



# JUNE 2020 FINAL FAREWELL

## PRINCIPAL'S MESSAGE

As we finish off the 2019-2020 school year, we would like to thank all of our students and families for their support and hard work. Particularly during this unprecedented school closure and period of learning from home, we needed each and every one of you to help create the caring and safe school community that we have built.

Each year, we have a number of changes in staff. At this time we would like to acknowledge staff members who are changing schools. As the overall student population at Tom Longboat continues to decrease, we will no longer have a morning Secretary in September 2020. We would like to thank Ms. Gountas for all of her hard work over the past two years and for bringing sunshine and smiles to our students and families each and every day. Ms. Gountas will be transferring to Rolph Road.

We would like to welcome Ms. Farag to Tom Longboat in September in the afternoon for a prep position teaching Health and Physical Education along with Drama, Dance and Music to a number of Primary and Junior classes.

We would like to remind families that teachers will be on summer break after June 26<sup>th</sup>. Therefore our Google Classrooms and Kindergarten Bright Space will not be monitored. To ensure student online safety, access to these virtual classrooms will be discontinued by the end of the school day on June 26<sup>th</sup>.

As you know, what school will look like in September has yet to be determined. We may be on-line full time, have a combination of in-school and on-line lessons, or be in school full time. The TDSB will be notifying families as soon as the Ministry of Education makes a decision about student safety and the reopening of schools.

A reminder that your child's classroom for September is recorded on their report card. We have mailed copies of the report card out to all families in case the links that were sent by email are inconsistent.

Have a safe summer with your families.

Sincerely,  
Andrea Chisholm  
Principal

## 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

# TOM LONGBOAT STAFF 2020-2021

**Principal:** Ms. Chisholm  
**Office Administrator:** Ms. Russell  
**Head Caretaker:** Mr. Francis

<b>Class</b>	<b>Room</b>	<b>Staff</b>
JKSK1	101	Ms. Shnayderman & Ms. Chavez (ECE)
JKSK2	102	Ms. Yung
JKSK3	107	Mr. Birta & Ms. Ryatt (ECE)
1/2A	103	Ms. Stephen
1/2B	104	Ms. Sawyer-Hazell
1/2C	108	Ms. Bonnell
2/3	109	Ms. Williams
3/4	210	Mr. Mark
4/5	208	Mr. Maskerine
5/6	211	Ms. Tessler
6	212	Ms. Riding
SERT/FSL		Ms. Hristov
SERT/Prep		Ms. Borsk
SERT/Library		Ms. Pithwa
ESL/Prep		Ms. Karakolis
0.5 Prep (PM)		Ms. Farag
SNA		Ms. Daniels
EA (AM)		Mr. Singh
Lunchroom Supervisors		Ms. Ali Ms. Davidson Ms. Jawed Ms. Kunjoo Ms. Lisle-Butcher



# FAVOURITE ON-LINE RESOURCE SUGGESTIONS FROM THE TOM LONGBOAT STAFF

## Reading Websites

<https://www.abcya.com/>

<https://www.storylineonline.net/>

<https://www.uniteforliteracy.com/>

<http://teacher.scholastic.com/products/bookflix/#/>

<https://www.raz-kids.com/>

## Math Websites

<http://gws.ala.org/category/mathematics-computers>

<https://www.mathplayground.com/>

<https://www.prodigygame.com/>

## National Geographic for kids

<https://kids.nationalgeographic.com/>

## Movement Websites

<http://gonoodle.com/>

## Activity Websites

<https://www.typingclub.com/>

<https://www.pebblego.com/>

<https://toytheater.com/>

<https://www.cbc.ca/kidscbc2/>

<https://www.tvokids.com/>

<https://pbskids.org/>

## YouTube Videos to Google

Sesame Street

Lori Berkner

Jack Hartmann

The Learning Station

Singing Walrus

Kidz Bop

## LOOK AT OUR LONGBOAT LEADERS...

### CHARACTER TRAIT FOR JUNE - PERSEVERANCE

Student	Teacher	Class
Kephas	Ms Shnayderman	K1
Aiden	Ms Shnayderman	K1
Tyrique	Ms Yung	K2
Akshaya	Ms Yung	K2
Nour Aldin	Mr Maskerine	1/2A
Rahmat	Mr Maskerine	1/2A
Saathana	Ms Chui/Ms Sawyer	1/2B
Phinehas	Ms Chui/Ms Sawyer	1/2B
Yaqub	Mr Mark	1/2C
Kavisan	Mr Mark	1/2C
Malaysia	Ms Stephen	2/3
Liam	Ms Stephen	2/3
Athena	Ms Stephen	2/3
Adrianna	Ms Bonnell	3
Harishitha	Ms Bonnell	3
Emanuella	Ms Tessler	4/5
Kirish	Ms Williams	5/6A
Jenahan	Ms Williams	5/6A
Mathushan	Ms Williams	5/6A
Raihaan	Mr Birta & Ms Riding	5/6B
Addison	Mr Birta & Ms Riding	5/6B

