



Tom Longboat JPS

37 Crow Trail
Toronto ON M1B 1X6
Tel 416.396.6610

Safe Arrival
416.396.6610 Press 1
Before 8:30AM

Principal
Andrea Chisholm

Office Administrator
Desleigh Russell

Secretary AM
Voula Gountas

Superintendent
Kerry-Lynn Stadnyk

Trustee Ward 21
Yalini Rajakulasingam

MAY 2020

PRINCIPAL'S MESSAGE

The month of May is already upon us! As you know, the Minister of Education has extended the school closure orders until at least the end of May. That means we have a few more weeks of exciting learning happening from home! Our students have demonstrated such excitement for their learning, and have shared many messages and videos. We are looking forward to more adventures to come.

Our character trait for the month of May is **Integrity**. Integrity is the quality of being honest and having strong and consistent principles and values. When speaking with the students at Tom Longboat, we talk about how integrity is "doing what is right, even when no one is watching."

We are continuing to have our school spirit days throughout the month of May. Every Friday will still be our Tom Longboat spirit wear day. We have added the following spirit days:

- May 4th – Star Wars Day (May the 4th Be With You)
- May 13th – Beach Day
- May 20th – Sports Team Jersey Day
- May 27th – Talent Show Day

Please continue to encourage your children to take lots of pictures of themselves and send them to us on these days! We have dozens of fabulous spirit day photos to share with you in the pages of this newsletter. "Talent Show Day" is going to be an exciting twist to our spirit days. Students are encouraged to take short videos of themselves displaying a particular talent (e.g. music, dancing, card tricks, magic trick) and share it with their classroom and the Tom Longboat Office Google Classroom. We know we have a very talented group of students and want to be able to celebrate their successes!

The TDSB is continuing to distribute devices to families who have requested one for learning at home. Some of our families are still waiting for these deliveries. As our Director mentioned in his letter to parents last week, they are trying to have all devices delivered by the week of May 4th. We continue to receive updates and are communicating with the Board on behalf of families who are still waiting. In the meantime, please continue to reach out to your child's teacher and they will be happy to assist with learning through alternate means.

Sincerely,
Andrea Chisholm
Principal

TDSB CELEBRATES!



May is...

Asian Heritage Month

Jewish Heritage Month

**Sexual Assault Awareness
& Prevention Month**

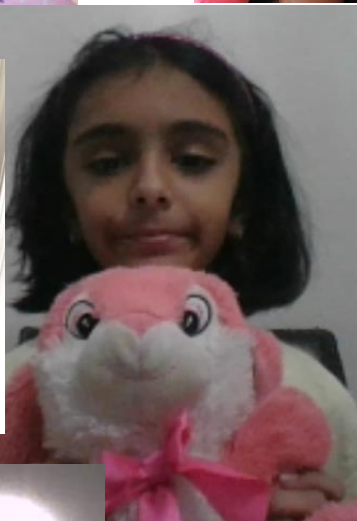
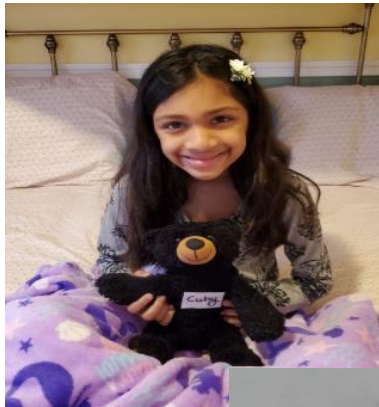
For more information, please go to www.tdsb.on.ca

LOOK AT OUR LONGBOAT LEADERS...

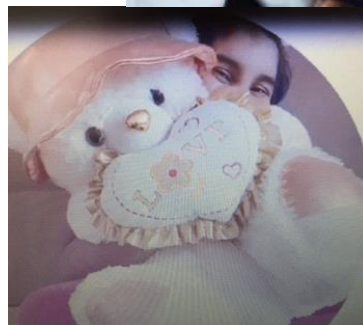
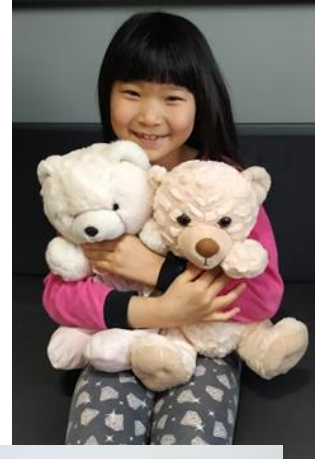
CHARACTER TRAIT FOR APRIL - COOPERATION

