



Dr. J.M. Denison Secondary School

January 7, 2022

Online Timetable

Homeroom	8:30 – 8:35 a.m.
Period 1	8:35 – 9:50 a.m.
Period 3	9:55 – 11:10 a.m.
LUNCH	11:10 – 12:15 p.m.
Period 2	12:15 – 1:30 p.m.
Period 4	1:35 – 2:50 p.m.

Guidance News

Important Dates!

- Jan 13, 2022 OUAC (university) application deadline
- Feb 1, 2022 OCAS (college) application due for equal consideration

We encourage all students to apply over the winter break to avoid technology issues.

Do you want to research post secondary programs and prerequisites?

Visit www.ontariocolleges.ca and www.ontariouniversitiesinfo.ca for a wealth of information!

Online Independent Learning (formerly elearning)

Semester_2 Winter – Registration Opens up January 25

MyPathwayPlanner will be used during the registration period [January 25 - February 23, 2022] to register for a course offered through Online Learning Night School.

<https://www2.yrdsb.ca/node/1415> - course list

Course Selection

Course selection for semester 2 will take place between February 16 – 25. Students are encourage to review courses and book a guidance appointment if they have any questions.

Important Dates

Jan 7: Christmas (Eastern)
Jan 27: Holocaust Remembrance Day
Feb. 4: PA Day
Feb. 7: Semester 2 Begins

School Contact Information

Principal

Alex Corry

Vice-Principals

Elissa D'Souza
Alexandra Wright

135 Bristol Road,
Newmarket, ON, L3Y 8J7
(905)836-0021

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

Superintendent

Farooq Shabbar

Trustee Name

Elizabeth Terrell-Tracey
Linda Gilbert

Visit the Denison Webpage

[Morning Announcements & Calendar](#)

Tamil Heritage Month – January 2022



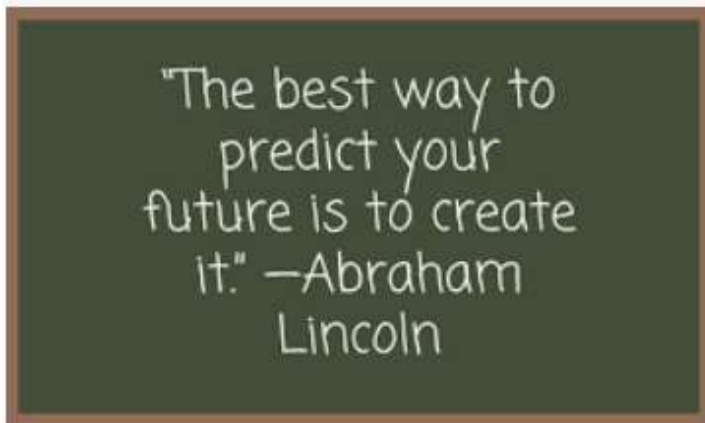
Tamil Heritage Month aims to celebrate the richness of the Tamil language and its literature and highlight Tamil Canadians' vibrant traditions, histories, arts, and cultures. In addition, it seeks to recognize the significant contributions of Tamil Canadians in key areas of social, cultural, economic, and political spheres. This year's focus is Tamil Women's Excellence. Also, of significance is January 14, 2022. According to the Tamil calendar, January 14, 2022, begins the month of "Thai." On this day, Tamils celebrate Thai Pongal, the Tamil harvest festival. Thai Pongal is the most important and widely-celebrated festival amongst Tamils around the globe. Thai Pongal is a time to give thanks for the previous year's blessings and a time to look forward to the New Year.

Student Trustee Election

<https://www2.yrdsb.ca/student-trustee-applications>

To learn more about the experience, duties and [responsibilities](#) a Student Trustee and how to apply for the role, please visit www.yrdsb.ca/studenttrustees.

