

Valley Park Middle School Parent Council Newsletter *February 2021*

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



VPMS 2020 - 2021 Parent Council

Dear Valley Park Middle School Parents,

The following VPMS parents have been elected / acclaimed as Executive Members of our School Council for 2020–2021

- Khalid Javed Mian – Co-Chair
- Muhammad Masood Alam – Co-Chair
- Arshi Ali – Sub-Committee Chair (Mental Health & Parent Support)
- Asim Masoodi
- Safeera Mulla
- Mujahid Nazir Ahmed
- Zawar Patel
- Shazia Khalid Javaid
- Rizwana Younus Janga

The Teacher Representatives and non-teaching staff representatives are yet to be determined.

The Community Representative for our School Council is Julie Dasoo

Executive Members of the School Council are required to attend all remaining School Council meetings.

All parents are invited and encouraged to attend any School Council meetings.

Meetings will be held Virtually through the Zoom platform. The dates for the remaining School Council meetings this year are as follows:

Wednesday, December 2, 2020 at 6:00 p.m.

Wednesday, February 3, 2021 at 6:00 p.m.

Wednesday March 3, 2021 at 6:00 p.m.

Wednesday, April 7, 2021 at 6:00 p.m.

Wednesday, May 5, 2021 at 6:00 p.m.

Wednesday June 2, 2021 at 6:00 pm

Please contact Khalid Javed Mian & Muhammad Masood Alam for all communication regarding School Council business.

Please join me in thanking this year's School Council members and congratulating them on their role in supporting our students, staff, parents and community.

Yours Sincerely,

George Bartzis, Principal

email: george.bartzis@tdsb.on.ca; phone: 416 396 2465

If you are interested in becoming a parent representative for the Valley Park MS School Council please contact me by email, George.Bartzis@tdsb.on.ca phone: 416 396 2465 or in person at the school

Parent Council Contacts

For all communication regarding School Council business, Parent council can be contacted at Co-Chairs emails:

mian.khalid@tdsb.on.ca / malam@ymail.com

Cases of COVID-19 at VPMS

Dear Parents/Guardians,

I wanted to provide you with information about 4 cases of COVID-19 that have been identified in students at Valley Park Middle School. We continue to work closely with Toronto Public Health (TPH) on these cases, which last saw the students in the school on February 19th and February 23rd, 2021. These students will not return to the school until cleared by TPH to do so. This now brings the total number of active COVID-19 cases in our school to 4. As a result of this case, a Grade 6, Grade 7 and Grade 8 class (and all siblings of students in that class) have been asked to self-isolate. The students and families in the impacted cohorts have been notified in a separate communication.

As per our procedures, staff and students are required to wear masks while at school and to practice physical distancing, as well as proper hand hygiene — hand washing, sanitizer etc. While enhanced cleaning is conducted every day, we have made sure to conduct an enhanced cleaning in all affected areas of our school. TPH is monitoring the situation and, as always, will let us know if further precautions, actions or communications are required.

The health, safety and well-being of staff and students is our top priority. One of the most important things we can do to slow the spread of COVID-19 in our schools, is for students and their families to screen themselves daily for any symptoms of COVID-19 using the [TDSB Student Health Pass](#) or the TDSB Health App.

Should you have any questions, please contact the school, visit the [TDSB website](#) or visit the [TPH website](#) for general information. For general questions, please call the TPH COVID-19 Hotline at 416-338-7600, Monday-Sunday 8:30 AM – 8:00 PM, to speak with an agent. If you need immediate assistance, please call Telehealth Ontario 24 hours a day at 1-866-797-0000.

Hello Valley Park Families,

This information is being shared with you on behalf of Health Access Thorncliffe Park:

Good evening!

We look forward to welcoming you on **Sunday 28 Feb 3:30-5:00pm** for HATP's monthly COVID-19 Vaccine Q & A Forum.

This month we are joined by Dr. Janine McCready and Dr. Omar Ali Khan.

