

May 2024

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

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

Will your child be absent from school?
 Call our Safe Arrival Number.
NEW ** 1-833-250-2290 **
Toronto District School Board website
<http://www.tdsb.on.ca>

Upcoming Events

May

- 6-10:** Education & Children's Mental Health Week
- 7:** Showcase of Learning, The Buddy Bench Tour (Classes presenting: Ceni, Farrugia, Harwood, Kitaygora, Myhal, Paul and Singh)
- 9:** Showcase of Learning, The Summer Olympics (Classes presenting: Bangma, Alshawa, Chire, Dibon-Smith, Pappalardo and Shazand)
- 10, 24:** Council Pizza Lunches
- 13:** Council Meeting, 6:30PM
 Google Meet Link:
<https://meet.google.com/osn-isp-c-sbd>
- 16:** FDK Information Evening for new families starting in September, 6:30 PM
- 20:** Civic Holiday – No School
- 21:** SAB Night @ the Jays Game
- 24:** SAB Spirit Wear Spirit Day

Character Attribute Integrity
Asian Heritage Month
Jewish Heritage Month



Principal's Message:

Dear SAB families,

It is so hard to believe we are already heading into May. The warmer weather has brought excitement back to the school yard as students enjoy the playscape, four square, funnel ball basketball, soccer and a variety of tag games. As conditions change daily, please send your child to school prepared for spring showers and chilly mornings. Splash jackets, pants and rain boots are the best way to keep dry and comfortable throughout the day. Our SAB Knights athletes were busy this month with outstanding efforts put forth by our co-ed badminton, volleyball and soccer teams. Next up our softball and track field athletes will be preparing for their spring meets and tournaments.

The School Council Candyland Spring Dance and Fundraiser was a resounding success. Students, staff and parents/guardians danced to the sounds of DJ Burazin while enjoying refreshments and trying their luck at various games and fun activities. Thank you to the Council lead, Lisa Lorefice and her team of volunteers, Mr Burazin, the families that donated to the event and staff members that supported the event by attending or providing artwork to be displayed.

Next week is the beginning of Education and Children's Mental Health Week. We look forward to sharing the joy, belonging and learning our students have experienced this year. We hope to see you at your child's showcase of learning concert or FDK open classroom. Students performing in the evening showcases should report to their homerooms between 6-6:15PM on the evening of their scheduled show. Families are encouraged to take in the artwork and projects that are proudly displayed on our hallway walls.

Families of the new FDK students arriving in September have been invited to our annual FDK Information Evening and will have the chance to tour the school with our Grade 5 leadership ambassadors the week of May 13th. To the parents/guardians of our Grade 3 students please be advised that we will be administering the EQAO assessment from June 3-11, 2024. Please do not make travel plans during this time and ensure that your child is well rested, on time and in attendance during these weeks. Specific assessment dates will be communicated to each family as scheduling is finalized.

Yours in partnership,
M. Kanalec

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

H.P.E.D. News

Health: Students in Grades 1-5 classes are wrapping up a Health unit on Personal Safety at home, school and in the community.

Dance: Students in Grades 1-3 and the combined grades 3/4 classes have been working on introducing the elements of time (fast, slow) and energy (heavy, light) into their dance pieces.

Gym: Grades 3-5 classes have just started Track and Field practice. Students are engaging in a variety of track events such as sprinting, long distance runs, relay races, standing and running long jumps. The top female and male student in each event in grades 4 and 5 will be invited to participate in the TDESSA West Track and Field Conference at Centennial Park in late May. More details to follow.

As usual if you have any questions regarding the HPED Curriculum please do not hesitate to contact me.

Regards,
Leslie- Anne Giorgio

New Crossing Guard at Horner and Foch Ave

Please offer a warm Sir Adam Beck welcome to our NEW Crossing Guard, Ms. Komal Sharma. The City of Toronto Active Traffic Management Department ran a pilot project earlier in the year and recently completed their final analysis for this location and a crossing guard was warranted. This will help to keep our students and community safe as they navigate the before and after school pedestrian commute at this busy intersection.



