Report your child’s immunizations to the Region of Peel online

When registering for school for the first time, parents and guardians are required to provide up-to-date immunization information for their children. This includes registering for kindergarten.

You can update your child’s immunizations online. The online immunization tool allows you to attach a photo of the immunization record. When reporting online, an Ontario Health Card is required.

Report immunizations online at: [www.peelregion.ca/immunize](http://www.peelregion.ca/immunize)

After you report your immunizations online you will be given a reference number. Keep this number for your records. You will need to give this number to your child’s school when registering.

If you do not have online access or your child does not have an Ontario Health Card, take a copy of the immunization record to the school. Make sure your child’s name and date of birth are visible on the record.

Call Peel Public Health at 905-799-7700 if your child does not have an immunization record or if you have any questions about immunization exemptions.

For more information, visit [www.peelregion.ca/immunize](http://www.peelregion.ca/immunize)
Peel Public Health shares tips to help prevent the flu

It’s flu season and we want to make sure students stay as healthy as possible this year! Influenza (flu) spreads easily from one person to another and Peel Public Health has some tips to help reduce the risk of catching the flu and spreading it:

- **Get your annual flu shot:** The flu shot is your best defence against the flu. There are many locations across Peel where you can get your flu shots:
  - Family Doctors’ offices
  - Walk-in clinics
  - Pharmacies
  - Peel flu clinics

- **Keep children home when they’re sick:** If your child develops flu-like signs and symptoms (fever, cough, sore throat, body aches, headache, chills and fatigue), keep them home from school. Contact your health care provider if symptoms are severe.

- **Practice good hygiene:** Help your child get into the habit of covering their nose and mouth with a tissue when they cough or sneeze and throw tissues in the trash. Cough or sneeze into a sleeve or elbow, if they don’t have a tissue. They should also avoid touching their eyes, nose or mouth. This is how germs are spread.

- **Wash your hands:** Encourage your child to wash their hands often with soap and water or use hand sanitizer, especially after they cough or sneeze.

For more information, call Peel Public Health at 905-799-7700 or visit [www.peelregion.ca/flu](http://www.peelregion.ca/flu).
It's time to register children born in 2016 for kindergarten

We inspire success, confidence and hope in each student...and it all starts in kindergarten! If your child was born in 2016, they can start kindergarten in September 2020. You can register your child at any time during regular school hours—just visit the school they will be attending to register.

Peel schools will also hold Kindergarten Registration Week from Jan. 13 to 17, 2020. Visit Barondale Public School from:
- Jan. 13 to 17, 2020 – from 9 a.m. to 3 p.m.
- Jan. 16, 2020 – from 9 a.m. to 3 p.m. and 5 to 7:30 p.m.

What you will need to bring to registration

**Proof of child's age (one of the following)**
- Canadian birth certificate
- Canadian passport
- citizenship card/certificate
- Permanent Resident Card
- confirmation of permanent residence
- work permit
- refugee permit

**Proof of address (one of the following)**
- Ontario driver's license
- utility bill
- bank statement/client slip (directly from financial institution)
- credit card statement
- federal government forms (e.g. Social Insurance Number, Service Canada documents)
- purchase agreement

**Proof of custody** – children must live with their parent(s) unless provided documentation supports an alternate living arrangement.

**Proof of immunization** – proof that your child has been immunized/vaccinated.
Keep your child’s eyes healthy

Did you know that vision problems in children often go unnoticed because kids don’t know any different? As many as 10 per cent of preschoolers will have vision difficulties that can affect the development of their sight if not treated. However, if caught by the age of 5, treatment will be most effective.

The Region of Peel recommends regular eye exams for your child to help find eye problems early and get the right treatment.

The best way to ensure good eye health is to have your child’s eyes checked by an optometrist. Yearly eye exams for children 19 and under are covered by OHIP.

What to expect at your child’s eye exam

An optometrist will complete:

- General vision testing in both eyes.
- Eye muscle testing.
- Eye coordination testing.
- A general health assessment of the front and back of the eyes.