[COVID19VaccineForum-Feb28v2.pdf](#)

Questions can be emailed in advance to info@healthaccesstp.org or WhatsApp at 437-333-9964.

Please click the link below to join the webinar:

<https://ca01web.zoom.us/j/62396262047?pwd=M01YUURhTlNPZ0xjSlgyMTIUSGNYdz09>

Webinar ID: 623 9626 2047

Passcode: 500334

You can also join by phone:

Dial: 647-375-2970

Meeting ID: 623 9626 2047

Participant ID: Press pound (#)

Meeting Password: 500334#

Thank you!

Munira Khilji

School-Based Paediatric Clinic @ Thorncliffe Park Public School

Call/text/WhatsApp: 437-333-9964

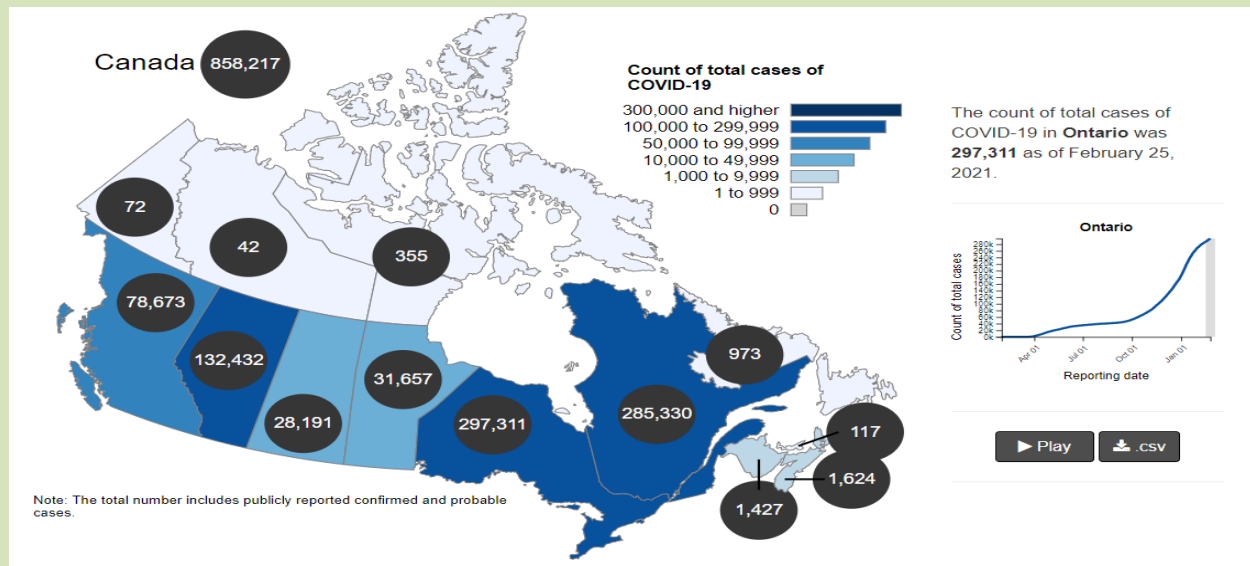
Fax: 647-729-9955

Email: mkhilji@healthaccessstp.org

Health Access Thorncliffe Park , East York Town Centre

Unit B7 - 45 Overlea Blvd , Toronto, ON , M4H 1C3

COVID-19 Outbreak



[Coronavirus disease \(COVID-19\): Outbreak update - Canada.ca](https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19-outbreak-update)

Community Connections

At the TDSB we encourage strong community connections to provide our students with the balance of what they are learning and how it applies to life outside of the classroom. We engage the community in several ways. We welcome [volunteers](#) to help support our students. If you are interested in volunteering at your child's school please connect with your principal directly.

