



# Our Focus

MAY 2020 Vol. 1

We promote and support the development of learning environments where student achievement, equity, and well-being are priorities for all.

## What's Happening

### Ramadan Continues

### Asian Heritage Month

"May is Asian Heritage Month. Canadians are invited to learn more about and celebrate the many achievements and contributions of Canadians of Asian origin who, throughout history, have done so much to make Canada the culturally diverse, compassionate and prosperous nation it is today." Click [HERE](#) for more information.

### Canadian Jewish Heritage Month

Canadian Jewish Heritage Month is a great opportunity to learn about the impact of Jewish heritage in communities across the country, and to appreciate the significant contributions made by Jewish Canadians in the fields of medicine, law, politics, arts, business and philanthropy. Click [HERE](#) for more information.

### Twelfth Day of Ridván: Bahá'í - May 1

### Wesak: Buddhist - May 7

### Mental Health Week - May 4-10

During CMHA Mental Health Week, let's [#GetReal](#) about how we really feel.

### Education Week - May 4-8

An annual event celebrated by school boards and schools across the province. It is a time for students, teachers and parents to celebrate teaching excellence and student achievement.

### International Day Against Homophobia, Transphobia and Biphobia (IDAHO)

- May 17, Observed by TVDSB May 15

## Increased screen time at home?

### Keeping our children safer online with [Cybertip.ca](#)

Our children, home now due to school closures, potentially have more unrestricted time online. Check out [The Canadian Centre for Child Protection](#) who is urging families to have conversations about internet safety and working together to implement strategies to ensure everyone's digital well-being.

Whether it's live streaming or video chatting, screenshots and recordings can be saved and used against youth to embarrass or harm them even by people they know. This site links to a resource for youth and their families: [protectkidsonline.ca/live](#).

Online gaming may be another way our kids are looking to spend sometime having fun but online games can expose them to chats or private messages from people they don't know in real life. TikTok is another hugely popular app for youth, and while using it they may be tempted to take risks or act explicitly to get more followers or likes on a video. TikTok challenges can heighten this effect and while most are just silly viral trends or marketing schemes, some can be dangerous.

Check out [A Quick Guide](#) to TikTok for more information.

### What can parents do?

For tips on how to get the discussion started, visit [protectkidsonline.ca](#) for age-appropriate ideas.



**Hey Administrators!**  
Have you nominated a student from your school for the C4L Awards? Deadline is May 15th. Submit student names and bios [HERE!](#)

## Mental Health & Well-Being

Coffee with Kelly is accessible through TVDSB social media. Hosted by TVDSB Mental Health Lead, Kelly Appleby, with a new guest each day Monday through Friday

"Our Creative Class" Contest will showcase uplifting and inspiring acts of creativity and promote a positive culture of mental health and well-being. Students and staff are encouraged to submit an original piece of creative work. Let's get #TVDSBstrong trending. Click [HERE](#) for more info!

Find a list [HERE](#) of fun and easy activities you may wish to share with students to enhance one or more of the social-emotional learning skills.



#TVDSBinclusive @TVDSBSafeSchool

@TVDSBcares @TVDSBEquity

[www.tvdsb.ca/SafeSchools](http://www.tvdsb.ca/SafeSchools)