

Parent/Guardian Community E-Bulletin

Inspire Learning!

Markville Secondary School E-Bulletin



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March 26th 2021

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

Visual Arts Spotlight

Visual Arts Grade 9



The art, culture and designs of the Northwest Coast First Nations have shaped a large part of our history in Canada and is a source of inspiration for one of our grade 9 Visual Arts projects called "The Northwest Coast Printmaking Project".

The Northwest Coast area is one of 6 indigenous cultural areas in Canada. It is located in the western parts of British Columbia and Yukon. Our students spent time getting to know the culture and art of the First Nations people of this area and created their own print designs inspired by traditions and styles of the Northwest Coast First Nations. Our students had a lot of fun learning about these traditions and making their own prints.



Student Activity Council Spotlight

SAC Virtual Events

From March 15th-22nd, Markville held its very first "March Mayhem" event, a team-based challenge event similar to HalloWeek. Students in teams of 4-6 competed to earn the most points by solving riddles, dressing up for spirit days, attending trivia nights, and solving a "whodunit" mystery.

Out of the 12 participating teams, the first place winners, "Da Vinky???" got to choose a charity to donate \$100, and they chose SickKids! As well, all participants earned "challenge votes" for partaking in activities, which they used to vote on challenges for SAC members to complete after the event.

The top-voted challenges were "wax your leg," and "ice bucket challenge" Overall, SAC and students had a blast celebrating the beginning of spring, and we hope to bring back this event next year!

Schedule Change

	Time	T1-R4
Date		Mar 25 Apr 7
F2F Block 1	8:20 – 10:50	5
Exit	10:50 – 11:05	Exit
Travel & Lunch	11:05 – 12:20	Travel & Lunch
Block 2	12:20 – 1:10	4
Block 3	1:10 – 2:00	1
Block 4	2:00 – 2:50	2

Face to Face Rotation 4 schedule

Rotation 4 started on Thursday March 25th for cohort A, so students will have period five as their face-to-face class on their cohort day.

- If a student attends school on the wrong cohort day, they will be sent home. Cohorts are created to keep everyone as safe as possible, so this is necessary.
- Afternoon online classes will consist of 40 minutes of synchronous learning with the remaining 10 minutes for independent work and/or time for students to stretch, get a drink, etc.
- Lastly, if a class or entire school needed to be closed due to COVID-19, the expectation is that all students are to connect in their virtual/online learning platforms (Google

Classroom, Moodle, etc.) within 24 hours. The student would follow the same schedule in place at the time of the closure.

March 29 to April 9 Schedule

29 Period 5 AM A Period 4, 1, 2 online	30 Period 5 AM B Period 4, 1, 2 online	31 Period 5 AM A Period 4, 1, 2 online	1 Period 5 AM B Period 4, 1, 2 online	2 Good Friday
5 Easter Monday	6 Period 5 AM A Period 4, 1, 2 online	7 Period 5 AM B Period 4, 1, 2 online	8 Period 1 AM A Period 2, 4, 5 online	9 Period 1 AM B Period 2, 4, 5 online

Daily Student Screening

REMINDER - All secondary students are required to complete the mandatory COVID19 screening confirmation form before attending school each day.

Form: ow.ly/LLMP30rz56R

Peer Tutoring



Hey Markville!

Do you need extra help? Are you looking for a tutor? If so, don't wait or hesitate! Submit an application for a 1-on-1 Peer Tutor. Sessions start the week of February 22.

What? 1-on1 Peer Tutoring!

Who? Adaptive and SVS Markville students!

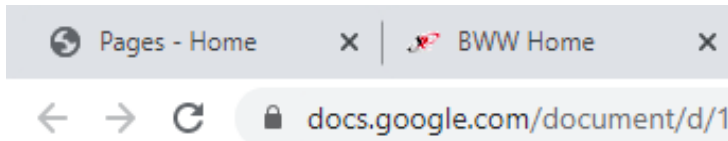
***Note:** Peer Tutoring prioritizes support for Gr 9-12 compulsory courses. If you are looking for extra help in a senior elective, please first connect with your teachers.

When? Lunch 11:20-12:10 (Tuesdays and Thursdays) or After School 3:00-3:50 (Wednesdays and Fridays). Tutees and Tutors will meet weekly and attendance will be taken.

Where? Virtually! Zoom invitations will be sent once a match has been confirmed. Students must be logged into YRDSB accounts.

How? Submit an application at bit.ly/msstutoringsignup2021 and check your GAPPS email for a match confirmation!

Tech Tip



Reopen a closed browser tab

It happens all the time. You have a dozen tabs open in your browser and accidentally close the wrong one. You could open up your browser's history and reopen the tab from there, or you can do it with a couple of keystrokes.

Hold down **Ctrl+Shift+T** on your PC or **Command+Shift+T** on your Mac to automatically reopen the tab you just closed.

Tweet of the Week



Markville SS @Markville_YRDSB · 18h

Mavericks!! Remember... we want everyone healthy and safe! #StayHome 🏠
#BeSafe



Summer Employment Opportunities

Summer Employment Opportunities



Hey students! Looking for a summer job?