We encourage organizations to [permit the use of our facilities](#) so that they can be used when school is out. Learn more about our effective partnerships with communities and community agencies through our [Community Use of Schools](#) and [Focus on Youth](#) programs. We also provide a solution to the challenge of inadequate space in Toronto's priority neighbourhoods for community use through our [Priority Schools Initiative](#).

We welcome community feedback. Public input is critical in helping us make our school board the best it can be. Our community can take an active role in the decision-making process by attending town hall meetings, public forums, speaking to Trustee standing committees and participating in surveys. Please check out our [community consultations](#) section to find out what consultations are currently active. <https://www.tdsb.on.ca/Community>

Community Planning and Partnerships

<https://www.tdsb.on.ca/Community/Community-Planning-and-Partnerships>

Program Update

Thank you for your interest in exploring a Facility Partnership with the Toronto District School Board. Given the COVID-19 pandemic, there is much uncertainty regarding our regular school operations and the availability of unused space. As a result, we will be unable to identify potential space for Facility Partnerships and therefore unable to process any applications at this time.

We are very sorry for any inconvenience this pause may cause your organization. If you have any questions, please send an email to CommunityPartnerships@tdsb.on.ca

Overview

The Board values cooperative, collaborative, and compatible facility partnerships. These partnerships benefit the Board, students and community while optimizing the use of public assets owned by the Board.

The Ministry of Education developed the [Community Planning and Partnerships \(CPP\) Guideline](#) to encourage school boards to reach out to community organizations to share planning information with community organizations on a regular basis. The sharing of information may lead to:

- Facility partnerships involving unused school space (that is not required for school programs in the short term or medium term)
- Facility partnerships in capital projects such as major facility renovations, additions or the construction of new schools.

Boards are encouraged to ensure that additional efforts are made to share this information with community organizations prior to commencing a Pupil Accommodation Review.

Partnership Compatibility

Facility partnerships are only be considered in schools where they are compatible and they do not interfere with ongoing school operations or the Board's long-term operation or capital plans.

To ensure compatibility:

- Potential partners and partnerships shall be carefully vetted by central staff, the superintendent of education and school administration.
- School Councils and/or Student Councils, as appropriate, shall be part of the consultation process that will inform decision making.
- The Board shall make decisions about partnerships through the approval of partnership agreements in the form of leases.

Criteria for Selection

Criteria for the selection of potential facility partners must align with the mission and values of the Board and be based on the following principles:

- The values of the Board must be respected.
- Health and safety of students must be protected.
- Student achievement strategies must be supported.
- School board operations shall not be negatively impacted.
- Partnerships must be appropriate for the school setting in accordance with the mandate of the public school system.
- The value of the partnerships to students must be considered.
- All costs must be recovered.
- Organizations that provide competing education services such as tutoring services, JK-12 private schools or private colleges, and credit offering entities that are not government-funded, shall not be eligible facility partners unless specifically approved by the Board.
- Both non-profit and for-profit entities may be considered, in compliance with local bylaws.

Programs, services and organizations that support the physical health and mental wellbeing of students, staff and communities have a priority among external requests for space.

Rooms Available for Potential Partnership

[Rooms Available for Potential Partnership List](#)

[Rooms Available for Potential Partnership Map \(pdf\)](#)

[Rooms Available for Potential Partnership Live Map](#)

Capital Priority Projects

[Capital Priority Projects List](#)

[Capital Priority Projects Map](#)

Pupil Accommodation Reviews

The Long-Term Program and Accommodation Strategy for 2020-2029 includes a number of Pupil Accommodation Reviews that are listed below.

[Pupil Accommodation Reviews List](#)

[Pupil Accommodation Reviews Map](#)

Non-Operating School Sites

[Non-Operating School Sites List](#)

[Non-Operating School Sites Map](#)

Application Process

After reviewing the Community Planning and Partnerships [policy](#); and [procedure](#); , interested organizations are required to complete the application [form](#).

