

Newsletter March 6, 2020



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## Upcoming Dates

**March 8, 2020**  
**Daylight Savings Time Begins**

**March 12, 2020**  
**Staff/Student Basketball Game Buy-In, P.5**

**March 13, 2020**  
**Interim Report Distribution**

**March 16-20, 2020**  
**Mid-Winter/March Break**

**March 23, 2020**  
**School Council Meeting 6:30pm-8pm**

**April 2, 2020**  
**Parent Night 6:30pm-8:30pm**

**April 9, 2020**  
**Pesach/Passover**

**April 10, 2020**  
**Good Friday**

**Attendance** is an important component of student success. Students who are ill should not attend school but it is our expectation that students who are at school attend every class. Students should not be missing classes to work on assignments for other classes. Teachers at Bur Oak work diligently to provide meaningful instruction and assessments to our students in all of their classes. Even if a teacher is away from class, they continue to provide work for students and it is expected that students attend class. We appreciate your support in ensuring that your children attend and engage in their classes.

## Course Verification

Course selection is now finished online with My Blueprint. Students and parents who may wish to reconsider the selections are asked to wait until course verification later in the spring. We welcome appointments with students over the next few weeks to discuss opportunities and thoughts about their personal and academic future.

## Summer School Considerations

Information about summer school sites and courses to be offered is generally provided in April with verification of confirmed sites by May. We will make an announcement to students and parents when that information is released.

## Summer School Co-Op Applications

Information is available in the cooperative education department about the application to these programs. This is a regional program and is not overseen by Bur Oak personnel. Please review deadlines as some will take place in early March for some highly competitive district-wide programs.

**Parents' Night is on Thursday, April 2, 2020, 6:30-8:30 p.m.** Bur Oak Secondary School uses an online process to manage our Parents' Night scheduling.

Edsby is an intuitive, cloud-based platform that will allow families to easily reserve times to meet with their child's teachers. Families will need to create an account in Edsby in order to reserve appointments.

Families will need to create an Edsby account to access the online appointment scheduler for their child's teachers for Parents' Night. **Only families who have created an Edsby account prior to the schedule being opened March 24, 2020 will have access.** For help signing up for Parent-Teacher interviews, please visit <https://edsby.com/help/parents/parent-teacher-interviews/>.

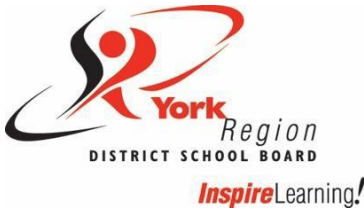
Parents/guardians wishing to book an appointment with our Student Success Teacher, Guidance Counsellors and/or Special Education Resource Teachers (SERT), can have their child speak to them directly to book an appointment.

If you do not wish to share your email address and/or create an Edsby account, you can have your child sign up for an interview directly with their teachers or you may contact the Main Office.

If you have any questions about the process, please contact our Main Office.

### Important Timelines

<b>March 13, 2020</b>	<b>Interim Report Cards sent home.</b>
March 23, 2020	Last date to set up an Edsby account prior to schedule being opened.
March 24, 2020	Parents' Night schedule is open for booking at 9:00 a.m., an invitation to book appointments will be sent to your email inbox. Families who do not have an Edsby account can schedule appointments directly with teachers or through the Main Office.
April 2, 2020	Interview Scheduler closes at 12:00 p.m.
<b>April 2, 2020</b>	<b>Parents' Night (6:30 p.m. - 8:30 p.m.)</b>



## Student Mental Health and Addictions Newsletter

March 2020

YRDSB Mental Health services are provided by YRDSB psychology and social work personnel

### **It's almost March Break! Time to think about self-care**

As we approach March Break, it is important for adults and students to think about how we take care of ourselves – how we can de-stress by incorporating strategies into our lifestyle to avoid burnout and stress induced illness.

Maria Baratta, Ph.D., L.C.S.W., Clinician in New York speaks about [Self Care 101](#). Here are the 10 strategies that she speaks about:

Self care means knowing who you are and your limits.

Self care means getting the sleep you need and knowing how to rest

Self care means making sure that you're well fed.

Self care means finding a way to decompress *throughout* your day, not just when you leave work or school.

Self care means giving some thought to change a difficult work situation.

Self care means taking time to get to know *you* better.

Self care means identifying what you enjoy doing and what's fun for you and make a serious effort to integrate it into your day or, at the very least, your week

Self care means knowing how to debrief from a day's work or day of school. Self care means feeding your spiritual self.

Self care means taking time to love yourself and appreciating that there's only one you and you're the expert on that.

Check out some more tips from School Mental Health Ontario on building [personal resiliency](#).

Let's encourage our students to take March Break to practice some (or all) of these suggestions for self-care!!!

# Release of the YRDSB Student Suicide Intervention Protocol

York Region District School Board is committed to student well-being and mental health. YRDSB has developed a Student Suicide Intervention Protocol to help keep students safe in the event of suicidal thoughts or actions. The Student Suicide Intervention Protocol will be implemented starting Fall 2019. Youth suicide is a complex, emotionally-charged and sadly a real problem in Canada. It is the second leading cause of death amongst young people. It's important to recognize that those who struggle with mental health have personal strength and resilience and the potential to overcome difficulties to ultimately thrive.



