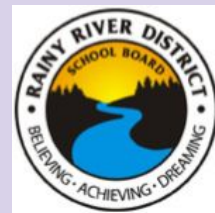




# DYS STAR GAZE-ette



Aabita-bibooni giizis (half way through winter moon)

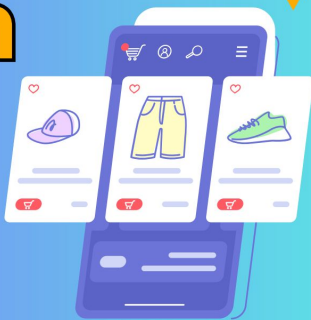
Janvier

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

## January 18, 2024

Website: [dys.rrdsb.com](http://dys.rrdsb.com)

## DYS Merch Online Store



Orders can still be placed until Friday, January 19th!

**PLACE YOUR ORDER HERE**



A big thank you to all those who attended, volunteered, and helped organize the **DYS Winter Concert**. Thank you to the **School Council** and volunteers for preparing and selling the delicious goodies at our **Bake Sale** following the programme. It was a fantastic way to celebrate the gifts of family and friends in the holiday season.

### School Council Corner



School Council would like to thank everyone who donated baked goods for our bake sale and those who purchased the delicious baking! It was great to see a variety of treats, and many people mentioned it was a great way to support **DYS** and stock up on their holiday baking!

Join us at our next meeting on January 30th @ 6 pm! Stay warm! ❄️



Thank you to **Dr. Patrick** and his staff at the **Emo Dental Clinic** for their generous donation of oral hygiene kits for the kindergarten students' health classes.

We appreciate your generosity!



### Important Dates

PD Day (No School for Students)	January 26th
School Council Meeting	January 30th at 6:00 pm
Report Cards Issued	February 12th
Family Day (No School for Students and Staff)	February 19th
March Break	March 11 - 15th

#### Principal's Message:

Happy New Year! We hope everyone enjoyed a safe and memorable Winter break with family and friends. **DYS** is off to a great start for 2024! We are pleased to announce our new hot lunch program, which will begin on Tuesday, January 30th. Additionally, the intermediate grades have started basketball and archery with after-school practices.

We have a few events planned in the upcoming months. If you are available and interested in volunteering, please contact the office. We look forward to working together as a school community to ensure the success of all our students.

~ Ms. Maharaj

#### A friendly reminder...

**Students should have hats, mitts, scarves, snow pants, boots, and winter coats for outdoor activities and recesses.**

**As per board policy, if the weather reaches or exceeds -25C (with the windchill), students will be kept indoors for recess.**



# Mental Health Memo

## Returning to School After Winter Break



Returning to school after winter break can be difficult. Going from all the downtime to your typical schedule, can be hard for all of us and often our kids will struggle with the transition back to routine, rules, and schoolwork.

While any transition can be difficult, these tips on getting back into the school routine after holiday break may help:

- Return to bedtime routines – quality, consistent sleep is essential to their ability to learn
- Frame going back to school as a new beginning – talk about what they're hoping for in the new year
- Choose one way to make your life easier – a little planning and organizing will help with the transition
- Plan something fun to look forward to – consider a family activity or outing for the weekend
- Talk about what they'll share with friends – plan what they will say about their vacation
- Validate their feelings – acknowledge that they may be having mixed feelings about returning

Whether you're looking forward to sending your kids back or will miss the time you had together (often it's a little of both) these tips will help make the transition easier for both you and your kids.

Check out this article to learn more:

<https://www.lovetoknow.com/parenting/parenthood/going-back-to-school-after-winter-break> [Click Here](#)

For more information, please contact the RRDSB Mental Health Leader: [tracey.idle@rrdsb.com](mailto:tracey.idle@rrdsb.com)

# NOW ACCEPTING ORDERS!



Parents can now order meals for students on School Cash Online. Meals are available in regular and small servings.



## Menu

Tuesday, January 30th– Chicken noodle soup and a slice of whole wheat bread

Wednesday, January 31st–Chicken Caesar Wrap

Thursday, February 1st–Shepherd's Pie

We highly recommend trying these very tasty, homestyle-cooked meals.

# ORDERS OPEN UNTIL SUNDAY, JANUARY 21ST AT 11:59PM!