

InspireLearning!



Markville Secondary School E-Bulletin



1000 Carlton Road
Markham, Ontario
L3P 7P5
Principal: Patricia Obadia

Tel: (905) 940-8840
Fax: (905) 940-8895
Email: markville.ss@yrdsb.ca
Website: <http://markville.ss.yrdsb.ca>



For translation of this bulletin, open hyperlink and copy & paste this document <http://translate.google.ca/>

对于此公告，公开超链接的翻译和复制粘贴此文件 <http://translate.google.ca/>

對於此公告，公開超链接的翻譯和複製粘貼此文件 <http://translate.google.ca/>

[Friday, May 01, 2020](#)

PRINCIPAL'S MESSAGE

Dear Families,

I hope you are all well and continue to stay safe. Markville continues to be a busy “place”, with students and teachers working through curriculum, always caring for the well-being of our students. While our learning environment has shifted to this more distant one, I assure you the distance is only physical. Our staff continues to find new tools and ways of teaching in order to support the needs of all our students. You will find that your children are engaging in activities which require them to work on tasks assigned by their teachers and submit them through a number of platforms, while other times they have the opportunity to engage with their teachers “live”. Teachers have scheduled “office hours” when students can connect with them and ask questions or request feedback. I encourage you to connect with teachers and/or with our administration team via email if you have any questions. I know these are trying times for everyone, but I know that together we will be able to support our students. We appreciate your partnership, as always.

Patricia Obadia



DEPARTMENT SPOTLIGHT

ATTENTION STUDENT LEADERS!

Every year, Markville S.S. has dozens of activities planned to engage students and the community. These events are made possible by our committed student leadership groups - collectively known as SMACT!

Specifically, these three councils are the Student Activities Council (SAC), the Markville Athletic Council (MAC), and the Transition Activities Council (TAC).

Each of our student leadership councils are looking for **responsible, dynamic, organized, friendly, passionate, eloquent, and articulate** students to take charge and run activities next year. **Any student** who possesses the aforementioned traits and plans to attend Markville S.S. next year is invited to apply to one of the councils.

Applications for the 2020-2021 school year must be submitted in full, no later than **Monday, May 11th at 3pm** and are available using the following link: <https://bit.ly/MarkvilleCouncil2020>

The application process involves two initial steps:

1. Students must complete an application form
2. **Two** teacher references must be filled out

Applicants need to **plan ahead** to ensure they give teachers enough notice to complete the reference form **prior to the May 11th deadline**.

Take responsibility and accountability for the events that will happen at Markville next year and apply to become a SMACT leader!



IMPORTANT ANNOUNCEMENT(S)

The Mission of the York Region District School Board is 'To advance student achievement and well-being through public education, which motivates learners, fosters inclusion, inspires innovation, and builds community.'

In order to support the Board's mission, Markville Secondary School envisions a community of future-oriented, self-disciplined, life-long learners who are dedicated to the pursuit of excellence. We are committed to providing a safe, caring, and positive environment that fosters communication and mutual respect. Our focus is on fostering the development of personal and ethical values in conjunction with the creative, social, academic, and technological skills needed to be successful in our ever-changing and competitive world.

FULL DISCLOSURE GRADES 11 AND 12

A [letter to families](#) was sent out this week detailing the full disclosure process for Grades 11 and 12. The Ministry of Education has declared that midterm marks will not be issued this semester. For students in Grade 11 and 12 classes, there is a process now in place for full disclosure. Students will be advised by May 1st, 2020 what their current mark is. They will have until May 8th, 2020 to decide whether to remain in the class or to drop the class. Classes that are dropped before May 8th will not be

included in a student's transcript; classes dropped after May 8th will be indicated as a withdrawal on their transcript and their mark at the point of withdrawal will be included as a percentage and count towards their overall average.

- Marks earned up until March 13th will remain the same, or increase based on assessments given after April 6th
- There will be no final examinations this semester
- Students in a Civics / Careers class that began April 14th will be required to remain engaged in activities and assessments in order to attain the credit for that course
- Attainment of knowledge will be the focus of the next half of this semester. Core concepts and skills that are essential for success in future classes or post-secondary will be assessed

UNIVERSITY OF TORONTO WEBINAR

University can seem overwhelming, but it doesn't have to be. The University of Toronto is providing a virtual opportunity to support students in preparing for their next steps if they are considering a post-secondary education.

The University of Toronto Mississauga will be hosting a [Mapping Your Education: An Evening for Grades 9-11s](#), a special event for high school students in Grades 9-11, their parents, and anyone considering post-secondary education. Please see the date and registration links provided below. A detailed breakdown of the event, which includes the application process, high school considerations and budgeting, can be viewed [here](#).

