

DATES AT A GLANCE

Feb. 26	Course Selections for 2023/24 EXTENDED
Mar. 02 - 05	Study and Go Abroad Fair
Mar. 12	Daylight Savings
Mar. 13 - 17	WINTER BREAK - No School
Mar. 22-27	Interim Reports e-distributed
Mar. 30	Interview Night
April 1	Autism Awareness Month
April 3-5	Gr. 10 OSSLT
April 7	GOOD FRIDAY No School

SCHOOL COUNCIL

emily.carr.ss@sc.yrdsb.ca

Meeting Dates:

Tuesday Feb. 21, 2023

Wednesday, Apr. 19, 2023

@ 7:00 p.m. - Library

MESSAGE FROM ADMINISTRATION

CENTRE FOR BLACK STUDENT EXCELLENCE MAILING LIST

As part of our commitment to dismantling anti-Black racism, YRDSB is **launching the Centre for Black Student Excellence Mailing List**. Family members subscribed the mailing list will receive information about:

- Updates and programs from the [Centre for Black Student Excellence](#)
- Information about Board programs that would benefit Black students, families with Black children
- Community flyers and programs that would benefit Black students and families with Black children

Families can sign up for the mailing list using this [subscription form](#), available at www.yrdsb.ca/blackexcellence, and can unsubscribe at any time.

The mailing list is one of the key commitments outlined in our [Dismantling Anti-Black Racism Strategy](#). For more information please visit the [Centre for Black Student Excellence](#).

THANKS COACH KAYYAL

The ECSS community would like to send a HUGE thank you to Yusuf Kayyal (a parent and coach of one of our students) for coaching BOTH the Junior Girls Basketball team and the Varsity/Senior Boys Basketball team this year. Both teams are grateful for the opportunity to have been coached by such an experienced and committed individual.

Coach Kayyal was involved in all aspects of both teams, from running tryouts, to hosting practices and coaching all games (which is not easy given the times and locations of these events!). Our Senior Boys are especially grateful to have had such a successful season, finishing only last week in the quarter finals against the 2022-23 tier 1 champions, Mulock SS. A huge step forward for our team.





ATTENDANCE email:

emilycarrss.attendance@yrdsb.ca

SCHOOL email:

emily.carr.ss@yrdsb.ca

HELPFUL LINKS:

[ECSS Calendar](#)

[ECSS Website](#)

[YRDSB Website](#)

[ECSS Twitter](#)

[ECSS Instagram](#)

[York Region Public Health](#)

[Tips For Speaking With Your](#)

[Child - COVID-19](#)

[Mental Health Supports](#)

[School Mental Health](#)

[Ontario](#)

GAPPS PROFILE IMAGES

Between February 27th- March 2nd, 2023, students may customize their YRDSB Google Apps (GAPPS) profile pictures [within parameters established by the YRDSB](#). This will enable students to express or represent themselves in their profile images, while prioritizing safe and inclusive learning and working environments for all of our students and staff.

What does this mean for my child?

- Students will have an opportunity to select a customized profile picture that meets [YRDSB guidelines](#).
- Students will receive guidelines and considerations based on their grade level to support them in selecting and/or creating an appropriate profile picture.
- This is optional. Students who do not select an image will continue to have their first initial as their GAPPS profile image.
- Students will have two opportunities each year, during the fall and again in the spring, to change their images.

YRDSB does not tolerate any forms of hate or discrimination. In the past, it came to the Board's attention that YRDSB Google Apps (GAPPS) profile pictures were being used to spread online hate through racist imagery shared and uploaded to GAPPS accounts. These images cause pain and can make other students and staff members feel unsafe, marginalized and unwelcome in our learning environments.

Appropriate actions were taken to address this issue, including a mandatory learning series for all students, mandatory training for all YRDSB staff, and temporarily removing access to customizing profile images. YRDSB will be continuing to implement measures that support student safety over the course of this school year. These measures include providing teachers with ongoing access to resources and support for addressing issues of hate.

Students are also encouraged to report problematic images that perpetuate hate or cause harm by speaking with a caring adult or by making use of the YRDSB's [ReportIT tool](#).

More information about GAPPS profile images is [available on the Board website](#).

