



# PARENT BULLETIN

Tel: (905)-294-1886  
Email: [markham.dhs@yrdsb.ca](mailto:markham.dhs@yrdsb.ca)  
Website:  
<http://www.markhamdistrict.hs.yrdsb.ca>

## ATTENDANCE REMINDER

Parents/Guardians are reminded to report all late or absent notices to the Attendance Office by calling 905-294-1886, option 1 or emailing [markham.dhs@yrdsb.ca](mailto:markham.dhs@yrdsb.ca). Should your student be absent for more than 3 days, an extended absence form must be signed by each subject teacher, parent/guardian and the Vice-Principal prior to leaving for the absence.

### Week of November 4th-8th, 2019

Monday, November 4th	
Tuesday, November 5th	<ul style="list-style-type: none"><li>University Information Session #2, during Period 1 (students go to class for attendance and then will be escorted down to the cafeteria)—Ms. Kerhoulas</li><li>Junior Boys Volleyball Playoff Day is being hosted at MDHS—Mr. Sareen</li></ul>
Wednesday, November 6th	<ul style="list-style-type: none"><li>Grade 9 Take Your Kids to Work Day</li><li>Grade 8 Take Your Kids to High School Day, 8:00 am-2:50 pm—Mrs. McGill</li><li>OSSLT practice sessions for English Language Learners taking the test this year, Wednesdays 3:00-3:30 pm in room 201.</li></ul>
Thursday, November 7th	<ul style="list-style-type: none"><li>Civics/Careers Turnaround Day</li><li>Canadian Open Mathematics Challenge, 9:35 am-12:10 pm, Portable 1, Mr. Raffoul</li><li>Parent–Teacher Interview Night—6-8 pm (Interviews must be pre-booked via Edsby)</li></ul>
Friday, November 8th	<ul style="list-style-type: none"><li>English Language Learners Field Trip to Willowgrove Education Centre - All day –Ms. Choi</li></ul>

### Week of November 11th-15th, 2019

Monday, November 11th	<ul style="list-style-type: none"><li>Remembrance Day Assemblies during periods 1 &amp; 2</li></ul> <p><b><u>Modified Schedule: Period's 2-5 are 1 hour and 10 minutes each</u></b></p> <p>Period 1 - 8:10-9:50 Period 2 - 9:55-11:05 Period 3 - 11:10-12:20 Period 4 - 12:25-1:35 Period 5 - 1:40-2:50</p>
Tuesday, November 12th	<ul style="list-style-type: none"><li></li></ul>
Wednesday, November 13th	<ul style="list-style-type: none"><li>Literacy Activity for all students who will be writing the OSSLT this year, during Period 4—Mrs. Etcheverry</li><li>OSSLT practice sessions for English Language Learners taking the test this year, Wednesdays 3:00-3:30 pm in room 201.</li><li>SAA Volleyball Tournament at MDHS, 3:00 pm to 5:30 pm—Mr. Morris, Ms. Morrison, &amp; Ms. Tunnichiff</li><li>Skilled Trades Info Night, 7:00 pm—9:00 pm, in the Cafeteria and Blue Zone—Mr. Butler—All Parents welcome!</li><li>Me to We Graduation, 7:00 pm—8:00 pm, in the Library—Mrs. Caswell</li></ul>
Thursday, November 14th	<ul style="list-style-type: none"><li>SAC Spirit Day—theme to be advised</li><li>Crime Stoppers Symposium – Mr. McArthur</li><li>“Stranger Things Snowball” Dance, in the Cafeteria at 6:00-10:00 pm – Mrs. Llaneta (advanced ticket purchase required)</li></ul>
Friday, November 15th	<ul style="list-style-type: none"><li>Professional Activity Day-No Classes</li></ul>
Saturday, November 16th	<ul style="list-style-type: none"><li>Grade 10 Rehearseathon “We Play For Africa”, 8:30 am-4:30 pm, Music Rooms and Cafeteria - Mr. Caswell</li></ul>



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## *Messages from Guidance*

We urge students to visit various campuses to get a feel for the schools they are interested in.  
Please click on the attached links to find the schedules for the College and University Fall Open House dates.

