



R.L. Hyslop Week-At-A-Glance
 Week of May 3rd – May 7th, 2021

Monday May 3 rd Day 3	Student Census: K-4: link emailed to parents. Gr. 5-8: completed during class time.	Upcoming Events
Tuesday May 4 th Day 4		
Wednesday May 5 th Day 5		
Thursday May 6 th Day 1		
Friday May 7 th Day 2		

Thought of the week:

Determination
 gives you the
 resolve to keep
 going in spite of the
 roadblocks that
 lay before you.
 - Denis Waitley

A Message from Ms. Hogan, Vice-Principal:

To our Parents/Guardian,

Thank you to all parents who have been able to get their students continuing to engage in learning, whether it was through the use of MS Teams with their teacher or work packages with your assistance. I never stop being amazed by the resiliency of our Hawks! They have adapted to remote learning, and through it all, they have continued to be excited about learning and making connections with their classmates. We have come so far over the past year, and we could not have done it without the willingness of our students, the determination of our staff, and the support from you, our families. We know how difficult online learning can be and it takes a great deal of

extra effort from everyone to make it successful. Thank you for all you have done to help ensure our students continue to learn and grow.

Up to this point in time we do not have any indicators of when we will be returning to in-person school. I am keeping my fingers crossed that we will be returning before the end of this school year. Having our school closing has also added some extra pressure to this as we would love nothing more than to have our students in-person as we say Good-bye to them. As a school however, we are continuing to plan some transition/closing activities to help make the transition for our students a meaningful, less stressful one.

Moving - As you know, R.L. Hyslop School is closing, and the vast majority of our students will be moving over to Collegiate Elementary School in September. If you know that you will be moving out of our school area before the year is done, or during the summer months, please call us at 905-662-8425. This information helps us with our school organization and classroom planning for September 2021.

*Sincerely,
Ms. J. Hogan*

Mental Wellness Check-Ins:

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

All children are capable of extraordinary things. There is no happiness gene, no success gene, and no 'doer of extraordinary things' gene. The potential for happiness and greatness lies in all of them and will mean different things to different kids. We can't change that they will face challenges along the way. What we can do is give them the skills, so these challenges are never able to break them. We can build their resilience. Resilience is being able to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world. The great news is that resilience is something that can be nurtured in all children. This week I will share a few of the ways that we can go about doing this.

1. Resilience needs relationships, not uncompromising independence.

Research tells us that it's not rugged self-reliance, determination or inner strength that leads kids through adversity, but the reliable presence of at least one supportive relationship. In the context of a loving relationship with a caring adult, children have the opportunity to develop vital coping skills. The presence of a responsive adult can also help to reverse the physiological changes that are activated by stress.

2. Let them know that it's okay to ask for help.

Children will often have the idea that being brave is about dealing with things by themselves. Let them know that being brave and strong means knowing when to ask for help. If there is anything they can do themselves, guide them towards that but resist carrying them there.

3. Build feelings of competence and a sense of mastery.

Nurture that feeling in them – that one that reminds them they can do hard things. You'll be doing this every time you acknowledge their strengths, the brave things they do, their effort when they do something difficult; and when you encourage them to make their own decisions. When they have a sense of mastery, they are less likely to be reactive to future stress and more likely to handle future challenges.

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

Our Journey to Becoming More Equity Literate

Ontario school boards are required to conduct a student census to identify and address systemic barriers and discrimination. Under the Anti-Racism Act, 2017 and Ontario's Education Equity Action Plan, school boards must collect data using a student census and report on the results.

At Hamilton-Wentworth District School Board (HWDSB), we are committed to identifying and removing barriers so we can offer all students supportive, inclusive, and respectful learning environments.

The student census has been created to respect the topics covered as well as every student's confidentiality and privacy rights. The census questions are provided under the Ontario Anti-Racism Data Standards established through the Ontario Anti-Racism Act. Information sessions for students, families and staff will be held prior to the release of the census. The conversations during consultation will help guide how the HWDSB uses the census results to make evidence-informed decisions which support all students' achievement and well-being.

Asking about a person's identity can be uncomfortable, and HWDSB is approaching the census with sensitivity after consulting students, families, staff, and community members.

The census is available in French and 10 of the most common languages reported at HWDSB: Arabic, Chinese, Farsi, Karen, Kurdish, Korean, Somali, Spanish, Urdu and Vietnamese. Audio reading is available for families with children in grades Kindergarten to Grade 4, and for English Language Learners in grades 5 to 12 with limited literacy in these languages. For other languages, interpreters can be requested

by families, SWIS workers and/or educators by emailing census@hwdsb.on.ca or contacting the school.



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