COURSE SELECTION UPDATE

Course Selections have been extended until Monday, February 27th as a result of the Inclement Weather Day.

Students in grades 9, 10, and 11 are reminded to submit their course selection this weekend and include their parent/guardian email for sign-off approval. Parents/guardians must finalize submissions by providing email approval in order to lock in a student's course selection.

For our grade 12 potential graduates, they are asked to complete their "Not Returning" option to indicate their next steps unless they are selecting courses for next school year. Parents/guardians must finalize submissions by providing email approval in order to lock in a student's "Not Returning" option or their course selection. Parent/guardian approval is not required if the student is 18 years of age.



POTENTIAL GRADUATES

This past week, Potential Graduates received their *Ontario Student Status Sheet* to review so that they can ensure that they have met the requirements to earn their Ontario Secondary School Diploma (OSSD) and to review that they have all of their post-secondary program requirements.

The third data transmission to Ontario University Application Centre (OUAC) and Ontario College Application Service (OCAS) has been completed and students were asked to review their academic records to ensure that everything is accurately reflected.

YORK REGION TRAVELLER SAFETY PLAN VIRTUAL INFORMATION SESSION

Everyone is invited to a virtual information session for the York Region multi-year Traveller Safety Plan. York Region is seeking everyone's input to help promote road safety. Visit the [website](#) for more information and to register.

GOOD NEIGHBOUR RELATIONSHIPS

The students of E.C.S.S. have a shared responsibility with our community partners to ensure an inviting and clean environment for our neighbours and our community. Although the Al Palladini Community Center, the Pierre Berton Resource Library and the Business establishments at the Plaza are public facilities, they are to be treated as private property by our students.

We would like to remind our students that they are discouraged from "hanging out" in these different areas between the hours of 9:00 a.m. to 3:00 p.m. During lunch students are welcome at both centers as long as they adhere to the City of Vaughan's 'Safe Community Centres Policy Code of Conduct'. We expect our students to be positive representatives of ECSS at school and in our community, being polite, staying out of unsupervised areas and courteous in behaviour or speech at all times.

PARKING LOTS

With icy conditions and darkness making it difficult to see, we kindly ask that staff, students and parents please slow down when driving through the parking lot.

SEVERE WEATHER

In order to prepare ourselves for the upcoming snowy season please be aware of the following:

On days in which weather reports are indicating that York Region will be receiving some snow, you can obtain information in the morning about bus and/or school cancellations, such as, but not limited to the following:

- Student Transportation Services website: schoolbuscity.com
- Student Transportation Hotline: 1-877-330-3001
- [@YRDSB](#) Twitter account
- Board website (www.yrdsb.ca) and school websites
- Radio and TV media outlets

Please continue to monitor local media for up to date weather forecasts and take safety precautions advised by local authorities.

THE CENTRE FOR BLACK STUDENT EXCELLENCE

The Centre for Black Student Excellence Newsletter | March 2023

Centre for Black Student Excellence

We invite you to explore our new online presence at www.yrdsb.ca/blackexcellence to:

- Access videos, resources and information about community partners.
- Learn more about our work to dismantle anti-Black racism, guided by our strategy.
- Celebrate Black excellence through video, feature stories, podcasts and more.
- Find out about programs available to Black students and families.
- Check out our new community newsletter.
- And much more.

YRDSB Upcoming Events

Celebrating Black Excellence Campaign: YRDSB will be celebrating Black History Month with Celebrating Black Excellence - Black Voices. Staff, students and community members who identify as Black are invited to make submissions. [Submit Here!](#)

YRDSB Programs

Black Excellence Program

The vision of the Black Excellence Program, (BEP), is to advance the achievement, wellbeing and sense of belonging of Black students in YRDSB schools through responsive programming that affirms their identity, builds on their strengths, and enhances their access to academic opportunities after high school. Students will have opportunities to learn from each other, experts from diverse fields, and mentors who will uplift, inspire and encourage them.

The Center for Black Student Excellence is pleased to announce that in the 2022-2023 school year, the program will be extended to 100 students from YRDSB secondary schools who self-identify as Black or African descended.

Please share information about the Black Excellence Program with your school community and encourage your students to sign-up for this Black-affirming experience using the [BEP Registration Form](#).