Contact Us

For information or questions regarding applying for space under the Community Planning and Partnership policy, please contact Andrew Chua by email at CommunityPartnerships@tdsb.on.ca or by phone at 416-394-7277.

If you would like to add your organization's name to our notification list, please contact us.

Dr. Arshi Ali Sub-Committee Chair (Mental Health & Parent Support)

Parent Council members and all valley Park Middle School community members are requested to contribute and join Mental Health & Parent Support Committee Chaired by Dr. Arshi Ali to achieve the goals for Mental Health & parent support in our community

Parenting is a journey.....

Nowadays, most of the time parents concerning the emotion, behaviour, and well-being of their children from many perspectives including tantrums, anger, aggression and outburst. Sometimes parents are unable to manage, control or handle that behaviour, and the most important aspect is that while handling those issues, parents cause damage or harm then handle it appropriately. Today's blog is about discussing **20** healthy, positive and appropriate ways to manage anger, aggression, tantrums and outburst among children. Here you go

1. Identify your own ways to express irritability: The first step towards managing the anger or tantrum of a child, it is needed to identify your own tendencies to express anger or irritability. Ask many questions to self, for instance:

- How do I express my anger?
- How do I react to an unpleasant situation?
- Do I shout, scream, yell, cry or moan?
- How much time I take to calm down?
- Am I be in my senses at that moment?
- How often do I show tantrums?

Once you get all answers, the next step is to compare your ways of expressing anger and your child's tantrums. You might find some similarities between you and your child and chances are that the child is learning from you or your partner. Children practice whatever they observe in their environment

2. Recognize triggers in your child: For managing and handling outbursts, the most important aspect is that you recognize and closely identify triggers in your child. Triggers vary from child to child, situation to situation but it depends. Once you identify the trigger, it is indeed easy to manage. Triggers might be

- Child perception of injustice, or neglect from parents
- The child is being ignored or disregarded

- Sometimes, a child is frustrated, not being able to compete with the school assignment or not able to fulfill parents expectations
- The child is not sleeping well for any reason, or the bed is not enough comfortable for having a good night sleep
- Unrecognized problems that might be learning disability, emotional or behavioural issues or bullying or maybe abuse in case
- In few cases, child learn to express anger from cartoons or movies
- Or child learn that it is OK to express anger this way, learn from parents

3. Never and ever be on the same page or same boat: This is the critical aspect, whenever a child is expressing anger or being aggressive, as a parent you have to be calm down, do not react aggressively or never and ever be on the same page or same boat. Given the fact that normally, it takes 15 to 20 minutes for a child to calm down however if you react, the situation might worsen. Let the child ventilate that outburst. As a parent or guardian, you can try these strategies for managing your own emotional outbreak, for instance:

- Try deep breathing
- Maintain eye contact
- Control your facial expression
- Try to use chew gum, it helps to control emotions
- Think something positive or try to understand the situation
- Practice positive affirmations, for instance, calm down, relax and relax

4. Validate feelings/emotions at the time of distress: Neuroscience suggests that anger usually takes 15 to 20 minutes to subside. As a parent, try to validate the feelings and emotions of a child at the time of tantrums or outbreaks. You might be using the following "I statements" for validations, for instance:

- I understand that you are angry at this time
- I realize that you did not like the situation
- I know it is hard for you at this time or moment
- I recognize that it is inappropriate for anyone
- I appreciate that your expressions let us think deeply

All of these statements have to be used wisely and appropriately in the situation. Your tone has to soft and relax. You can mix and match the ideas with the situation, it will certainly calm down the angry bird. The child will realize that someone understands his or her feelings and emotions. Next, you can address or investigate that concern or issue appropriately

5. Let them express feelings at that moment: Do not rush or hurry to correct/control them or suggest them anything. The child will not be able to understand anything at that moment. First, let them express emotions and listen to them consciously or mindfully. You will find many hints or red flags while listening to them. They might share those thoughts that could not be shared normally. This expression will ventilate their deep emotions and give you a better idea of how to manage them. Your child might be saying, for instance:

