

## BCSS Parent Scoreboard – January 12th, 2018

## Calendar Events

January 15	EQAO Exams Grade 9
January 16	EQAO Exams Grade 9
January 17	OUAC Application Deadline
January 22	Second Semester Starts
January 25	Reports Cards Go Home
January 26	Grade 9-11 Course Selection Information Distributed
	Last Day to Change 2 <sup>nd</sup> Semester Courses

#### School Updates:

Fees Due

Thank you for those that have paid the \$100 mandatory Student Program Fee and have received their complete school package. If you have <u>not</u> paid this fee and other optional fees, please proceed to cash-on-line at your earliest convenience.

#### • Payment Reminder

A kind reminder to please bring exact change when paying for school items in person at the school. We do not have change to provide. Thank you.

#### • <u>Attendance</u>

Please remind your son/daughter that they must <u>always</u> sign in or sign out in the main office when they are late or leaving early. Just a reminder as well, that whenever your child is absent, late or leaving early, you must inform the main office and your child must sign in or out. If we have an emergency in the building we want to be able to determine accurate attendance.

#### • <u>OHIP+</u>

The Ministry of Health and Long-Term Care is releasing additional resources ahead of the January 1, 2018, launch of **OHIP+: Children and Youth Pharmacare**.

Through this program, Ontarians aged 24 years and younger, who are OHIP insured, regardless of their family income, will be eligible for over 4,400 medications and drug products at no cost. If you have any questions about **OHIP+**, please send an email to <u>OHIPplus@ontario.ca</u>. For more information, please visit: <u>Ontario.ca/OHIPplus</u>.

#### Year Books

This is a reminder that yearbooks are on sale! Parents please go to cash-on-line while you can!

• <u>Student Achievements</u>

Before the Christmas season our grade 9 provincial speed skater Daniel Bradley made it to the podium and received a Gold Medal for the Newmarket Jets Speed-Skate Club at the Series #2 provincial 2 day meet in Clarington (for Provincial A skaters only).

#### Please be aware of our revised schedule as a result of Friday's exam cancellation.

Due to Fridays Inclement Weather, the following changes have been made to our exam schedule:

- Fridays exam has been rescheduled to Thursday, January 18<sup>th</sup>
- Exam Review will take place on Monday, January 22<sup>nd</sup> in the AM (semester 2 timetables will be distributed)
- Semester 2 classes will commence in the afternoon of Monday, January 22<sup>nd</sup>

All textbooks and novels are due back, please ensure the students return them to the Exam



#### THE EDUCATION CENTRE - AURORA

60 Wellington Street West, Aurora, Ontario L4G 3H2 Tel: 905.722.3201 905.995.7216 905.727.3141 416.969.8131 Fax: 905.727.1931 Website: www.welsh.co

Monday, January 15, 2018

Dear Families,

I am honoured and privileged to be joining York Region District School Board and to focus on what is best for students. I have held many positions in my career in a large district school board including teacher, Principal and Superintendent roles, and more recently as Director of Special Education at the Ministry of Education. I look forward to supporting our students and their families and our staff members with my knowledge, skills and passion for student well-being.

As we begin the New Year, I want to express my gratitude for the dedication of our staff and families to our schools and students. Schools play such an important role in the lives of our students – whether that is ensuring they have a safe pathway in the yard, supporting their personal needs, teaching them, keeping track of attendance, leading their school, or ensuring we are actively engaged in their learning.

Being new to the Board, my priority will be to listen and learn from as many students, staff, families, community members and trustees as possible. I will be focused on students and staff in schools so that I may see the wonderful things happening in our classrooms every day and to listen to their ideas. I also hope to be able to hear from the community directly. We have community consultations scheduled on *Classism* and *Anti-Black Racism* and I am looking forward to hearing our community's thoughts on how we can best support students and families.

Our work on supporting the Minister's directions will also be central to my leadership. The work of Interim Director Kathryn Wallace has enabled the board to plan and implement many elements of the directions. I thank her for her leadership and am dedicated to continuing her fine work. Our next steps will be implementing the Equity Plan and refreshing the Strategic Plan for the board as a whole. The Minister's directions improve our work in supporting students, their families and our school communities – it is important their intent is embedded in our everyday activities and used as a building block toward the strategic plan we build together.

The most important goal I have in my first months as Director is to build relationships and to earn trust. I am looking forward to working alongside you to keep an unwavering focus on our students and achieve outstanding results to inspire learning.