THE CENTRE FOR BLACK STUDENT EXCELLENCE

Ascending Sisters Pilot Project

In alignment with the Dismantling Anti-Black Racism Strategy, Ascending Sisters serves as a mentorship program that connects Black girls and Black non-binary students with self-identified Black YRDSB staff (e.g., teachers, educational assistants, Child and Youth workers, support professionals, administrators). Cisgender girls, transgender girls and non binary students from grades 7-10 in selected pilot schools are all welcome to participate.

Through targeted wellness, health and mentorship opportunities, students will be provided with the opportunity to develop a stronger sense of self, promote healing, increase ability to advocate, communicate effectively and further enhance their leadership skills.

Please contact the Black Excellence Planning Team at ascendingsisters@yrdsb.ca if you have further questions.

Rise Brothers

Rise Brothers is committed to supporting Black males—elementary & secondary students—from grades 7 to 12. Through school contacts, participating schools will be asked to recommend Black male students who fit the following new criteria:

- Black male-identified
- Presently achieving level 2 or below (elementary) or credit deficient (secondary)
- Have experienced attendance challenges
- Have a problematic school discipline history

Please take a look at our promotional [video](#), which outlines the program's vision and goals.

Please contact the Black Excellence Planning Team at Blackexcellence@yrdsb.ca if you have further questions.

THE CENTRE FOR BLACK STUDENT EXCELLENCE

Partners

The Alliance of Educators for Black Students (AEBS) is committed to promoting well-being and excellence in achievement for students of African/ Caribbean heritage. You can follow them on Twitter [@AEBSyrdsb](#)

Learn more about Black community agencies that provide supports in your area:

[Aurora Black Community \(ABC\)](#)

[ANCHOR \(Formerly Vaughan African Canadian Association \(VACA\)\)](#)

[BYR \(Black York Region Youth\)](#)

[Markham African Caribbean Canadian Association \(MACCA\)](#)

[Newmarket African Caribbean Canadian Association \(NACCA\)](#)

[Parents of Black Children](#)

[The Black Foundation of Community Networks \(BFCN\)](#)

[York Region Alliance of African Canadian Communities \(YRAACC\)](#)

Upcoming Community Events

Monday, February 27th 7:00pm-9:00pm:

AFC Film Screening - BROTHER

Black History Celebration with the pre-released Canadian film BROTHER in the big theater, Cineplex Odeon Aurora Cinemas- Free to Everyone! [RSVP here!](#)



Tuesday, February 28 at 7:00pm:

Markham Fire and Emergency Services and Humber College

This scholarship is open to Black youth with ties to Markham or York Region.

Join on zoom

Meeting ID : 886 8598 8476

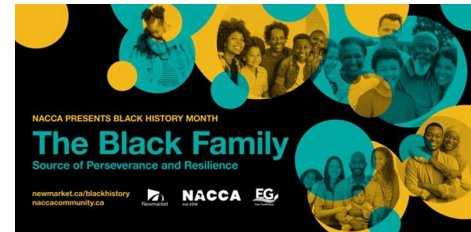
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THE CENTRE FOR BLACK STUDENT EXCELLENCE

[NACCA/Black History Month 2023](#)

We are very pleased to have planned an exciting roster of events !



March, 2023 - [MACCA/York Region Youth School Success Initiative](#)

Now accepting Black students in grades 6-8 in the York Region Youth School Success Initiative! Kick off the week of March 21st. [Register today!](#)



Sunday, March 5 from 12:00pm - 5:00pm - BYR Youth Black Youth Marketplace: Bill Crothers SS 44 Main St. Unionville ON

This market will be a drop-in event where Black Youth Entrepreneurs and Artists ages 15-30, get to sell and promote their products and services. Black Youth artists will have the opportunity to sell and showcase their bodies of work. Our pop-up will also feature a DJ, a panel of experienced Black Youth entrepreneurs, catered food and much more! [REGISTER HERE!](#)

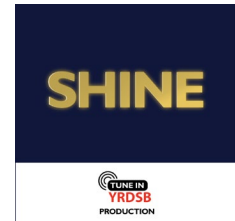


THE CENTRE FOR BLACK STUDENT EXCELLENCE

SHINE Podcast

Listen to the [SHINE Podcast](#)

SHINE is a YRDSB podcast that features voices from the Black community. It introduces conversations that inspire and challenge. Guests share their lived experiences, advice, industry expertise and more. SHINE is a production of Tune In YRDSB. [Tune In YRDSB](#) is the first podcast of its kind in Ontario, featuring a wide range of topics related to education. Tune In YRDSB is available on all major podcast platforms.



