



# Dr. J.M. Denison Secondary School

November 6, 2020

## Rotation 1

### TUESDAY November 10 to November 26

8:30 a.m. to 11:00 a.m. in-school for **Block 1**

\*Remember to check TeachAssist for your Per.1 Cohort A or B

Online – Periods 2, 3, 4

## Student Council

### Week of November 9 - 13

The winners of the pumpkin carving contest have been announced. We would like to thank all the participants for showing us their amazing pumpkin carving skills. In honour of Remembrance Day, Denison is hosting a Remembrance Day art contest. Students can send submissions through our google form on our website or DM us on the Denison Instagram page. Two winners will be chosen and the selected pieces will be sent into the Legion's Youth Remembrance Contest. Finally, we would like to thank all the families for their generous donations during our We Scare Hunger fundraiser. We have raised a total of \$265 for the Newmarket Food Pantry!



## November 16, 2020 @ 7 PM

Please join us for an important School Council Meeting to support students planning and transitioning to post-secondary experiences. This meeting will be meaning for all families no matter what grade your child is currently enrolled. Topics covered will be option after graduating, researching destinations. Ontario Student Assistance Program, bursaries and scholarships, using different websites and the application process to post secondary institutions.

## 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](#)



**Graduation 2020**

The Dr. Denison Virtual Graduation will be held on Monday, November 23rd at 7:00 p.m. Information will be emailed to families and graduates' to their student @gapps.yrdsb.ca account

## Message for the community



**DO YOU NEED A COMPUTER**

Renewed Computer Technology (RCT) is a not-for-profit, charitable organization that empowers learners, educators and not-for-profit organizations with access to affordable, renewed computers to help meet education and career goals.

Working with the York Region District School Board they are offering different desktop packages that will be shipped to your home.

For more information, please contact: Mitch Doorey P: 416-646-5753, E: [mdoorey@rcto.ca](mailto:mdoorey@rcto.ca) and/or the school for an application form.

## Weekly Quote

The capacity to learn is a *gift*; the ability to learn is a *skill*; the willingness to learn is a *choice*.

Brian Herbert

Georgina Nurse Practitioner-Led Clinic

**JOIN US FOR OUR LIVE WEBINAR SERIES**

**HOW TO IMPROVE YOUR SLEEP**

**In this webinar, learn about:**

- What could be affecting your sleep
- Strategies to support better sleep
- How to do relaxation exercises

**NOVEMBER 12, 2020**  
**6:30 - 7:30 PM**  
**OPEN FOR THE COMMUNITY**

Call 905-722-3251 to register.



## Reminders

November 11: Virtual Remembrance Day Assembly starting at 10:30 a.m.

November 13: PA Day for All Schools

# 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](mailto:sarah.vickers@yrdsb.ca) or [roda.jama@yrdsb.ca](mailto: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.