

DECEMBER HIGHLIGHTS

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IMPORTANT DATES:

KEY DATES 2024-2025

ELEMENTARY PD DAYS:

September 27, 2024: Professional Development
 October 11, 2024: Professional Development
 November 15, 2024: Parent-Teacher Conferences
 November 29, 2024: Professional Development
 January 17, 2025: Professional Development
 February 14, 2025: Parent-Teacher Conferences
 June 6, 2025: Professional Development

SECONDARY PD DAYS:

October 11, 2024 - Professional Development
 November 15, 2024 - Professional Development
 November 29, 2024 - Professional Development
 January 30, 2025 - Professional Development
 February 14, 2025 - Professional Development
 June 26, 2025 - Professional Development
 June 27, 2025 - Professional Development

SCHOOL YEAR HOLIDAYS (as per Ministry of Education)

Labour Day: September 2, 2024
 Thanksgiving: October 14, 2024
 Winter Break: December 23, 2024 – January 3, 2025
 Family Day: February 17, 2025
 Mid-Winter Break: March 10-14, 2025
 Good Friday: April 18, 2025
 Easter Monday: April 21, 2025
 Victoria Day: May 19, 2025

CHECK IT OUT!

- [Brain Break - Square Breathing Exercise](#)
- [Dear Teacher: Heartfelt Advice for Teachers from Students](#)

Special Education and Inclusion Parent Guides

Special Education and Inclusion Drop-in Sessions for Parents/Guardians/Caregivers

Learn more about navigating special education services, resources and supports, ask questions, and connect with other families. [Calendar of Drop-In Sessions for the 2024-2025 School Year](#) .

Community Resources

International Day of Persons with Disabilities



December 3rd **International Day of Persons with Disabilities (#IDPD)**. It is a globally recognized observance dedicated to promoting the rights and well-being of persons with disabilities in all spheres of society, and to increase awareness of the situation of persons with disabilities in every aspect of political, social, economic and cultural life.

The 2024 theme of the International Day of Persons with Disabilities is **Amplifying the leadership of persons with disabilities for an inclusive and sustainable future.**

For more information, click [here](#).

SURREY PLACE

Listed below are **FREE** events offered through Surrey Place. OAP Number is required.

Teaching Early Communication Skills

December 2, 2024

Supporting Social Skills

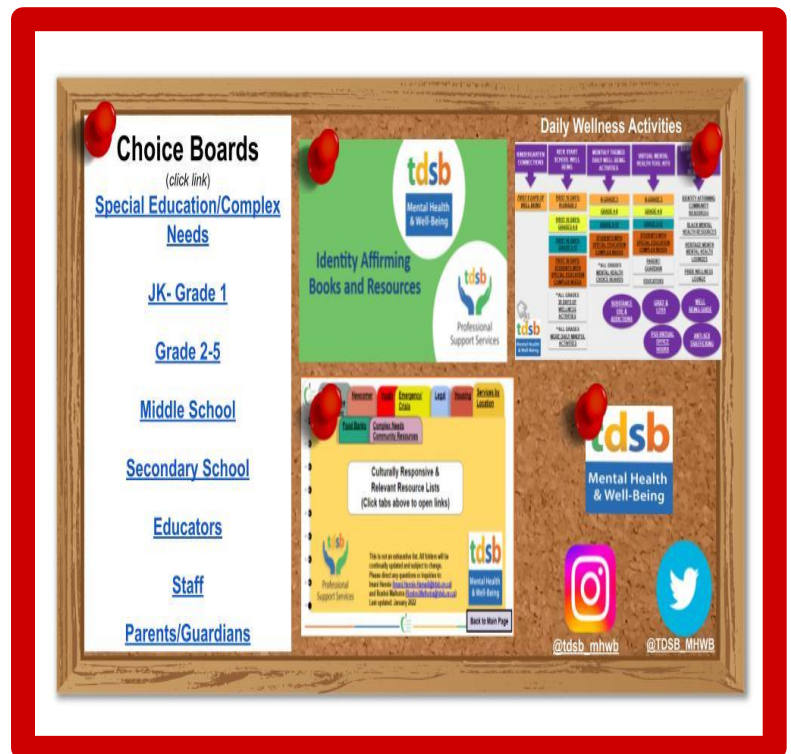
December 3, 2024

Supporting Mental Health in Teens

December 4, 2024

Community Resources and Funding

December 10, 2024



Identity Affirming Books and Resources

Speech and Language and OT/PT Services



TDSB Speech Language Pathology (SLP) Services focus on the early identification and prevention of speech and language difficulties. Every year, TDSB SLP Services create monthly Kindergarten calendars filled with activities to support oral language and literacy at home. Download your [December Kindergarten Calendar](#) here or ask your child's Kindergarten teacher to send you a copy today!



