



Westmount Weekly

Mar. 9 - Mar. 13, 2026



Dear Westmount Families,

Continue to be well!

Our local weather has been quite unpredictable lately. Because conditions are changing so rapidly, the **slope in front of the school** has become hazardous—it can be either very icy or quite muddy depending on the hour.

For the safety of our students and families, I would ask that everyone stick to the **paved walkways** to enter and exit the school grounds to avoid slips and falls.

As we approach the middle of March, we begin to wind down for the March Break! This will be my last Weekly before March Break. The next Weekly will come on Sunday, March 22. We understand that many families are observing Ramadan these days and will be celebrating Eid during the March Break. We wish you all Eid Mubarak!

I hope you have set your clocks ahead one hour as Daylight Saving Time begins today. This time change will require change in children's routine and sleep time so everyone arrives on time Monday morning.

As we move into spring, we are focusing on fostering a culture of **independence and confidence** in our students. To set your child up for the greatest possible success, we ask that families aim for a **9:00 AM – 9:10 AM arrival**.

Why the 9:10 AM Target Matters

Those five to ten minutes make a significant difference in your child's development:

- **The Power of the "Soft Start":** Research in [child development](#) suggests that consistent routines are the foundation of **Executive Function**. Arriving by 9:10 AM provides a social "buffer time" that allows students to regulate their energy and mentally transition from "home mode" to "school mode" alongside their peers.
- **Building Confidence Through Autonomy:** Psychologist Albert Bandura's [self-efficacy theory](#) posits that children build true competence by mastering tasks independently. When a student enters with their teacher, they practice vital self-management skills—like hanging up their own coat and organizing their bag.
- **Avoiding "Learned Helplessness":** When a student is regularly late and escorted into the hallway by an adult to catch up, they feel rushed and miss the opportunity to master these transitions. We want every student to feel the pride of saying, *"I can do this myself."*

By arriving earlier, you are giving your child the gift of a stress-free morning and the confidence to lead their own school day.

Thank you for partnering with us to keep Westmount a productive and inclusive environment.

Warmly,

Shikha Nalin, Principal,

Westmount Junior School

This week at a Glance

Date	Activity
Monday, Mar. 9 Day 3	<ul style="list-style-type: none">● Osmow's Day
Tuesday, Mar. 10 Day 4	<ul style="list-style-type: none">●
Wednesday, Mar. 11 Day 5	<ul style="list-style-type: none">●
Thursday, Mar. 12 Day 1	<ul style="list-style-type: none">●
Friday, Mar. 13 Day 2	<ul style="list-style-type: none">● Hero Burger Day● Last Working Day before the March Break

TDSB Updates:

Developmental Disabilities Virtual Connect (DDVC) Sessions: (DDVC) is a Toronto District School Board (TDSB) initiative providing monthly, virtual, and in-person sessions for families of children and youth with developmental or complex needs. For latest session (March 9th and 30th, 2026) information, please check the flyer

EQAO Math Resources on TDSB Website

We are excited to introduce the [EQAO Math Resources Site](#) on the TDSB public website. You will find weekly questions for students in grades 3, 6 and 9, the EQAO glossaries linked for families, parental resource support from the [TDSB Mathematics for Families & Caregivers page](#) and other resources.

[Bookmark this page](#) and check it every week if you have a child in Grade 3, 6, or 9.

Grade 3 Math Resources

1. [EQAQ Weekly Practice Questions Grade 3](#)
2. [Google Form for Answers](#) - Students can submit their answers here for the weekly questions
3. [EQAQ Grade 3 Glossary](#) - Math Vocabulary which will help students answer questions
4. Parent/Caregiver and Student Practice Package Grade 3 - Families can download this practice package
5. [EQAQ Questions and Supports on the TDSB website](#)

TDSB Math Supports for everyone

7. [TDSB Mathematics for Families & Caregivers page](#)
8. Free Math Help Available at [TVO Mathify](#), a free online tutoring service for grades 4 to 12

Special Education and Inclusion Parent Engagement Sessions - March 2026

Special Education and Inclusion is pleased to offer various sessions for parents/caregivers this March. Please find additional information [in this flyer](#). All parent engagement sessions for the 2025-26 school year can be [found on the TDSB website](#).

Updates and Reminders

Summer CampTO

Where kids can be active, creative and make fun memories. Summer CampTO programs for early years (4-5 years), children (6-12 years), and youth (13-17 years) will be available for browsing online on Thursday, February 19. Important summer camp registration dates:

- Tuesday, March 24 - [Early Local Registration](#) at free centre locations for eligible local residents
- Tuesday, March 31 - Registration opens for all other CampTO locations

Parents/Caregivers/Guardians In the loop: Mar 2026

You See Me Black Empowerment Elementary Conference - 2026 Registration Form

The African Heritage (Black History) Month Volunteer Planning Committee has opened registrations for the second annual You See Me Black Empowerment Elementary Conference for Black-identifying TDSB students in grades 5 to 8. This year's theme for the conference is The Power of Us, We Stand Together.

- April 2 from 9 a.m. to 2:30 p.m. (check-in at 8:30 a.m.)
- Stephen Leacock CI (2450 Birchmount Rd, Scarborough, ON)
- [Register here](#) or [see the full message for more details](#)

Registration closes on March 6. Space is limited and will be reserved based on the numbers recorded during registration. Questions? Contact Meghan Grant and Randy Samuel.

Child and Youth Services (CYS) Poster Contest

- The 2026 Child and Youth Services (CYS) Poster Contest is officially open as part of our ongoing mental health and well-being initiatives! This year, students are invited to explore how compassion, toward themselves and others, supports mental health, strengthens connections, and enhances overall well-being. [Explore the full contest details here.](#)
- With the theme Compassion is the glue that sticks us together, students are encouraged to express, through art, how kindness, empathy, and care help build inclusive, supportive communities where everyone feels they belong. This initiative highlights the important role compassion plays in fostering resilience, belonging, and positive mental health for all students. We invite students to get creative, reflect on acts of compassion in their daily lives, and share their vision through art. The contest deadline is April 1.

Social Media & Safety: A Parents' Roadmap - March 11 Event

Social Media & Safety: A Parents' Roadmap is an engaging evening for parents and caregivers to better understand the digital world that young people are navigating. We will talk about online exploitation, sextortion and AI, and harmful digital behaviours, while keeping the focus on practical, realistic ways to support children's safety and well-being online.

This session is about building confidence, not fear. You will leave with clear strategies, conversation starters, and tools to help your child make safer choices, set healthy boundaries, and know when and how to ask for help.

- March 11 from 6 to 8 p.m.
- Malvern Family Resource Centre
- [Click here to register](#)

Food will be served, childcare is available, and community partners will be present. We hope you will join us for an evening of learning, connection, and shared care. Questions? Contact mentalhealthandwellbeing@tdsb.on.ca.