- You always do this to me (Give you an idea that you need to change your strategies)
- You always love youngest sister or brother (You need to justify your time for spending with each child)
- You do not listen to me (You need to focus on proper listening skills)
- You do not care about me (You need to show more affection and love)

Every single statement will remind you of something. Later on, you can request your child specifically what he or she requires from you and in another way, you can figure it out by yourself

6. Listen, Listen and Listen only: This is the most suitable strategy for any situation, just listen, listen and listen only. While hearing a child, closely pay attention to the content or wording or the situation child is communicating about. Listening not only assist you to better understand a child but also let the child realize that someone listening and understanding his or her feelings. This strategy is also helpful for an adult to calm down

7. Distract your child: This strategy is really helping for diverting angry bird attention to different things. While the child is arguing or yelling, you can ask different questions related to the conversation. These questions will distract your child for a moment. The most important appearance is your own temperament, mood, tone and behaviour

8. Magic of holding a hand or hug : Most of the time parents usually ignore the power of a physical touch while the child is in anger mode. It has a magical impact if you just hold hands or touch the shoulder or hug him or her. It will immediately provide support and comfort to the child, and also soothes emotions or help him or her to calm down

9. Wait for the cooling time: Parents normally try to advise or instruct them how to behave but it is useless at that time. Please wait for the cooling time or let the child come into his or her senses. A child usually takes 15 to 20 minutes to get into senses. You have to wait and try the above-mentioned strategies, for instance, deep breathing, holding the hand of your child, listen appropriately and distract a child

10. Offer something for eating or drinking: If you noticed that child is too high while in an angry tone, you can distract your child by offering a glass of water or juice or any other drink at that time. You can also offer chocolate or candy while properly listening to him or her. Once the child starts eating or drinking something, 5 senses would activate at that time, and connect the child with the present moment. This way a child would be grounded, for instance:

- The child will observe something, that will help to stimulate visual senses
- Holding something for drinking or eating will help to activate touch senses
- The aroma or smell will help to activate the olfaction senses
- While drinking or eating something will activate taste buds
- The child will also be listening to something from parents that will activate temporal nerves
- This way a child will be fully grounded and connected with reality **(To be continued)**

Arshi Ali, Ph.D. PMDCP

Registered Psychotherapist (Qualifying)

Chair of the mental health committee

Grenoble Public School

Check-in survey



Toronto District School Board

Good Evening,

Recently, all TDSB staff, students (Grades 6 to 12) and parents/guardians (JK to Grade 12) were invited to participate in a check-in survey to help us get a snapshot of how everyone is coping under the current pandemic circumstances. All groups were asked to provide comments and perspectives about their mental health and well-being, relationships, and student learning experiences.

In total, just over 96,000 elementary and secondary parents/guardians, approximately 36,000 students and just over 6,000 TDSB staff members participated in these consultations. We thank everyone who took the time to share their voice and provide us with valuable feedback. While staff has just begun reviewing the information gathered, today we are sharing some initial results.

Among the findings from the surveys, a large majority of parents/guardians and students reported feeling protected from getting COVID-19 because of the health and safety precautions in place at their school. Additionally, a large majority of students reported feeling cared for and supported by teachers. However, the survey results also show that a large majority of staff and students reported feeling very stressed and are struggling with their mental health. These initial results show that TDSB staff, students and families are all doing the best we can during these unprecedented circumstances. We are encouraged to see that parents/guardians and students feel that staff are

caring and supportive during this challenging time. However, results reveal that this work is taking a toll on staff. A key focus going forward will be on better supporting the health and well-being of staff while continuing to provide a high level of support for students and families.

For more information and detailed results from these consultation sessions, please view the [staff presentation](#) from today's meeting of the TDSB Planning and Priorities Committee.

Thank you.