From TDSB OT/PT Toolbox - Parents/Caregivers



Electronic Accessible Books

(select above link for full handout)

Electronic Accessible Books

Electronic books or ebooks can be fun for all students!

They are great for students who may not be able to hold a regular book or turn the pages by themselves.

Students may use a mouse, a touchscreen or a switch to access the ebooks on this handout.

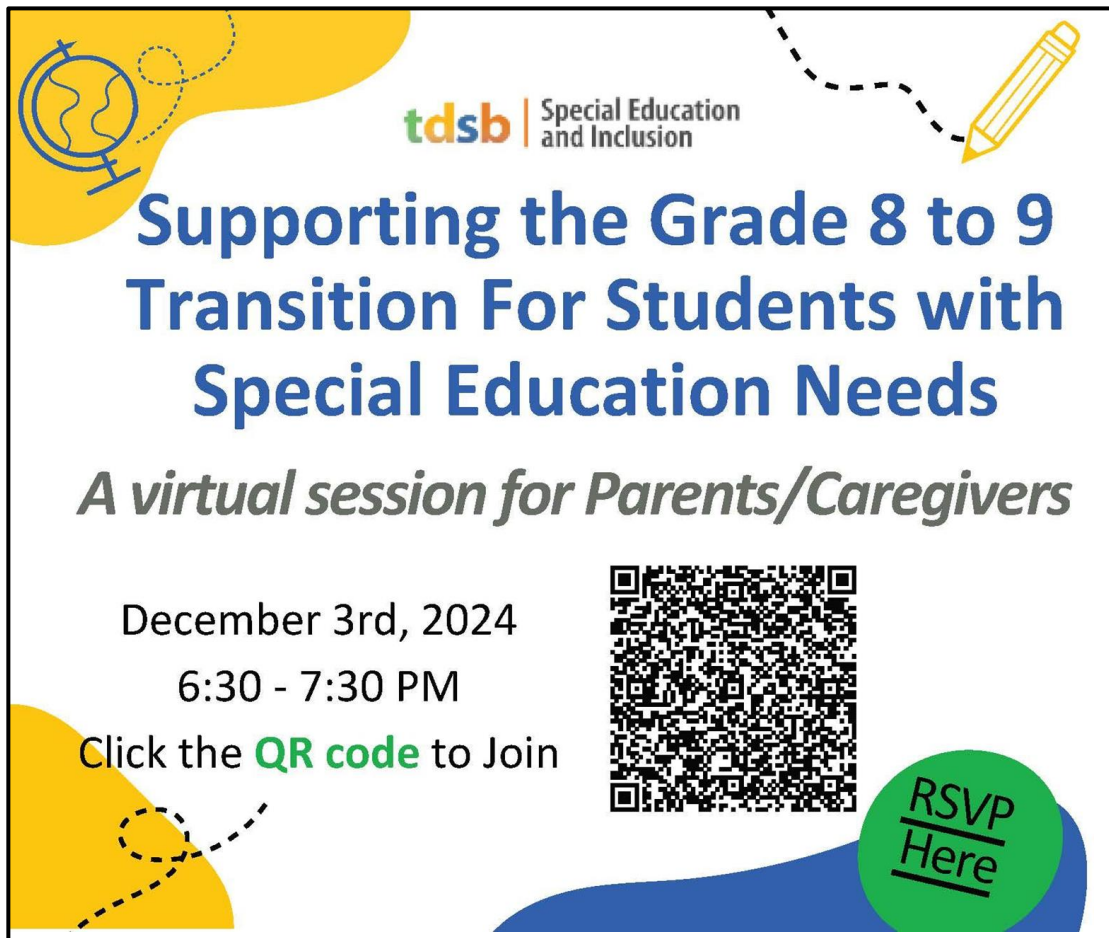
There are many different types of electronic books.

LEARNING TO TYPE

With technology access at our fingertips, the skill of typing is becoming more crucial to ensure academic success. Refer to our [typing handout](#) for specific strategies to support your child's typing skills.

Refer to <https://bit.ly/tdsbotpt> for more resources.

