



# Dr. J.M. Denison Secondary School

October 9, 2020

## Rotation 3

### October 13 to October 26

8:30 a.m. to 11:00 a.m. in-school for Period 3

\*Remember to check TeachAssist for your Per.3 Cohort A or B

Online – Periods 4, 1, 2

## Student Council

### Week of October 13-16



This week is world mental health day on October 10th. Information about world mental health week will be played on the announcements to bring awareness to the stigmas against mental health. October 15th is Spirit Day for students to wear purple to support LGBTQ youth against bullying. Student Council has hosted the online trivia game this week. Students were given an opportunity to participate in a trivia game to win spirit points for their team. Stay tuned for exciting upcoming events!

## October is Learning Disabilities Awareness Month

<http://www.ldao.ca/ld-awareness-month-october/>

**Don't DIS  
my ABILITIES!**

Help stop the stigma and  
realize the ABILITIES!

#LDmonth



## 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](#)



## Club News

Hey Denison, the GSA is back up and running, virtually on google meet. The GSA will be meeting every other Thursday from 3-4pm. If you are interested in joining the GSA, please see guidance so we can invite you to the google classroom. Hope to see new and familiar faces this Thursday October 8th.

For those who wish to participate, Oct. 15, 2020 is Spirit Day. Each year on Spirit Day, millions go purple to support LGBTQ youth against bullying.

<https://www.glaad.org/spiritday>

### what is spirit day?

LGBTQ youth disproportionately face bullying and harassment because of their identities. Each year, millions go purple for Spirit Day to support LGBTQ youth in a united stand against bullying. Pledging to "go purple" on Spirit Day is a way for everyone — global and local brands and companies, world leaders, celebrities, neighbors, parents, classmates, and friends — to visibly show solidarity with youth and to take part in the largest, most visible LGBTQ anti-bullying campaign in the world.

## Health Care Forms

Fillable Health Care forms are now available for families who have children with asthma, seizure disorders, anaphylaxis, diabetes, and/or other prevalent medical conditions. This also applies to children who require the administration of medication at school. These forms can be accessed through the links below and/or a paper copy can also be requested from your child's school principal.

[Anaphylaxis Health Care Plan](#)

[Asthma Health Care Plan](#)

[Diabetes Health Care Plan](#)

[Epilepsy/Seizure Disorder Health Care Plan](#)

Once you've completed the appropriate Health Care Plan, please return it WITH the appropriate medication to school with your child. The form and medication can be placed in a sealable bag, with the student name marked on the bag and left at the office OR the form can be emailed to your Vice Principal:

Alpha A-L [Candice.Mott@yrdsb.ca](mailto:Candice.Mott@yrdsb.ca)

Alpha M-Z [Michelle.Godfrey@yrdsb.ca](mailto:Michelle.Godfrey@yrdsb.ca)

## Need Help Now?

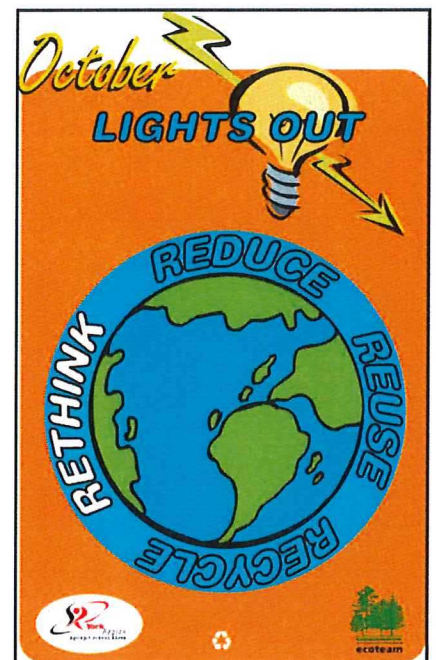
<https://kidshelpphone.ca/>

<https://good2talk.ca/>

### Weekly Quote

Kindness is the language  
which the deaf can hear  
and the blind can see.

- Mark Twain



## School Start-up Forms

The week of September 14th, you received an email with the subject line “**YRDSB Forms for [your child’s first name] – Your Response is Requested**”. This email outlined our annual practice of sharing with families a package of information about the school, the [Guide to the School Year](#) booklet, and some forms you need to complete. As a result of the pandemic and with a number of families participating in remote, online learning, this year we have asked families to complete these important forms online.

***If you have not done so already, please complete and submit these online School Start-Up Forms using the link provided on the original email.*** It is important that these forms are completed as soon as possible. There are both mandatory and optional forms.

Families with more than one child will have received more than one invitation to this form. Please complete a separate form for each child .

If you prefer to complete the forms on paper or have questions about the information in the forms, please contact Denison Secondary School.

