

Parent/Guardian Community E-Bulletin



Markville Secondary School E-Bulletin

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February 24th, 2023

YRDSB Student Trustees

From the [YRDSB Student Trustee site](#): *Student Trustees act as a liaison between the school community and the Board. They are elected by students in York Region District School Board schools. The main objective of the Student Trustee is to give the student population a meaningful voice in Board deliberations and to act as a conduit for the flow of information and ideas between trustees, senior staff and the student body. Student Trustees are seated at the Board table, participate fully in the discussion portion of public Board meetings and provide a report, which is included as part of the official Board minutes. Student Trustees do not vote on matters before the Board for consideration.*

Congratulations to Markville SS student, Meilun Yu who has been chosen by students across the YRDSB to represent them as one of the two YRDSB Student Trustees for the 2023/2024 school year. Congratulations Meilun on this incredible achievement!

Please keep in mind any information provided in this bulletin is subject to change and is accurate at the time of distribution.

DECA Spotlight

MSS DECA:

This school year, Markville's DECA chapter returned with strength in numbers and great success at both the regional and provincial level. After organizing ourselves in mid-September, the competitors began preparations for November's Regional competition held at Richmond Hill High School. Clearly the studying and practicing paid off when over 80 of our 150 students qualified for the provincial competition!

This year's DECA Provincials took place at Toronto's Downtown Sheraton Hotel on February 13th and 14th. As is customary, our chapter did extremely well bringing home more than 70 medals! Mr. McKillop was very impressed with the effort and

achievements of the entire chapter to bring back DECA in a fantastic and proud way to MSS and he would like to thank Mr. Hu for his support and Mr. Whiler for his judging expertise during the provincial completion.

Congratulations are in order for these notable award winners:

Amy Huang (BMOR) – Top 10 overall

**Avan Chan and Michael Chen (EFB)
– Top 10 Overall**

**Angel Ma and Eric Zou (IBP) – Top
10 Overall**



Casper Greyson-Chen (PHT) – Top Score for Written Exam

Pam Liu (PHT) – Top Score for Oral, Top Score for Written

Michael Zou (PHT) – Top Score for Oral (x2), Top 10 Overall

Helena Zhu (PMBS) – Top 10 Overall

Ethan Chung, Charles Li, Katie Lau, Nicole Leung (TTDM) – Top Score for Oral

Emily Hur and Alyssa Zhang – Top Score for Oral, Top 10 Overall

Conan Wang (BLTDM) – Top Score for Written

Kevin Lin (FCE) – Top Score for Written

Ainslie Loveys (BFS) – Top Score for Oral, Top 10 Overall

Tiffany Luong and Alyssa Tsoi (BTDM) – Top Score for Oral

**Inniya Umaibalan, Jessica Ying, Maggy Li, and Doris Lin (BTDM) – Top Score
for Oral, Top 10 Overall**

Sylvia Ji (RMS) – Top Score for Written

Ishaan Dey (SEM) – Top Score for Oral

Sihan Qian (SEM) – Top Score for Oral, Top Score for Written, Top 10 Overall

Michelle Wan (SEM) – Top Score for Written, Top 10 Overall

Jenson Cropley, Adrian Di Paola, and Karen Guo (STDM) – Top Score for Oral

Bonnie Wen (STDM) – Top Score for Oral, Top Score for Written

Sophia Lieu and Eddie Zhao (STDM) - Top 10 Overall

Salim Mohamed and Elise Wong (MTDM) – Top Score for Oral, Top 10 Overall

On top of all of the amazing achievements listed above, Markville's DECA team also qualified the following 6 members for the prestigious International Career Development Conference (ICDC) to be held in Orlando, Florida from April 20th to 26th, 2023.

Andy Chen, Daniel Lin, George Zhu (SEOR) - #1 Overall

Holly Zhang (ACT) – Top Score for Oral, Top Score for Written, #2 Overall

Delin Gu and Juliana Li (MTDM) – Top Score for Oral, Top Score for Written, #1 Overall!

Best of luck to all participants at ICDC in the spring!