The YRDSB Student Suicide Intervention Protocol is designed to address the six steps involved when responding to current and present thoughts of suicide, as well as actions related to suicide. In addition, the Protocol is governed by a set of guiding principles which are underpinned by a culturally responsive and reflective practice.

Suicide is not culturally neutral. Our cultural and ethnic backgrounds will inform how each of us understands suicide. To see all the guiding principles, refer to the print version of the protocol on the on the board website [YRDSB-Student Suicide Intervention Protocol](#). If you have any questions about the Student Suicide Intervention Protocol, please contact your school principal.

## **The Ontario Secondary School Literacy Test (OSSLT)**

The Ontario Secondary School Literacy Test (OSSLT) is **Tuesday, March 31, 2020**. All students who wish to graduate from an Ontario secondary school must fulfill their literacy requirement by being successful on the OSSLT or by taking the Ontario Literacy Course (OLC).

In preparation for the OSSLT, the **After School Literacy** course will be offered again in second semester. This is the final opportunity to take this preparation course before the OSSLT in March. The course is running from **February 11- March 12, every Tuesday and Thursday from 3:00-4:30pm**. Please print, complete and sign the [registration form](#) **attached** and return it to Ms. Wan in the Learning Commons as soon as possible as registration closes on Wednesday, January 22. A paper copy of the registration form is also available for pick-up in the Learning Commons.

Please email [angela.wan@yrdsb.ca](mailto:angela.wan@yrdsb.ca) with any questions or concerns regarding the OSSLT.

## **Safe Arrival/Attendance Reporting**

Parents will continue to receive a Safe Arrival e-mail for Period 1 absences. Another e-mail will be sent at the end of the day. If you think that there is an error with this Attendance Report, please contact the school ASAP.

## **Spare Periods**

A reminder that students are encouraged to use a Spare Period to complete course work or study course material. Students choosing to be at school during their spare are to use the quiet study space provided in our school Library. Students with a Period 5 spare are not allowed to remain in the Main Hallway.

**Attention grade 12 students:**

**Euclid Math Contest**  
registration is happening  
**NOW!!!**



**Contest Date:** Tuesday April 7<sup>th</sup>, 2020  
**Registration Deadline:** Thursday March 12<sup>th</sup>, 2020  
**Registration Fee:** \$17

To register:

1. Go to [www.schoolcashonline.com](http://www.schoolcashonline.com) and select:

**Euclid contest: Gr. 12**

2. Pay registration fee
3. Be in Cafeteria at 8:00 A.M. on April 7<sup>th</sup>, 2020.

Please note:

- Only registered students will be eligible to participate
- Practice materials and past contests are available at [www.cemc.uwaterloo.ca](http://www.cemc.uwaterloo.ca)

Please obey all traffic signs and signals around the Bur Oak Secondary School perimeter! We want all of our students to be safe and arrive alive.



### Arrivals and Departures

Parents/guardians who **drive their children to school** are reminded to follow the directional signs and use the designated areas for drop off and pick up at the **BACK** of the school. Please do not park in the bus / emergency zones and remember that there are no U-turns allowed in the front driveway. Failure to do so may result in fines and/or tickets as the front is designated a FIRE ROUTE.

Please remind your child to cross the road only at designated crosswalks. Student safety is our main concern and we thank you in advance for helping keep your child safe. **Please DO NOT drop your child off on Bur Oak Avenue** as this creates a dangerous situation both for your child and other cars.



### Parking Reminders

**Students who drive to school** are reminded that use of the school parking lot is a privilege not a right. Students are expected to drive in accordance with provincial laws. All students are reminded that extreme caution must be used when driving in the school parking lot. Any student who drives carelessly or puts any student, staff member or community member at risk will lose their privilege to use the school parking lot. Parents/Guardians will be contacted and York Regional Police may also be notified.

Students may park in **designated areas** only in the south parking lot at the back of the school. Parking is not allowed in the Emergency Vehicles/Bus Route. To be eligible to use the lot, **students must**

- have a valid student card
- register their car at the office and obtain a parking permit. NOTE: Registration does not guarantee a parking spot.

Students who fail to comply with the parking regulations may:

- be towed at a substantial cost to the owner
- face a "drop" fee (once car is hooked to be towed)
- be ticketed (by the Town of Markham).

## **Bus or School Cancellations**



With winter weather already here, we want to share some important reminders for families.

When an **inclement weather** or **extreme cold** day is declared, school transportation (including buses and taxis) are cancelled in the morning and afternoon. Schools will remain open. If you drive your child to school, or your child takes alternate transportation, you must make arrangements for your child to get home at the end of the day. Please call the school if your child will not be attending school on those days. Students will not be penalized for missing school on these days.

