made connections with others, and have passions.

As caregivers, we may feel the need to jump in and solve our children's anger and worry, or to reassure them when they are feeling sad or scared. After all, it can be difficult to watch our kids experience big, uncomfortable emotions! However, while this might be helpful in the short term, it could lead to long term difficulties for our children. For example, it may impact their ability to navigate stressful or hard events (by avoiding them altogether or by acting out), or it could lead to unhealthy coping patterns (like withdrawal from family and friends, or using drugs or alcohol to cope).

It is important for children and teenagers to learn to accept uncomfortable feelings, or "tolerate distress", by using healthy ways to cope. When focusing on distress tolerance, the key is thinking about moderation, or finding somewhere in the middle. Learning to bring uncomfortable feelings to a manageable level gives children confidence and life-long skills, so that they can handle whatever comes their way!

By building healthy ways to tolerate distress, children and adolescents can:

- ✓ Learn that they can face challenging or stressful events (not avoid them)
- ✓ Learn to trust their instincts (not always rely on others for reassurance)
- ✓ Learn to experience and manage emotions in a healthy way (not use unhealthy strategies)

TIPS TO BUILD SKILLS FOR HANDLING UNCOMFORTABLE FEELINGS:

TEACH & MODEL

Teach your child to identify their emotions. Tell them when you are having big feelings, by using emotion words and labelling how it feels in your body. *"I am feeling mad because I can't find my car keys! It really makes my hands clench and my head hurt when I'm feeling this way."*

VALIDATE

Validate your child's emotions by listening and labelling. Instead of saying, *"I know you're sad BUT it will be fine"*, consider saying - *"I know you're sad BECAUSE your grandma is sick. Feeling sad means that you really love her. What can we do to show her love right now?"*

SUPPORT

Support your child in bringing feelings (distress) to a manageable place (in the middle). Evidence-based tools like belly breathing, mindful practices, or physical exercise are just some of the methods you can practice with your child. Make sure to practice regularly!

ENCOURAGE

Encourage your child to face problems by breaking them down into smaller, easier steps (instead of avoiding them). Keep in mind, this can be hard to do. If possible, wait until your child is feeling calmer and ready to tackle the problem.

REFLECT

Regularly discuss with your child that, while feelings are important, they aren't permanent. Feelings come and go. Reflect on past moments that were hard for them at first, and then got easier. Model positive self-talk.

SEEK HELP

Seek help from a professional if your child's difficulties or big feelings go on for a long time, get more intense, and/or get in the way of daily living.

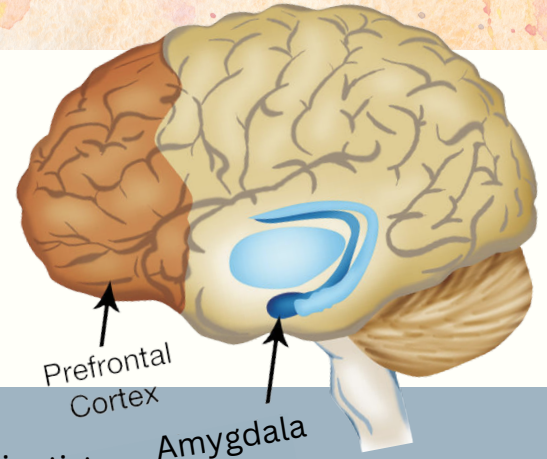
The Teenage Brain

Understanding the link between brain development & mental health

by Dr. Jill Shuster, C.Psych.

Adolescence is a time of transformation. Teenagers are spending more time with friends, going through physical changes, and learning about who they are. There are also many changes happening in a teenagers' brain and hormones. Learning about these developments can help us better understand the behaviour, mental health, and decision making of the teenagers we care for.