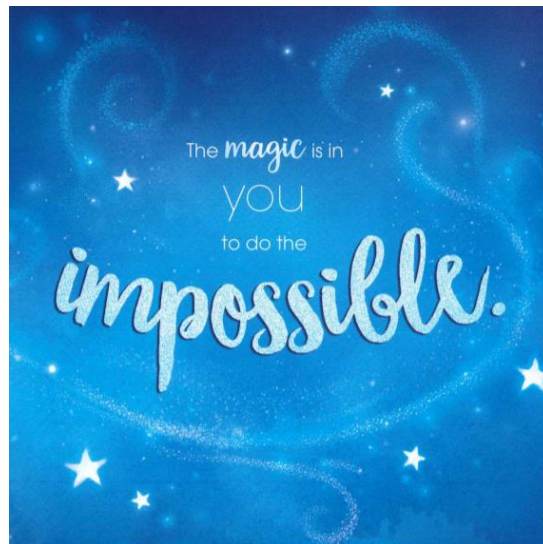
## CELEBRATING OUR GRADE 6 STUDENTS

*In the future, we hope that each of you seize an opportunity to showcase your best and true character, realize your full potential, hold high personal expectations and take the steps to meet your goals. Take every opportunity to be a model citizen and most of all, be an incredible human being.*

*It has been a pleasure teaching you this year!*

Aaruksha  
Anhthy  
Asaad  
Ashwin  
Destiny  
Emnet  
Hareny  
Jarishan  
Jayden  
Kirish  
Luxmy  
Madina  
Mathusan  
Mithila

Mya  
Nathaniah  
Raihaan  
Ranudi  
Sajeena  
Sam  
Shagata  
Shamari  
Shanthosh  
Sina  
Sonali  
Thiebika  
Varshanaa



**Grade 6 Farewell Celebration - Class of 2020**

# CONGRATULATIONS TO THE FOLLOWING GRADE 6 AWARD WINNERS



Academic Award	Shagata
Arts Award	Anhthy
Female Athlete of the Year	Sajeena
Male Athlete of the Year	Shanthosh
Citizenship Award	Sina
French Award	Emnet
Language Arts Award	Varshanaa
Mathematics Award	Hareny
Principal's Award for Student Leadership	Mya
Safety Patroller Award	Thiebika
Technology & Innovation Award	Aaruksha
Trustee Social Justice Award	Sonali
Valedictorian	Sonali



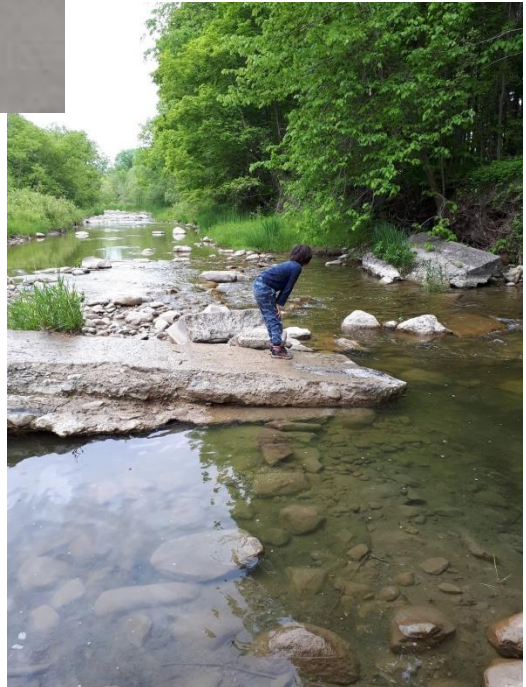
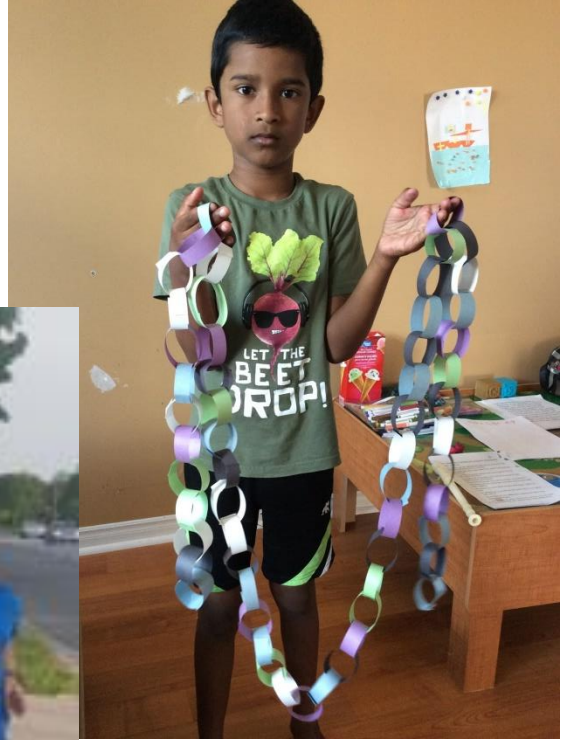
## SPIRIT DAYS