Student	Teacher	Class
Mirunan	Ms Shnayderman	K1
Zuruthika	Ms Shnayderman	K1
Mehek	Ms Yung	K2
Mira	Ms Yung	K2
Sharika	Mr Maskerine	1/2A
Akchay	Mr Maskerine	1/2A
Ariana	Ms Chui	1/2B
Jayda-Sky	Ms Chui	1/2B
Mustafa	Mr Mark	1/2C
Josephine	Mr Mark	1/2C
Ahishan	Ms Stephen	2/3
Arin	Ms Stephen	2/3
Harishitha	Ms Bonnell	3
Luka	Ms Bonnell	3
Gawayne	Ms Tessler	4/5
Sahana	Ms Tessler	4/5
Mya	Ms Williams	5/6A
Zakeyyah	Ms Williams	5/6A
Mandy	Ms Williams	5/6A
Fennel	Mr Birta & Ms Riding	5/6B
Sam	Mr Birta & Ms Riding	5/6B

APRIL 15 – SCHOOL SPIRIT DAY - STUFFED ANIMALS







APRIL 22 - CRAZY HAIR DAY

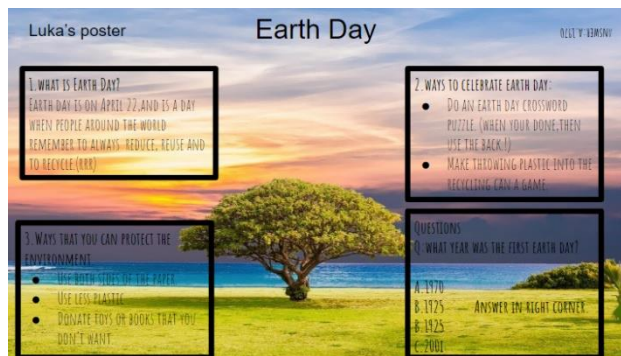
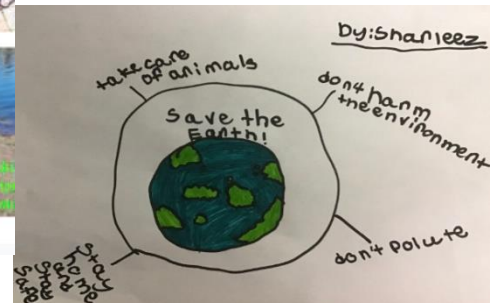
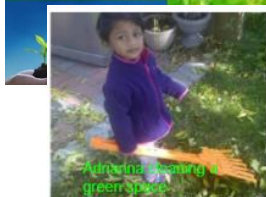


EARTH DAY



WE ALL BELONG TO THE EARTH, SO LET'S ALL DO OUR PART TO KEEP IT SAVE.

By: Joshua



Earth Day



The Earth is the home we live in.
Without the Earth we won't have a home to live in.

The Earth is special.
It gives us water, air and sunshine.
The Earth helps us so we have to help the Earth.

To help the Earth, we should save water, plant more trees and keep the Earth clean!
Recycle things, and don't throw it away on the ground.

Make every day Earth day!

By: Akshayah

Earth Day

Earth day is the day
Where we make the Earth clean
We pick up cans, paper and plastic.
We reuse things,
Like paper and bags.
When the earth needs cleaning,
We are there to clean the earth.

By: Emanuella

MY PRAYER FOR THE EARTH

By Myles Aning

I pray that everybody
around the World will
come together to
clean up the World.
The Earth needs
our tender loving care
and we are responsible
for it to be it's best.
Clean land and clear air.
I want Mother Earth
to be proud of us.

Amen.

I'm proud to celebrate Earth day.
I'm proud to recycle and
take care of the Earth,
I love taking care of mother nature.
Each and every day I take care
Of the Earth in so many different
Ways.

By: Dylan

Earth Day Poem

I care about the earth because a
lot of fish are dying because of
plastic in the ocean.
Also when people throw garbage it
makes pollution.
We need to work together to make
the grass greener.

By: Habiba

EARTH DAY!

I am so very happy to
celebrate,
The wonderful Earth day.
A time to clean Mother
Earth.
A time to recycle,
It's time to clean our home.
Planting more trees,
With friends and family.
It's time to celebrate,
EARTH DAY!

By: Anushgaa

Earth Day !

When Earth Day comes around
We all lend a hand by
recycling and reusing.
We clean in
different places.
We clean in
different times.
We clean in
different ways.
We even clean day to night .
In the end, we all clean the Earth
to keep the Earth the way it is supposed to be!



By: sahana

Let's Celebrate!

WE ALL CELEBRATE EARTH DAY,
WHEN WE TRY TO DO AS MUCH AS WE CAN,
HELP THE EARTH, HOORAY!
PICK UP LITTER, GROW SOME TREES.
REDUCE, REUSE, RECYCLE!
LET'S HELP THE EARTH TO MAKE US FEEL AT EASE!