If needed, the optometrist will write a prescription for glasses for your child.
For information on overall vision health, common signs of a possible eye problem and the programs available to you within Peel, visit [www.peelregion.ca/vision-health](http://www.peelregion.ca/vision-health)
Help your family stay warm this winter

Canada Safety Council recommends the following tips for staying comfortable and preventing hypothermia when working or playing outdoors:

- Wear a warm hat—most body heat is lost through the head. Children should keep an extra hat at school.
- Wear layered clothing. Layers allow warm air to stay trapped around the body.
- Protect your feet and hands. Wear loose waterproof boots. If the boots have liners, carry an extra pair to replace damp ones or take an extra pair of socks. Invest in thick socks to keep your feet warm. Mittens are warmer than gloves. Carry an extra pair of mittens to school, on outings, etc.
- Prevent dehydration and exhaustion, which can lead to hypothermia. Drink plenty of fluids and pace yourself when doing vigorous activities.
- Stay fit by exercising and eating well—people who are fit are less susceptible to hypothermia.
- If you stay indoors, avoid moving from a hot environment to a cold one. Excessive sweating caused from an extreme change in temperature increases the risk of developing hypothermia.
- Eat high-energy food such as nuts and raisins. A balanced diet will also help keep you warm and healthy in the winter.
- If you are travelling (on the road or in the wilderness) carry emergency supplies.
Winter bus safety

The following winter school bus safety tips will help to keep your child safe throughout the winter months.

- Allow extra time to get to your bus stop.
- Wear bright clothing so the bus can see you in the early morning and late evening.
- Stand away from where the bus stops. Buses need extra room to stop when there is snow and ice.
- Use the handrail when boarding or exiting the bus to prevent slipping on wet or icy steps or road surfaces.
- Dress appropriately—winter clothing, hats, and boots will keep you warm.
- Don't throw snowballs at the bus or other children waiting for the bus.
- Don't slide on the snow or ice patches in driveways or on the street.
- Don't push or shove around the bus. Someone could fall down on the ice and get hurt.

Talk to your child about what to do if the bus is late. Here are some suggestions:

- When possible, wait with your child for the bus.
- Make sure your child knows a phone number where he can reach you or another trusted adult.
- Teach your child how and where to get help. Talk to your child about what a "safe" stranger is.
- Help your child set up a bus stop buddy system so your child has someone to wait with for the bus.
Bus cancellation and closing schools due to bad weather

During the winter months, we may need to cancel buses or close schools because of inclement weather.

Information regarding details of cancellations or closures will be available on Twitter @Peelschools, Facebook at https://www.facebook.com/peelschools/, www.peelschools.org and www.stopr.ca or by calling 905-890-1010 or 1-800-668-1146. It is usually also announced on the radio and television stations listed below:

<table>
<thead>
<tr>
<th>VIRGIN RADIO</th>
<th>FM99.9</th>
<th>NEWS AM680</th>
</tr>
</thead>
<tbody>
<tr>
<td>CFNY FM102.1</td>
<td>AM640</td>
<td>CJCL AM590</td>
</tr>
<tr>
<td>NEWSTALK1010 AM</td>
<td>EZ ROCK FM97.3</td>
<td>CHFI FM98.1</td>
</tr>
<tr>
<td>FM Z103.5</td>
<td>FM93.1</td>
<td>CJBC (FR) AM860</td>
</tr>
<tr>
<td>CHIN FM100.7/AM1540</td>
<td>CBC99.1</td>
<td>FM Q107</td>
</tr>
<tr>
<td>GLOBAL NEWS</td>
<td>CITY NEWS</td>
<td>CITYPULSE</td>
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<tr>
<td>CFRB – (Bell Media)</td>
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<td>CTV</td>
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One of the following messages will be announced:

**Peel District School Board buses are cancelled**
This means that schools remain open for students and staff, but buses are cancelled. Bus cancellations could occur in all or parts of municipalities. Buses will remain cancelled all day. All activities that require busing will also be cancelled. Permits, night school classes, child care and other activities in schools will operate as usual.

**All Peel District School Board schools and board offices are closed**
This means that all schools and Peel board offices are closed to students and staff. All activities in schools and board offices are also cancelled, including child care, night school and permits.

