

Emily Carr Secondary School Newsletter



4901 Rutherford Rd, Vaughan, ON L4H 3C2

April 19, 2024

In this Issue:

- Grade 9 Math EQAO
- June 2024 final evaluation dates and reminders
- Graduation Reminders
- Children's Mental Health Awareness Week
- Carr Scoop

**PLEASE
NOTE:**

MESSAGE FROM ADMINISTRATION Please review our newsletter for important updates and reminders. We hope you and your family have a restful weekend!

GRADE 9 MATH EQAO All students taking grade 9 math will be writing Math EQAO on **Monday, June 10 and Tuesday, June 11**. More details to follow.

CHILDREN'S MENTAL HEALTH AWARENESS WEEK is coming up quickly! This event will take place May 6-10, 2024. Here is a [Family Toolkit Calendar](#)

MIDTERM DATES Please see the attached memo with important dates.

We are excited to announce the launch of our 2025 educational travel experience to **ITALY AND GREECE**. Please see the attached information flyer.

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 Tsopelas (co-chair)

Superintendent

[Otilia Olteanu](#)

Trustee

[Dr. Elizabeth Sinclair](#)



School News

GRADUATION - WEDNESDAY, JUNE 26, 2024 Our graduation ceremony this year will be held at La Primavera Event Space - 77 Woodstream Blvd, Woodbridge, ON L4L 7Y7. ECSS 2023/2024 Graduation Package are now available for purchase on School Cash Online (<https://yrdsb.schoolcashonline.com/>). The \$85.00 fee will include: cost of cap, gown, tassel and v-stole (which are yours to keep) and the Graduation Fee (ticket).

ECSS Graduation Ceremony will be taking place at La Primavera Event Space on Thursday, June 26, 2024 at 6:30 PM.

The Graduation fee will include cost of: venue, décor, refreshments and two guest entrance tickets.

ADDITIONAL GUEST ENTRANCE TICKETS MAY become available to purchase at a later time.

JUNE 2024 FINAL EVALUATIONS

- Second semester exams will begin on **WEDNESDAY, JUNE 19TH** until **TUESDAY, JUNE 25TH, 2024**.
- All secondary students must participate in the final summative assessment(s).
- These assessments make up the final evaluation representing 30 percent of the report card grade.
- Students are expected to complete all final summative assessments at the place, date and time indicated by the teacher and by the examination schedule provided by the school.
- Students cannot leave early for vacations, employment or other activities such as summer camps during the examination schedule.
- Students who do not write a final exam will earn a mark of "0" for that portion of the culminating.

Important Dates

April 25-29

- Midterm Report Card Distribution

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



Updates from Guidance

LOOKING AHEAD:

IMPORTANT DATE / INFO. FOR OCAS:

- Students who have applied to Ontario Colleges for the 2024-2025 school year **MUST** confirm their acceptance offer of admission by **WEDNESDAY, MAY 1, 2024**. Applicants are to log into their ontariocolleges.ca account to **confirm their offer**, as communicated in offers of admission.

IMPORTANT DATES / INFO. FOR OUAC:

- **MAY 29, 2024** - The latest date for those who submitted their application by the January application deadline can expect a response from an Ontario university. This includes: An offer of admission; a refusal; or a deferral, once additional information is received.
- **JUNE 3, 2024** - The earliest date an Ontario high school student may be required to respond to an Ontario university offer of admission and give a financial commitment (e.g., registration deposit, residence deposit, etc.).
- *All other admission-related elements, including scholarships, other forms of student assistance or financial incentives, and offers of residence, are considered part of the offer of admission. Therefore, a student may accept these other offers before June 3, 2024, but Ontario universities will not compel a student in any way to make a decision before this date.

REMINDERS:

Registration for **TRANSITION DAY, HOSTED BY U OF T ACCESSIBILITY SERVICES** is now open and is taking place on Wednesday, May 1, 2024 from 10 a.m. – 2 p.m. Transition Day is an opportunity to learn more about the transition to university for students living with disabilities. This free, hybrid event is for prospective high school students, families, and supporters looking to learn more about how accommodations are implemented in post-secondary education. This event will take place online over Zoom *and* in-person at 455 Spadina Avenue, Toronto, ON M5S 1A1.

Attendees will also learn more about Accessibility Services and student support services available, including details about assessments and documentation requirements to register for accommodations. Common transition challenges for students and appropriate resources will also be reviewed. If you have any questions, please feel free to connect with the team at as.learning@utoronto.ca. If you require any accommodations to fully participate in this event, please connect with as.learning@utoronto.ca at least two weeks before the event. You may also find more information about their transition programming at the link [here](#).



Updates from Guidance

YRDSB 2024 SUMMER LEARNING OPPORTUNITIES - Registration is now open in myBlueprint and will **close on Friday, June 7, 2024**. Students were shared information and steps to register via the grade specific Google Classrooms. Students who expressed interest during course selections by way of the Google Form still need to register and have received a personal email to their gapps accounts with their next steps to register. Please see information shared [here](#).