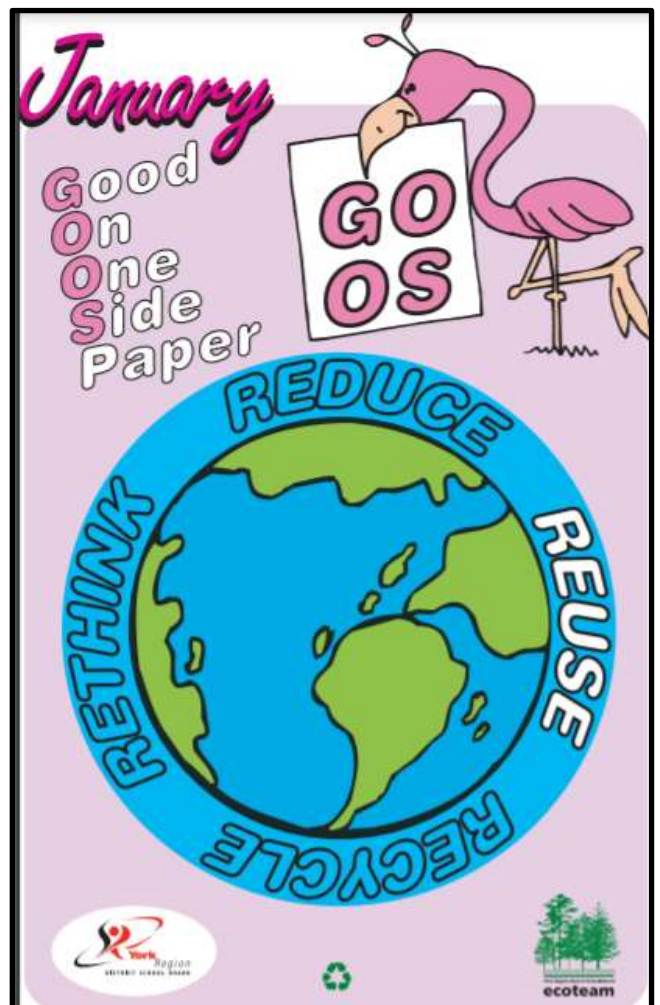
Weekly Quote



Attendance Online Learning

Attendance will be taken during each period, within the first 15 minutes.

If your child is going to be absent from class, please contact the school at (905)836-0021 or email dr.j.m.denison.ss@yrdsb.ca



Parenting

Triple P 0-12

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their children with behavioural and emotional problems. This group is 8 weeks in length and requires the completion of a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** 8 Thursdays, January 13 to March 3, 2022 Time: 9:30 am to 11:30 am
Mandarin 8 Thursdays, January 20 to March 10, 2022 Time: 6:00 to 8:00 pm
Farsi 8 Wednesdays, January 19 to March 9, 2022 Time: 5:30 to 7:30 pm

Triple P Teen

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their teens with behavioural and emotional problems. This group is 8 weeks in length and requires the completion of a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** 8 Thursdays, January 20 to March 10, 2022 Time: 6:00 to 8:00 pm
Farsi 8 Wednesdays, Spring 2022 TBC Time: 5:30 to 7:00 pm

Fearless Triple P

This 6-week group is for parents of children 6-14 who are experiencing anxiety. Fearless Triple P supports parents and helps them to learn new cognitive behavioural strategies for anxiety management, encouraging them to apply these themselves for all their children. Apply online at www.fsyrr.ca. Pre group interview required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** 6 Thursdays, March 24 to April 28, 2022 Time: 10:00 am to 12:00 pm
Mandarin 8 Wednesdays, January 19 to March 9, 2022 Time: 10:00 am to 12:00 pm

Family Transitions Triple P

This 6-week group promotes a healthy transition for parents going through separation or divorce. This course will address co-parenting, being a single parent, self-care and is designed to help parents manage the anger and resentment that often accompanies relationship breakdown. Apply online at www.fsyrr.ca. Pre group interview required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** 6 Tuesdays, January 18 to February 22, 2022 Time: 6:00 to 8:00 pm

South Asian Outreach Program

South Asian Women's Support Groups

Ongoing virtual programs for South Asian Women. Topics include Parenting, Health & nutrition, family stress, immigration and legal information, health, exercise, and Yoga, employment and various other topics. Free.

