

King City SS e-Newsletter



[2001 King Road, King City, ON L7B 1K2](#)

April 30, 2021

CMHA Mental Health Week



Next week, is the Canadian Mental Health Association's 70th annual Mental Health Week. Please click [this link](#) for more information, including helpful articles. It has been a challenging year for everyone's mental health. Consider taking a moment to review the material shared in the link above and see how it might help your mental health or the mental health of your loved ones.

Career Discovery Expo: Dream Big York

Students in grades 7 - 12 and their parents/guardians are invited to attend the *Career Discovery Expo: Dream Big York* on Tuesday, May 11, 2021 from 6:00 p.m.- 8:30 p.m. ET.

This FREE event provides students and their families the opportunity to explore a wide range of career paths.

The Career Discovery Expo: Dream Big York will feature:

- **Dream Maker Panel:** Women from various industries share their stories and inspire young women.
- **Employer Spotlight:** Employers share their "look fors" when hiring new employees and ways to gain experience early.
- **Pathway Spotlight:** College, University and OYAP representatives share the different pathway programs available, scholarships, courses etc.
- **Games, Prizes**

To register, please visit: dreambigyeark.eventbrite.ca

Contact Us

Phone 905.833.5332

Extensions

Reception 150

Attendance 158

Guidance 106

Busing 152

king.city.ss@yrdsb.ca

Online

[School website](#)

Administration

Principal

[Joe D'Amico](#)

Vice Principals

[Pina Viscomi](#) (A-K)

[Tim Wesson](#) (L-Z)

School Council

[Luisa Gale](#)

[Harpal Panesar](#)

Superintendent

Neil Gunathunge

Trustee

Bob McRoberts



School News



Green Team Update: Stop Food Waste

Reducing your food waste goes a long way to protect our environment!

Nearly 60% of food produced in Canada – amounting to 35.5 million metric tonnes – is lost and wasted annually. This perfectly good food is ending up in the landfill, where it creates methane—a greenhouse gas that contributes to climate change. Even if our food waste makes its way to a compost bin, the environmental impact associated with growing, transporting, and disposing of these items leads to wasted resources and energy. Thankfully, our combined actions to fight food waste can make a difference.

Things you can do to help make a difference:

- Don't buy more food than you need
- Don't discard usable leftovers
- Find creative ways to prepare/eat your leftovers
- Preserve your foods by freezing, canning them for later use
- Consider donating unused food items to food banks or local supermarkets
- Don't put compostables in the garbage can or recycling bin
- Plan meals in advance

Congratulations Bridget Neilson

Everyone at KCSS would like to congratulate KCSS student Bridget Neilson for winning a Give Back Award from the Neighbourhood Network. Bridget was recognized for her work in the community and here at King. Bridget has given back to her community and shown leadership through her work with the Girl Guides. Here at King, Bridget is a mentor and has participated in many initiatives. Thank you for making our community and school a better place!

Important Dates

To view our entire school calendar online click [here](#).

Wednesday, May 5th

- School Council (Virtual) - 7:00 - [click here to attend](#)

Friday, May 7th

- PA Day

Tuesday, May 25th

- Grad photos day 1

Wednesday, May 26th

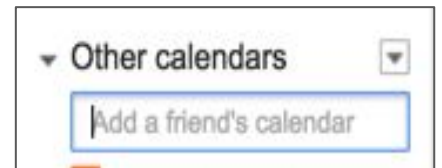
- Grad photos day 2

Wednesday, June 9th

- School Council (Virtual) - link to be shared

Do you use Google Calendar?

Add our email address to add our calendar to your calendar, and never miss an event again!



