

# King City Secondary School

2001 King Road, King City, ON L7B 1K2

# E - Newsletter



Semper progrediens

## Graduation Assembly

Monday, May 28, 2018

Last week, potential graduates attended a presentation about graduation. The slides presented can be found [here](#). Graduates, don't forget to respond to an email sent to your GAPS account in order to receive your gown and tickets on June 14th!

## A Message from Guidance

A reminder to potential graduates that your community involvement hours must be submitted to the Guidance Department no later than May 31.

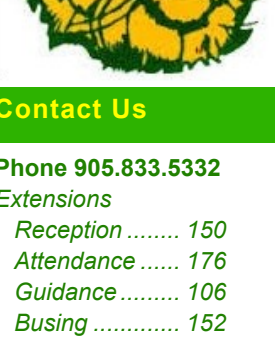
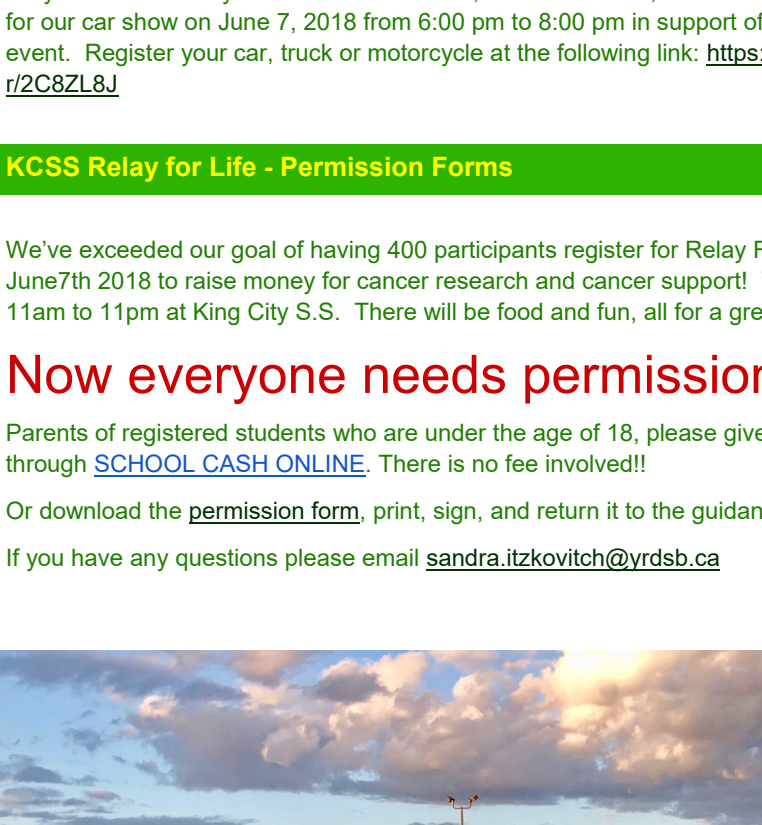
## King Township Youth Awards

Thank-you to *The Weekly Sentinel* for highlighting the King Township Youth Awards won by NINE of our students. See page 15-16 to read about the amazing young citizens who attend KCSS.

## Elementary School Visits

Thank-you to the Mentors and Grade 9 students who have been visiting our future students at our elementary family of schools. The mentors are working to help Grade 7 students understand the transition steps they will take in Grade 8 to select their secondary school and courses. The Mentors are working with the Grade 8's to build positive relationships and a sense of community before the students arrive in September.

Special thanks to our current Grade 9's who have returned to their elementary schools to share their KCSS experiences.



## Contact Us

Phone 905.833.5332

Extensions

Reception ..... 150

Attendance ..... 176

Guidance ..... 106

Busing ..... 152

[king.city.ss@yrdsb.ca](mailto:king.city.ss@yrdsb.ca)

## Online

[School Website](#)

## Administration

Principal

[Catherine McGinley](#)

Vice Principals

[Melissa Schmidt](#) (A-K)

[Lynn MacDonald](#) (L-Z)

## School Council Chairs

[Jim Streb](#)

## Superintendent

Becky Green

## Aurora-King Trustee

Peter Adams-Luchowski

## KCSS Car Show - June 7, 2018

Do you or someone you know own a classic, modern muscle, exotic or other interesting vehicle? Join us for our car show on June 7, 2018 from 6:00 pm to 8:00 pm in support of our school's Relay for Life event. Register your car, truck or motorcycle at the following link: <https://www.surveymonkey.com/r/2C8ZL8J>

## KCSS Relay for Life - Permission Forms

We've exceeded our goal of having 400 participants register for Relay For Life - a 12 hour event on June 7th 2018 to raise money for cancer research and cancer support! The event will be hosted from 11am to 11pm at King City S.S. There will be food and fun, all for a great cause.

## Now everyone needs permission to come!!!!

Parents of registered students who are under the age of 18, please give them permission through [SCHOOL CASH ONLINE](#). There is no fee involved!!