The presentation for students on **HOW TO APPLY TO OSAP / FINANCE YOUR EDUCATION** has been postponed to **Monday, April 22nd during the lunch hour in room 116**. A representative from George Brown college will be sharing their expertise with students. ***Please encourage your child/student to attend this session if they are considering applying to **OSAP**.

ONTARIO STUDENT STATUS REPORTS (OSSR) have been provided to all grade 12 students this week in their period 4 classes, for students to review. All students are responsible to review this report to ensure they are on track with their graduation requirements and post-secondary program requirements. Each package has their personalized OSSR, an instruction sheet/checklist, and an exemplar for support. Students with a period 4 Study Period were asked to pick up their personalized packages from Mrs Genova in the Guidance Office. Any discrepancies should be brought to the attention of the Guidance Department as soon as possible.

STUDY AND GO ABROAD INFORMATIONAL WEBINARS are now available for students and families. For more information and to register, click [here](#).



Community News

ONTARIO'S ONE FARE PROGRAM Starting February 26, Ontario's One Fare Program will allow transit riders to only pay once when connecting to and from the TTC and GO Transit, Brampton Transit, Durham Region Transit, MiWay and York Region Transit. Click [here](#) for more information.

UPDATES FROM THE CITY OF VAUGHAN The City of Vaughan is once again offering the Summer Company program, in association with the Ministry of Economic Development, Job Creation and Trade, to prepare young entrepreneurs with a comprehensive portfolio of tools, skills, connections and resources required to succeed in business. Applications for this year's Summer Company program are now open at vaughanbusiness.ca/Summer-Company and will close on **Monday, April 15**.

UPDATES FROM VAUGHAN PUBLIC LIBRARIES Vaughan Public Libraries is pleased to invite you and your students to *Summer Company Information Sessions for Young Adults*. [Summer Company](#) is a program that prepares students **15 to 29 years old** to start and operate a full-time business over the summer.

Summer Company provides mentorship from Vaughan's business community, along with a pipeline of tools, skills, connections, and resources required to turn goals into reality.

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



Emily Carr Secondary School

4901 Rutherford Road, Woodbridge, Ontario L4H 3C2
Tel: (905) 850 - 5012 Fax: (905) 850 - 7591

Ms. T. Paul
Principal

Ms. P. Borges
Vice-Principal

Ms. N. Lawrence-Selan
Vice-Principal

April 18, 2024

Dear Parents/Guardians:

We hope this communication finds you and your family well.

We are contacting you to inform you of midterm mark reporting for full semester courses and final report reporting for Term 1, Semester 2 courses.

Semester 2 Midterm Report Cards – All Students

York Region District School Board will be issuing electronic copies of the **Semester 2 Midterm Report Cards** on **April 25 – 29, 2024**. The midterm report is part of the ongoing communication from our school to support student achievement and well-being. We hope that this report will provide valuable feedback for your child while supporting conversations about learning at home. These reports will be distributed via student GAPPs accounts.

Please Review the Timelines Below – For Graduating Students Only

April 19 Teachers will share only midterm marks, via TeachAssist, with Grade 12 students and Grade 11 students who have indicated to guidance their intention to graduate this school year. Parents and Guardians will need their child's password to view the midterm marks in TeachAssist. This is to ensure that students have advanced notice of marks before they are uploaded to OUAC an/or OCAS.

April 19 – 24 Potential graduates applying to Ontario college or university that are planning to drop a course, and do not wish to have the course mark shared with OUAC/OCAS are advised to connect with their Guidance Counsellor.

April 25 – 29 Midterm eDistribution

April 25 OUAC Transmission

April 26 OCAS Transmission

May 7 **Full Disclosure**

Courses dropped by this date will not show on a student's transcript.

We recognize that you and your child may have questions regarding this information. If it is helpful for you to connect with a staff member from the school, please contact a teacher, guidance counsellor or administrator to discuss your questions.

Emily Carr Secondary School
Administration





Where Are You From?

-Carr Scoop

In honour of the Cultural Exposition event at Emily Carr Secondary School on April 15, 2024, we decided to ask the Carr Scoop executive members "Where are you from?" Read about our executive team and where they come from around the world.



Rana Tekin

-Senior Editor-in-Chief

I'm Rana Tekin, the Senior Editor-in-Chief and I'm from Istanbul, **Turkey**. Growing up in Turkey and constantly drinking black tea, I was mildly horrified when I found out how many people put milk in their tea when I moved to Canada. It's like putting pineapple on a pizza in Italy.



