



Emily Carr SS e-Newsletter



4901 Rutherford Rd, Vaughan, ON L4H 3C2

December 15, 2023

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**PLEASE
NOTE:**

UPDATED

Morning Announcements

The time school announcements are made during the school day is changing. Currently announcements are made at the beginning of period 1. It will be shifted to the end of period 1. This will help students be in class on time for **8:00am**. This change will take effect on **Monday, January 8**. In addition this will help to ensure all of our students are able to hear the announcements and not miss important information as sometimes busses are late to the school, and some of our Grade 12 students have period 1 spare.

Hall Passes

NEW

In an effort to promote student safety and in consultation with our school council and school community members, we will be implementing a hall pass system. Each teacher will be given a hall pass for their classrooms and students wishing to leave the classroom to use the washroom must have a hall pass. Staff will also be tracking the time that a student leaves the classroom and when they return back to class. This will take effect on **Monday, January 8**.

School Council Survey

Please take a minute to respond to a [brief survey](#) created by our School Council. Your input is greatly appreciated.

Math EQAO

All students taking grade 9 Math this semester will be writing the Math EQAO on **Wednesday, January 17 and Thursday, January 18, 2024**. More details to follow.

Cafeteria Hours

The cafeteria will close on Thursday, December 21, 2023. There will be no service on Friday, December 22, 2023.

Contact Us

Phone **905-850-5012**

Extensions

Reception 0

Attendance 1

Guidance 3

emily.carr.ss@yrdsb.ca

Online

[School website](#)



@emilycarryrdsb

Administration

Principal

[Tanya-Lynn Paul](#)



Vice Principals

[Nadira Lawrence-Selan](#) (A-L)

[Paula Borges](#) (M-Z)

School Council

Ajay Kumar (co-chair)

Andre Tsopeles (co-chair)

Superintendent

[Otilia Olteanu](#)

Trustee

[Dr. Elizabeth Sinclair](#)



School News

CULMINATING TASK/EXAM DAYS

During the Culminating Task/Exam days, January 25 - January 30, 2024, students may be participating in Culminating Tasks and/or Exams. Culminating activities may include, but are not limited to presentations, performances, demonstrations, portfolios, conversations and conferencing, etc. Each class is unique and teachers will create schedules, based on the dates noted, that best support student achievement. This may or may not include specific activities during the exam period. Teachers will communicate expectations for culminating/ exam days directly with students and families. Also, attached, you will find more details regarding culminating task/exam days and hard copies of the attachment will be available in the main office.

Please note and review dates & times below:

- Students participating in culminating activities and/or credit salvaging may be asked to meet with their teacher at any point during the school day, even if it is outside of their regular class time.
- Students in Community Classes attend classes, as usual, during the culminating/exam period.

Culminating Task/Exam Days	
Period 01	Thursday, January 25, 2024
Period 02	Friday, January 26, 2024
Period 04	Monday, January 29, 2024
Period 05	Tuesday, January 30, 2024
Mark Review Day *revised schedule	Thursday, February 01, 2024
Sever Weather Days (if needed)	Wednesday, January 31, 2024 Thursday, February 01, 2024

Some important information to note:

- Exams begin promptly at 8:30 a.m.
- Bussing on exam days are per usual schedule
- The Cafeteria Servery will be closed during exams



Important Dates

Monday, December 25 to Friday, January 5

- Winter Break

January 25-January 31

- Final Evaluations

Helpful Links

CARING & SAFE SCHOOLS:

[Kids Help Phone Report It \(YRDSB\)](#)

SUPPORTING MENTAL HEALTH AND WELL-BEING:

Crisis Mental Health Supports for Students:

[310-COPE](#): 905-310-COPE (2673) or 1-855-310-COPE (2673) - available 24/7

[KidsHelpPhone](#): 1-800-668-6868, text 686868 - available 24/7



School News

Severe Weather on Exam Days

Information regarding bus cancellations, inclement weather, and school closures will be posted on the York Region District School Board website. If an Inclement Weather Day occurs during the scheduled exam period of January 25 to January 30, forcing the cancellation of all exams on a given day, the day for rescheduling those exams will be Wednesday, January 31 and/or Thursday, February 01. Exams will begin promptly at 8:30 a.m.