## CELEBRATING TOM LONGBOAT DAY



## TALENT SHOW DAY



**MOVING?** Please remember to let us know your updated address.

Please email:  
[Tomlongboat@tdsb.on.ca](mailto:Tomlongboat@tdsb.on.ca)

We will contact you to confirm your new information.



## KINDERGARTEN REGISTRATION

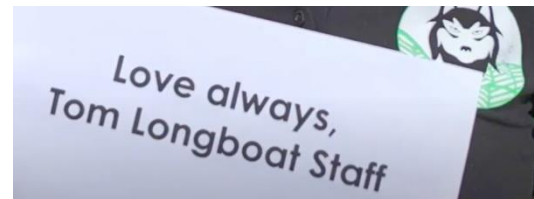


If your child was **born in 2016**, they may enter kindergarten in September 2020. Registration is now open. To register:

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

## HAPPY SUMMER TOM LONGBOAT

Click to see our summer greetings.



## SECONDARY PROGRAM REVIEW

The [Interim Report of the Secondary Program Review](#) was presented to Trustees last month, a first step in the development of a plan to address the inequities and imbalances throughout our current system. This report supports our next step forward as we start to re-imagine and re-draw our system in consultation and collaboration with our communities to enhance equity and support the achievement and well-being of each and every student in the TDSB, now and in the future.

We want to hear from you! Any recommendations made through this process will have an impact on current elementary students, as young as Grade 1. Our plan, if approved by Trustees in the fall, will create the roadmap for changes to our secondary schools and programs over the next 8 to 10 years.

No specific schools have been named for consolidation and no further steps will be taken without extensive local community consultation. Over the next four months, students, parents, staff and community members can continue to provide feedback and further insight through delegations and their local Trustee, by email to [secondaryreview@tdsb.on.ca](mailto:secondaryreview@tdsb.on.ca) or on our [online form](#). The Secondary Program Review Final Report will be presented to the Board in October 2020.

Manon Gardner  
Associate Director, School Operations & Service Excellence

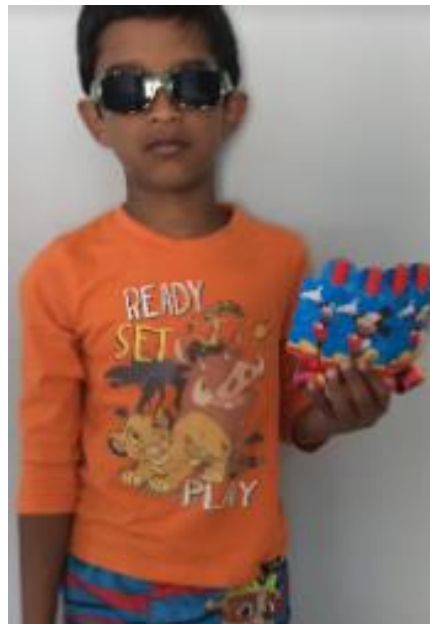
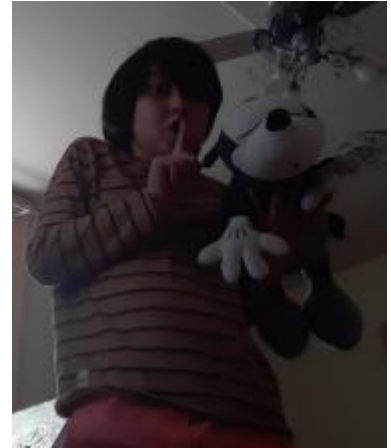