Akila Shridhar

-Junior Editor-in-Chief

I'm Akila Shridhar, the Junior Editor-In-Chief, and I'm from both **India** and **Sri Lanka**. Growing up watching Indian films, there wasn't a single movie that didn't have a spontaneous song and dance sequence even in the most random scenes. It wasn't until I started watching English movies that I realized this wasn't normal and, in fact, there is a whole genre for movies with songs called "musicals." Personally speaking, I think all films should have a soundtrack - imagine the chaos in a horror film where mid-attack there is a flashmob.



Spencer Brodie

-In-House Journalist

I'm Spencer Brodie, one of the In-House Journalists for the Carr Scoop. I come from many ethnicities, I am **Italian, Greek, Irish, Sottish,** and **British**. My mom's side of the family, which we assumed to be fully Italian, had no idea we were Greek until my great uncle completed a DNA test, and it turns out we are more Greek than Italian!



Irene Zhao

-Copy Editor

My name is Irene Zhao and I am **Chinese-Canadian**. I was born into a Chinese-speaking family where English was never used until I started kindergarten. I never knew how I managed to understand people in grade school but I did! It was a shock to me when I found out that people spoke English at home. It was something I never thought existed... :)



Ohana Verma

-Copy Editor

I'm Ohana Verma, a Copy Editor for the Carr Scoop. I'm an immigrant from Canada, and came here when I was around 4 years old. My first language was Hindi, and I only learnt English when I went to kindergarten - now it's my primary language!



Dipasha Dayani

-In-House Journalist

I'm Dipasha Dayani, an In-House Journalist, and I was born in Canada to **Indian** parents. As a kid, I remember hearing my parents talking in English to me, but using British English words instead of American ones. Every time they did that I used to tell them to stop talking in "fancy" because I felt really confused about why I couldn't understand some words. Nowadays, when my parents use obviously British English words, they always apologize for talking "fancy", and when I use those words, I have to do the same thing back.



Morgane Bailey

-In-House Journalist

Hello I'm Morgane Bailey, an in house journalist. I was born in Canada but originally my family is from Provence, **France**. My family has lived in Canada for a really long time, like 200 years. My favourite Canadian inventions are all dressed chips and Hawaiian pizza - yum!



Alicia Zhang

-Media Liaison

Hi there! I'm Alicia Zhang, the Media Liaison for the Carr Scoop and I am from **China**. As a talented child, I learned to use chopsticks before I was able to even form complete sentences.



Gurmahek Bahia

-Copy Editor

I'm Gurmahek Bahia, a Copy Editor, from Jalandhar, **India**. I didn't realize how important milk was to my culture, until I discovered that my family was the only one that owned an extra fridge to store a weeks worth of milk. So when I tell people I'm vegetarian, I don't mean vegan, because I don't think I could survive with my daily consumption of dairy.



Sia Sharma

-Manager of Operations

I'm Sia Sharma, the Manager of Operations here at Carr Scoop, and I am from India. Growing up surrounded by the rich and vibrant **Indian** culture, I developed a great appreciation for the diverse traditions, flavours, and colours that make my homeland truly unique. For example, Diwali, the festival of lights, is not just a holiday for me—it's my absolute favourite! The joyous atmosphere, the twinkling diyas, and the opportunity to celebrate with loved ones makes it an occasion I eagerly anticipate every year.



Amari Sukhdeo

-Freelance Writer

I'm Amari Sukhdeo, a Freelance Writer and my background is **Guyanese** and **Indian**. I have moved over 6 times in my life and one thing that never fails to surprise me is how different cultures and norms are in different cities in Ontario.

The Carr Scoop is the official ECSS student-run newspaper. This is our third publication for the 2023-2024 school year and we hope you enjoy it. Our spring publication was centred around the Cultural Expo to celebrate the diversity and unique backgrounds of our executive members. Thank you to our writers and editors for their hard work and an amazing third publication. Follow us on our Instagram @thecarrscoop for more school news, information, and contests!

Lost in Translation

-Rana Tekin

Here's my biggest secret: I sometimes can't pronounce my own name.

Four letters and two syllables, yet my name presents infinite quandaries of inflection, unslanted vowels, and cross-continental conundrums. I've got the Magic 8-Ball of ethnic names: Shake me up, and you get a different answer every time. The truth is, I'm not always sure myself.

Growing up Middle Eastern in Canada, I've always felt like a part of me was lost in translation. My name, so beautiful in my parents' native Turkish, doesn't quite fit my flattened Canadian accent. For the longest time, I couldn't shake off the weight of my four scarlet letters, making me incurably, inescapably different.

And so I did what I had to do. I made up a Starbucks alias and practiced my "where are you from" answer to perfection. I adjusted my autocorrect to avoid signing off emails as "Rain" or, God forbid, "Rat." I stopped speaking in Turkish and adopted toothpick Canadian pronunciations. It was a pretty foolproof strategy, in my opinion — at least, until sixth-grade homeroom.