[Link to "College Open House Schedule"](#)

[Link to "University Open House Schedule"](#)

**University Information Session #2: "Applying to an Ontario University" Tuesday, November 5th during period 1 for all university-bound grade 12s**

## *Time Table Changes for Semester 2*

Semester 2 changes for grades 9-11 will begin after the holiday break, Monday, January 6<sup>th</sup> and run until Friday, February 8<sup>th</sup>.

If you are a grade 12 student and you would like to add an e-learning course for second semester, you can make an appointment now with your guidance counsellor.

Second semester course changes due to post-secondary and grad/or requirements will occur after the November mid-term report card is distributed (for grade 12's only).

If you have questions regarding semester 2 course changes, please come see us in the guidance office.

## *Take Your Kids to Work Day*

On **Wednesday, November 6, 2019**, your grade 9 son/daughter is encouraged to work with you or someone you designate for the day. Here is how you can help:

- Talk to your employer and request permission to bring your son/daughter to work with you on **Wednesday, November 6, 2019**.
- Return the signed consent form to your son/daughter's homeroom teacher **WERE DUE Tuesday, October 15, 2019** (students received these on Monday, October 3rd). Please have your son/daughter return these ASAP!
- The form entitled "**We Need Your Consent**" is located on the last page of your parent guide.
- Invite your grade 9 son/daughter to work for the day. Explain that you would like him/her to see where you work, the people with whom you work and the different types of jobs at your workplace.
- If it is not appropriate for you to take your son/daughter to work, **please ask a friend, relative or neighbour if they can host your child for the day at their work.** Perhaps, you know someone working in a field of interest to your child. Conversely, if your child has a friend in grade 9 who is unable to go to a parent's place of work, please offer to have this student attend your place of work along with your child.
- Please ask your child to speak with his/her Guidance Counsellor should support be needed to find a workplace to visit. Let's not leave any grade 9 student behind.

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## *Message from Yearbook*

Don't forget to buy a  
**YEARBOOK**  
before it's too late...

Go to [yrdsb.schoolcashionline.com](http://yrdsb.schoolcashionline.com) to  
purchase your yearbook today for only **\$45!**  
Price will raise to \$50 by the new year.



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## *Message from SHSM*

### There are many new and exciting opportunities in our SHSM program being planned for this year!

Students are encouraged to check their gapps email as well as the SHSM bulletin board outside of guidance for many exciting opportunities. Some have already taken place while many others will be added during the year.

Students **MUST** pick up permission forms for field trips in guidance and return them with the appropriate signatures in a timely manner. **Be mindful** of the return dates listed on the permission forms for our planning purposes. Students are expected to attend the field trips that they register for unless there are extenuating circumstances. We have to commit numbers and payment for many of these trips prior to attending and there are often students on a waitlist hoping to attend.

#### **The following trips have already been scheduled with many more to come:**

**November 12** (Escape Room and presentation on technical staging) - ARTS & CULTURE  
**November 14** (Crime Stoppers at the Richmond Hill Centre for Performing Arts) - Lunch provided  
**December 2** (Wrapping & Taping for Injury and Performance) - HEALTH & WELLNESS (periods 4 & 5)  
**December 5:** Taste of Transportation (Centennial College) - TRANSPORTATION  
TBD: University Court House/Law Trip - NON-PROFIT (limited space available)

#### SEMESTER 2

February 14, 2020: BEANSTALK PROJECT (Customer Service & Leadership Skills)  
February 24 & 25, 2020: Standard First Aid/CPR Level C - All SHSM students who still require this certification  
February 26, 2020: FCAD Day (Faculty of Communication, Art & Design - Seneca at York) - Arts & Culture  
March 3, 2020: High Five Training (Principles of Healthy Child Development) - All sectors (Very limited Space)  
March 9, 2020: Ryerson SciXChange  
April 15, 2020: ABA Toronto Beauty Show: Health & Wellness  
April 23, 2020: Markham Stouffville Hospital P.A.R.T.Y. Program

More to come...

Please note that students are NOT expected to attend all field trips but rather the ones that are most relevant to their sector as well as those that are required (e.g. STANDARD FIRST AID).