Virtual Arts Programs for Children

Hello,

City of Toronto, Community Recreation is launching two new virtual arts programs for children. These will be offered online so you can participate from the comfort of your own home while our recreation centres remain closed. The programs are led by qualified City of Toronto Recreation staff and focus on arts skills, music and activities.

To participate, you will need access to a computer with a camera and internet access. We use software called WebEx for the program. Once registered, you will receive an email with instructions on how to install the WebEx software and what you'll need for the class.

Virtual Making Music with Caregiver is a live interactive program creating a musical instrument with a sing-a-long. This program is for younger children from 3 to 5 years with caregiver participation.

Virtual Crafty Creations is a live interactive scavenger hunt where participants will create an art project as part of the workshop. This program is for children from 6 to 8 years old.

We will be offering two program models as we find the best fit for our clients: a one day workshop model and a three-week program. The one-day workshops will be offered on Saturday February 27th and Saturday March 6th, 2021, free of cost. The three-week programs will be offered on Saturdays starting March 13th for a small fee.

Registration will be available beginning Friday, February 19, 2021 at 8:00 a.m. Registering online at [eFun](#) is the fastest way to register for programs. You can also call us at 416-396-7378.

To assist in your planning, please find the course barcodes below:

Virtual Making Music with Caregiver (3-5yrs) - Saturdays at 9:30am

Feb 27th (1-day workshop): 3788651

Mar 6th (1-day workshop): 3788652

Mar 13th (3-week program): 3788653

Virtual Crafty Creations (6-8yrs) - Saturdays at 1:00pm

Feb 27th (1-day workshop): 3788648

Mar 6th (1-day workshop): 3788649

Mar 13th (3-week program): 3788650

We hope you continue to stay safe.

City of Toronto, Parks Forestry & Recreation Team

Community Covid-19 Response Project

Have you tested positive for Covid-19?

Do you have one or more family members who have tested positive for Covid-19?

Have you or your family been directly impacted by Covid-19?

You may be eligible to apply for one-time instrumental supports through the East Effort: Individual Family Support Fund.

For more information please reach out to your Community Support Worker or **call *Nazia Asad: 647 293 5264.**

The Individual and Family Support Fund is an initiative of the East Effort: Community Covid Response Project led by [Flemingdon Health Centre](#).

A proud initiative of



East Toronto Health Partners

Learn more at ethp.ca



fhc
FLEMINGDON HEALTH CENTRE

SCAN FOR COVID-19 INFO

اسکن اطلاعات
بھی ماحولی مارتے سکن کریں
معلومات سکین کریں
امسح للحصول علی المعلومات
جانکاری کے لیے سکن کریں



معلومات کے لیے سکن کریں
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सांख्यारी सही मवैठ
اسکن معلومات
Vyhl' adajte informácie

HATP INVITES YOU


COVID-19 VACCINE Q&A FORUM

SUNDAY FEBRUARY 28


3:30PM – 5PM

Join Via Zoom


Meeting ID: 623 9626 2047
Passcode: 500334
or dial in at 647-375-2970



SUPPORTED BY:




Health Access Thorncliffe Park
Community Health, Close to Home.




THE NEIGHBOURHOOD ORGANIZATION

PANELISTS INCLUDE:



DR. JANINE MCCREEDY



DR. OMAR ALI KHAN

PLEASE SUBMIT YOUR QUESTIONS:

✉ **BY EMAIL** (SUBJECT LINE: VACCINE Q&A)
INFO@HEALTHACCESSTP.ORG

📞 **BY WHATSAPP**
437-333-9964

HAVE YOU TESTED POSITIVE FOR COVID-19?

DO YOU NEED HELP FINDING RESOURCES?


DO YOU NEED HELP ACCESSING FOOD?

KNOW A SENIOR THAT NEEDS SUPPORT?