Black History Month

[SHINE Podcast](#)

SHINE is a YRDSB podcast that features voices from the Black community. It introduces conversations that inspire and challenge. Guests share their lived experiences, advice, industry expertise and more.

[YRDSB Centre for Black Student Excellence Programs](#)

The YRDSB offers a variety of programs for Black students designed to affirm identity and support student achievement and well-being.

[Celebrating Black Excellence](#)

Celebrating Black Excellence - Black Voices aims to centre and celebrate the Black members of our YRDSB community and share their voices. This Black History Month campaign asks students, staff and community members who identify as Black to consider submitting a short video of themselves.

(*direct link to watch the videos - [Black Excellence Video Series](#).)

[Students - Black History Month Resources](#)

Black History/Heritage Month is recognized every February. The resource list below offers some resources and **events** that may be helpful in learning about Black History both here in Canada, and around the world.

[Anti-Black Racism Resources for Parents](#)

Parents are encouraged to review the linked resources to identify those that are best suited for their use.

[Additional Resources and Events](#)

If you have more resources to share with the community, please forward the title, date, a short summary of the event and link(s) if applicable to nina.saini@yrdsb.ca

Message from Guidance

LAST CHANCE COURSE SELECTION

Hello Parents and Guardians,

We have been able to extend our deadline for students to select their courses for next year until **Monday, February 27th at 3 pm**. At this time, all MyBlueprint planners will lock for all students and they will no longer be able to select courses. Please sit with your child this weekend to ensure that they have selected their courses and **SUBMITTED** them. Guidance is allowing student walk-in appointments on Monday during the day for any last minute urgent questions.

UPCOMING PRESENTATIONS

Guidance will be presenting to **Gr 12 students** on **March 7th** about **How To Accept Your Offer**. This presentation will take place at 3:30pm and will be posted on the Guidance Google Classroom. As well, Guidance will be presenting to **Families** on **March 8th** at 6:30PM about **Funding Post-Secondary** - this presentation is open to all families, but is of particular interest to Grade 11 & 12 families. The link to this presentation can be found on the Guidance Family Night Webinar page Agenda.

Have a great weekend!
Your Guidance Team

School Notices

Girls & ICT

MSS students, parents, and SHSM ICT students are invited to attend this reach ahead opportunity hosted by the MSS Co-op department!



Topics:

- hidden history of women in information, communication & technology sector
- addressing the gender labour market gap
- myths surrounding girls in ICT
- ICT course pathways
- Career panel

This webinar will also include a female ICT industry partner panel along with former/current female ICT Co-op students.

WEBINAR:

Thursday, March 2
at 6:30 pm

Google Meet Link:

<https://meet.google.com/duc-xjpp-yza>

More information :

 Kimberly.vrensen@yrdsb.ca

Upcoming Dates

March 1	SAC Semi Formal (postponed date)
March 7	Gr. 12 How to Accept Your Post Secondary Offers
March 8	Guidance Family Night: Funding Post Secondary Education (6:30 – 7:30pm)
March 13-17	March Break
March 20	School Resumes

March 28	School Council in Library (7-8pm)
March 29	Parent-Teacher Interviews (6:30 - 8:30 pm)



YRDSB Communications



Fostering Your Child's Emotional Resilience 培養孩子的情緒適應力/ 培养孩子的情绪适应力

This session in Cantonese and Mandarin will introduce key strategies of how parents can encourage their child to express their feelings.

這講座將讓大家學習如何有效的鼓勵你的子女表達 他們的情緒

这讲座将学习如何有效的鼓励你的子女表达他们的 情绪

To register for a Cantonese session:

[點擊這裡報名粵語講座](#) or scan the QR code



To register for a Mandarin session:

[点击这里报名普通话讲座](#) or scan QR code



Parents, Guardians and

Caregivers

Join us to learn and share with your community how the families are supported!

Cantonese Session

Date: **Monday, February 27th, 2023**

Time: **7:00-8:30 pm**

Mandarin Session

Date: **Monday, March 6th, 2023**

Time: **7:00-8:30 pm**

Location: Google meets link will be provided upon registration.