I think that intuitively, every hyphen-Canadian dreads roll call. I suspect that my teachers dread it too. When they get to my name, they usually freeze, and the smiles fade off their faces. Then they do one of three things. Some teachers retreat immediately, keeping their honor intact. "I'm going to butcher this," they say apologetically. "Can the person spelled R-A-N-A raise their hand?" Others stoically march onwards. "Ray—" they begin valiantly. "Rae— Rane—" I usually rescue them at this point, for the sake of both of us. "Raa-naa," I say, after consulting the Magic 8-Ball. And the last type stares at my name and bends space and time to transform it into the name they want it to be. "Raehna," they announce confidently. "Raena."

One day during class, a classmate with an equally unpronounceable name asked me, "So how do you say your name?" that I blanked. I had always accepted the different variations of my name from teachers and friends alike that I forgot its true phonetics.

I was just Rana Tekin, trapped by teachers, baristas and autocorrect programs alike — and myself.

I wasn't just choosing to compress myself within four lengthy letters, or to get mired down by mispronunciations. I was refusing to embrace the vastness beyond my own name, the thousands of years of language and culture and humanity and belonging that were jam-packed like suitcases into my big bold name. And that's when I made the momentous, life-changing decision to learn my name, the way it was intended: in Turkish.

When I was 10, I started with the Turkish alphabet. My parents taught me the vowels first, and then we moved on to consonants. Spelling rules and grammar tools and a thousand other things in between, until slowly, painstakingly, I could pronounce my own name. Once I'd graduated from words, I moved on to sentences. Then nursery rhymes, then poetry, and even stories. As I learned how to read, I realized that I was also learning how to reclaim the name that had never truly fit. Just like I could hard-wire my brain to read in two languages, I could train myself to flourish in two countries. Two cultures. Two identities.

Ultimately, learning to pronounce my own name was about more than just memorizing syllables: It was about learning to carve out a home for myself in the space between worlds. It was about bridging a cultural gap without doing the splits. It was about reforging and rekindling myself in the myriad ways of a language I barely understood, but loved nonetheless.

Today, I still get a little shy before I introduce my name. But now, I understand that I'm not Turkish or Canadian, but both. I might be a product of my ancestors, but I am also the speaker of my own name and shaper of my own future — down to the last letter.

Spring Cleaning

-Morgane Bailey

There's a spider in my house
I try to shake it out
But it keeps crawling back in
I don't know what to do

And the sun is setting
And it's getting cold
And this is getting



Rather old

Everything is going wrong
I'm trying to help the both of us
But I just have to accept
There will be cobwebs in the corners

Lost: India's Missing and Endangered Cultures

-Dipasha Dayani

India, a country of many cultures, traditions and religions has been home to people for a millennium. Even with this, due to the many changes ravishing the Earth today, along with the country's history, many culturally significant practices have slowly vanished as the years pass. Not to mention, languages that were once commonplace have had their native speakers dissipate as older generations fail to pass the language on.

History and the British

Historically speaking, India is one of the world's oldest civilizations, dating back to the years of the Indus valley civilization, which settled around the states of Punjab into the country of Pakistan. Later, this led to the Vedic period, introducing texts of Hinduism and increasing the popularity of agriculture. Even with all of this, the following Maurya Empire became the first to encompass a large region of the Indian subcontinent. As the decades went on, similar empires spread across the country and fought for dominance, from struggling under the some empires, which led to the development of the civilization's golden period during the Gupta empire's rule. Thereafter came one of the most strenuous periods of Indian history, the British rule. From 1858-1947, the country was fully under British rule, who decided to increase the amount of British soldiers in the Indian army in order to make it more "safe", with Indian soldiers being restricted from handling weaponry too complex. This reign marked an era of famine and an increase in competition between Indigenous-made goods and the much cheaper, British alternatives. Even in modern India, after gaining independence on August 15, 1947, 77 years later the prominent effects over the 2 centuries of rule are clear as day, as certain traditions and goods became endangered. Today, scars of the rule still remain, however for the mainly indigenous community, holding on to traditions and languages have become the hardest thing of all.

Endangered Traditions

An example of an endangered tradition is located in the northeastern states of Nagaland and Manipur, the creation of Kezai Dui salt, or Naga Spring salt. This product was created by the Indigenous groups of the area such as the Tangkhul, Ao, Mao, Naga and Kuki. Generally Kezai Dui salt is greyer, has a more subtle taste, and has a long preparation process. Locals filter saltwater through wood ashes into wooden troughs, which is later, using bamboo, separated into sections and left to sit over a stone furnace until salt is formed. Usually this entire process takes 7-10 days, and is done in a couple salt springs in the area. It takes up to 100 baskets of wood and 400 jars of saltwater to make 40 cakes of mineral salt. Additionally, rituals related to the salt-making, this includes: giving offerings of rice, ginger, chillies and leaves, are performed throughout communities. In the present day, this salt-making technique, though valuable to locals, is slowly fading due to the switch of preference towards higher use of commercially-made salt, which is able to be produced at a quicker rate than Naga Spring.

