

# SPECIAL EDITION NEWSLETTER FOR ALL TR LEGER SCHOOL STUDENTS!

January 2020 ~ Remote Learning Edition

**On this sheep-scale,  
how do you feel today?**



*Here are 5 tips for taking care of yourself:*

1. Look after both your physical and mental well-being. Eat well, exercise and practice calming breath exercises.
2. Maintain positive social connections while social distancing.
3. Create structure and a schedule. Maintain good eating and sleeping habits.
4. Be a smart media consumer. Watch only reliable news sources and limit your exposure to media to once or twice a day.
5. Seek help if needed. During these difficult times, it is natural to experience uncertainty. Reach out and talk to a caring adult, friend, or call or text Kids Help Phone.

From the Article by Jessica Yarbro  
at: <https://www.pearsoned.com/wellness-6-tips-taking-care-stressful-time/>

Itching  
to see you  
soon!



If you cannot reach a  
Staff Member at your campus,  
please contact the  
TR Leger School  
Central Office:

Email: [trleger@ucdsb.on.ca](mailto:trleger@ucdsb.on.ca)

Phone: 1-877-875-3437



Link to "Making Sleep  
Count ~ Active Steps"  
article



Here's a recommended  
**DAILY SCHEDULE**  
for working from home:

- \* Get up at the same time everyday. Have a morning routine.
- \* Set blocks of time for school work.
- \* Connect with your teacher every day through UCDSB email, text, phone, or Teams.
- \* Try to get outside and exercise regularly—it will make you feel good!
- \* Set goals for what you'd like to accomplish that day. Create daily and weekly checklists based on your long-term goals.
- \* Set alarms on your phone to break up your day (e.g. 20 min of work, 10 min break).
- \* Check out the TR Leger Facebook page regularly for updates and good news. <https://www.facebook.com/TRLeger/>
- \* Set a regular bedtime. Think about your day and reset for tomorrow.

**Kids Help Phone**



Call 1-800-668-6868 for support or  
Children and youth text TALK 686868  
Adults text WELLNESS 741741

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## Lessons from Dr. Seuss for Remote Learning!

### Lesson 1: Don't be afraid to give new things a try!

"You do not like them so you say.  
Try them, try them, and you may!  
Try them and you may, I say."

Sam, if you would let me be, I  
I will try them, and you will see.

Say!  
I like green eggs and ham!  
I do!! I like them, Sam-I-am!"  
— Green Eggs and Ham

Have you tried using your UCDSB email,  
TEAMS or D2L yet?



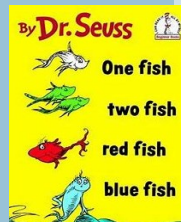
### Lesson 2: Look for humour in your day!

"From there to here, from here to there, funny things are  
everywhere!"

— One Fish, Two Fish, Red Fish, Blue Fish

### Lesson 3: Don't beat yourself up over mistakes!

"Today is gone.  
Today was fun.  
Tomorrow is another one."  
-One Fish, Two Fish, Red Fish, Blue Fish



Let today be done and focus on the positive  
changes you can make tomorrow.

### Lesson 4: Keep active while working!

"Too wet to go out and too cold to play ball.  
So we sat in the house. We did nothing at all.  
So all we could do was to Sit! Sit! Sit! Sit!  
And we did not like it. Not one little bit."

Try doing some simple exercises inside and get  
outside on good weather days.

### Lesson 6: Stick with it!

"But on you will go  
though the weather be foul  
On you will go  
though your enemies prow  
On you will go  
though the Hakken-Kraks howl  
Onward up many  
a frightening creek,  
though your arms may get sore  
and your sneakers may leak.

On and on you will hike  
and I know you'll hike far  
and face up to your problems  
whatever they are."

-Oh, The Places You'll Go!

"And will you succeed?  
Yes! You will, indeed!  
(98 and 3 / 4 percent guaranteed.)"

There will always be hills to climb and  
unchartered waters. We are exploring new  
territory together and we will succeed!

### Lesson 7: You've got it!!!!!!

"You have brains in your head.  
You have feet in your shoes  
You can steer yourself  
any direction you choose."

-Oh, The Places You'll Go!

Believe in yourself. We believe in you and we  
are so glad we have you at TR Leger!

### Lesson 8: Respect everyone.

"A person's a person, no matter how  
small."

-Horton Hears a Who

That says it all!!!!