**All evening programs and permits at the Peel District School Board are cancelled**
This means that all activities in schools and Peel board offices are cancelled, including continuing education courses and events. The buildings will be closed.

**All weekend programs and permits at the Peel District School Board are cancelled**
This means that all activities in schools and Peel board offices are cancelled, including continuing education courses and events. The buildings will be closed.

Peel District School Board program offers flexible school options for student athletes, artists

Does your child/teen have an intense sports or arts training and competition schedule that makes it difficult to attend school regularly? The Peel District School Board’s Peel Region High Performers Program will offer flexible timetabling to accommodate student athletes and artists with demanding practice, competition, rehearsal and/or performance schedules.

The Peel Region High Performers Program is available to students in grades 4 to 12 at Britannia Public School, Dolphin Senior Public School and Mississauga Secondary School.

Applications are open

For more information and applications, visit www.peelschools.org/HighPerformers.
Regional Learning Choices programs unlock passions

Regional Learning Choices Programs offered by the Peel District School Board empower students by providing them with opportunities to develop and explore skills in a particular area of interest. Regional programs are open to all students who meet the criteria for acceptance.

Transportation is not provided for students in regional programs. If students have been accepted into a regional program and they live within the school boundary, they are eligible for busing only if they meet the distance criteria outlined in the board’s Transportation Policy #39.

All regional programs include annual fees, including a non-refundable $40 application fee.

Students and their families are encouraged to attend the information night for the program of their choice to receive more information about the program and application details.

Important dates to note:

<table>
<thead>
<tr>
<th>Programs</th>
<th>Applications open</th>
<th>Applications close</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ELEMENTARY</strong></td>
<td>Jan. 27, 2020 at 8:30 a.m.</td>
<td>Feb. 10, 2020 at 3 p.m.</td>
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<tr>
<td><strong>SECONDARY</strong></td>
<td>Applications for secondary regional programs are closed</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Programs</th>
<th>Schools offered at</th>
<th>Starts in grade:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actively in Motion (AIM)</td>
<td>Royal Orchard MS</td>
<td>6 7 9</td>
</tr>
<tr>
<td>Advanced Placement</td>
<td>Central Peel SS, John Fraser SS</td>
<td></td>
</tr>
<tr>
<td>Arts</td>
<td>Earnscliffe Sr. PS (starts in grade 6), Queen Elizabeth Sr. PS (starts in grade 7), Cawthra Park SS, Mayfield SS</td>
<td>6 7 9</td>
</tr>
<tr>
<td>Arts and Technology</td>
<td>Morning Star MS</td>
<td></td>
</tr>
<tr>
<td>Graphic Design Management</td>
<td>T.L. Kennedy SS</td>
<td></td>
</tr>
<tr>
<td>International Baccalaureate</td>
<td>Bristol Rd. MS, WG Davis Sr. PS, Erindale SS, Glenforest SS, Harold M. Brathwaite SS, Turner Fenton SS</td>
<td>6 7 9</td>
</tr>
<tr>
<td>International Business and Technology</td>
<td>Allan A. Martin Sr. PS, Lisgar MS, Williams Pkwy Sr. PS, Meadowvale SS, North Park SS, T.L. Kennedy SS</td>
<td></td>
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<tr>
<td>International and Executive Leadership Academy</td>
<td>T.L. Kennedy SS</td>
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<tr>
<td>Regional Skilled Trades</td>
<td>Judith Nyman (starting in September 2020), West Credit SS</td>
<td></td>
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<tr>
<td>SciTech</td>
<td>Centennial Sr. PS, Macville PS, Tomken Rd. MS, Chinguacousy SS, Port Credit SS</td>
<td>6 7 9</td>
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<tr>
<td>Sports</td>
<td>Applewood Heights SS</td>
<td>6 7 9</td>
</tr>
<tr>
<td>Strings</td>
<td>Central Peel SS, Port Credit SS</td>
<td>6 7 9</td>
</tr>
<tr>
<td>Transportation Engineering and Technology</td>
<td>Bramalea SS</td>
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</table>

For more information about program information nights, busing, fees and the application process, visit [www.peelschools.org/RegionalPrograms](http://www.peelschools.org/RegionalPrograms)
Apply for French Immersion by Jan. 31, 2020

If your child will be starting grade 1 in September 2020, one of the important choices you will make is whether you want to consider grade 1 French Immersion (FI).