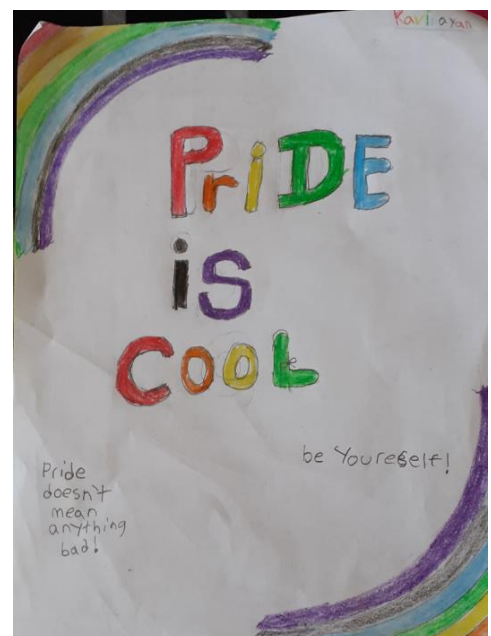
## SPIRIT WEEK



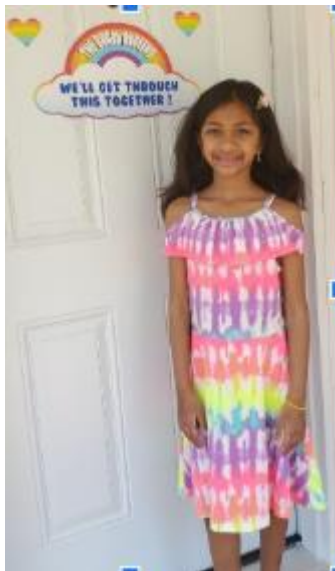








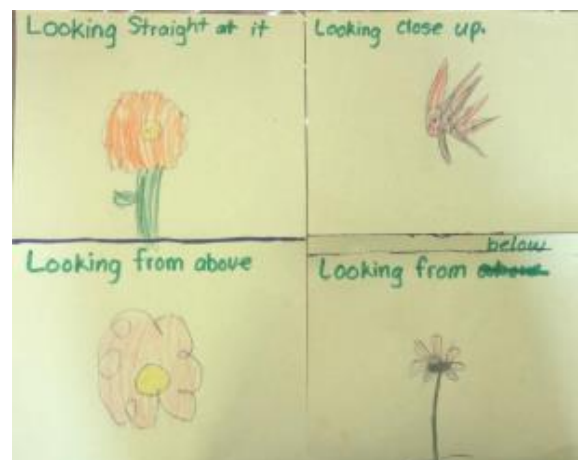
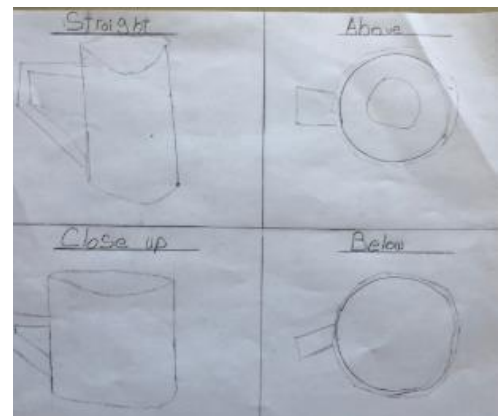
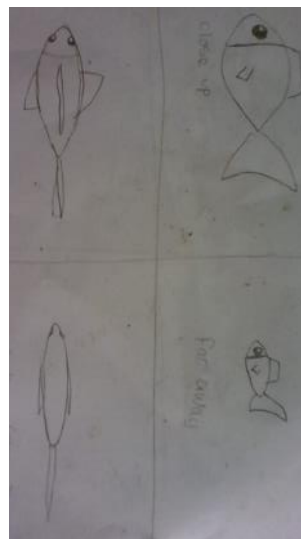




Why be someone else  
when you can be one  
in a million.