Another example includes the making of Garo's yeast (otherwise known as Wanchi) by the Garo people in Meghalaya. The yeast was originally made by drying fern leaves and chillies, then pouring rice beer over it, and finally drying and crushing up the mixture. Its main use is to ferment rice and create rice beer. Garo's yeast was also given to ancestors in festivals, such as the loud and colourful Wangala Festival or the 100 Drums Festival. There are a variety of factors that could come into play with the endangered nature of this food. From the decreasing population due to newer generations moving in, to the primarily local nature of the item, this yeast is soon becoming a forgotten culture.

Fading Languages

Badaga, a language primarily spoken in the Nilgiri mountains of Tami Nadu, is a "definitely endangered" language as outlined in Unesco's World Atlas of Languages. Spoken by about 140,000 people, the language is related to Kannada, one of the top 10 most spoken languages in the country.

The main reason for its endangered status can be tied back to the initial independence of India, where state boundaries and, more importantly, education systems were formed. In school, the main languages usually taught and instructed include Tamil, Kannada or Malayalam, therefore, hindering some newer generations from learning and actively using the Badaga language. This, along with the lack of a writing system and the increasing communication with those outside of communities, the language is dwindling in numbers.

In the state of Andhra Pradesh, another language slowly fades, the Koya language. Spoken by the Koya tribe, one of the largest tribes in the state, Koya belongs to the Dravidian family of languages. Similarly to Badaga, the language's main reason for endangerment involves the education system in the state. It is increasingly being replaced by Telugu and the Lingua Franca Hindi. With more opportunities present outside of these communities, another reason for the lessened amount of native speakers also involve emigration to more urban, and greatly populated areas.

What's being done?

Not all hope is lost however, as many incentives have arisen dedicated to protecting, or at least documenting the languages and traditions of the people by both the Indian government and various organizations. The Arc of Taste, for example, is a website primarily dedicated to documenting various endangered foods per country, including how they're made and various uses for them. The Scheme for Protection and Preservation of Endangered Languages of India, was created by the government of India in 2013, and works on the documentation of 117 endangered languages across the country. Additionally, funding was further given to state universities to research these languages extensively. A non-profit organization called the Living Tongues Society also works towards this goal, mainly through the creation of their online dictionary website, which helps document certain words and phrases for endangered languages. With the help of modern day technology, preservation insights and regulations put in place to prevent forgotten traditions, what was valuable and significant may not become an artifact after all.

Genders Across the World

-Spencer Brodie

Did you know that the gender spectrum and transgender people have existed for a long time? In fact, it was so common that many cultures have records of their diverse genders. Right here in Canada, Blackfoot Indigenous people use the identity title "Ninauposkitzipxpe" to describe people who are assigned female at birth but take on traditionally male roles. The translation of Ninauposkitzipxpe to English is "manly-hearted woman". Some of the roles that these individuals would complete were male professions and wearing male clothing. Shockingly, this idea of the Ninauposkitzipxpe people is somewhat equivalent to a modern day trans man. As a trans man, it makes me feel euphoric to know that once, hundreds of years ago, people like me existed. On the other side of the world, in India, they also have gender queer identities. A "Hijira" refers to someone born in India, Pakistan, and/or Bangladesh, who was assigned male at birth but has adopted female roles and clothing. In Hinduism, Shiva, the God of destruction, is often referred to as a boy, but is sometimes also referred to as a girl, and even sexless. Hijira's consider themselves a representation of Shiva, a third gender that incorporates both males and females. These are only two of many historical genders across the world, there is an overwhelming amount of countries who have evidence of gender queer culture in their past.

What I Mean When I Say 'I'm Punjabi'

-Gurmahek Kaur Bahia

In Punjab's fields of pure gold,
Where once legends fought, their stories
going untold
Riches that belonged to the kings and
queens that ruled the land stolen never to be
seen on them again

A place where honey drips from the skies as
the sun descends
Where trees of all kinds dance in the wind
around great bends
Seas of yellow corn and mustard sow that
flourish when spring blows

Blossoming flowers do giddha when they
hear the sounds of the dhol, as the drum
vibrates the floor

While others do Bhangra their movements
synchronize with one another with passion
shaking the earth's core.

