



Claude Watson School for the Arts

Weekly Update - Friday May 24, 2019

Upcoming Events

May 25

- School Council Event
8 am - 12 pm

May 27

- School Council Meeting 7pm

May 27 – 30

- EQAO

May 30

- "Love, Limits, Live it"
Parent Event 6:45 pm

May 31

- Track & Field

June 3-6

- Dental Screening

June 6

- CWSA Dance Night
at Earl Haig

June 7

- PA Day

June 11

- Track & Field

June 12

- "Love, Limits, Live it"
Parent Event 6:45 pm

"Each child is extraordinarily valuable"



Last weekend I had the privilege of seeing the musical Dear Evan Hansen. The musical underscored the fragility and strength that abides side by side in each of our children.

Our students are complex. Often we aren't able to fully glimpse or understand their unique gifts. Often they are unaware of their own full potential. The critical voice inside of them demands perfection. But, who is perfect? We are all broken; we have all made mistakes and experienced pain as a result. Let's teach our children to keep that critical voice under control and help them to see and discover their gifts and talents while at the same time understanding their imperfections are generally acceptable. They are what make us human.

A Grade 12 student once told me, that "each individual is somewhat like a piece of art. The pieces come together to form something of beauty." Let us walk gently in the lives of our children especially as they learn and grow. If we pause we will observe they're uniqueness, beauty and creativity.

Let us also help our children look beyond a focus on our individual shortcomings. This focus on the concerns of self sometimes paralyzes them and makes it difficult to connect with others in meaningful relationships for fear of revealing their own flaws. At the same time, the absorption with self can cause us to unrealistically classify those around us - either we idolize them believing them to be perfect or we discount them unable to recognize their unique gifts and potential.

Let us resist the urge to criticize and instead discover the gifts and strengths in those around us and acknowledge that there is beauty in of each despite any imperfections.

Martin Luther King Jr. wrote,

"An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity."

Be brave today take the risk to look beyond ourselves and our concerns, to reach out and get to know someone else a little more deeply. Let's all try to be less judgmental and work together. As you move throughout the week, as an anonymous quote reminds us, "walk gently in the lives of others."

Hoping to see you all at **Neighbourhood Day** – tomorrow – **Saturday, May 25th** at **8am sharp!**

Ms. Jones

School Council Meeting

All welcome Monday, May 27th at 7pm in the Staff Room.

Dance Night at Earl Haig

CWSA Dance Night! Please join us at our annual Dance Night held **Thursday, June 6th, 2019** at Earl Haig Secondary School.

Track & Field Dates

CWSA Track & Field dates: **Friday, May 31st**. Details in the last page of the newsletter. **(Please note dates vary for different schools.)**

“Love, Limits, Live it” CWSA Parent Workshop Series

Date: Thursday, May 30th

Time: 6:45 – 8:45 pm

Topic: Stress & Worry – Helping Youth Cope (10- 14) [Stress Worry Flyer 2019.pdf](#)

Location: Library

- Increased knowledge and understanding of stress and worry in youth
- How the brain works when under stress and the mind & body connections
- Ways to help youth cope with stress and worry

Please email us if you require translators to be available – we will try our best.

“Love, Limits, Live it” CWSA Parent Workshop Series

Date: Wednesday, June 12th

Time: 6:45 – 8:45 pm

Topic: Connecting with Your Preteen/Teen (Gr. 6 – 8 parents focus)

Location: Library

- Normal growth & development in the teenage years
- Adolescent brain development
- Reasons why some youth use alcohol, cannabis and other drugs
- Most common drugs used by youth
- Ways to improve communication between parents/caregivers and preteens

Please email us if you require translators to be available – we will try our best.

Last Call for CWSA Summer Arts Academy

CWSA is offering a variety of music & literacy programs July 2- 26 from 9am – 12 pm. Please follow the link to our web site to gain valuable information and to apply.

<https://www.claudewatson.org/CWSA-Program/Summer-School-2019>

We have 20 spots left in Mr. Browns Music Class please apply!

CWSA Hours

School Entry time is 8:30 am. Please **call** 416-395-3180 before 8:25 am to report a student absence. Please note entry doors open for extra-curricular at 7:30 – 7:45 am. Doors will remain locked until 8:20 for regular entry.

Safety – In the Loop

Traffic Alert: ALWAYS CHOOSE SAFETY OVER CONVENIENCE!

- 1) Do NOT aim to drop off your child as close as possible to the school front gates. Always decide to drop off directly beside the sidewalk to the right, regardless of the distance needed to walk. Reduce all risk for your child.
- 2) Do NOT enter from Hollywood Ave. It is a one-way lane (except for service vehicles). Reduce all risk for neighbours and students walking by that entrance.
- 3) Do NOT park (even if very briefly) by the garbage containers. The condo management has strongly raised an issue about the ongoing disregard by parents with this illegal parking.

Track and Field- Conference Finals: Friday, May 31, 2019

Students who qualified will be participating in the **Conference Finals for Track and Field** at Esther Shiner Stadium on Friday, May 31. Students must wear their CWSA gym uniform, proper running shoes and be ready to spend the whole day outdoors, rain or shine. Please bring a hat, sunscreen, umbrella and a jacket. Please also bring a lunch, snacks and water bottle. Leave valuables at home. We will be taking the TTC and it is expected that students go to and from the meet with the school.

A list of student participants is below:

CONFERENCE QUALIFIERS: MAY 31 TRACK MEET

	Student
1	Karen Zhang 7
2	David Yang 6
3	Sophie Jarvis 5
4	Alexander Zhang 5
5	Kelly Liu 4
6	Maya Rak 7
7	Michael Sun 7
8	Jina Loh 6
9	Yuan Clarke 6
10	Gloria Chen 5
11	Jasper Sun 5
12	Kaitlyn Chan 4
13	Bogdan Kolyesnik 4
14	Anna Mackenzie 5
15	Michael Lee 7
16	YiSong Ding 7
17	Elliot Jang 7
18	Felix Zhao 6
19	Rachel Chen 4
20	Juliana Trapov 4
21	Olivia Cheng 4
22	Morgan Hao 4
23	Grace Yue 4
24	Kelly Hof 6

☺ Good Luck to the CWSA Phoenix Track Team! ☺