BY: FATHEENA

AT HOME LEARNING



Today, my brother and I made a dog house using lots of materials I had at home. I even made a name for my 'pet' dog Coco. This was so much fun, thank you for giving me a great opportunity for bringing lots of fun to me.



Ahishan experimenting @ Home



Faithleen also working on her science experiment



UPCOMING EVENTS

Monday	May 4	Star Wars Day/May the 4th Be With You
Friday	May 8	TL School Spirit Wear Day
Wednesday	May 13	Beach Day
Friday	May 15	TL School Spirit Wear Day
Monday	May 18	Victoria Day – No School
Wednesday	May 20	Sports Team Jersey Day
Friday	May 22	TL School Spirit Wear Day
Wednesday	May 27	Talent Show Day
Friday	May 29	TL School Spirit Wear Day

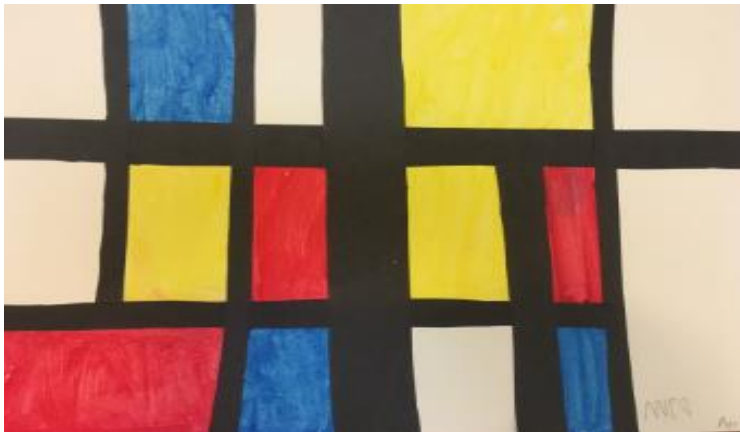




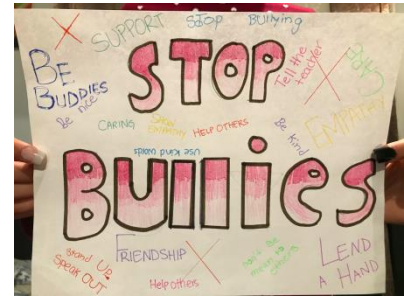
KINDERGARTEN REGISTRATION

If your child was **born in 2016**, they may enter kindergarten in September 2020. Registration is now open.

- Registration is now being accepted online:
 - <https://www.tdsb.on.ca/EarlyYears/KindergartenMonth>

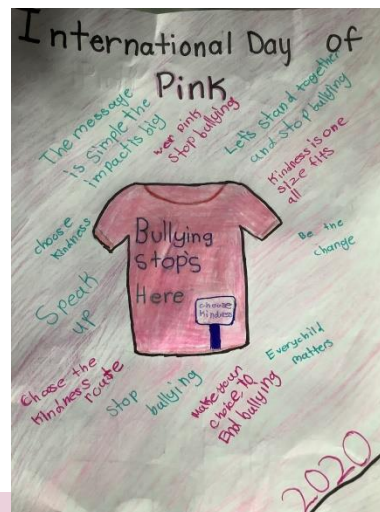


INTERNATIONAL DAY OF PINK



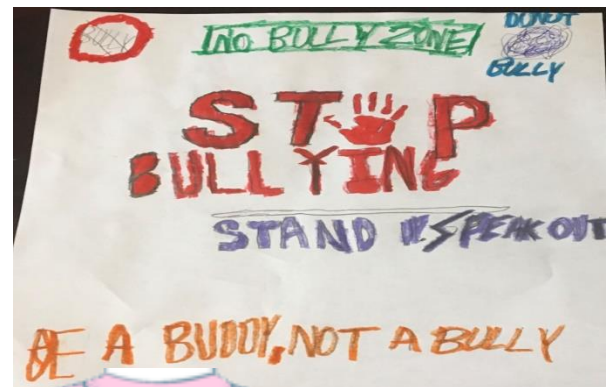
Kindness Counts By: Madujan Jegathees

We all say thank you.
We all say please.
We don't interrupt or tease.
We don't fuss.
Good manners aren't hard to learn.
It's really easy once you find out
Good manners just means
BEING KIND



The reason we celebrate Pink Shirt Day is because, Two brave boys stood up against bullying. One new 10 year old boy was getting bullied for wearing pink. so the two boys went and had helped him. If you want to know when Pink Shirt Day started, it had started in the year of 2007 in Canada.