The application form for grade 1 FI for the 2020-21 school year are available online at [www.peelschools.org/French](http://www.peelschools.org/French). The deadline to apply is Friday, Jan. 31, 2020.

Applications received after the deadline will not be included in the random selection process and will be placed on the school’s waitlist.

The FI school for our area is Barondale Public School. The phone number is 905-502-1880.

Applying for Grade 1 French Immersion
The Peel board has a limited number of spaces available for grade 1 French Immersion. They are not offered to students on a first come first served basis. A computerized random selection process randomly ranks all applications that are received by the deadline and assigns the available spaces in rank order. Once available spaces are filled, the remaining students are placed in rank order on a school’s waitlist. Each school has its own waitlist.

Students must apply to and, if accepted, attend the French Immersion school based on the home address. Flexible boundaries are not available for Grade 1 French Immersion.

How to get more information
For more information about French Immersion and how you can support your child:
- Visit [www.peelschools.org/French](http://www.peelschools.org/French)
- Call Barondale Public School at 905-502-1880.
- Visit the Canadian Parents for French website at [http://on.cpf.ca/](http://on.cpf.ca/)
- Visit [www.stopr.ca](http://www.stopr.ca) to determine if your child is eligible for busing and for information on bus stops and routes.
Our work has just begun.

*Did you know that 1 in 5 students in Peel Region face barriers related to poverty. That’s more than 27,000 Peel board students.*

The Peel Learning Foundation’s mission is to raise funds to enable Peel District School Board students to achieve personal excellence by providing resources that help them overcome barriers. To date, we have supported more than 500 students through the Student Emergency Needs and Student Backpack programs. The support we provide can be as simple as providing funds for food or transportation, a winter coat, or a backpack filled with school supplies.

This type of support can enrich a student’s school experience and help them achieve success. Any teacher, staff or support person can speak confidentially to their school’s principal, vice-principal or supervisor when they encounter a student in need, who will then reach out to us to ask for help.

There are many ways that you can support the foundation. A gift will help us achieve great things for students. To learn more, visit [www.peellearningfoundation.org/how](http://www.peellearningfoundation.org/how).

You can help us create hopeful tomorrows.

[www.PeelLearningFoundation.org](http://www.PeelLearningFoundation.org) | 905-890-1010 ext. 2461 | foundation@peelsb.com
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@PeelLearningFDN | [facebook.com/PeelLearningFDN](http://facebook.com/PeelLearningFDN)
Many people think that when we talk about mental health, we are talking about mental illness – however, although they are related concepts, they are not the same. Mental health is like our physical health: both are important parts of our overall well-being.

Mental illnesses are conditions that affect our thinking, mood and behaviour and they can negatively impact how we function day to day. Examples of mental illness include depression, generalized anxiety disorder, and schizophrenia (1). Mental health, relates to our ability to enjoy life and to manage it in ways that help us reach our goals and cope with stress. It is a sense of spiritual and emotional well-being. This means, mental health is more than the absence of mental illness (2).

The “dual continuum model” (3) helps illustrate the relationship between mental health and mental illness. On the mental illness continuum, one end runs from severe mental illness to no mental illness. On the mental health continuum, one end runs from poor mental health to good mental health.

This model shows that a person without a mental illness is not necessarily mentally healthy. They may be feeling down or experiencing a high level of stress because of life circumstances. It also shows us that we can all strive for good mental health; that even individuals with mental illness can experience a high level of mental health.

To learn more, watch this brief YouTube video: “Promoting Mental Health: Finding Shared Language” bit.ly/UnderstandingMH_MI. For updates and to follow along with the work of the PDSB Mental Health Resource Team, find them on Twitter @MHRTPeel.

References: