



Dr. J.M. Denison Secondary School

October 30, 2020

Rotation 4

TUESDAY October 27 to November 9

8:30 a.m. to 11:00 a.m. in-school for Period 4

*Remember to check TeachAssist for your Per.4 Cohort A or B

Online – Periods 3, 1, 2

Student Council

Week of November 2 - 6

This week is We Scare Hunger. From Monday October 26th to Friday October 30th, visit our school cash online page to donate to the Newmarket Food Pantry. Every year around Halloween, students participate in a homeroom challenge to promote the collection of food donations for a food drive. Students can make a single donation of \$5, \$10, or \$20 on school cash online. Remember, every little donation helps! Tuesday, October 27th was the last day to submit photos for the virtual pumpkin carving contest. We appreciate the hard work and creativity from the students that participated. The winners of the pumpkin carving contest will be announced soon. If you're celebrating, have a happy Halloween!

"Take Our Kids to Work" (TOKW)

Due to COVID restrictions, on Wednesday, November 4, 2020, students will take part in virtual activities that will support them with pathways planning.

Opportunities for Grade 9 Students on November 4, 2020:

- Participate in a virtual Job Shadow with parent/guardian, family member/neighbour from 12:30 p.m. to 3:30 p.m. etc.; or
- Participate in a livestream event from 12:30 p.m. to 3:30 p.m., hosted by the Pathways Team, Curriculum and Instructional Services, in partnership with the Learning Partnership

School Contact Information:

Principal

Alex Corry

Vice-Principal

Michelle Godfrey

Candice Mott

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

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

135 Bristol Road,
Newmarket, ON,

Superintendent

Erik Khilji

Trustee Name

Elizabeth Terrell-Tracey

Linda Gilbert

Visit the Denison Webpage

[Morning Announcements](#)

[Order Husky School Wear](#)



Co-op Department

Ontario Youth Apprenticeship Program (OYAP)

Interested in pursuing a career in the Skilled Trades?

We invite you to have a look at the Accelerated OYAP Information website

https://sites.google.com/gapps.yrdsb.ca/yrdsbacceleratedoyap/home_1

and our YRDSB OYAP Video

<https://www.youtube.com/watch?v=RiVXlxyATMc>


to find out more information about the exciting apprenticeship opportunities available through YRDSB and our College and Training Centre partners.

The Skilled Trades offer excellent employment opportunities, training in state of the art facilities and higher than average career satisfaction.

Interested? Please contact Mrs. Cherutti and Mrs. Russell in the Co-op Department.

HYPE

The Health Youth Preventative Education



STRUCTURE

- Ages 11-25
- Small weekly groups
- Length is 1.5-2 hours
- Individual and group activities
- One on ones available




WHAT'S IN IT FOR ME?


- Community service hours
- Support, referrals, and mentorship
- Free snacks and refreshments
- Fun and engaging atmosphere

CONTACT US AT:

Tel 905-470-0003 x 209
Fax 905-470-0090


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Ontario Trillium Foundation  Fondation Trillium de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

Funded by
The Regional Municipality of York


York Region



HYPE

JohnHoward

Weekly Quote

What we
THINK
we
BECOME



York Region on a Limited Budget

How to navigate the region when you don't have a lot of money.

https://www.yssn.ca/usercontent/resource%20publications/YSSN_YRLB_2017_se.pdf

- **Semester 2 Course Change Requests** begin on Monday, November 2 to the end of January. Students requesting a change should fill out the Google Form on the Guidance Google Classroom.
- **Full Disclosure** – December 16 is the final day for eligible students to drop a course and not have the mark appear on their final transcript.
- **Guidance Videos on the Google Classroom!**
University Application tutorial
Researching University programs
Researching College programs
Using My Pathway Planner

There will be an **OSAP/Financing your Education webinar presentation** for students and parents on Monday, November 19 at 6:00 pm. Get important information about where to look for scholarships and bursaries as well as learning about OSAP.

HOW TO PAY FOR COLLEGE & UNIVERSITY:

Thursday, November 19 – 6:00 to 7:00

<https://ca.bbcollab.com/guest/64e53710ec6f4e83b80336c8ab2ae1b9>

As well, there will be an Apprenticeship webinar for interested parents and students.