Presenters:

AJ Luo

Triple P Program Facilitator
Family Services of Ontario

Charmaine Tong

York Region District School Board
School Social Worker (Chinese Heritage Community)

For more information, please contact:

Community Care Team
School Social Worker
Charmaine Tong
charmaine.tong@yrdsb.ca

This free information session is brought to you in partnership with Family Services of Ontario, and Community Care Team, Student Services of York Region District School Board

Navigating through Negative Self-Talk

Let's talk about it!

Children do not come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

March 8, 2023 | 10:00 a.m. – 11:30 a.m.

We welcome parents, guardians, caregivers and community members to attend this virtual session!

Register Today!

It can be hard to hear your child talk negatively about themselves, but you can support them to manage it so they can work through their feelings.

This session will focus on how to ensure a safe and engaging environment for children with strategies to:

- Learn how to help your child/tween
- Understand and manage their emotions
- Learn to apply reasons and logic
- Learn to self-evaluate and seek help when required



Facilitator: Uma Bhatt, R.S.W. York Hills Centre for Children, Youth
and Families

This free presentation for parents and caregivers is brought to you through a collaborative partnership with York Region District School Board and York Hills Centre for Children, Youth and Families.

For more information, please contact Oksana Majaski, Community & Partnership Developer, YRDSB via email at Oksana.majaski@yrdsb.ca.

PARENTING SESSIONS

Let's talk about IT!

Children do not come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

We welcome all parents, guardians, caregivers and community members to attend these virtual sessions!

March 1, 2023 | 6:30 p.m. – 8:30 p.m. Raising Resilient Children For parents of children 0-12 years of age. This session will focus on how to ensure a safe and engaging environment for children with strategies to recognize and accept feelings, express their feeling appropriately, build positive feelings, deal with negative feelings and deal with upsetting or stressful events. [REGISTER NOW](#)

March 8, 2023 | 10:00 a.m. – 11:30 a.m. Navigating through Negative Self-Talk For parents of children 0-12 and tweens. This session will focus on strategies to understand and manage your child's emotions, apply reason and logic and to self-evaluate. [REGISTER NOW](#)

March 22, 2023 | 6:30 p.m. – 8:00 p.m. Nurturing Healthy Self-Esteem For parents of children and teens. This session will focus on how to create a supportive and engaging environment that helps your child develop and maintain confidence and healthy self-esteem. [REGISTER NOW](#)

March 28, 2023 | 10:00 a.m. – 11:30 a.m. Raising Responsible Teens For parents of tweens and teens. This session will focus on how to encourage responsible and independent behaviour and improve relationships with family and friends. [REGISTER NOW](#)

Facilitator: Uma Bhatt, R.S.W. York Hills Centre for Children, Youth and Families



These free virtual presentations for parents and caregivers are brought to you through a collaborative partnership with York Region District School Board and York Hills Centre for Children, Youth and Families.

For more information contact, please contact Oksana Majaski,

YRDSB Community & Partnership Developer via email at
Oksana.majaski@yrdsb.ca.



Student Mental Health and Addictions Newsletter

March 2023

YRDSB Mental Health services are provided by YRDSB psychology and social work personnel

Taking a Break To Pause

Dear Families,

In this edition we will focus on finding smaller and bigger ways to take a pause as well as activities to help your family stay engaged through the Mid-Winter break.

At this time, we invite parents and caregivers to consider pausing. Pause to rest, pause to play, pause to listen, pause to paint, pause to reflect, pause to read, pause to engage in identity-affirming activities, pause to nourish, pause to connect.

A pause may feel unattainable and unrealistic, which is understandable, given the many realities of parents & caregivers. Yet, recognizing the

benefits of pausing, we encourage you to consider what a “pause” may look like for you and your family.

Even a few minutes a day can be helpful and restoring; it goes a long way in managing daily stress.

Helpful Strategies for taking a break:

Finding time for mindful practices can feel challenging. [Kids Help Phone](#) provides ways that mindfulness can be found in smaller moments throughout the day and that bringing intentional attention to our activities can create calm in the business of the day. You can try using these [audio transcripts](#) that can walk you through different mindful activities, and share the science behind why taking these moments is so helpful.

