

# Parent/Guardian Community E-Bulletin



## Markville Secondary School E-Bulletin

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**September 30th, 2022**

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

## Traffic/Road Sign

Please always take care when crossing the street. Please note that there have been changes to the road signs at the intersection of McCowan Road and Raymerville Drive/Carleton Road. Vehicles are now required to wait for a green light when making a right turn.

## SAC Spotlight

Hey Mavericks,

It was a big week for grades 9s aspiring to join Markville's Student Council. After completing the first round of interviews, grade 9s wishing to become a grade representative have distributed their promotional materials and started their campaign. Candidates applying for the technical positions have completed their second round of interviews and await final results this week!

But this isn't just a big week for our grade 9 candidates. Members of Markville's Student Council who are interested in running for an executive position have also begun their campaigns. Markville students will have to choose their President, Vice-President, Secretary and External Affairs! Voting begins on Thursday Sept 29 and ends October 30th. Best of luck to all our brave and hard-working candidates!

## Week of Truth and Reconciliation



Friday, September 30th is the second National Day for Truth and Reconciliation. It is also Orange Shirt Day.

This week, several Markville Secondary School students will commemorate the tragic and painful history and ongoing impacts of residential schools by remembering these children. Students conducted research and placed orange rocks and hanging shoes at the front of the school in memory of a child who never came home from a residential school in Ontario.

The total number of First Nations, Métis and Inuit children stolen from their homes to never return is still unknown. We will not know the true magnitude of this national tragedy until all former residential schools are searched. Students will also be selling stickers and buttons,

made and designed by FLASHPRINT and Ms. Fiorentino's classes. All donations will be given to Indspire: "a national Indigenous registered charity that invests in the education of First Nations, Inuit and Métis people for the long term benefit of these individuals, their families and communities, and Canada."

At Markville, we are committed to taking action to learn about Canada's past, honour the children who lost their lives due to residential schooling, and reconcile toward a better future.



## Message from Guidance

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**FAMILY NIGHT WEBINAR SERIES:** Thank you to all those who attended our second *Family Night* presentation on September 28th at 6:30. We shared a presentation for all who virtually attended on the topic: **Post Secondary**

**College/University Information** The slide deck can be found on the Guidance website on the [Family Night Webinar Series](#) page. Families can access the list of upcoming presentations in the [Agenda](#), with our next being **Apprenticeships/OYAP (Ontario Youth Apprenticeship Program)** on October 12th @ 6:30.

### **UPCOMING UNIVERSITY AND COLLEGE FAIRS**

Please note that this weekend is the **Ontario University Fair**. It runs **October 1st and 2nd between 9:30 am - 5 pm** at the **Metropolitan Toronto Convention Centre**.

The **Ontario College Fair** is also coming up on **October 19th 5:00 - 9:00 pm** and **October 20th 9:00 am - 2:00 pm** at the **Enercare Centre Toronto**.

Also mark your calendars for **Markville's own University and College Fair**. It is being held at the school on **November 2nd between 6:30 and 8:30 pm**. We have many colleges and universities who will be sending representatives to answer your questions. It is a much more intimate venue than the Toronto Fairs. We share this fair with Bill Crothers Secondary School and Unionville High School. It is especially important for grade 11 and 12 students and of course their families.

### **A BIG THANK YOU**

We would also like to thank families and students who experienced a timetable change this past week. We very much appreciate your support and understanding as we try to balance class sizes and accommodate all of our newly registered Markville students.

**Thank you**

**Your Guidance Department**

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## **School Notices**

Medical forms for students

[https://docs.google.com/forms/d/e/1FAIpQLSc4TJMEIJKPCJhQay7G8QEsoKadkp7\\_Y1NcnB-doY\\_xvyY8A/viewform?usp=sf link](https://docs.google.com/forms/d/e/1FAIpQLSc4TJMEIJKPCJhQay7G8QEsoKadkp7_Y1NcnB-doY_xvyY8A/viewform?usp=sf_link)

## Upcoming Dates

Oct 3-4	Safety Week (Con.)
Oct 7	Club Fair
Oct 10	Thanksgiving Holiday (school closed)
Oct 11	Photo Missed Day

## Social Media of the Week



City of Markham  @cityofmarkham · 17h

Did you know?