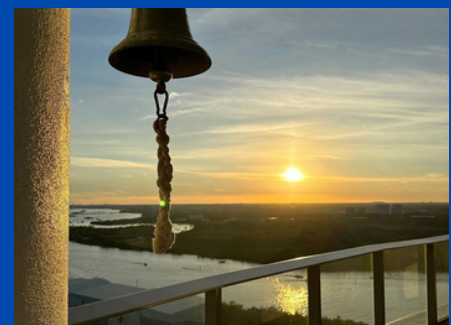
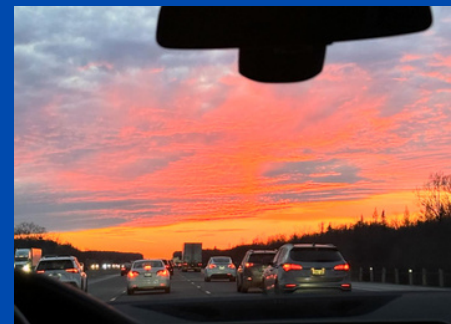
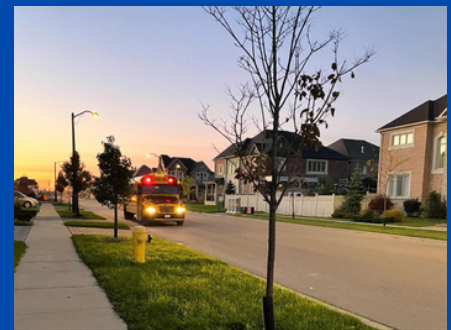
The spice from the food hotter than flames
that emit from the divas that sparkle at
night
Food that bursts into an array flavors in
your mouth like the fireworks on Diwali
that shine so bright

Clothes more colorful than the rainbows in
the sky
Jewels that twinkle across the ladies in
disguise
If you stare to long you might go blind says
the aunty drinking her chai

Never tired to help and always giving a
lending hand to those in need
Taking the path of honesty accompanied
by bravery
Lions of land
Eagles of the sky
Faced with greed and hate they do not hide

CREATIVE CORNER

Photo Club's weekly challenge
featuring the sunset/sunrise
photos.





Sikh Trails In Canadian Landscapes

Please join us to commemorate our Sikh Heritage Month Celebration with the Sikh Educators Voice Alliance and Sikh Student Association.

Our focus is on **Sikh Trails In Canadian Landscapes**. At this event, the Sikh Educators Voice Alliance (SEVA) and Sikh Student Association (SSA) will provide time and space to highlight and promote Sikh histories, language and identity and to build unity through community.

Exhibits:

- Keynote Speaker: Kulvir Singh Gill
- Artifacts
- Artwork / Spoken Word by YRDSB Students
- Gatka Performance
- Bhangra Performance
- Community Partners and Vendors

All are welcome to come learn, celebrate, and grow with us.

When

Saturday, April 27, 2024

1:00 p.m. - 4:00 p.m.

Where

Middlefield Collegiate Institute

525 Highglen Ave, Markham, ON L3S 3L5

This event is an opportunity for parents, families and YRDSB staff members to network, share, and learn about ways to affirm and create positive spaces for students of Sikh identity.

Light refreshments will be served.

Please fill out the [Registration Form](#) by April 22, 2024

If you have an questions reach out to Harpinder.kaur@yrdsb.ca

YOUTHspeak
PRESENTS

H OOPS

5TH ANNUAL YOUTH CHARITY
BASKETBALL TOURNAMENT

\$1500 IN PRIZES

SINK A HOOP
Make a Change!



ALL YOUTH
AGES 13-17



JUNE 1 2024
9AM TO 5PM



MULOCK COURTS
NEWMARKET ON
Beside Terry Fox PS
161 Sawmill Valley Drive

*MORE INFO AT [YOUTHSPEAK.CA](https://youthspeak.ca) OR EMAIL EVENTS@YOUTHSPEAK.CA

Hello Emily Carr SS families!

We are excited to announce the launch of our 2025
educational travel experience to

...*drum roll*...

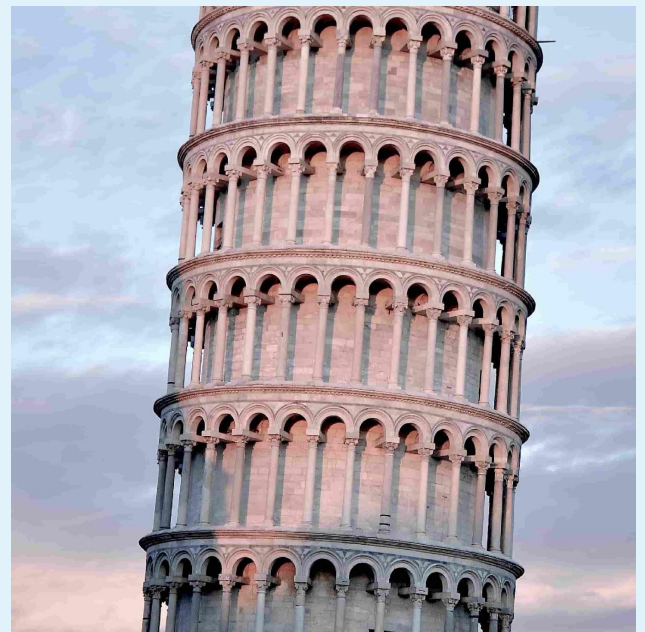
ITALY AND GREECE!

