

April 20, 2015



Weekly Focus

In response to requests from our school community, our Guidance and Career Education Department Team has organized a number of expert speakers to come into the school and work with our parents and guardians. The third in our highly successful Expert Speaker Series will be taking place in our Library on Wednesday, April 29th, 2015 at 7:00 pm. To reserve your spot click on <http://emilycarr.ss.yrdsb.ca> and then click the link for the expert speaker series. The topic will be “Mindful Parenting.”

I know that parents and guardians who attended the first two speaker events found them to be very helpful. If you would like more details, a flyer has been enclosed with this Bulletin. Ms. Finelli of our Guidance and Career Education Department is also available to answer any of your questions.

Thank you,

Paolo Burzese
Principal

Dates at a Glance

April 23	Mid- Semester Report Cards Issued
April 28	Toonie Talks 7:00 p.m. – 8:30 p.m.
May 8	P.A. DAY
May 18	Victoria Day

Contact Information

Chair of the Board & Board Trustee,
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Vice-Principal
Lisa Weekes
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Vice-Principal
Michael Vlachopoulos
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GUIDANCE AND CAREER EDUCATION DEPARTMENT

The **Guidance and Career Education E-Bulletin** can now be found under the Guidance link of the ECSS website.

Traffic Safety

With the coming of better weather and road conditions there is also an increase in student traffic on sidewalks, laneways, and roads. We would like to remind our student pedestrians and student drivers to be alert and to observe the rules of the road. Be Safe Thunderbirds!



MINDFUL PARENTING



EMILY CARR SECONDARY SCHOOL 4901 Rutherford Road Woodbridge, ON L4H 3C2

EXPERT GUEST SPEAKER SERIES

PRESENTATION AND Q & A SESSION FOR PARENTS/GUARDIANS

Reserve your spot online by April 22 at <http://emilycarr.ss.yrdsb.ca/>

WEDNESDAY, APRIL 29, 2015

7:00 p.m. - 8:30 p.m.



Gayle Saifert D.C.S. RSW

Director and Therapist at Compass for Life



Mindful Parenting

Mindful Parenting is intended to enhance parental presence, increase attunement, and reduce parental stress and reactivity. Mindful Parenting aims to improve emotional stability in parents/guardians, thereby providing them with a choice about how to navigate the unique challenges of raising a child with social and emotional difficulties. This evening is an opportunity to introduce parents/guardians to the principles and practices of Mindful Parenting with an emphasis on the unique challenges of raising a child or teen who is struggling to manage mood or behaviour. Parents /Guardians of all children or teens will benefit from this workshop.

A TOONIE DONATION AT THE DOOR FOR OUR ECSS TOTEM AWARD WOULD BE KINDLY ACCEPTED FOR THIS EVENT.

The School Council at Stephen Lewis Secondary School Presents

A Free Parenting Seminar on **DE-STRESSING** *Family Life*

Join us for a free informative seminar to learn how to deal with stress in an effective and productive manner. Register today and improve your family life!

GUEST SPEAKER:

MICHELLE CASSIDY
(YRDSB MENTAL HEALTH LEAD)



THURSDAY APRIL 30, 2015 | 7:00-9:00PM

LOCATION:

STEPHEN LEWIS S.S.
555 AUTUMN HILL BLVD, THORNHILL, L4J 8X2
MAIN FLOOR - AUDITORIUM

Please RSVP by April 15th

Stephen Lewis Secondary School Council
Stephen.lewis.ss@sc.yrdsb.edu.on.ca





Youth Training Programs

(Youth 16-24)

GET THE SKILLS EMPLOYERS ARE LOOKING FOR



Financial Literacy

Tuesday, April 28, 2015 : 4:00pm- 7:00pm
Knowledge on becoming a smart consumer, understand basic banking systems, credit and debt, and know how to budget and save!

Practical Budgeting and Healthy Cooking

Tuesday, May 5, 2015 : 4:00pm- 7:00pm
Attend workshops that will enhance your knowledge of how to manage a budget to create affordable and healthy meals.

Conflict Resolution Management Training

Saturday, May 16, 2015 : 9:00am – 4:00pm
Understand and practice the necessary and fundamental communication skills that help to promote effective conflict resolution and management.

Diffusing Angry Customers Training

Tuesday, May 26, 2015 : 4:00pm- 7:00pm
Become aware what to do when serving challenging and demanding customers

Team Building Training

Tuesday, May 19 and Thursday, May 21, 2015 : 4:00pm- 7:00pm
Learn the skills that are involved in becoming a team player and supporting your team, as well as steps involved in building a team

First AID/CPR Training

Friday, June 12th and Saturday, June 13 2015 : 9:00am - 4:00pm both days
Receive your First Aid/CPR Certificate by attending these 2 day workshops!

Free YRT bus tickets are provided to participants

Registration:

To register, call Stacey at 905-303-8490
Ext. 151


Location:


9401 Jane Street, Suite 106, Vaughan
ON L6A 4H7


Please let us know if you require any specific accommodations



For more program information, visit our:

 [facebook.com/vaughan.vchc](https://www.facebook.com/vaughan.vchc)

 www.vaughanhealthcarehc.com

 <http://www.vaughanhealthcarehcblog.com>

Eligibility to

Participate in

Training/Workshops:

Participants must have a
low-moderate family
income of \$70,000 or less



Funded through
The Regional Municipality of York



Expert Guest Speaker Series for Parents and Guardians!

Understanding and Managing Academic Stress

Richmond Hill High School and Bayview Secondary School invite parents and guardians in the community to join us for one or both information evenings on supporting students' academic success and well-being.



Bayview Secondary School

Thursday, May 7th, 2015
7:00 – 8:30 pm

Presenters:
CMHA – Canadian Mental Health Association and students



Richmond Hill High School

Thursday, May 14th, 2015
7:00 – 9:00 pm

Presenters:
Michelle Cassidy (YRDSB Mental Health Lead), Youthspeak, and students

- Join us to:
- 1) Identify and understand the signs that suggest students are stressed
 - 2) Learn practical strategies to support and empower students
 - 3) Have your questions answered

Save a seat and RSVP via Google Form - <http://goo.gl/oooUFL>

Please let us know if you need support with translation in the following languages:
Farsi, Mandarin, Cantonese, Korean