Warm regards,

Lin

Louise Sirisko, Director of Education York Region District School Board



## EQUITY AND INCLUSIVITY ADVISORY COMMITTEE CLASSISM SUB-COMMITTEE

## **Community Conversations**

# Are you an advocate for those marginalized by low income and class-based discrimination?

We are seeking passionate youth, families and community members to provide feedback regarding equity and inclusion for students in York Region public schools.

Please attend one of the five community conversations hosted by York Region District School Board's Equity and Inclusivity Advisory Committee.

January 15	Maple Leaf PS, 155 Longford Dr, Newmarket, ON L3Y 2Y7
January 22	Sutton District HS, 20798 Dalton Rd, Georgina, ON LOE 1R0
January 29	Bayview SS, 10077 Bayview Ave, Richmond Hill, ON L4C 2L4
February 5	Maple HS, 50 Springside Rd, Maple, ON L6A 2W5
February 12	Milliken Mills HS, 7522 Kennedy Rd, Markham, ON L3R 9S5

All Community Conversations run from 7:00 - 9:00 pm

Child-minding will be provided at all locations. *If you require child minding, please email Kristine with the number of children and their ages.* 

For more information or transportation support needs, please contact:

Sub-Committee Chair – Kristine Carbis 905-895-3126 <u>k carbis@hotmail.com</u>



## EQUITY AND INCLUSIVITY ADVISORY COMMITTEE ANTI-BLACK RACISM SUB-COMMITTEE

#### **Community Consultations**

You are invited to attend a community consultation regarding:

Actions Taken by YRDSB following Ministry Review to Support the Learning of Students of African Descent and their Families

Agenda

- An overview of the Ministry of Education's Review of YRDSB
- YRDSB Current Work and Response to the Ministry's Review on all levels (board, school and community engagement)
- Community Feedback Sessions in small group carousel format What is going well? What are you worried about? What needs to happen next?
  - Board
  - School
  - Community Engagement
- Report Back and Next Steps

Dates, times and locations

Thursday January 18, 2018 6:00pm – 9:30pm Milliken Mills High School, 7522 Kennedy Rd, Markham, ON L3R 9S5 (Refreshments will be provided)

Saturday January 27, 2018 10:00am – 2:00pm Vaughan Secondary School, 1401 Clark Ave W, Thornhill, ON L4J 7R4 (Lunch will be provided)

Registration

Please register online by Friday January 12, 2018.

If you have any questions, please contact Freyja Phillips freyja.phillips@yrdsb.ca.





#### Attention Parents!

Members of the **U18 Canadian Women's Soccer** Team will be applying to an educational athletic program at our school and are looking for Bill Crothers families to host them during their stay!

Applicants successful in the registration process will commence in January 2018 until June 20<sup>th</sup> 2018 and families will be offered a *competitive compensation package* for billeting the students.

The girls range from 16 to 18 years old and will be attending school every day at Bill Crothers HS.

To qualify for this opportunity, families must have one or more spare bedrooms as well as provide the girls with 3 meals per day, and be located in the Markham-Unionville area.

Girls will be responsible for their own transportation to and from school and soccer practice.

For more information regarding this opportunity please contact Student Homestay Services at (416) 480-0678 OR email: <u>melissa@homestayservices.ca</u>

> 497 Oriole Parkway, Toronto, Ontario M5P 2H9 Telephone: (416) 480-0678 Fax: (416) 486-3061 Email: shs@homestayservices.ca



where creativity runs free

Presently accepting applications from students interested in the arts.

# MAY 26 to JUNE 2, 2018

Celebrating 30 Years of Arts Camp

York Region District School Board Students in grades 7-12 are eligible to apply

Student applications will be available January 11th at <u>bit.do/ArtsCamp2018</u> or on the Arts Camp page at WWW6**YrdsD**.Ca



THE ARTS

APPLICATION DEADLINE: February 9th, 2018

**Exam Schedule:** Please find below the examination schedule for semester one final exams. Students will write only one exam per day corresponding to the subject in that specific period.

**Exam Conflicts:** If you are going to be absent for an exam due to sport commitments you must make an appointment with Mr. S. Angus by Friday, December 8th, 2017. This can be done in the main office. Note: Exams will ONLY be accommodated for students participating in Provincial, National or International Championships that are run by a provincial or national sport governing body only.

