

Subject line - March 15, 2021 - **Message to Families/Guardians DDSB@Home Secondary**

Dear Families/Guardians:

Good afternoon, we are writing today with a few updates regarding Quad 3 midterm marks, student leadership election and spirit week, mental health and well-being resources and access to a presentation on "How to Talk to Your Children about Anti-Black Racism".

Quadmester 3 Midterm Marks

Midterm marks will be available to view on the Parent Portal tomorrow Tuesday March 16th. Any questions or concerns please contact your student's teacher, VP, guidance counsellor or SERT. You can call or email the school at 905-862-5521 / secondaryathome@ddsb.ca.

DDSB@Home Secondary Student Leadership

The results are in! Thank you to everyone who participated in our Student Leadership Committee elections last week. We are excited to announce DDSB@Home's 2020-2021 Student Leadership Committee. Congratulations to the following students:

- Lenysia Leninraj - Prime Minister
- Amirah Abdel-Rahman - Deputy Prime Minister
- Richard Catungal - Minister of Advertising
- Kendra Estrela - Secretary
- Olivia Flanagan - Minister of Events
- Mridul Khanna - Minister of Finance
- Akhila Challa - Treasurer

We would like to thank all students who ran for positions for their hard work and dedication and all students and staff who took part in our elections last week.

Spirit Week

The student leadership team has put together a series of "March Breakthrough Events" to infuse some spirit, support and energy throughout the week of March 15th see link for more details

<https://secondaryathome.ddsb.ca/en/resourcesGeneral/Spirit-Week/SLC-Spirit-Week--D2L-information-poster.pdf> .

Mental Health and Well-Being

In support of student mental health and well-being we would like to share “Personal Resiliency Tips During the COVID-19 Pandemic” <https://smho-smso.ca/wp-content/uploads/2020/04/TipSheet-Personal-Resiliency-During-Covid19-ENG.pdf> from School Mental Health Ontario and a number of helpful links below:

Kids Help Phone

<https://kidshelpphone.ca/>

Anxiety Canada

<https://www.anxietycanada.com/>

TAMI Durham

<http://tamidurham.ca/our-program>

CMHO - Children’s Mental Health Ontario

<https://cmho.org/covid19/>

How to Talk to Your Children about Anti-Black Racism

The DDSB welcomed acclaimed public speaker, writer, social media influencer and parent Bee Quammie to speak with parents/guardians on “**How to Talk to Your Children about Anti-Black Racism**” as part of the DDSB’s Parent Engagement Series. Ms. Quammie was joined by over 650 people as they watched this virtual event live on this very important topic. The video is available for parents/guardians to watch as part of our commitment to combat anti-Black racism and provide resources to support and encourage parents/guardians through the DDSB Parent Involvement Committee.

To view the webinar, visit: <https://www.youtube.com/watch?v=pyygYSgAR6k>.



Best regards,

Alyson van Beinum, Principal JR Campus Peggy Perkins, Principal SR Campus