**Reminder:** Grade 12 SHSM students to check that you are in a position to earn your Red Seal.

If you are missing a certification, there is still time to earn them.

If you are missing other SHSM requirements (e.g. courses), inquire to see if you are able to complete these requirements.

Some colleges and universities (e.g. Brock, University of Guelph-Humber, McMaster) offer scholarships to students in SHSM who complete their Red Seal.

#### **REGISTRATION FOR SHSM** (it is still not too late for this year).

Grade 11 or 12 students interested in registering for SHSM for this year, feel free to speak to Mr. Weinstein for information or visit: <https://www.mdhsco-op.com/> (there is a direct link to SHSM and the application) or use the bit.ly shown below.

1. [bit.ly/YRDSBSHSMapp](https://www.mdhsco-op.com/)
2. Complete the application and submit
3. Print from your gapps email
4. Obtain parent/guardian signature and return

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## *Messages from the Business Department*

### *Waterloo Financial Literacy Competition:*

Each year the University of Waterloo hosts a financial literacy competition. The competition is open to Grade 9, 10 and 11 students and offers prizes at two levels; Junior (Grades 9 and 10) and Senior (Grade 11). The competition will be held on Wednesday December 4, 2019 at Markham District High School during school hours. It takes place online and is 60 minutes long. Students will be challenged with 60 questions (primarily multiple choice, sort/match/rank, fill in the blank) covering financial literacy topics in the areas of accounting, economics, investing, banking, budgeting and income management, credit, home ownership, post-secondary education financing and financial safety and ethics.

If your child is interested in participating please have them see Mrs. Lovell in room 228.

### *Stock Challenge Club:*

The Stock Challenge Club is a newly created club where students will be introduced to stocks and creating effective trading portfolios. Students will participate in a simulated stock market challenge where they will buy and sell stocks for their portfolios. Guest speakers will provide students with an understanding of investment tools and strategies for building a diversified portfolio to maximize returns. Students will also have the opportunity to participate in stock market challenges offered outside of Markham District High School. The club will meet every second and fourth Tuesday of the month. Anyone who is interested in learning more about investing is welcome and should see Mrs. Lovell in room 228.



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## Student Activity Fee – A Message for Parents and Guardians

Your support of the Student Activity Fee is needed for Markham District High School to continue to provide a vast array of opportunities that respond to the diverse interests of our students. We know that parents and guardians of MDHS students appreciate the value of extracurricular activities in building school spirit, fostering a sense of community and support positive mental health and wellbeing within our students.

The Student Activity Fee helps to fund engaging opportunities that occur before school, at lunch and afterschool. Monies collected cover or subsidize costs of events and activities – including those run by the Student Activity Council (SAC) – that build school spirit, promote inclusivity, create memories and enrich the learning experience beyond the classroom and the designated subject curriculum. Our Student Activity Council (in collaboration with Staff Advisors and Administration) manages the allocation of the Student Activity Fees collected at registration.

Here are some examples of how SAC allocates Student Activity Fees (SAF) at MDHS:

### Clubs & Committees:

- To provide start up operational funds for clubs and committees;
- To defray costs of organizing or participating in special events (such as student conferences, competitions, celebrations) related to the club or committee; and
- To support special initiatives that clubs have requested funding for via a written proposal.

### Teams:

- To pay the cost of one tournament per team (students on teams are required to pay the SAF);
- To provide awards/trophies for athletic excellence and sportsmanship at the annual Athletic Banquet;
- To provide funding support for teams that qualify for OFSAA.

### Student Council – Whole School Activities/School Climate Support:

- Grade 9 Welcome Day
- Spirit Week Activities
- Monthly Spirit Theme Days
- Clubs Day
- Conferences
- Prizes/Awards for Bravo Breakfast
- Hallowe'en Activities
- Fall Dance, Semi-Formal and Prom
- Valentine's Day Activities
- May Day Event
- Guest Speakers for Assemblies
- Purchasing items for the Student Body

### Other:

- The Music, Drama, Visual Arts and Classics programs have co-curricular clubs and activities which receive funding from SAC through the SAF.

