

Remember tonight's presentation with Paul Davis at Terry Fox! The intended audience for tonight is parents. Grade 4-8 students will hear a student appropriate message from him in school today.



Monday, March 27th (Day 4):

- Sub lunch program
- Popcorn Day (last day of round 2)
- 10:50-11:30am Junior Boys' Basketball Practice (gym)
- 10:50-11:25am GSA
- 1:00-2:00pm Badminton House League

Tuesday, March 28th (Day 5):

- Quesada lunch program
- 8:00-9:00 am Junior Boys' Basketball Practice (gym)
- 1:10-1:50pm Junior social club (Portable 913)
- 4:00-9:00pm Junior Boys' Basketball Tournament @ EDHS

Wednesday, March 29th (Day 1):

- Pizza lunch program
- 9:00-2:30pm County Chess Tournament (@ Midhurst Ed Center)
- 1:00-2:00pm Badminton House League
- 3:30-5 PM Coed Volleyball game
- 6:30-7:30pm Unlearn Community Session at Innisdale Secondary School in The Little Theatre

Thursday, March 30th (Day 2):

- Wok Box lunch program
- 10:50-11:30am Junior Boys' Basketball practice (gym)
- 1:10-1:50pm Junior social club (Portable 913)
- 7:30 pm via Zoom- EDIB Call for Committee Members

Friday, March 31st (Day 3):

- Pasta lunch program
- International Transgender Day of Visibility
- Dance-a-thon fundraiser is today (gym closed all day)
- 8-9 AM Coed Volleyball practice
- 1:00-2:00pm Badminton House League

Kiss 'n' Ride: Our kiss 'n' ride is for a quick drop off with students who can exit the vehicle independently or with minimal assistance from our parent volunteers. A few reminders:

Please pull your vehicle up to the front of the drop off line so that others can pull in behind you.

Parents are asked to stay in their vehicles. If you want to personally take your child out of the car and give them a hug or kiss, we ask that you don't use the kiss 'n' ride quick drop option. We welcome parents to park off site and walk their children to the gate if the quick drop option does not meet your needs. We need to keep the traffic flowing! Thank you for your understanding.

Dance-a-thon fundraiser: School council is organizing a dance-a-thon! Money is being raised for the music program, the library, and other needs at Forest Hill! Pledge forms were sent home this week and are to be returned in the envelope provided on March 30th. Even if no pledges are collected, please return the envelope. There will be special lights that make things glow in the dark, so if students wear white, they will glow too! Check out school cash online to make advance purchases of items that Professor Jamz is selling. You can also bring cash to the door to buy them at the cosmic store. It's going to be a fun day!

Call for Committee Members: The Forest Hill School Council invites you to join our new Equity, Diversity, Inclusion and Belonging (EDIB) committee. This committee is open to parents and caregivers who are invested in creating a safe and welcoming school environment for all students and supporting school initiatives and events. In an effort to reflect the diversity of our community, we hope to include folks from many backgrounds, cultures, and lived experiences. Our hope for the initial meeting is to discuss and develop goals and guidelines for this newly formed committee. We invite you to join us on *Thursday March 30th @ 7:30 pm via Zoom*.

Please respond to bethanyjanette@outlook.com if you plan to attend and you will be sent a Zoom link/invite. If this date or time does not work for you but you would like to be included in sharing ideas with this committee, please email bethanyjanette@outlook.com. Likewise, if there are any accommodations that will help you take part in this meeting, please let us know. Looking forward to seeing you then!

Unlearn Community Session: You are invited for an interactive community session from "unlearn" on *Wednesday, March 29 at 6:30pm until 7:30pm at Innisdale Secondary School in The Little Theatre*. "unlearn" is a group that aims to engage people to think critically, participating and conversing to reimagine their thinking and help create a world without discrimination in schools, workplaces, homes and communities. This interactive session is framed with the understanding that parent/guardian figures play a vital role in education, making connections from the classroom to the home. When parents/guardians and caregivers are involved, our schools become more thriving and positive places to learn and grow.

This session will explore the mechanisms that can be used to interrupt bias, stereotypes and discrimination by challenging the societal norms that marginalize others. Participants will be taken on an in-depth journey through the concept of “unlearning” by examining our unconscious biases, beliefs, and conditioning.

This session is open to all parents/guardians and students.

In order to accommodate all attendees, please complete the attached Google Form with your intent to attend and number of people attending:

<https://bit.ly/unlearnISSCommunitySession>

EQAO webinar for parents: Webinar for Parents and Guardians of Elementary School Students

Register for this webinar and learn about EQAO assessment results and Ontario’s large-scale assessment program at the elementary-school level. EQAO will review highlights from the 2021–2022 assessment results. The session will also highlight how the primary-division (Grade 3) and junior-division (Grade 6) assessments have been modernized. The presentation will be approximately 45 minutes and will be followed by a live Q & A session with EQAO staff.

Registration: www.eventbrite.ca/e/451955981507

One Stop Talk: *One Stop Talk* is a new provincial service being led by local child and youth mental health partners. As part of the Ministry of Health and the Ministry of Education's vision for provincial children and youth mental health services, the intent of this service is to streamline brief services, and to offer a 'front door' for community mental health services.

In this model, children, youth (within 18 years of age), and their families can receive single session counselling support immediately (virtual/phone) from a clinician in one of the participating agencies across the province. If more or different services are needed, a referral can then be made to local support. Please note, single session counselling does not mean children, youth, and families can only access the service once. Young people and their families can access *One Stop Talk* as needed. Single session counselling adopts a one-session-at-a-time approach to treatment, and each session is treated as a self-contained therapy session. Research findings suggest that many people receive sufficient support from a single session with the offer of future single sessions if needed.

One Stop Talk services and more information can be found online at www.OneStopTalk.ca.