To request support from a member of the Centre for Black Student Excellence team
please email BlackStudentExcellence@yrdsb.ca



Student Mental Health and Addictions Newsletter

March 2023

YRDSB Mental Health services are provided by YRDSB psychology and social work personnel

Taking a Break To Pause

Dear Families,

In this edition we will focus on finding smaller and bigger ways to take a pause as well as activities to help your family stay engaged through the Mid-Winter break.

At this time , we invite parents and caregivers to consider pausing. Pause to rest, pause to play, pause to listen, pause to paint, pause to reflect, pause to read, pause to engage in identity-affirming activities, pause to nourish, pause to connect.

A pause may feel unattainable and unrealistic, which is understandable, given the many realities of parents & caregivers. Yet, recognizing the benefits of pausing, we encourage you to consider what a “pause” may look like for you and your family. Even a few minutes a day can be helpful and restoring; it goes a long way in managing daily stress.

Helpful Strategies for taking a break:

Finding time for mindful practices can feel challenging. [Kids Help Phone](#) provides ways that mindfulness can be found in smaller moments throughout the day and that bringing intentional attention to our activities can create calm in the business of the day. You can try using these [audio transcripts](#) that can walk you through different mindful activities, and share the science behind why taking these moments is so helpful.

Movies like [Turning Red](#) and [Inside Out](#) are ways to expand mental health literacy at home and are entertaining on these March Break Days!



YRDSB Mental Health

The Canadian Mental Health Association also offers suggestions for ways to [take 15 minutes for you](#), to focus on an area of your health. This resource shares ways to take time to connect socially to the people in your lives, or taking time to do tasks like organising space in your home.

Keeping Busy Over March Break:

We recognize that not everyone has plans for the March Break week, and this can create uneasiness for some families when trying to figure out how to fill the time while your children are home from school for a week. It can also be hard on your children to have a change in routine and schedule. To combat this, here are some free activities you can do with your child(ren) during the March Break if you are looking for ways to stay engaged:

[Richmond Hills Skating Trail](#): the trail is open daily from 10am to 10pm, is lighted for evening skating, and has heated washrooms and change rooms. For other [outdoor skating rinks](#) in York Region, scroll down to find the York Region category, then find the location closest to you.

[Tobogganing](#): Get out and enjoy the snow with some tubing or tobogganing. Click on the title to view some hills that are great for tobogganing.

[Sibbald Point](#) and [Bruce's Mill Conservation Park](#) are still great places to go in the winter to enjoy hiking and more!

[All About Ice](#): This staff-led program will include ice-themed experiments and a craft while experiencing science through ice.

[Winter Science Experiments](#): Want to get creative? Here are some fun experiments that you can do with your child(ren) using things you likely have around the house (e.g. ice cubes or snow outside). You can also find more [science experiments](#) that can be done indoors with common household items. [Pinterest](#) is also a great way to find creative art projects using things from your home.

Each of these activities provides the opportunity to connect with nature, connect with your child(ren), connect with the moment and take a pause from the busyness outside these moments.



YRDSB Mental Health

Supportive Resources:

[YorkHills Here to Help Line](#) (905-503-9561)

The Here to Help Line is a free service available to children/youth (0-18 years) and their parents/caregiver/adult supporters. Monday to Thursday from 2:00pm-7:00p.m

[Family Services York Region](#) (905-895-2371)

Virtual walk in is operated on a first come, first serve basis, and can be accessed once per month. Virtual appointments can be 15 minutes to 1.5 hours long depending on your specific needs. Monday, Tuesday, Thursdays from 10:00 a.m. to 5:00 p.m.

[YRDSB Mental Health Resource Page](#)

Continue to check out the [YRDSB website](#) for updated information as well as the Twitter account [@YRDSB](#)

Follow YRDSB Mental Health on Twitter [@MH_YRDSB](#)

Free Community events:

[International Women's Day \(IWD\)](#): March 8, 2023

- Break the Bias: International Women's Day Live Discussion.
 - 7-10pm, March 8, 2023. [Online Registration](#)

[Persian New Year](#)

- [Aga Khan, New Year, New Bloom](#): March 20, 2:00 p.m.- 4:00 p.m.