All exams will begin at **9:00 a.m.** The exam schedule will be as follows:

- Thursday, January 11, 2018 all exams for period 1 classes will be written
- Friday, January 12, 2018 all exams for period 2 classes will be written now Jan 18th
- Monday, January 15, 2018 all exams for period 3 classes will be written
- Tuesday, January 16, 2018 all exams for period 5 classes will be written

Day and Time	Gr	Course	Teacher	room	Length
Wed., Dec. 20th	9	MPM1D1-01	KHANDOR	3002	1.5hrs
Grade 9s ONLY	9	MPM1D1-05	STIFANI	3007	1.5hrs
TIME:	9	MPM1D1-14	CREASER	3004	1.5hrs
9:45am to 12pm	9	MPM1D1-02	KHANDOR	3002	1.5hrs
	9	MPM1D1-06	TROMBLEY	3007	1.5hrs
	9	MPM1D1-04	STIFANI	3007	1.5hrs
	9	MFM1P1-01	TADROS	3003	1.5hrs
	9	MPM1D1-03	TROMBLEY	3007	1.5hrs
Thurs, Jan 11th	11	BAF3M1-01	VELINOR	3008	1.5hrs
All Grades - 9:00am	9	CGC1D1-01	TINDALE	2033	1.5hrs
	12	CGW4U1-01	FAIZI	2034	2hrs
	10	CHC2D1-01	KENT	2002	1.5hrs
	12	CLN4U1-01	GILLIES	2003	2hrs
	9	ENG1D1-01	DURNAN	2008	1.5hrs
	9	ENG1D1-05	MARTYR	2010	1.5hrs
	10	ENG2D1-01	PELEGRIS	2011	1.5hrs
	10	ENG2D1-05	ISHIGURO	2013	1.5hrs
	11	ENG3U1-01	SOBIERA	2035	1.5hrs
	12	ENG4U1-01	GANGBAR	2012	2hrs
	12	ENG4U1-05	RAPOSO	2027	2hrs
	9	FSF1D1-01	GHEEWALA	2006	1.5hrs
	9	FSF1P1-01	HALKO	2004	1.5hrs
	10	FSF2D1-01	WARK	2005	1.5hrs
	12	HFA4U1-01	ANGUS	1012	2hrs
	11	HSP3U/3C-01	MARTINEZ	2017	1.5hrs
	11	MCF3M1-01	FRYDMAN	3012	1.5hrs
	11	MCR3U1-01	CHEUNG	3005	1.5hrs
	12	MCT4C1-01	WONG	4008	2hrs

Students will have the remainder of each day to go home and study for upcoming exams.

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	12	MHF4U1-01	QUON	3013	2hrs
	10	MPM2D1-01	WANNAN	4005	1.5hrs
	10	MPM2D1-05	RUSSELL	3003	1.5hrs
	11	SBI3U1-02	BHELLA	3001	1.5hrs
	12	SBI4U1-01	PEARCE	3000	2hrs
	11	SCH3U1-01	BARKER	4021	2hrs
	12	SCH4U1-01	LAM	4022	2hrs
	9	SNC1D1-01	кшок	4000	1.5hrs
	9	SNC1D1-05	ANSARI	4019	1.5hrs
	10	SNC2D1-01	CHAN	4003	1.5hrs
	10	SNC2D1-05	YOUNG	4004	1.5hrs
	11	SPH3U1-02	PUGLIESE	4001	2hrs
Fri., Jan 12 <sup>th</sup> now Thurs.					
Jan 18th	11	BMI3C1-01	VELINOR	3008	1.5hrs
All Grades - 9:00am	9	CGC1D1-02	WILSON	2035	1.5hrs
	9	CGC1D1-05	FAIZI	2034	1.5hrs
	11	CGF3M1-01	TINDALE	2033	2hrs
	10	CHC2D1-02	KENT	2002	1.5hrs
	10	CHC2D1-05	FRAGOMENI	2003	1.5hrs
	12	CIA4U1-01	WHALEN	3016	2hrs
	12	CLN4U1-02	GILLIES	3002	2hrs
	9	ENG1D1-02	MARTYR	2010	1.5hrs
	10	ENG2D1-02	DURNAN	2008	1.5hrs
	10	ENG2D1-06	PELEGRIS	2011	1.5hrs
	11	ENG3U1-02	SUKDEO	4008	1.5hrs
	11	ENG3U1-05	ISHIGURO	2013	1.5hrs
	12	ENG4C1-01	COLES	2017	1.5hrs
	12	ENG4U1-02	RAPOSO	2027	2hrs
	9	FSF1D1-02	HALKO	2004	1.5hrs
	9	FSF1D1-05	WARK	2012	1.5hrs
	12	FSF4U1-02	GHEEWALA	2006	1.5hrs
	9	HFN101-01	MARTINEZ	1012	1.5hrs
	11	HSP3U1-03	GRAY	2028	1.5hrs
	10	LWSBD1-01	MILITARU	2005	1.5hrs
	11	MCR3U1-02	CREASER	3004	1.5hrs
				5004	

