

Newsletter Nov 24, 2017



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Vice-Principal, Kathy Mcalpine
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School Phone: 905-202-1234

Upcoming Dates

Nov 27

Food Drive Begins

Nov 28

History Field Trip
Superior Courts
All Day
H. Musselman

SHSM Arts to York U
E. Milberg

Nov 29

Toronto Zoo Field Trip
MacInnis/McGann/Goodridge
All Day

Nov 30

Jr. Boys Basketball Tournament
A Stoneman/J. Floyd
All Day

Grade 8
Open House

Guidance

Thursday, November 30th is our Open House for Grade 8 Students. The doors will open at 6:00 pm and the Cafeteria presentation will start at 6:30 pm. Guided or self tours will follow. Come and see the specialized facilities; speak with the Teachers and meet our Students.

Reminders

Daily Schedule:

Bill Hogarth SS opened on November 24. Effective Monday November 27, we will be returning to our regular schedule of 8:15am until 2:55 pm.

BUR OAK SECONDARY SCHOOL SCHEDULE	
PERIOD 1	8:15 – 9:35 <small>(Includes Homeroom and Announcements)</small>
PERIOD 2	9:40 – 10:55
PERIOD 3	11:00 – 12:15
PERIOD 4	12:20 – 1:35
PERIOD 5	1:40 – 2:55

Parent Engagement Night

Markville Secondary School, 1000 Carlton Road, Markham
will be hosting a Parent Engagement Night
on November 29th at 6:30 to 8:00 pm in the Cafeteria.
Jennifer Kolari will be presenting on the topic of "Anxiety and the Overachiever".

Anxiety and the Overachiever

What role do parents play?

We are all born hardwired for how we handle anxiety, some of us are not anxious at all; some of us are very anxious. Life events and experiences can push us up or down the stress continuum. Some stress is good, as it allows us to make good, safe choices but we want to make sure that our children control their stress so it doesn't control them and develop into anxiety. We want to raise resilient children who can manage personal and family pressures to succeed, and be able to participate fully in their lives. During this presentation, you will learn about teens and anxiety, how to spot the warning signs, and what you as a parent can do to ease the pressures that cause stress and may develop into anxiety. Using anecdotes, humor, and sample dialogue, the audience will be introduced to the Connected Parenting model. Both theory and practice will be explained step-by-step. Participants will leave inspired with practical and useful strategies to try as soon as they get home.

About the speaker – Jennifer Kolari

Child and Family Therapist, Jennifer Kolari is one of the nation's leading parenting experts and the founder of Connected Parenting. Author of *How To Raise A Great kid* and *You're Ruining My Life! (But Not Really) Surviving the Teenage Years*, Kolari was the Parenting expert on CBC's Steven and Chris show, and has appeared on Canada AM and Breakfast Television. Her advice can be found in many magazines. She is on the health advisory board for Chatelaine Magazine. Her entertaining workshops and insightful strategies make her a highly sought-after speaker with schools and agencies throughout North America. Kolari has been helping children, teens and families get connected for over twenty years.

Markville Secondary School Parent Engagement Night

Connected Parenting 11/29/2017 Jennifer Kolari, M.S.W., R.S.W.

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1000 Carlton Rd, Markham
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Cafeteria

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