Children's Mental Health Week, May 6-10, 2024: A Call to be [Kind](#)

We all have the capacity to be compassionate, and we know that doing so can make an enormous difference. This year's Mental Health Week is centered on the healing power of compassion. In a world plagued by suffering, we emphasize that kindness is equally intrinsic to our humanity.

Volunteer Annual Offence Declaration

We acknowledge all of our amazing volunteers even though volunteering in the school has been put on hold. If you are listed on our volunteer data base it is important for you to carry out your annual Offence Declaration. All volunteers currently on our Volunteer Database with an approved police reference clearance are required to carry out an annual offence declaration. This can be done by contacting the main office (416 394 7670) or by emailing Michael.kanalec@tdsb.on.ca to initiate the process.

Temporary Lunchroom Supervisors Needed

If you or someone you know enjoys working with children and have time to spare in the middle of the day, please consider becoming a lunchroom supervisor. Regardless, if you are available one day a month, one day a week or more frequently please contact Mrs Huddleston at Maureen.Huddleston@tdsb.on.ca

“A MESSAGE FROM OUR COMMUNITY OFFICER”

As the spring 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.

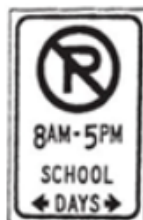
“NO STOPPING 8am – 5pm SCHOOL DAYS”

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.



“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.



May 2024 Council Corner

Sir Adam Beck
SCHOOL COUNCIL

Email: sabschoolcouncil@gmail.com

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

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

Next Council Meeting: Monday, May 13 - 6:30pm-8pm, in-person in the staff room or online:
Google Meet Link: <https://meet.google.com/osn-ispc-sbd>

Spring CandyLand Dance

Thank you to all the **families** who came out to the Spring CandyLand Dance last Friday, it was a huge hit!

A huge thank you to the **Dance Committee** and all the **volunteers** who helped it all come together.

Once again, thank you to **Mr. Burazin** for being our DJ and helping us dance the night away!

A massive round of applause and a big, warm thank you to our fantastic community partners who played key roles in making the dance an outstanding success!

Firstly, a big shoutout to our prize donors: **Indigo, Boulderz, Kettlemans Bagels, All Fired Up,** and to **Piccolo Parties** for their wonderful decoration donation. Your contributions added a special touch to the night!

We also want to express our gratitude to **Crayola** and **Staples** for providing supplies that made our craft table a hit for everyone.

A very special thanks and shout out to the **Keitner Real Estate Group** for providing pizza from Pizzaiolo.

Finally, a special MVP acknowledgment to **Walter Townshend & Sons** for their pivotal support to our school and the dance. Alongside **Waterfront Homes**, you made our event truly unforgettable with amazing experiences, games, and prizes. Your ongoing support means everything!

To all our incredible partners: your contributions are deeply appreciated - **Thank you!**

Big Box of Cards Fundraising

Thank you to everyone who participated in the Big Box of Cards Fundraiser, it was a great success! We raised over \$5,000 and sold over 400 boxes → enough that we are able to add the Samsung 8 inch tablet to the draw for top selling families!

We will be announcing the winners of the prizes for top sellers in the next few weeks.

Prizes for top sellers

- Top selling class:
 - Class pizza party
- Top selling families:
 - For every three boxes sold, their name will be placed in a draw to win one of four \$25 gift card to retailers like:
 - Best Buy
 - Cineplex

- Toys R US
- EB Games
- We made it to over 400 boxes sold! There will be an additional draw for a:
 - Samsung 8 inch Tablet

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. 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](#)

Diversity & Inclusion Corner

During the month of May we are honoured to continue to celebrate both the Asian and Jewish Heritages which highlights the beauty of our cultural diversity within our community at Sir Adam Beck. We are proud that the TDSB remains the largest and one of the most diverse school boards in Canada. Collectively, we speak more than 120 languages and approximately one-quarter of our students were born outside of Canada.

In May 2002, an official declaration was signed to recognize Asian Heritage Month formally across the nation. Subsequently, the Province of Ontario passed the [Asian Heritage Act](#) (2005), and the TDSB elected Trustees passed a motion in April 2007 to recognize Asian Heritage Month. The numerous achievements of Asian-Canadians continue to be proudly celebrated across Canada. In 2017, 40% of TDSB students self-identified as Asian according to the TDSB Student & Parent Census. Join us in celebrating our students from the Asian community at Sir Adam Beck who continue to enrich us with the many vibrant traditions and festivals that continue to be celebrated through generations.