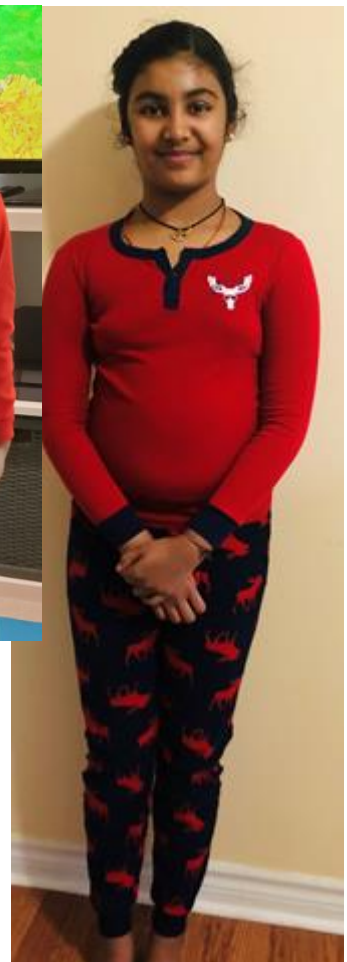


Anti bullying

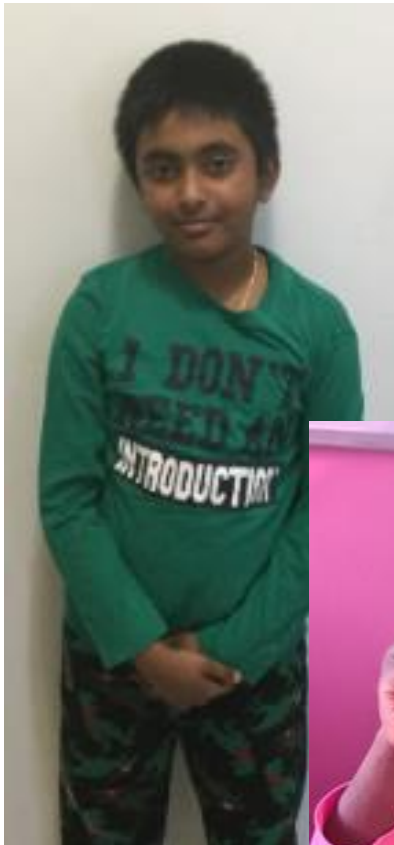
Bullying hurts other people's feelings and makes them sad. bullying hurt than more than one person if you see someone getting bullying stand up or tell teacher ways to do stand up to a bully like say stop i don't like it those are way and don't bully don't be scared of your bully if someone bully you don't bully them back. Be yourself, don't be rood to others, do what your teacher tells you to do.



PAJAMA DAY







Ms Tessler's Class Thank you to Essential Workers
[CLICK HERE](#)

Ms.Tessler's class would like to say

Thank You

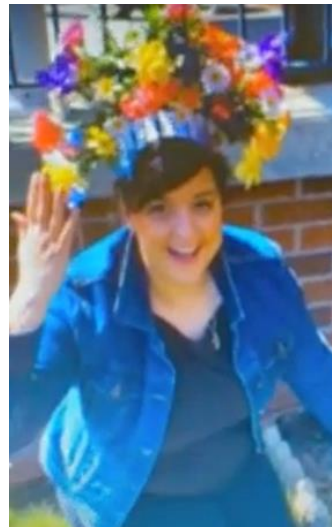
**To all of our Health Care Workers,
Front line and Essential Workers!**



LET'S GET MOVING TOM LONGBOAT!!!!

Check out our new video!

[CLICK HERE!!!!](#)





Longboat Gratitude Project!

We want to show our school (and perhaps even other schools) **how kind and compassionate our students are, and how powerful our affirmations can mean to everyone around us!**

What do you need to do?

1. Ask yourself: What is something you can say to motivate/encourage yourself or some else to make their day better?
2. Complete the following: I am _____.
3. Draw a picture to reflect the above statement. (8.5x11, landscape format). Please use the entire page, no white backgrounds, we want this to be colourful (crayons, pencils, markers, paint, art supplies, etc.) You can even have someone help you to ensure the spelling is correct. Please write your first name ONLY in the bottom right hand side.



4. Have an adult take a picture of the entire page.
Kindergarten to Grade 3 students, please email pictures to Nisha.Pithwa@tdsb.on.ca.
Grade 4 to Grade 6 students, please email pictures to Desleigh.Russell@tdsb.on.ca
5. **Deadline for submission - May 15, 2020.**

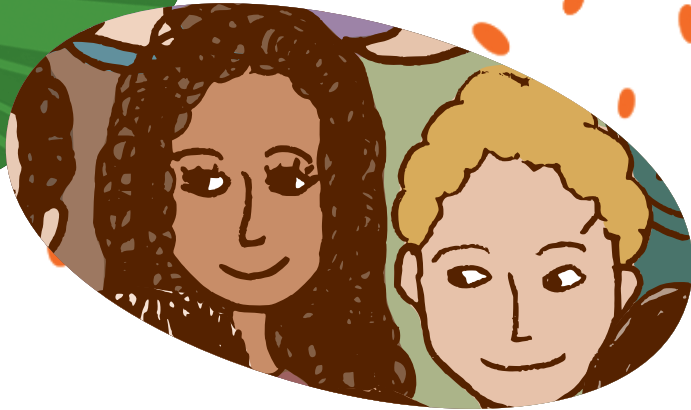
Some examples:

I am grateful.
I am a problem solver.
I am a leader.
I am fast.
I am a great example.
I am healthy.
I am enough.
I am loving.
I am gentle.
I am happy.
I am brave.
I am true.
I am trusting.