CALL: 647 - 477 - 1640






SCAN FOR COVID-19 INFO

اسکن اطلاعات
بھی ماحولی مارتے سکن کریں
معلومات سکین کریں
امسح للحصول علی المعلومات
جانکاری کے لیے سکن کریں



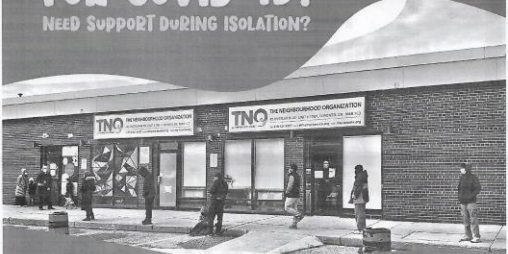
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सांख्यारी सही मवैठ
اسکن معلومات
Vyhl' adajte informácie

Supported by:







TESTED POSITIVE FOR COVID-19?

NEED SUPPORT DURING ISOLATION?



CALL OUR HOTLINE @
416-467-0126

PANDEMIC CASEWORKERS @
647-236-3873
OR 647-293-5264

@TNOtoronto

Dear Thorncliffe and Flemingdon Park Families,

We will be having our Second Kids Healthy Snacks Drive on Saturday, February 27, 2021.

Last week we have distributed Healthy Snacks in Beautiful lunch bags to 300 kids, including 50 Snacks bags were given to

Fraser Mustard Early Learning Academy on Monday, 29th February.

We will be distributing 300 Snacks bags to kids in Thorncliffe and Flemingdon Park.

Attached is the flyer, please post in your networks.

Please register your kids names here:

https://docs.google.com/forms/d/1ZTM_dn677xQenyM9kzV02uafgjM222KM7nU7Bel0K-Y/edit?usp=sharing_eil&ts=603311e1 Kids' Healthy Snack Program, February-March, 2021

Thank you for your great support and help.

Best regards,

Masood Alam

President, Canadian Community Services Organization

malam@ymail.com

[647-292-5364](tel:647-292-5364)

CANADIAN COMMUNITY SERVICES ORGANIZATION

COVID-19 - Prevent the spread
Wash up. Back up. Mask up.

No Cooking Required
Snacks for Kids

STAY HOME STAY SAFE

Canadian Community Services Organization
East Toronto Health Partners and Flemingdon Health Centre
Second Kids Healthy Snacks In Thorncliffe & Flemingdon Park

Saturday, 27th February 2021

Tagi Khan 416-671-0903	Asif Mahmood 647-893-2281	Shakeel Ahmed 647-831-7327
Azfar Alam 647-712-5279	Syed Almas 416-938-2534	Syed Mujahid 647-629-8605
Adil Butt 647-706-6667	Mehreen Ghaffar 416-829-4383	Tasleem Riaz 416-602-2131

For any questions, please call Masood Alam – 647-292-5364

SCAN FOR COVID-19 INFO

INCOME SUPPORT SETTLEMENT SERVICES
TNO 416-467-0126 <https://tno-toronto.org>

LEGAL / HOUSING SUPPORT/EMPLOYMENT BENEFITS
Don Valley Community Legal Services (DVCLS) 416-441-1764 (Ext 36) <https://www.donvalleylegal.ca/>
TNO (Rent Bank, OESP, LEAP support) 416-467-0126 <https://tno-toronto.org/housing/housing-programs>

VIOLENCE AGAINST WOMEN
TNO 416-467-0126 <https://tno-toronto.org/programs-women>
The Assaulted Women's Helpline 1-866-863-0511

YOUTH SUPPORT
TNO 416-467-0126 <https://tno-toronto.org>
Mental Health TO FHC 1-866-585-MHTO (6486) <https://www.stidestoronto.ca/programs/mental-health-to/>
416-429-4991 <http://www.fho-chc.com>

SENIORS
Adil @ TNO 416-460-3530 Amanda @FHC 647-456-4375
Society of Sharing 416-413-0380 <http://societyofsharing.org/>
Toronto Seniors Helpline 416-217-2077 Monday-Friday: 9am-5pm; Weekend/Statutory Holidays: 9am-6pm
1-877-621-2077 (available in 180 languages) <https://torontoseniorshelpline.ca/>