Enrollment is now LIVE – click [HERE](#) to view the tour details and take full advantage of the \$450+ discounts on offer and secure your student's spot on this once in a lifetime travel experience!

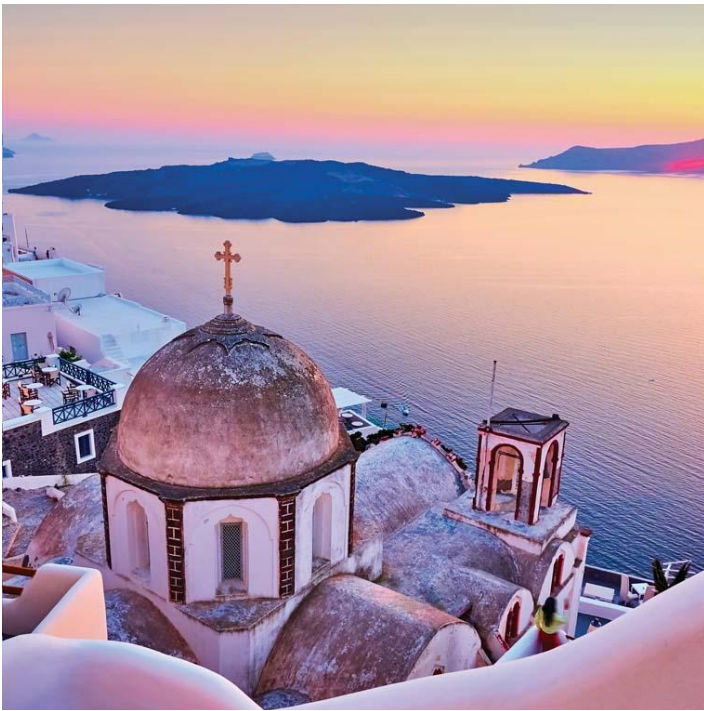
Have questions? Please call into:

EF's Traveller Support Team at 1-800-263-2806

Ancient Empires, Italy & Greece



Spring 2025



Learn more about this exciting tour at an information session where we'll discuss:

- Where and when we're going
- What we'll see and do
- Who is EF Educational Tours
- And more!

I look forward to seeing you there!

P.S. Can't make the meeting but want more information? RSVP using link below and select "No but send info."

04/17/2024

Meeting date

6:30 PM

Meeting time

Emily Carr Secondary School

Meeting location

<https://bit.ly/3vmz1re>

Link to RSVP for your information session or 

Scan this code to RSVP to
your information session:



Mark your calendar for an Informative and Motivating Event!

Emily Carr Secondary School Council Presents:

Relationspaces Transforming Relationships with Your Children

Wednesday May 22, 2024

Guest Speaker:

Vicky Essebag MEd-CPSY, OCT, CSFC.



Vicky Essebag is a relational communication specialist and author. She pairs her extensive background in education as a teacher, guidance counselor, curriculum consultant, and administrator, with her experience as a parent, family therapist, and solution-focused coach. Vicky is widely known for adapting the Solution-Focused Brief Therapy (SFBT) model to support effective relationships within families, schools, and organizations. She is a public speaker, instructional leader, consultant and coach. Vicky is Founder of the company – Relationspaces.

In her presentations, Vicky sets the tone for a supportive and compassionate learning space. She inspires parents with the power of prioritizing communication to encourage effective and inclusive relationships, and to improve the whole family. Based on her book – **Relationspaces; A Solution-Focused Handbook for Parents**, Vicky shares relevant scenarios, potential challenges, and practical strategies to help transform the parent/child relationship.

Date: Wednesday May 22, 2024.

Time: 7:00 pm

Location: Emily Carr School Library - 1st Floor

Relationspaces; A Solution-Focused Handbook for Parents

Available for purchase - \$25.00 (cash only).



www.relationspaces.com

info@relationspaces.com

RSVP for this event by responding [here](#)

EMILY CARR S.S. STUDENT SIN CLINIC May 31, 2024

Meet with a Service Canada representative and receive your Social Insurance Number on the Spot!

Service Canada representatives will be at your school to help students and newcomers apply for their Social Insurance Numbers, learn about the Canada Job Bank and Summer Program for Youth and learn about the new Federal Dental Program.

Time: 11:00 a.m. – 3:00 p.m.

Location	What to Bring	Primary Document	Secondary Document	Benefits
Emily Carr SS	<p>A primary identification document and a secondary document such as a passport or provincial identification.</p> <p>You would need to bring your original primary document, no photocopies accepted.</p>	<p>Permanent Resident Card or a Confirmation of Permanent Residence or A Study Permit/Work Permit/Visitor Record issued by IRCC which indicates the permit holder “may accept employment” or “may work” in Canada</p>	<p>or A Certificate of Birth or Birth Certificate issued by the vital statistics agency in the province or territory of birth</p>	<p>Be job ready for summer employment by receiving your Social Insurance Number.</p> <p>Learn about the Job Bank and Canada Summer Jobs program for Youth</p> <p>Learn about the new Federal Dental Program</p>

This free service is brought to our school communities through a joint project with Service Canada and York Region District School Board.