Jewish Heritage Month continues to be recognized at the Toronto District School Board(TDSB) during the month of May. In 2012, the Province of Ontario passed the Jewish Heritage Act and in May 2018, Canada passed the Canadian Jewish Heritage Act. As mentioned in the Jewish Heritage Month Act in 2012, *“May is a significant month for the Jewish Canadian community. Israeli Independence Day (Yom ha-Atzmaut) and Holocaust Remembrance Day (Yom ha-Shoah) frequently occur in May, as do various Jewish artistic and cultural events.”* Specifically on May 6th, the TDSB recognizes and supports the celebration of Yom HaShoah - Holocaust Remembrance Day. It is observed as a day to pay tribute for the nearly six million Jews and five million others who lost their lives in the Holocaust and to honour the Jewish resistance during that time period. It is a national memorial and public holiday in Israel.

Through the many actions of our staff, students and our TDSB communities, we will continue to celebrate and learn about the diverse cultures of individuals within our schools and communities.

SAB Athletics



Indoor Soccer Invitational

Congratulations to everyone who participated in the Indoor Soccer Invitational tournament at James S. Bell. Congratulations to our team on a second place finish and for bringing home the Finalist banner.

Co-Ed Volleyball & Badminton

Congratulations to our badminton and co-ed volleyball team on two successful tournaments hosted at Sir Adam Beck!



Slo-Pitch

Our girls' and boys' softball season begins this week. All students trying out must have completed their permission form in EMA. You can find us practising on the field on Tuesday and Thursday mornings. The boys will play in their tournament on May 27th, at Briarcrest JPS, while the girls take the field on May 28th at Princess Margaret JS. We wish both teams good luck!

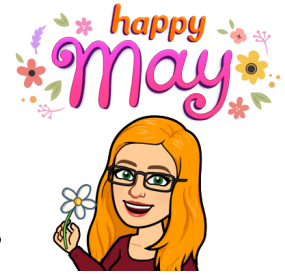


Track & Field

Over the last couple of weeks, track & field tryouts have been integrated within the physical education program. Our grade 4 & 5 track team will be selected based on various timed events and interest. We wish students participating all the best at their first meet on May 24th at Centennial Park Stadium, followed by the Conference Finals on June 5th.

May Library News

In May, we celebrate Asian and Jewish Heritage months. Our read alouds will reflect these as well as the character trait of integrity. We will also



continue exploring nonfiction texts. With each read aloud, we focus on specific reading strategies. For example, while reading nonfiction books we will be examining text organization, and parts of books such as table of contents and glossaries.

Forest of Reading

The Forest of Reading Club is winding down. Look at our reading tree and how many

books the students have read!! Students will vote for their favourite book the first week of May. We look forward to hearing who the winners are when we attend the Forest of Celebration Reading Trip to Harbourfront Centre on May 14. This year, 43 Sir Adam Beck students will be travelling with Mme. Bangma, Mrs. Harwood and Ms. Botham by Go Train and will have the opportunity to attend the award ceremony, get authors' autographs, take part in activities and games and win prizes! Students should be proud of all their hard work reading many, many books!



Toronto Public Library Partnership

During April and into May, Ms Katherine from the Toronto Public Library presented to some of our classes. She read Spring books, sang songs and acted out stories to the delight of our young readers. She also worked with the grade 4 classes using a Toronto Public Library astronaut guide (which aligned with our study theme of Earth, Chris Hadfield and living in space). We continue looking forward to expanding our partnership with the Toronto Public Library Alderwood branch and thank Ms Katherine and the whole team for supporting our learning.





New Books Are Coming!!!

On May 2nd, I will be going to a TDSB book fair to shop for new books for our library. Teachers have requested new books to support their programming and I will be purchasing a large number of books (both English and French, fiction and nonfiction) to continue developing our collection. The books will be culturally responsive and relevant, accessible, diverse, inclusive and rich in Canadian content. The books will also include a range of formats, multi-literacy levels, and reflect and engage students' and our learning community's interests.