Date: **Hindi, Punjabi, Urdu** Thursdays, January to March, 2022 Time: 11:00 am-1:00 pm
Contact Aisha at 647-545-8241 to register

Date: **Hindi, Punjabi, Urdu** Tuesdays, January to March, 2022 Time: 6:00 to 8:00 pm
Contact Leena at 416-818-7075 to register



Tamil Heritage Month Tamil Youth In Motion

In collaboration with

Tamil Canadian Centre for Civic Action
Settlement and Education Partnership in York Region
Educators for Tamil Student Success
Ontario Tamil Educators Network

Workshops For Students in Grades 9 to 12

Time: 5:00 p.m. - 6:00 p.m.

Dates	Topics
Monday, January 3, 2022	Tamil Women in Literature and Language
Wednesday, January 6, 2022	Tamil Women in Literature and Language
Monday, January 10, 2022	Tamil Women in Sports and Education
Wednesday, January 12, 2022	Tamil Women in Sports and Education
Monday, January 17, 2022	Tamil Women in STEM
Wednesday, January 19, 2022	Tamil Women in STEM
Monday, January 24, 2022	Tamil Women in Rights & Resistance
Wednesday, January 26, 2022	Tamil Women in Rights & Resistance

[Registration](#)

Report It

Our schools should be safe, welcoming and inclusive places for everyone. It is important that students know what to do if they witness or experience inappropriate behaviour or incidents of hate or discrimination.

- There may be situations when you can safely step in and intervene and help.
- Talk to an adult at school, family member or other trusted adult.
- Report the event without the person involved knowing using our online reporting tool, Report It.

Report It lets you share information about inappropriate student behaviour or incidents of hate or discrimination. You can use the online form to report:

- bullying, drugs, cheating, vandalism, harassment, violence or any other inappropriate behaviour
- incidents of discrimination or hate, including anti-Indigenous racism, ableism, anti-Asian racism, anti-Black racism, antisemitism, classism, homophobia, Islamophobia, sexism, transphobia or other forms of hate

You can report events that happen at school, at school-related events, online or off school property if it negatively affects a student or the school climate. You can also choose to make a report anonymously.

Complete reports are shared with the school to investigate and respond.

Acts of discrimination, hate and bullying are never acceptable. Using the Report It tool is a way of standing up for each other and for ourselves.

You can find Report It on the homepage of the Board website at www.yrdsb.ca and on the homepage of every school website, or watch this [short video](#) to learn more.

Mental Health Supports

DENISON'S CHAPTER

JACK.ORG

<https://jack.org/covid>

<https://jack.org/Resources/Find-Support>



Although jack.org is an advocacy group and not a service provider, this page on their site contains links to a variety of different mental health support/information websites. Any student's interested in joining Denison's chapter of jack.org can contact sarah.vickers@yrdsb.ca or roda.jama@yrdsb.ca

BE THERE

<https://bethere.org/Home>

<https://bethere.org/Be-There-in-a-Crisis>

KIDS HELP PHONE

<https://kidshelpphone.ca/>

ANXIETY CANADA

<https://www.anxietycanada.com/>

CMHA

<https://ontario.cmha.ca/>

<https://toronto.cmha.ca/youth-zone/>

CRISIS SERVICES CANADA: 1-833-456-4566

This hotline deals with crisis support and suicide prevention

UP HUB

A collection of peer-led tools and resources created to uplift York Region residents who are seeking services or need support”: <https://www.uphub.ca/en/index.aspx>

They also have a hard copy guide which they will mail out upon request. This guide is an outgrowth of the former York Region on a Limited Budget book

<https://www.uphub.ca/en/up-tools/yrlb-book.aspx?mid=10914>