

# Parent/Guardian Community E-Bulletin

Inspire Learning!



## Markville Secondary School E-Bulletin



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**January 22nd 2021**

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

## Student Trustee Opportunity



If your son/daughter will be in grade 11 or 12 next school year and is passionate about student voice, they may 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](http://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 students 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

patricia.marra-stapleton@yrdsb.ca



## 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

### Opportunity for 2021-2022 School Year Advanced Placement (AP) Grade 11 English

A pre-AP English information session will be available to all current Grade 10 students on Monday, January at 3:00 PM. To learn more about Markville's AP program, go to our [website](#) "[Specialty Programs](#)" tab. Any questions please contact [Soo.Kim@yrdsb.ca](mailto:Soo.Kim@yrdsb.ca)

Interested students may join this virtual meeting using this Google Meet link:  
<https://meet.google.com/wye-twbg-ndf>





### **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.

### **Canadian Senior Intermediate Math contest news!**

*Congratulations!*

Congratulations to Ryan Zhu, Lynn Tao, Jessica Ying, Andy Liang, John Liu and Helena Zhu. Their scores on the Intermediate math contest gave them a third place team result in the province. Excellent work!! Markville is very proud of

Ryan Zhu who finished first in the province. Congratulations Ryan!

For the senior contest, the scores of Arthur Bright, Jason Zhong, Kevin Guo, Sophie Xu, Bernie Wang and Jim Wu totalled to give our school a sixth place finish in the province. Great work team! Once again, Arthur Bright had the top score in the province in the CSMC for the second year in a row. Fantastic work Arthur!!

### **Tech Tip**

# TED

Ted Talks are short videos that contain ideas from people discussing different topics. Some of the themes are technology, social, communication, the environment and

many more. Some ways to view the talks are through online video and sound podcasts.

<https://www.ted.com/>

## Tweet of the Week



**Markham Public Library** @markhamlibrary · 18h



This year, #FamilyLiteracyDay is going virtual!

Learning as a family is important & we have a whole day of engaging activities planned to support healthy #literacy development at home that will be fun for the whole #family!

Explore at [markhampubliclibrary.ca/fld2021](http://markhampubliclibrary.ca/fld2021)

#FLD2021



<https://markhampubliclibrary.ca/fld2021/>

## Community Notice via YRDSB

### A.B.L.E. Scholarship Opportunity

The Association of Black Law Enforcers (A.B.L.E.) created its Scholarship Program to commemorate the contributions of Rose Fortune (1774-1864) and Peter C. Butler III (1859- 1943) – the first Black police officers in Canada. By awarding scholarships, A.B.L.E. assists Black and visible minority students in achieving their educational and career aspirations.

A.B.L.E. is committed to ensuring that the criminal justice system is reflective of the entire Canadian mosaic, by providing opportunities for our young people to serve, protect, and correct.

Please share the following information with graduating Students accepted at a designated educational institution that may be interested in this scholarship opportunity:

[Application Form](#)

[Candidate Letter](#)

[Selection Criteria](#)

Application deadline has been extended to March 22, 2021 at 5:00pm.

For any questions, students may contact the Scholarship & Awards Committee Chair at [ablescholarship@gmail.com](mailto:ablescholarship@gmail.com)



Educators for Tamil Student Success of  
York Region District School Board  
in Partnership with  
Technological Advances in Science,  
Medicine, and Engineering (TASME)



presents

**An international competition launched in  
conjunction with Tamil Heritage Month and Thai  
Pongal celebrations**

TASME (Technological Advances in Science, Medicine, and Engineering) is a forum that brings researchers, professors and students together to share new knowledge, cultivate innovative thinking, and strengthen collaboration.

We encourage students to participate in this research-based poster competition that fosters ingenuity and creativity, encourages experimentation and teaches critical thinking and problem solving. **The competition is intended for students in Grades 9 to 12 who self-identify as Tamil and is open to all students that may be interested.**

Through this competition, participants will also have an opportunity (when requested) to be mentored by a post-secondary faculty or student and to build a network in pursuit of post secondary studies. The posters will be judged on their merits for prizes and certificates.

At this time, TSME is soliciting proposals (abstracts) from the participants. Proposals will be reviewed and participants will receive an acceptance letter with instructions to proceed.

**Timeline**

**Proposal (Abstract) deadline:** February 5, 2021

**Final poster submission deadline:** May 15, 2021

**Virtual sharing of competition:** May 29, 2021

**Poster [submission](#)**

**Members in Charge of the Poster Session:**

Prof. Nades Palaniyar, Senior Scientist, The Hospital for Sick Children, Toronto, Canada Prof. Bala Maheswaran, Faculty Member, Northeastern University, Boston, USA Prof. Nirusha Thavarajah, Faculty Member, University of Toronto, Scarborough, Canada Prof. Sam Thiagalingam, Faculty Member, Boston University, Boston, USA Prof. Ampalavanar Nanthakumar, Faculty Member, SUNY-Oswego, Oswego, US

**Contact information:** [tasme@tasmeconferences.org](mailto:tasme@tasmeconferences.org)

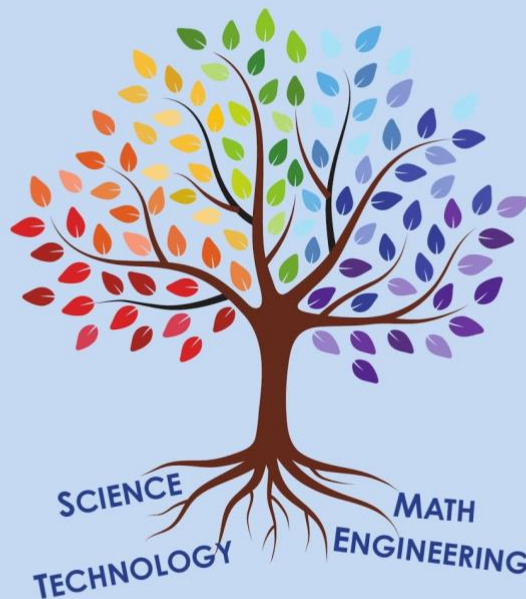


YORK REGION DISTRICT SCHOOL BOARD & SKILLS ONTARIO  
INVITE YOU TO AN INFORMATION SESSION ON

# STEM

THE ROOTS OF SKILLED TRADES AND TECHNOLOGY

TUESDAY, FEBRUARY 9, 2021 7:00 pm - 8:00 pm



We are inviting **ALL** YRDSB parents/guardians of YRDSB Elementary and Secondary students to join  
**York Region District School Board's Pathways Team & Skills Ontario**  
on **Tuesday, February 9, 2021 7:00 pm - 8:00 pm**  
to learn about careers related to STEM (Science, Technology, Engineering and Mathematics)  
as well as initiatives and resources available from Skills Ontario.

## GOOGLE STREAM

**\*Please note:** you will need to log into your child's YRDSB Gapps account  
to access the online webinar stream. **\*Register in advance:** [BIT.LY/YRDSB-STEM](https://bit.ly/YRDSB-STEM)