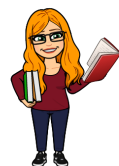
End of Year is Approaching

June is soon approaching, and the library will be looking to collect any books that are overdue. The last week for book exchange will be June 3 - 7. Beginning the week of June 10th, students will be provided with lists of overdue books. Please begin looking for "lost" and overdue books at home and we will be searching those desks and lockers at school to make sure books are returned before the end of the school year.

If you have any questions about the library, please don't hesitate to contact me via email: kathy.botham@tdsb.on.ca

Happy reading!

Ms. Kathy Botham

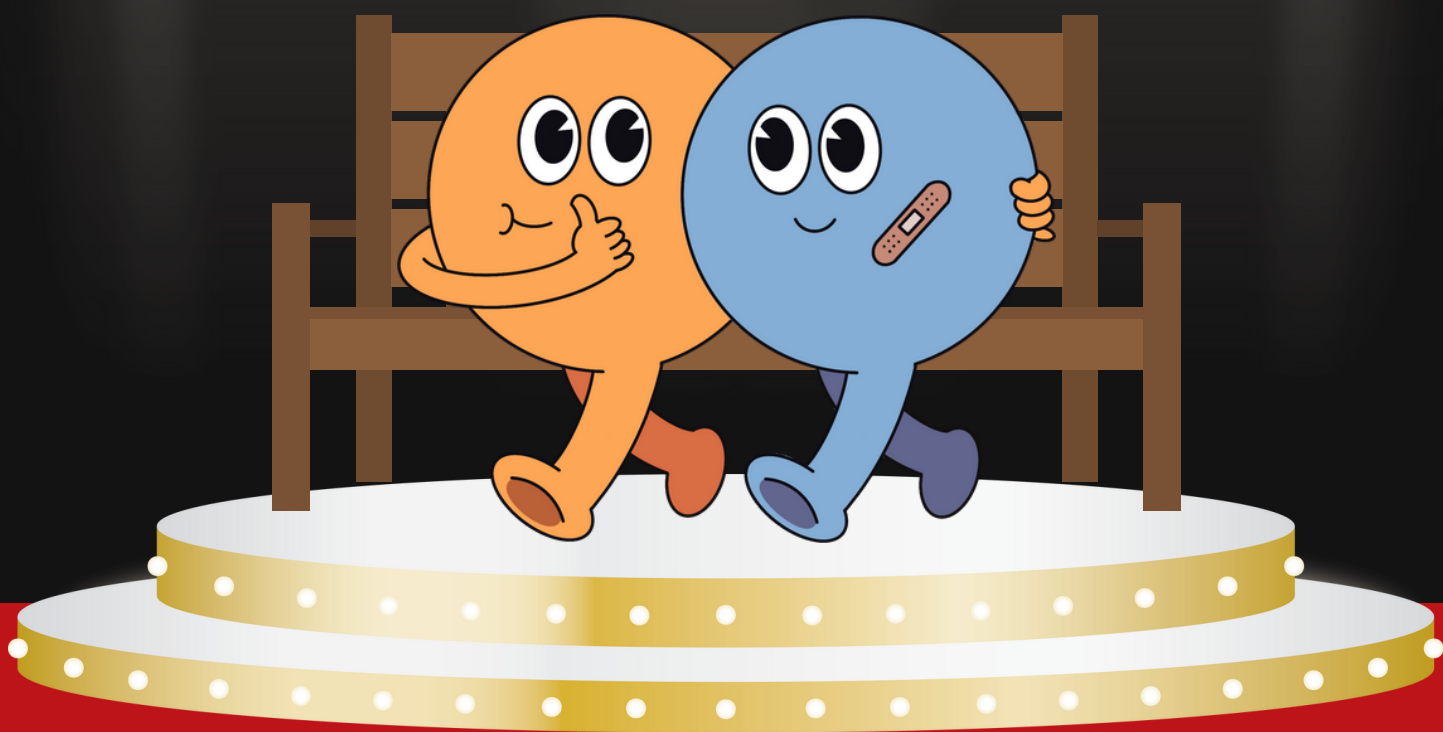


SIR ADAM BECK PRESENTS

THE BUDDY BENCH TOUR!