I am hopeful.
I am healthy.
I am safe.
I am creative.
I am content.
I am likeable.
I am successful.
I am smart.
I am kind.
I am present.
I am committed.
I am confident.
I am reliable.

I am a good listener.
I am a good sister.
I am a good brother.
I am athletic.
I am helpful.
I am free to be myself.
I am beautiful.
I am funny.
I am strong.
I am peace.
I am unique.
I am patient.
I am a good friend.

REACHING OUT



You might be thinking:

I don't think my problems are important or big enough to talk to anyone about...

I'm worried I might be labelled or that people might judge me...

Not at all! It's best to reach out and talk to someone. We all have mental health and talking about things is one of the ways we can take care of it! Asking for help can be awkward but you'll probably feel relieved after you do.

How do I start the conversation?

Here are some suggestions to help start the conversation:

"I don't know if you can help me, but I'm hoping you can help me to find someone who can."

"I've been feeling _____ lately, can I get your help?"

"I have a tough situation; it's really bugging me... Can I talk to you about it?"

"I can't seem to get past the feelings I'm having. I wanted to reach out before things got worse."

With difficult conversations, it may be easier to "break the ice" by writing things down on paper or through text. Reaching out to talk to someone doesn't have to be in person. For example:

"Hey _____, it's _____. Do you have some time to chat with me tomorrow? I have a problem I want to talk to you about..."



If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency department.

You can also reach out to Kids Help Phone at 1-800-668-6868 or by texting CONNECT to 686868.



What will happen after I reach out for help?

After talking to a trusted adult about yourself and how you're feeling:

It can take time to feel better

The person you reach out to may not be able to "fix" the problem, but they may be able to connect you with someone who can support you better

They may need to set up an appointment for you to see someone else that can help you

If you find that your problems seem to be unresolved after seeking help, **don't give up**. Keeping trying. You'll find someone who can support you and let you know that you are not alone.

There's no problem #TooBigOrTooSmall to ask for help.
Check out: "**How to overcome obstacles when reaching out**" ➡

Not everything
that **weighs you**
down is yours to
carry alone.



If you or someone you know is in crisis, **call 9-1-1** or go to the nearest emergency department.

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School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

www.smho-smso.ca

SELF-CARE 101

Self-care is an important part of wellness. Take time and discover what helps you to feel good and recharge.

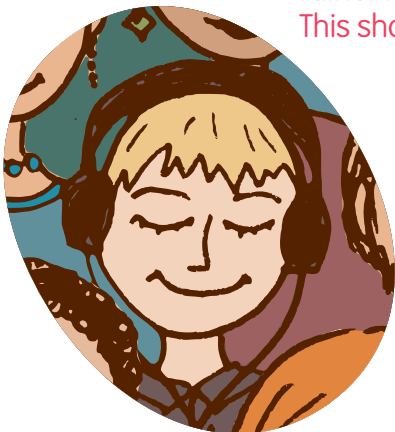


EAT We all need to refuel. But sometimes when we're stressed, our habits can change – maybe we eat junk food, or don't feel like eating at all. It is important to focus on eating foods that will provide you with the nutrients you need.

- * **Tip:** Have a healthy snack nearby so you can refuel and avoid getting "hangry."

HYDRATE Try to increase your water intake and decrease your caffeine intake. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless.

- * **Tip:** Drink a glass of water or milk before bed (but not too much!) rather than a caffeinated drink. This should also help you sleep.



SLEEP Getting a healthy number of hours each night helps you to better deal with the stresses of everyday life.

- * **Tip:** While you're at home, try to set up a sleep routine that you can stick to. Plan to go to bed and wake up at the same time every day. For some other helpful ideas check out: 'Up all night? Get a better sleep with these tips' →

MOVE Being physically active has many positive effects on your health. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth and has been shown to decrease feelings of sadness.

- * **Tip:** This doesn't need to take much time. You can get these benefits of being physically active from just a 30-minute walk. Stuck inside? Check out YouTube for brief yoga routines, at-home workouts or track your steps, and challenge a friend!

ENJOY Take time to discover things you enjoy. Do things that make you feel good as often as you can. It may not be what others find fun, and that's okay! We're all different.

