

CONNECTIONS

No. 3 Volume 2.

December 2022



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DEAR ETSB PARENTS,

We imagine you are also asking yourselves, "Where did the fall go?!" With snow already on the ground and the days growing shorter, we can see the holiday season right around the corner. Much has happened since this school year began, and we just have a short way to go before a well deserved break...it's almost here along with the New Year!

In this volume of the CONNECTIONS newsletter for parents and guardians, we hope you will find some useful resources and tools. There are services available for families free of charge and workshops to help you support your child(ren) through these special years. We hope you might find something useful for your tool box. You will also find important information and dates regarding the end of term 2 and the upcoming registration period for the 2023-2024 school year.

As we wrap up these final weeks until the Christmas/Holiday Season, we know that it can get hectic. Please remember to take good care of yourselves. We look forward to wrapping this year up feeling happy and successful, and thank you for the role you play in achieving this collective goal!

From the ETSB, we wish you all a well deserved vacation and look forward to starting the new year together with renewed energy and a fresh outlook.

Pedagogical Services

It is hard to believe that winter is just around the corner and it's already the time of year to wish each other a Happy Holiday season!

With Term 1 already completed, we hope that it was a successful one for your child(ren) and that they were able to fully take advantage of the four November pedagogical days to enjoy some time for rest, the outdoors and for "recharging their energy levels" in order to be able to fully engage in learning in the upcoming weeks.

November is often a more challenging month for everyone, where we see increased absences and levels of fatigue from our student population and from our staff. With the increased concerns in health & well-being, several school boards, Cégèps and universities are incorporating a fall break (some call it Reading Week, others Wellness Week...). It allows the students to catch their breath and it changes the pace for staff, where they can focus on professional growth, school team time, etc.

At the ETSB, there have always been 20 days reserved for professional development. This year, we regrouped 4 of these in November: 2 days were dedicated to board-wide professional development initiatives, and 2 were reserved for school-based initiatives. The reason for regrouping these four days was not taken lightly and mainly in response to ensuring the mental well-being of our students and staff.

We wish to take this opportunity to thank you for your continued support of your child's success at school.

End of Term 2 and Registration Period:

We would like to highlight the following dates in January-February 2023:

January 9th - 20th, 2023: 2023-2024 Re-registration period. You will receive information on how to re-register your child through the Parent Portal in the New Year.

January 23rd - February 3rd 2023: 2023-2024 NEW Registration Period

January 27th 2023: End of Term 2

February 8th 2023: Report Cards are Published

February 10th 2023: Planning Day

Young Voices Project

The **Townships Sun's Young Voices** project presents three new tools for creative youth in the Townships:

- (1) The **@TYVoices YouTube** channel now offers 20 videos of writing tips and inspiration... and more are coming!
- (2) A new **e-Guide** (pdf) is available free of charge as of December 1st at **TownshipsSun.ca/Young-Voices**. Its name tells it all: E-Guide: Art, Photos, Poetry, Fiction, & Non-Fiction for Magazines: How to create, write, win awards and have your work published in magazines, especially in the Townships Sun.
- (3) The **Awards deadline** has been extended to **February 28**. Anyone age 29 or younger can submit fiction, non-fiction, poetry, photography or artwork for **cash prizes and publication in the Townships Sun**.

Details are at **TownshipsSun.ca/Young-Voices**. Check it out!

The Townships Sun

New Deadline: February 28, 2023

tyrvoices **AWARDS**
townships young voices

\$750 in AWARDS
for creative Townships youth, ages 12 - 29
Your STORY, POEM, PHOTO, ART or ARTICLE
can get published in a magazine & win cash!

Short VIDEOS
on
YOUTUBE,
@TYVoices

AWARDS
PUBLICATION
PLUS 5 X \$100
& 5 X \$50
**HOW TO
APPLY**

E-GUIDE:
WRITING/ART
for
MAGAZINES
**townshipssun.ca/
Young-Voices**

DETAILS AT:
**TownshipsSun.ca/
Townships-Young-Voices**

INFO: TownshipsYoungVoices@gmail.com

A project of the **Townships Sun** magazine, supported by Townshippers' Research & Cultural Foundation,
Townshippers' Association, the Rotary Club of the Boundary, Write Here, Write Now of the BU Lifelong Learning Academy,
& the Bishop's University Experiential Learning Program.

