



## *Holy Spirit Catholic Elementary School*

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February 27th, 2022

Dear Parent(s)/Guardian(s),

We hope our students enjoyed Carnival week as they participated in a variety of activities. We are looking forward to our Ash Wednesday liturgy and the distribution of ashes. As discussed in the latest communication from the York Catholic District School board there have been updates to travel guidance and class notifications. I have provided a copy of that information below. Please take an opportunity to review the information below for our upcoming week at Holy Spirit CES.

### **Ash Wednesday Liturgy**

On Wednesday, March 2<sup>nd</sup>, our Grade 4 class will be presenting our Ash Wednesday liturgy virtually. We begin preparing for our Lenten fast the day before Ash Wednesday which is also known as Shrove Tuesday. Ashes remind us of how much we are in need of God's grace and mercy. If you would like to join us please use this [livestream link](#).

### **BRAVE Presentations**

Throughout March, BRAVE education will be engaging our students in virtual presentations. On March 3<sup>rd</sup>, our Intermediate students will engage in the 'Understanding Stress' workshop. Students will identify the difference between stress and overstress, and learn how to identify their own perspective, and how to cope through practical exercises.

On March 23<sup>rd</sup> & 24<sup>th</sup> our Primary students will practice their body language and tone of voice through role play as well as BRAVE's Walk Away, Talk Away, and Block Away communication steps strategy. While on March 25<sup>th</sup> our Junior students will engage in a 'Bullying, Conflict, and Confidence' workshop where they will learn the difference between bullying behaviours and everyday conflicts through evaluating animated case studies. Students will be able to acknowledge the existence of confidence and how we can build it. For more information please visit the [BRAVE Education website](#).

### **YCDSB Parent Engagement Opportunity**

Black Mental Health Day is March 7<sup>th</sup>. On Tuesday, March 1<sup>st</sup>, 2022 at 7 pm our YCDSB Mental Health Committee, together with community mental health partners, will lead a Parent Engagement Night in honour of Black Mental Health Day. If you are interested in attending please click on the link to register: [Registration Form](#) Please see the poster attached below for details.

## **Hot Lunch Spring Session**

Please note that our second hot lunch session will begin on March 21st and end on April 29th. Our Spring session has opened. Ordering will close on March 7th.

To order, please visit the school website and log into the Munch- A-Lunch icon. New students will have to create a new account.

Payment can be made directly via credit card on the Munch-A-Lunch website, which is the preferred method of payment. If paying by cheque, please send the payment to school with your child no later than Monday, March 7th, 2022. If payment is not received, then orders cannot be processed.

All sales will be final and there will be no refunds. In the case of a school closure (snow day/bus cancellation), the hot lunch for that day will be cancelled and will either be rescheduled or your account will be credited. The credit can be used towards future lunch orders.

If your child is absent on the day of their hot lunch, regardless of the reason the following options are available:

- Contact the hot lunch committee and send the food home with a sibling
- Contact the hot lunch committee and arrange the pick-up of the food items on the same day.

Food cannot be saved at the school until the student's return. There are no exceptions.

If you have any questions or concerns, please do not hesitate to contact the Hot Lunch Committee at [hs.hot.lunch@gmail.com](mailto:hs.hot.lunch@gmail.com)

Thank you for your continued support of our hot lunch program!

## **COVID-19 Case Notifications**

As of Monday, February 28, 2022, notifications will no longer be communicated to families of a cohort when a report of a positive case of COVID-19 is made. This practice was implemented as an interim measure once Public Health Units stopped providing PCR testing for the general population. Discontinuing this practice is in keeping with guidance from York Region Public Health. Given the multiple protective strategies in place, contacts who are only exposed at school or child care are not generally considered close contacts requiring isolation.

## **Change to Travel Guidance for Families**

Students and their families who choose to travel must follow all federal and provincial travel restrictions and guidelines. These can be found on the federal [COVID-19: Travel, testing and borders](#) website and Ontario's [Travelling during COVID-19](#) website.

Starting Monday, February 28, 2022, unvaccinated students who travel with fully vaccinated adults no longer have to stay home from school for 14 days. They will be able to return to school without a delay as long as they pass the [daily provincial screening tool](#).

Yours in Catholic Education,

Mr. A. Modica

Principal

[anthony.modica@ycdsb.ca](mailto:anthony.modica@ycdsb.ca)

**Upcoming Dates:**

Monday, February 28th	Delicious Greek Hot Lunch
Wednesday, March 2nd	Pizza Hot Lunch Ash Wednesday
Friday, March 4th	Angel Delight Hot Lunch

# YCDSB PARENT ENGAGEMENT NIGHT IN HONOUR OF BLACK MENTAL HEALTH DAY

JOIN US FOR A VIRTUAL CONVERSATION  
WHERE WE WILL DISCUSS SUPPORTING  
THE MENTAL HEALTH OF BLACK YOUTH  
AND THEIR FAMILIES.



**Roxanne Francis:** We can't heal what we won't reveal - the importance of mental health discussions in our community and our homes



**Kamilah Clayton:** A whole system approach to supporting Black students



**Josie Rose:** How to support your children and your mental health. Learn strategies and tips to maximize good mental wellness and locate community supports



**Alisha and Natasha:** Supporting Black students' learning and mental health

**March 1, 2022 7:00–8:30 pm**

**REGISTER USING THIS [FORM](#)**