

# Parent/Guardian Community E-Bulletin

Inspire Learning!



## Markville Secondary School E-Bulletin



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January 7th, 2022

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

## Principal's Message

HAPPY NEW YEAR

Happy New Year, dear families!

I hope you enjoyed a restful and healthy holiday season. I know it was not exactly as we had planned, but we must continue to do everything possible to stay safe. Coming back after the break did not happen the way we would have liked either, with our students and staff back in the building, learning, teaching and working together.

However, please know that we all, teachers, support staff and the administration team are committed to continuing to provide a remote learning environment that is welcoming, engaging and supportive for all our students.

If you have any questions or concerns, please do not hesitate to reach out to us. If you require assistance from the office staff, please contact us via email at [markville.ss@yrdsb.ca](mailto:markville.ss@yrdsb.ca). Thank you for your continued support and understanding!

Patricia Obadia  
Principal

## HOSA Spotlight

Happy New Year Mavs!!

Over the break your Markville HOSA Club put together a **third** issue of the HOSA Magazine complete with a trainer interview, resources and exciting events to mark on your calendars!

Welcome back Mavs!

Markville HOSA Club 🤗

<https://drive.google.com/file/d/1u-1894PitnGyOdcUy8vkRMchW7Ge1XF/view?usp=sharing>

## Congratulations



A warm congratulations from all of us at Markville to our very own Jacqueline Ho!

*The Globe and Mail* has published a narrative essay Jacqueline wrote last year in grade 11 Pre-AP English. Please have a look at the Globe's "First Person," December 14, 2021, for Jacqueline's essay, "As a server, I felt prepared for anything - except scorn."

Here is the link:

<https://www.theglobeandmail.com/life/first-person/article-as-a-server-i-felt-prepared-for-anything-except-scorn/>

We're so proud of you, Jacqueline, our budding, future Pulitzer writer!

## Markville Music



Markville Music is proud to present FAME JR. Our musical has been pre-recorded at Markville, and will be presented as a live stream on January 14-15, 2022. Show times are January 14-15 @ 7:30 p.m., with a matinee performance January 15th @ 2:00 p.m.

The cost for the stream, per device is \$2.58. You can secure your stream at [ShowTix4U.com](http://ShowTix4U.com) or visit the direct link:

<https://www.showtix4u.com/event-details/59914>

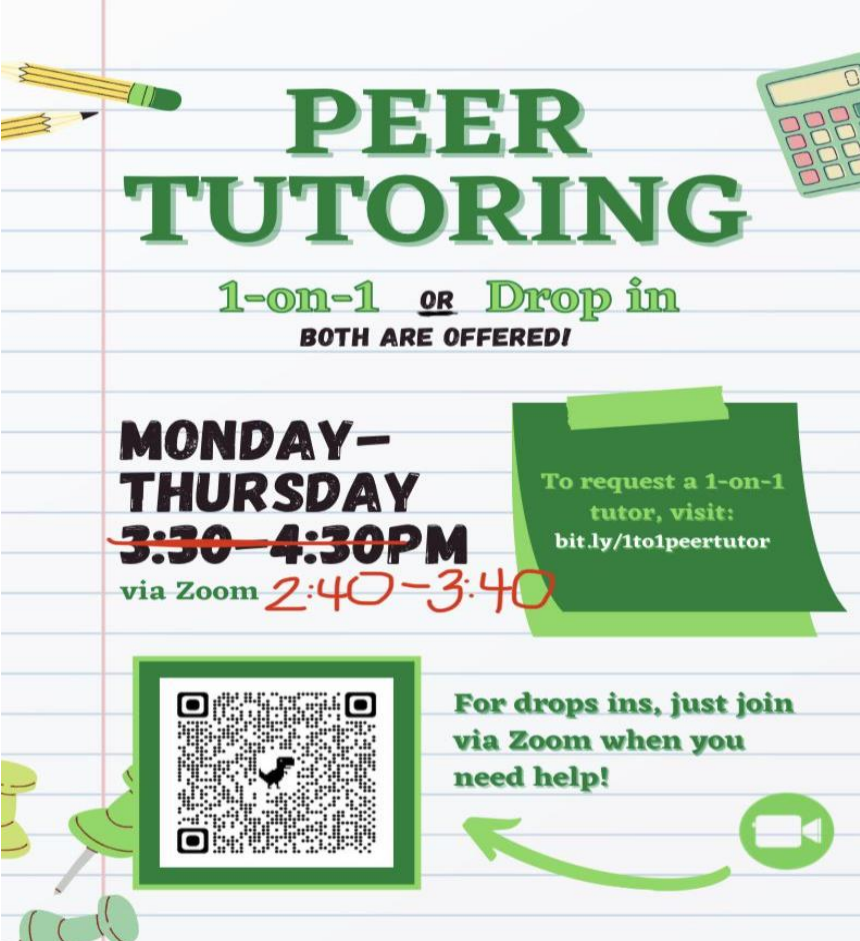
# Peer Tutoring

Do you need extra help with your courses? Are you looking for a dedicated peer to help you stay focused and motivated with course work? Markville's Peer Tutoring Club is back and ready to support YOU!