Mapping Your Education

Wednesday, May 6th, 2020

7:00pm – 9:00pm

This event will be hosted virtually

[Student Registration](#)

TIPS FOR FAMILIES TO SUPPORT ONLINE LEARNING

A reminder that YRDSB has set up [pages](#) on their website with many resources that can help families during the COVID-19 pandemic. Please visit these pages often as there are continual updates and additions. YRDSB and Markville SS remain committed to supporting our students in any way we are able. Here are some tips to support online learning:

- Establish and Maintain Routines
- Start Each Day with a Learning Check-In
- Monitor Communications from your Child's Teacher(s)
- Find a Physical Space for Learning
- Encourage Physical Activity and/or Exercise
- Remain Mindful of How your Child is Feeling
- Support Digital Citizenship

GOOD NEWS UPDATES

Markville SS would like to share two good news updates this week among the many wonderful acts of kindness that have been occurring recently. First, YRDSB announced the donation of masks, gloves, goggles, and other PPE (Personal Protective Equipment) to three local hospitals. Over 158,000 pieces of PPE was donated to Markham-Stouffville Hospital, Mackenzie Health, and Southlake Regional

Health Centre. The Science department at Markville SS helped with this effort by donating PPE. An article appeared on Newmarkettoday.ca on April 22nd.

Markville Grads were also featured in the news recently bringing cheer to a friend who has been affected by COVID-19. With the help of some friends, family, and the Toronto Maple Leafs, they were able to put together a heartwarming video to show their love and hope for a speedy recovery. Global News featured the story during the [Hometown Heroes](#) segment on April 28th.

MENTAL HEALTH WEEK MAY 4th – 10th

Next week we celebrate Mental Health Week. This year in particular we need to pay attention to our own mental health, and the mental health of those around us. A kind word or gesture can go a long way in turning someone's day around. It all starts at the individual level. Have you looked after yourself today, said a kind word to yourself recently, allowed yourself to just be you? Markville SS staff will be sharing mental health selfies this week through [Twitter @Markville_YRDSB](#) to say we care about and miss our students.



[COVID-19 MENTAL HEALTH RESOURCES FOR STUDENTS AND FAMILIES](#)

YRDSB has put together a page on their website dedicated to resources to support the mental health of students and their families. If you have concerns about the mental health of your child(ren) or yourself, please do not hesitate to reach out for help.

HELPFUL RESOURCES

[KIDS HELP PHONE](#)



Text

Get support right now through our texting service

[LEARN MORE →](#)



Phone

Call us for support through our phone service

[LEARN MORE →](#)



Resources Around Me

Find a youth program near you

[GO NOW →](#)

[YORK SUPPORT SERVICES NETWORK](#)

York Support Services Network offers the Community Crisis Response Service for people living in York Region or South Simcoe who are having a mental health crisis, and their family or friends.

By calling their toll-free number 1-855-310-2673 (COPE) available 24 hours, 7 days a week, you can speak with a crisis worker anytime you need to. You can also text 1-855-310-2673, or [live chat](#) online from 7am – midnight every day.

[COVID 19 GOVERNMENT OF CANADA RESOURCES](#)



Treasury Board of Canada
Secrétariat

Secrétariat du Conseil du Trésor
du Canada

Canada

Centre of Expertise on
MENTAL HEALTH
in the Workplace



Également disponible en français

COVID-19 and Mental Health @ Work

Mental Health Tips for Working from Home

Maintain social connection for mental health... from a distance.

Meaningful social connections help protect our mental health. But how do you maintain social connection at a time when public health authorities call for “social distancing” to stop the spread of illness? This fact sheet offers tips to help address isolation and loneliness some employees may experience while working from home.

Set a schedule

We are creatures of habit. Routine helps us physically and mentally prepare for our day. When working from home:

- ◆ **Get ready for work.** Shower. Get dressed. Eat breakfast. Keep the same routine as when heading into the office.
- ◆ **“Commute” to work.** If possible, have a dedicated workspace that minimizes distractions and helps reduce the blurring of lines between your work and home life.
- ◆ **Schedule your time.** Set regular working hours, including breaks and self-care practices between different tasks. Check-in regularly with your manager and colleagues.
- ◆ **Respect your limits.** Resist the temptation to keep working beyond your established work hours. Know, respect and share your limits with those around you to avoid burnout.

Stay connected

Physically distancing ourselves can make us feel disconnected. To help maintain social connection:

- ◆ **Call / text a “work buddy.”** Pair up with a peer to whom you can relate, sharing successes and challenges.
- ◆ **Take a virtual coffee break.** Skype, FaceTime, etc., hearing friendly voices and maintaining social connection.
- ◆ **“Meet” by the water cooler.** Set up a channel on a social networks for impromptu, informal workplace conversations.
- ◆ **Help colleagues with disabilities.** Offer assistance such as taking notes during virtual meetings or writing a descriptive text to relay information on images.

