

UGDSB TOGETHER

Monthly communications updates from the Upper Grand DSB

Every Day Counts!

Did you know? Even seemingly small absences add up over time. Missing just one day every two weeks can amount to nearly 1.5 years of missed schooling over 13 years. Check out these [eye-opening statistics on the UGDSB website](#). Also, get [strategies](#) to help encourage regular student attendance at school.
#EveryDayCounts #AttendanceMatters

School & Board Information

Mental Health and Education Week 2024

We are happy to announce that Upper Grand is once again celebrating Mental Health and Education Week between May 6-10. This year we are celebrating the theme "5 Days of Wellness." Educators have been provided with content for each day of the week to help their students explore wellness from different viewpoints.

As with previous years, the UG Mental Health and Education Week committee hosted a student contest asking for student designed logo submissions. We are pleased to announce that this year's winner is Jordan C, a grade 12 student at Centennial CVI. Thank you, Jordan and all other students who participated in the contest. Unique to this year, classrooms will be invited to join the Mental Health and Education Week Classroom Challenge. This challenge asks classrooms to share what they learned throughout the week by submitting a video, PDF, or any form of media. Don't forget to follow UG social media accounts and #MHUG for the latest Mental Health and Education Week content.



Cannabis and Other Drugs Virtual Information Session

Wellington-Dufferin-Guelph Public Health will be offering an online session for parents/caregivers related to cannabis and other drugs. WDGPH's Dr. Matthew Tenenbaum will inform parents and caregivers about the impacts of cannabis and other drugs on youth. To register for this free event, [click here](#).





UGDSB MYP

Are you familiar with the vision, priorities and plan of the UGDSB? [Check out the UGDSB website for information on the school board's Multi-Year Plan \(MYP\).](#) MYP 2022-2026 outlines the key directions that guide the board's actions for the students and communities the UGDSB serves. The priorities for the board are bold and reflect the diversity and uniqueness of Upper Grand students and school communities.

Stories Around the UGDSB

Athletes gear up for the 20th anniversary of Special Olympics Track and Field

The 20th Anniversary of the Special Olympics Track and Field Day will be hosted on May 15 in Guelph. Over 700 athletes of all ages and peer coaches from 60 schools will compete in several track and field and adaptive events. This event, which sees students of all ages, is a partnership between Wellington Catholic DSB, Upper Grand DSB, Ontario Special Olympics, Community Living Guelph/Wellington, Guelph Police and the City of Guelph. [Read more on the UGDSB website.](#)

STARS/EPALA program sees hundreds of students reading for fun

STARS/EPALA reading program has had another successful year! This program was started to engage students in reading for pleasure. It highlights and celebrates diverse literary voices and offers another opportunity to define and enrich the UGDSB's reading culture. [Read more here!](#)