For more information, please contact YRDSB Community & Partnership Developers,

Yvonne Kelly: Yvonne.kelly@yrdsb.ca

Oksana Majaski: Oksana.majaski@yrdsb.ca



BRINGING STEM TO LIFE: WORK-INTEGRATED LEARNING PROGRAMS

*Summer
2024*

**Are you a high school student entering Grades 11 or 12?
Get paid while working with k2i academy on a
STEM research project and pursuing a Grade 11 (3U) or
Grade 12 (4C) Physics credit.**

**Students will be selected by their school board and priority will be given to
underrepresented students in science, technology, engineering and math
(STEM) fields including: Black and Indigenous youth, and women.**

ARE YOU INTERESTED? LEARN MORE HERE.



Student Mental Health and Addictions Newsletter

April 2024

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

Connection between Physical and Mental Health

Dear Families and Caregivers,

This edition focuses on the important relationship between our physical and mental health. Much in the same way we all have physical health, we also all have mental health. Our physical health and mental health are connected to one another in numerous ways. Maintaining good physical health can have a positive impact on our mental health. For example, a consistent exercise routine may benefit your heart or muscles and it may also help you relieve stress, tension and may even help to boost your mood. As a result, you may even feel more likely to socialize and connect with your families, social circles, and faith or cultural groups. Similarly, maintaining good mental health can have a positive impact on your physical health. When your mental health is good, you may be more likely to eat well, exercise, and take care of yourself etc.

We encourage you to think of small strategies you can incorporate into your daily routine to maintain your physical and mental health. For example, you might choose to go on a short walk, practice gentle stretching, or practice guided imagery to promote good physical and mental health. Each person will have different strategies and that is ok. No matter what strategy you choose to employ, it should feel right for you.



World Mental Health Day

As we approach World Mental Health Day on April 17, 2024, it is important to understand the significance of caring for our mental health and well-being through a comprehensive and community-oriented approach. This approach emphasizes self-awareness and understanding the impact of stress on our mental and physical health. By fostering an environment that encourages feelings of mattering and belonging, we not only enhance the well-being of children and youth but also strengthen our own support networks, and promote mentally healthy environments.

World Mental Health Day serves as a crucial reminder of the importance of prioritizing mental health and well-being in our lives. As we mark this day, let us commit to integrating daily mental health resources into our routines, thereby fostering mentally healthy spaces. On this World Mental Health Day, we encourage our school community to explore and adopt some of the [Grab and Go Resources](#) from SMHO, tailored for students.

We also want to bring your attention to May's [Children's Mental Health Awareness week](#). The YRDSB Central mental health team has created the following [toolkit calendar](#) full of caregiver presentations to join from home, and activities to do throughout the month of May. This is a living document so there are more offerings to come, stay tuned to our May newsletter for 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 offered on a first come, first serve basis. It can be accessed once per month. Virtual appointments can be 15 minutes to 1.5 hours long depending on



YRDSB Mental Health

needs. Monday, Tuesday, Thursdays from 10:00 a.m. to 5:00 p.m.

[CMHA BounceBack Ontario](#)

Do you feel that maybe you could benefit from some support? BounceBack® provides resources to support learning new skills, including 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](#)

Community Mental Health Events

Students

York Services Support Network

- [Wellness Recovery Action Plan \(WRAP\)](#)

[Kerry's Place Autism Services](#)

- [Services & Supports – Events](#)

Caregivers

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

- Mon, Apr 8, 2024 6:30 PM – 8:30 PM [Triple P Seminar #1 – The Power of Positive Parenting](#)
- Mon, Apr 15, 2024 6:30 PM – 8:30 PM [Triple P Seminar #2 – Raising Confident Competent Children](#)
- Wed, Apr 17, 2024 6:30 PM – 8:00 PM [Learning To Pay Attention](#)
- Mon, Apr 22, 2024 6:30 PM – 8:30 PM [Triple P Seminar #3 – Raising Resilient Children](#)
- Tue, Apr 23, 2024 6:30 PM – 8:30 PM [Understanding and Managing Sensory Sensitivity with ASD](#)

[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



YRDSB Mental Health

an opportunity to meet for support and education. The goal of this program is to destigmatize gender diversity

[Kinark Autism Services](#)

- [Upcoming Events- Child, Youth & Family Autism Programs in Ontario |](#)

[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 2023-2024, inclusive of YRDSB School Social Workers Ruth Damdar, Kymani Spence, Peter Reid and Kate Phillips.

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