Canadian Mental Health Association Webinar: March 2, 12:00 p.m

- More than just a text: Having a conversation with your kids about mental health. [Online Registration](#)

York Hills Centre for Children, Youth and Families

- March 6, 6:30 p.m - 8:30 p.m, [Teen Triple P Seminar #1 - Raising Responsible Teenagers](#)
- March 7, 6:30 p.m - 8:00 p.m, [Cultivating a Balance in the Family](#)
- March 20, 6:30 pm - 8:30 pm, [Teen Triple P Seminar #2 - Raising Competent Teenagers](#)
- March 23, 6:30 pm - 8:30 pm, [Promoting Resiliency in Teens](#)
- March 27, 6:30 pm - 8:30 pm, [Teen Triple P Seminar #3 - Getting Teenagers Connected](#)
- March 30, 6:30 pm - 8:30 pm, [Building Relations with Our Teens](#)



YRDSB Mental Health

PFlag

- [Coffee Night](#), held every second Monday of the month, is a safe space where members of the LGBTQ2 community, their friends, family or allies can come together. [Online Registration](#)

This edition of the Newsletter was written by the Student Mental Health and Addictions Strategy Implementation Team 2022-2023, inclusive of YRDSB School Social Workers Afsaneh Zafarani, Kate Phillips, and Nicole Gough.

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Navigating through Negative Self-Talk

Let's talk about it!

Children do not come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

March 8, 2023 | 10:00 a.m. – 11:30 a.m.

We welcome parents, guardians, caregivers and community members to attend this virtual session!

Register Today!

It can be hard to hear your child talk negatively about themselves, but you can support them to manage it so they can work through their feelings.

This session will focus on how to ensure a safe and engaging environment for children with strategies to:

- Learn how to help your child/tween
- Understand and manage their emotions
- Learn to apply reasons and logic
- Learn to self-evaluate and seek help when required

Facilitator: Uma Bhatt, R.S.W. York Hills Centre for Children, Youth and Families



This free presentation for parents and caregivers is brought to you through a collaborative partnership with York Region District School Board and York Hills Centre for Children, Youth and Families.

**For more information, please contact Oksana Majaski,
Community & Partnership Developer, YRDSB via email at Oksana.majaski@yrdsb.ca.**



Parenting Program for Farsi and Dari Speaking Families

Building healthy relationships with your children is a fundamental parenting skill. As a parent, we want to raise healthy individuals. This starts with knowing and practicing strategies that help us mitigate parenting challenges. Join us for a session full of helpful information and practical strategies. Some of these topics are:

Session 1: Fostering positive relationships with children with looking at self-esteem enhancement strategies

- Tips on fostering a healthy and secure attachment with your child
- Useful communication strategies such as emotional validation and normalization
- Learning how to strengthen your child's self-esteem

Session 2: Regulating Emotions

- Functionality of emotions: What can emotions do for you?
- Understanding and naming emotions
- Tips for addressing your child's emotions and strategizing healthy coping strategies to deal with challenging emotions

Session 3: Social Media and Parenting Concerns Q&A

- Social media and recommendations regarding healthy social media habits
- Age-appropriate screen time
- Peer pressure and interpersonal skills

Date: February 27, March 27 and April 24, 2023

Time: 6:30 pm - 8:30 pm

Location: Zoom (Virtual) Held in Farsi / Dari

[Register Here](#)

For more information, please contact: **Maryam Jariani**
Community Partnership Developer (Iranian/Afghan Community)
maryam.jariani@yrdsb.ca; 905-727-0022 ext. 3512



Speaker: **Afsaneh Zafarani** School Social Worker

Speaker: **Mahsa Ghayoumi** Psychotherapist from (Family Service York Region)



PARENTING SESSIONS

Let's talk about it!

Children do not come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

**We welcome all parents, guardians, caregivers and community members
to attend these virtual sessions!**

March 1, 2023 | 6:30 p.m. – 8:30 p.m.

