



THE CHEDOKE CHRONICLE

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**Hamilton-
Wentworth District
School Board**

**Friday,
April 12,
2019**

MRS. P. MOCHRIE, PRINCIPAL
MRS. S. MILINOVICH, CO-PRINCIPAL
MS. L. ROMANO, SUPERINTENDENT

MS. R. ZINKEWICH, OFFICE ADMINISTRATOR
MRS. J. PAGLIARO OFFICE ASSISTANT

Dear Chedoke Community,

See our Calendar on our Website for Upcoming Events!

NEWS FROM THE ECO TEAM

Weekly Eco-Friendly Challenges this Month

Monday, April 1st- Friday, April 5th Let the light in Challenge (Which Hall will win?)

We ask that classrooms use natural light and lower their lights at nutrition breaks. An Eco team rep will be checking which classes are using sunlight during NBs. They will tally them up and on Friday announce which Hall conserves the most energy at NBs.

You encourage you to lower your lights throughout the day when possible.

Monday, April 8th- Friday, April 12th Reusable water bottle Challenge

No straws this week! Using reusable water bottles helps keep plastic waste down. The Eco team will tally how many students are using reusable water bottles in each class each day this week. On Friday, the Eco team will announce which class on average uses the most reusable water bottles!

Monday, April 15th- Thursday, April 18th Litter-less lunch Challenge (4 days)

We challenge the school to reduce their lunch time waste. Students are asked to take their waste back with them to dispose of at home.

This is to encourage using reusable containers where possible.

Tuesday, April 23rd - Tuesday, April 30th Getoutside Challenge

We encourage all teachers to take their students outside at least once to connect with nature. We could all use some fresh air, movement and a change of scenery. Take your sketch pads, take reading outside, you decide!

WHO WE ARE

The Community Transition Network

We are community partners invested in transition planning, a process which includes families and service providers with the common goal of addressing transition needs for youth/young adults with disabilities. The Community Transition Network is a community, task-driven committee which provides the opportunity for community partners to work collaboratively and network effectively. Our focus is to promote healthy living and quality of life for youth/young adults with disabilities who are transitioning to adult services and adult living.

Our committee acknowledges the transition to adult services is a challenging process for young people with disabilities and their families. Families, community members, and service providers alike, have identified many gaps in services available for young people and the need for shared resources and information between community organizations. The Community Transition Network believes that successful transition involves collaboration between the individuals, family and supportive others, and their community as a whole.

The Hamilton Community Transition Network

*For more information,
please contact:*

MELISSA ALBANO

Catholic Family Services

905.575.7500 x337

DANILA AREF

Hamilton-Wentworth Catholic District School Board

905.525.2930 x2854

TAMMY CACO

Hamilton-Wentworth District School Board

905.527.5092 x 2642

KELLY PEART

Developmental Services Ontario

905.522.3304 x239

The Hamilton Community Transition Network

Presents

PATHWAYS TO TRANSITION

Monday, April 29, 2019

6:30pm - 8:30pm

Hamilton-Wentworth
District School Board

20 Education Court, Hamilton
L9A 0B9



**CHANGE
JUST
AHEAD**

The HWDSB is wheelchair accessible,
served by major bus routes and has ample free parking.

THESE WORKSHOPS HAVE BEEN CREATED FOR:

Parents, teens and adults with special needs, physical disabilities and/or intellectual disabilities who are in the process of planning for the transition from secondary school to the community.

"There are no extra pieces in the universe. Everyone is here because he or she has a place to fill, and every piece must fit into the big jigsaw puzzle."

- Deepak Chopra



PATHWAYS TO TRANSITION INFORMATION SESSION:

- Employment
- Vocational Alternatives
- Continuing Education
- Recreation
- Volunteerism
- Advocacy and Supports
- Transportation
- Housing
- Respite
- Funding Supports
 - DSO/Passport Funding
 - ODSP

COMMUNITY TRANSITION NETWORK COMMITTEE MEMBERSHIP:

- Beth Tikvah
- CAT - Community Access to Transportation
- Catholic Family Services
- Choices
- City of Hamilton/Recreation Dept.
- Community Living Hamilton
- Developmental Services Ontario
- Full Circle
- Goodwill - The Amity Group
- Hamilton Wentworth Catholic District School Board
- Hamilton Wentworth District School Board
- LUSO Canadian Charitable Society
- McMaster Children's Hospital
- Mohawk College
- Rygiel Supports for Community Living
- Salvation Army - Lawson Ministries
- Woodview Mental Health and Autism Services



HWDSB

We Help.

Mental Health and Well-being

We Help Newsletter for April, 2019

HWDSB's We Help initiative seeks to build a culture of helping and help-seeking in all schools and departments.