Please note that even if you choose not to pay the \$45 Student Activity Fee it means that your child will pay higher entrance fees for tickets to school events.

Thank you for your support. We hope that all of our students and their families enjoy a safe and happy summer. We look forward to seeing you in September!



# MARKHAM DISTRICT HIGH SCHOOL

89 Church Street

Markham, ON L3P 2M3

Tel: 905.294.1886

Fax: 905.294.8141

October 29, 2019

Dear Families of Markham District High School,

It is important to us that we provide a caring, safe and inclusive environment in our school that supports the academic achievement and well-being of all students. To support this environment, the Ontario Ministry of Education has revised the provincial Code of Conduct (Policy/Program Memorandum No. 128) to include a restriction on the use of personal mobile devices during instructional time as of **November 4, 2019.**

The revision states that the use of personal mobile devices (i.e. cell phones) during instructional time is not permitted unless under the following circumstances:

- for educational purposes, as directed by an educator;
- for health and medical purposes;
- to support special education needs and/or English-Language Learners.

We recognize that learning can be enhanced by technology and we have created opportunities in our classrooms to leverage digital tools to enhance teaching, learning and communication. Each school has its own guidelines about mobile devices. The following guideline can be found on page 15 of the [MDHS Student Information Package 2019 – 2020](#).

**Cell phones and other Personal Communication Devices:** These must be turned off and kept out of sight during all instructional time, except with the clear permission of the classroom teacher. Please see "Use of Non-Board Electronic Devices - [MDHS Personal Electronic Device Policy](#)."

As shared in the [Guide to the School Year 2019-20](#), it has always been our policy that cell phones and other personal communication devices must be turned off and kept out of sight during all instructional periods, except with the clear permission of the principal or the classroom teacher. Additionally, camera and/or video functions on mobile devices are not permitted for use on school property without clear permission from the principal or teacher. At no time may mobile devices be used in washrooms or change-rooms.

Infractions will be dealt with as student discipline, under [Caring and Safe Schools Policy](#) and its related procedures. Check with the school's main office to find out if students may bring mobile devices into the classroom, use them in school, or if they must leave these items in their backpacks/lockers. Students are responsible for the care and security of their personal devices. The school is not responsible for any damage, loss or theft.

For more information on why the Ontario Ministry of Education is making this revision, please see their [Cellphones and Other Personal Mobile Devices in Schools: Questions and Answers guide](#).

Thank you for helping us create a safe, respectful and inclusive school community. If you have any questions, please do not hesitate to contact the school's administration.

Sincerely,

A handwritten signature in blue ink, appearing to read "B. Schouten".

Mr. Brian Schouten  
Principal





*Curriculum & Instructional Services invites the parents of elementary and secondary students:*

## York Region Labour Market Information Night

ALL YRDSB parents are invited to please join the York Region District School Board's Pathways team and the Workforce Planning Board of York Region on **November 7, 2019** for dinner and an evening of learning about the labour market in our communities. Hear from **industry professionals** about current and future career opportunities, employment trends and in demand **skills**.

Attendees will have the opportunity to hear from **Joe Musicco**, a professor from Sheridan College in the Pilon School of Business, who will address the **skills and attitudes** necessary for future success. Guests will then have the opportunity to attend a variety of smaller, more intimate **industry specific** workshops featuring a panel of professionals from a variety of key employment sectors, post secondary education programs and training organizations supporting these fields.



Topics for breakout sessions include,

- Agro-business
- Entrepreneurship and Skilled Trades
- Information and Technology
- Manufacturing
- Motive Power and Logistics
- Deep dive into the York Region Labour Market

### Event Details

Date: **November 7, 2019**, Location: **Sheraton Parkway North**, 600 Highway 7, Richmond Hill, Registration at 5:30 - 6:30 pm, Dinner: 6:00 p.m. - 7:00 p.m., Opening and Keynote: 7:00 p.m.

All are welcome to join us for this **FREE** event which is the first of its kind for the York Region District School Board. **Space is limited**

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### Registration Information

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Register online via [bit.ly/YRlabourinfo](https://www.eventbrite.ca/e/york-region-labour-market-information-night-registration-74982963061) or at Eventbrite:

<https://www.eventbrite.ca/e/york-region-labour-market-information-night-registration-74982963061>

A limited number of childcare spaces are available. This complimentary service is available for children ages 6 - 11. Signup for can be done when you register for this event..