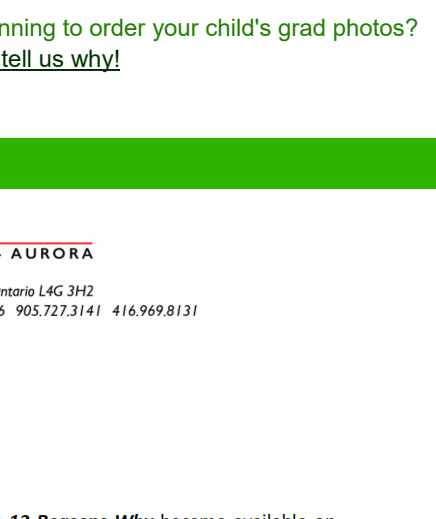
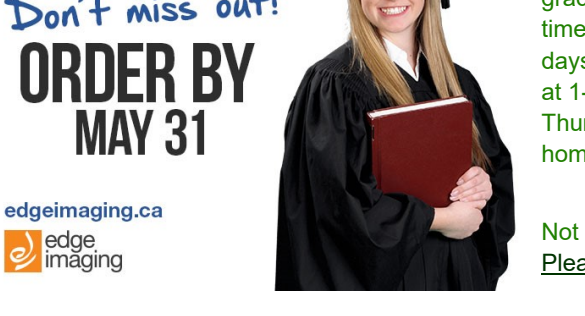
Or download the [permission form](#), print, sign, and return it to the guidance office.

If you have any questions please email [sandra.itzkovitch@yrdsb.ca](mailto:sandra.itzkovitch@yrdsb.ca)



## York Children's Water Festival

Thank-you to the more than 45 KCSS volunteers who led Grade 4 York Region students through a fun-filled day focused on water conservation at the 20th annual York Children's Water Festival.



## Graduation Photo Orders

### GRADUATION PHOTOS

Don't miss out!  
**ORDER BY  
MAY 31**

[edgeimaging.ca](http://edgeimaging.ca)

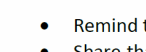
**Don't miss out on this once in a lifetime memory...**

If you have not yet ordered your child's high school graduation photos from Edge Imaging, you still have time to get your order in before summer holidays! Grad photo orders should be placed by phone at 1-888-416-3343 or online at [edgeimaging.ca](http://edgeimaging.ca) by Thursday, May 31, 2018, and will ship directly to your home.

Not planning to order your child's grad photos?

[Please tell us why!](#)

## A Message from the Director - 13 Reasons Why



THE EDUCATION CENTRE - AURORA

60 Wellington Street West, Aurora, Ontario L4G 3H2

Tel: 905.722.3201 905.895.7216 905.727.3141 416.969.8131

Fax: 905.727.1931

Website: [www.yrdsb.ca](http://www.yrdsb.ca)

May 24, 2018

Dear YRDSB Families,

As you may be aware, season two of the Netflix series **13 Reasons Why** became available on Netflix May 18, 2018. As you may recall from our letter last spring, the series deals with the difficult topic of suicide. She leaves behind cassette tapes for 13 people whose actions she perceived as reasons why she killed herself. Season two explores several other difficult topics including self-harm/cutting, bullying, struggles with identity, sexual assault, gun violence and more, which may be emotionally triggering for vulnerable students.

Although the creators of the series indicate the intent of the show is to help students recognize their effect on others, it does not present viable alternatives to suicide, or have a strong focus on seeking help. There are many negative portrayals of adults and seeking help within the series. This is not a helpful message for youth.

Series like **13 Reasons Why** may promote myths and misinformation about suicide. We hope the information in this letter will help you have open conversations with your child. Discussing important but difficult topics with your child lets them know you are open to talking about these subjects. This may make it more likely they will talk to you if they have any concerns/challenges. If young people do not feel they can talk to adults about these subjects, they are likely to seek advice on the internet or from friends, or worse may not talk to anyone.

You may wish to ask your child if they have heard of or seen this series. If your child has not already watched the series but would like to, review it first yourself. Consider watching it together rather than having them watch it alone. This will help you to know how your child is affected by the content. While many youths know the difference between a TV drama and real life, talking with adults about this subject is very important. Adults can help share the message that **suicide is not a solution to problems and help is available**. You can help your child process their feelings and answer questions about the issues in the series. **This is particularly important if you feel your child is isolated, struggling or vulnerable**.

The following suggestions may help with the conversation:

- Remind them that the series is fictional.
- Share that it is normal to experience periods of stress and distress. Offer healthy coping strategies, such as: exercise, art, journaling, talking to friends and adults they trust.
- Let them know that there are adults at school who care and can help.
- Talk about where to seek support if they need it from family members, counsellors, coaches, teachers, faith leaders, a crisis line like Kids Help Phone - 1-800-668-6868.
- Talk openly about emotional distress and suicide. Doing so in a fact-based manner does not increase suicide risk (see tips below).
- If you have concerns about your child's mental health, see your family physician and/or share your concerns with the school.
- If the concern is more urgent, you may call York Region's Crisis Response Service, 1-855-310-COPE (2673), the Mental Health Helpline 1-866-531-2600, or take your child to a hospital emergency department. If there is an emergency call 911.