Have you considered working for the Ontario Government?

Each year the Ontario Public Service targets up to

5,000 summer students to work in locations across Ontario in areas such as:

- Ontario Parks
- Science
- Business and Finance
- Communications
- Environment
- Administration
- Research and Laboratories
- Customer Service

Earn while you learn! All jobs were posted on February 25. Closing dates will be between March 10 and June 1. Apply early to have a chance to apply to the job types that interest you.

You can learn more at: ontario.ca/summerstudents



Attention students: if you're looking for a summer job where you can gain career skills and build your professional network while having fun, apply for a job with the Ontario Government.

Monday is the last day to apply to jobs in social services and maintenance within the Ontario Public Service for this summer.

Visit Ontario.ca/careers today to apply and kick start your career!

YRDSB Communications



Communication Strategies and Healthy Boundaries

沟通技巧和心理健康界限

溝通技巧和心理健康界限

Join Our Conversation As We Explore Positive Communication Strategies and Healthy Boundaries

探索积极的交流策略和心理健康界限，诚邀您加入我们的讨论

探索積極的交流策略和心理健康界限，誠邀您加入我們的討論

Presented by:

Hong Fook Mental Health Association

Family Services York Region

YRDSB Performance Plus Schools - Milliken Mills, Highgate, Unionville Meadows,
and Wilclay Public Schools,

YRDSB Inclusive School and Community Services

Date: April 6th, 2021

日期：2021年4月6日

Time: 10:00 am – 11:30 am or 7:00pm to 8:30 pm

时间：上午10:00 -11:30 或 晚上7:00 - 8:30

時間：上午10:00 -11:30 或 晚上7:00 - 8:30

Registration [点击这里注册](#) [點擊這裡報名](#)

Registration Deadline: April 3, 2021

Community Notice via YRDSB

ADDRESSING ANTI-EAST ASIAN RACISM THROUGH CONVERSATIONS AND LEARNING

A Three Part Virtual Learning Series

Hosted by **NEKS** Network of Educators for Korean Students & **SEAS** Supporting East Asian Students
In collaboration with the **York Region District School Board**

Session 1

Exploring East Asian Canadian Identities & Experiences

Wednesday, April 7th, 2021

4:30 - 6:00pm

Optional Dialogue: 6:00 - 6:30pm

Keynote Speaker: Gen Ling Chang

Former Associate Director of TDSB and Deputy Executive Director of ALPHA Education

Session 2

Disrupting Anti-East Asian Racism in Education

Wednesday, May 26th, 2021

4:30 - 6:00pm

Keynote Speakers: Writers of...

Addressing Anti-Asian Racism: A Resource for Educators

Session 3

*Addressing Anti-East Asian Racism:
Reflections & Practical Strategies in Schools*

TBD: June 2021

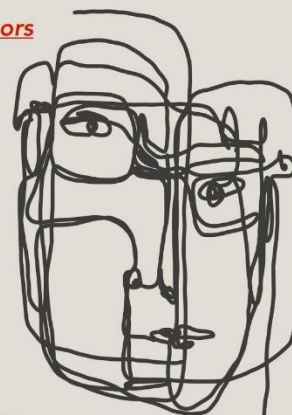
4:30 - 6:00pm

Facilitators: NEKS and SEAS Members

Register via Google Form by Monday April 5th, 2021

Registration Link: [YRDSB Registration](#) [Public Registration](#)

For more information contact: SEAS seasyork@gmail.com or NEKS networkofeducators@gmail.com



[Addressing Anti-Asian Racism: A Resource for Educators A Resource for Educators](#)
[YRDSB Registration](#)
[Public Registration](#)
seasyork@gmail.com networkofeducators@gmail.com



HERE TO HELP LINE

 **905-503-9561**



Monday - Thursday
2:00 PM - 7:00 PM

**STARTING
IN APRIL**



*For children and youth (0-18 yrs)
and their parents, caregivers or
adult supporters.*

Call us if you have concerns that could benefit from quick access to phone counselling.

Topics include (but are not limited to):

- Anxiety, stress and depression
- Family relationship issues
- Managing stress and anxiety related to COVID-19
- Parenting resources and concerns

Visit www.yorkhills.ca for more information.

What is 'mental health'?

- ♦ state of psychological and emotional well-being
- ♦ necessary resource for living a healthy life and a main factor in overall health
- ♦ Remember—not the same as 'mental illness'!



Watch out for caregiver burnout (state of physical, mental, emotional exhaustion) during this time:

- ♦ signs of burnout include feelings of guilt if time is spent on self, fatigue, anxiety and/or depression
- ♦ your health is important too; reach out for supports as needed for yourself (consider group support or individual counselling)



How does being 'mentally healthy' help kids during this time?

- ♦ Increases coping skills
- ♦ Builds self-esteem
- ♦ Improves resilience
- ♦ Translates into healthy relationships with family, friends, peers etc.
- ♦ Feeling confident and competent in these areas can improve emotional strength. In turn, this can help improve and *maintain* mental health!