# TALKING WITH TEENS ABOUT VAPING

## TIP SHEET



Get More Information: [Canada.ca/vaping-info](https://Canada.ca/vaping-info)

## BEFORE THE TALK: GET THE FACTS

### Vaping is not harmless

- › Vaping can increase your exposure to harmful chemicals.
- › Vaping can lead to nicotine addiction.
- › The long-term consequences of vaping are unknown.
- › It's rare, but defective vaping products (especially batteries) may catch fire or explode leading to burns and injuries.

### Risk of nicotine

Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it can alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Children and youth may become dependent on nicotine more rapidly than adults.

Although not all vaping products contain nicotine, the majority of them do, and the level of nicotine can vary widely. Some vaping liquids have low levels, but many have levels of nicotine similar or higher than in a typical cigarette. Quitting vaping can be challenging once a teen has developed an addiction to nicotine. Nicotine withdrawal symptoms can be unpleasant. Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.

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*Vaping nicotine can alter teen brain development.*

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### Vaping versus smoking

For people who smoke, completely replacing cigarette smoking with vaping will reduce their exposure to harmful chemicals. However, it is not safe for youth to use any nicotine products, including cigarettes and vaping products.

### Vaping liquids

The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine. The long-term safety of inhaling these substances in vaping products is unknown and continues to be assessed. There is no burning during vaping, instead, the liquid is heated. This process can cause reactions and create new chemicals, such as formaldehyde. Some contaminants, such as metals, might also get into the vaping products and then into the aerosol.

### Did you know?

- › Data from a recent Health Canada survey showed that 23% of students in grades 7–12 have tried an electronic cigarette.
- › Vaping devices may also be used for other substances like cannabis.
- › Vaping products can be difficult to recognize:
  - Devices come in a variety of shapes and sizes, and some resemble a USB flash drive;
  - Liquids can have high levels of nicotine and come in a variety of flavours;
  - Vaping may not leave a lingering identifiable smell; and,
  - Add-ons like vinyl "skins" or wraps can also render these items harder for parents and teachers to recognize.
- › Vaping products have many names, such as: e-cigarettes, vape pens, vapes, mods, tanks, and e-hookahs. They may also be known by various brand names.
- › The Tobacco and Vaping Products Act prohibits vaping products to be sold or given to anyone under the age of 18. Be aware of the laws in your province or territory, as some have increased the age to 19.

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Health  
Canada

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Canada

Canada





## DO YOU NEED A COMPUTER

Renewed Computer Technology (RCT) is a not-for-profit, charitable organization that empowers learners, educators and not-for-profit organizations with access to affordable, renewed computers to help meet education and career goals. Working with **Markham District High School** we are offering the following packages.

You can apply for this program if you are:

A resident of Ontario and you are an individual with limited income.

Parents or legal guardians may apply on behalf of a child or youth under the age of 18.

We offer 1 computer, per family, with a limit of 2 per household every one year.

Apply online @ [www.rcto.ca](http://www.rcto.ca)  
using group code: L3P2M3-C9F  
**Before November 7, 2019**

All systems include our  
**STANDARD 2-YEAR  
DEPOT WARRANTY**  
batteries not covered by warranty.

### Desktop Package \$60.00 plus shipping \$11.00 = \$71.00



**You get** - a desktop complete with Windows 10 and MS Office - Word, Excel, PowerPoint, Outlook and OneNote plus learning software  
Others: Monitor, Keyboard and Mouse

\*Computers may not appear exactly as shown

### Laptop Package \$150.00 plus shipping \$11.00 = \$161.00



**You get** - a laptop complete with Windows 10 and MS Office - Word, Excel, PowerPoint, Outlook and OneNote plus learning software



For more information, please contact:  
Main Office  
Markham District High School  
P: (905) 294-1886

Visit Us Online @ [www.RCTO.ca](http://www.RCTO.ca)



