

Parent/Guardian Community E-Bulletin

Inspire Learning!

Markville Secondary School E-Bulletin



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November 12th, 2021

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

Geography Spotlight



Thanks to beautiful fall weather and an amazing group of grade 9, 11 and 12 geography students, Markville's Geography Department has been taking advantage of outdoor learning opportunities every chance we get! Students have been busy taking part in experiential learning activities

like our nature 'Sit-Spots,' Canadian landform region inter-class competition, 'World Issues Bus' simulation and local geo-exploration surveys.

These activities have given students the chance to actually apply what they are learning in each of their respective courses while also engaging with their local geography. Our daily walks have been a great opportunity for students to get fresh air, foster wellness, meet new friends and to reconnect with old friends they haven't seen in far too long.





Our hybrid students have been equally engaged with their in-class peers participating in group activities, leading seminars and participating in presentations. We are looking forward to more outdoor adventures in the coming months so that students can apply the concepts of geographic thinking they are learning about

as they continue to develop their sense of place!

School Council

Dear families,

You are invited to attend our second Markville School Council meeting of the year which will be held on Monday, November 15 at 7:00 p.m.

Below you will find the agenda and the link to access the meeting.

We are looking forward to seeing you!

Agenda

Welcome, Land Acknowledgment	Naline Ali, Ian Turner
Student Leaders Update	SAC, MAC, TAC
Specialist High Skills Majors	Erin Keyzers, SHSM Student Executive
De-Streaming Grade 9 Mathematics	Chris Achong, Dept. Head of Mathematics
Caring and Safe Schools	Barbara Caravella
Staff Report, Principal Report	Jesse Bramer, Patricia
COVID-19 Protocols - class, lunch, extra-curricular activities	Patricia, Barbara
PRO Grant	School Council Executive
Adjournment	Naline, Ian

Patricia Obadia is inviting you to a scheduled Zoom meeting.

Topic: MSS School Council meeting

Time: Nov 15, 2021 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://yrdsb-ca.zoom.us/j/94993133336?pwd=bnYxbUJnWmNWcUgjQnptTnZBbmp4Zz09>

Meeting ID: 949 9313 3336

Passcode: 058402

One tap mobile

+16475580588,,94993133336# Canada

+17789072071,,94993133336# Canada

Dial by your location

+1 647 558 0588 Canada

+1 778 907 2071 Canada

+1 204 272 7920 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

Meeting ID: 949 9313 3336

Find your local number: <https://yrdsb-ca.zoom.us/u/acrKgozO50>

School Notices

The Secondary School Professional Activity (PA) Day originally scheduled for November 19, 2021 is changing and will now occur on November 15, 2021. Secondary schools will be closed to students on November 15, 2021 and reopen on November 16, 2021. A regular school day is scheduled for November 19, 2021, and students are expected to attend.

OSSLT

Thursday November 18, 2021

On this day, students in grades 9, 10 and 12 will learn remotely from home. Students will be provided with Asynchronous activities for the day. Only students in Grade 11 and non-graduating Grade 12 students who will be writing the Ontario Secondary School Literacy Test (OSSLT) will be required to be at school, in person, on this day. Arrangements are being made for

remote learners in Grade 11 and non-graduating Grade 12 students to come into the school to write the OSSLT. This assessment is a graduation requirement. This requirement is being waived this year for all students who will be graduating during this school year (2021-2022).

Upcoming Dates

Nov. 15	PA Day
Nov. 15	School Council Meeting (Virtual) 7:00 p.m.
Nov. 15	Term 2 begins
Nov. 16	Louis Riel Day
Nov. 18	OSSLT & Asynchronous Day
Nov. 19	Instructional Day
Nov. 22-26	Bullying Awareness and Prevention Week

YRDSB Communications



Student Mental Health and Addictions Newsletter November 2021

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

The ABCs of Mental Health: Acknowledging

In our September [Newsletter](#), we introduced the [ABCs \(Acknowledge, Bridge and Connection\) of Mental Health Framework](#) and mandatory mental health student lesson series. We are pleased to share some words from our students and staff regarding these [lessons](#). In this month's newsletter we will take a closer look at the

ABCs, focusing on **A-Acknowledge**.

What does it mean to Acknowledge?

To acknowledge is to validate, honour and center feelings and experiences; to greet these feelings and experiences with understanding and compassion. To acknowledge is to be respectful of what is shared and the vulnerability it might take to share one's story, feelings and or experiences.