# YOUNG ARTISTS IN THE MAKING

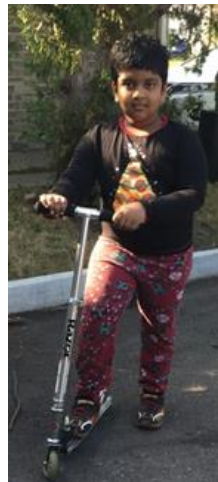




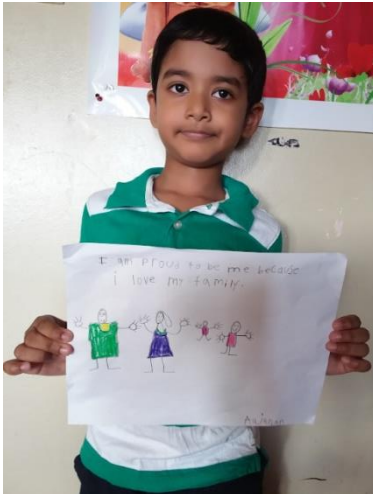
## VIRTUAL PLAY DAY













Gratitude is a quality that allows us to see the best in each other and in our lives. The practice of gratitude helps us become more optimistic. The ability to show gratitude is so important, both within school and in our everyday lives.

Throughout April & May 2020, students at Tom Longboat planned and worked hard on a very special project called **the Gratitude Project**. It is a reflection of how amazing, caring and compassionate Longboat students are.

Gratitude is good for us!

Dr Nicholas Mitchell, Provincial Medical Director for Alberta Health Services' says, "being grateful is much like laughter. It helps our bodies produce hormones that are good for us. Humour and laughter improve our ability to handle stress. Expressing gratitude - focusing on things that are positive and bring us joy or pleasure - causes similar changes in our brain and body. Gratitude can shift our attention away from stress and refocus it on the people who support us and the people we support."

As you review these pictures, we hope that it will somehow allow you to stay grounded and realize what things are most important in our lives right now.

Thank you to all of the students who participated and parents who helped submit pictures.

"In a world where you can be anything be yourself", Etta Turner

Nisha Pithwa & Desleigh Russell  
Tom Longboat JPS

## The Gratitude Project



## **'I BUILT A NEST & HERE'S WHAT HAPPENED' – MS STEPHEN'S 2/3 CLASS**





# My Art Inspired By Pablo Picasso



Art By: Nuha









# TORONTO PUBLIC LIBRARY TD SUMMER READING CLUB

The TD Summer Reading Club is the biggest, bilingual summer reading program for kids of all ages. It is co-created and delivered by over 2,000 public libraries across Canada with the goal of preventing summer learning loss by engaging kids in the joy of reading and learning.

Starting June 15th, kids can register online at **[www.tdsummerreadingclub.ca](http://www.tdsummerreadingclub.ca)** to access free e-books, read a web comic and share book recommendations, jokes, silly stories and more with children across the country.

Participants can also vote for their favorite summer read as two books go head-to-head each week as part of our new Battle of the Books feature.

Also new this year, we will be offering 28 author/illustrator online readings and workshops. Please follow us on Instagram or Facebook to receive our scheduled lineup announcement in the coming weeks: [https://www.instagram.com/tdsrc\\_cletd/](https://www.instagram.com/tdsrc_cletd/) <https://www.facebook.com/TDSRC.CLETD>)

We hope to see you this summer!

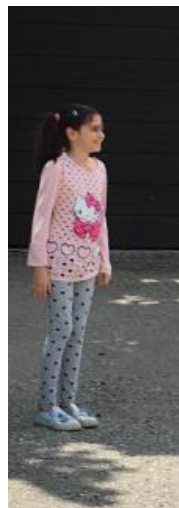


# LONGBOAT CAR PARADE – JUNE 24

Thank you for coming out to see us! We loved seeing you!