Mark Review Day

Mark Review Day, Thursday February 01, 2024 is an opportunity for staff and students to discuss their culminating tasks and review final marks. The schedule for the day is:

Period 01	8:00 - 8:35 a.m.
Announcements	8:35 - 8:40 a.m.
Period 02	8:45 - 9:20 a.m.
Period 04	9:25 - 10:00 a.m.
Period 05	10:05 - 10:40 a.m.
LUNCH	10:40 - 11:30 a.m.
Afternoon	11:30 a.m. - 2:40 p.m. - Individual Appointments

The afternoon will be used for teachers to make appointments for individual consultation with students/parents as needed regarding credit salvaging where deemed acceptable, course selection consultation and/or support for the next level of study.

Semester 2 Timetables

Semester 2 Timetables will be available on teachassist by Sunday, February 04, 2024.

Student Mental Health and Addictions Newsletter

January 2024 - please see attached newsletter



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School News

Winter Weather

With the arrival of winter weather, we wanted to provide some important reminders about the steps we take to keep students safe when severe weather occurs.

School Transportation Cancellations

School transportation (buses and taxis) may be cancelled due to extreme cold or inclement weather. On these days, schools will remain open unless otherwise stated. If school transportation is cancelled in the morning, it will also be cancelled in the afternoon. Any special or hot lunch days and field trips will also be cancelled.

Families should use their best judgment to decide whether to send their children to school on extreme cold or inclement weather days. Students will not be penalized for missing school on those days. For safety reasons, please ensure you let the school know if your child will not be attending school that day.

School Closures

Emergency closures will be considered when conditions may not be safe for students and staff members to attend school for the full day. This may include events that significantly limit school operations or access to the school site (e.g., widespread, prolonged power failures or downed power lines).

In keeping with our current practice, we will continue to keep our schools open as much as possible. However, it is important that families have alternate childcare arrangements planned for the rare occasions when schools may be closed. Before and aftercare programs will not operate if schools are closed.

Communication to Families

Decisions about school transportation and school closures will be made as early as possible and no later than 6:00 a.m. We will do our best to notify families in advance when we may be considering closing school and Board offices. Transportation cancellations or school closures are communicated through:

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

For more information on [severe weather days](#), please visit our website www.yrdsb.ca.



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School News

Secondary School Programs and Opportunities - by Sector

In secondary school, you have an opportunity to try new things, learn more about what interests you, and take courses and programs that let you gain experience and skills in those areas. Please click [here](#) for more information.

Grad Hoodies for Sale

Please see the attached flyer for more details.

YRDSB Immunization Catch Up Clinics

Immunization Catch Up Clinics will be happening on February 5, 2024 at Emily Carr Secondary School. More details to follow.

Black Foundation of Community Networks (BFCN), in collaboration with York Region District School Board (YRDSB), is providing a free online workshop to show Black students and their families how to search, prepare, and apply for scholarships and bursaries. If you are in high school or Grade 8, this workshop is especially for YOU! Please see the attached flyer.

Good Neighbour Relationships

The students of ECSS have a shared responsibility with our community partners to ensure an inviting and clean environment for our neighbours and our community. Students are asked to respect the property and privacy of our neighbours. 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. Students are not to loiter in, or near, these establishments. To be inside Al Palladini Community Center, students must have a Community Center membership and they must be participating in community activities. We are proud of our students as they are ECSS ambassadors wherever they go in the community.