Upcoming Events

April 9, 2019- 6:30 - 7:30 p.m. Info Session for:

- Families Worrying Less Together – A program for parents/primary caregivers of students in Grade 3-6 whose worries get the best of them.
- Cool Little Kids at the Ed Centre – An anxiety prevention program: working with parents/primary caregivers to support students in JK –Grade 2.

Last session of the Mental Health In-Service Series - Please sign up in PD Place!!!!

All sessions held at the Ed Centre in Room 181, from 4:30pm - 6:30pm

- April 17th: Creating a Mentally Healthy Classroom
- April 24th: Understanding ADHD
- May 1st: Helping Anxious Students
- May 8th: Working with Students with Low Mood

April 24, 2019 –Be Kind to Yourself

- The Dr. Bob Kemp Hospice provides a place for children, teens and their parents/guardians to come together. Through participation in facilitated peer groups, they find understanding, stability and support. Any child or teen, ages 6-17, who has experienced the death of a family member or very close friend can join a group. If interested contact Susan Repa 905-387-2448 x 2230 or childandfamily@kemphospice.org

April 13, 2019 - Friends In Grief

- Is a free, 8-week grief-support group for teens starting Saturday April 13, 2019. It will run for 8 Saturdays at Wentworth Heights Retirement Home, 1620 Upper Wentworth St. (at Rymal) from 10 a.m. until noon. All are welcome. Forms have been uploaded onto the We Help Sharepoint site.

May 14, 2019 – Missing Pieces

- A one day workshop about grief and bereavement offered by HWDSB Social Workers for secondary students who have had a significant loss in their life of a family member or close friend. This group offers a forum to express and share this grief with others who have also experienced loss. If you have a student

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that would like to access this workshop, please connect with your school social worker. The group will run at Hill Park Learning Centre

Resources to Share

"Code Red 10 Years Later" by Steve Buist

<https://www.youtube.com/watch?v=X6ka4r04Ffk&feature=youtu.be>

BounceBack[®]: Reclaim your health is a free skill-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety.

<https://bouncebackontario.ca/>

KidsGrief is a free online resource that helps parents support their children when someone in their life is dying or has died. It equips parents with the words and confidence needed to help children grieve life's losses in healthy ways.

<https://kidsgrief.ca/>

Mindyourmind exists in the space where mental health, wellness, engagement and technology meet. We work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.

<https://mindyourmind.ca/>

CMAS - SUPPORTING CHILD CARE IN THE SETTLEMENT COMMUNITY

Refugee parents come to Canada with unique settlement needs, and language barriers that make it challenging to get information to support their parenting, children's development, and the health and safety of their family here in Canada. A series of 14 parent resources to help are available in the 14 languages most commonly spoken by refugee families here in Canada!

<https://cmascanada.ca/2018/05/18/newcomer-parent-resource-series-available-in-14-languages/>

Connect with We Help

Email us at wehelp@hwdsb.on.ca

Find resources on the staff We Help page https://hwdsbonca.sharepoint.com/sites/myhwdsb/we_help/

Share and discover social media posts using the hashtag #HWDSBwehelp



SIR ALLAN MacNAB SECONDARY SCHOOL turns 50!

All former Staff and Students are invited to join us to celebrate on **MAY 11th, 2019. Current Sports games, Alumni Basketball, Alumni Music Activities, Arts and Crafts and more all afternoon. Live Music (Featuring Fidel, and the McFlays) and Beer Garden in the Evening.**

Ticket Information, 50th Apparel Info and Tentative Schedule can be found through the school website

<http://www.hwdsb.on.ca/macnab/>

Please help us spread the word – Hope to see you there!

A New Way to Report Student Absences

We work to ensure that **all students to arrive at school safely each day.**

To improve our safe arrival process, we are introducing a new system that will make it easier and more convenient for you to report – and respond to – your child’s school absences.

SafeArrival allows families to report or schedule a future absence in one of three ways:

1. Website



2. App



3. Phone



This will save time when a school needs to verify student attendance, and when notifying families of unexpected or unplanned absences.

Watch for more details in the weeks ahead. We will be confirming family email addresses, sharing details about SafeArrival and giving you plenty of notice before its launch.

We look forward to all families taking part.



April 18th



No School

FRIDAY, APRIL 19TH

EASTER WEEKEND

No School

Monday, April 22nd

School Council Dates

2018- 2019 School Year

Wednesday, April 24th, 2019

Wednesday, May 29th, 2019



School Council Update

School Council Minutes, that are Amended and Approved, are available in the Main School Office, in the Red Binder.

Note: The Minutes will be made available throughout the school year.