Raising Resilient Children

For parents of children 0-12 years of age. This session will focus on how to ensure a safe and engaging environment for children with strategies to recognize and accept feelings, express their feeling appropriately, build positive feelings, deal with negative feelings and deal with upsetting or stressful events.

[REGISTER NOW](#)

March 8, 2023 | 10:00 a.m. – 11:30 a.m.

Navigating through Negative Self-Talk

For parents of children 0-12 and tweens. This session will focus on strategies to understand and manage your child's emotions, apply reason and logic and to self-evaluate.

[REGISTER NOW](#)

March 22, 2023 | 6:30 p.m. – 8:00 p.m.

Nurturing Healthy Self-Esteem

For parents of children and teens. This session will focus on how to create a supportive and engaging environment that helps your child develop and maintain confidence and healthy self-esteem.

[REGISTER NOW](#)

March 28, 2023 | 10:00 a.m. – 11:30 a.m.

Raising Responsible Teens

For parents of tweens and teens. This session will focus on how to encourage responsible and independent behaviour and improve relationships with family and friends.

[REGISTER NOW](#)

Facilitator: Uma Bhatt, R.S.W. York Hills Centre for Children, Youth and Families



These free virtual presentations for parents and caregivers are brought to you through a collaborative partnership with York Region District School Board and York Hills Centre for Children, Youth and Families.

For more information contact, please contact Oksana Majaski,
YRDSB Community & Partnership Developer via email at Oksana.majaski@yrdsb.ca.



RAISING RESILIENT CHILDREN

Let's talk about it!

Children do not come with an instruction manual! Many familiar parenting concerns have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in many different types of situations.

March 1, 2023 | 6:30 p.m. – 8:00 p.m.

**We welcome parents, guardians, caregivers
and community members to attend this virtual session!**

[Register](#) Today!

This session will focus on how to ensure a safe and engaging environment for children with strategies to:

- Recognize and accept feelings
- Express their feelings appropriately
- Build positive feelings
- Deal with negative feelings
- Deal with upsetting or stressful life events

Facilitator: Uma Bhatt, R.S.W. York Hills Centre for Children, Youth and Families



This free presentation for parents and caregivers is brought to you through a collaborative partnership with York Region District School Board and York Hills Centre for Children, Youth and Families.

**For more information, please contact Oksana Majaski,
YRDSB Community & Partnership Developer, via email at Oksana.majaski@yrdsb.ca**

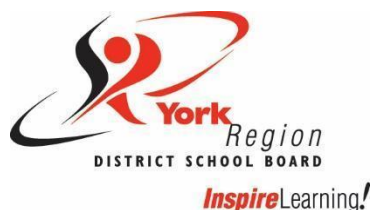
ORDER NOW!

[HTTPS://WWW.SCHOOLWEAR.CA/EMI/](https://www.schoolwear.ca/emi/)



SPIRIT WEAR IS BACK!

PURCHASE FEB 13 – MARCH 13



Fostering Your Child's Emotional Resilience 培養孩子的情緒適應力/ 培养孩子的情绪适应力

This session in Cantonese and Mandarin will introduce key strategies of how parents can encourage their child to express their feelings.

這講座將讓大家學習如何有效的鼓勵你的子女表達他們的情緒

这讲座将学习如何有效的鼓励你的子女表达他们的情绪

To register for a Cantonese session:
[點擊這裡報名粵語講座](#) or scan the QR code



To register for a Mandarin session:
[点击这里报名普通话讲座](#) or scan QR code



Parents, Guardians and Caregivers

Join us to learn and share with your community how the families are supported!

Cantonese Session

Date: **Monday, February 27th, 2023**

Time: **7:00-8:30 pm**

Mandarin Session

Date: **Monday, March 6th, 2023**

Time: **7:00-8:30 pm**

Location: Google meets link will be provided upon registration.

Presenters:

AJ Luo

Triple P Program Facilitator
Family Services of Ontario

Charmaine Tong

York Region District School Board
School Social Worker (Chinese Heritage Community)

For more information, please contact:

Community Care Team
School Social Worker
Charmaine Tong
charmaine.tong@yrdsb.ca

This free information session is brought to you in partnership with Family Services of Ontario, and Community Care Team, Student Services of York Region District School Board