TNO fhc
THE NEIGHBOURHOOD ORGANIZATION FLEMINGTON HEALTH CENTRE
Health Access Thorncliffe Park
East FPN
East Toronto Health Partners

CITY OF TORONTO RESOURCES
Call the Toronto Public Health Hotline if you have questions about COVID-19
• Open 8:30 am - 8 pm.
• Telephone: 416-338-7600, 416-338-8421
• TTY: 416-392-0658
• Email: PublicHealth@toronto.ca
Call 311 Toronto for information on city services
• Outside City limits: 416-392-2489
• Call if you have questions about City services: TTY: 416-338-0889
Call 211 for information on community resources
• You can also text 21166, chat online @ www.211Ontario.ca chat, or email gethelp@211Ontario.ca

COMMUNITY RESOURCES
Thorncliffe Park & Flemingdon Park

COVID TESTING
Health Access Thorncliffe Park - Community Hotline 647-477-1640
Jenner Jean-Marie Community Centre Monday - Friday, 1-7pm
Angela James Arena- Flemingdon Monday - Wednesday, 1-7pm
Dennis R Timbrell Resource Centre- Flemingdon Friday - Sunday, 1-7pm
TNO- Youth Centre Monday - Sunday, 1-7pm
If you have Tested Positive:
Support for Families : Call us at 647-477-1640 or 647-236-3873 or 647-293-5264 for help with support during your isolation period.
ISOLATION CENTRE : Call Toronto Voluntary Isolation Centre at 416-338-7600 to request space.

FOOD SECURITY
TNO 416-467-0126 <https://tno-toronto.org/blog/food-banks-other-food-resources>
Thorncliffe Food Bank 647-296-0242 <https://icareliefcanada.ca/food-banks>
647-428-9755
Flemington Food Bank 416-422-4322 <https://www.fhofoodbank.com>
@ 10 Gateway Blvd 9am-4pm Monday/Wednesday - Call to register! info/ voice message.
Afghan Women's Maryam: 416-422-2225(-227) <https://www.afghanwomen.org/event/food-bank/>
Organization Food Bank Amiri: 416-388-8323 9:30-4:30pm - Call to register! info/ voice message
@ 200-747 Don Mills Road
East York Meals on Wheels 416-424-3322 <https://www.eastofthelake.mealsonwheels.org>
@ 2 Thorncliffe Park Drive #52 9am-5pm - Call to register! info/ voice message.
Thorncliffe Residents Group Masood Alam: masam@gmail.com
647-292-5364 9am-5pm - Call for more info/voice message
FHC Food Distribution @Angela James Arena every Friday 1pm to 3pm

MENTAL HEALTH SUPPORT & HELPLINES
Flemington Health Centre 416-429-4991 www.fhc-chc.com
Health Access Thorncliffe Park 416-421-6369 Mon - Fri, 9am-5pm
Toronto Distress Centre 416-408-HELP (4357) <https://www.dcoog.com/408-help-line>
ConnexOntario (ON) 1-866-531-2600
Kids Help Phone 1-800-668-6868 Text: 686868 <https://kidshelpphone.ca/>
Trans Lifeline (all ages) 1-877-330-6366
First Nations and Inuit Hope for Wellness 1-855-242-3310 <https://www.hopetforwellness.ca/>
Canadian Indian Residential Schools Crisis Line 1-866-925-4419
Canada Suicide Prevention Service 1-833-456-4566 <https://www.crisisservicescanada.ca/en/>



Valley Park School Council Meetings

Wednesday March 3, 2021 at 6:00PM

Wednesday, April 7, 2021 at 6:00PM

Wednesday, May 5, 2021 at 6:00 PM

Wednesday June 2, 2021 at 6:00 PM