

Emily Carr Secondary School Newsletter



4901 Rutherford Rd, Vaughan, ON L4H 3C2

April 5, 2024

In this Issue:

- ECSS Cultural Expo
- Spring OSSLT
- June 2024 final evaluation dates and reminders
- Graduation Reminders

**PLEASE
NOTE:**

MESSAGE FROM ADMINISTRATION Please review our newsletter for important updates and reminders.

ECSS CULTURAL EXPO '24

MONDAY, APRIL 15, 2024 @ 6:00 - 8:00 p.m.

ECSS is having a CULTURAL EXPO to celebrate our individuality and diversity. We are hoping to make this an annual tradition at ECSS! Come join us for some:

- Examples of Culturally Responsive and Relevant Student Work
- Drama, Dance, Spoken Word @ 6:30 p.m. - Cafeteria
- Fashion, Food, Sports, Resources
- Interactive Activities
- Multicultural Innovators Museum Display

GRADE 10 OSSLT - APRIL 18 & 19, 2024 Our spring Grade 10 OSSLT administration will be on Thursday, April 18th and Friday, April 19th during periods 01 and 02 in the Library. During the week of April 8th, students who have not yet been successful in completing the OSSLT will be informed individually.

SCHOOL COUNCIL MEETING: Our next School Council Meeting is scheduled for Monday, April 15, 2024 at Emily Carr.

GRADE 12 COMMUNITY HOURS: Please ensure that if you are in grade 12 and graduating that you have submitted your community hours to Guidance by **Monday, April 15, 2024.**

Contact Us

Phone 905-850-5012

Extensions

Reception

Attendance

Guidance

0

1

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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.schoolcashionline.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 15

- ECSS Cultural Expo
- ECSS School Council Meeting

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

YRDSB 2024 SUMMER LEARNING OPPORTUNITIES - Registration will be opening in myBlueprint on April 9th. More information will be shared with students and families once we receive all information next week.

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

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](#).

George Brown College is offering their **WINTER WEBINAR SERIES**. Students and families can register for virtual evening sessions on *How to Pay for College & University (OSAP)*, *Discover Apprenticeships & Skilled Trades*, & *Discover George Brown Programs and Pathways*. Click on this [link](#) for more information.

A presentation on **HOW TO APPLY TO OSAP / FINANCE YOUR EDUCATION** is taking place for students on **Tuesday, April 16th during the lunch hour**. 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**. Parents/Guardian interested in learning more about the process are encouraged to register for one of the sessions listed in the WINTER WEBINAR SERIES (above). 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

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.

YOU'RE INVITED



ECSS Cultural Expo '24

Monday, April 15, 2024

@ 6:00 - 8:00 p.m.

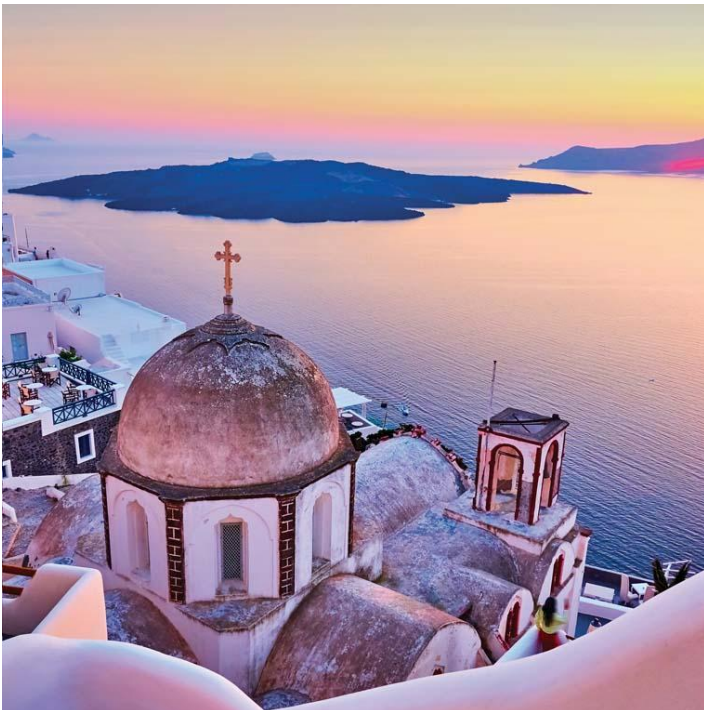
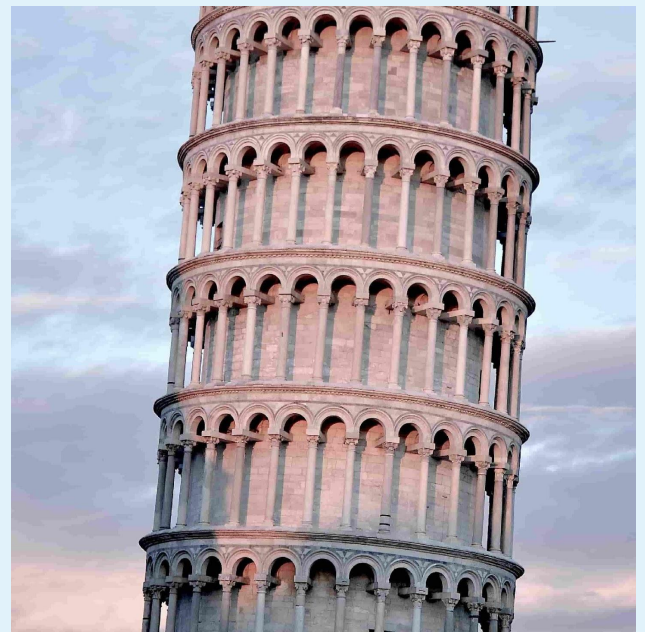
1st Floor Hallways, Library, 102

Celebrating our Cultural Identity:

- Culturally Responsive and Relevant Student Work
- Drama, Dance, Spoken Word @ 6:30 p.m. - Cafeteria
- Fashion, Food, Sports, Resources
- Interactive Activities
- Multicultural Innovators Museum Display

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:



WHAT IS A SOLAR ECLIPSE?

