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## TOM LONGBOAT JUNIOR PUBLIC SCHOOL

37 Crow Trail, Scarborough, ON M1B 1X6  
Tel: 416.396.6610 Fax: 416.396.6297

Andrea Chisholm, Principal

March 25, 2020

Dear Tom Longboat Families,

I have received some additional resources that may be of interest to your family and children during this period of learning at home.

### **Making Social & Emotional Learning Stick - Parent Resources**

This link includes 3 videos for parents about what they can do at home (e.g., the importance of maintaining a routine and how to set up a schedule, how morning check-ins and evening debriefs can help with managing emotions during this stressful time, helping your brain notice positive things, calming strategies). It also includes downloadable material to help parents implement these strategies.

<https://makesociallearningstick.com/keep-calm-and-structure-on-how-to-manage-emotions-and-build-structure-at-home-during-covid-19/>

### **Harvard Developing Child Website**

This link takes you to the Harvard Developing Child website. Click on the PDF link to get activities and games that parents can do with their children to develop executive functioning skills.

<https://developingchild.harvard.edu/resources/activities-guide-enhancing-and-practicing-executive-function-skills-with-children-from-infancy-to-adolescence/>

### **CTV and CNN News Resources**

These links let you visit museums, art galleries and other arts related events (concerts, operas, plays, ballet). The first one is for Canadian sites (ROM, Vancouver Art Gallery, Canadian Museum of History, AGO, Canadian War Museum, National Ballet of Canada). The second has links for the arts around the world.

<https://www.ctvnews.ca/health/coronavirus/bored-during-self-isolation-tour-these-museums-from-the-comfort-of-your-couch-1.4852971>

<https://www.cnn.com/style/article/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>

### **Learning at Home - Reminders**

A reminder that the Ministry of Education and the TDSB have provided additional online resources to support the Ministry's Phase 1 of learning at home:

- <https://www.ontario.ca/page/learn-at-home>
- <https://www.tdsb.on.ca/Elementary-School/Supporting-You/Health-Active-Living/Coronavirus/Learning-Resources>

### **East Metro Youth Services**

Our school Social Worker, Megan Cowan, has forwarded a flyer from East Metro Youth Services, which I have attached to this email. Their telephone number is 416.438.3697, extension 0. Sessions are available from Monday-Thursday, 2:00-8:00 p.m., and Friday 10:00 a.m. – 5:00 p.m.

A reminder that I have continued email access during this time and can be reached at [andrea.chisholm@tdsb.on.ca](mailto:andrea.chisholm@tdsb.on.ca).

Please stay safe and healthy with your families.

Sincerely,  
Andrea Chisholm  
Principal  
Tom Longboat Jr. PS