

NEWSLETTER

Aurora Elementary Newsletter

May 2022

Moved? Got a New Phone Number?

Remember:

Update Your Contact Info

We would like to remind parents to update your contact phone numbers in Powerschool.

This includes adding the names and contact phone numbers of any family members that are picking up your child from the school. You can add this information to Emergency Contacts. This will enable us to contact you, or your designated emergency contact, if the need arises.

In This Issue

- Uniform Ordering Deadline
- CYF Series
- AACs Board of Directors Board Meeting Dates
- COVID
- High School
- Mrs. Healy's Musings

YEARBOOK ORDERS

DUE MAY 27

Order Online Only at <https://www.auroraschool.ca/yearbook>

Be sure to choose
"ELEMENTARY"

Important Dates

May	4	ADD: Hats on for Mental Health (comfy clothes)
	6	ADD: Oilers—wear a Jersey, blue/orange or uniform
	9-11	Top Marks Uniform Fitting by APPT only
	11	School Council Meeting ONLINE 6:30 p.m.
	13	ADD: Dress Your Best
	16	School Board Meeting ONLINE 7:00 p.m.
	20	Professional Development DAY—No School
	23	Victoria Day—No School
June	27	ADD: Spring Colours
	9	ADD: Crayon Day—wear any colour
	10	Professional Development Day - No school
	15	Uniform orders due to Top Marks
	21	Indigenous People's Day observed
	28	Last day of Classes/ Final Report Card on Powerschool 4pm
	28	Organizational Day (no school)



School Start
Back to School with School Start

Order your back to school
supplies online at
schoolstart.ca



Call Centre is Available

Call 1-800-580-1868 to order over the phone or
if you need assistance with online orders.



THE EARLIER YOU ORDER THE MORE YOU CAN WIN!

✓ ORDER by June 14, 2022:
BE ENTERED TO WIN A \$500 GAS CARD!



✓ ORDER by July 8, 2022:
BE ENTERED TO WIN A \$1,000 GROCERY CARD!



✓ ORDER by August 8, 2022:
BE ENTERED TO WIN \$500 CASH!



**Order by June 14, 2022 and you will be entered into all 3 draws. **One winner per draw.*

Winners will be announced on our School Start Facebook page.

3 WAYS TO ORDER:



ONLINE: You can place your order online at <https://schoolstart.ca/>.
Our site is best compatible with Firefox or Chrome.



PHONE: You can call our customer service centre at 1-800-580-1868 to place your order over the phone.



EMAIL: You can print and fill out the order form and return to our office via email to: info@schoolstart.ca.

SCHOOL DELIVERY*:

The supplies will be packaged and delivered directly to the school in August before your child arrives,
labeled with their name on the School Start Package.

**Any orders placed after July 31st, will be delivered to your home.*

Thank you for your support!



OUR CALL CENTRE IS AVAILABLE if you have any questions or need any assistance ordering online: 1-800-580-1868
www.schoolstart.ca | info@schoolstart.ca | Ph: 1-800-580-1868   

2022 Final Exams Grades 3 & 4

Grade 3

June 8 English
June 15 Math

Grade 4

June 15 English
June 22 Math

All exams will start at 9:00 a.m.

Please ensure that your child has a good breakfast and arrives on time for the exam. If your child is sick, we will schedule a different day.

Please do not send sick students to school.

Grade 1 In School Field Trip

Grade One had a visit from Devin; a firefighter at the local firehouse that would respond to fires at our school. He spoke to the kids about what a firefighter does, the equipment they use and wear and gave the kids safety tips. Ms. Williams tried on the fire gear (which weighs 60 pounds!).





May 7th is about building caring connections between young people and the caring adults in their lives. We know having caring, connected conversations can have a big impact on the mental health of children and youth.

As Founders of National Child & Youth Mental Health day in 2007, FamilySmart has been leading May 7th and creating opportunities for home, schools, communities and organizations to connect around our "I care about you" message. We hope you will join us this year.

Register for these and other free events at www.familysmart.ca/events

- "It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion-Focused Family Therapy (EEFT) - May 2 6:30-7:30 p.m.
- "Building Connection With Our Kids When It Feels Impossible" - May 3 12:00—1:00 p.m.
- "The ABCs of Substance Use and Connecting With Our Kids" - May 4 6:00-8:00 p.m.

Canadian Achievement Testing and Final Exams are fast approaching! Some students may be anxious about testing. Here are some tips for parents to help your child.

1. Try not to put too much pressure on the student. Reinforce that as long as they worked hard in preparation and did their absolute best you will be proud of them.
2. Have the child visualize success. Encourage them to rehearse what it will feel like to get a good score on the test.
3. Work with them to focus on breathing. Stress is often caused by insufficient oxygen to the brain. Work with the student to take time before the test begins to take a number of deep, cleansing breaths, exhaling slowly. Focusing on breathing by taking some time when stress levels rise helps to focus the mind during testing.
4. Encourage your child to review the night before the test, but avoid cramming. Cramming is rarely if ever effective. A longer, more systematic schedule of short reviews will prepare the student better.
5. Try to use positive language when talking about expectations of the test. Do not overinflate the student's expectations but also try to avoid negative wording (e.g. replace "you are going to fail this test if you don't study" with "if you don't study you aren't going to pass this test.")
6. Plan for a fun outing or treat for your child after the test has been completed.
7. Keep a positive attitude about testing in general around your child and emphasize their ability to demonstrate what they have learned rather than the consequences of not passing

You can find more tips from the Barrow County School System at https://campussuite-storage.s3.amazonaws.com/prod/1558774/0fe95a24-a31d-11e9-aabe-12253009c2da/1981395/481ec52c-d4a1-11e9-a12d-0a9380ced118/file/test_taking_tips_for_parents.pdf

What if My Child Feels Sick or Tests Positive For Covid?

To ensure safety for all, if your child has a cough or is ill at school we will contact parents to come and pick them up. Students learn best when they are feeling well so keep them home until symptoms clear up. Thank-you for working with us to keep everyone safe and ready to learn. [COVID-19 Isolation & Quarantine Information | Alberta Health Services](#)

For Fully-Immunized People

If you are COVID-19 positive or have [core COVID-19 symptoms](#) and are **fully immunized** against COVID-19 you must follow the isolation directions below.

NOTE: Fully immunized means you are immunized with two doses in a two-dose vaccine series or one dose of the Janssen vaccine, and it has been at least 14 days since your last dose.