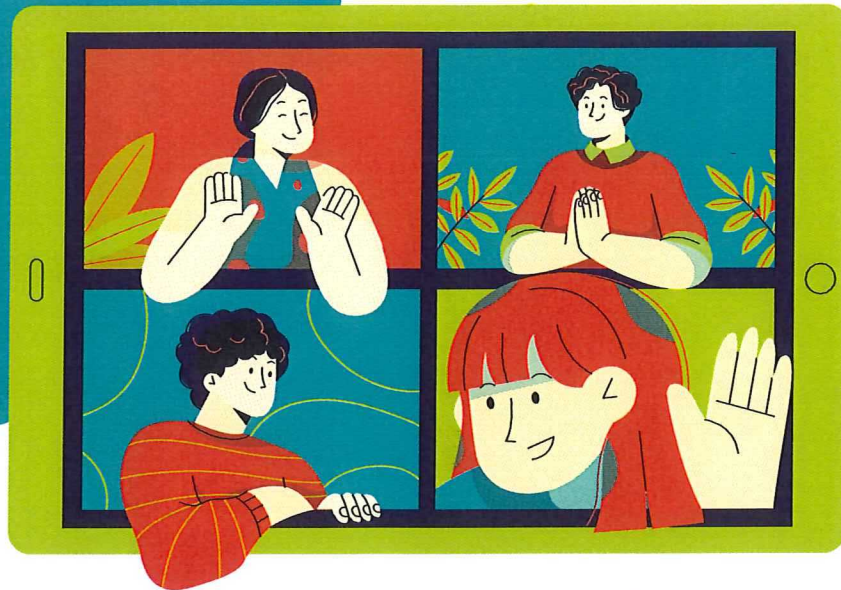
## Friday News from Guidance!

Grade 12 have their own Guidance Google classroom.

- Community Involvement opportunities and updates! As of now you need your 40 hours!!
- Application information
- Important Dates and reminders
- Virtual Tours and sessions
- all power point presentations

We will be holding an important Virtual assembly for all grade 12 students on October 20 and 21 during period 1 about Scholarships, College and University timelines and process. It will also be posted on the Guidance classroom afterwards.

- **Semester 2 Timetable Changes:** Our Form will open on November 2 to request a timetable change. Students can access it on the Guidance Google classroom or on the school website. Course availability will also be posted.
- **Guidance Virtual College/University Assembly** for all grade 12 students will be on October 20 and 21 at 8:30am. The presentation will also be posted on the Guidance Google Classroom.
- **University PIN numbers** will be distributed for all York Region District schools on October 29 via students GAPPS email. Students will need this number to start the application process which will be discussed during the virtual assembly.
- **College applications** do not require a PIN number to apply.
- Grade 12 that are eligible to drop a course, that is they have 24 completed credits, can do so by access the **Drop Form** on the Guidance Google classroom or the school web site.
- **Volunteer opportunities** are available through Neighbourhood Network. <https://neighbourhoodnetwork.org/> Virtual opportunities are posted as well.
- **Appointments-** Virtual Guidance appointments can be booked on Teach assist. Email and telephone conversations are also available.
  - [Kim.Spiller@yrdsb.ca](mailto:Kim.Spiller@yrdsb.ca) Last name M-Z
  - [Joseph.Zicaro@yrdsb.ca](mailto:Joseph.Zicaro@yrdsb.ca) Last name A-L



# MOBYSS VIRTUAL CLINIC

**Even though the MOBYSS Bus is off the road for now,  
the team is still here for you.**

**Attend the Virtual Clinic to access free medical and  
counselling services in a confidential, virtual setting.**

**When?** Thursdays 1:30 PM to 4 P.M. from October to December  
(No clinics: Oct. 22, Nov. 19 and Dec. 24)

**Who?** Anyone between the ages of 12 and 25, living in York Region and South Simcoe

**What?** Free, confidential counselling and medical services

**NO HEALTH CARD NEEDED**

**To Attend:**

<https://cmha-yr.zoom.us/j/95439191653>

Meeting ID = 954 3919 1653

Password = 425127 (not always required)

**For More Information:**

289-879-2376

mobyss@cmha-yr.on.ca




**Canadian Mental  
Health Association**  
York and South Simcoe  
*Mental health for all*





## GROUP CALENDAR FALL 2020 PRE REGISTRATION REQUIRED

All Groups are an  
LGBTQ positive  
space 

PLEASE CALL TO CONFIRM START DATES AS  
THEY ARE SUBJECT TO CHANGE DUE TO  
INSUFFICIENT REGISTRATION

### PARENTING

**Triple P 0-12** Triple P stands for Positive Parenting Program. This unique program has been proven to (parents of children 0-11) be effective in providing parents with tools to help their children with behavioural and emotional problems. Pre-group interview required. Call Janice at 905-895-2371.

<b>English</b>	<b>Date:</b> 8 Thursdays, October 22 to December 10, 2020	<b>Time:</b> 6:30 - 8:00 pm
<b>Farsi</b>	<b>Date:</b> 8 Wednesdays Winter 2021 TBD	<b>Time:</b> 5:30 - 7:00 pm
<b>Cantonese</b>	<b>Date:</b> 8 Wednesdays, October 21 to December 9, 2020	<b>Time:</b> 7:30 - 9:00 pm
<b>Mandarin</b>	<b>Date:</b> 8 Sundays October 25 to December 13, 2020	<b>Time:</b> 2:30 - 4:00 pm
	<b>Location:</b> FSYR Zoom Video Meetings	<b>Fee:</b> FREE with purchase of workbook \$35.00

**Triple P Teen** Triple P stands for Positive Parenting Program. This unique program has been proven to (parents of Teens 12-17) be effective in providing parents with tools to help their teens with behavioural and emotional problems. Pre-group interview required. Call Janice at 905-895-2371.