There may be rare instances when **emergency winter events** occur and we need to close all schools and Board locations. Please take the time to make plans in the event of an emergency school closure.

Information about transportation cancellations and Board closures will be shared through local media, [Board](#) and school website and on [twitter @YRDSB](#).

Our process for extreme cold, inclement weather and emergency weather days are outlined in the Board's [Severe Weather policy](#), which has been recently updated and is available for public comment. Seeking feedback from staff and community members, including parents/guardians, is an important part of the review process. All [policies available for comment](#) are sent to school council chairs and are posted on the Board website, along with information about how to provide feedback.

## **REMINDERS**

### **Student Dress Code**

Please ensure that students adhere to the Bur Oak student dress code as outlined on page 5 of the [BOSS Student Handbook 2019-2020](#).

### **Request for Faith Accommodations**

Attached is a link to the Request for Faith Accommodations [form](#). Further information or clarification can be found in the York Region District School Board Website.



## English as a Second Language Classes for Adults



Improve your listening, speaking, reading and writing skills.

Communicate with confidence in English!

### Classes Available!

#### REGISTER NOW!

Day Time, Night Time and Weekend Classes

### Many locations!

Classes available in Thornhill, Richmond Hill, Woodbridge,  
Markham, Newmarket and Stouffville

For more information  
Call **905-731-9557 / 905-305-4122**

**Looking for a place to do homework  
during lunch?**

## Go to the Quiet Study Room



### Monday and Wednesday Room 2017

P3	11:15 AM to 12:15 PM
P4	12:20 PM to 1:20 PM

Space is limited (20 spots available per period)

## UPGRADE YOUR SKILLS FOR EMPLOYMENT



Flexible class schedules with individualized support.

Learn how to use email, Google Suite, Microsoft Word, Excel, Powerpoint,  
Outlook, Publisher, Access, OneNote and more.

Math, reading and writing classes available for work or academic upgrading  
(GED, apprenticeship, college).

www.yrdsb.ca  
@YRDSB  
YRDSBMedia





# Tamil Parents Network

## Free Yoga

and

## Parenting workshops

In partnership with

**Family Services for York Region  
Indigenous and International Languages Program  
Inclusive School and Community Services**

**When:** Every Thursday, January to May, 2020

**Time:** 5:45 pm — 8:00 pm

**Where:** Cedarwood Public School  
399 Elson Street, Markham

### Contacts

**Initha Subramaniam**, York Region District School Board  
[initha.subramaniam@yrdsb.ca](mailto:initha.subramaniam@yrdsb.ca), 905 884 2046 ext 228

**Sudha Coomarasamy**, Family Services for York Region  
[scoomarasamy@fsyr.ca](mailto:scoomarasamy@fsyr.ca), 905-883-6572

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If you would like to join, please complete this section and hand it in to your school

**Name of Parent/ Guardian:** \_\_\_\_\_

**Contact Information:** \_\_\_\_\_

**Do you have any Allergies:** \_\_\_\_\_

**Emergency Contact person and Number:** \_\_\_\_\_



## **Tamil Parents / Guardians Network Workshops / Discussions**

Inclusive School and Community Services  
In partnership with  
Centre for Innovation and Leadership

**When:**

Sunday, February 2  
Sunday, February 23  
Sunday, March 8  
Sunday, March 29  
Sunday, April 5  
Sunday, April 19  
Sunday, May 3

**Time:** 2:00 pm - 4:00 pm

**Where:** Milliken Mills High School  
7522 Kennedy Rd, Markham

You may register on the day of the sessions

Initha Subramaniam, Teacher Liaison  
York Region District School Board  
905 884 2046 ext 228  
[initha.subramaniam@yrdsb.ca](mailto:initha.subramaniam@yrdsb.ca)



## 2020 March Break Youth Engagement Program

### Who is Suitable for this Program?

- This program is geared to mature students in Grade 9 – Grade 12 who may be interested in Policing or working within a Police service (not mandatory).
- This program is very structured and has a physical fitness component which all participants will be involved in.
- This program is designed to assist students in gaining self-confidence, self-discipline, self-awareness and resiliency.

### Students Must Be:

- Resident of York Region
- Between the ages of 15-18 years old
- Currently in Grade 9 – Grade 12
- Currently attending a York Region Secondary School
- Complete an Essay and submit with the application
- All students must have their own transportation to this program – public transit is not an option

### Our Goal:

- To have a week of learning and to experience a small portion of what the recruitment process may be like when applying to York Regional Police
- To enable you to get to know yourself better, your strengths as well as areas you can enhance
- To have you meet other students with similar goals and form lasting friendships
- To have you interact and work with Officers who will continue to mentor you during this week

### How to Apply:

- Interested applicants please email [csv@yrd.ca](mailto:csv@yrd.ca) requesting a copy of the application
- Applications must be completed digitally and emailed back to [csv@yrd.ca](mailto:csv@yrd.ca)

For more information or further questions contact:

Debbie Robinson #5459, Supervisor, Community Safety Village, York Regional Police by email at [csv@yrd.ca](mailto:csv@yrd.ca)