- You are legally required to stay home and isolate for **at least 5 days** from when you first started having [symptoms of COVID-19](#) or had your positive test (if you never had symptoms). You must keep isolating until your symptoms have improved and you have been fever-free for 24 hours without the use of fever-reducing medication.
- You are the best person to decide if your symptoms are improving. An improvement in symptoms means that you are feeling better than you did in the previous days and you have no new COVID-19 symptoms.
- Some symptoms may continue after you're no longer able to spread the virus to others. If you still have a cough, loss of sense of taste or smell, or fatigue that is not getting worse after 5 days of isolation, you do not need to keep staying home.
- After this time, you must wear a mask in public places when unable to maintain a two meter distance from others, until 10 days have passed from when your symptoms began or you tested positive.

For People Not Fully Immunized

If you are COVID-19 positive OR have [core COVID-19 symptoms](#) and are **NOT fully immunized** against COVID-19, you must follow the isolation directions below.

NOTE: Fully immunized means you are immunized with two doses in a two-dose vaccine series or one dose of the Janssen vaccine, and it has been at least 14 days since your last dose.

- You are legally required to stay home and isolate for **at least 10 days** from when you first started having [symptoms of COVID-19](#) OR had your positive test (if you never had symptoms).
- You must keep isolating until your symptoms have improved and you have been fever-free for 24 hours without the use of fever-reducing medication.
- You are the best person to decide if your symptoms are improving. An improvement in symptoms means that you are feeling better than you did in the previous days and you have no new COVID-19 symptoms.
- Some symptoms may continue after you are no longer able to spread the virus to others. If you have a cough, loss of sense of taste or smell, or fatigue that is not getting worse after 10 days of isolation, you do not need to keep staying home.

Help Wanted

Aurora is looking for individuals interested in participating in our Audit Finance Committee.

This is a closed committee that meets approximately once a month. If you are interested, or would like further information on the committee, please contact Marla Leganchuk at mleganchuk@auroraschool.ca.

Library News

With summer fast approaching, it's time to start locating those overdue library books. The last week for student's to sign out new library books will be June 13th to June 17th. After that, all library books must be returned the week of June 20th to June 24th. If books are not returned by the last day of school (June 28th), non-refundable book replacement fees will be applied to Powerschool. Please feel free to email Ms. Poitras at apoitras@auroraschool.ca if you have any questions or concerns.





Jacqueline Harman
Aurora Academic Charter High School
Principal
jharman@auroraschool.ca
780-454-1855



"We acknowledge that we are on traditional territories in Alberta of the many First Nations, Métis, and Inuit whose footsteps have marked these lands for centuries."

Dear Aurora High School Family,

The response to our high school has been overwhelmingly positive. We already have applications for more than 40% of our grade 10 class, and we have not yet begun our marketing campaign for Edmonton students from other schools! We wanted to share this link with you first, in case you have family and friends in grade 9 in other schools.

This link is **ONLY** for next year for grade 10. We want to assure you that current Aurora students will have priority before we accept new students, so there is no need for K-8 students to do anything now.

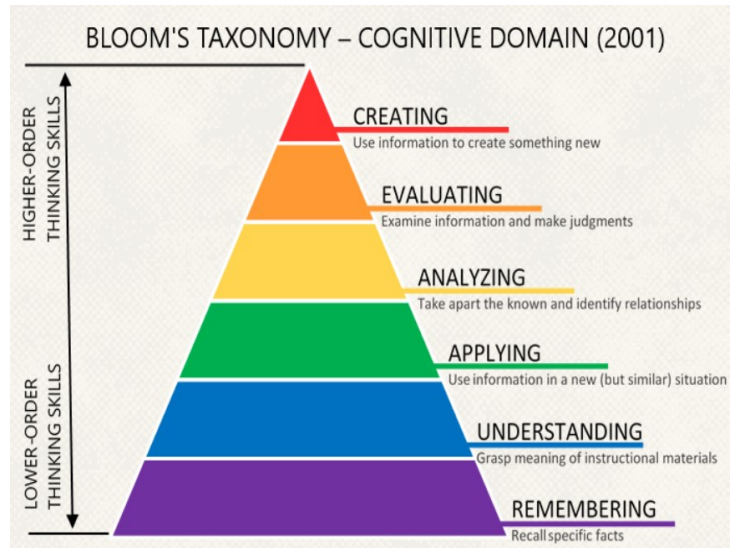
**Early Application Link for New Students
for Grade 10 for 2022/2023: auroraschool.ca/highschool**

As you know, we were so pleased to welcome back Ms. Harman to Aurora as the High School Principal. In May, we will begin hiring other staff and setting the options and extracurricular activities. We are surveying students to ensure we build a program around their interests and goals, and will have a Working Group of parents/students/teachers to create the best possible program!

We would like to thank you for your trust and feedback. If you have any questions, please feel free to email Ms. Harman at jharman@auroraschool.ca. We are excited to create a truly unique program built on the values, philosophy, mission and vision of our 25 year Aurora traditions.



Assessment: *It's Elementary!*
K. Laffin May 2022



The Bloom's Taxonomy Educational Objectives (see diagram) is an important framework for all Aurora students, families, staff, and teachers to understand.

While Aurora's sequenced lessons and memory work enhancements are important for students to memorise facts (like the times tables), this memorisation is really just the foundation of further,

deeper learning, *not the goal of our program.*

Continuing with the math example of memorising multiplication facts, this skill is not the end goal of any mathematics program. Being able to have those basic math facts readily available is what *then enables students to continue to develop their deeper mathematical understanding. Without that fundamental multiplication base, it is difficult for students to grasp the connection and use of multiplication when dividing, or later to be able to complete algebraic procedures. And so, it is the continued development of their mathematical reasoning that is the end goal.*

Whether it is developing mathematical reasoning, analysing literature and creating compositions, understanding and engaging with scientific concepts, or using historical events to evaluate current world situations, we want students to develop the complex and rich skills and competencies to:

- *analyse a new problem,*
- *use their previous knowledge to take it apart and identify relationships,*
- *apply strategies to problem solve and make judgements,*
- *examine information, and especially,*
- *create a new idea or solution!!*

Mrs. Healy's Musings



We are very pleased about the opening of Aurora High School in the fall of 2022. This goal has been in our charter since the school first opened its doors to students. I wish to congratulate Ms. Harman, who will take on the role of principal of the High School.

We are planning and preparing for the coming school year. The school supply lists for next year are posted on the website. Top Marks, our uniform supplier, will be at the school this year to help families with uniform measuring and sizing. Please remember to book an appointment, as spaces will fill up fast. Look at the Top Marks documents in this newsletter and follow the directions to book online appointments through the Top Mark's website. Top Marks is employing high standards for Covid safety including hand sanitizing and mask wearing during the fitting sessions scheduled for May 9, 10, and 11.