[Jumpstart Newsletter - Fall 2023](#)



Important Dates

Monday, December 25 to Friday, January 5

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January 25-January 31

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Updates from Guidance

SEMESTER 2 REMOTE LEARNING NIGHT SCHOOL registration is opening on **December 18th** and is available to students who cannot get the course during the day school program. Synchronous learning will take place on Tuesday and Thursdays from 6:30p.m. - 9:45p.m., beginning on February 15th. Students are to register using MyBlueprint/MyPathway Planner by selecting the "Continuing Education" tab. Students must print and have the sign-off form signed by their parent/guardian and then submit this form to the Guidance Office. Counsellors will only approve courses for students who submit their completed sign-off form. More information is linked here from the YRDSB website.

OCAS (ONTARIO COLLEGE APPLICATION SERVICE) HOLIDAY AND EXTENDED HOURS have been shared below. Please see their communication to applicants:

OCAS, including our Contact Centre, will be closed for the holidays from Monday, Dec. 25, 2023 to Monday, Jan. 1, 2024. During the closure, all OCAS services will be available, and we'll continue to update reports daily. While our Contact Centre is closed, we'll be monitoring our partner and applicant support inboxes for urgent inquiries.

Peak Season Extended Hours:

To support college applicants leading up to the **February 1 Equal Consideration Date (ECD)** for highly competitive programs, we'll be extending our Contact Centre hours to include evenings and weekends for January 2024.

Here's a look at our Contact Centre's peak season schedule:

Monday, Jan. 8 to Friday, Jan. 26
8:30 a.m. to 5:30 p.m.

Sunday, Jan. 28
10 a.m. to 5 p.m.

Monday, Jan. 29 and Tuesday, Jan. 30
8:30 a.m. to 8 p.m.

Wednesday, Jan. 31 and Thursday, Feb. 1
8:30 a.m. to midnight

CONTACT:

Telephone:

Toll-free in Canada: 1.888.892.2228
Tel: 519.763.4725

Email: ask-us@ontariocolleges.ca



Updates from Guidance

OUAC (ONTARIO UNIVERSITIES' APPLICATION CENTRE) HOLIDAY AND EXTENDED HOURS have been shared below. Please see their communication to applicants:

The OUAC is officially closed for the holidays from December 22, 2023 to January 2, 2024, inclusive. The OUAC website and online applications will be available during this time.

To reduce the chance of delays and slower online response times, students are encouraged to complete and submit their Undergraduate application well in advance of the January 15, 2024 deadline.

Extended Applicant Services hours will be available on the January application deadline: **Monday, January 15: 9:30 am to 7 pm (ET)**

Applicant Services Phone: 519-823-1063

Email: undergradsup@ouac.on.ca



Updates from Guidance

REMINDERS:

ONTARIO UNIVERSITY AND ONTARIO COLLEGE APPLICATION DEADLINES are listed below. Students are encouraged to apply as soon as they have decided on their post-secondary programs. Ontario University/OUAC applications - **NO LATER THAN MONDAY, JANUARY 15, 2024** for equal consideration. Ontario College/OCAS applications - **NO LATER THAN THURSDAY, FEBRUARY 1, 2024** for equal consideration. *In addition to counsellor support, students have been provided with links to video tutorials to assist with the application process in their “All Things Grade 12” Google Classroom.

Community Involvement Hours (CIH) is a graduation requirement and all students are required to earn 40 hours to earn their Ontario Secondary School Diploma. The Winter Break is a great opportunity for students to complete these hours. Students have been informed of some opportunities via their grade google classrooms and are encouraged to reach out to not-for-profit organizations to support. [Hyperlinked](#) is more information about eligible and ineligible activities for Community Involvement hours. For your convenience, the YRDSB Community Involvement form can be found [here](#). Completed Community Involvement forms can be emailed directly to Mrs Catinella, Guidance Secretary, at barb.genova@yrdsb.ca or they can be placed in the drop box located inside the Guidance and Career Education Office (room 129).