- * **Tip:** Maybe there's a book you want to read, a show or movie you've been meaning to watch, a skill you've been interested in, or something new!

WHY SELF-CARE?

Self-care is like saving up for a rainy day! It's about nurturing yourself so that when difficult situations happen, you will have the energy and strategies to help you get through it! It can feel hard to practice all of the self-care tips that we know are important, pick a few to focus on, congratulate yourself on what you're able to accomplish and continue to set goals for yourself.

- * **Tip:** Try this quiz to find out if you're practising enough self-care ➔

For more ideas to help you recharge, check out Kids Help Phone's self-care checklist! ➔



PAUSE Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in the gratitude journal.

- * **Tip:** There are lots of different apps and sites out there for breathing exercises or check out: 'How to calm down when you're stressed' ➔

REFLECT Take time to think about what's important to you. It can be easy to get caught up in the negative messages, instead look for kindness and positivity. This can come in different forms like people doing good things for others or positive posts on social media.

- * **Tip:** Practicing gratitude on a regular basis can improve our sense of well-being and happiness! Journal about gratitude: every night, write down three good things about your day. They don't have to be major (i.e. a great lunch, talking to a friend, finishing a task).

REPEAT Did you know that trying a new skill, habit, or routine for 21 days in a row will increase the likelihood of maintaining this new practice?

- * **Tip:** Try having a partner to hold you accountable during the first few weeks; this strategy has been shown to enhance your success rate of maintaining your new practice.

CONNECT Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness.

- * **Tip:** Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost. If you can't see the people you care about every day, send them a text or make a phone call; it will make their day and yours!

RECOGNIZE Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk, although always important, is super important during stressful times.

- * **Tip:** When thinking, ask yourself? Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Don't be too hard on yourself!

If you or someone you know is in crisis, **call 9-1-1** or go to the nearest emergency department.

You can also reach out to **Kids Help Phone** at **1-800-668-6868** or by **texting CONNECT** to **686868**.



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**Need help immediately?
Call 911 or contact
Kids Help Phone
1-800-668-6868.**

**NO
PROBLEM
TOO
BIG
OR
TOO
SMALL**

**A help-seeking
resource:
for students
by students**



**School
Mental Health
Ontario**

**Santé mentale
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Ontario**

smho-smso.ca



MAKE TIME FOR SELF-CARE

Self-care is an important part of wellness. Take time and discover what helps you to feel good and recharge.

Here are a few ideas:

- **Do things that make you feel happy as often as you can.** What makes you happy may not be what others find fun, and that's okay! We're all different.
 - If you're going through a tough time or if you're feeling low, this can seem like a lot of effort and you may not be interested in things you once enjoyed. Take it slow to increase your level of comfort.
- **Help others.** Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost.



"I am
capable,
I am
worthy."

Reach out for help, your problems don't have to be big to talk to someone about.

Contact Kids Help Phone anytime to speak with a trained counsellor at 1.800.668.6868 or text CONNECT to 686868.

AFTER REACHING OUT:

- You might be asked some questions about yourself and how you've been feeling.
- It can take time to feel better.
- The person you reach out to may not be able to "fix" the problem, but they may be able to connect you with someone who can support you better.
- They may need to set up an appointment for you to see someone else that can help you.

If you find the person doesn't seem to understand or you don't get the reaction you were hoping for, **don't give up**. Keep trying, you'll find someone who will support you and let you know that you are not alone. Your wellness is important.

Volunteering or even small stuff that doesn't take a lot of energy, like giving a compliment, can make a big difference to someone else.

- **Take care of your body.** Getting enough sleep, eating well, and getting outside are a few ways to support your physical health. And it turns out this really helps your mental health too!
- **Relax and do nothing.** If you've been super busy, allow yourself to stop and relax. Doing "nothing" is actually doing something - it's helping you build your strength for the next challenge.

A student said...



"My friends were having a get-together Friday night, but after a long week, I knew I needed some rest. So I decided to stay in, watch videos and just relax."



NOTICE WHEN YOU MIGHT NEED HELP

We all go through times when we don't feel mentally well or we experience difficult periods in our lives. Changes in feelings and emotions are expected and sometimes they affect how we act.

