

WELCOME BACK!

2019 - 2020



A message from your trustee:

Dear Parent/Guardian,

Welcome to the 2019-20 school year! I hope you and your family had an enjoyable and safe summer.

As the elected public school board trustee for your community, my role is to advocate for you and your child, and to represent the needs of all students and parents/guardians in the Toronto District School Board.

As the new school year begins, I encourage you to visit our webpage for parents, www.tdsb.on.ca/forparents. Here, you will find helpful resources for both parents and students, including homework tips, the school-year calendar, transportation information and updates, and supports for mental health, healthy living and bullying.

To stay informed, please sign up for my e-newsletter by emailing me at anu.sriskandarajah@tdsb.ca and visit my webpage at <https://www.tdsb.on.ca/Ward22/>. For system-wide news about the Toronto District School Board, subscribe to TDSB Update at www.tdsb.on.ca/TDSBupdate and follow the TDSB on Facebook, Twitter and Instagram.

Thank you,

Anu Sriskandarajah
Ward 22 Trustee



Back To School tips:

- 1)** Ensure your child/children gets enough sleep (set a reasonable bedtime so that they'll be rested and ready to learn in the morning).
- 2)** Use a wall calendar or personal planner to record when assignments are due, tests will be given, extracurricular practices and rehearsals will be held, etc.
- 3)** Have them organize and set out what they need the night before (homework and books should be put in their backpacks by the door and clothes should be laid out in their bedrooms).

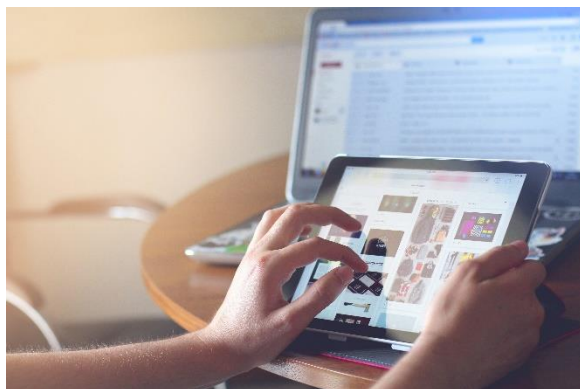


Road Safety tips:

- 1)** Teach your child/children to always look both ways before crossing the road and only to cross when the walk or walking signal is on and do not begin crossing the road if the walking signal is flashing red.
- 2)** If your child/children ride the bus to school, remind them to never stand inside a moving vehicle, especially a school bus or van and ensure they stay seated while the bus is in motion. It is important that children do not put any part of the body outside the window of a moving vehicle.

Screen Time and Screen Use tips

- 1) Limit screen time to no more than 2 hours a day and include at least 60 minutes of daily physical activity.
- 2) Make rules about screen use, you can help your child find the balance between screen use and other activities by working with your child on a family media plan.
- 3) Avoid screen time before bed. School-age children need **10-11 hours sleep a night**. If your child avoids mobile phones, tablets, computer screens or TV in the hour before bed, they are more likely to get to sleep more quickly.



How to stay safe online:

- 1) Monitor the websites/social media apps your child/children are using. Ensure you are aware of the terms and conditions of the app and what content they are being exposed to. Keeping the computer/laptop in a common area such as the family room is a great way to ensure transparency in their online activity.
- 2) Educate your child/children on ways to spot online bullying and harassment. Remind your child to always report any comments they see online that are intentionally meant to hurt someone.