College and University Open Houses & Tours: Attending a college and university open house or tour is a great way to find out more about the campus, the programs, and the environment. Each post-secondary institution offers a variety of events throughout the year for secondary school students. We encourage students and families to visit each institution’s website to find out more details about in-person and virtual opportunities.

Students and families are invited to review the **Trades Report** and/or participate in an online **Trades and apprenticeship Workshop**. The links and passwords to access this report and workshop have been posted in the grade specific Google Classrooms. The links and passwords are not to be shared.



Community News

Updates from Vaughan Public Libraries

- **Chess Club** begins right after school on Thursdays starting Nov. 15 and running to Dec. 13 at Pierre Berton. Students can drop in and practice strategies, play both physical and digital chess, and compete with each other in our VPL tournament. Winners will receive prizes!
- **D&D Club** continues every other Saturday at Pierre Berton. Please contact zachary.fanni@vaughan.ca to register.
- **Makers with a Cause** meets on Wednesdays at 7:00pm starting Nov. 29 at Pierre Berton. Students will work on art to be displayed in a special exhibit in Vaughan Public Libraries. [Register on Eventbrite](#) to attend.
- **Creative Writing Power Hour** continues every Wednesday at 5:00pm at the Bathurst Clark branch. [Register on Eventbrite](#) to attend.
- **Debate Club** returns at the Civic Center Branch on Thursdays at 7:00pm starting on Nov. 16. [Register on Eventbrite](#) to attend.
- **Escape the Library** (3D-printed edition) is an escape room event happening on Tuesday Nov. 14 at 7:00pm in the Civic Center Branch. [Register on Eventbrite](#) to attend.
- **Learn how to make bubble tea** at the VMC branch on Wed. Dec. 6 at 6:15pm. [Register on Eventbrite](#) to attend.
- **Summer Company** is a program that prepares students 15 to 29 years old to start and operate a full-time business over the summer. Mentorship from Vaughan's business community, along with a pipeline of tools, skills, connections, and resources required to turn goals into reality is available.

Young entrepreneurs will have the opportunity to get up to \$3,000 in provincial grant funding to kick-start their business.

ECSS CULMINATING TASK/EXAM INFORMATION – JANUARY 2024

During the Culminating Task/Exam days, January 26 - 31, 2024 students may be participating in Culminating Tasks and/or Exams. Culminating activities may include, but are not limited to presentations, performances, demonstrations, portfolios, conversations and conferencing, etc. Each class is unique and teachers will create schedules, based on the dates noted, that best support student achievement. This may or may not include specific activities during the exam period. Teachers will communicate expectations for culminating/exam days directly with students and families. Also, attached, you will find a schedule for specific course exams. *Please note:*

- Students participating in culminating activities and/or credit salvaging may be asked to meet with their teacher at any point during the school day, even if it is outside of their regular class time.
- Students in Community Classes attend classes, as usual, during the culminating/exam period.

YOUR SCHEDULE

Complete the following table with your personal Culminating Task and/or Exam schedule:

Period/Grade	Course	Section	Date	Time	Room
Pr. 1 – All grades			Thursday, January 25	8:30 a.m.	
Pr. 2 – All grades			Friday, January 26	8:30 a.m.	
Pr. 4 – All grades			Monday, January 29	8:30 a.m.	
Pr. 5 – All grades			Tuesday, January 30	8:30 a.m.	
All grades	For rescheduled exams, exams by appointment, or credit recovery		Wednesday, January 31 and/or Thursday, February 01	8:30 a.m.	

