

Parent/Guardian Community E-Bulletin

Inspire Learning!



Markville Secondary School E-Bulletin



1000 Carlton Road
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January 15th 2021

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

Dear Families,

Thank you for your ongoing support this school year as we continue to adjust to changing circumstances associated with the COVID-19 pandemic. The York Region District School Board is committed to ensuring our students continue to have effective teaching and learning through access to technology, resources and engaging learning experiences and environments.

To further support students and families, the Board will continue to gather parent/guardian and student feedback on learning environments. We want to hear from families and students to better understand best practices and suggestions for student learning and well-being support.

We are using an online tool called Thoughtexchange to invite meaningful feedback from our students and families. The current Thoughtexchange asks:

Students

What successes have you experienced this school year? What supports do you feel will increase your learning and engagement experiences? Please provide any additional comments or suggestions you feel may help us when considering the improvement of your learning experiences.

Families

What successes has your child experienced this school year? What supports do you feel will increase your child's learning and engagement experiences? Please provide any additional comments or suggestions you feel may help us when considering the improvement of your child's learning experience.

To participate and learn more, please visit the [YRDSB website](https://www.yrdsb.ca).

This opportunity closes on Wednesday, January 20 at 11:59 p.m.

Thank you again for your ongoing support.

As always, please continue to visit www.yrdsb.ca/covid19 for school-board information and www.york.ca/coronavirus for public health information.

Sincerely,

Patricia Obadia

Student Trustee Opportunity



If you will be in grade 11 or 12 next school year and are passionate about student voice, consider becoming a student trustee, and representing students across YRDSB.

Student trustees network with students, staff and the Board of Trustees to share information that gives students a meaningful voice. Learn more about the role and how you can apply at

www.yrdsb.ca/studenttrustees.

The deadline to apply is February 1

Four candidates will be selected board wide to run for the two student trustee positions and all students will have an opportunity to vote. We will share information on how you can vote for student trustee in February.

YRDSB Memos



**Student Mental Health and Addictions
Newsletter
January 2021**

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

Returning to Virtual Learning after the Winter Break

As a result of a provincially mandated lockdown due to rising COVID -19 cases across the province, we end the Winter Break with a return to virtual learning. Although this will present a challenge for some and disappointment for others, our focus will be on how to keep one another physically healthy and maintain social connections and mental health while distance learning. This month's edition of our Mental Health newsletter will focus on some suggestions of ways to stay socially connected during this continued time of physical distancing.

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.

Distance learning from home can have positive or negative impacts. One well-supported recommendation is to create a sense of **routine and structure** in the day (as much as possible). For example, try to make the morning routine the same each day, with breaks built in at predictable times.

Other suggestions include:

- Building in positive goals to **incorporate positive pursuits** such as learning something new (e.g. cooking, puzzles), showing gratitude (e.g. reach out to tell someone you care about them), and exercising (e.g. at home or going for a walk).
- [Dr. Shimi Kang](#), a mental health expert and clinical associate professor at the University of British Columbia, suggests that individuals determine 2-3 personal coping strategies that can act as their **own “go to” tools to cope with stress**. Writing this down and making note can make using them intentional. In addition, Dr. Kang reminds us that we should try **to limit our use of technology** where we can. Over dependence on technology/ screens can affect our mental health.
- Lastly, **identify someone you can purposely check in with on a regular basis**, not just during times of stress, but as a measure to maintain social connection. This practice can help maintain positive mental health.

[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](#).

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 [Mental Health COVID-19 page](#) 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 these supports.

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

Patricia Marra-Stapleton, M.Sc., C. Psych. Assoc.

Mental Health Lead

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Financial support for parents/guardians

Updated: The government is providing financial support to help parents and guardians with additional costs during the 2020-2021 school year during the second wave of COVID-19.

Eligible parents or guardians will receive a one-time payment of:

- \$200 for each child or youth up to Grade 12
- \$250 for each child or youth up to age 21 years with special needs

This is a new program, and all parents or guardians who are residents of Ontario with eligible children will need to submit a new application for each child.