APPRENTICESHIP & SKILLED TRADES:

Wednesday, November 4 – 12:30 to 1:30

<https://ca.bbcollab.com/guest/d23f6f11d8d34551b0401bb9dc6d49f4>

- **Researching for College and University requirements?**
- Visit www.ontariocolleges.ca
- www.ontariouniversitiesinfo.ca for requirements and information!
- College applications are due by February 1, 2021
- University applications are due by January 15, 2021
- **College and University Virtual Fall Open Houses!**
- There is a list of open house dates for Ontario Colleges and Universities on the Guidance Google classroom.

Mental Health Supports

Room 201 at Denison is a place where students can go if they are feeling the need to speak to a caring adult or just need a place to calm down.

DENISON'S CHAPTER

JACK.ORG

<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

Emergency Medical Services: 911

If you or someone you know is in crisis (at risk of hurting themselves or hurting others) call 911. If it is someone you know, stay with them until help arrives, if it is safe for you to do so.

310 COPE

Toll free number 1-855-310-COPE (2673) or (TTY) 1-866-323-7785, you can speak with a crisis worker anytime you need to. The crisis worker will provide an immediate telephone/text response in a variety of situations, such as if you are feeling depressed, distressed, lonely, anxious, scared, angry or are worried that you have nowhere to go.



NEW VIRTUAL MENTORING PROGRAMS

Presented by Big Brothers Big Sisters of York

INTERACTIVE GROUP PROGRAM



Virtual Go Girls! is a free group mentoring program designed to connect and empower female-identified youth between 10 and 15 years old. Facilitated by trained Mentors, participants are provided with the opportunity to engage in fun and interactive discussions and activities via Zoom. The program runs once a week for 8 consecutive weeks and promotes physical activity, balanced eating, self-confidence, and stress management. Registration is now open for the fall session.

- To enroll your child in **Virtual Go Girls!** please click [here](#) and complete our online registration.
- If you know of another family or child who could benefit from this program, please feel free to pass the information along.

INTERACTIVE ONE-TO-ONE PROGRAM



Virtual Mentoring is a free 1:1 program designed to promote social emotional competence and well-being in young people between 6 and 15 years old. Young people are paired with an adult Mentor with whom they can connect virtually (i.e. phone, text, video chat, etc.). Matches will establish a developmental relationship through open communication and participation in specifically curated activities. Matches will connect up to 2 hours per week.

- To enroll your child in **Virtual Mentoring** please click [here](#) and complete our online registration form.
- It is important to mention that we currently have more female Mentors than male. If you have a son who would be comfortable being matched with a female Mentor, please note that on the registration. If, on the other hand, your son would only be comfortable with a male Mentor, we ask for your understanding as this may make it more difficult to match your child.

INTERACTIVE ONE-TO-ONE PROGRAM WITH ACADEMIC SUPPORT



Virtual In-School Mentoring+ is a free 1:1 program that provides elementary aged children with a uniquely suited Mentor to meet with an hour each week. Just like the traditional *In-School Mentoring* program, Mentors will promote social emotional competencies and educational engagement through fun and interactive activities and genuine rapport building. However, unlike the traditional program, matches will meet via Zoom while the child is at home. The added and unique bonus with this new virtual adaptation is that Mentors will incorporate academic support for Mentees and have received formal training to do so effectively.

- To enroll your child in **Virtual In-School Mentoring+** please click [here](#) and select "educational support" on the registration form.
- This program is open to all families, but may be particularly useful for families opting for homeschooling or distance learning.
- As stated above, there are more female Mentors available than Male.



Keep your daughter connected during isolation



The Go Girls! program is now offered ONLINE!

Virtual Go Girls! is a free group mentoring program for female-identified participants between the ages of 10-15. The program promotes physical activity, balanced eating and self-confidence/self-compassion. It is typically offered in elementary schools but now it is being offered online for free! The online groups will be formed based on ages of participants.

How can it be done online?

Fortunately, we live in a time where almost anything is possible using modern technology!

