



DYS STAR GAZE-ette



Binaakwe Giizis

Octobre

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

October 3rd, 2023

Website: dys.rrdsb.com

Every child matters.



Orange Shirt Day | National Day for Truth and Reconciliation
September 30

Orange Shirt Day

Every year on **September 30th**, people across Canada wear orange and participate in Orange Shirt Day events to recognize and raise awareness about the history and legacies of the residential school system in Canada. Orange Shirt Day originates from the story of Phyllis Webstad from the Stswecem'c Xgat'tem First Nation.

Students and staff wore orange shirts to recognize Orange Shirt Day and participated in various classroom activities related to this event in accordance to their age and grade level.

The Grades 3-8 students participated in the Orange Shirt Day activities at Rainy River First Nations, while our JK-Grade 2 students walked remembrance laps in the gymnasium.

We would like to thank RRFN for the embroidered Orange Shirt pins and keychains that were sent home with students.

YOU'VE GOT MAIL

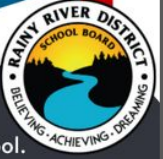
Parents/guardians of RRDSB students will be receiving Student Verification Forms

There are **TWO** ways to complete the forms:

1 Review your child's information online in the PowerSchool Parent Portal. If you haven't created an account, the details to do so are included in the package.

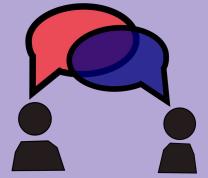
OR

2 Make any changes, if necessary, on the paper copies provided, and return to your child's school.



Thank you for your cooperation to ensure our schools have accurate information on file. If you have questions, please contact your child's school.

School Council



The first School Council will be held on Wednesday, October 4th at 6pm.

The council is required to meet four times a year and meetings typically last about an hour to an hour and a half.



Ausome Parent Support Group

For parents/caregivers of children with Autism Spectrum Disorder (ASD)

First Tuesday of every month at 7 PM
Starts October 3, 2023

- Meet with other parents and caregivers in a casual virtual setting
- Share experiences and stories
- Share resources and support with other parents

FIREFLY staff will facilitate group activities and information sessions throughout the programming period. Schedule to be announced.

To register email: mphillips@fireflynw.ca



The Terry Fox Run

Thank you to our Donald Young School community for supporting the annual Marathon of Hope. A donation of \$3,713 was made to the Terry Fox Foundation. Thank you to all who supported this cause!

A special thank you to Ms. Lucas and the grade 7 class for all of the time and dedication put into organizing this event. Thank you to our route volunteers: Cheryl Bodnar, Cheryl Foster and Evie Fisher.

Thank you to the many parents who walked with their children.

Although it was a wet walk, it will be a walk the students will always remember!

Here is the link to order lunches:

[Order Here!](#)

Please note:

1. When placing your first order, please ADD your child with his/her grade and teacher for the current school year. Order at: <https://www.lunchboxorders.net>
2. Orders will not be accepted after the **Sunday** deadline.
3. All order updates must be confirmed by **Sunday at noon.**



This publication is available in accessible formats upon request.

Important Dates

Fall Harvest (grade 5 students)	Thursday, October 5
Cross Country Meet @ Crossroads	Friday, October 6
Thanksgiving Day (No school for students)	Monday, October 9
DYS Picture Day	Thursday, October 26
PA Day (No school for students)	Friday, October 27
Hallowe'en	Tuesday, October 31

Junior and Intermediate Soccer Tournaments



Congratulations to all DYS students who participated in the Junior and Intermediate Soccer Tournaments! Great job in demonstrating skill and teamwork! Thank you to Mr. Dalseg for organizing the event and to Ms. Brown, Mrs. Kuchma and other volunteers who helped in the canteen and other needed areas to ensure two successful days of soccer.

Principal's Message

Thank you to the DYS School Community for a very successful start to the new school year! DYS has hosted an exciting Soccer tournament, invited guests to our book fair and open house, participated and raised funds for the Terry Fox Run, and supported and walked during Orange Shirt Day. Mrs. Williams and I would like to give a special thank you to our dedicated staff and volunteers involved in the organization and participation of these events. Looking forward to October, we have additional activities planned including School Council, Cross Country, Picture Day, and Fall Harvest.

Please do not hesitate to reach out to our office team if we can be of any assistance or provide support in ensuring a safe, welcoming, and positive learning environment for all students.
Ms. Maharaj



SCHOLASTIC BOOK FAIR

Thank you to everyone who supported our Scholastic September Book Fair!

Thank you especially to:

Carol Kaemingh, Cheryl Foster, Evie Fisher, Hope Mosbeck, Kayla Pattison, Rachel McQuaker, Tiffany Veldhuisen and Tristen Dubuc. Our successful event helped to put over \$700 worth of new books in our school library!



After School Plans for your Child

Please ensure your child's teacher knows what the after school plan is for your child. Families are welcome to contact teachers using agendas, SeeSaw, email or by calling the school office at 807-482-2271.

Should plans change during the day, please contact the office and we will ensure the message is given to the teacher.

Thank you for your support and understanding.

Safety is always our first priority.

Mental Health Memo

WITH CARE: Identifying Mental Health Concerns

Emotional and behavioural difficulties can arise at any time and affect anyone. It is important to consider the signs that could indicate that you child is struggling with an emerging or escalating mental health problem. Identifying problems early, and providing caring support, goes a long way toward prevention and/or worsening of difficulties.

When problems arise, parents can help their child manage temporary distress in healthy ways by:

- practicing calming activities with them, like breathing exercises or mindfulness activities
- model gratitude for the positive things that happen every day
- establish routines that are easy to follow and include time for fun, connection, and rest
- engage in physical activities – get outside in nature and exercise

If your child does not seem to be improving with the actions you have tried, and if you are still feeling worried about their well-being, it might be time to reach out for more help. As a reminder, all schools within the Rainy River District School Board have an assigned Child and Youth Mental Health Clinician who works exclusively in the school and can provide short-term counselling services. For more information, contact your school Principal.

Check out this tip sheet from School Mental Health Ontario:

<https://smho-smso.ca/wp-content/uploads/2021/05/Tip-Sheet-How-Do-You-Know-If-You-Should-Be-Concerned.pdf>

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



From our families to yours, we wish you a relaxing Thanksgiving weekend filled with friendship, family and fun.