Students will be introduced to writing digital assessments as we adopt a method to assess students more efficiently. Students will be writing the CAT 4 normed assessment that is replacing the previous administered assessment the Canadian Test of Basic Skills. These assessments are used in our reporting of student performance to Alberta Education and our stakeholders. Parents will receive the assessment results for their children from their homeroom teacher. Teachers will be providing more information through their parent communication channels, so please look for this in May. The assessments focus on numeracy and literacy skills and students can prepare by being rested and eating a healthy breakfast on assessment days. The CAT 4 assessments are not included in student grades or report card marks but provide valuable information as to student strengths and areas for improvement.

A School Parent Survey is sent out every year in May. The questionnaire provides valuable feedback to administration and supports goal setting and planning. As always, the survey is anonymous and does not collect email addresses. Please continue to provide us with your feedback and share what you like about our school as well as your concerns, so they can be addressed quickly and effectively.

As Mother's Day is fast approaching, I want to wish everyone who celebrates this day a special day with best wishes to all mothers of our students. We appreciate all our Aurora families who work hard each day to support their child with homework completion and work in partnership with our dedicated staff.

Board Meetings

Board meetings are held online each month. Anyone who has a student registered at the school is welcome to attend. The next Board meeting is scheduled for Monday, May 16 at 7:00 p.m.

Contact Us

Aurora Academic Charter School
12245—131 Street NW
Edmonton, AB T5L 1M8

780-454-1855
Email us at: elementary@auroraschool.ca
Visit us on the web at www.auroraschool.ca





Dear Parents,

Top Marks is proud to be the uniform supplier for **Aurora Charter School**. We assure you that we are committed to serving you to the best of our ability.

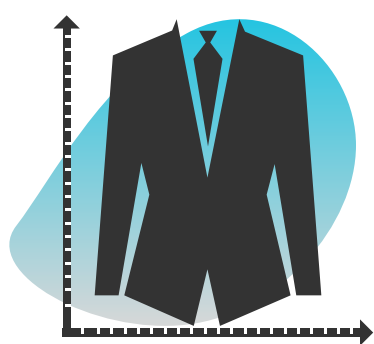
We ask for your cooperation in submitting orders by **June 15, 2022**, as this will **guarantee delivery of your order prior to the start of school**.

HOW TO ORDER

1. Online at www.topmarks.ca (your school password is **AUR01**).

OR

2. Send your completed order form by email, fax or regular mail. Please refer to the bottom for coordinates.



FITTING DATE - BY APPOINTMENT ONLY WELLNESS CENTER ROOM 31

MONDAY	MAY 9, 2022	3:00pm - 7:00pm
TUESDAY	MAY 10, 2022	3:00pm - 7:00pm
WEDNESDAY	MAY 11, 2022	3:00pm - 7:00pm

You may book your appointment using one of the following options:

- Online through our web based appointment system (see attached for instructions)
- By calling our Customer Service department at **1-800-667-7105** (Monday to Friday, 7:00am – 3:00pm MST) or by sending an email to **info@topmarks.ca**

PAYMENT

Orders placed prior to June 1st, 2022 require a minimum 25% deposit payable by Visa or MasterCard. Remaining balances will be charged to the same credit card prior to shipping.

Orders submitted after June 1, 2022 must be paid in full.

Deposit by Cheque

Please provide either an additional post-dated cheque (dated no later than June 15, 2022) or a credit card for the remaining balance. Please note that all orders paid by cheque are **held 15 working days for clearance**.



DELIVERY

All orders will be shipped via **Canada Post**. If you've provided an email address, Canada Post will email with a tracking number once your order has shipped.

Unclaimed Deliveries

Parcels unclaimed within 7 days are returned to Top Marks at a cost of **\$8.00**, which will be charged to you upon re-shipping.

RETURNS & EXCHANGES

Instructions will be included with your order.

Shrinkage (Wash Instructions)

Please consult the care and wash instructions included in your package, as certain items will shrink when washed. If you are unsure of how a garment will shrink, please contact our customer service department prior to washing. Once garments have been washed, they can no longer be exchanged or returned.



Policy

You have **60 days from the start of school** to return or exchange items **provided they have not been washed, worn or altered**. This does not apply to liquidation items purchased as a final sale.

QUESTIONS



1 (800) 667-7105 (toll free)
(514) 344-5454



info@topmarks.ca



Visit our FAQ page
www.topmarks.ca

8215 Ch. Montview, Mont-Royal, QC, H4P 2L9



Orders must be submitted no later than **June 15, 2022** in order to guarantee delivery prior to the start of school



Step 1

WEBSITE

Visit our website at **www.topmarks.ca** and select "Online Orders"



Step 2

REGISTER / SIGN IN

For new customers, enter **AUR01** in the box on the right to begin registering. If you would like Top Marks to assist with sizing, please complete the sizing section on the child information page.

For returning families, please enter your email address and password to sign in. Please update your child's measurements if you wish to use "Sizing by Top Marks".



Step 3

SHOP

Select the "Shop Now" option to begin. For each item select quantity, size and then "Add To Cart".

If you are **unsure of your size** and have given measurements in your child's profile, simply select the "Sizing By Top Marks" option and our sizing technicians will determine the appropriate size.



Step 4

DELIVERY

Orders are delivered by Canada Post to the shipping address provided.

You will receive an email confirmation from Canada Post with a tracking number once your order is shipped.



Step 5

EXCHANGE/RETURN

Simply follow the detailed instructions included in the parcel or contact our customer service department.

For your convenience, please use the **reusable shipping bag** that your package arrived in and **apply the prepaid return label** over the previous shipping label.

You have until **60 days after the start of school** to process returns and/or exchanges, so long as garments haven't been washed, worn or altered.

For assistance or questions regarding this process, please call 1-800-667-7105 or email us at info@topmarks.ca

Instructions for Booking Appointments

Online

For families who wish to book online, please visit our website at www.topmarks.ca and click “Online Orders”. In order to book an appointment, you must first create a family profile. Please note that if you have already created an on-line profile, simply login to the system and skip directly to # 3.

1. Enter **AUR01** as your school specific password.
2. Complete the registration form.
3. Under the section titled “Appointments”, click “Book Now”.
4. For each child that requires an appointment, please select from the drop-down menu whether they are a new student or returning student and click “Verify Availability”
5. Select your desired appointment time and click “Book Now” directly below.

Should you require any assistance during the process, or simply wish to book an appointment by phone, please do not hesitate to contact our customer service department at **1-800-667-7105** (Monday to Friday, 7:00am – 3:00pm MST).

Sincerely,
TOP MARKS



STUDENT'S FAMILY NAME: _____	
ADDRESS: _____	APT# _____
CITY: _____	Postal Code: _____ - _____
SHIP TO: _____ <small>(if different than above)</small>	Postal Code: _____ - _____

STUDENT'S GIVEN NAME: _____	
Home Phone # (_____)	
Day Phone # (_____)	
Already a Customer? <input type="checkbox"/> No <input type="checkbox"/> Yes # _____	
e-mail: _____	

DELIVERY CANNOT BE GUARANTEED BEFORE THE START OF SCHOOL IF ORDER IS RECEIVED AFTER JUNE 15, 2022.