Instead of meeting the Mentors in person, participants will use *Zoom* video conferencing application to stay connected through text chat and video chat as a group of 2 Mentors and 8-10 participants. *Zoom* is a free platform for users and is easy to use. Sessions will be once a week between 45-60 minutes for 8 consecutive weeks.

What will they be doing online?

Has your daughter been feeling isolated, alone, stressed, etc.?

The online group will provide an opportunity for youth to connect with one another and discuss important topics affecting female-identified youth today. Topics will include, active living, balance eating, social media, and reducing stress and anxiety surrounding COVID-19. Yoga/ meditation sessions, exploring new hobbies, spreading kindness in our community, and expressing gratitude to oneself and others are just a few of the awesome things that will take place in our *Virtual Go Girls!* program.



Each program will be supported and monitored by a BBBS Program Staff.



ONLINE CONSENT FORMS

- Parents/Guardians can now register for our online *Virtual Go Girls!* program here: <https://york.bigbrothersbigsisters.ca/online-go-girls/>



TECHNOLOGY REQUIREMENT

- In order to take part in *Virtual Go Girls!* online, the participant needs access to a **smartphone, tablet, or computer that can download the Zoom app**, and has **video/audio capabilities** that they can utilize privately during the sessions.
- The participant will also need reliable internet access available at their home.



THE MENTORS: SCREENED AND TRAINED

- Our online Mentors have been fully screened by Big Brothers Big Sisters of York including a Vulnerable Sector Check, an in-person interview, and 3 references.
- The Mentors have been trained in online security, youth engagement and developing Developmental Relationships, and will be checking in regularly with the Program Coordinator in charge of the virtual program.

Questions? Concerns? Please Contact:

Sara Congiusti, Program Coordinator

sara.congiusti@bigbrothersbigsisters.ca

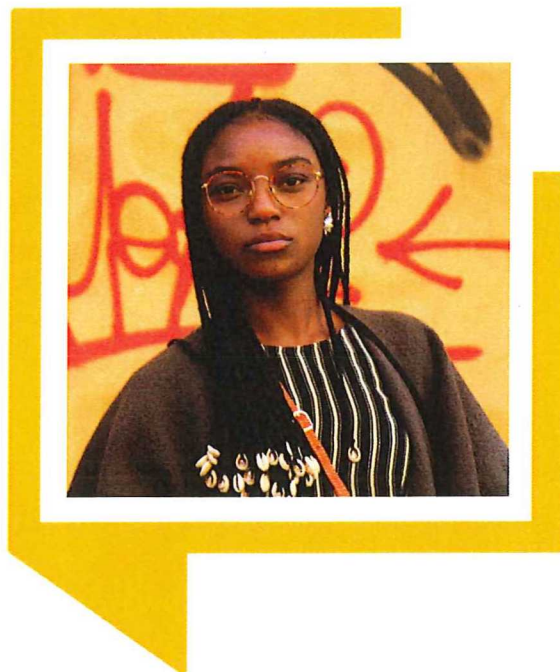


Emergency Support for Youth and Families

As a result of the COVID-19 pandemic, there has been an increase in stressors experienced by youth and their families. Financial and emotional supports are needed even more during this time of financial crisis and social isolation.

John Howard Society of York Region intends to provide **support specifically for racialized youth and families** who have had involvement with the child welfare system.

Participants will have access to free counselling and financial supports to purchase basic necessities and technology support.



This support includes:

- **Free counselling** sessions for youth and family
- **Basic necessities** may include providing gift cards to purchase groceries, toiletries, diapers, etc.
- **Technology Support** may include providing tablets, cellphone minutes, or other technological support

Please contact Program Coordinator,
Alexandra Thomson for more information!
athomson@johnhowardYorkregion.on.ca
(905) 470-0003 x 205



If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

BRINGING YOUR FAMILY INTO FOCUS — PARENTING CHILDREN WITH ATTENTIONAL DIFFICULTIES.

(Laurie Blow and Rick Rotchild - Intensive Child and Family Workers)

The goal of this workshop is to provide information to support parents/caregivers of children and adolescents who experience challenges with focusing, attention, and managing impulsivity. The workshop will cover: What ADHD is and what it is not, how living with ADHD impacts your child and family, and will provide strategies to assist in managing and coping when your child struggles with attentional difficulties.