Make time for self-care

Practising self-care isn’t selfish. It is essential to maintaining positive mental health. Back to basics works best:

- ◆ **Get sufficient sleep.** Aim for 7.5 to 9 hours of sleep. Maintain proper sleep hygiene for the rest you need.
- ◆ **Eat healthily.** Ensure proper, balanced nutrition throughout your work day. Stay hydrated.
- ◆ **Exercise regularly.** Your gym may be closed, but the outdoors are not. Get outside for a daily 20-30 minute walk.

Learn more

Tools and tips. Visit Canada.ca/GCMentalHealth and follow [@CEMHW](#) [CESMMT](#) for resources, services and supports.

In distress?
Contact your Employee
Assistance Program,
or call 9-1-1 if in crisis

MASKS FOR VULNERABLE RESIDENTS

Markham MP, Bob Saroya, has announced a program to provide masks to vulnerable residents of Markham-Unionville. His parliamentary office has connected with many organizations who have donated masks to be distributed to residents. Due to limited quantities, their office will provide each family with 5 masks. Priority will be given to households within Markham-Unionville. Send your request to Bob.SaroyaC2@parl.gc.ca including the following information: Name, Address, Contact Phone Number, and Email.

CANADA EMERGENCY RESPONSE BENEFIT

The Canada Emergency Response Benefit provides \$2000 per month for Canadians who have lost employment, have significantly reduced hours of work, or are unable to work due to COVID-19. Eligibility requirements have changed over the past few weeks, opening up to many more people. Check the link above if you are eligible to receive this benefit. The CERB is taxable income, however, no tax will be taken off at the time the payments are distributed.

CANADA EMERGENCY STUDENT BENEFIT

On Wednesday, the federal government passed the new [Canada Emergency Student Benefit Act](#). Students attending post-secondary, or who have recently graduated from post-secondary, and students who graduate secondary school in 2020, will be eligible for \$1250 per month from May – August. Students must be willing to and looking for work, but unable to find a job due to COVID-19. The federal government has also increased funding to the Canada Student Summer Jobs program, which will provide 100% of funding for 76,000 student jobs this summer. Details on how to apply will be shared once the Act receives Royal Assent.

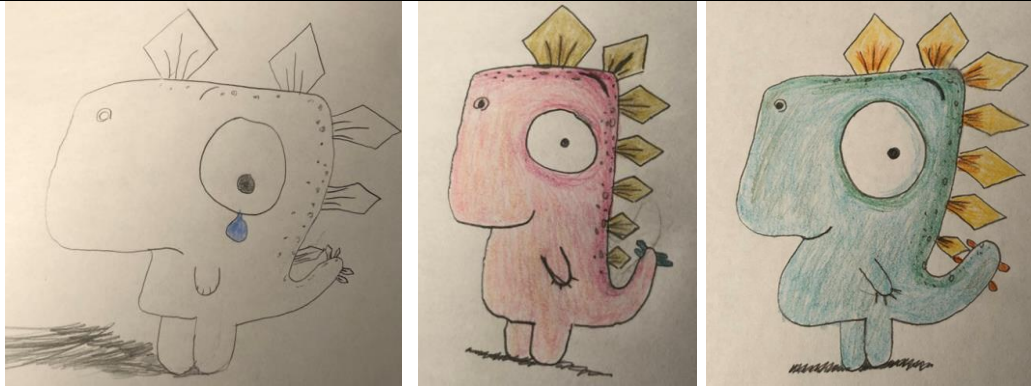
STRESS RELIEF

HYDE PARK BLOOM CAM

One of the joys of Spring is watching all the blooms and blossoms come to life all around us. If you are tired of watching your own trees, try this Hyde Park Bloom Cam, a livestream of the cherry blossoms blooming in Hyde Park, available around the clock. There will also be [virtual tours](#) of the park as the blossoms come into full bloom. Enjoy the sights from the comfort of home this year.

TRY A NEW SKILL

A very talented illustrator has come up with a way to share his skills with families during quarantine. Rob Biddulph has launched a [website](#) and hashtag [#DrawWithRob](#) where he posts a new video every Tuesday and Thursday with step by step instructions on how to draw different characters. One of our staff members who says she regularly loses at Pictionary due to her lack of drawing skills recently tried out the first video – the Gregosaurus with a couple of her family members. Give it a try!



BREAKOUT EDU LIVE

Students who have participated in Breakout activities in Markville Library Learning Commons may like to try a daily challenge from Breakout EDU. Every weekday at 2pm ET, Breakout EDU presents a live game which progresses from easy puzzles to more difficult challenges. Prizes are only awarded to those living in the USA, however anyone who would like to try can participate. [Past episodes](#) are also posted on their website to try.

If you have any questions, please email your child's vice-principal: michael.vlachopoulos@yrdsb.ca for students with surnames A – LIM, or kathy.mcalpine@yrdsb.ca for students with surnames LIN– Z

Please visit our website at <http://markville.ss.yrdsb.ca>