Movies like [Turning Red](#) and [Inside Out](#) are ways to expand mental health literacy at home and are entertaining on these March Break Days!



The Canadian Mental Health Association also offers suggestions for ways to [take 15 minutes for you](#), to focus on an area of your health. This resource shares ways to take time to connect socially to the people in your lives, or taking time to do tasks like organizing space in your home.

Keeping Busy Over March Break:

We recognize that not everyone has plans for the March Break week, and this can create uneasiness for some families when trying to figure out how to fill the time while your children are home from school for a week. It can also be hard on your children to have a change in routine and schedule. To combat this, here are some free activities you can do with your child(ren) during the March Break if you are looking for ways to stay engaged:

[Richmond Hills Skating Trail](#): the trail is open daily from 10am to 10pm, is lighted for evening skating, and has heated washrooms and change rooms. For other [outdoor skating rinks](#) in York Region, scroll down to find the York Region category, then find the location closest to you.

[Tobogganing](#): Get out and enjoy the snow with some tubing or tobogganing. Click on the title to view some hills that are great for tobogganing.

[Sibbald Point](#) and [Bruce's Mill Conservation Park](#) are still great places to go in the winter to enjoy hiking and more!

[All About Ice](#): This staff-led program will include ice-themed experiments and a craft while experiencing science through ice.

[Winter Science Experiments](#): Want to get creative? Here are some fun experiments that you can do with your child(ren) using things you likely have around the house (e.g. ice cubes or snow outside). You can also find more [science experiments](#) that can be done indoors with common household items. [Pinterest](#) is also a great way to find creative art projects using things from your home.

Each of these activities provides the opportunity to connect with nature, connect with your child(ren), connect with the moment and take a pause from the busyness outside these moments.



YRDSB Mental Health

Supportive Resources:

[YorkHills Here to Help Line](#) (905-503-9561)

The Here to Help Line is a free service available to children/youth (0-18 years) and their parents/caregiver/adult supporters. Monday to Thursday from 2:00pm-7:00p.m

[Family Services York Region](#) (905-895-2371)

Virtual walk in is operated on a first come, first serve basis, and can be accessed once per month. Virtual appointments can be 15 minutes to 1.5 hours long depending on your specific needs. Monday, Tuesday, Thursdays from 10:00 a.m. to 5:00 p.m.

[YRDSB Mental Health Resource Page](#)

Continue to check out the [YRDSB website](#) for updated information as well as the Twitter account [@YRDSB](#)

Follow YRDSB Mental Health on Twitter [@MH_YRDSB](#)

Free Community events:

[International Women's Day \(IWD\)](#): March 8, 2023

- Break the Bias: International Women's Day Live Discussion.
 - 7-10pm, March 8, 2023. [Online Registration](#)

[Persian New Year](#)

- [Aga Khan, New Year, New Bloom](#): March 20, 2:00 p.m.-4:00 p.m.

Canadian Mental Health Association Webinar: March 2, 12:00 p.m

- More than just a text: Having a conversation with your kids about mental health. [Online Registration](#)

York Hills Centre for Children, Youth and Families

- March 6, 6:30 p.m – 8:30 p.m, [Teen Triple P Seminar #1 – Raising Responsible Teenagers](#)
- March 7, 6:30 p.m – 8:00 p.m, [Cultivating a Balance in the Family](#)

- March 20, 6:30 pm – 8:30 pm, [Teen Triple P Seminar #2 – Raising Competent Teenagers](#)
- March 23, 6:30 pm – 8:30 pm, [Promoting Resiliency in Teens](#)

- March 27, 6:30 pm – 8:30 pm, [Teen Triple P Seminar #3 – Getting Teenagers Connected](#)
- March 30, 6:30 pm – 8:30 pm, [Building Relations with](#)

[Our Teens](#)



PFlag

- [Coffee Night](#), held every second Monday of the month, is a safe space where members of the LGBTQ2 community, their friends, family or allies can come together. [Online Registration](#)

This edition of the Newsletter was written by the Student Mental Health and Addictions Strategy Implementation Team 2022–2023, inclusive of YRDSB School Social Workers Afsaneh Zafarani, Kate Phillips, and Nicole Gough.

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