king.ss@gapps.yrdsb.ca

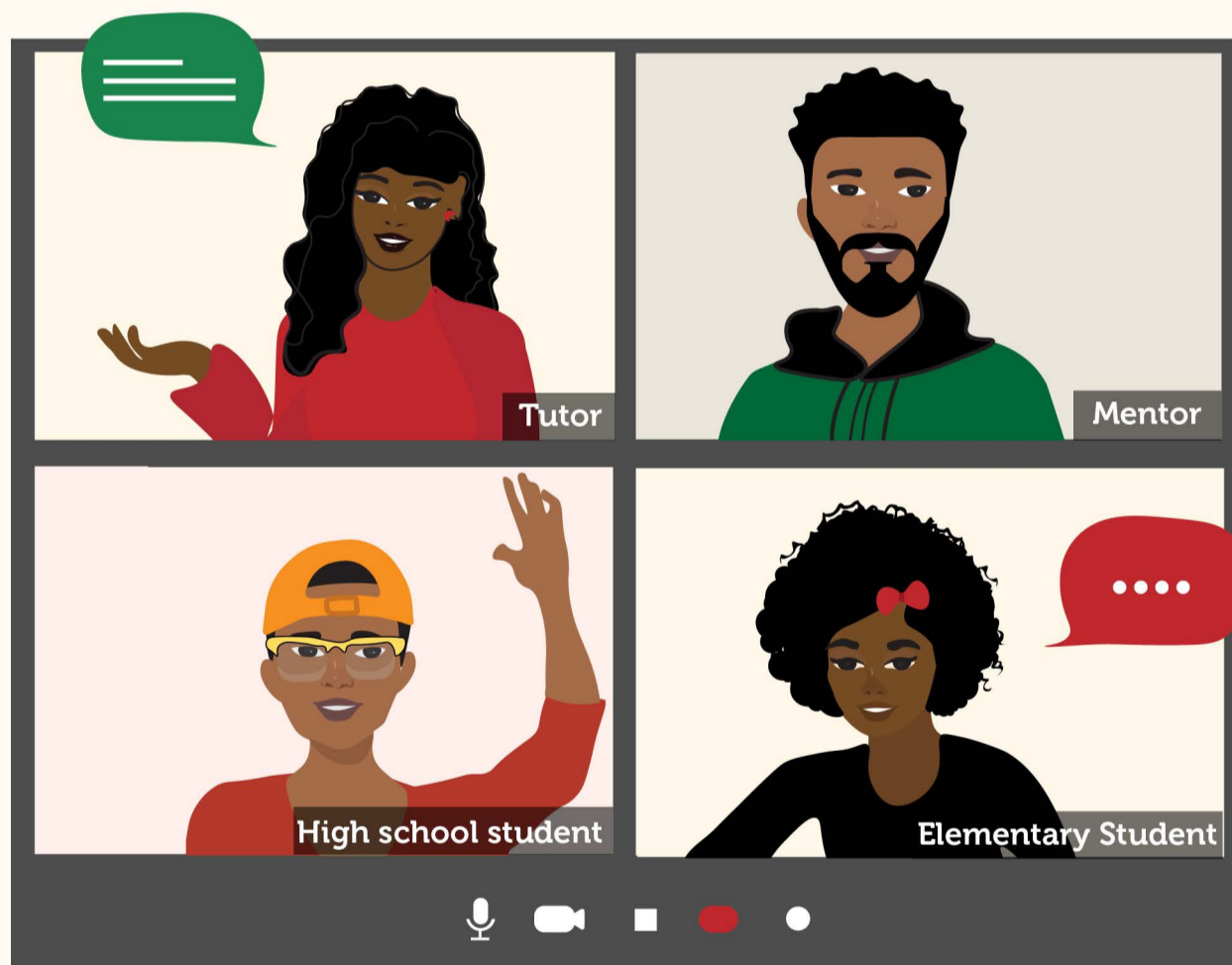
THE SANKOFA MENTORING PROGRAM

FOR BLACK STUDENTS BETWEEN THE AGES OF 11-18

"Bridging the Past with the Present...Navigating the Present into the Future"

- MENTORSHIP • LEADERSHIP • CULTURAL EXPERIENCE • FIELD TRIPS
- LIFE SKILLS • RETREATS • SELF AWARENESS • CAREER EXPLORATION
- ACADEMIC SUPPORT

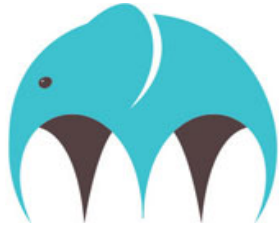
The Sankofa Mentoring Program is rooted in an African Rites of Passage framework that highlights the principles of Unity, Self Determination, Collective Work and Responsibility, Cooperative Economics, Purpose, Creativity, Faith and Self-Respect.



WHEN WE MEET:

Now Open for new registration (space limited)
Virtual program/workshop (Due to covid-19)

For more information please contact
Program Manager @
pgmcrd@yorkregionaacc.ca or call
647-807-2016
www.yorkregionaacc.ca



Parents for Children's Mental Health

SUPPORT. EDUCATE. EMPOWER.

Monday, May 10, 2021 6:30 pm - 8 pm

Panel Discussion and Q&A: Community Resources

PARENTS' Support Group-All are welcome!

VIRTUAL MEETING

Does your child's anxiety, ADHD, mood disorders, learning disability, or behaviour challenges make parenting difficult? Join us...

PCMH Chapter Support is inviting you to a scheduled Zoom meeting.

Time: May 10, 2021 06:30 PM Eastern Time (US and Canada)

[Join Zoom Meeting](#)

Meeting ID: 925 1454 9283

Passcode: 953686

One tap mobile

+17789072071, 92514549283#, *953686# Canada

+12042727920, 92514549283#, *953686# Canada

Dial by your location

+1 647 374 4685 Canada

+1 647 558 0588 Canada

Meeting ID: 925 1454 9283

Passcode: 953686

Find your [local number](#)

Benefits of PCMH Support Group:

- meet other parents with children who have similar challenges
 - find encouragement and emotional support
- learn strategies to help your child or youth at home/school
 - learn how to access resources in the community

PCMH is the only provincial, family-led, non-profit organization that provides a voice for families who face the challenges of child and youth mental health issues. PCMH provides support, education, and linkage between families, communities, agencies and government. PCMH believes in the promotion of family-centred principles of care. PCMH envisions a future in which children and youth with mental illness enjoy a high quality of life in welcoming and supportive communities. For more information and resources, please visit www.pcmh.ca.

Monday, June 21st Building Healthy Relationships 6:30 – 8 pm

May 3-9, 2021

Visit mentalhealthweek.ca for info and tools!

HAPPY

AFRAID

SAD

ANGRY

Name it, don't numb it.

#GetReal about how you feel.

Even in times of extreme anxiety and stress, mental health is something we can protect. Not just something we can lose.

This CMHA Mental Health Week, let's focus on naming, expressing and dealing with our emotions – the ones we like and the ones we don't. It's important for our mental health.



Drawing Joy Drawing Joy Drawing Joy

Date: Thursday, May 6th, 2021

Time: 4-6 pm EST

**The Ontario Institute for Studies in Education (OISE)
presents “Drawing Joy” – FREE EVENT!**

To all who identify as Asian, you are invited to create art, reflect on Asian joy, and celebrate the diversity of Asian diasporas. Toronto artist, Karen Kar Yen Law will facilitate an online guided art activity which can be completed with common art materials. The session will engage participants to reflect on their own connection to their respective Asian diasporas, create a visual representation of Asian joy, and share their joys with other participants. Some suggested materials for participation are cartridge paper, coloured markers, pencil crayons, or wax crayons. Participants can also use tablets to create digital artwork. No prior art experience is necessary.

Register Here: <https://tinyurl.com/3b4yc5t2>