



# Westmount Weekly

May 4 - May 8, 2026



Dear Westmount Families,

We hope you are having a wonderful weekend and are ready for the first full week of May!

Last week was a whirlwind of activity here at Westmount. From the energy of the school dance and the excitement of the Kindergarten Reptilia visit to our informative Bus Safety presentations, our students have been incredibly engaged. A huge thank you to the families who supported our fundraising efforts and helped students rehearse for their assembly performances—your involvement makes these events possible.

## **Teacher Appreciation Week: "Fill a Bucket"**

This week, we celebrate our incredible educators! If you are looking for a way to show your gratitude, we encourage families to help their children **"fill a teacher's bucket."**

A simple, handmade card or a short story about the positive impact a teacher has had on your child means the world to our staff. These small gestures of appreciation truly fuel our educators' passion for teaching.

## **Children's Mental Health Week (May 4–8)**

To support student well-being, we will be running special mental health programs throughout the week.

- **Lunchtime Activities:** To ensure everyone can participate, all activities will run during the lunch hour.
- **Friday Request:** If your child would like to create a **sensory bottle** this Friday, please send an empty disposable water bottle to school with them.

## **Asian & Jewish Heritage Month**

May marks both Asian and Jewish Heritage Month at the TDSB. Our foyer and display cases are dedicated spaces for *you*. If your family would like to help decorate a display or share traditions through artifacts, stories, or presentation ideas, please reach out to me directly. We want these spaces to reflect the heart and diversity of our Westmount families.

## **Traffic Alert: Chapman Road Construction**

The Toronto Basement Flooding Program is underway on Chapman Rd. To avoid delays, please allow extra time or use these suggested detours:

- **Option A:** Griggsden Ave → Munhall Rd → Drury Lane → Chapman Rd.
- **Option B:** Griggsden Ave → Renault Cres → Ridgemount Rd → Chapman Rd.

## **Community Initiatives**

- **Girl's Group:** We are seeking donations of **beads, bracelet string, and keychain hardware** (rings/clips) for our Graduation Fund project. Please drop items at the Main Office.
- **The Dirt Squad:** Our worms are officially full! We are **pausing** our request for recyclables for now. Thank you for helping us stay green!

Warm regards,

Last week was a whirlwind of activity at Westmount. From our school dance and the Kindergarten Reptilia visit to our monthly assembly and Bus Safety presentations, our students have been busy. A huge thank you to the parents who supported our fundraising efforts and helped students rehearse for their performances.

Upcoming week is the first full week of May - this week is observed as Children's Mental Health Week as well as Teacher Appreciation Week. Teachers and I will be running programmes to support mental health and well being for all of our students. All activities will run during lunch time so anyone can participate. For details, look at the Week at a Glance.

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A simple, handmade card or a short story about the positive impact a teacher has had on your child means the world to our staff. These small gestures of appreciation truly fuel our educators' passion for teaching.

## **Asian & Jewish Heritage Month**

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## **Community Requests**

- **Girl's Group:** We are seeking donations of **beads, bracelet string, and**

**keychain hardware** for our Graduation Fund project. Drop-offs can be made at the Main Office.

- **The Dirt Squad:** Our worms are full! We are **pausing** the request for recyclables for now. Thank you for your contributions!
- **Thursday, May 21 – Jump Rope for Heart:** Our fundraiser is live until June 4th. Help us reach our goal by visiting our **School Donation Page** [here](#).

Warmly,

Shikha Nalin, Principal, Westmount Junior School

**This week at a Glance**

**This week at a Glance**

**May First week is observed as Children’s Mental Health Week!**

Date	Activity
<b>Monday, May 4</b> Day 1	<ul style="list-style-type: none"> <li>● Osmow’s Day</li> <li>● <b>Children’s Mental Health Week Activity:</b> Yoga and deep breathing</li> <li>● <b>Mindful Monday - enjoy mindful activities in the sun</b></li> </ul>
<b>Tuesday, May 5</b> Day 2	<ul style="list-style-type: none"> <li>● <b>Children’s Mental Health Week Activity 1:</b> Origami and fidget Bracelet making</li> <li>● Family Literacy and Math Game Night from 3:30 - 6:00 PM</li> </ul>
<b>Wednesday, May 6</b> Day 3	<ul style="list-style-type: none"> <li>● <b>Wolverine Wednesdays</b> - wear Westmount gear/colours</li> <li>● <b>Children’s Mental Health Week Activity:</b> Sidewalk chalk</li> </ul>
<b>Thursday, May 7</b> Day 4	<ul style="list-style-type: none"> <li>● Thankful Thursday - donate to school initiatives</li> <li>● <b>Children’s Mental Health Week Activity:</b> Mindful colouring and drawing</li> </ul>
<b>Friday, May 8</b> Day 5	<ul style="list-style-type: none"> <li>● BarBurrito Day</li> <li>● Freezies go on sale (once a week only)</li> <li>● <b>Children’s Mental Health Week Activity:</b> Create a sensory bottle: please send your student with an empty disposable water bottles to school so they can make their personalized sensory bottle.</li> </ul>

## **TDSB Updates:**

### **Literacy Newsletter for TDSB Families**

[English/Literacy Newsletter for TDSB families](#), you'll find practical, easy-to-use strategies, activities, and tips that support literacy learning at home for all ages. Whether it's supporting early reading, building vocabulary, or encouraging meaningful conversations, these ideas are intended to fit naturally into your daily routines.

At the TDSB, we recognize families as children's first teachers and partners in learning. This newsletter is one way we aim to strengthen that partnership—empowering you with tools and ideas to help your child grow as a confident and joyful learner.

### **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. [EQAO Weekly Practice Questions Grade 3](#)
2. [Google Form for Answers](#) - Students can submit their answers here for the weekly questions
3. [EQAO 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. [EQAO Questions and Supports on the TDSB website](#)
6. Families can access the archived EQAO questions to share with families in [Grade 3](#).

### **TDSB Math Supports for everyone**

[TDSB Mathematics for Families & Caregivers page](#)

Free Math Help Available at [TVO Mathify](#), a free online tutoring service for grades 4 to 12

### **Special Education and Inclusion - May 2026 Messages for Parents & Caregivers**

- Administrators are asked to share the blurbs below in your monthly/weekly communication to families.

## **Special Education and Inclusion Newsletter –**

### **May 2026 Edition**

The [May 2026 edition](#) of the Special Education and Inclusion Newsletter for Parents/Guardians/Caregivers is now available on the [Special Education and Inclusion site!](#) This monthly newsletter includes important updates, tips, and resources to support students with disabilities and special education needs, and indeed all students.

## **Parent/Caregiver Engagement Sessions –**

### **May 2026**

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

## **Italian Heritage Month (June 2026) - Student Poster Contest**

The TDSB recognizes Italian Heritage Month each June. This year's theme is ***Insieme in Piazza - Together in the Town Square***. The theme beautifully captures the heart of Italian identity—people coming together in a shared space to connect, celebrate, and simply be with one another.

We invite all TDSB students in your schools and classrooms to participate in the Italian Heritage Month Poster Contest! We look forward to receiving submissions before the deadline on **May 20 at 3 p.m.**

[Read the full message for complete details](#). Questions? Contact [Simona Emiliani](#) and [Katherine Collier](#).