Join us as the following classes take the stage to showcase their learning during the Buddy Bench Tour.

MME CENI
MME FARRUGIA
MRS. HARWOOD
MME KITAYGORA
MRS. MYHAL
MRS. PAUL
MME SINGH



TUESDAY, MAY 7TH 2024
SHOW TIME: 6:30PM-7:30PM

Please drop students off in their classroom between 6:00-6:15pm. Parents are invited to wander the halls during that time and admire some of the artwork and learning happening at SAB.

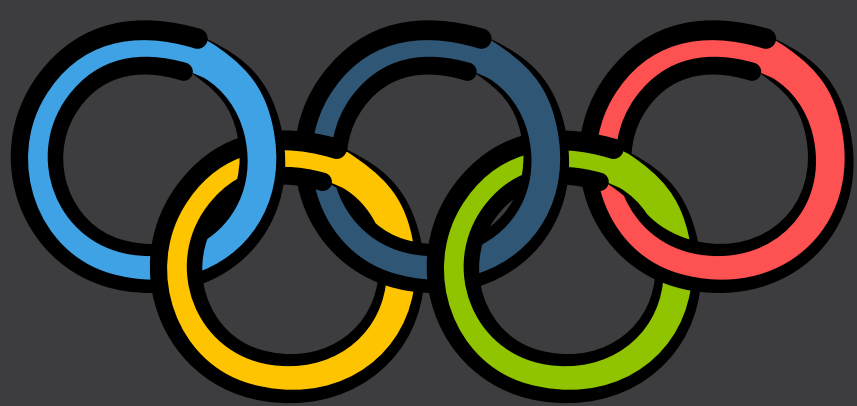
SIR ADAM BECK'S TRIP AROUND THE WORLD

THE SUMMER OLYMPICS

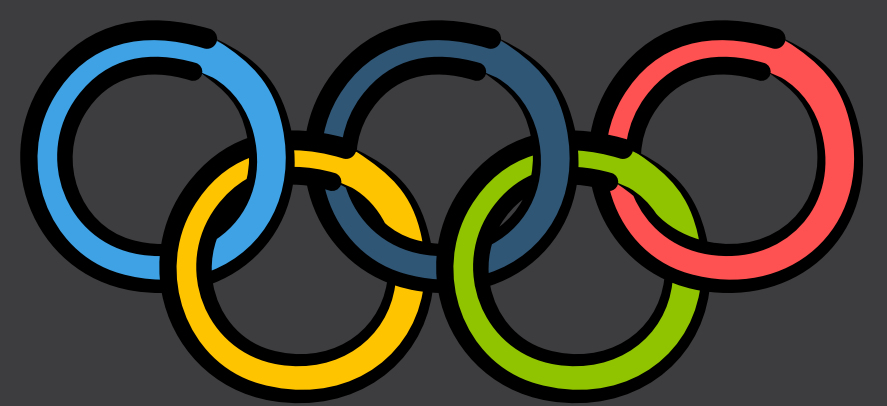


THURSDAY, MAY 9TH 2024
SHOW TIME: 6:30PM-7:30PM

Join us for a trip around the world as the following classes take the stage to showcase their learning in time for the Summer Olympics.



**MME BANGMA
MR. BREAW
MME BROWN
MME DIBON-SMITH
MME PAPPALARDO
MME SHAZAND**



Please drop students off in their classroom between 6:00-6:15pm. Parents are invited to wander the halls during that time and admire some of the artwork and learning happening at SAB.



HAPPY SPRING TDSB!

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

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

READ, ENJOY & SHARE!

Want more tips?

Visit [TDSB Psychological Services website](https://www.tdsb.org/tdsb/pages/psychological-services) for more!



SCHOOL PSYCHOLOGISTS

Providing unique learning and mental health services to school communities.



STRESS



Enhancing our Future -
Canadian Students
cpa.ca/sections/educational

Psych Tip: Try This!

If you have trouble remembering someone's name when you first meet them...try using **mnemonic strategies**

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



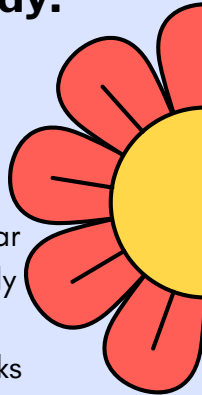
STUDY TIPS

TO PREPARE FOR HIGH SCHOOL EXAMS

By: Sumbel Malik, M.Psy.