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	12	MDM4U1-01	WANNAN	4005	2hrs
	10	MFM2P1-01	NA	3037	1.5hrs
	12	MHF4U1-02	TADROS	3003	2hrs
	10	MPM2D1-02	FRYDMAN	3012	1.5hrs
	mix	PAES1B-01	CIPOLLA	1008	2hrs
	11	SBI3U1-03	BHELLA	3001	1.5hrs
	11	SCH3U1-02	BARKER	4021	2hrs
	12	SCH4U1-02	CHAN	4022	2hrs
	9	SNC1D1-02	TAM	4000	1.5hrs
	9	SNC1D1-06	ANSARI	4019	1.5hrs
	10	SNC2D1-02	MUSA	4004	1.5hrs
	10	SNC2D1-06	RUSSELL	4003	1.5hrs
	12	SPH4U1-01	YOUNG	4001	2hrs
Mon, Jan 15th	11	BAF3M1-02	VELINOR	3008	1.5hrs
All Grades - 9:00am	9	CGC1D1-03	WILSON	2035	1.5hrs
	9	CGC1D1-06	FRAGOMENI	2033	1.5hrs
	10	CHC2D1-03	HUANG	2004	1.5hrs
	12	CPW4U1-01	GILLIES	2003	2hrs
	9	ENG1D1-03	GANGBAR	2012	1.5hrs
	9	ENG1D1-06	MAJOR	2010	1.5hrs
	10	ENG2D1-03	TINDALE	2008	1.5hrs
	10	ENG2D1-07	CIOFFI	2011	1.5hrs
	11	ENG3U1-03	ISHIGURO	2013	1.5hrs
	11	ENG3U1-06	SOBIERA	3002	1.5hrs
	12	ENG4U1-03	COLES	2017	2hrs
	9	FSF1D1-03	GHEEWALA	2006	1.5hrs
	9	FSF1D1-06	MILITARU	2005	1.5hrs
	9	HFN101-02	SUKDEO	1012	1.5hrs
	12	HHG4M1-01	GRAY	2028	2hrs
	11	MCR3U1-03	LEUNG	3004	1.5hrs
	12	MDM4U1-02	WANNAN	4005	2hrs
	12	MHF4U1-03	CHEUNG	3005	2hrs
	12	MHF4U1-05	QUON	3013	2hrs
	10	MPM2D1-03	NA	3037	1.5hrs
	10	MPM2D1-06	FRYDMAN	3012	1.5hrs

	I		1	1	1
	mix	PAES1C-01	RAPOSO	1008	2hrs
	12	PSK4U1-01	GOSSE	2027	2hrs
	11	SBI3U1-04	кшок	3001	1.5hrs
	12	SBI4U1-02	PEARCE	3000	2hrs
	11	SCH3U1-03	LAM	4021	2hrs
	12	SCH4U1-03	CHAN	4022	2hrs
	12	SES4U1-01	BHELLA	4004	2hrs
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	11	SPH3U1-03	TAM	4001	2hrs
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	10	CHC2D1-06	FRAGOMENI	2003	1.5hrs
	12	CLN4U1-03	KENT	2002	2hrs
	9	ENG1D1-04	DURNAN	2008	1.5hrs
	9	ENG1P1-01	WARK	2018	1.5hrs
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	12	HFA4U1-02	MARTINEZ	1012	2hrs
	11	HSP3U1-04	GRAY	2028	1.5hrs
	11	ICS3U1-01	FRADE	3008	1.5hrs
	12	IDC4U2-01	WHALEN	3016	2hrs
	11	MCR3U1-04	WONG	3004	1.5hrs
	12	MCV4U1-01	TADROS	3003	2hrs
	12	MDM4U1-03	KHANDOR	3002	2hrs
	12	MHF4U1-04	CHEUNG	3005	2hrs
	10	MPM2D1-04	NA	3037	1.5hrs
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	11	SCH3U1-04	LAM	4021	2hrs
	9	SNC1D1-04	PEARCE	3000	1.5hrs
	9	SNC1D1-07	TAM	4000	1.5hrs
	9	SNC1D1-14	ANSARI	4019	1.5hrs
	10	SNC2D1-04	YOUNG	4004	1.5hrs
	10	SNC2P1-01	RUSSELL	4003	1.5hrs
	11	SPH3U1-04	PUGLIESE	4001	2hrs