EXAM REVIEW DAY – Thursday, February 01, 2024

Period	Timeframe
Period 1	8:00 a.m. - 8:35 a.m.
Announcements	8:35 a.m. - 8:40 a.m.
Period 2	8:45 a.m. - 9:20 a.m.
Period 4	9:25 a.m. - 10:00 a.m.
Period 5	10:05 a.m. - 10:40 a.m.
Lunch	10:40 a.m. - 11:30 a.m.
Afternoon	11:30 a.m. - 2:40 p.m. Teachers are available, by appointment, for individual consultation with students/parents/guardians

SEVERE WEATHER

Information regarding bus cancellations, inclement weather, and school closures will be posted on the York Region District School Board website. If an Inclement Weather Day occurs during the scheduled exam period of January 25 to January 30, forcing the cancellation of all exams on a given day, the day for rescheduling those exams will be Wednesday, January 31 and/or Thursday, February 01. Exams will begin at 8:30 a.m.

ABSENCE

Illness and court appearance are the only two valid absences during exams. If you are unable to be present for an exam, you must present a medical certificate or a court order. Failure to do so will result in a mark of zero for the exam and may jeopardize your credit. A court order must be presented prior to the writing of an exam so that alternate arrangements can be made. The medical certificate must be presented to the Vice-Principal as soon as possible, or at the latest, prior to the end of the exam week, so that exams may be rescheduled.

LATE ARRIVAL

If you arrive up to 30 minutes late, you should go directly to your exam room. You will only be given the remaining time for the exam. If you arrive more than 30 minutes late, you should go to the Main Office to speak to a Vice-Principal.

EXAM WEEK

During exam week, you are required to be at school only when you are scheduled to write an exam or culminating activities. To see your teacher for extra help, you must book an appointment in advance. Students may study quietly in the library, or in small groups in the cafeteria. Students are not permitted to be in the halls, or to go to their locker when exams are being written. The cafeteria servery will be closed during exams.

EXTRA HELP

Students seeking extra help must book an appointment with their teacher(s) in advance. As students are not permitted to be in the halls during exam times, appointments should be scheduled outside of exam hours.

DURING AN EXAM

- a) Textbooks to be returned should be placed on your desk.
- b) Other books, pencil cases, jackets, bags, notebooks, etc. are not allowed in the exam room.
- c) Electronic dictionaries, cell phones and other electronic devices (i.e. watches that connect to phones) are not to be used during an exam. Cell phones must be shut off and out of sight during exams.
- d) Students may not communicate or share resources with any other students once an exam has begun.
- e) Students must remain in the exam room for the entire duration of the exam.

EXTRA TIME

Students with an Individual Education Plan (IEP) and Multi Language Learners (MLL) who have the accommodation of extra time, may continue their exams with their teacher or be escorted to the provisions room (room 116).

Arrangements must be made in advance with the Special Education Resource Teacher (SERT) for any student with an IEP who wishes to begin their exam in the provisions room.

