



DYS STAR GAZE-ette

Biboone Giziis (Winter Moon)

Decembre



Principal: Ms. Serena Maharaj
Vice Principal: Mrs. Melanie Williams

December 5, 2023

Website: dys.rrdsb.com

DYS ALL-STAR SWAG

The DYS clothing store is open!

Online ordering will close on

Friday, December 15th at 11:59 pm EST.

There are various items suited to meet the needs of all ages.

Items ordered will arrive in early January, and families will be contacted when their orders arrive. Check out the online store here:

<https://donaldyoung23.itemorder.com/shop/home/>



School Council Corner



It's hard to believe it is already December! Thank you in advance for your donations of baked goods for the bake sale!

School Council would like to wish everyone a Happy Holiday Season and we look forward to serving DYS in 2024!

Join us at our next meeting on January 30th @ 6pm.



IMPORTANT DATES

Saturday, December 2nd	Borderland Orchestra Concert - 2 pm DYS Gymnasium
Thursday, December 14th	DYS Winter Concert (JK - Grade 8) - 6:30 pm DYS Gymnasium
Tuesday, December 19th	Winter Dance for Grade 7 & 8 students - 6:30-8:30 pm
Thursday, December 21st	Festive Family Fun Day (more info to follow)
Friday, December 22nd	Last Day of School for the 2023 Year!
Monday, January 8th	First Day Back to School in the New Year

PLEASE CHECK SeeSaw FOR ANY EXTRA INFORMATION REGARDING CLASSROOM ACTIVITIES THAT YOUR CHILD MIGHT BE INVOLVED IN.

8 TIPS FOR MAINTAINING HEALTH & WELLNESS THIS HOLIDAY SEASON

Many people feel increasing amounts of anxiety and depression around the holidays due to the interruption of their routine, pressure to socialize and give gifts, and other added responsibilities.

[One study found that 38% of people](#) felt increased amounts of stress around this time of year. That's why self-care and finding time for yourself is crucial during this time of year.

These tips are taken from the article, [8 Ways to Practice Self-Care During the Holidays](#) by Emily Becker.

- Stick to a routine
- Give yourself space to acknowledge your feelings
- Start a new holiday tradition
- Do a vibe check ("How am I feeling...")
- Rethink gift giving
- Volunteer with your loved ones
- Stop comparison in its tracks
- Set boundaries

Try this fireplace [video](#) with calming Christmas music!

Principal's Message:

December is a busy time of year at DYS! We look forward to welcoming the DYS school community to our Winter Concert and Festive Family Fun Day happening later this month. Our Student Council has been hard at work organizing a school-wide food bank donation drive, school-wide inclusive spirit days, and an Intermediate Winter dance. We wish everyone a safe and restful Winter break and we look forward to seeing you in the new year!

-Ms. Maharaj

CHRISTMAS

Bake Sale Donations



Donald Young School Council will be holding a bake sale during the Winter Concert!

DEC. 14, 2023 AT 6:30 PM

If you would like to donate to the school fundraiser, Please drop any baked goods off on Tuesday Dec 12 starting at 6:00pm- 7:00pm at DYS. Or bring to the winter concert, packaged and ready to sell! All baking must be marked with ingredients (eggs, nut products, dairy, etc)

Sugar cookies,
Gingerbread,
Shortbread, Bars,
Danities, Brownies,
Rice Krispy squares,
Marshmellow Squares,
Cookies, Cupcakes,
Etc...

We want to Thank you so much in advance for all your help and support!



Wondering about what happens when there is inclement weather and bus delays?

Check out the Rainy River District Transportation Services Consortium's policy [here](#).

Sign up for email alerts by clicking [here](#), and following the prompts.

Food Bank Donations

DYS will be collecting non-perishable items to donate to the local food bank. Please bring any donations to the Winter Concert.

Thank you for your support!

Borderland Community Orchestra & Donald Young School

Present

A Family Christmas Sing Along



2:00 pm
Saturday
DECEMBER 2nd
Donald Young School

FREE WILL OFFERING

Proceeds donated to the Emo Food Bank.
Canned goods welcome

On behalf of the staff at Donald Young School, we wish all families a wonderful holiday season!

Privacy Considerations at School Events

Students participating in extra-curricular activities or school events where the public is invited including graduations, school concerts, student achievement/awards and sports or events that take place in public places such as field trips, and fairs, may be photographed by the media, school community or general public. This may result in photos or recordings being posted on social media sites.

Parents and students are asked to practice good digital citizenship by being respectful of the privacy rights of anyone they may capture in their recording and not share them without the consent of the individual.

Mental Health Memo

Family Mental Wellness Tips for the Holiday Season



The holidays can be a stressful time for all families, but can be an especially trying time for children and youth who have previously, or who are currently, struggling with mental health issues. Changes in routine can cause or increase anxiety for some kids and reduced sunlight and time spent outside can also trigger bouts of depression.

So, while this should be “the happiest time of the year,” here are some tips from Children’s Mental Health Ontario (CMHO) that might help everyone enjoy their holidays a little bit more:

- Plan your schedule in advance - allow your child time to prepare for each event, party, or outing.
- Make sure everyone is eating and sleeping - try to maintain routines as much as possible.
- Communicate openly about feelings - save some time to check-in and discuss how they are feeling.
- Have realistic expectations - adjust plans when necessary.
- Find a quiet place and plan for boredom - ensure they have a quiet spot with a selection of activities.
- Don’t worry about other people’s judgements - this helps you remain calm and not overreact.
- Take care of you - maintain healthy routines and boundaries.

To read the entire article, click on the link below:

<https://cmho.org/family-mental-wellness-tips-from-childrens-mental-health-ontario-for-the-holiday-season/>

For more information, please contact the RRDSB Mental Health Leader: tracey.idle@rrdsb.com