ORDERS CAN BE FAXED, MAILED, E-MAILED OR PLACED ON LINE
WEBSITE: WWW.TOPMARKS.CA - SCHOOL PASSWORD - AUR01

AURORA CHARTER SCHOOL - BOYS (grades K- 9)

SHIRTS AND SWEATERS	JUNIOR SIZE	ADULT SIZE	STYLE / COLOUR	SIZE	QTY	JR PRICE	AD PRICE	TOTAL
SHORT SLEEVE POLO SHIRT-crested (100% COTTON)	JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	1006-J1/J2/A1-WHITE			\$29.50	\$31.50	
SHORT SLEEVE POLO SHIRT-crested (50% poly/50% cotton)	JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	1006-J1/J2/A1-DK/NAVY			\$30.50	\$32.50	
LONG SLEEVE POLO SHIRT- crested (100% COTTON)	JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	1005-J1/J2/A1-WHITE			\$32.00	\$34.75	
LONG SLEEVE POLO SHIRT- crested (50% poly/50% cotton)	JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	1005-J1/J2/A1-DK/NAVY			\$33.00	\$35.25	
LONG SLEEVE OXFORD SHIRT PALE BLUE- crested	4-5-6-6X-7-8-10-12-14-16-18	AS-AM-AL-AXL	1007-J3/J4/A1-PBLUE			\$38.50	\$38.50	
SHORT SLEEVE OXFORD SHIRT PALE BLUE - crested	4-5-6-6X-7-8-10-12-14-16-18	AS-AM-AL-AXL	1007SS-J3/J4/A1-PBLUE			\$37.50	\$37.50	
**LONG SLEEVE OXFORD SHIRT WHITE - crested	4-5-6-6X-7-8-10-12-14-16-18	AS-AM-AL-AXL	1007-J3/J4/A1-WHITE			\$38.50	\$38.50	
**SHORT SLEEVE OXFORD SHIRT WHITE - crested	3-4-5-6-6X-7-8-10-12-14-16-18	AS-AM	1007SS-J3/J4/A1-WHITE			\$37.50	\$37.50	

**Please note the short and long sleeve WHITE shirts are being discontinued - we have limited stock- available while quantities last)

V-NECK SLEEVELESS VEST - crested	JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	2004-J1/J2/A1-NAVY			\$48.00	\$49.50	
V-NECK LONG SLEEVE PULLOVER - crested	JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	2044-J1/J2/A1-NAVY			\$61.00	\$62.50	
BUTTON FRONT CARDIGAN -crested	JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	2045-J1/J2/A1-NAVY			\$63.00	\$64.50	

PANTS

ELASTIC WAIST PULL ON PANT	2-3-JXXS-JXS-JS-JM-JL-JXL	N/A	5018NC-J1/J2-NAVY			\$34.00	N/A	
JUNIOR UNISEX HUSKY PANT	10-12-14-16-18-20	N/A	6029-J4-NAVY			\$39.50	N/A	
FLAT FRONT POLY/COTTON TWILL PANT (jr. sizes have elastic back)	4-5-6-7-8-10-12-14-16-18-20	26-28-30-32-34-36-38-40-42-44	6015-J3/J4/6020-A2-NAVY			\$39.50	\$48.00	
FLAT FRONT DRESS PANTS- POLY/RAYON (jr. sizes have elastic back)	4-5-6-7-8-10-12-14-16-18-20	28-30-32-34-36-38-40-42-44	2015-J3/J4/2088-A2-NAVY			\$39.50	\$54.50	

SUMMER ITEMS

FLAT FRONT WALKING SHORT	4-5-6-7-8-10-12-14-16-18-20	N/A	5014-J3/J4-NAVY			\$29.50	N/A	
CARGO SHORT	8-10-12-14-16-18-20	26-28-30-32-34-36-38-40-42-44	6026-J4/6025-A2-NAVY			\$42.00	\$43.00	

GYM UNIFORM - GRADES 5-9 ONLY

GYM T-SHIRT - crested	JXXS-JXS-JS-JM-JL-JXL	AS-AM-AL-AXL	1027-J1/J2/A1-WHITE			\$15.50	\$16.50	
GYM T-SHIRT - navy/crested	JXXS-JXS-JS-JM-JL-JXL	AS-AM-AL-AXL-AXXL	1027-J1/J2/A1-NAVY			\$16.50	\$17.50	
DAZZLE SHORT - crested	JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	1030L-J1/J2/A1-NAVY			\$20.50	\$22.00	
JOGGING PANT - crested	JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	1001-J1/J2/A1-NAVY			\$29.50	\$33.50	
HOODED KANGAROO SWEATSHIRT - crested (grades 7- 9 only)	JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	1004-J1/J2/A1-NAVY			\$32.50	\$36.50	

OTHER ITEMS

NAVY TIE-JUNIOR	ONE SIZE	TIE-CL-OS-NAVY				\$19.50		
NAVY TIE -ADULT	ONE SIZE	TIE-AD-OS-NAVY				\$19.50		
TARTAN TIE - SHORT	14"	TIE-CL-SH-OLGC				\$19.50		
TARTAN TIE - LONG	16"	TIE-CL-LG-OLGC				\$19.50		
SOCKS	6-8 / 8-10	10-13	SO-BOY/MEN-SB/SM-NAVY			\$7.00		
NAMETAPES (75 PER PACK)	NAME:		NAME-TAPES-WHITE			\$10.00		

Payment :

CASH: <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	CHEQUE: <input type="checkbox"/>	 <input type="checkbox"/>
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Expiration date

____	____	____	____	____	____
Credit Card Number				MM / YY	

Cardholder Name

Signature

ORDERS PAID BY CHEQUE WILL BE
HELD FOR 14 WORKING DAYS

CVV CODE
(3 DIGITS BEHIND THE
CREDIT CARD)

A 25% DEPOSIT MUST ACCOMPANY YOUR ORDER
ORDERS ARE ACCEPTED BY FAX OR EMAIL WHEN DEPOSITS ARE PAID BY VISA OR
MASTERCARD .ORDERS RECEIVED AFTER JUNE 1st WILL BE CHARGED IN FULL

TOP MARKS
8215 CH. MONTVIEW, MONTRÉAL, QC, H4P 2L9
Telephone : (514) 344-5454 - Fax: (514) 344-5350
Toll Free: Telephone : 1-800-667-7105 - Fax: 1-855-344-5350
E-Mail: info@topmarks.ca

PURCHASE TOTAL	
SHIPPING	+ \$ 9.50
SUB TOTAL	=
TAX: 5 %	+
TOTAL	=
25 % DEPOSIT or PAYMENT IN FULL	→

AURORA CHARTER SCHOOL

SIZING CHART - BOYS FIT

FOR PARENTS WHO ARE UNFAMILIAR WITH TOP MARKS SIZING, WE PROVIDE BELOW A SIZING CHART AS A GUIDELINE FOR YOU TO DETERMINE YOUR CHILD'S SIZING. WE RECOMMEND THAT YOU COMPLETE THE BASIC MEASUREMENT TABLE INDICATED BELOW. WITH THIS INFORMATION, WE CAN DOUBLE CHECK THE SIZES YOU HAVE ORDERED.