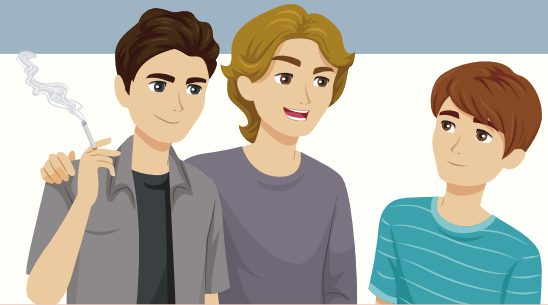
Scientific research has shown that the adolescent brain is unique to this developmental period of life, and the brain continues to grow and develop until well into your 20's. Teenage brains are NOT just adult brains with less experience. After all, growing up and maturing is not just biological - it is psychological as well!



The 'sleep hormone' (melatonin) in teenagers is at its highest level very late at night, as compared to children and adults who produce more melatonin in the early evening. This is one reason why teenagers tend to stay up late and have poor sleep habits, even though their rapidly developing brains need the most sleep!



One important discovery by neuroscientists is that the brain is only about 80% developed in teens. The amygdala, which processes emotions, rapidly develops in an adolescent brain. However, the pre-frontal cortex, which is responsible for decision making and self-control, is the last part of the brain to fully develop (not until adulthood). This makes it more difficult for teens to regulate emotions and follow instructions. The imbalance between these two brain regions also makes teenagers more vulnerable to peer pressure, risk-taking behaviours, and stress.



As a caring adult, you can support the teenage brain!

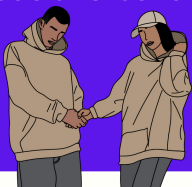
Keep the lines of communication open. Listen carefully and offer support and advice without judgement.



Help teenagers discover what they enjoy and what they are good at. Give them opportunities to explore their interests.



Model healthy ways of managing stress. Stay involved in their lives & show genuine interest in their social & school life.



Provide consistent and realistic expectations for sleep, diet, screen time & leisure time. Consistency creates life-long habits!



Prior to adolescence, the body begins to produce hormones that guide emotional and physical changes in puberty. Fluctuations in hormones and brain based changes, combined with the unique stressors of adolescence make teenagers at risk for developing mood disorders like anxiety and depression.



Noticing & Responding To Mental Health Issues In Your Child or Teen

by Dr. Shelley Moretti, C.Psych.

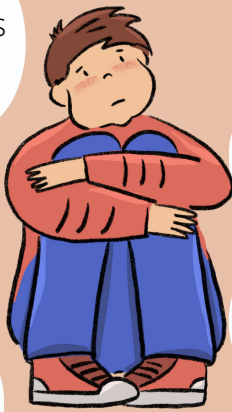


It can be relatively easy to recognize when a child or adolescent has a physical issue, like a cold or a rash. Noticing a mental health issue can be more difficult, but it is important to know what to look for, because identifying mental health concerns early on can be helpful for both short and long-term well-being. Also, research on youth mental health has shown that when kids have open communication with a caring adult (such as a parent), it can improve their overall mental health and willingness to access support. As a parent or guardian, you know your child best, and you are in a good position to notice changes and respond to them.

Here are some questions to consider when monitoring your child for mental health concerns:

- 1 Have you noticed **one or more changes in behaviour** (see lists below)?
- 2 Have these behaviour changes been **present for two or more weeks** in a row?
- 3 Are these changes **causing more distress than normal** at home and/or school?

Children



Low energy
Sleep issues
Changes in appetite

Increased need for contact and reassurance

Frequent temper tantrums

Difficulty concentrating

Low motivation or interest in school work, or refusing to attend school

Withdrawal from friends or family

Ongoing sadness or lack of interest in things they normally enjoy

Physical complaints (e.g., stomach aches, pains)

Low frustration tolerance, irritability

Adolescents



School refusal

Frequent outbursts of anger/distress

Feelings of anxiety/panic, excessive worries

Physical complaints

Withdrawal from friends or family

Frequent irritability, defiance, opposition


Ongoing negative remarks about self

Difficulty concentrating

Declining grades, low motivation,

Substance use

Tips for Responding to your Child or Adolescent's Mental Health Concerns:

 Try to find a **quiet time** to begin the conversation. Reassure them that they can tell you anything and that you can handle it.

Give them time to reflect before answering. **Stay calm and don't give up!** If it's easier for them, provide options to respond through writing, drawing, or using yes/no questions. If they are not willing to talk, reassure them you can talk again when they are ready.