**Deadline
EXTENDED
FEB 28th!**

Complementary Services

SAVE the DATE: Attachment Based Developmental Approach

It is with great pleasure that we will be welcoming Eva de Gosztanyi on Wednesday, February 8th from 7pm to 9pm to talk about one of ETSB's four pillars: the attachment based developmental approach. She will provide a general explanation of this approach which guides our interventions and decisions in our schools. Furthermore, she will talk about Nurturing Support Centres, which we have in many of our ETSB schools. You may know these centres as The Oasis, The Garden, The Station, The Zen Room, The Hive, etc. Eva de Gosztanyi has over 30 years of experience as a school psychologist and has worked very closely with the ETSB for several years as the coordinator of the Centre of Excellence for Behaviour Management. She is newly retired from that role but continues to support our ETSB community by providing information sessions to parents and staff. This session will be held online. More information to come after the Holidays.

Special Education Website

We invite you to visit our [website](#) which contains information on different topics pertaining to students with special needs (individualized education plans (I.E.P.), events taking place for parents and staff, external resources, SEAC, etc.). This website was brought to life thanks to the collaboration between the ETSB Complementary Educational Services and the members of the Special Education Advisory Committee (SEAC). We will continue to develop it and add pertinent information and resources as time goes by. Feel free to share this valuable resource within your community!

WORKSHOP:

How to make kids more resilient by not over protecting them!



Workshop
January 19th, 2023, 7:00 - 8:30 pm
Target Audience: Parents
How to Make Kids More Resilient by not Over-protecting Them

As both a family therapist and a world-renowned researcher on resilience, Michael Ungar has noticed that many families and schools have become so overprotective that children never have a chance to develop the normal coping strategies children need for independent lives. Though the stats tell us that children today are safer than ever before in history, parents are failing to give them what Michael has called "the risk-taker's advantage." The results are a generation of bubble wrapped kids with anxiety disorders, an inflated sense of entitlement, or misguided efforts to find their own rites of passage into adulthood, often with catastrophic results. Based on his best-selling book, *Too Safe For Their Own Good*, Michael shows us how to help families and schools stop being overprotective and provide kids with what they need to grow up well. You can expect:

- A very amusing, and at times, shocking presentation that debunks common myths regarding the things that put children at risk.
- Practical ways parents and caregivers can meet children's developmental needs and offer them more risk and responsibility.
- To laugh and be inspired by stories of schools and communities that have helped parents give their children the risk-taker's advantage.

MICHAEL UNGAR, Ph.D.
World-Renowned Resilience Expert

About the Presenter
Michael Ungar, Ph.D.
Canada Research Chair in Child, Family and Community Resilience
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Professor of Social Work, Dalhousie University
AAWF Clinical Supervisor
Registered Social Worker

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Check out Dr. Ungar's *Psychology Today* blog at: <https://www.psychologytoday.com/blog/nurturing-resilience>

Dr. Michael Ungar's Bio
Michael Ungar, Ph.D., is a Family Therapist and Professor of Social Work at Dalhousie University where he holds a national Research Chair in Child, Family and Community Resilience. His research on resilience around the world and across cultures has made him one of the best-known scholars in the field. He is the author of 17 books for parents, educators, mental health professionals, and employers, including his most recent work *Change Your World: The Science of Resilience and the True Path to Success*, a book for adults experiencing stress at work and at home, *Working with Children and Youth with Complex Needs: 20 Skills to Build Resilience*, a book for educators and mental health professionals, and *I Still Love You: Nine Things Troubled Kids Need from their Parents*, an accessible guide for parents seeking to build their children's resilience. His blog, *Nurturing Resilience*, can be read on *Psychology Today's* website.

[Click on
image
for
full poster](#)

January 19th @ 7 p.m.
Click [HERE](#) to REGISTER

Infectious Diseases

As you all know, infectious diseases are present all over the province. Please consult the following flyers ([English](#) and [French](#) versions) provided by the Quebec health care system to help parents when they are uncertain about whether or not they should be seeking emergency care for their sick child or children.



CLSC Resources for Families

Did you know that the youth teams at your CLSC can support parents if their child is going through a difficult situation? Parents are invited to call or make an appointment if this is the case. This resource is available for families with elementary and or secondary aged children. The CLSC is there to help & offer support!

For resources head [HERE](#) ...

HAVING A DIFFICULT TIME WITH YOUR CHILD RIGHT NOW?
If that's the case, contact us.

INFO-SOCIAL (24/7)
811, option 2

RESOURCES FOR FAMILIES
santeestrie.qc.ca/families

Centre intégré universitaire de santé et de services sociaux de l'Estrie - Centre hospitalier universitaire de Sherbrooke

We are here to listen and assist you.
 Your local CLSC youth interveners.

Confidential and free

Québec

[For your TEEN](#)

[For your CHILD](#)

HAVING A DIFFICULT TIME WITH YOUR TEENAGER RIGHT NOW?
If that's the case, contact us.

INFO-SOCIAL (24/7)
811, option 2

RESOURCES FOR FAMILIES
santeestrie.qc.ca/families

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