



DYS STAR GAZE-ette



Gashkadinowigiizis (ground freezing over Moon) Novembre

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

November 7, 2023

Website: dys.rrdsb.com

Treaties Recognition Week across Ontario

November 5th - 11th all across Ontario, students will take part in Treaties Recognition Week. First introduced in 2016 to honour the importance of treaties and to help Ontarians learn more about treaty rights and treaty relationships. Our goal is for students to understand why treaties matter to all Ontarians. At DYS, students and staff can access resources and learn about Treaties in Ontario.



School Council Corner

Greetings from your 2023/2024 School Council!
We are happy to once again be part of the All-Star DYS community!

This time of year gets busy at the school with different events and activities. If you have any time to give, we would appreciate some volunteers! Please notify the school at 807-482-2271 if you would be willing to help. Thanks!

Join us at our next meeting
on Monday, November
20th at 6:15 p.m.

Join School Council.

Education is a partnership involving parents, students, teachers, principals, school boards, government, and the community.

Everyone is welcome!

Progress Reports

Please note that progress reports will be sent home on Tuesday, November 14th. *Parent-Teacher conferences* will be held on Thursday, November 16th. More information will be sent out with Progress Reports.

SAVE THE DATE!
DYS Winter Concert
Thursday,
December 14th
6:30 p.m.

A friendly reminder...

With the weather changing and becoming colder, please ensure that students are prepared for recess and daily physical activities outdoors. Students should have hats, mitts, scarves, snow pants, boots, and winter coats. We encourage families to label their child's items.



CONGRATULATIONS TO THE INTERMEDIATE VOLLEYBALL TEAMS AT THE NOVEMBER 4TH TOURNAMENT IN ATIKOKAN!

GRADE 8 GIRLS - GOLD

GRADE 8 BOYS - 4TH PLACE

GRADE 7 CO-ED TEAM - GOLD

A SPECIAL THANKS TO MR. DALSEG FOR COACHING!

PICTURE DAY IS COMING

Picture retakes will take place on:
Wednesday, November 22nd

Remembrance Day 2023

This year Remembrance Day will be commemorated with an assembly for staff and students on Friday, November 10th.



The Emo Legion will provide services at the Cenotaph on Saturday, November 11th at 11:45 am for those who wish to

Lest We Forget. attend.

Principal's Message:

It has been a very busy month at DYS. It was fantastic for all DYS students and staff to experience Fall Harvest activities hosted by Chief Marcel Horton and RRFN. For October 31st, students enjoyed a school wide costume parade, goodie bags, and specific classroom activities. Congratulations to the intermediate volleyball teams who represented DYS at the Atikokan tournament. We look forward to watching all teams in action when DYS hosts another tournament this upcoming weekend. We are excited for the change in weather and to participate in more seasonal outdoor activities during our outdoor recesses!

-Ms. Maharaj

IMPORTANT DATES

Remembrance Day	Saturday, November 11
Progress Reports Go Home	Tuesday, November 14
Parent/Teacher Interviews	Thursday, November 16
DYS Picture Day (Retakes)	Wednesday, November 22
PD Day (No school for students)	Monday, November 27



No Peanuts & All Nut Products

Donald Young School is a nut and peanut restricted school due to severe allergies. Please do not send peanut butter or any other nut products to school with your child. Please check the labels of all food items.

Bullying Awareness & Prevention Week November 19-25

How do I talk with my child about bullying?

- Be proactive. Start a discussion with your child about bullying and raise the topic often, especially in times of transition such as a change of school.
- Listen to what children say about bullying and take it seriously.
- Make it clear that you think bullying is wrong.
- Let children know that you will help solve the problem, whether your child is the victim, the bully or a witness to bullying.



To report an incident, use the RRDSB's online reporting tool, by clicking the icon.



LOUIS RIEL DAY

Every year on November 16th, Canadians come together to remember the man, his cause, and his legacy. Riel is remembered for his fight for the rights and lands of all who lived in Western Canada, including the First Nation, Métis and European settlers.

Mental Health Memo

One Stop Talk- No issue too big or too small

More than ever, children and youth are facing increasingly difficult mental health challenges. This is hard enough without having to find or wait for mental health support. One Stop Talk is a free service which immediately connects children and youth to a professional therapist from a network of community-based child, youth, and family mental health agencies from across Ontario.



Any child or young person from 0 to 17 years of age can use One Stop Talk and get connected to on-going supports, if needed, parents/caregivers are welcome to connect to the service with their child to ensure access. How it works:

- Step 1: Welcome chat- you will be asked a few questions about yourself to better understand your needs
- Step 2: Get paired with a therapist- connect to a registered therapist for a one-hour session
- Step 3: Talk and plan- discuss what you're going through and feeling to develop a plan to help you move forward
- Step 4: Connect to on-going support- a One Stop Talk navigator will directly connect you to appropriate services

The service is available:
Monday to Friday 11 am to 7 pm CST
Saturday 11 am to 3 pm CST
1 855 416 8255

Check out their website for more information: <https://onestoptalk.ca>

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

November 1-9, 2023

HOLOCAUST EDUCATION WEEK

Holocaust Education Week (HEW) is recognised the first week of November.

Understanding historical harms provides the learning necessary for a future free of antisemitism and genocide.

HEW is also a time to acknowledge the resiliency of Jewish Canadians and their contributions to Canadian culture.

