



## Dr. John M. Denison Secondary School

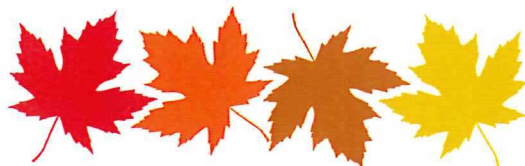
135 Bristol Rd., Newmarket, ON, L3Y 8J7

905-836-0021

<http://denison.ss.yrdsb.ca>

Principal: Janet Atkinson -- Vice-Principals: M. Godfrey, T. Stein

**September 15, 2017**



### Upcoming Dates

September 18 – **School Council Meeting 6:45 p.m.**

September 25 – **PA Day**

October 9 – **Thanksgiving**

October 12 – **Grade 8 Family Night**

October 12 – **Interim Report Cards Distributed**

October 13 – **Photo Re-take Day**

### **ATTENDANCE**

Consistent attendance is essential to academic achievement. Our teachers work diligently to ensure that attendance information sent to you is absolutely correct so please contact the appropriate teacher immediately by voicemail or e-mail if there appears to be an error.

When your student is absent, please notify the Attendance Office as soon as possible by phone, note or email [dr.j.m.denison.ss@yrdsb.ca](mailto:dr.j.m.denison.ss@yrdsb.ca) by phone to indicate that the absence is parent approved. You can reach the Attendance Office at 905-836-0021 ext. 181. Voicemail is available at all hours.

### **SCHOOL CAFETERIA**

The cafeteria is open before school and during the two lunch periods for students to buy their lunch or snacks. Interac is available at no charge for amounts over \$3.00. All of the foods meet the Ministry of Education's Healthy Foods guidelines – nothing is fried in fat, sodium and sugar content is limited. There is a different \$7.00 meal each day that includes the main dish, sides and a drink of fountain juice or white milk. There is also a daily special meal for \$5.75.

### **SCHOOL START-UP PACKAGE FORMS**

As we do each year, we ask that you review key YRDSB policies with your son or daughter. These forms were with the School Start-up Package "Book of Forms". Forms were due on Friday, September 15, 2017. Please complete and return to main office.

### **ANAPHYLAXIS**

Anaphylaxis is an extremely serious allergic reaction that is sudden in onset and can cause death. The York Region District School Board and Dr. Denison staff, students and community work to ensure that all of our students are safe at all times. We have a number of students at Denison with severe, life-threatening allergies to nut products. Please do not permit any nut products or foods containing them to come to school with your son or daughter. If your daughter or son has a serious medical condition such as Anaphylaxis, please complete the Medical form that was sent home in the back of the *Book of Forms* and provide the school with an Epi-Pen.

<https://bww.yrdsb.ca/boarddocs/Documents/FOR-anaphylacticreactionsprotocol-661-01.pdf>





## Husky Athletics

### DENISON HEALTH & PHYSICAL EDUCATION

#### Ready to be Active

It's the start of another school year and the HPE Department has course offerings for all of our students in each grade. Students have opportunities to enhance their physical fitness and decision making skills and participate in lifelong fitness activities.

Fitness appraisals start soon and will allow our students a chance to set some personal goals and reflect on their habits and effort for the end of the semester.

It's going to be a wonderful and productive semester in Health and Physical Education!

Denison Athletics – It's the Start of Another Great Year!

Denison's athletes are getting ready to start their fall seasons on the court, field, pitch, and trails. We are offering a variety of teams where students can compete against other York Region schools, strive for personal bests, and demonstrate character.

#### **The Huskies will be fielding teams in the following sports:**

Jr. Boys Volleyball  
Jr. Girls Basketball  
Sr. Girls Basketball  
Varsity Girls Field Hockey  
Varsity Boys Soccer  
Golf  
Tennis  
Cross Country  
Jr. Boys Rugby 7's  
Sr. Boys Rugby 7's  
Girls Rugby 7's

*Let's have a great season, Huskies!*

#### **CROSS COUNTRY**

Cross Country Team started training this week during lunch. We have a group of energetic kids eagerly getting ready for our two upcoming meets on September 29th and October 11th. Any students who did not have a chance to attend the first two practices are more than welcome to join next week. See Madame Gray or Mrs. Vickers for more information.

#### **RUGBY**

The 2017 7-a-side season has kicked off to an excellent start. We will be fielding 2 teams in the senior boys division, junior boys division and the girls. We have close to 70 student-athletes participating in sevens this fall. It is imperative that these players are committed to practice and games as this short season will be over at the end of October. Also all players must return a competitive sports form and \$50 fee before they can play.

Thanks for your support of Husky Rugby. Go Huskies



## **GRADE 8 OPEN HOUSE**

On Thursday October 12th, from 6:30-8:00 p.m. future Denison families are invited to join in the *Amazing Race Denison*. Through fun activities and challenges you will learn more about curriculum and the life here at Dr. J.M. Denison S.S.. Visit booths at our school fair in the cafeteria to speak to Student Club Members to ask questions about our extra-curricular activities. Experience the Adventure that is Denison!