@RCTontario



## APPLICATION CHECK-LIST

**Application & Payment Deadline:** November 7, 2019 | **Group ID Code:** L3P2M3-C9F

**Group Name:** Markham District High School

Fill out an online application and provide payment before **November 7, 2019** at [www.rcto.ca/outreach](http://www.rcto.ca/outreach)  
In order to successfully complete your online application, please include the following:  
The Group ID Code: **L3P2M3-C9F** | **Markham District High School** is the group name  
AND select **Mississauga** as your centre

**Proof of Financial Status** - Applicants must qualify as an individual with limited income under the limited income cut-off standards listed below. Families receiving social assistance are advised to check with their OW case worker. Parents or legal guardians may apply on behalf of a child or youth under the age of 18.

Family size	Annual income*
2 people	\$30,286
3 people	\$37,234
4 people	\$45,206
5 people	\$51,272
6 people	\$57,286
7 people or more	\$64,381

**Please note** - York Region District School Board is not responsible for, repair, replacement or ongoing maintenance of the refurbished equipment provided by RCT through this program; verification of valid licenses installed on refurbished equipment provided by RCT through this program; loss of data or damage to devices

**Payment:** \$60.00 for a desktop and \$150.00 for a laptop - plus \$11.00 shipping.  
- Debit/Credit Card, Certified Cheque, Western Union Cheque, Bank Draft, or Money Order  
- NO CASH. Thank you!

**Cheques should be made to:** Renewed Computer Technology - Applicant name must be added in the memo field. When you come to pick-up your computer, please bring a government photo ID.



For more information, please contact:  
Main Office  
Markham District High School  
P: (905) 294-1886

Visit Us Online @ [www.RCTO.ca](http://www.RCTO.ca)



@RCTontario



Kerry's Place Autism Services & Community Living York South  
Present the following workshop:

## Anxiety, Stress & Emotional Regulation

This workshop has been developed to help participants understand what emotional regulation is, and recognize the difference between stress and anxiety. Participants will learn preventative and effective support strategies.

This workshop is being offered in English, Cantonese and Mandarin.

Date: Thursday November 14, 2019  
Time: 10:00 am – 1:00 pm

Location: Richmond Hill Welcome Centre 9325 Yonge St., unit #31a

If registering for the English Session, please visit <https://www.kerrysplace.org/calendar/>  
Or call 905-713-6808 ext. 350

If registering for the Cantonese or Mandarin Session, please contact Enoch Wong at:  
[enochwong@communitylivingyorksouth.ca](mailto:enochwong@communitylivingyorksouth.ca)  
Or call 905-294-4971 or 1-877-737-3475 ext. 267



COMMUNITY LIVING  
York South  
Inspiring Possibilities



To register, please visit  
[www.kerrysplace.org/calendar](http://www.kerrysplace.org/calendar)



### Care for the Caregiver Family Support Circle

Emotional support for caregivers of adults with a developmental disability from other caregivers who understand.

Join other family caregivers who are caring for an adult with a developmental disability for an opportunity to share your story and connect with others going through the same experiences in a safe and non-judgmental space.

This Family Support Circle offers encouragement for you to:

- share your experience.
- increase your capacity for resiliency.
- learn to manage your stress.
- build a more meaningful life.

#### Dates, Time and Location

Last Monday of each month, starting September 30, 2019.  
7:00 p.m. to 8:30 p.m.  
Georgina Community Living Day Program  
131 Queensway S., Keswick

Connect with us!



#### To register:

Please register one week prior to each session as spots are limited.

Call: 905-898-6455  
or toll free  
1-866-257-9776

Sherry Summers  
Family Peer Mentor  
ext. 2213  
[ssummers@yssh.ca](mailto:ssummers@yssh.ca)

Register online  
[yssh.ca/Events](http://yssh.ca/Events)

You are welcome to bring your lunch or snacks during the sessions.

About us  
York Support Services Network offers a range of developmental services and mental health programs throughout York Region and South Simcoe.  
[yssh.ca](http://yssh.ca)



### Care for the Caregiver Family Support Circle

Emotional support for caregivers of adults with a developmental disability from other caregivers who understand.

Join other family caregivers who are caring for an adult with a developmental disability for an opportunity to share your story and connect with others going through the same experiences in a safe and non-judgmental space.