Why is Acknowledging Important?

Kristalyn Salters-Pedneault, PhD discusses [Emotional Validation](#) (Acknowledging) and invites us to consider the following:

Communicate acceptance: When you validate/acknowledge someone's emotions & experiences, you demonstrate care, understanding and acceptance.

Strengthen relationships: People who show each other acceptance are able to feel more connected and build stronger relationships.

Show value: When you acknowledge and validate someone's emotions & experiences, you are showing them that they are important to you.

Better emotional regulation: When people feel heard and understood, it can help lessen the intensity of strong emotions. This can be particularly important when it comes to strong negative or distressing feelings. Some research suggests that offering people emotional validation (acknowledgment) may help them better regulate their emotions.

Acknowledging in action

We invite you to consider the following ways of acknowledging others:

Listen with care & be present: If possible, pause what you are doing & avoid distractions.

Validate the emotion/experience: "Thank you for sharing; I can see (understand) why you would feel that way."

Express empathy: Even if the emotion or situation is not something you necessarily understand, show that you care about the other person's feelings. Words such as "I'm here for you or I am with you" can be great ways of showing empathy.

Do not minimize: Never minimize what someone is experiencing.

YRDSB Mental Health Acknowledges

We Acknowledge the lived and living experiences of our students, families & staff and the visible and invisible barriers that might accompany these experiences. We acknowledge that we exist in a society where factors such as systematic racism, discrimination, and other forms of oppression continue to negatively impact our students, families and staff, adversely affecting their mental health and well-being. We are aware that simply acknowledging is not enough. For this reason, we are intentional about creating learning environments that are identity-affirming, safe and inclusive. We are committed to providing learning opportunities that shift mindsets and ideologies that uphold oppressive practices. Most importantly, **we acknowledge the excellence and brilliance that stretch across all communities and are found within all our students.**

To learn more about the ABC Framework & lesson series, please visit [YRDSB ABCs](#)

We look forward to creating pathways for caring connections and meaningful relationships with you. Share your voice by using this [survey](#) and let's pave the path forward together.

Mental Health COVID-19 Page

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 [Mental Health and Community Supports During COVID](#). Continue to check out the [YRDSB website](#) for updated information as well as the Twitter accounts @YRDSB and @YRDSB_SS.

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UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

Reach Ahead to Kinesiology

March Break Program for Black Youth

March 14-18, 2022 • FREE

Experience student life at the University of Toronto and explore the field of kinesiology, where health and physical activity intersect!

- ✓ Interactive workshops and activities
- ✓ Connect with professors and staff in the Faculty of Kinesiology & Physical Education
- ✓ Mentorship opportunities with currently enrolled Black and racialized students
- ✓ 20 funded spots, including meals and stay in a local hotel

Learn more at
uoft.me/kpereachahead

uoft.me/kpereachahead





Association of Sri Lankan Graduates of Canada
Proudly Presents

Guidance for Higher Studies

Career Information Webinar (Zoom)

HIGH SCHOOL STUDENTS (GR. 9 – 12) & PARENTS/GUARDIANS

Date : **Saturday, December 4, 2021**

Time : **9:30 am – 1:30 pm**

Venue : **Online Zoom Meeting**

Admission : **Free**

Register at : **<https://tinyurl.com/tee28my5>**

Looking for information on....

- Career Choices
- University/College Selections
- Scholarships & Grant Applications
- Secondary School Course Selections



Come join us to meet the professionals, seek the right advice and step into the right path for a better future.

To Register, Contact the following
Phone number or Email:

Dr. K. Theivendirarajah Phone: (416) 561-4786

Dr. V. Manivannan Phone: (647) 949-5205

Partner Organizations

Canadian Tamil Professional
Association(CTPA),
Canadian Tamil Medical Association(CTMA),
Sri Lankan Accountants Association of
Canada(SAAC)
Educators For Tamil Students Success(ETSS)

<https://tinyurl.com/tee28my5>

Tweet of the Week



Markville SS
@Markville_YRDSB



November 8th, Indigenous Veterans' Day, is the day for Canadians to acknowledge the achievements of Indigenous, Métis, and Inuit men and women who have served, and continue to serve, to protect this country and the freedom we enjoy.



8:00 AM · Nov 8, 2021 · Twitter Web App