ECSS EXAM TIMETABLE - 2023-2024 - SEMESTER 01

Thursday, January 25, 2024				Friday, January 26, 2024				Monday, January 29, 2024				Tuesday, January 30, 2024			
8:30 a.m.				8:30 a.m.				8:30 a.m.				8:30 a.m.			
PERIOD 01 EXAMS				PERIOD 02 EXAMS				PERIOD 04 EXAMS				PERIOD 05 EXAMS			
Teacher Name	Course Code	Length	Room	Teacher Name	Course Code	Length	Room	Teacher Name	Course Code	Length	Room	Teacher Name	Course Code	Length	Room
ABBOTTS	CGC1D1.2	1 HOUR	251	CHAN	MCR3U1.1	2 HOURS	152	ABBOTTS	CGC1D1.1	1 HOUR	251	ALKABEER	SNC1W1.6	1.5 HOURS	122
ALKABEER	SBI3U1.3	2 HOURS	226	COZZUPOLI	TXJ3E1.1	1.5 HOURS	166	ALKABEER	SBI3C1.1	2 HOURS	226	CHAN	ICS3U1.1	1.5 HOURS	106
CHAN	MCR3U1.5	2 HOURS	152	GEORGE	MCT4C1.1	1.5 HOURS	146	ALKABEER	SBI3U1.1	2 HOURS	226	CHAN	ICS4U1.1	1.5 HOURS	106
CLARK	MPM2D1.2	1.5 HOURS	150	GIRALICO	MHF4U1.3	2 HOURS	144	COLELLA	HFA4U1.2	1.5 HOURS	250	COLELLA	HFA4U1.3	1.5 HOURS	250
COZZUPOLI	TXJ2O1.1	1.5 HOURS	166	HABER	HFC3M1.2	1.5 HOURS	204	COZZUPOLI	TPJ3M1.1	1.5 HOURS	167	GEORGE	MCR3U1.3	2 HOURS	146
ESLAMI	ICD2O1.1	1.5 HOURS	106	KAUR	SNC1W1.5	1.5 HOURS	122	COZZUPOLI	TPJ4M1.1	1.5 HOURS	167	GIRALICO	MCF3M1.1	1.5 HOURS	144
GRIGOROPOULOS	HSB4U1.2	2 HOURS	248	KORN	SCH3U1.1	2 HOURS	246	GEORGE	MCR3U1.2	2 HOURS	146	GRIGOROPOULOS	ESLAO1.1	1.5 HOURS	225
HABER	HHG4M1	1.5 HOURS	204	MORADI	SNC2D1.2	1.5 HOURS	148	GIRALICO	MHF4U1.4	2 HOURS	144	GRIGOROPOULOS	ESLBO1.1	1.5 HOURS	225
LO RE	FSF1D1.4	1.5 HOURS	225	OH	SPH4U1.1	2 HOURS	247	GRIGOROPOULOS	ESLCO1.3	1.5 HOURS	248	HINTON	CGC1D1.5	1 HOUR	251
OH	SPH3U1.1	2 HOURS	247	RADMEHR	MPM2D1.3	1.5 HOURS	150	HINTON	CGC1D1.4	1 HOUR	249	HULME	SBI4U1.2	2 HOURS	226
OH	SPH4C1.1	2 HOURS	247		HULME	SNC2D1.1	1.5 HOURS	147	KAUR	SNC2D1.4	1.5 HOURS	147			
RICHARDSON	CHC2D1.4	1.5 HOURS	243		IOANNOU	BBB4M1.1	1.5 HOURS	223	KORN	SCH3U1.4	2 HOURS	246			
RYBAK	TPJ3M1.2	1.5 HOURS	167		KAUR	SNC1W1.3	1.5 HOURS	122	MEHTA	CLU3M1.1	1.5 HOURS	216			
SKIDMORE	FSF1O1.1	1.5 HOURS	224		KORN	SCH4U1.1	2 HOURS	246	MORADI	SNC2D1.3	1.5 HOURS	148			
WU	MAP4C1.1	1.5 HOURS	149		LO RE	ESLDO1.1	1.5 HOURS	225	RICHARDSON	HSP3U1.1	1.5 HOURS	243			
WU	MCR3U1.7	2 HOURS	149		LO RE	ESLEO1.1	1.5 HOURS	225	SAAD	MHF4U1.2	2 HOURS	149			
					MORADI	FSF1D1.6	1.5 HOURS	224	SADOWNIK	MPM2D1.8	1.5 HOURS	152			
					OH	SPH3U1.2	2 HOURS	247	SANSOM	CHC2D1.5	1.5 HOURS	249			
					RADMEHR	MPM2D1.5	1.5 HOURS	150	SKIDMORE	FSF1D1.1	1.5 HOURS	224			
					SADOWNIK	MPM2D1.1	1.5 HOURS	152	WU	MDM4U1.1	2 HOURS	151			
					SINGH	SNC2D1.7	1.5 HOURS	148							
					SINGH	SNC2P1.1	1.5 HOURS	148							
					SIRIANNI	HSP3U1.2	1.5 HOURS	243							
				WU	MHF4U1.1	2 HOURS	149								