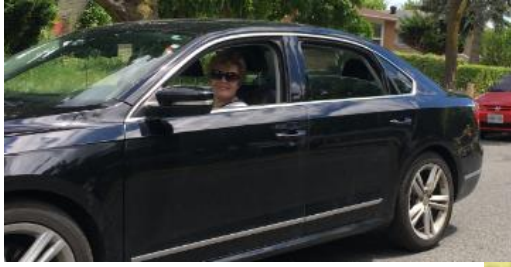












# LONGBOAT-MOJI'S

1



Ms Riding

2



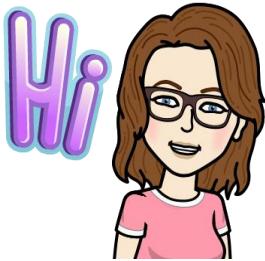
Ms Chisholm

3



Ms Bernadette

4



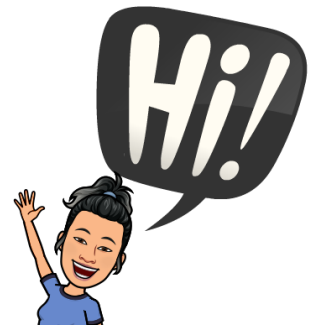
Ms Borsk

5



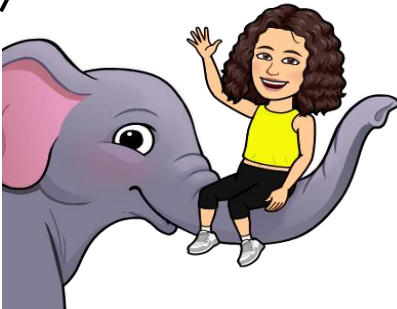
Ms Russell

6



Ms Yung

7



Ms Pithwa

8



Ms Tessler

9



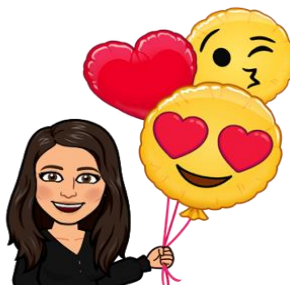
Mr Maskerine

10



Mr Mark

11



Ms Voula

12



Ms Shnayderman



13



Ms Bonnell

14



Ms Stephen

15



Ms Chavez

16



Mr Francis

17



Ms Lily

18



Ms Ryatt

19



Ms Mala

20



Ms Daniels

21



Ms Chui

22



Ms Hristov

23



Mr Singh

24



Ms Karakolis

25



Mr Birta

26



Ms Jawed

27



Ms Williams

28



Ms Ali

29



Ms Sawyer

During Spirit Week, a fun quiz was posted for all students to complete.  
The following students correctly answered all questions:

Akshayah  
Anushgaa  
Arin  
Fiza  
Emmanuella A  
Jashvihaa  
Jayanee  
Johina  
Karshiga  
Prajeen  
Shoumi  
Sonali  
Varshyga





# TDSB SUMMER WELL-BEING GUIDE

Summer is around the corner and it will look different than any other one we have experienced. This may leave us all wondering what our kids can safely do. What can we do to support their well-being by keeping them active, healthy and happy? It will be a challenge for a great many of us. Our usual summer activities may be cancelled and the annual events that we look forward to every year may be missing.

It will be important that we:

- Anticipate and talk together about how the summer may look different
- Focus on what gives you and your family joy and meaning
- Create new activities together
- Remember that others will be facing similar restrictions
- Focus on the positive - and what you can do
- Reach out for help and ideas proactively
- Invite your children to use their imaginations, get lost in a book, invent a new game, explore the neighbourhood
- Find ways to create opportunities for children to have some independence in whatever way this is appropriate for your child

**This guide contains information for TDSB families about:**

- Mental Health and Well-Being Resources
- Summer Programming/Activity Resources for Families
- Resources for Youth
- Health and Physical Education Resources
- Resources for Students with Developmental Disabilities and Autism



## Mental Health and Well-Being Resources

[School Mental Health Ontario: Parents and Families - COVID-19](#)

[What's Up Walk-In® | Mental Health Counselling](#)

[SickKids/About Kids Health Covid Learning Hub](#)

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

[Good2Talk](#) - Confidential support services for ages 17 to 25. Toll-free at 1-866-925-5454 or text GOODTOTALKON to 686868.

[Kids Help Phone \(ages 5 to 20\)](#) - Toll-free at 1-800-668-6868. Live Web Chat or Text CONNECT to 686868.

[Food Bank Search](#) - Searchable by postal code.

## Summer Programming/Activity Resources for Families

[CampTO](#) - The City of Toronto will be running summer camps starting July 13. Includes free, subsidized and fee for service programs.

[Virtual Summer Camps 2020](#) - Mix of free, subsidized and fee for service camps.

[City of Toronto Stay, Play and Learn at Home](#) - Free, high-quality recreation activities for all ages at home.

[Rise Edutainment](#) - Provides youth with platforms to perform, learn and develop leadership skills. They have Instagram Live sessions often. IG Handle: @rise\_edt

[1000 Activities To Do At Home](#) - Online activities including virtual experiences, classes and camps for kids, teens, adults and families.