<b>English</b>	<b>Date:</b> 8 Mondays, fall TBD, 2020	<b>Time:</b> 6:00 - 8:00 pm
<b>Spanish</b>	<b>Date:</b> 8 Wednesdays, October 14 to December 2, 2020	<b>Time:</b> 6:00 - 7:30 pm
	<b>Location:</b> FSYR Zoom Video Meetings	<b>Fee:</b> FREE with purchase of workbook \$35.00

**Family Transitions Triple P** This 7 week group promotes a healthy transition for parents going through separation or divorce. This course will address self care and is designed to help a parent manage the anger and resentment that often accompanies relationship breakdown. Pre-Group interview required; call Janice at 905-895-2371. Apply Online.


<b>English</b>	<b>Date:</b> 7 Wednesdays, Fall 2020 TBC	<b>Time:</b> 6:00 - 8:00 pm
	<b>Location:</b> FSYR Zoom Video Meetings	<b>Fee:</b> FREE with purchase of workbook \$35.00

**Parenting for Life** An 8 week support program that helps parents learn more positive ways to think about and act on their child's behaviour, how to communicate with their child more effectively, learn positive approaches to discipline, and explore many other strategies to enhance the parent child relationship

<b>English</b>	<b>Date:</b> 8 Wednesdays, October 21 to December 9, 2020	<b>Time:</b> 6:00 - 8:30 pm
	<b>Location:</b> FSYR Zoom Video Meetings	<b>Fee:</b> \$140 or Free to those who qualify with a \$20 registration fee



**GROUP CALENDAR FALL 2020  
PRE REGISTRATION REQUIRED**

All Groups are an  
LGBTQ positive space 

**Groups for Women**

**Farsi Women's Support Group** This 6 week program will focus on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self care, health & wellness and community resources.

**Date:** 6 Thursdays, October 8 to November 12, 2020 **Time:** 5:30 - 7:00 pm  
**Location:** FSYR Zoom Video Meetings **Fee:** FREE

**Raising Hope** An 8 week course to build resiliency. Learn and Practice CBT, mindfulness and centering techniques to build confidence and assertiveness, conquer anxiety and depression, overcome codependence and learn the advantages of goal setting.

**Date:** 8 Tuesdays, October 27 to Dec 15, 2020 **Time:** 9:30 to 11:00 am  
**Location:** FSYR Zoom Video Meeting **Fee:** \$120.00 (or Free to those who qualify with a \$20.00 registration fee)

**Groups for Men and Women**

**Farsi Emotion Regulation Skills Group** This 4 week group will review the purpose of emotions and emotional reactions. This group will explore factors that make regulating emotions hard and how to increase awareness and understanding of emotions. This group will introduce skills to help change emotional responses.

**Date:** 4 Thursdays, November 19 to December 10, 2020 **Time:** 5:30 - 7:00 pm  
**Location:** FSYR Zoom Video Meetings **Fee:** FREE

**LGBTQ Groups**

**TRANSGENDER SUPPORT GROUP**

A free group for anyone experiencing or questioning changes on the gender spectrum. Discussions include but are not limited to a variety of issues such as coming out, health and hormones, dealing with discrimination, negotiating relationships. This group is ongoing. Register for zoom ID by calling Barb Urman at 1-866-415-9723

**Date:** Third Wednesday of each month, **Time:** 7:00 - 8:30pm  
**Location:** FSYR Zoom Video Meetings **Fee:** FREE

**SOUTH ASIAN OUTREACH**

**South Asian Women's Support Groups:**

Ongoing programs for South Asian Women. Topics will include Parenting, Health & Nutrition, Family Stress, Immigration & Legal Information, Yoga & Exercise, Employment and other topics that matter to you and your families.

**Hindi, Punjabi, Urdu & English**

**Date:** Tuesdays, to December, 2020 **Time:** 6:00 - 8:00 pm  
**Location:** FSYR Zoom Meeting **Fee:** FREE  
**TO REGISTER:** Call Leena 416-818-7075 or Email: lnayyar@fsyr.ca

**Urdu, Punjabi, Hindi**

**Date:** Thursdays, to December 2020 **Time:** 12:00 am -2:00 pm  
**Location:** FSYR Zoom Meeting **Fee:** FREE  
**TO REGISTER:** Call Aisha at 647-545-8241

**Tamil & English Women's Support and Parenting Groups**

**Date:** Thursdays TBD 2020 **Time:** 5:30 - 7:30 pm  
**Location:** FSYR Zoom Meeting **Fee:** FREE  
**For Information:** Call Sudha at 905-415-9719 or Email: scoomasamy@fsyr.ca