\*\*\*If you do not want your child to watch this show, Netflix has some resources to help parents. They offer a parental control you can apply individually to this series in the form of a PIN number. You can assign a unique code for both seasons of "13 Reasons Why." You can set this in the account section of your Netflix account.

As family members it can be difficult to know if a loved one is struggling with thoughts of suicide. The information below offers several important considerations.

### Possible signs someone may be having thoughts of suicide:

- Suicide threats, both direct ("I am going to kill myself." "I need life to stop."), and indirect ("I need it to stop." "I wish I could fall asleep and never wake up."). Threats can be verbal or written and are often found in online postings (Instagram, Facebook)
- Preoccupation with death in conversation, writing, drawing and social media
- Changes in behavior, appearance/hygiene, sleep habits, thoughts and/or feelings. This can include someone who is typically sad who suddenly becomes extremely happy.
- Emotional distress.
- Withdrawing from friends and family

Trust yourself as a parent/guardian. If you feel something is not right with your child or notice any of the signs above, do not hesitate to ask directly about thoughts of suicide. This may be a tough conversation to have, but sends a message that you are open to talking about suicide and increases the chances your child will seek help. That might sound like,

*"Sometimes when people are under stress, having trouble with friends, and worrying a lot, they have thoughts of suicide. Are you having thoughts of suicide?"*

### Help is Available:

Many staff members in York Region District School Board are trained in suicide intervention and want to help. If you have concerns about your child's mental health, or need additional resources, please talk to your family doctor or contact your child's school. Our staff members are committed to supporting the well-being of every YRDSB learner and can help to connect you with resources for support.

To learn more about safely talking about suicide, consider taking suicide intervention training. Find out more at [www.livingworks.net](http://www.livingworks.net).

Further resources about the series can be found at: [www.13reasonswhytoolkit.org](http://www.13reasonswhytoolkit.org).

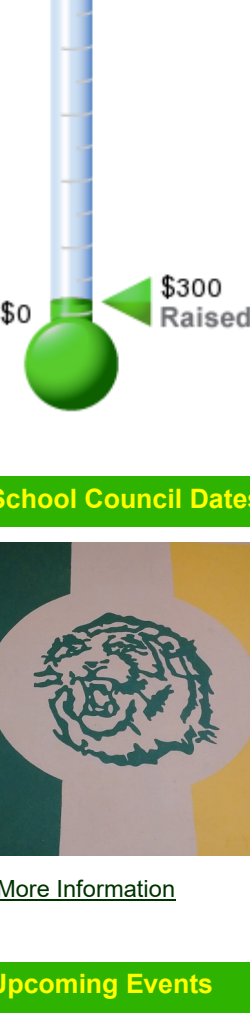
Sincerely,

Louise Sirisko  
Director of Education

## New CommTech Lab & Fund Scrip

2017-18 Goal

\$20,000



# FundScrip

Help support the purchase of computers and related equipment for our new Communications Technology lab. Click on the [FundScrip logo](#) to access the 'Support a Group' page.

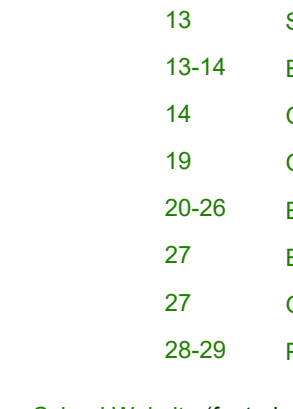
Code: **UQ4566**

**Purchase gift cards and a percentage is directed to KCSS.**

Please encourage others in our school community to assist in this **no cost** fundraising initiative.

**Thank you for your ongoing support!**

## School Council Dates 2017- 2018



◆ June 13

All parents are welcome to School Council meetings. Our council vision is to enhance the learning experience of every child at King City SS. Our school is even better when parents, guardians and the community are involved.

Meetings are held at 7:00 PM in the library.

School council elections will be held during the first meeting.

## Upcoming Events

May	31	Community Involvement Due for Gr. 12s
	5-6	KCSS Jazz Night (6-8 PM, Rockford's)
June	7	Relay for Life
	12	Athletic Banquet (lunch)
	13	School Council (7 PM)
	13-14	EQAO Math (Students in Gr 9 Math)
	14	Grad Gown Distribution
	19	Grade 12 Period 4 Exams
	20-26	Exams
	27	Exam Review Day (Last Day of Classes)
	27	Graduation
	28-29	P.A. Days - No Classes

[School Website](#) (featuring school calendar)