Have an Agenda Handy.

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



Study in Small 'Chunks'.

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

Don't Forget to Recharge.

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



Take Meaningful Notes.

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

Be Prepared.

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





Emotional Intelligence

A complement to the IQ



By: Afroze Anjum, Psy.D, C.Psych

Both the Intelligence Quotient (IQ) and Emotional Intelligence (EI) serve distinct yet crucial roles in an individual's success and overall well-being. While IQ can often be an important contributing factor to academic achievement, EI is the cornerstone of successful interpersonal relationships and personal contentment.

EI can be defined as how "smart" we are about feelings - The ability to understand our own and others' emotions, and the ability to be socially aware, regulate our emotions, and stay motivated amidst challenges. Individuals with a high degree of EI demonstrate enhanced focus, memory retention, decision-making capability, communication skills, teamwork, and improved ability to cope with stress, as outlined in this article on [Emotional Intelligence](#).

The good news about EI is that it isn't set - students can develop it over time! The journey toward high EI begins with teaching students to be aware of and acknowledge their own feelings. This can be a complex task in today's fast-paced world, yet ignoring our emotions can lead to avoidance and difficulty coping with stress or frustration.

How can we help our students grow their EI? One way is by developing a rich vocabulary that can be used to describe emotions. Label and discuss feeling words in real time, or when reading books or watching TV with your child. Teach students to differentiate between subtle feelings (rage vs. annoyed, grief vs. disappointed), which can promote clear communication and emotional awareness. Check out this [link](#) for more info!

Once students are aware of their emotions, expressing them in a helpful way is the next step. Constructive emotional expression can be learned through modelling, creating social narratives, co-regulating with trusted people, and practising often. For example, praise your child if they ask for help from dad when they are frustrated with homework. If your child instead rips up their homework in frustration, demonstrate more constructive expression or discuss some different strategies your child can use next time they are frustrated.

Remember, students learn best by watching the way trusted adults deal with feelings. If you model how to handle emotions in a constructive way, then students will follow!

It is also important to recognize that individuals may respond to the same event with different emotions. For example, an event may evoke sadness in John, anger in Ayesha, fear in Raheem, and caution in Sandra. This variation is due to the way each student explains the event to themselves. Witnessing and learning about different emotional experiences ("putting yourself in someone else's shoes") can lead to embracing diversity and collaboration.

A key component of EI is validation, a skill that fosters empathy and pro-social skills. Validation is when we recognize the sharer's feelings and communicate understanding or support, via phrases such as: "I understand", "I'm here for you", "This must be really hard for you", "You are so brave for doing that!". This act of empathy facilitates problem-solving, guiding us to use emotions as indicators rather than dictators of our actions, because the sharer feels heard.



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

*Check website for specific dates offered

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



NEW

Mental Health & Well-Being Resources

Addressing Inappropriate Social Media



Substance Use, Misuse & Abuse Resources



Anti-Sex Trafficking Resources



Affinity Wellness & Identity Affirming Resources



Trustee Update

Patrick Nunziata • Ward 3: Etobicoke-Lakeshore

Toronto District School Board

416-395-8787 • Patrick.Nunziata@tdsb.on.ca



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:

- [Young Women On the Move Possibilities Fair](#)
- [John Fisher Student Wins Ontario Justice Poster Challenge](#)

TDSB Budget Update

As you may already be aware, the TDSB's budget process for 2024-25 is currently underway. During a Special Meeting on April 4, 2024, Trustees approved a motion that outlined several actions to take place over the next few weeks related to the TDSB budget.

Last week, the Chair sent a letter to the Minister of Education to highlight the budgetary challenges we continue to face as a Board and to ask that the Ministry of Education address these funding concerns. Read the full letter [here](#).

Trustees have also created a brief survey to gather feedback from communities as they consider next steps with regard to the budget. Please find a link below and complete as many of the 7 questions as possible. Thank you in advance for your participation. The budget survey will remain open until Friday, May 3, 2024 at 12 noon.