### • Let's Talk

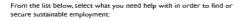
<u>Let's Talk</u> is an initiative started and popularized by Bell Media Communications. Although the official Bell day is in January, it is not a one day occurrence and needs our attention and support year round.

In the BCSS library we have highlighted some novels and non-fiction books on one of our foremost presentation shelves to bring attention to the need for understanding, compassion, and support of mental illness. Here at BCSS we believe in healthy active living and promote both physical and mental health development. We strive to create a safe environment where students and staff feel safe and comfortable starting and continuing the conversation regarding their own and others mental health. To this end, the library has selected some outstanding young adult fiction to put on display and we are happy to guide the conversation about the characters and their challenges with students who want the discussion.

"Hard to see, mental illness is one of the most widespread health issues in the country, with consequences for everyone." (Toolkit, 8)







- Finding and using

- Using digital technology
- Inding and using
   Osing digital technology
   information
   Communicating ideas and
   information
   Understanding and using
   numbers (math)
   Support
   Support

The iWIN Program is offered at no cost to eligible learners by the York Region District School Board, with support from the Ministry of Training, Colleges and Universities.



## DESIGN YOUR PATH Kingion Region



This program is right for you if you are a resident of Ontario (19+) and need to:

- Enhance your employability skills
  Gain or upgrade computer skills for the workplace
- Prepare for college, university or apprenticeship programs
   Prepare for a High School Credit program or GED
   Gain confidence in life, work and studies

Our **IWIN Program** will help you reach your goals faster! Get individualized support from a highly qualified and experienced instructor and create a class schedule that **works for you**.

#### Select the program(s) you'd like to learn:

- Moving files

header/footer

How to forma

Basic Text and Image Skills

(in MS Word) Working with documents Moving text

Inserting pictures, clip art, shapes

Formating images and shapes
 Creating a basic chart/table
 Using spell-check
 Inserting, editing and removing a

#### **Basic Computer Skills**

- Getting to Know a Computer File Management Saving files to a hard drive or USB
   Creating folders Terminology
- Hardware and software Mouse skills Keyboarding
- Getting Started with Email Setting up a new address Sending/receiving email Attaching a document (résumé, picture, etc.)
- Internet Searches Conducting searches Making searches more effective Choosing reliable sites

#### Digital Technology for Effective Job Searches and Online Applications

- Email for Employment Résumés and Cover Letters
  - Email for Employment Subject line Address: to, cc, bcc Reply, reply all, and forward Body of email How to attach a file
  - Formal/informal tone
- How to format
   Salutations and closings
   Purpose of letter
   Appropriate language and tone
   Inserting, editing and removing a header/footer

- Workplace culture and etiquette

Workplace curve and e
 Body language
 Enhanced pronunciation
 Confidence building

- Applying to positions online Purpose of email

#### Soft Skills and Successful Oral Communication

- Conversation Group
- Weekly topics for discussion
   Appropriate language and tone

#### **High School Credit or GED Preparation**

Get individualized support and instruction while preparing for your high school credit program or GED (high school equivalency). All subjects are offered.

#### Computer Skills for Employment and Further Education Blended learning using training softwar Minimum time commitment - 8 classes

- Microsoft Office Skills Introduction
  - Word: creating and editing original documents, using proofing tools, templates, setting page layout
  - Security page anyour. Excelentering data, formatting worksheets, setting worksheet layout, creating formulas, exercises PowerPoint: creating simple presentations
  - Publisher: creating basic publications, formatting objects, duplicating an existing tri-fold brochure
- Outlook making contacts, using the calendar
   Access: creating relational database tables, field properties
- Microsoft Office Skills Intermediate to Advanced
- Word: working with tabs, bullets and numbering, drawing objects, using building blocks, tables, mail merge, macros. Creating flyers using WordArt, images and tables Excel: conditional formatting, sorting and filtering data, pivot tables and charts, security features, larger orders and charts
- PowerPoint: slide show view, animations, inserting sound, charts, tables and objects. Creating presentations using animation and sound. Delivering presentations
- to a group. Publisher using master pages, customizing schemes, page set-up and layout. Creating an original tri-fold brochure and other business stationary such as gift certificate and flyers
- Outlook tasks, folders, mailbox options
- Access: queries, creating forms, form and report controls, macros
- Google at Work Once a Week
  - Gmail - Sharing documents - Hangouts
  - Calendar Drive
- Increasing Keyboarding Speed

