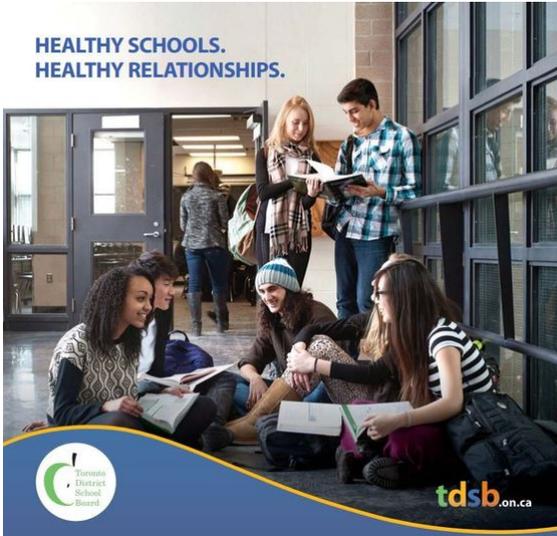




**SHEILA CARY-MEAGHER**  
TRUSTEE - WARD 16, BEACHES-EAST YORK

416-395-8787

sheila.cary-meagher@tdsb.on.ca



## Mental Health and Well-Being at the TDSB

Good mental health and well-being are critical to the success of our students. We focus on creating a safe, accepting, inclusive place in the TDSB. We believe that is the foundation for positive mental health in our classrooms.

Creating a better understanding of mental health and well-being is important as we continue to support students. Talking openly about mental health is as important as making sure there is a caring adult they can turn to as they learn how to deal with life's challenges. Developing optimism, self-confidence, resilience and a sense of belonging in our children is essential to their

learning.

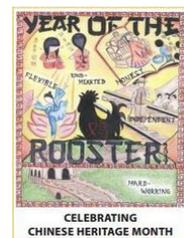
In addition to that we also work with students who need greater supports to deal with anxiety, depression, eating disorders, mood disorders and more. The TDSB takes a holistic approach that includes:

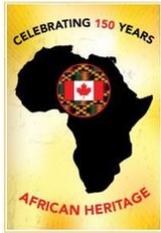
- School Social Workers
- Caring and Safe Schools
- Child and Youth Services
- Psychological Services
- Community Partnerships
- Mentoring

## February is Chinese Heritage Month

The Toronto District School Board is proud to recognize February as Chinese Heritage Month for the first time. Throughout this month, we will celebrate the energetic culture and traditions of the Chinese community with students, staff and community members.

The Chinese community represents approximately 10 percent of the total GTA population and forms its second largest visible minority group. As we celebrate Canada's 150th anniversary this year, Canadians remember and appreciate the Chinese workers who helped build the Canadian Pacific Railway that united our country, among many other contributions to our Canadian life.





Along with the Chinese Heritage month we also celebrate African Heritage Month at the Toronto District School Board. African Heritage Month is an opportunity for the experiences, contributions and achievements of African Canadians to be affirmed.

This year's theme is "Celebrating 150 years of African Heritage." The month will focus on the contributions peoples of African descent have made to the fields of Science, Technology, Engineering, Math (STEM) and music, and the Rites of Passage Process (a program that connects youth with their African heritage).

## February is Kindergarten Registration Month

February is obviously a busy month. It is also kindergarten registration month. Kindergarten is the first step in our lifelong journey that will see your child learn, grow, and succeed at the Toronto District School Board. At the TDSB, we know learning is best through doing; so our four and five-year-olds are introduced to math and science through play as part of Kindergarten - Grade 12 STEM (Science, Technology, Engineering and Mathematics) programming. To inspire a love for learning, our classrooms are bustling with questions and exploring through science activities, math games, art projects and more. Visit your local school during February to register.

To attend Junior Kindergarten in September, a child must turn four years old by December 31. To register for Senior Kindergarten, children must be five-years-old by December 31. This is a provincial regulation.

All of our schools now offer Full-Day Kindergarten. This includes a morning and afternoon schedule and a lunch break. Visit the [Kindergarten website](#) to learn more about this program. There are suggestions on how you might prepare your child for school.



## United Hearts Program Delivers Care Packages

In January, more than 4,000 "care" packages were delivered to TDSB schools as part of Brands for Canada's [United Hearts Program](#). These packages, containing personal care products and household supplies, have been delivered to lessen the stress that many students and their families live with on a daily basis.

In total, more than 4,000 "care" packages were delivered to TDSB schools in January as part of Phase 1 of the program. Over the next few weeks, Brands for Canada will deliver an additional 6,000 packages. Thank you to [Brands for Canada](#), and the program donors and volunteers for supporting the United Hearts Program!

## February 20 is Family Day

There will be no classes on Monday, February 20, 2017 because it is the province-wide statutory holiday called Family Day. The holiday occurs on the third Monday in February of each year. It is intended to emphasize and celebrate the importance of families.

Also, because teachers are involved in professional learning on Friday, February 17 for the Board-wide Professional Activity Day, students will not be attending school on Friday, February 17 and Monday, February 20 (Family Day).

Visit the TDSB public web site at [www.tdsb.on.ca](http://www.tdsb.on.ca) to view the school year calendar.

Share this email:



[Manage](#) your preferences | [Opt out](#) using **TrueRemove™**

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

5050 Yonge Street  
Toronto, Ontario | M2N5N8 CA

This email was sent to .

*To continue receiving our emails, add us to your address book.*