TO INSURE A PROPER FIT, MEASURE YOUR CHILD CAREFULLY - KEEP TAPE FIRM BUT NOT TIGHT.

- HEIGHT:

CHEST:

WAIST:

HIPS:

INSEAM:
- STAND WITHOUT SHOES AGAINST THE WALL - MEASURE FROM TOP OF HEAD TO FLOOR

MEASURE AROUND FULLEST PART OF THE CHEST

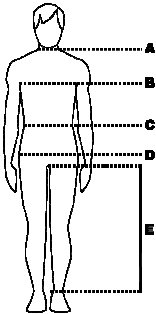
MEASURE AROUND NARROWEST PART OF THE WAIST

MEASURE AROUND THE FULLEST PART OF HIPS

LAY PANTS OF A FAVOURABLE LENGTH ON A FLAT SURFACE - MEASURE ALONG INSEAM FROM CROTCH TO BOTTOM OF LEG

MY CHILD'S MEASUREMENTS (IN INCHES) ARE:

AGE:	
HEIGHT:	
WEIGHT:	
NECK:A	
CHEST:B	
WAIST:C	
HIPS:D	
INSEAM:E	



REGARDING WAIST : C
MEASURE AROUND WAIST (MAYBE LOWER) - WHERE YOU NORMALLY WEAR YOUR PANTS.

FOR STYLES 1006,1005,2004,2044,2045,2015,6015,5018NC,5014,1027,1030L,1004,1001,671Y,671, PLEASE SEE THE GENERIC BOX BELOW

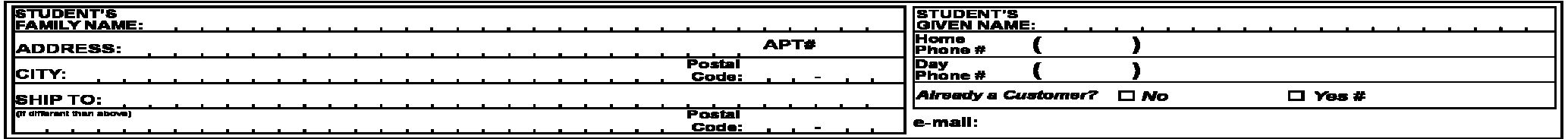
		JUNIOR SIZE											
		XXS		JXS		JS		JM		JL		JXL	
SIZE	3	4	5	6	6X	7	8	10	12	14	16	18	20
HEIGHT	35-38	39	42	43	45	47	49	51	54	57	59	60	61
CHEST	22	23	23	23	24	24	25	26	27	29	31	32	33
WAIST	20	20-1/2	21	21	22	22	23	24	25	26	27	28	29
HIPS	21-1/2	22	22-1/2	23	24	25	26	27	29	31	33	35	36
INSEAM-6015/2015	16	17	18	21	21	23	25	27	28	29	30	31	31
INSEAM-5018NC	16	17		19		21		24		27		29	

	ADULT SIZES					
SIZE	AXS	AS	AM	AL	AXL	AXXL
HEIGHT	61	62	65	68	71	71+
CHEST	33	35	38	41	44	45
WAIST	27-28	28-29	30-32	32-34	34-36	36-38
HIPS	36	37	38	40	42	44
INSEAM	34	34	34	34	34	34

OX FORD SHIRTS JUNIOR - 1007/1007SS											
	4	5	6	6X	7	8	10	12	14	16	18
CHEST	18/19	20/21	22	24	26	28	30/31	32/33	34/25	36/37	38/39
NECK	11	11 1/2	12	12	12	12 1/2	13	13 1/2	14	14 1/2	15
SLEEVE LENGTH	20	21 1/4	22 3/4	23 1/2	24 1/2	25 3/4	26 3/4	29	30 1/2	31 1/4	32 1/4
CENTER-BACK											
OXFORD SHIRTS ADULT - 1007/1007SS											
	AS	AM	AL	AXL							
CHEST	33/35	36/39	40/43	44/47							
NECK	14-14 1/2	15-15 1/2	16-16 1/2	17-17 1/2							
SLEEVE LENGTH	35	35 1/4	35 1/2	35 3/4							
CENTER-BACK											
HUSKY PANT - 6029											
	10	12	14	16	18	20					
WAIST	30	31	32	34	36	38					
HIP	41	42	43	45	47	49					
INSEAM	27 1/2	28 1/2	29 1/2	30 1/2	31 1/2	32 1/2					
JUNIOR CARGO SHORT - 6026											
	8	10	12	14	16	18	20				
WAIST	24 1/2	25 1/2	26 1/2	27 1/2	28 1/2	29 1/2	30 1/2				
HIP	30	31	32	33	34	35	36				
ADULT CARGO SHORT- 6025											
	26	28	30	32	34	36	38	40	42	44	
WAIST	25/26	27/28	29/30	31/32	33/34	35/36	37/38	39/40	41/42	43/44	
HIPS	34/35	36/37	38/39	40/41	42/43	44/45	46/47	48/49	50/51	52/53	
ADULT PANT- 6020/2088											
	26	28	30	32	34	36	38	40	42	44	
WAIST	25/26	27/28	29/30	31/32	33/34	35/36	37/38	39/40	41/42	43/44	
INSEAM	34	34	34	34	34	34	34	34	34	34	

DRESS SOCKS

SHOE SIZE	1-7	7-13	1-6	7-12
SOCK SIZE	4-6	6-8	8-10	10-13






ORDERS CAN BE FAXED, MAILED, E-MAILED OR PLACED ON LINE
WEBSITE: WWW.TOPMARKS.CA - SCHOOL PASSWORD - AUR01

AURORA CHARTER SCHOOL - GIRLS (grades K- 9)