A solar eclipse occurs when the moon is positioned between Earth and the sun and casts a shadow over Earth.

Tips for Safe Viewing of the Solar Eclipse:

- The only safe way to look directly at the sun is through specifically designed solar filters. These filters are used in both "eclipse glasses" or in solar eclipse viewers you hold up to your eyes.
- Even if they are very dark, your regular sunglasses are **not** safe for viewing the solar eclipse.
- While it might be tempting to pick up a cheap pair of solar-eclipse glasses from unauthorized vendors online, this puts you at significant risk of buying unsafe or counterfeit glasses that won't provide your eyes with adequate protection.
- You shouldn't be able to see anything through an authentic solar filter except the sun or equally bright light, such as the reflection of sunlight off a mirror.
- If you can see ordinary lights through your eclipse glasses or handheld viewer, they aren't safe and you are at a higher risk of damaging your eyes.
- Check your solar filter or eclipse glasses for any damage before using them. Any damage impacts the device's ability to protect you, so don't use them if you see any scratches or dents.
- Never look at the sun through an unfiltered camera, telescope or binoculars, even with eclipse glasses. By design, these lens-based devices intensify light rays, damaging the protective properties of eclipse glasses and your eyes.
- Damage to your eyes from unsafely staring at an eclipse may not happen until 4 to 12 hours after staring at the eclipse.

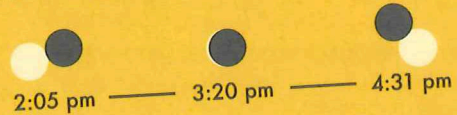
Your eyes and vision are precious and regardless of what is happening in the sky, it is up to you to protect them. Please share this information with all of your family and friends.



A list of safe vendors of eclipse glasses can be found at:
<https://eclipse.aas.org/eye-safety/viewers-filters>

When is the eclipse happening?

In Ontario, the solar eclipse is expected to start at **2:04 p.m.** and last for about two and a half hours on **Monday, April 8**. Many parts of Ontario will experience a total eclipse (the sun is 100% blocked by the moon) at about 3:20 pm. These times will vary by a few minutes depending where in Ontario you are located.



What is Solar Retinopathy?

The retina is the part of the eye that sends light signals to the brain so you can see. Without a healthy retina, you can't see clearly. Staring at the eclipse can cause a condition called solar retinopathy, which is when solar radiation damages the eyes. It can even lead to permanent blind spots or distortions in your vision. This damage occurs when people underestimate the sun, thinking that an eclipse blocks enough of its light for it to be safe to look at.

What are the symptoms of eye damage caused from looking at an eclipse?

- Blurry vision
- A blind spot in your central vision in one or both eyes
- Distortion in which a straight line looks bent or a door frame looks curvy
- Changes in the way you see colour, known as "dyschromatopsia"
- Increased sensitivity to light
- Eye pain or grittiness

If you experience any of these symptoms contact your optometrist immediately.



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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NEKS

The Network of Educators for Korean-Canadian Students

Korean Community Engagement Night

Connect with experienced Korean educators to ensure effective support for your child's academic journey and future success.

자녀들의 성공적인 학교생활과 진로를 위해 현직에 계신 한국인 선생님들을 만나보세요



Presented jointly by NEKS, and CCSYR Settlement and Education Partnership in York Region, this event offers valuable insights into YRDSB's diverse programs. Parents and families of Korean students are invited to join us for an informative session where they can learn how to help their child be successful in Ontario's education system.

NEKS(한인 학생들을 교육하는 교육자 모임)과 York Region 학교 정착 프로그램과 공동 주최하고 갤러리아가 후원하여 한인 학생들의 학부모를 대상으로 하는 캐나다 공립학교시스템의 다양한 프로그램 안내 및 질의 응답할 수 있는 자리를 마련하였습니다.

Date: April 11, 2024

Time: 6PM - 8PM

Location: Thornhill S.S.
167 Dudley Avenue, Thornhill

Registration: Enrolment limited to first 100 registrants
온라인 등록 선착순 100명
*Registrations end on April 8th (등록마감일 4월8일)

Workshop Topics:

- **Opportunities and Pathways after High School (고등학교 이후의 기회와 진로):** Learn about different pathway opportunities after high school. What career opportunities are there? How do we prepare our students for life after high school?
- **Transitioning into High School (고등학교 진학-고등학교의 다양한 프로그램 및 성공 팁):** Learn about different programs at YRDSB schools. What are some tips for being successful in high school?
- **Special Education (특수교육 및 학생지원):** Learn about special education and Individualized Education Plans. How can students who are struggling in school be supported?

For additional inquiries, please contact (문의사항) jaeyeon.kwak@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.

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