This Family Support Circle offers encouragement for you to:

- share your experience.
- increase your capacity for resiliency.
- learn to manage your stress.
- build a more meaningful life.

#### Dates, Time and Location

Every third Wednesday of the month, starting September 18, 2019.  
11:30 a.m. to 1:00 p.m.  
Unionville Public Library  
15 Library Lane, Markham

Connect with us!



#### To register:

Please register one week prior to each session as spots are limited.

Call: 905-898-6455  
or toll free  
1-866-257-9776

Cindy Hartman  
Family Peer Mentor  
ext. 2349  
[chartman@yssh.ca](mailto:chartman@yssh.ca)

Sherry Summers  
Family Peer Mentor  
ext. 2213  
[ssummers@yssh.ca](mailto:ssummers@yssh.ca)

You are welcome to bring your lunch or snacks during the sessions.

About us  
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[yssh.ca](http://yssh.ca)



## Caregiver Workshop: Staying Strong, Connected and Resilient

As a parent or caregiver of an adult with a developmental disability, it can be hard to deal with so many uncertainties and responsibilities and still remain strong, connected and resilient. Just like learning how to ride a bike, learning how to bounce back from difficult situations, requires hope, support and lots of practice.

This workshop features guest speaker, Susan Beayni, a parent, advocate, and facilitator for individuals and families who support loved ones with a developmental disability. She will provide you with tips on how to:

- nurture your resilience as a way of life to help you respond calmly in difficult moments,
- create a peaceful state of mind through exercise, and
- find resources to nurture your resilience.

As someone with lived experience, Susan's passion is to assist families in finding ways to remain resilient along their incredible journey. Her 37-year-old daughter, Rebecca, is an active communicator (despite the fact that she cannot speak), a recognized dancer, painter and an inspiring presenter.

#### About us

York Support Services Network offers a range of developmental services and mental health programs throughout York Region and South Simcoe.

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



#### Details

Date: November 14, 2019

Time: 10:00 a.m. to 12:00 p.m.

Location: York Support Services Network, 240 Edward St., Unit 3, Aurora

#### Who should attend?

Parents or caregivers of an adult with a developmental disability

To register or for more information:

Cindy Hartman  
Family Peer Mentor  
905-898-6455 ext. 2349  
[chartman@yssh.ca](mailto:chartman@yssh.ca)

Sherry Summers  
Family Peer Mentor  
905-898-6455 ext. 2213  
[ssummers@yssh.ca](mailto:ssummers@yssh.ca)

To register online, visit  
[yssh.ca/Events](http://yssh.ca/Events)



## Family Caregiver Holiday Workshops

### Get inspired and creative!

Join other family caregivers for the opportunity to connect with others in a fun, creative and relaxing environment to kick-off the holiday season.

November 27, 2019

#### Holiday Appetizer Workshop 12:00 p.m. to 2:00 p.m.

Get inspired and learn how to create easy and mouth-watering appetizers for your holiday gatherings. Chef Pat will show you how to add style to your holiday spread with a variety of appetizers that are delicious and yet simple to prepare in advance.

December 3, 2019

#### Holiday Floral Arrangement Workshop 1:00 p.m. to 3:00 p.m.

Get creative with Floral Designer Vicky who will show you how to make a festive and beautiful floral centerpiece. Learn some foolproof ways to make your own floral masterpiece that is uniquely your own.

#### About us

York Support Services Network offers a range of developmental services and mental health programs throughout York Region and South Simcoe.

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



#### Details

##### Location

Holiday workshops will take place at Longo's Aurora  
650 Wellington St. East.

##### Who can attend?

Parent or caregiver of an adult with a developmental disability.

##### Cost

These workshops are FREE!

##### To register

Visit [yssh.ca/Events](http://yssh.ca/Events) to register online.