[Budget Survey](#) (Click here to complete the survey)

Please visit www.tdsb.on.ca/budget for all the latest information, including meeting schedules.

[Subscribe](#) to our email list

TDSB & Other Large Ontario School Boards Launch Lawsuit Against Social Media Companies

You may have seen that last week, the TDSB, together with the Toronto Catholic District School Board, Peel District School Board and Ottawa-Carleton District School Board, announced a lawsuit against tech giants Meta Platforms Inc. (Facebook and Instagram), Snap Inc. (Snapchat), and ByteDance Ltd. (TikTok) for disruption to the students' education. I invite you to learn more about the [lawsuit here](#).

Policy Consultation

I am pleased to share that the Employment Equity Policy (P029) is currently being reviewed. The purpose of the draft Policy, re-titled "Positive Organizational Culture and Inclusive Workforce Policy," is to identify and remove systemic barriers in employment, including hiring, promotion, and retention. The Policy will help TDSB achieve a diverse workforce and create the necessary conditions to support student achievement and well-being.

Apply for the Know Your Worth Scholarship

The African Heritage Month Volunteer Planning Committee is pleased to announce that students of African Heritage graduating from a TDSB secondary school will be able to apply for three Know Your Worth Scholarships valued at \$3,000 each. To find out more, please visit the [information package](#) and visit the [web article here](#).

Ministry of Education's Parent's Guide to Ontario's Education System

I encourage you to check out a [new resource guide](#) with helpful information on a

number of subjects. This initiative is part of the government's recent efforts to increase transparency and accountability in our school system. The full guide can be found at Ontario.ca/educationguide.

Latin-America History Month

We celebrate Latin-America History Month during the month of April at the Toronto District School Board. This year's upcoming theme is ***Weaving Our Legacies: Returning to Our Collective Path | Enlazar Nuestras Legados: Volver a Nuestro Camino Colectivo***. Throughout April the TDSB has several activities planned for all students, staff, and wider communities. I invite you to [find out more here](#).

Sikh Heritage Month

The TDSB is proud to recognize Sikh Heritage Month during the month of April at the Toronto District School Board. This year's the Sikh Heritage Month's theme is ***Chardi Kala (The Positive and Uplifted State of Mind)***. Chardi Kala is a state of mind that radiates positive energy, optimistic attitude, strong confidence, and virtuosity. Activities are planned throughout the month. Please visit [the TDSB webpage for more information](#).

TDSB Summer Programs

Did you know the TDSB offers a rich variety of summer programs? Registration is opening soon. For more information on the programs on offer, please see below:

Elementary

- [Elementary Summer School](#)
- [Special Education and Inclusion Summer Program](#)
- [Summer Music & Art Camps](#)

Secondary

- [Continuing Education Secondary Credit](#) (Registration opens Friday, April

19)

- [e-Summer School Program](#) (Registration tentatively opens on Monday, April 22 for TDSB students and Monday, May 6 for NON-TDSB students)
 - [International Youth Summer Program](#)
-

High Water Levels Brings Increased Risks

It's that time of year again – April showers bring May flowers. The Toronto and Region Conservation monitors hazardous ice conditions as thaw begins and are reminding everyone to be very careful around all bodies of water. The first hint of warming weather and the promise of spring thaw can bring extreme danger to the shores and surfaces of streams, rivers, ponds and lakes, according to Toronto and Region Conservation. As warmer temperatures arrive, stream banks become increasingly slippery and unstable. Lake and river ice weakens, becoming thinner or with higher flows breaking with little or no warning.

During this time, the potential for flooding and ice jamming is high. Higher, faster-flowing water and extreme cold temperatures combine to create increased dangers on or near rivers, streams and ponds for people wishing to enjoy the seasonal changes. I encourage you to speak to your children about staying safe and staying away from stream banks, ponds and lakes.

Student Mental Health and Well-Being Resources

Supporting students and fostering daily positive mental health and well-being in all school communities is a priority at the TDSB. Visit [the MHWB website](#) to access mental health toolkits, identity affirming resources, and information about a variety of wellness topics. Whether you need immediate support, or want to learn more about a particular topic, there's information and support available.




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.

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](#)



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Got this as a forward? [Sign up](#) to receive our future emails.
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