SHIRTS AND SWEATER		JUNIOR SIZE	ADULT SIZE	STYLE / COLOUR	SIZE	QTY	JR PRICE	AD PRICE	TOTAL
SHORT SLEEVE POLO SHIRT- crested (100% cotton)		JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	1006-J1/J2/A1-WHITE			\$29.50	\$31.50	
SHORT SLEEVE POLO SHIRT- crested (50% poly/50% cotton)		JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	1006-J1/J2/A1-DK/NVY			\$30.50	\$32.50	
LONG SLEEVE POLO SHIRT- crested (100% cotton)		JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	1005-J1/J2/A1-WHITE			\$32.00	\$34.75	
LONG SLEEVE POLO SHIRT- crested (50% poly/50% cotton)		JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	1005-J1/J2/A1-DK/NVY			\$33.00	\$35.25	
LONG SLEEVE FITTED OXFORD BLOUSE White - crested		JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL-20-22	1063-J2/A1-WHITE			\$38.50	\$38.50	
LONG SLEEVE FITTED OXFORD BLOUSE Pale Blue- crested		JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL-20-22	1063-J2/A1-PBLUE			\$38.50	\$38.50	
SHORT SLEEVE FITTED OXFORD BLOUSE White- crested		JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL-20-22	1073-J2/A1-WHITE			\$37.50	\$37.50	
SHORT SLEEVE FITTED OXFORD BLOUSE Pale Blue - crested		JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL-20-22	1073-J2/A1-PBLUE			\$37.50	\$37.50	
V-NECK SLEEVELESS VEST- crested		JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	2004-J1/J2/A1-NAVY			\$48.00	\$49.50	
V-NECK LONG SLEEVE PULLOVER - crested		JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	2044-J1/J2/A1-NAVY			\$61.00	\$62.50	
BUTTON FRONT CARDIGAN - crested		JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	2045-J1/J2/A1-NAVY			\$63.00	\$64.50	
PANTS, SKIRTS AND TUNIC									
ELASTIC WAIST PULL ON PANT		2-3-JXXS-JXS-JS-JM-JL-JXL	N/A	5018NC-J1/J2-NAVY			\$34.00	N/A	
GIRLS POLY/COTTON FLAT FRONT TWILL PANT - side elastic		4-5-6-7-8-10-12-14-16-18-20	N/A	6021-J3/J4-NAVY			\$39.50	N/A	
LADIES POLY/COTTON FLAT FRONT TWILL PANT- with spandex		N/A	4-6-8-10-12-14-16-18-20	3084-A3-NAVY			N/A	\$47.00	
GIRLS FLAT FRONT DRESS PANT - side elastic		4-5-6-7-8-10-12-14-16-18-20	N/A	2020-J3/J4-NAVY			\$39.50	N/A	
LADIES FLAT FRONT DRESS PANT - with pockets		N/A	4-6-8-10-12-14-16-18-20	3038-A3-NAVY			N/A	\$52.00	
NAVY V-FRONT JUMPER		4-5-6-7-8-10-12-14-16-18	N/A	1023-J3/J4-NAVY			\$39.00	N/A	
TARTAN JUMPER (grades K- 4) MUST BE WORN WITH THE CARDIGAN		4-5-6-6X-7-8-10-12-14-16-18-20	N/A	3067-J3/J4-OLGC			\$86.00	N/A	
GIRLS TARTAN KILT (grades 5- 9)		8-10-12-14-16-18-20	N/A	3020-J4-OLGC			\$90.00	N/A	
LADIES TARTAN KILT (grades 5- 9)		N/A	4-6-8-10-12-14-16-18-20-22	302520-A3-OLGC			N/A	\$92.00	
LEGGINGS- crested "NEW"		JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL-AXXL	5024-J1/J2/A1-NAVY			\$21.00	\$21.00	
SUMMER ITEMS									
GIRLS SKORT- elastic back		4-5-6-7-8-10-12-14-16-18-20	N/A	3035-J3/J4-NAVY			\$37.50	N/A	
CARGO SHORT		8-10-12-14-16-18-20	26-28-30-32-34-36-38-40-42-44	6026-J4/6025-A2-NAVY			\$42.00	\$43.00	
GYM UNIFORMS - GRADES 5 TO 9 ONLY									
GYM T-SHIRT - white/crested		JXXS-JXS-JS-JM-JL-JXL	AS-AM-AL-AXL-AXXL	1027-J1/J2/A1-WHITE			\$15.50	\$16.50	
GYM T-SHIRT - navy/crested "NEW"		JXXS-JXS-JS-JM-JL-JXL	AS-AM-AL-AXL-AXXL	1027-J1/J2/A1-NAVY			\$16.50	\$17.50	
DAZZLE SHORT - crested		JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL-AXXL	1030L-J1/J2/A1-NAVY			\$20.50	\$22.00	
JOGGING PANT - crested		JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL-AXXL	1001-J1/J2/A1-NAVY			\$29.50	\$33.50	
HOODED KANGAROO SWEATSHIRT- crested (grades 7- 9 only)		JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL	1004-J1/J2/A1-NAVY			\$32.50	\$36.50	
OTHER ITEMS									
TARTAN TIE - SHORT		14"		TIE-CL-SH-OLGC			\$19.50		
TARTAN TIE - LONG		16"		TIE-CL-LG-OLGC			\$19.50		
NAVY TIE-JUNIOR		ONE SIZE		TIE-CL-OS-NAVY			\$19.50		
NAVY TIE -ADULT		ONE SIZE		TIE-AD-OS-NAVY			\$19.50		
BIKER SHORT		JXXS-JXS-JS-JM-JL-JXL	AXS-AS-AM-AL-AXL-AXXL	671Y-J1/J2/671-A1-BLACK			\$14.50		
KNEE SOCKS		6-8 / 7-9	9-11	SO-GRL/LDS-SG/SL-NAVY			\$7.00		
NAVY TIGHTS (92% nylon/8% lycra - light weight)		(JS-JM) or (JL-JXL)	(AS-AM) or (AL-AXL)	TIGHTS-J5/A5-NAVY			\$14.50		
NAVY TIGHTS (85% cotton/10% nylon/5% elastane - heavier weight)		4-6/6-8/8-10/10-12/12-14	AS-AM-AL-AXL	TIGHTS-J6/A6-HVY/NV			\$22.00		
NAMETAPES (75 PER PACK)		NAME:		NAME-TAPES-WHITE			\$10.00		

Payment :

CASH: <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	CHEQUE: <input type="checkbox"/>	 <input type="checkbox"/>
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Expiration date

____	____	____	____	____	____
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Credit Card Number

MM / YY

Cardholder Name

Signature

ORDERS PAID BY CHEQUE WILL BE HELD FOR 15 WORKING DAYS

A 25% DEPOSIT MUST ACCOMPANY YOUR ORDER
ORDERS ARE ACCEPTED BY FAX OR EMAIL WHEN DEPOSITS ARE PAID BY VISA OR
MASTERCARD. ORDERS RECEIVED AFTER JUNE 1st WILL BE CHARGED IN FULL