##### For more information:

Sherry Summers  
Family Peer Mentor  
905-898-6455 x2213  
[ssummers@yssh.ca](mailto:ssummers@yssh.ca)





# PARENT BULLETIN

Tel: (905)-294-1886  
Email: [markham.dhs@yrdsb.ca](mailto:markham.dhs@yrdsb.ca)  
Website:  
<http://www.markhamdistrict.hs.yrdsb.ca>

## NO IDLING in the Parking lot

This year we will be instituting a new campaign to help our suffering environment and the respiratory health of the MDHS community. While you are in the parking lot dropping off your child or picking them up, **please turn off your car engine** while you wait. Idling tailpipes spew out the same pollutants as moving cars. These pollutants have been linked to serious human illnesses including asthma, heart disease, chronic bronchitis, and cancer. Turning your engine off will prevent pounds of carbon dioxide from being released, which is primary contributor to global warming. Please be respectful of this campaign and turn off your engine.

### Markham District High School School Council Student Health and Wellness Safety Initiative

Ticket #:	
Date of Reminder:	
Time of Reminder:	

## REMINDER

The driver of this vehicle is reminded to use the designated PUDO (Pick-Up and Drop-Off) in the west parking lot area. Please use the marked loop that goes around the parking area. After dropping off your student, exit by following the loop to the exit on Church Street. Please continue to use the PUDO to keep the parking area as safe as possible both in the morning and afternoon for our school community.



#### No stopping on the north side of Church Street.

Do not stop in a "No Stopping" zone for any reason. "No Stopping" zones are designated in areas where a stopped vehicle could obstruct the visibility of other drivers and pedestrians and increase the likelihood of a traffic collision.



#### No parking on the south side of Church Street:

Do not park in a "No Parking" zone. Stopping briefly to drop off or pick up a passenger is allowed in a "No Parking" zone. Waiting in a vehicle or leaving your vehicle unattended is not allowed. When a driver parks in a "No Parking" zone, they can contribute to traffic congestion, and the possibility of a traffic collision. They may also be obstructing the visibility of other drivers, and pedestrians.



#### No parking on Russell Stover Blvd.

Where a sign has been erected indicating parking is prohibited, no person shall park a motor vehicle on a highway at those places designated in Schedule "C" - Prohibited Parking to this By-law for a period in excess of the period therein specified.



#### No U-turns.

Do not make "U-turns", back up or make 3-point turns in a school zone. This includes driving into residential or other driveways and then backing out, to change direction.

There are hundreds of vehicles arriving to drop off or pick up students at MDHS. To establish a safer traffic environment around our school community, drivers are encouraged to consider leaving their car at home or parked safely one or two blocks away, or walking or cycling to school.

THE REAL PENALTY FOR NOT OBEYING TRAFFIC REGULATIONS IS THAT YOU MAY JEOPARDIZE THE SAFETY OF CHILDREN AND OTHER ROAD USERS.

### We encourage walking to school.

- Buddy up. Find walking buddies, such as a sibling or neighbour, and decide on a walking route to school.
- Watch for crosswalks, stop signs, landmarks, traffic safety hazards and family friends' homes, in case of emergency.
- Put away the electronics and be alert, especially when crossing the street.

Don't let weather get in the way. Walking is great in any kind of weather!

### Ride your bike to school.

- Gear check. Go through regular maintenance and repairs of your bike. Make sure your helmet fits properly and you know what to do in case of a flat tire.
- Plan a biking route to school. Enforce traffic safety rules and potential dangers.

MDHS has bike racks located near the football field. Remember to lock up.

### If you take public transit:

York Region Transportation (YRT) has busing options, including School Specials, to MDHS. Go to [YRT.ca](http://YRT.ca) > Schedules and Maps > School Services > and locate bus schedules for Markham District High School in the High School listings.

### If you drive to school:

Try to form a carpool to reduce the number of cars in school zones. Pedestrian safety begins with drivers.

### Be cautious and remember:

- Comply with the speed limit in school zones.
- When you see a stopped school bus with flashing red lights, you must stop, regardless of the direction you're travelling. Don't move until the red lights stop flashing and the bus begins to move, or risk a fine and demerit points.
- Do not double park or stop on crosswalks; this can block pedestrians' visibility.
- Do not stop on the opposite side of the street, requiring children to cross through traffic.
- Do not stop in moving traffic, requiring children to rush out.
- Do not drive alongside or block a school bus to keep children from missing it—this is dangerous.