Students can **drop-in** when help is needed or request for a **weekly 1-to-1 peer tutor**. Peer tutoring sessions will be **virtual, after school Monday-Thursday from 2:40-3:40 pm**.

- To request a **1-to-1 peer tutor**, students must submit this application form: [bit.ly/1to1peertutor](https://bit.ly/1to1peertutor). Students will receive an email confirmation of their peer tutor match once the request is processed.
- No application is needed for **drop-in** peer tutoring—just join via Zoom when you need help! **See schedule and Zoom links below.**

All Peer Tutoring information including sign up form, schedule, and Zoom links can be found at [bit.ly/msspeertutorinfo](https://bit.ly/msspeertutorinfo).





**PEER TUTORING**  
1-on-1 OR Drop in  
**BOTH ARE OFFERED!**

**MONDAY-THURSDAY**  
~~3:30-4:30PM~~  
via Zoom **2:40-3:40**

To request a 1-on-1 tutor, visit:  
[bit.ly/1to1peertutor](https://bit.ly/1to1peertutor)

For drops ins, just join via Zoom when you need help!



## School Notices

### Upcoming Dates

Jan. 10-13, 17-18	Grade 8 visits (being held virtually by Guidance)
Jan. 20-21	EQAO Grade 9 Math

## Tweet of the Week



**City of Markham** @cityofmarkham · 1h

Friendly reminder to residents:

Please be mindful of your food waste & garbage disposal.

Coyotes prefer to catch their own food, but will become dependent & lose their fear of humans if food is left out.

Keep wildlife wild & don't feed them.

Learn more [markham.ca/wildlife](http://markham.ca/wildlife)





# YRDSB Communications



## Student Mental Health and Addictions Newsletter

January 2022

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

### Returning to some uncertainty after the Winter Break

To our students, families and caregivers, it is our sincere hope that you have had moments of rest and joy over the winter break. Even if these moments may have been brief or minor, they are worth highlighting in the spirit of hope and optimism. Our return to in-person learning has been delayed due to provincially mandated school board requirements coinciding with the rising COVID -19 cases across the province. For many, this has created feelings of uncertainty, worry and other emotions. Although these feelings may not be new, they can be challenging to navigate, especially for younger children and children with special education needs.

As we respond to this current phase of the Pandemic, our families are asked to shift their focus from in-person learning to online learning. We are also encouraged to follow Public Health guidelines for social distancing and gatherings. It is especially important at this time for us to maintain social connections and positive mental health practices. Each one of us is unique and may require different strategies to support our mental health. One size does not fit all. The following are some suggestions to help you think about what may help to support your own mental health and the mental health of your children.

This month's edition of our Mental Health newsletter will focus on some

suggestions of ways to maintain mental health during this continued time of physical distancing. [Dr. Shimi Kang](#), a mental health expert and associate professor at the University of British Columbia, suggests 5 tips for supporting our mental health during the Pandemic. Although these tips may be familiar, they bear repeating as a reminder of ways to support our mental health.

1. Practice self-care: Taking care of our mental health is just as important as caring for our physical health. For example, monitoring sleep, routine exercise, and mental stimulation.
2. Identify, practice and master coping skills: Identify what are your own personal and unique coping skills that help you to cope, practice these in times of distress.
3. Learn from experience: Reflect on what has worked or not worked from you in the past as you have navigated stress during the Pandemic.
4. Honour your unique mental health needs: There is a lot of information out there about “what works”. Honour your own unique needs and recognize what may work for others may not work for you and vice versa.
5. Monitor your “Tech Diet”: Monitor your tech use and recognize the difference between positive and negative tech use. Consider replacing some of your tech use time with meaningful social connection or self-care. For example, 30 minutes of tech time might be replaced with 30 minutes of movement, music or mindfulness.

[School Mental Health Ontario](#) has created a variety of resources for educators, parents and families, and students regarding supporting student mental health during this time. Check out some more tips from School Mental Health Ontario on building [personal resiliency](#).

### **Mental Health COVID-19 Page**

COVID-19 has presented unprecedented issues and concerns for our community, our country and the world. As we focus on keeping ourselves healthy and containing the spread of COVID-19, we must also keep ourselves mentally well.

The link below is dedicated to supporting student mental health during this Pandemic. Resources for students, parents/guardians as well as community resources are listed. In addition, there are various links to YRDSB mental health supports as well as community supports available during the school closure. Please consider taking some time to familiarize yourself with the supports found on the [COVID-19 Mental Health Resources for Students and Families](#).

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

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