



GUIDANCE BULLETIN

VOLUME

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CONTACT US

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Please visit our Guidance website for updates:

<http://www.yrdsb.ca/schools/markhamdistrict.hs/guidance/Pages/default.aspx>

We also have a Guidance Google Site: <https://sites.google.com/gapps.yrdsb.ca/mdhsguidance/home> (must be in your student's gapps account to access the Guidance Google Site)

APPOINTMENTS

Students can make appointments online using Teach Assist.

- Have your child log in to their Teach Assist account
- Under the sub-heading "Appointment Bookings"
- Click on the day and time the student wants to have their appointment (if the appointment slot is highlighted in blue). If there are no appointments displayed, then you will have to select another day, as all counsellors have been booked for that day.
- You will see shaded in blue "All open appointments". Choose the appropriate alpha Guidance counsellor (based on your child's last name) from the list on the left.
- If the student needs to cancel their appointment for any reason, click "cancel". If your child has any trouble making their online appointment, please let us know.

Please note: If guardians/parents wish to make an appointment with their student's guidance counsellor, please feel free to give us a call at 905-294-1886 ext. 515.

Ms. G. McGill	gabrielle.mcgill@yrdsb.ca	A—Hi	Ext 516
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Guidance Assistant:

Ms. S. Vlachopoulos susan.vlachopoulos@yrdsb.ca Ext 515

Guidance office hours: Monday - Friday 7:45am - 3:45pm
Phone# (905) 294-1886 plus extension provided above.

2023-2024 COURSE SELECTION — COURSE CHECKS

The form to check your course selections will be sent via student gapp email accounts early next week, please look out for further communication regarding this process as the turn-around deadline will be quick.

PARENT/GUARDIAN INTERVIEWS

Parent/Guardian Interviews will be held on **Thursday, March 30**. If you would like to book an appointment with your alpha counsellor, please contact them directly.

Important Upcoming Dates!

March 30	Parent/Guardian Interview Evening
April 6	Passover/Pesach
April 7	Good Friday (School Closed)
April 10	Easter Monday (School Closed)
April 14	Holy Friday
April 14	Vaisakhi





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Guidance Information

AGE OF CONSENT FORM

When a child turns 18, they are legally considered an adult. With this change, ALL communication from the school, regarding your child will cease, AUTOMATICALLY, unless your child has completed, signed, and returned the Age of Consent Form. **This form can be obtained from the Attendance Office.**

Failure to do so will mean that you will not receive **ANY** information from the school anymore including, but not limited to: information about your child's attendance and achievement, information about school closures, changes to the timetable or schedule, any information about Graduation (including the date and web address).

It is imperative that if your child has turned 18 or will turn 18 before the end of this school year, they need to complete the Age of Consent Form. Teachers, Administration, and the school as a whole are unable to share any information with you if this has not been completed. The completed form is to be returned to the **Main Office.**

INTERSESSION DUAL CREDITS

- Registration for the Spring/Intercession Dual Credits is now open.
- These courses run from the last week of April until the first week of June (7 weeks) but students have class TWICE a week.
- Limited space available.

The Spring Flyer can be found here: <http://www.yrdsb.cc/dualcreditflyer>

Registration is here: www.yrdsb.cc/dualcreditapp

Please speak with your alpha guidance counselor to see discuss eligibility for these courses and how it may impact your timetable.



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Specialist High Skills Major (SHSM)

University of Guelph: Monday, April 24, 2023

There is space for SHSM students in the Health & Wellness, Non-Profit and Horticulture and Landscaping sectors.

Tentative Timeline for the Day:

7:00 am sharp – Depart Markham District High School

9:00 am approximately - Arrive at University of Guelph campus

Workshop 1

Lunch on campus (students to purchase or bring lunch if desired)

Workshop 2

2:00 pm– Depart

3:30 pm approximately – return to MDHS

Workshops (subject to change depending on the university):

Ice Cream Basics

This activity will cover the basic concepts of ice cream making-- from understanding the importance of the ingredients in the ice cream mix, to uncovering the reason behind the type of freezer used. Students will get the opportunity to use a semi-electric ice cream maker to freeze ice cream.

Plant DNA Extraction Lab

Introduction to plant genetics with the [Department of Plant Agriculture](#). Students will extract DNA from plant tissue accompanied by an informative lecture on applications in plant research and breeding.

[SHSM Application for September 2023](#)

Grade 10 students interested in registering for SHSM for next year as well as grade 11 students who have taken coop this year or who plan to take coop next year are welcome to sign up for SHSM.

***Please note, if you are already in SHSM, you do NOT have to reregister.

Feel free to speak to Mr. Weinstein for additional information.

Students are encouraged to complete their SHSM applications for next year and they may have an opportunity to participate in activities scheduled for this year.

Complete the application from this link: bit.ly/YRDSBShSMapp





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Helping Tamil girls develop strategies to support emotional health

Many of our students experience emotional ups and downs throughout the time you entrust us to educate them and support their development. Research indicates that students with solid self-awareness and good coping skills do better academically and socially during their school years and beyond. Our Social Worker for the Tamil Diaspora is working with TRAILS (Transforming Research into Action to Improve the Lives of Students) to support our students' social, emotional, and behavioural health. She will be offering a skills group that will focus on strategies to support emotional health and enable healthy sleep, good social relationships, and optimal academic achievement. The group will meet every Monday for sessions starting April 17 to June 12, 2023 from 2:15 -3:15 pm.

As with all of our communication with students, Social Workers are required to respect students' privacy and will disclose personal information about a student only in situations in which the safety of the student is at risk, and then only to appropriate individuals, such as the student's parents/guardians or an outside agency, to the extent necessary to maintain safety.



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What is Trails to Wellness?

Trails to wellness is a **skills-based** group designed to teach students effective coping skills and strategies to support emotional health and enable healthy sleep, positive social relationships, and optimal academic achievement.



Visit

<https://trailstowellness.org/>
for more details

Why join?

This group will teach you to:

- Understand the connection between your thoughts, feelings, and behaviours
- Use relaxation and mindfulness skills to manage symptoms
- Recognize automatic negative thoughts and how to create more helpful and accurate thoughts
- Use exposure practices to face your fears, help you manage anxious thoughts/feelings and overcome avoidance
- Use cognitive coping and understand how stress/worry symptoms can be experienced in your body
- Practice the skills learned in a supportive environment

Group Details

When:

Every **Monday 2:45-3:45 pm**
from **April 17 - June 12, 2023**
(no group on May 22, 2023)

Facilitated by Social Worker
for the Tamil Diaspora:
Nijatha Subramaniam.

To Sign Up:

Speak to your Guidance
Counsellor, Vice Principal, or
Principal.