TOP MARKS
8215 CH. MONTVIEW, MONTRÉAL, QC, H4P 2L9
Telephone : (514) 344-5454 - Fax: (514) 344-5350
Toll Free: Telephone : 1-800-667-7105 - Fax: 1-855-344-5350
E-Mail: info@topmarks.ca

PURCHASE TOTAL	
SHIPPING	+ \$ 9.50
SUB TOTAL	=
TAX: 5 %	+
TOTAL	=
25 % DEPOSIT ➡	
OR	
PAYMENT IN FULL ➡	

AURORA CHARTER SCHOOL

SIZING CHART - GIRLS FIT

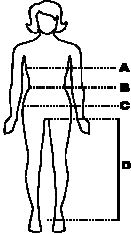
FOR PARENTS WHO ARE UNFAMILIAR WITH TOP MARKS SIZING, WE PROVIDE BELOW A SIZING CHART AS A GUIDELINE FOR YOU TO DETERMINE YOUR CHILD'S SIZING. WE RECOMMEND THAT YOU COMPLETE THE BASIC MEASUREMENT TABLE INDICATED BELOW. WITH THIS INFORMATION, WE CAN DOUBLE CHECK THE SIZES YOU HAVE ORDERED.

TO INSURE A PROPER FIT, MEASURE YOUR CHILD CAREFULLY - KEEP TAPE FIRM BUT NOT TIGHT.

- HEIGHT:** STAND WITHOUT SHOES AGAINST THE WALL - MEASURE FROM TOP OF HEAD TO FLOOR
CHEST: MEASURE AROUND FULLEST PART OF THE CHEST
WAIST: MEASURE AROUND NARROWEST PART OF THE WAIST
HIPS: MEASURE AROUND THE FULLEST PART OF HIPS
INSEAM: LAY PANTS OF A FAVOURABLE LENGTH ON A FLAT SURFACE - MEASURE ALONG INSEAM FROM CROTCH TO BOTTOM OF LEG

MY CHILD'S MEASUREMENTS (IN INCHES) ARE:

AGE:	
HEIGHT:	
WEIGHT:	
CHEST:A	
WAIST:B	
HIPS:C	
INSEAM:D	



REGARDING WAIST : B
MEASURE AROUND WAIST (MAYBE LOWER) - WHERE YOU NORMALLY WEAR YOUR PANTS.

FOR STYLES 1006,1005,2004,2044,2045,5018NC,6021,2020,5024,1023,3067,3035,1027,1030L,1004,1001,671Y,671, PLEASE SEE THE GENERIC BOX BELOW

		JUNIOR SIZE											
		XXS		JXS		JS		JM		JL		JXL	
SIZE	3	4	5	6	6X	7	8	10	12	14	16	18	20
HEIGHT	35-38	39	42	43	45	47	49	51	54	57	59	60	61
CHEST	22	23	23	23	24	24	25	26	27	29	31	32	33
WAIST	20	20-1/2	21	21	22	22	23	24	25	26	27	28	29
HIPS	21-1/2	22	22-1/2	23	24	25	26	27	29	31	33	35	36
INSEAM-6021/2020	17	18	19	21 1/2	21 1/2	24	26	28	29	30	31	32	32
INSEAM-5018NC	16	17		19		21		24		27		29	
INSEAM - 5024		16 3/4		18 3/4		20 3/4		22 3/4		24 3/4		26 3/4	

ADULT SIZES						
SIZE	AXS	AS	AM	AL	AXL	AXXL
HEIGHT	61	62	65	68	71	71+
CHEST	33	35	38	41	44	45
WAIST	27-28	28-29	30-32	32-34	34-36	36-38
HIPS	36	37	38	40	42	44
INSEAM-5024	28 3/4	29	29 1/2	30	30 1/2	31

ADULT KILT - 302520												
	4	6	8	10	12	14	16	18	20			
WAIST	21/22	23/24	25/26	27/28	29/30	31/32	33/34	35/36	37/38			
HIPS	30/31	32/33	34/35	36/37	38/39	40/41	42/43	44/45	46/47			
ADULT PANT- 3084												
	4	6	8	10	12	14	16	18	20			
WAIST	24/25	26/27	28/29	30/31	32/33	34/35	36/37	38/39	40/41			
HIPS	29/30	31/32	33/34	35/36	37/38	39/40	41/42	43/44	45/46			
INSEAM	32	32	32	32	32	32	32	32	32			
ADULT PANT - 3038												
	4	6	8	10	12	14	16	18	20			
WAIST	27	29	31	33	35	37	39	41	43			
HIPS	29/30	31/32	33/34	35/36	37/38	39/40	41/42	43/44	45/46			
INSEAM	33	33	33	33	33	33	34	34	34			
FIITED OXFORD BLOUSE - 1063/1073												
	JXS	JS	JM	JL	JXL	AXS	AS	AM	AL	AXL	20	22
CHEST	22/23	24/25	26/27	28/29	30/31	32/33	34/35	36/37	38/39	40/41	42/43	44/45
SLEEVE -	22 1/4	25	27 1/2	29 1/2	30 1/2	31	31 1/2	32	32 1/2	33	33 1/2	34
LENGTH CENTER BACK												
JUNIOR KILT - 3020												
	8	10	12	14	16	18	20					
WAIST	23	24	25	26	27	28	29					
HIPS	28	29	31	32	33	34	35					
JUNIOR CARGO SHORT - 6026												
	8	10	12	14	16	18	20					
WAIST	24 1/2	25 1/2	26 1/2	27 1/2	28 1/2	29 1/2	30 1/2					
HIP	30	31	32	33	34	35	36					
ADULT CARGO SHORT - 6025												
	26	28	30	32	34	36	38	40	42	44		
WAIST	25/26	27/28	29/30	31/32	33/34	35/36	37/38	39/40	41/42	43/44		
HIPS	34/35	36/37	38/39	40/41	42/43	44/45	46/47	48/49	50/51	52/53		

KNEE SOCKS				
SHOE SIZE	1-7	7-13	1-5	6-9
SOCK SIZE	4-6	6-8	7-9	9-11

LIGHT WEIGHT TIGHTS		
TIGHTS - SIZING		
SIZE	HEIGHT	WEIGHT
JUNIOR (S/M)	43-48 IN	50-75 LBS
JUNIOR (L/XL)	48-58 IN	75-90 LBS
ADULT (S/M)	58-63 IN	90-125 LBS
ADULT (L/XL)	63-68 IN	125-150 LBS