Wednesday, January 31, 2024 - 8:30 a.m. Thursday, February 01, 2024 - REVISED SCHEDULE 2/2/2024 - Friday, February 02, 2023 - P.A. DAY Monday, February 05, 2024 - SEMESTER 2 BEGINS

RESCHEDULED EXAMS & CREDIT RECOVERY MARK REVIEW DAY NO CLASSES CHECK TEACHASSIST FOR SEMESTER 2 TIMETABLE

Teacher Name	Course Code	Length	Room	Period	Timeframe	OPTIONAL ACTIVITY:	OPTIONAL ACTIVITY:
				Period 01	8:00 a.m. - 8:35 a.m.	Describe a funny moment from Semester 1:	List 2 goals for Semester 2:
				Announcements	8:35 a.m. - 8:40 a.m.		1)
				Period 02	8:45 a.m. - 9:20 a.m.		2)
				Period 04	9:25 a.m. - 10:00 a.m.		List 3 ways in which you can achieve your goals:
				Period 05	10:05 a.m. - 10:40 a.m.	List 2 things you are most proud of from Sem. 1:	1)
				Lunch	10:45 a.m. - 11:30 a.m.	1)	2)
				Afternoon	11:30 p.m. - 2:40 p.m. *appointments only	2)	3)

Grad Hoodies Now For Sale

FOR ONLY \$44.99!



SCAN QR CODE ABOVE

If you have any concerns please feel free
to contact Ms.Ogilvie via email!

<https://www.schoolwear.ca/emi/>



Student Mental Health and Addictions Newsletter

January 2024

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

New Beginnings and Exams

Dear Families,

After the winter break we are welcomed back to school and to a new beginning of the 2024 calendar year. We recognize that many of our students and families follow various acknowledgements of the calendar year, and that new beginnings are happening all the time. This provides us with many opportunities to begin anew.

When experiencing transitions, such as the beginning of a new year, we can become aware of parts of the transition that are joyful, and the parts that are challenging. We can help our children learn that it is OK for new things to feel uncomfortable and exciting, or to be curious and tentative about what the new year will bring. For some of our secondary students this new year will bring their first experiences with exams.

While some students may be entering their first exam season with a sense of confidence, some students may be feeling a mix of emotions such as: stressed, overwhelmed, or uncertain. How can we help our youth through this new chapter of their lives? One thing we can do is listen to our children when they talk to us about their emotions, including those related to exam stress. As we listen, we can also validate their emotions. While this may seem like a small act, it is hugely impactful because it makes youth feel heard, understood, and supported.

It might also be beneficial to remind youth of the times they have put their best efforts into taking a test, or times when they've taken a test and have been proud of



YRDSB Mental Health

their performance. In reminding them of these experiences, you might also encourage them to think about the strategies they used to study, prepare and feel confident for these tests. Everyone will have different strategies and that is OK. For some it might be studying while listening to music, or studying at a certain time of day. For others it might be preparing a study schedule, prayer and contemplation, eating healthy, or asking for additional academic help. No matter the strategy, it's helpful to encourage youth to remember what has worked well for them in the past. Finally, remind youth that exam results are not the sole definition of success. Even if they don't do as well as they would like to on their exam, encourage them to think about how they could continue to learn, grow and, ultimately, improve their understanding after the exam. This can help take some of the pressure off of taking exams. The Central Mental Health team met with Youth S.P.A.C.E. Student Leaders and a Student Trustee to talk about managing stress and mental health during exams. Listen to the Tune In YRDSB podcast episode to hear this important discussion: [Tune In YRDSB: Supporting Student Mental Health During Exams](#)

As we navigate the winter months, it is also essential to prioritise the well-being of our young learners. Some tips to ensure a healthy and happy winter season include outdoor play, healthy snacking, group reading and more.

Supportive Resources:

[Mental Health Resources in York Region](#)

[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.