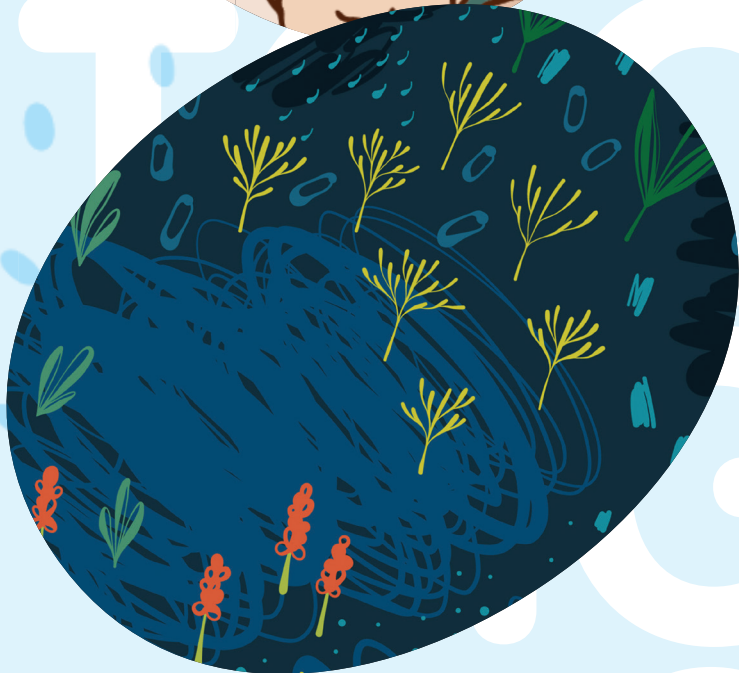
But how do you know when you could use someone's help to get through this?

Here are some questions to reflect on:

- Is how I'm feeling affecting my everyday life in a negative way?
 - Not as social or not doing things you used to enjoy
 - Finding it hard to concentrate or focus
 - Feeling drained, exhausted, low in energy or unmotivated



**Need help immediately?
Call 911 or contact
Kids Help Phone
1-800-668-6868.**



- Have I been feeling this way for more than a couple of weeks?
- Am I dealing with my problems in unhealthy ways?
 - Taking part in risky and dangerous activities
 - Using alcohol or other drugs to try to escape from my problems
- Have I been thinking negatively lately or being self-critical?
- Do I feel alone, that I don't have anyone to talk to?

These are a few signs of low mental health. Because the signs aren't the same for everyone, it's important that you notice when things are changing for you and reach out for help.

It can help to talk to someone you trust - it can make you feel better and prevent things from getting worse.



WHERE TO GO FOR HELP

School can be one place where you can find support. There is always someone you can reach out to. This could be your teacher, coach, guidance teacher, principal or a staff person in your school.

There are also people outside of school that you can turn to like your family or friends, a faith or cultural leader, an Elder, or someone in your community.

When thinking about who to reach out to, think of a person who:

- you trust and respect
- listens to you
- you find easy to talk to
- supports your goals and interests

Not everything
that weighs
you down
is yours to
carry alone



Here are a few suggestions to help you start the conversation. What works for you?

"I can't seem to get past the feelings I'm having. I wanted to reach out before things got worse."

"I don't know if you can help me, but I'm hoping you can help me to find someone who can."

"I've been feeling _____ lately, can I get your help?"

"I have a tough situation, it's really bugging me... Can I talk to you about it?"

Some people say it's easier to break the ice in a difficult conversation by writing things down on paper. For example, you could give a note to a trusted adult:

"Hey Mr. _____, it's _____. Do you have some time to meet with me tomorrow? I have a problem I want to talk to you about..."

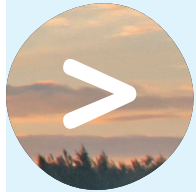
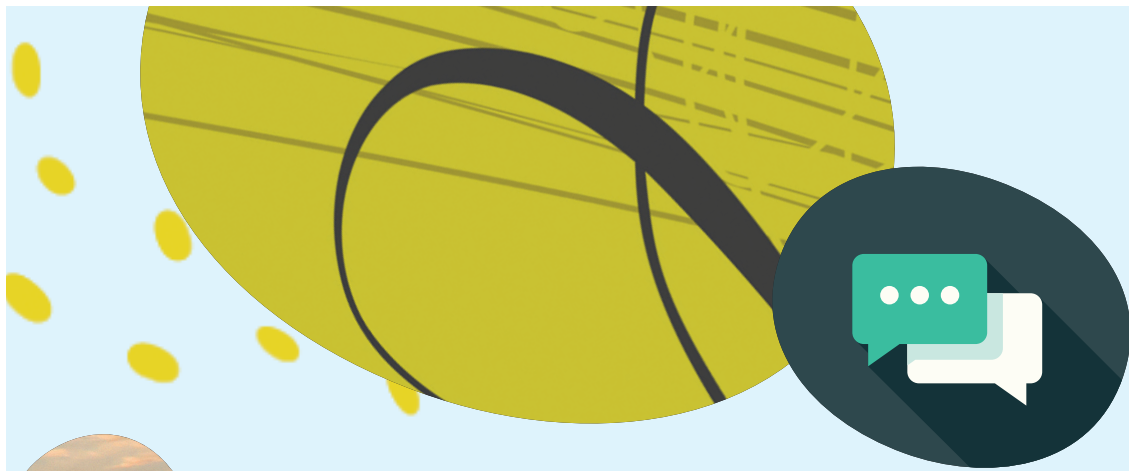
There are also professionals who you could talk to like a family doctor, social worker, psychologist or counsellor. Figuring out where to get professional help can be confusing: check out your school's guidance office, that's a good place to start.