[Backyard Camp](#) - Ideas to set up camps from your home particularly if there is some outdoor access.

[Bob Rumball Digital Deaf Camp](#) - Provides free daily activities and opportunities to stay connected.

Dance and Art Videos – Try [Mark Art – Be Well](#) and [Dance it Out – Be Well](#)





## Resources For Youth

[Youth Self-care 101](#) - Self-care tips for youth.

[Youth Mental Health Resource Hub](#) - Mental health resources for youth.

[Mental Health Counselling](#) - Free counselling at What's Up Walk-in.

[Kids' Help Phone](#) - Resource finder based on where you live.

[Skylark](#) – Programs and services for children, youth and families

[Government Financial Support](#) - Includes Canada Emergency Response Benefit (CERB).

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

[Black Youth Helpline](#) - A multicultural helpline and services for children, youth and families. Phone support available daily 9 am - 10 pm.

[Student Pathways Resource Guide](#) - Help-seeking resource for students.

[Woodgreen](#) - Social, employment and academic supports for youth.

## Health and Physical Education Resources

[Trails](#) - A list of Toronto trails for pedestrians, cyclists, in-line skaters and more!

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

[Health and Physical Education Resources](#) - Resources to support parents and caregivers with health and physical education at home.

[Games Galore](#) - Games and links to videos with fun activities to try e.g. Box juggling, hopscotch.

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



## Resources For Students with Developmental Disabilities and Autism

### ACTIVITIES FOR HOME:

[Activities for DD & ID Youth & Teens](#) - Leisure activity ideas created by TDSB Occupational and Physiotherapy (OT/PT) Department.

[Playing at Home](#) - Creative ideas for home play, created by TDSB OT/PT.

[Using Visual Schedules for Exercise](#) – A video by TDSB's Dr. Currie teaching families how to use a visual schedule for exercise

[Holland Bloorview Tip Sheet](#) - Fun and Budget-friendly stay-at-home activities.

[ErinoakKids Virtual Learning Hub](#) - Resources and activities to use with your children at home.

[Best Buddies Virtual Programming](#) - Organizational to provide social mentoring and connections between people with and without intellectual disabilities.

### CAMPS/PROGRAMS:

[Meta Centre](#) – Currently taking registrations in the event they can open during Phase 2.

[Geneva Centre for Autism](#) – May offer in person or virtual camp. ASD diagnosis required.

[South Asian Autism Awareness Centre](#) – Currently taking registrations in the event they can open during Phase 2.

[Aptus](#) – Contact for information.

[Variety Village](#) – Families can register for two weeks in August if Phase 2 of the re-opening process happens

[Toronto Parks and Recreation Adapted Programs](#) - Currently taking registrations in the event they can open during Phase 2.

[Community Living Toronto](#) – Offering a virtual summer camp 10 a.m. to noon daily.

[Griffin Centre](#) - Offering a virtual camp this summer.

[Backyard Camp](#) – Ideas and activities to set up camp at your home.

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

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





## RESPITE SUPPORTS:

[Respite Care](#) - Government information about respite care.

[RespiteServices.com](#) - This agency is very helpful to plan for the summer and to possibly access funding to help cover costs for care.

[Meta Centre](#) - Provides day, residential, respite and supported independent living services for children, youth and adults. Currently taking registrations.

## IN-HOME RESPITE OPTIONS:

**Most in-home respite is not available at this time.** You can use your SSAH/ ACSD funding to hire people who you trust to come into the home to help with your child.

Some families are eligible to apply for a **personal support worker** to come into the home to help with your child's personal care and give you a break through the LHIN:

- North Etobicoke - [Central West Local Health Integration Network \(LHIN\)](#)
- South Etobicoke - [Mississauga Halton Health Integration Network \(LHIN\)](#)
- Central Toronto - [Toronto Central Local Health Integration Network \(LHIN\)](#)
- North York - [Home and Community Care - LHIN - Central - centralhealthline.ca](#)
- Scarborough - [Central East Local Health Integration Network \(LHIN\)](#)

Some families with funding have hired a worker through a private agency. The cost is between \$33 and \$38 per hour.

[Bartimaeus](#) - Specializes in supporting individuals, families and organizations working with complex behaviour.

[W M and A](#) - Specializes in behavioural services for children, youth and adults with ASD, developmental exceptionalities and mental health challenges.