#### Employment and Academic Skills Upgrading

- Math Minimum time commitment 8 classes
- Basic arithmetic
- Basic antrimetic
   Money math
   Time (time sheets, calendars)
   Math for college
- Mechanics: punctuation, Mechanics: purious capitalization, spelling

English Language Skills

Minimum time o

Writing complete sente
 Verb tenses, agreement

- Grammar: parts of speech, word

order, parts of a sentence

### Why don't you sign up for Korean Credit Course?

g Korean is not just about learning a new language! nce K-Pop, K-Drama, Korean Food, Korean Culture and more!

#### **PLUS + WE OFFER**

- · Scholarship for outstanding students by teacher's recommendation
- Free trip to Korea sponsored by the Korean government · Invitation to Korean Events for free Le K-Pop concert, K-movies,
- Korean Cultural events etc. Extra-curricular activities i.e. K-Cooking, K-Poo dance, Taekwondo etc.
- Korean Immersion Summer Camp at University of Toronto

#### HOW TO REGISTER

- Register in person at the school on the first day of class or through your district school board website
- · Contact us for finding your school and registration method
- · Within a year you will speak Korean fluently with your Korean friends

ENQUIRY | EMAIL KOREDUCATION BCMAILCOM / TEL 416-920-3809 EXT. 242 REGISTRATION GUIDE | WWW.CAKEC.COM

## RHHS Korean School at YRDSB

- DURATION | September to June (30 sessions)
- HOURS | Every Saturdays, 8:45 AM 12:30 PM
- LOCATION | Richmond Hill H.S. 201 Yorkland St.
- East of Yonge, North of Elgin Mills Rd.
- ELIGIBILITY | Open to all students from Grade 9 to Grade 12

#### REGISTRATION INFORMATION CAN BE FOUND BELOW LINK.

http://www.yrdsb.ca/Programs/ConEd/Pages/International-Languages-Secondary-Program.aspx

nent - 8 classes



The puprose of the School Visit Program is to develop mutual understanding between Canada and Japan.

Tourism, culture, writing, current affairs, anime, and crafts are just a few of the topics offered with the School Visit Program. Book a visit and Information & Culture staff at the Consulate-General of Japan will visit your classroom and give an age-appropriate presentation on a selected topic of your choice.

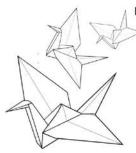
The Program is **NON-PROFIT** and offered on weekdays between 10AM and 3:30PM.

FOR MORE INFORMATION AND TO RESERVE A VISIT, PLEASE GO TO TORONTO.CA.EMB-JAPAN.GO.JP

SCHOOL VISIT PROGRAM

CONSULATE GENERAL OF JAPAN IN TORONTO







#### Flu Season is on its way - are you ready?



Flu season is nearly here. Be prepared by getting the flu shot as early as possible.

The first and best step to preventing influenza (the flu), is to get the flu shot every year. Influenza spreads quickly and easily from an infected person to others.

Everyone six months of age and older can get the flu shot.

Flu shots are available at:

- Health care provider's offices for people six months of age and older
- Participating pharmacies, for people five years of age and older

Visit ontario.ca/flu to find where you can get the flu shot.

#### How can the flu be avoided?

- Get the flu shot!
- <u>Wash your hands</u> well and often with soap and warm water. If soap and water are
   unavailable, use an alcohol-based <u>hand sanitizer</u>
- Cover your mouth and nose with a tissue when you cough or sneeze and throw the tissue out immediately. Wash your hands afterward. Cough into your upper sleeve if you don't have a tissue.
- Avoid touching your eyes, nose and mouth
- Avoid large crowds and stay home when you are sick
- Keep common surfaces and items clean and disinfected

To learn more about flu and the flu vaccine visit vork.ca/flu

Community and Health Services Public Health

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