**COPINGS SKILLS TO USE
TO COPE WITH ANXIETY
ABOUT CORONAVIRUS**

Worry time is a useful tool to help give you more control over your worries

Problem solving is a useful technique to help identify solutions to worries you might be experiencing

Progressive muscle relaxation can be used to reduce muscle tension

Use imagery to imagine yourself in a calm, safe place and happy place

Deep breathing is a great technique to help reduce stress and anxiety. Use it as a technique to help get into a slow and steady rhythm

Talk to someone. This is a great way get help and also express how you are feeling and thinking

Grounding techniques are useful to learn to help bring you back to the present moment

Use all your senses to try and fully engage in a task that you are currently doing

Write down your thoughts and identify thinking errors you might be making

Identify times in the past where you have coped well with stress and anxiety and use those experiences to guide you moving forward

@BELIEVEPHQ

Some additional resources to consider reading and watching: (hover over link, then click)

[A Kids Guide to COVID19](#) [Brene Brown- Empathy video](#)

[Health and Wellness in Quarantine \(kids guide\)](#)

[Stigma and prejudice during COVID19 \(how to combat rise in discrimination during pandemic\)](#)

[Coping with stress and anxiety during COVID19](#)

[Grief, Loss and Healing](#)

[CAMH Tip Sheet – How to deal with problems in a structured way: Coping with Stress & Anxiety During COVID19](#)

[For teens, preteens, parents—'We all have mental health' video](#)



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Parents for Children's
Mental Health

SUPPORT. EDUCATE. EMPOWER.

Monday, April 19, 2021 6:30 pm - 8 pm

Panel Discussion and Q&A: Bullying Impacts and Strategies to End.

PARENTS' Support Group-All are welcome!

VIRTUAL MEETING

Does your child's anxiety, ADHD, mood disorders, learning disability, or behaviour challenges make parenting difficult? Join us...

PCMH Chapter Support is inviting you to a scheduled Zoom meeting.

Topic: PCMH York/Aurora

Time: Apr 19, 2021 06:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/92342129990?pwd=Wms4UFEyOG0rSVdDMkRqZmUyamVIZz09>

Meeting ID: 923 4212 9990

Passcode: 394643

One tap mobile

+16475580588,,92342129990#,,,,*394643# Canada

+17789072071,,92342129990#,,,,*394643# Canada

Dial by your location

+1 647 558 0588 Canada

Meeting ID: 923 4212 9990

Passcode: 394643

Find your local number: <https://zoom.us/j/92342129990?pwd=Wms4UFEyOG0rSVdDMkRqZmUyamVIZz09>

Benefits of PCMH Support Group:

- meet other parents with children who have similar challenges
 - find encouragement and emotional support
- learn strategies to help your child or youth at home/school
 - learn how to access resources in the community

PCMH is the only provincial, family-led, non-profit organization that provides a voice for families who face the challenges of child and youth mental health issues. PCMH provides support, education, and linkage between families, communities, agencies and government. PCMH believes in the promotion of family-centred principles of care. PCMH envisions a future in which children and youth with mental illness enjoy a high quality of life in welcoming and supportive communities. For more information and resources, please visit www.pcmh.ca.

Monday, May 10th Topic Community Resources 6:30 – 8 pm

Monday, June 21st Building Healthy Relationships 6:30 – 8 pm

<https://zoom.us/j/92342129990?pwd=Wms4UFEyOG0rSVdDMkRqZmUyamVIZz09>

Find your local number: <https://zoom.us/j/92342129990?pwd=Wms4UFEyOG0rSVdDMkRqZmUyamVIZz09>

www.pcmh.ca

Celebrate 2021 Asian Heritage Month

Voices of Hope

Invitation to **YOUTHS**, age 12 – 22 years who would like to use your creative voice to **inspire positive race relations**.

If you are interested, submit your creative voice as a spoken word, rap, acrostics, lyrics, haiku, free verse, blank verse, or rhymed poetry in written form or as an audio file.

All submitted creative works must be original.

Theme:

Bias, discrimination, and hate cause racism and divide us. Race does not and should not.

What do you want the world you live in and the future to look like?

Participation and Inquiries:

- For participation details, click here <https://www.alphaeducation.org/voicesofhope>
- For inquiries, contact info@alphaeducation.org
- Closing Date: April 30, 2021

Awards

- \$200 for the best creative work in each of the 5 age groups.
- \$50 gift card for each creative work selected for honourable mentions.
- All participants will receive a Certificate of Honoured Recognition.



<https://www.alphaeducation.org/voicesofhope>

Earth Hour

3/27/2021

Earth Hour 2021

8:30 TO 9:30 PM
TURN OFF THE LIGHTS AND TURN
ON THE STARS

This Saturday March 27th 2021 8:30 to 9:30 PM

[Join One Of The World's Largest Movements for Nature | Earth Hour 2021](#)

