



R.L. Hyslop Week-At-A-Glance  
Week of May 10<sup>th</sup> – May 14<sup>th</sup>, 2021

Monday May 10 <sup>th</sup> Day 3	<b>Student Census continues this week.</b>	<b>Upcoming Events</b>
Tuesday May 11 <sup>th</sup> Day 4		
Wednesday May 12 <sup>th</sup> Day 5		
Thursday May 13 <sup>th</sup> Day 1		
Friday May 14 <sup>th</sup> Day 2		

**Thought of the week:**



**A Message from Ms. Hogan, Vice-Principal:**

To our Parents/Guardians,

I know many of our students and families are feeling a sense of loss that our school year may not end in the school building this year. This pulls at our heartstrings, as we know our school will be closing for good. I also know we have had to cancel many things that students were looking forward to. If we are not back to school before the end of the year, we will still continue with some of the virtual events that we have planned. Saying this, I am however being optimistic and expect us to be back together to end not only the school year but an era at R.L. Hyslop School.

As the year comes closer to an end for our grade 8 students, I know there are still several unanswered questions out there about a graduation ceremony. Please know that we will do

our very best to make sure we celebrate our Grade 8 Graduates when the time comes and make the most of whatever the circumstances are that lie ahead. While I have a few answers, I do not yet have some key answers for you as there are still some questions to be answered around COVID safety protocols and whether we will be in school or not. Once I have definitive information for you, I will reach out to this group of parents separately.

While online learning may not be ideal, we are so proud of how our students are making the most of it. Please do your very best to hang in there. I know being home can pose many challenges. I do want to reassure parents that if it would be helpful for your child to engage with your class teacher via an email, a phone call or a MS Teams video call to discuss schoolwork or to alleviate any anxiety, our teachers are happy to accommodate students and parents so please do not hesitate to ask. Please continue to reach out to your child's teacher when you need it.

Be well everyone.

*Sincerely,  
Ms. J. Hogan*

### **Mental Wellness Check-Ins:**

#### **Building Resilience in Children – 20 Practical, Powerful Strategies (Backed by Science) by Karen Young**

##### **How does resilience affect behaviour?**

Children will have different levels of resilience and different ways of responding to and recovering from stressful times. They will also have different ways of showing when the demands that are being put upon them outweigh their capacity to cope. They might become emotional, they might withdraw, or they might become defiant, angry or resentful. Of course, even the most resilient of warriors have days where it all gets too much, but low resilience will likely drive certain patterns of behaviour more often.

Building small humans into healthy, thriving big ones isn't about clearing adversity out of their way. Of course, if we could scoop them up and lift them over the things that would cause them to stumble, that would be a wonderful thing, but it wouldn't necessarily be doing them any favours. A little bit of stress is life-giving and helps them to develop the skills they need to flourish. Strengthening them towards healthy living is about nurturing within them the strategies to deal with that adversity.

**Teach them how to reframe:** The ability to reframe challenges in ways that feel less threatening is linked to resilience. In times of difficulty or disappointment, it will help them to focus on what they have, rather than what they've lost. To build this skill, acknowledge their disappointment, then gently steer them away from looking at what the problem has cost them, towards the opportunities it might have brought them.

**Encourage them to take safe, considered risks:** Let them know that the courage they show in doing something brave and difficult is more important than the outcome. Age-appropriate freedom lets them learn where their edges are, encourages them to think about their decisions, and teaches them that they can cope with the things that go wrong.

<https://www.heysigmund.com/building-resilience-children/>

## *Our Journey to Becoming More Equity Literate*

### *Ontario's Education Equity Action Plan*

We live in one of the most diverse jurisdictions in the world, and the Ontario government recognizes that our diversity makes our society stronger and richer.

While many indicators of success for students have improved over the past two decades and Ontario's education system has been recognized internationally for this success, these improvements have not provided for equitable outcomes for all students. Not only do persistent achievement gaps continue to exist, but even academically successful students do not always feel included in their school community or proud of who they are. This can have long-term negative impacts in other areas, such as health, well-being, economic self-sufficiency and participation in society.

The consequences are wide-ranging, affect the individual, families, and communities, and can be seen across generations. Our schools should be places where students not only learn about diversity but also experience it. Students should see themselves and their classmates reflected in their studies. Students and families should expect their interactions with their school community to leave them feeling accepted for who they are. All students should believe in their potential and know that they will be supported along the way from Kindergarten to Grade 12 and beyond.

[http://www.edu.gov.on.ca/eng/about/education\\_equity\\_plan\\_en.pdf](http://www.edu.gov.on.ca/eng/about/education_equity_plan_en.pdf)



### *GRADE 8 GRADUATION*

Our Grade 8 students will be celebrating the end of their elementary school days in June. More information will be made available in the upcoming weeks. Due to restrictions, we will need to follow the advice given to us from Public Health and the HWDSB. If you have any questions, please contact Mrs. Cantwell or the school at 905-662-8425.

## Things We Need to Know:

1. Please note that if your child/guardian needs technology or a work package, please call or email the school and leave a message. Someone will reach out to you and make arrangements for a date and time for pick up.
2. If you do not want your child/guardian to complete the Student Census and have missed the deadline, please let your child's teacher know and they will pass on the information to the main office.
3. Just a reminder to touch base with your child's teacher (if they are not using MS Teams) at least a couple of times a week to share how they are still engaging with learning. This allows us to continue to mark your child present for school. If your child is not engaging and being marked absent for an extended period of time, the expectation is that the case will be passed on to the School's Social Worker.



**Next Meeting Date: Last meeting of the year** TBD via MS Teams.

Please email our School Council Chair to ensure you are added to the Teams invite list!

**For more information about School Council, please reach out to our Chair, Christine Scheewe, by email: [RLHyslopSC@hwdsb.on.ca](mailto:RLHyslopSC@hwdsb.on.ca)**