If they do share some concerns, tell them that you are glad they shared with you, and that you can **work together to find them the right help.**

Start the conversation by indicating the changes you have seen. **Stick with facts.** Share that you wonder how they might be feeling or thinking, or if they also notice the same changes.

If they tell you anything that makes you worry about their **immediate safety**, call 911.



Book List on Mood Disorders & Big Feelings



Brought to you by:



TDSB families can access these resources (and many more!) through the [TDSB Library Catalogue](#) or the [Toronto Public Library](#).

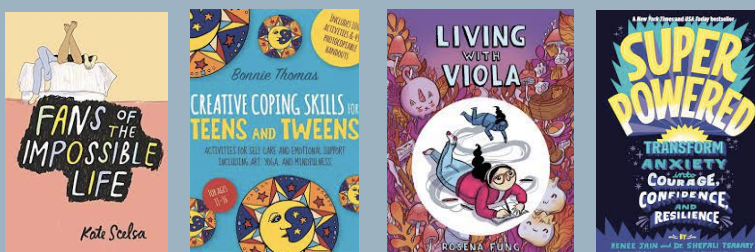
The TDSB Virtual Library is available 24 hours a day, 7 days a week, and is also available through Brightspace or your schools website.

Click on book images below for a full description and availability.

FOR ELEMENTARY SCHOOL



FOR MIDDLE & SECONDARY SCHOOL















FOR CAREGIVERS & FAMILIES



Looking for More Resources?

Help Ahead is a centralized phone line to access child, youth and family mental health resources in Toronto.



-  [Helping children face their fears](#) - Article from Anxiety Canada Foundation
-  [Dealing with big feelings in 3 steps](#) - Infographic from TDSB Psychological Services
-  [Tips for emotion coaching for caregivers](#) - Article from Dr. LaFrance (Mental Health Foundations Canada)
-  [Brainstorm](#) by Dan Siegel
-  [How To Talk So Teens Will Listen & Listen So Teens Will Talk](#) by Adele Faber and Elaine Mazlish
-  [The Emotional Lives of Teenagers](#) by Lisa Damour (published this month!)
-  [Your Teen with Susan Borison and Stephanie Silverman](#) Podcast
-  [Ask Lisa: The Psychology of Parenting with Dr. Lisa Damour](#) Podcast
-  [The Coping Toolbox, A Child Psychology Podcast](#)
-  [The Mysterious Workings of the Adolescent Brain](#) by Sarah-Jayne Blakemore (TedTalk)
-  [Teen Brains Are Not Broken](#) by Roselinde Kaiser (TedTalk)
-  [The Adolescent Brain](#) by Dan Siegal (animated video)

TDSB COMMUNITY CORNER

Let's Connect
ABOUT MENTAL HEALTH AND WELL-BEING



All caregivers are welcome to join this virtual conference with guest speaker **Dr. Amy Gajaria (Psychiatrist)**

Feel Good February
Wednesday February 22, 2023
7:00-8:30 pm



Parents/Caregivers of Students with Special/Complex Needs:
Virtual Drop-in Hours

Virtual Drop-in hours

Join our Virtual Drop-ins
Wednesdays 7 p.m. – 8 p.m.
www.tdsb.on.ca/virtualsupport

Connect with our Professional Support Services staff to talk about taking care of yourself as a caregiver and other ideas related to your child's mental health and well-being

Join our Virtual Drop-ins
Wednesdays* | 7 p.m. – 8 p.m.
www.tdsb.on.ca/virtualsupport
*check the website for specific dates offered

Connect with Professional Support Services staff to explore ideas related to your child's mental health and well-being



In honour of African Heritage Month, TDSB presents **Black Mental Health Talk Series**

with Imani Hennie, MSW (TDSB Mental Health Lead)
Wednesdays 7:00-8:00 pm via **Zoom**



TDSB Winter Well-Being Guide 2022-23
available in 21 languages!



TDSB Psychological Services Google Site



TDSB Celebrates



Mental Health & Well-Being Resources for all Grades

