



Holy Spirit Catholic Elementary School

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Sunday, March 21st, 2021

Dear Parent(s)/Guardian(s),

On Wednesday, March 24th, 2021, we will be welcoming presenters from YouthSpeak who will be virtually visiting our Grades 1 to 8 classrooms. These mental health presentations will focus on building a self-care tool kit that will help students to manage feelings of stress and anxiety. Please view the information below for the upcoming week of March 22nd, 2021.

Lent Mass

This Friday, March 26th, 2021 we will be sharing a mass recording from Our Lady of Grace Parish. If you would like to join us for the Mass, please do so by joining the live stream link at 8:50 am. [Lent Mass Live Stream Link](#)

Gr. 8 Graduation Pictures

On Thursday, March 25th, 2021, our Grade 8 students will be taking their graduation photos. Remote students are reminded to be on time for their appointment slot. All health and safety protocols will be followed to ensure student safety as pictures will be taking place in the library.

Updated Self-Assessment

On a daily basis before leaving home, parents/guardians are responsible for conducting the [COVID-19 School and Child Care Screening Tool](#) with their child. This is a self-assessment to be completed before attending school. If your child has even one symptom of COVID-19 or answers yes to any of the questions on the screening tool, please do not send them to school, seek assessment and testing at a COVID-19 [Assessment Centre](#) and notify the school. Please see the visual reference below. These are self-assessments and do not have to be submitted to the school.

Updating Student Passwords

It is encouraged that parents and students take the time to update/change their Google passwords. It is important that students do not share their passwords with their friends so that their safety can be ensured when using their GAFE account. If you would like to update/change your child's password please visit: <https://myid.ycdsb.ca/> If you need technical support, you can also visit <https://help.ycdsb.ca/vle/> to submit a ticket or participate in a live chat.

Attendance Reminders

This is a reminder that remote students must log in to their Google Classroom and Google Meet at **8:25 am** for morning attendance. This includes also being logged in at **12:20 pm** for afternoon attendance. If your child is going to be absent or late, please **report your child's absence** using the Safe Arrival line or App **prior to the 8:25 am cut-off time**. The safe arrival system will call out to all families whose child has been marked as absent by the classroom teacher and whose absence or late has not been reported.

Twitter & School Website

For information, including the parent weekly updates, please visit our website at [Holy Spirit School Website](#)

You can also follow us on Twitter: **@HST_YCDSB**

Yours in Catholic Education,

Mr. A. Modica

Principal

anthony.modica@ycdsb.ca

Upcoming Events

Monday, March 22nd, 2021	
Tuesday, March 23rd, 2021	
Wednesday, March 24th, 2021	<ul style="list-style-type: none">• YouthSpeak Virtual Presentations
Thursday, March 25th, 2021	<ul style="list-style-type: none">• Gr. 8 Graduation Photos
Friday, March 26th, 2021	<ul style="list-style-type: none">• Lent Mass at 8:50 am



Building a Self-Care Tool Kit Workshop

A fun and interactive workshop for
parents and kids!

Including 10 tools for managing stress & anxiety, a
workbook and printable toolkit

You will learn how to apply tools
such as:

- Belly breathing
- Squishy Squeezy
- Kindness Meditation
- I Am So
- Power Stances
- And More!



Research shows that these tools are most effective when parents (and caring adults) learn with their kids as this creates a safe space for conversations on self-care!

For more information contact
office@youthspeak.ca

www.YouthSpeak.ca
@YouthSpeakCAN



EMPOWERING YOUNG MINDS FOR NEW TIMES

A Virtual Presentation on Youth Mental Health for Students Returning to School in 2020

This youth-led interactive presentation will bring to your virtual space important conversations on topics such as loneliness, anxiety about the future and ways to build resilience during difficult times, including:

- Personal stories of lived experience during the pandemic and the steps that youth speakers have taken to integrate self-care practices that work for them
- Sharing proven coping strategies that help with managing mental health challenges during this time
- Educational components to help youth understand how big emotions can affect our minds and bodies
- An empowering message about the youth of today who are part of an inclusive and informed generation and, when given the tools to cope, can be well-equipped to adapt to the new life that the pandemic has brought us.
- Self-Care Toolbox handout which contains mind/body coping strategies

This Interactive Presentation will include:

Check In

A check in with everyone at the beginning and end of the presentation to draw their attention to how they are feeling.

Empowers students to set the tone for the presentation themselves and helps the facilitators to address the students' needs while sharing positive coping tools.

Coping tools

Interactive to engage students in learning strategies backed by science on how to manage anxiety & stress surrounding the "new normal".

- 1) Unplug, Unwind
- 3) 5-4-3-2-1 Grounding
- 4) Thought-Countering
- 5) Feeling Your Feelings
- 6) Acts of Kindness
- 7) Gratitude
- 8) Setting a Routine
- 9) Exercise
- 10) Positive Affirmations



POSITIVE
MINDS



GIVING THE YOUTH
OPTIONS FOR
EVIDENCE-BASED
COPING SKILLS SO
THAT THEY CAN
CHOOSE WHICH
FIT BEST WITH
THEIR NEEDS.

www.youthspeak.ca

To contact:
office@youthspeak.ca



Opinion Poll

Conducted through anonymous online polling with real time results displayed on a chart.

Shows that we are not alone in our thoughts and feelings and that it is okay to reach out to safe people in our lives.



Speakers

Trained youth speakers will share personal stories on their mental health journeys highlighting feelings around the "new normal".

The Speakers' lived experiences will connect with youth and empower them through a message of hope while sharing positive coping tools.

Resources

List of Resources for Outreach:

- Kids Help Phone
- Black Youth Helpline
- Calm App
- Headspace
- WinStreak
- YouthSpeak Tip Sheets



Staying Safe @School

Changes to Covid-19 Practices

The Ministry of Education and York Region Public Health recently made the following changes for schools, effective February 16, 2021.

One Symptom



If you have **just ONE** Covid-19 symptom you must **stay home** from school and **get tested** at an Assessment Centre.

More Masks



All staff and students in **Grades 1- 12 must wear a mask** on school property throughout the day (except at lunch). JK/SK students are encouraged to wear masks.

Parents/visitors should wear a mask when on school property, even during drop-off/pick-up.



Students and staff need to wear masks everywhere on school property, **even OUTDOORS** during recess.



Students should **bring four (4) masks to schools each day** and a clean paper or breathable cloth bag to store them in.

Entire Household Treated the Same

If **anyone in your household is sick** and does not have a negative COVID-19 test or an alternative diagnosis, **EVERYONE** in the household must stay home from school.



If anyone in your household has **travelled outside of Canada**, **EVERYONE** must stay home from school until their 14-day quarantine period has ended.



If anyone in your household was **identified as a high-risk/close contact of a COVID-19 case**, **EVERYONE** in the household must stay home from school until notified they can return.

Updated Screening



All students and staff must complete the **York Region Public Health school and child-care screening tool** before going to school each day. **DAILY CONFIRMATION** of screening is required for **staff and secondary students**.

*Special accommodations may be made in some circumstances. Please visit www.ycdsb.ca for more details.



York Catholic
District School Board