Tuesday

November 10, 2020

6:30 PM — 8:30 PM

Zoom Webinar

UNDERSTANDING AND SUPPORTING CHILDREN WHO EXPERIENCE BEING BULLIED DISCUSSION

(Uma Bhatt - Community Outreach Worker)

Is your child being bullied? Does your child bully others? Being bullied can be a very disturbing and often traumatic experience for children and their families. Come and learn what bullying behaviour is, how to recognize signs and symptoms indicating that a child may be bullied, or is engaging in bullying behaviour. Learn how to support, and empower your child.

Tuesday

November 17, 2020

6:30 PM — 8:30 PM

Zoom Webinar

POSITIVE CONNECTIONS— HOW TO RESPOND TO YOUR CHILD IN POSITIVE AND EFFECTIVE WAYS

(Larisa Levalds - Child and Family Therapist, Cindy Inacio - 0-6 Worker, Vibhuti Bhatt—Speech and Language Pathologist)

This workshop is for parents/caregivers who are looking for new ways to connect with their child(ren) aged 0—6. Caregivers will learn how to connect with their child(ren), and will gain a solid understanding of how, why, and when connections are optimal in order to overcome behavioural challenges that child(ren) may be experiencing.

Thursday

November 19, 2020

1:00 PM — 3:00 PM

Zoom Webinar

SIBLING RIVALRY TO SIBLING RELATIONSHIP (Uma Bhatt - Community Outreach Worker)

Come and learn! This workshop will discuss what sibling rivalry is, what causes it, and what parents can do to build and strengthen this important relationship.

- Explore the meaning of 'fairness' from a child's perspective, and learn how to handle each child's feelings.
- Learn how to respond to challenging behaviours, and how to balance the parental role of being a 'coach and a referee'.
- Learn the value of 'cooling off time', and teach your children to use 'quiet spaces' for calming and learning to work together with a sibling to problem solve.
- Learn ways to encourage positive and respectful sibling relationships.
- Learn additional ways to cope and manage when one/both siblings have mental health challenges.

Tuesday

November 24, 2020

6:30 PM — 8:30 PM

Zoom Webinar

November/December 2020

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

BeYOUTiful—SUPPORTING POSITIVE BODY IMAGE IN CHILDREN AND YOUTH

(Alyssa Fallone and Nathalie Gonsalves—Community Outreach)

Did you know – Over 50% of teen girls and 30% of teen boys use unhealthy weight control behaviours such as skipping meals, fasting, smoking cigarettes, vomiting, and taking laxatives?

We live in a world that has an opinion on everything we do – what hairstyle we have, how we should dress, what size we should be. The list is endless. These pressures can impact how we view ourselves and how we interact with the world. As parents and caregivers, how do we help our children navigate these pressures? This webinar provides an introduction to understanding body image. We will explore compliments and criticisms, media impact and cultural differences, as well as techniques to help build confidence and boost self-esteem in children and youth.

Thursday
November 26, 2020
6:30 PM — 8:30 PM
Zoom Webinar

UNDERSTANDING THE BRAIN AND BEHAVIOUR DEVELOPMENT IN CHILDREN WITH AUTISM SPECTRUM DISORDER (Neil Walker - Compass Manager)

This webinar will assist in understanding the brain development of children with Autism Spectrum Disorder, and will explain the cause of behaviours commonly experienced. Participants will learn strategies that can be used to support and manage the challenges that children with ASD often face.

Wednesday
December 2, 2020
6:30 PM — 8:30 PM
Zoom Webinar

UNDERSTANDING AND MANAGING CHALLENGING BEHAVIOURS (Angie Chan and Vanessa Suarez - Child and Family Therapists)

Understanding challenging behaviours and where they stem from is the first step to being able to better manage them. This workshop will focus on how behaviours function in a child's brain and will explore the use of tools within the parent/child relationship to manage challenging behaviours.

Monday
December 7, 2020
6:30 PM — 8:30 PM
Zoom Webinar

Visit our [website](#) for new events, webinars and information!

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eventbrite