RRFN FALL HARVEST - OCTOBER 25TH, 2023

Staff and students had an amazing experience at the RRFN Fall Harvest! The entire school spent hours enjoying different hands-on activities and delicious foods on a beautiful fall day. Our thanks go to Chief Marcel Horton and the RRFN community for having us. Miigwech!



WHAT TO DO IF

YOUR CHILD IS BEING CYBERBULLIED



Over the past few years, the Canadian Centre for Child Protection has witnessed a marked increase in reports to [Cybertip.ca](https://www.cybertip.ca) from youth ranging from 13 to 17 years of age. A large percentage of these reports are with regard to sexual images/videos being created and distributed among their peers via the Internet and/or electronic devices, sometimes as a form of cyberbullying. When children are sexually exploited/abused and technology has been used to memorialize the sexual harm, there is often an additional layer of trauma for the child.

Educators, school-based resource (liaison) officers, families and the community-at-large play a fundamental role in assisting and supporting youth who are cyberbullied. If you are concerned that your child may be affected by cyberbullying, consider the following strategies.

THE CANADIAN CENTRE FOR CHILD PROTECTION DEFINES CYBERBULLYING AS A FORM OF EXTREME BULLYING AMONG YOUTH VIA TECHNOLOGY. IT IS ABUSIVE, TARGETED, DELIBERATE AND REPEATED BEHAVIOUR THAT IS INTENDED TO DAMAGE AND HARM ANOTHER YOUNG PERSON.

1. DISCONTINUE THE CONTACT

Make sure your child does NOT respond to the bully. Teach your child not to respond to any attempts made by the bully to engage in conversation or dialogue (e.g., walking away or ignoring any in-person contact and not responding to any texts or other online messages). Explain to your child that responding may only fuel the bully into escalating the activity. Not responding is especially critical if your child is being threatened or blackmailed – this should be reported to the police immediately.

Have your child adjust their privacy settings on social networking sites and block or delete the bully as a friend/contact on these sites. Most sites allow users to set limits on who can access their profile and send/post messages to their profile, and many provide users with the option to block or delete contacts. Having your child adjust their settings and block or delete contacts will help them limit or eliminate unwanted contact by the bully. This will not only help reduce their exposure to hurtful comments but will also help to reduce any distress they may feel whenever they are exposed to what the bully is posting. *Before your child deletes the bully, they should make a copy of any prior communication in case they need to involve the police at some point.*

Have your child change their email address and username. Deleting their accounts for a period of time will give your child an important emotional break from seeing the cruel commentary that may be happening online. They may also wish to create new accounts that only close and trusted friends and family know about.

2. ADDRESS ANY SEXUAL PICTURES/VIDEOS POSTED ONLINE

Contact the site where the picture/video is posted. Most popular sites (i.e., Facebook®, Twitter®, Instagram®) have a process for reporting, and many place a higher priority on situations involving youth. It's important to include the exact URL (website address) where the content is posted and your child's age at the time the picture/video was taken. Also identify your child as the person in the picture/video and indicate that your child did not post the picture/video, did not consent for it to be posted and objects to the continued posting of the content. For more information on how to contact popular websites, please visit [needhelpnow.ca](https://www.needhelpnow.ca).



3.

REPORT THE BULLY

Report the bully to your child's school. If the bullying involves school peers, telling people in a position to do something about it, such as the administrators at your child's school, is important.

Report to the website or cell phone service providers. If the bullying is occurring online, your child can report the situation to the provider that runs the website or service where the bullying is taking place (e.g., Facebook®, Twitter®). For bullying occurring via text messaging, explore what options exist to block contacts with your mobile service provider.

Report the bully to the police. Depending on the nature of the situation, who is involved and what the bullying has escalated to, there may be Criminal Code (Canada) violations to consider such as criminal harassment, intimidation, uttering threats, extortion, defamatory libel, personation, use of a computer in an unauthorized way or interference with data, child pornography, luring, counselling to commit suicide etc.



Remember, if you are at all concerned that the situation involves something potentially illegal, reporting to a law enforcement agency as soon as possible is extremely important.

4.

REINFORCE THE IMPORTANCE OF FRIENDS

Being around close friends can help your child feel safe, supported and give them strength to get through this difficult time.

When Peers or Friends are Being Bullied

Often, youth aren't sure what to do when a peer or friend is being bullied and feel that being silent is the answer. They may think: it's not my problem, they aren't my friend, I don't really like them anyway, they deserve it, I don't want to make it worse by bringing attention to it, I don't want to be targeted next, etc.

It's important for youth to have a variety of options for ways they can stand up against the mistreatment of others and this needs to be reinforced by adults. You can encourage a range of actions that include:

- Refusing to participate (including not "liking" or forwarding harmful messages) and removing themselves from the situation
- Including the person being bullied in school groups, what your child is doing at lunch, etc.
- Challenging hurtful messages with responses such as, "That's not cool," "I think they are awesome," etc.
- Letting the person who is being mistreated know how they are being treated is wrong and that it's not okay
- Going to a safe adult to let them know what is going on

If you are concerned that your child may be having suicidal thoughts, seek professional help immediately. Take all signs of suicidal behaviour seriously.

Visit protectchildren.ca for more information

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The safety tips and other information provided herein is intended as general information only, not as advice. Readers should assess all information in light of their own circumstances, the age and maturity level of the child they wish to protect and any other relevant factors.



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Helping families. Protecting children.