Ask a teacher where the office is located in your school.

Have someone in mind? ○

You can contact Kids Help Phone anytime to speak with a trained counsellor at 1.800.668.6868 or text CONNECT to 686868.





HOW TO START THE CONVERSATION?

It can be awkward asking for help. But you'll probably feel relieved after you do.

I don't think my problems are important or big enough to talk to anyone about...

Not at all! It's best to reach out and talk to someone.

I'm worried I might be labelled or that people might judge me...

We all have mental health, and talking about things is one of the ways we can take care of it.

Will my teachers see me differently?

Your teachers are there to help you!

There is no problem too big or too small to ask for help. There are people around you who can help.

HELPING KIDS IN CHANGING TIMES

- Keep your routines as much as possible... kids feel safe in familiar structure
- Kids are smart...they pick up on your feelings; remain as calm as possible
- LISTEN your kids and let them tell you what they are thinking: timing is everything and sometimes they will have lots to say and other times nothing to say; keep the line of communication open
- Talk with your kids and reassure them they are safe; assure them it is okay to have fears and worries and that you are there with them
- Share age appropriate honest information about COVID-19; you are the best judge of what your child can handle
- Limit kids' exposure to social media and the news; watch age appropriate programs to balance their time; face time family and friends
- Help kids solve their problems and develop coping strategies
- Help kids find creative ways to express their feelings: art, drama, play, etc
- Be a role model for self-care: washing hands, mindfulness activities, relaxing
- Have fun with your kids: board games, bake, crafts, read together, go for a walk
- Make time for kids to have time alone, every minute does not need to be scheduled
- Focus on things you can control, your thoughts and behaviours





MENTAL HEALTH T.O.
access for infants, children, youth & families

NEW!
**SINGLE ACCESS NUMBER
FOR CHILD, YOUTH &
FAMILY COUNSELLING**



**COUNSELLING IS AVAILABLE
BY PHONE AND VIDEO**

CALL MHTO
1-866-585-6486
(MHTO)



- **Referrals welcome**
- **FREE** mental health counselling for infants, children, youth and families
- **No fee. No appointment**
- MHTO agents connect callers to qualified counsellors
- 9AM to 7PM - Monday to Friday

April 27, 2020

Dear Partner:

As I believe you are aware, in November 2019 East Metro Youth Services (EMYS) and Aisling Discoveries Child and Family Centre announced their plans to amalgamate in the new year. By joining together, our organizations will provide a wider range of excellent services for our clients and their families.

Our amalgamated organization, **Strides Toronto**, is in the process of establishing our online presence and revising our signage and materials to reflect our new name and brand. Please be advised that our e-mail addresses have changed and messages from our staff now come from @stridesontario.ca e-mail addresses. I encourage you to update any @emys.on.ca and @aislingdiscoveries.ca e-mails in your contact list to reflect the new @stridesontario.ca suffix and avoid our messages being redirected to your junk folder. The naming convention will be first initial last name @stridesontario.ca (e.g., jmccrimmon@stridesontario.ca).

We are in the process of building a new Strides Toronto website at www.stridesontario.ca. In the meantime, you can still find all the information you need about our services at www.aislingdiscoveries.ca or www.emys.on.ca.

We also invite you to follow us on social media:

Facebook - @StridesTO

Twitter - @StridesTo

Instagram - @stridesontario

Strides Toronto is dedicated to providing the highest quality supports to young people from the pre-natal to age 29 and their families in order to help them move forward, develop their abilities and skills, and reach their full potential.

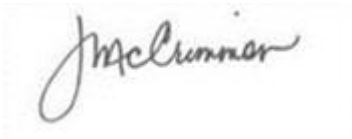
During this pandemic period, our services are still being delivered via phone and online:

- What's Up Walk-In is now virtual and can be accessed through MHTO at **1-866-585-6486**
- Legacy Aisling Discoveries Intake: **416-321-5464, press 0**
- Legacy EMYS Intake: **416-438-3697 and dial extension 12248**

Please share the attached flyer for MHTO broadly within your networks so that we can make access to child and youth mental health services in Toronto as easy to as possible.

Our staff are excited to work together and serve our communities as Strides Toronto. We hope to see our clients, colleagues and partners in person soon. In the meantime, stay safe and stay well.

Yours sincerely,

A handwritten signature in black ink, appearing to read "J McCrimmon", is enclosed within a thin black rectangular border.

Janet McCrimmon
Chief Executive Officer