## FUNDING:

**Families may receive additional funding through the Child Tax Credit.** This money can be used for summer programming: [Canada child benefit \(CCB\) - Canada.ca](#)

Families on **ODSP and Ontario Works** are getting additional funds, which can be used for summer programs:

- [ODSP](#)
- [Ontario Works](#)

**SSAH and Passport Funding** - Families can use this money for summer programs.



The **Ontario Government Support for Families Program** is offering a one-time payment of \$250 for children with Special Needs and \$200 for your other children.

[Autism Ontario](#) - One-to-one worker summer funding application.

**Private foundations** you can access for funding support:

- [Ceridian Cares](#)
- [Labatt Better Together Foundation](#)
- [Jennifer Ashleigh Children's Charity](#)

[Frequently Asked Questions about Funding and Government Services for Parents and Caregivers](#)

### OTHER RESOURCES:

[Surrey Place Centre Wellness Centre](#) - A great resource offering lots of programs and tips.

[Holland Bloorview Family Resource Centre](#) - Lots of programs and tips for families.

[Woodgreen Developmental Services](#) - This is a great resource to get tips and learn about activities and programs including the Parent Outreach Program delivered by other parents with special needs children.

[ConnectABILITY Resources](#) - Information and resources to support people with developmental disabilities and their families

[Geneva Centre for Autism](#) - Remote services for children and youth with ASD.

[Star Autism Support](#) - Free visual and video resources to support children with Autism, at home.

[Community Living Toronto](#) - Services for children, youth, adults and families.

[Kerry's Place The Virtual Connection](#) - A platform for children and youth to connect and develop their social skills. ASD diagnosis required.

[Special Dads](#) - An online discussion and social group for fathers who are raising a child with an intellectual disability.

[Down Syndrome Association of Toronto](#) - Programs include virtual story time and Dance Rock Virtual.

[ISAND's Virtual Services and Programs](#) - Programs include yoga for teens and children with Autism, remote behaviour services and parenting coaching.

[Sector Pandemic Planning Initiative \(SSPI\) -Expert Help Line](#) (or call and leave a voicemail at 647-725-1382-families/staff can submit a question about pandemic related issues (**NOT** an emergency/crisis response)).







Even though our branches are closed, there are still lots of ways that you can use your library!

- Call Dial-A-Story at **416-395-5400** to listen to FREE stories in 16 languages.
- Visit us online at **[tpl.ca/kids](http://tpl.ca/kids)** for book recommendations, jokes and more.
- Download all kinds of ebooks and eaudiobooks from our website.
- No card? No problem. Get an Instant Digital Card. Visit **[tpl.ca/digitalcard](http://tpl.ca/digitalcard)** for details.

# summer Wonder



## Learn, Create & Explore with Summer Wonder

It's important for kids to keep learning all year long to keep their academic skills sharp and build self-confidence. Learning should be fun, and the library offers many free, unique online experiences for your family to discover together.



Check out one of our awesome **online programs**, like a **Mini Wonder Workshop**, and explore design thinking while building solutions to real world problems



Try a **Creativity Challenge** to tap into your inner STEM genius, or post a question on our **Wonder Wall** to learn more about the world



Sign up for the **TD Summer Reading Club** and keep track of your reading online



Get ready for a new school year with **Brainfuse**, an online homework help and skills building service for grades K to12

Visit **[tpl.ca/summerwonder](http://tpl.ca/summerwonder)** or follow us on Twitter at **[torontolibrary](https://twitter.com/torontolibrary)** for ideas and tips to keep learning fun all summer. For more fun, all year long visit **[tpl.ca/kids](http://tpl.ca/kids)**

### Anxiety 101: Is it time to worry?



#### **Part 1: Is it time to worry?**

What is anxiety? How much anxiety is what everyone experiences and what is more concerning?  
Where can I get support?

[Click here!](#)

### Anxiety 101: How to help children and teens cope with worry



#### **Part 2: How to help children and teens cope with worry.**

Ideas for how to have conversations with children and teens about their worries.

[Click here!](#)

### Anxiety 101: More ways to help children and teens cope with worry

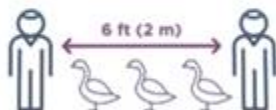


#### **Part 3: More ways to help children and teens cope with worry.**

More strategies for your worry “tool kit” - coping strategies, facing fears, mindfulness and relaxation. Different things work for different people!

[Click here!](#)

### Anxiety 101: COVID and Physical Distancing



#### **Part 4: COVID and Physical Distancing**

How to help your children and teens cope with anxiety during COVID and physical distancing.

[Click here!](#)