[CMHA BounceBack Ontario](#)

Feeling sad, irritable or stressed out sometimes? Do you feel that maybe you could benefit from some support? BounceBack® gives you access to materials and resources that will support you in learning new skills through workbooks, activities,



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videos, and a trained coach who can provide up to six telephone sessions. BounceBack Coaching is available through the provincial [Ontario Structured Psychotherapy](#) program. Offered to [youth aged 15-17](#) and [adults 18+](#).

[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](#)

Students

York Services Support Network

- [Wellness Recovery Action Plan \(WRAP\)](#)
 - January 10, 1:00 pm – 3:30 pm

Caregivers

[York Hills Centre for Children, Youth and Families](#)

- January 15, 6:30- 8:30- [Teen Triple P Seminar #1- Responsible Teenagers](#)
- January 16, 6:30- 8:30- [Learning to Pay Attention](#)
- January 22, 6:30- 8:30- [Teen Triple P Seminar #2- Competent Teenagers](#)
- January 23, 6:30- 8:30- [Raising a Child with ASD](#)
- January 29, 6:30- 8:30- [Teen Triple P Seminar #3- Getting Teenagers Connected](#)

Family Services York Region

- [Free To Be](#)
 - Third Monday of Each Month, 6:30 pm – 8:00 pm
 - This is a free virtual group for parents/caregivers of gender diverse children, regardless of age which meets once a month. Free to Be offers an opportunity to meet for support and education. The goal of this program is to destigmatize gender diversity

York Services Support Network

- [Starting the Journey for Tweens and Teens](#)
 - January 10, 12:00 pm – 1:00 pm
 - This group is for parents and family caregivers of children and teens ages 8-18, who have a recent diagnosis of autism. The group is facilitated by YSSN's Family Peer Mentors, who have felt all the feelings and are ready to listen and share, as well as a Foundational Family



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Service Worker, who will be on hand to answer your questions about funding and services.

- [Mindfulness-Based Stress Reduction Workshop \(MBSR\) 8-Week Series](#)
 - [January 18, 25, 9:30 am - 12:00 pm](#)
 - Hosted by the DS Family Peer Mentor program and led by Dr. Mabel Hsin, you will learn tools for building resilience, increase wellbeing, manage stress, ADHD, improve focus, and numerous other benefits.
- [Transition Planning Resource Days](#)
 - [January 3, 19, 31 from 9:00- 5:00 p.m](#)
 - Need help understanding the developmental services system and transition planning? Does your child have an IEP? Book a free, 1 hour session, with a transitional planner to discuss and ask important questions.
 - Registration can be done through emailing cmacdonald@yssn.ca or calling: 905-953-8354 or 1-833-953-8354 ext. 2245.
- [An Overview of Sensory Processing and Strategies with Paula Aquilla](#)
 - Part 1: January 24, 6:30- 8:00, Part 2: January 31, 6:30- 8:00
 - Learn some of the more commonly-seen issues, how to identify when your child may be hypersensitive or hyposensitive, and strategies to support their sensory processing.
 - This workshop is for caregivers of children with autism ages 0-18.
- [Starting the Journey: Monthly Virtual Meetup For Parents and Family Caregivers](#)
 - [January 31, 11:00- 12:00 p.m.](#)
 - This is a group for parents and caregivers of children up to age 8 who are recently diagnosed with autism. The group is facilitated by YSSN's Family Peer Mentors and OAP-Funded Family Support Worker teams, who have felt all the feelings and are ready to listen and share. This judgement-free space is a chance to ask questions and connect with other families with young ones.

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](#)

[Peer Support Group for Parents and Caregivers](#)



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- This group is a support for parents and caregivers raising children and youth with mental health concerns
- 3rd Monday of each month
- Aurora Town Hall 6:30- 8pm
- January 15, 2024

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 Ruth Damdar, Kymani Spence, Peter Reid and Kate Phillips.

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