## **RAPTORS!! RAPTORS!! RAPTORS!!**

Our Grade 9 students have the opportunity to attend a Toronto Raptors basketball game on Thursday, November 9th with students from Link Crew. This offers the Grade 9's the opportunity to collaborate with each other and senior students that possess great leadership skills.

The cost of the activity will be \$60.00, which includes transportation, a ticket to the game, pizza, a drink and a t-shirt. This event is optional for all Grade 9 students and is a first come, first served basis. Tickets can be purchased through School Cash Online starting September 19th until October 6th.

**Denison's equity team has started the year in full swing. Building on the enthusiasm of last years** initiatives that included a wonderful equity conference and educational team training by the Harmony group, this years team is ready to plan events to celebrate the diversity of our school. We are looking for new members especially in grades 9 and 10 who enjoy event planning and working with a diverse team of students. Interested students please come see Mrs. Vickers or drop into room 135 any Wednesday at lunch and meet the team.

## **SCHOOL COUNCIL**

**Monday, September 18 - Please Join Us!**

<https://bww.yrdsb.ca/boarddocs/Documents/FOR-SchoolCouncilNomination.pdf>

The Denison School Council meets 4 times a year and is a wonderful way to stay involved with your son or daughter's school at the high school level. We discuss our School Plan, stay informed about activities and events, and provide feedback from our community. Unlike elementary level councils, we do not focus on any fundraising activities as these are run by the individual student groups. Please join us on Monday, September 18th at 6:45 – 8:15 pm in the school library. All families of our students are welcome.



**Timetable update:** Guidance has reviewed and serviced over 300 requests for courses in the first 9 days of school. At this time, semester 1 changes are complete. Students may book appointments online at [denisonguidance.youcanbook.me](http://denisonguidance.youcanbook.me) for semester 2 issues, pathway planning, counselling or questions/concerns. Thank you for your patience during this very busy time in Guidance!

**Ontario University Fair** is, September 22 to September 24. Interested students and parents should plan to attend the Metro Convention Centre between 10am-5pm daily. [Ouf.ca](http://Ouf.ca)

**Grade 9 Class visits!** Guidance will be visiting all grade 9 classes next week to provide information on our services, Community Involvement guidelines and opportunities, reading a credit counseling summery (academic school record), changing levels of courses and the IPP – Individual Pathway Plan, just to name a few things.

**Volunteer Opportunities!** There are websites and opportunities posted outside of the Guidance office. Some current postings include East Gwillimbury Public Library, Tutor on Wheels, or visit [www.yorkinfo.ca](http://www.yorkinfo.ca). Denison has it's own Volunteer Club where students can earn hours on their lunch right here at school. Check the volunteer board outside of Guidance regularly and listen for announcements. A reminder that to qualify, volunteering must be for a **non profit** organization!

**Go Global Expo!...** is a non-profit event to assist students who are interested in augmenting their education through going abroad. The expo takes place over two full days (Sept 23-24) where students can drop in to speak with more than 60 exhibitors from around the world, and attend several workshops and seminars.

Some highlights of particular interest to high school students include:

- Summer language courses offered in 90 different countries
- Representatives from the US Consulate advising on US university admissions and scholarships
- A panel discussion on planning a gap year to enhance your resume and focus your post-secondary studies

York University, the University of Toronto and Ryerson University are event

partners: they will all be exhibiting, to help high school students consider study abroad possibilities available as part of a degree.

Visit 2017 Go Global Expo ([www.letsgoglobal.ca](http://www.letsgoglobal.ca)).

### **Wellness Tip!**

To help your child reduce stress and anxiety, here are some possible suggestions!

- Set up some structure. Idle time often leads to overthinking and over magnifying. Daily logs to plan out their days and include health activities.
- Set priorities. Decide what must get done and what can wait. Check off as you go and focus on what they HAVE accomplished, not what they haven't done.
- Exercise regularly. Just 30 minutes a day of gentle walking can help boost mood and reduce stress. Consider meditation or yoga!
- Practice Deep Breathing. Calm the body by practicing slow, intentional breathing.

## **Mental Health and Wellness: Meditation Wednesdays**

This brief mindfulness meditation will be offered during the first 5 minutes of lunch on Wednesdays in the library.

*All students are welcome.*



984 Gorham Street  
Newmarket, Ontario  
Station 4-1

# OPEN HOUSE AT THE FIRE STATION



**Every Second Counts. Plan Two Ways Out**

Coffee and Donuts  
Hot Dogs  
Popcorn  
Arts and Crafts  
Fire Safety Games

Tim Hortons Express Train  
Firefighters and Fire Trucks  
Vehicle Rescue  
Fire Safety Information  
Sparky the Fire Dog

Proceeds to Hawkins-Gignac Foundation

**Saturday September 30th**  
**10:00 a.m. – 3:00 p.m.**

For more information go to [cyfs.ca](http://cyfs.ca) or call 905 895 9222