The Municipal Voters' List is not the same list used for the provincial or federal election.

Make sure you check, update or add your information to the Municipal Voters' List.

Get started: [ElectionsMarkham.ca/register](https://electionsmarkham.ca/register)

[#MarkhamVotes](#) [#MarkhamElection](#) [#MkmPoli](#)



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[ElectionsMarkham.ca/register](https://electionsmarkham.ca/register)



<https://electionsmarkham.ca/en/voting/register-to-vote/>

# YRDSB Communications



Student Mental Health and Addictions Newsletter  
September 2022

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

*work personnel* **Supporting a Mentally Healthy School Start**

Dear Families, caregivers and beyond,

Welcome to the 2022-2023 school year. We are happy to see all of you! We acknowledge that many different feelings and emotions accompany the start of a new school year for students, parents, educators, and the communities that support them. From excitement to nervousness, anxiety to joy and everything in between. Whatever feelings and emotions accompany your child(ren) or family, know they are valid, important and okay.

Our September Student Mental Health and Addictions Newsletter focuses on a mentally healthy start to the school year. A mentally healthy start to the school year may encompass something different for each child and family, honouring that we all experience and support our mental health and well-being differently.

[School Mental Health Ontario](#) invites parents and caregivers to consider the following tips to support a [Mentally Healthy Back to School](#). Whether your child(ren) is attending virtually or in person, the following tips may be helpful.

**1. Take care of yourself, so you can be your best to support your child(ren)** Do [One Small Thing](#) each day that brings you joy and helps

you to feel well and happy. Taking care of your health and well-being is a powerful tool to support your child(ren) and model how to support and maintain positive Mental Health.

## **2. Talk to your child about how school is going**

Ongoing conversations about school, individual classes and the overall school experience are important. How a child feels on the first day of school may differ from how they feel on the 30th or 100th. Encouraging children to share their experiences creates opportunities for them to share moments of joy and accomplishments. As well as any challenges they may be experiencing.

*These prompts may help start or continue the conversation:*

- What is something(s) you hope to do during the school year or feel excited about?
- What is something(s) that brings you joy at school?
- Have you had experiences that make you feel unhappy or uncomfortable at school?
- Is there anything you feel worried or anxious about?
- Do you feel supported at school?
- Is there anything I can do to help you feel more confident, comfortable and supported at school?

## **3. Pay attention to stress levels**

We each manage and respond to stress differently. What signs do you notice when your child(ren) is stressed? Pay attention to these signs and support your child(ren) in using healthy responses and coping tools to manage stress. Try these activities from [School Mental Health Ontario](#) at home to help your child(ren) learn to understand and manage stress.

## **4. Empower your child to self-advocate**

Children spend most of their waking hours at school. School needs to be a place where they find comfort and joy beyond learning. At times this is not always the case. It is important that young people know where to turn and what they need in challenging moments or situations. Exploring the following questions with your child may help build self-advocacy skills that can aid them throughout the school year and beyond:

- What helps you feel relaxed and calm in stressful or challenging situations & how do you ask for these things?
- What do you need to be successful this school year, in a particular class or situation?
- Who are your caring people (adults and friends) at school,

home, and community?

- Who do you turn to when you are feeling stressed or need help?
- How do you ask for help/ support?

For some children, it may be important to practice how to ask for help so that they build confidence and comfort around help-seeking when needed. Let children know that [There's No Problem Too Big Or Too Small](#) to reach out and ask for help.

When students feel supported and cared for by those around them, it can allow them to open up to new opportunities and learning. We are better together. Looking forward to a year of learning, discovery, and joy alongside you.

**Additional Resources:**

[YRDSB Mental Health Resource Page](#)  
[Child Mental Health Resources In York Region](#)  
[SMHO Parent/Family Page](#)

**Upcoming External Workshops:**

[Understanding ASD Learning Styles and Effective Teaching Strategies](#)  
[Calming Stormy Waters](#)  
[Mindful Compassion](#)

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

Follow YRDSB Mental Health on Twitter [@MH\\_YRDSB](#)

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