HEAVY WEIGHT TIGHTS		
TIGHTS SIZING CHART		
SIZE	HEIGHT	WEIGHT
JUNIOR (4 - 6)	37-48 IN	40-55 LBS
JUNIOR (6 - 8)	43-52 IN	50-65 LBS
JUNIOR (8 - 10)	48-57 IN	60-75 LBS
JUNIOR (10 - 12)	52-60 IN	70-85 LBS
JUNIOR (12 - 14)	56-62 IN	80-100 LBS
ADULT (S)	59-64 IN	95-115 LBS
ADULT (M)	62-67 IN	115-135 LBS
ADULT(L)	64-69 IN	135-155 LBS
ADULT(XL)	66-71 IN	150-175 LBS

Caregiver Education Team Newsletter

May 2022



AHS, in collaboration with [The Mental Health Foundation](#), is proud to offer **FREE** online programming for parents and caregivers of school-age children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Sessions at a Glance

Lunch & Learns 12:00 – 1:00 pm

Parenting Teens in the 21st Century

Respectful Limit Setting with Adolescents

Part 1: Tuesday, May 3

Part 2: Tuesday, May 10

Understanding Anxiety Series

Part 4: Overcoming Avoidance

Wednesday, May 4

Part 1: An Introduction

Wednesday, May 11

Part 2: Calming Our Bodies

Wednesday, May 18

Part 3: Settling Our Minds

Wednesday, May 25

Lunch & Learns 12:00 – 1:00 pm

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

Part 1: Thursday, May 5

Part 2: Thursday, May 19

More than Just a Bad Day

Understanding Depression in Adolescents

Monday, May 9

Parenting Strategies that Promote Positive Mental Health

Part 1: Tuesday, May 17

Part 2: Tuesday, May 24

Understanding Self-Injury

Tuesday, May 31

Caregiver Education Sessions

6:00 – 7:30 pm

Body Image and Eating Disorders

Wednesday, May 4

Collaborative Problem Solving

Helping our Kids Navigate Challenging Situations

Thursday, May 12

Test Anxiety

Strategies for Success

Wednesday, May 18

I HAVE, I AM, I CAN

Building Resilience in Children and Youth

Thursday, May 26



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

May 2022



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Body Image and Eating Disorders

Struggles with self-esteem, body image and weight control are a common concern for both girls and boys. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

Date: Wednesday, May 4, 2022

Time: 6:00 – 7:30 pm

For caregivers of youth grades 7-12 for adults only

Collaborative Problem Solving

Helping our Kids Navigate Challenging Situations

In this session from our 'Mental Health and Resiliency' Series, we will explore ways that parents can foster effective problem solving in their child through empathy, clear communication, and collaboration in a way that reduce struggles when challenges arise.

Date: Thursday, May 12, 2022

Time: 6:00 – 7:30 pm

For caregivers of children and youth grades K-9; for adults only.

Parent Feedback:

"Really enjoyed the session today. The speakers are very engaging and knowledgeable and allowed us to provide feedback and stay connected within the discussion."

"I am grateful that you provided the opportunity for this learning."

"This was my first webinar with you, but it won't be my last. Excellent information."



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

May 2022



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Test Anxiety

Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

Date: Wednesday, May 18, 2022

Time: 6:00 – 7:30 pm

For caregivers and teens grades 7-12 to attend together.

I HAVE, I AM, I CAN

Building Resilience in Children and Youth

In today's world, our children need to feel supported, resourceful, and equipped so that they can foster resilience and 'bounce back' from life's challenges more effectively. In this session, we will look at foundational strategies that help children and youth to engage with supportive relationships and communities ("I have!"), identify their internal strengths and abilities ("I am!"), and access practical skills ("I can!") to help them cope through daily stressors and work towards positive goals.

Date: Thursday, May 26, 2022

Time: 6:00 – 7:30 pm

For caregivers of children and youth grades K-9; for adults only.

Parent Feedback:

"The session was delivered very well, and my teen enjoyed the interactive aspects of it a lot."

"I enjoyed this. I hope to join more of these."

"This session was so helpful - the presenters were relatable and gave practical advice."

"Virtual delivery is so convenient. The presenters did a wonderful job, and were very knowledgeable. Thank you!"



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

May 2022



These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Understanding Anxiety Series

These sessions will help caregivers better understand the difference between their child's normal worries and anxiety that is no longer productive. Signs that a child or adolescent is experiencing problems with anxiety will be discussed and strategies for reducing the body's stress responses, negative thinking traps, and anxious behaviours will be shared.

This month, we conclude our previous series with Part 4 on Overcoming Avoidance and begin the series again with Part 1, our introduction to anxiety in children and youth.

Part 4: Overcoming Avoidance

Date: Wednesday, May 4, 2022

Time: 12:00 – 1:00 pm

For caregivers of children and youth grades K-12; for adults only.

Part 1: An Introduction

Date: Wednesday, May 11, 2022

Time: 12:00 – 1:00 pm

For caregivers of children and youth grades K-12; for adults only.

Part 2: Calming Our Bodies

Date: Wednesday, May 18, 2022

Time: 12:00 – 1:00 pm

For caregivers of children and youth grades K-12; for adults only.

Part 3: Settling Our Minds

Date: Wednesday, May 25, 2022

Time: 12:00 – 1:00 pm

For caregivers of children and youth grades K-12; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Thank you for hosting these sessions. Having them on zoom has made it possible to attend the series. Very helpful to have this knowledge."

"I enjoyed the 'polls' and interactive questions. Time and length was good."

"I would like to thank you for the amazing presentation and information."



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Lunch & Learn Webinars

May 2022



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Registration:

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To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Excellent topic, simple, and doable. Good information. Thank you for this information in times like these with so much stress to deal with."

"Great webinar, one of the better ones I have been to."

"I really appreciated the way manner in which both presenters delivered their material."

Parenting Teens in the 21st Century Respectful Limit Setting with Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1: Tuesday, May 3, 2022

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12; [for adults only](#).

Part 2: Tuesday, May 10, 2022

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12; [for adults only](#).

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Tuesday, May 17, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6; [for adults only](#).

Part 2: Tuesday, May 24, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6; [for adults only](#).



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More than Just a Bad Day:

Understanding Depression in Adolescents

This session will help caregivers increase awareness about adolescents who might be experiencing sadness and depression. Strategies for support will be discussed.

Date: Monday, May 9, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades 7-12; for adults only.

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

These sessions will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD), ways that ADHD can affect all areas of life, and strategies for supporting success in children and youth with ADHD.

Part 1: Thursday, May 5, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; for adults only.

Part 2: Thursday, May 19, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades 7-12; for adults only.

Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

Date: Tuesday, May 31, 2022

Time: 12:00 – 1:00 pm

For caregivers of youth in grades 7-12; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

“I enjoyed the presentation. Two different speakers broke it up a bit and the videos that were shared we great.”

“Was very engaging - well done!”

“The facilitators were great, engaging, used great videos to break up the material, and were very responsive to questions. I got a lot out of this session and I'm excited to make some changes.”



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