Learning and Resources



tdsb | Special Education
and Inclusion

Supporting the Grade 8 to 9 Transition For Students with Special Education Needs

A virtual session for Parents/Caregivers

December 3rd, 2024
6:30 - 7:30 PM

Click the **QR code** to Join

**RSVP
Here**

Tips for Supporting Grade 8 to 9 Transitions

- Take advantage of TDSB parent/guardian/caregiver drop-in sessions to deepen understanding of the supports and resources available to support transitions.
- Read the Special Education and Inclusion Newsletter for information on transition planning.
- Attend school information/orientation sessions and/or visit the school with your child before they start Grade 9.
- Find out what you and your child need to know before school starts (i.e. dress code, code of conduct, timetable, map of the school, and extra-curricular opportunities).
- Stay involved in your child's learning by asking questions about how they are feeling about school.
- Learn about the supports that will be available for your child (i.e. who to speak to and where to go for support throughout the day).
- If your child has an Individual Education Plan, discuss the instructional and environmental accommodations outlined in the IEP with school staff.



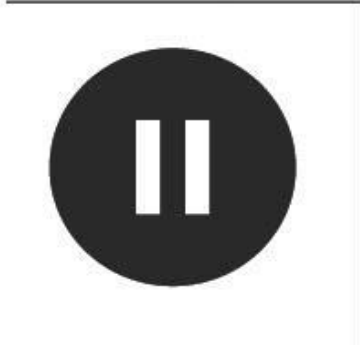


Supporting Executive Functioning

Psychological Services

Developing and Supporting Executive Functioning Skills

Executive functioning is a set of skills that are important for daily living. They help us plan, focus, solve problems, and manage our emotions to be successful.

Here are some tips to develop and support these skills:

	<h4>Martial Arts/Mindfulness Programs</h4> <ul style="list-style-type: none"> • Martial arts and mindfulness emphasize focus, control, persistence, and mental resilience. • Free or low-cost programs are available in Toronto, and are often offered by the public library, community organizations, local schools, public recreational centres, and various free online resources (e.g., GoNoodle, Cosmic Kids Yoga, and Headspace for Kids).
	<h4>Exercise</h4> <ul style="list-style-type: none"> • Physical exercise has been shown to improve cognitive functions, including executive functioning. • Aim to go on a brisk walk or play sports for 30 minutes most days.
	<h4>Learning Inhibition</h4> <ul style="list-style-type: none"> • Programs where children are directly taught inhibition or impulse control skills have been shown to improve skills. • Teach children how to think before acting by stopping, taking a deep breath, saying what the problem is and how they feel, and then figuring out next steps. • Encourage them to play games that involve inhibition skills, like freeze tag, Simon Says, or the card game Snap!
	<h4>Self-Awareness</h4> <ul style="list-style-type: none"> • Self-awareness helps children to monitor their cognitive and behavioral processes, leading to enhanced executive functioning. • Ask children how they feel and why. For example, "How did that make you feel?" or "Why do you think you're feeling that way?"
	<h4>Planning, Organization and Time Management Aids</h4> <ul style="list-style-type: none"> • Use checklists, planners, digital apps, visual schedules, and timers to help plan and organize work and track progress. • Break down tasks into simple steps and use visuals whenever possible.

For more information and resources, please check out our Google Site at:
<https://sites.google.com/tdsb.on.ca/psychologicalservices/home>



TDSB Social Workers Virtual Session

TDSB Social Workers

present the



VIRTUAL

DEVELOPMENTAL
DISABILITIES
CONNECT

**Supporting Parents/Caregivers of
Children, Youth and Young Adults
with Developmental Disabilities and
Complex Needs.**



WHEN
Morning Session
December 9, 2024
9:30 am - 12 Noon
*Evening Session (A
Repeat)*
December 16, 2024
5:30 pm - 8 pm

**JOIN US AS WE INVITE COMMUNITY AGENCIES TO TALK ABOUT
AUTISM SUPPORTS AND SERVICES**

PRESENTERS ARE FROM...



Zoom Meeting

CLICK TO JOIN THE MEETING

Meeting ID: 940 1581 5609

Passcode: 445164

DOWNLOAD ZOOM

JOIN ON YOUR LAPTOP OR MOBILE DEVICE

OR

SCAN



**Learn About Programs that
are best suited to support
your child's needs.**

**Get Direct Contacts and
Ask Questions about
Accessing
Supports/Services**

**Connect with TDSB Parent
Community and Relevant
TDSB Professionals.**

**FOR ANY QUESTIONS CALL
VANESSA WONG: 647-229-0730
OR LARENA CASE: 416-570-3314**



**Email us at:
VIRTUALFAIRINFO@TDSB.ON.CA**