As of today, eligible parents or guardians can go to [Ontario.ca/SupportforLearners](https://ontario.ca/SupportforLearners) for more information and to apply for this one-time financial support.

The deadline to apply is February 8, 2021.

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Schedule Change

Rotation 8 started on **Thursday January 14th.**

- Students are now in the last rotation of Semester One.
- School will continue to be virtual for all students, all periods. As always, regular attendance is expected.
- Last day of classes for Semester One is January 29th.
- Monday February 1st is a PA Day for all secondary school students.
- Semester Two will begin on Tuesday Feb.2nd.
- Student timetables will soon be available.
- Students should expect an email in their GAPPS account from Semester II teachers with links to their classroom platforms prior to Feb.2nd.
- As per Ministry of Education, all classes will be virtual until **Wednesday February 10th.**

Time	Rotation 4 Oct. 27-Nov. 9 Rotation 8 Jan. 14-29
8:20-10:50 a.m. Face-to-Face	Period 5
10:50-11:05 a.m.	Exit
11:05-12:20 p.m.	Travel & Lunch
12:20-1:10 p.m. Online	Period 4
1:10-2:00 p.m. Online	Period 1
2:00-2:50 p.m. Online	Period 2

Department Spotlight



Math Contest Registration Information

Due to the recent changes to in-person attendance at schools, registration for the math contests will now be done by each individual household.

To register for the Waterloo Pascal, Cayley, Fermat contest please visit the website:

<https://cemc2.math.uwaterloo.ca/contest/Sigma/school/newHomeSchool.php?pageLang=E>

This website will allow you to register your household. Please note that only a supervising adult may complete the registration. Once you have registered you will be given a login and password that will permit you to sign up and pay for individual contests (excluding Euclid and the Canadian Computing Contest). Information for the Euclid and CCC contest will be forthcoming.

Tech Tip



The Royal Ontario Museum has added their collections to view online. The collections are searchable by collection type, world map. Items in the collections are visible by photo and can be saved for later viewing by email or sharing by social media.

<https://collections.rom.on.ca/>

Below is an item in the collection from Unionville, which is available to see online. The Map tool was used to locate the item. The photo is a snapshot of the webpage.



Cedar Waxwing

Place Collected: North America, Canada, Ontario, York RM, Unionville, 43.86736, -79.32466

Date: Date Collected: 1911-07-03

Taxonomy

- Kingdom: Animalia
- Phylum: Chordata
- Class: Aves
- Order: Passeriformes
- Family: Bombycillidae
- Subfamily: Bombycillinae
- Genus: *Bombycilla*
- SpecificEpithet: *cedrorum*

Object number: ROM0507882

Not on view



Department: **Natural History: Ornithology**

If you see an error or have additional information, please contact us by clicking [here](#).

Tweet of the Week



City of Markham  @cityofmarkham · 38m

...

Planning a night-time walk or bike ride? Remember, reflective clothing and a flashlight make a difference.

See and be seen.

[#StaySafe](#)

[#MarkhamCares](#)



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Community Notice via YRDSB



**Black Foundation of
Community Networks
(BFCN)**

Scholarship Application Workshop

A FREE online workshop to show Black students and their families how to search, prepare, and apply for scholarships and bursaries. If you are in high school or Grade 8, this workshop is especially for YOU!

**Friday, January 22, 2021
7 PM - 9 PM | ONLINE (Zoom)**

To participate, download Zoom and register
via Eventbrite at
bit.ly/BFCNWorkshopJanuary22

For more information or to share
accessibility needs, contact Cheryl at
info@bfcn.ca or 416-566-2731.

Learn more about our work and how to support at bfcn.ca.

COLLEGE INFORMATION WEEK



The YRDSB Graduation Coaches for Black Students, in partnership with various colleges, are hosting two College Information Nights for Black Students.



Two Nights of Information

Tuesday, January 19, 2021

Humber College and George Brown

Thursday, January 21, 2021

Seneca College, Sheridan and Centennial

[Registration](#)

Seneca



Sheridan | Get Creative

CENTENNIAL
COLLEGE

