

Spartan Speaks - Stouffville District Secondary School

Rose Walker, Principal - Jeff Foran, Vice-Principal – Carolyn Albanese, Vice-Principal 905-640-1433
Elizabeth Terrell-Tracey, School Trustee, East Gwillimbury and Whitchurch-Stouffville 905-953-0562

January 22, 2021

Semesters one and two updates:

Please note that Friday January 29th is the last day of semester one classes. Congratulations students, you did it! Students are asked to put their textbooks in a safe place so that they may return them to school when the school reopens.

Feb. 1: PA Day

Feb. 2: Credit Conferencing and Rescue Day. Some students will be involved in activities to support completion of Semester 1 courses. Students are expected to attend only as directed by their teacher.

Feb. 3: Online morning classes only in the morning, all students will attend classes online in 30 minute blocks following their regular start time. Details to follow. Students will receive an invitation to their digital classrooms before their first period class. In the afternoon, there are no classes scheduled.

Feb. 4 - 10: Current School Closure - All Classes Online. For the duration of the school closure, Adaptive (face-to-face) schools will follow a revised school schedule. Students will follow a semester schedule and will attend their classes online in 75 minute periods with a five minute break between the morning periods and between the afternoon periods. Details to follow. This change is based on feedback from students and families about the 150 minute period students are currently experiencing. Once schools reopen, the schedule will return to an adaptive model as used in the fall. Details will be provided at that time.

Adaptive (face-to-face) schools will be providing students with a revised daily schedule. School start and end times remain the same. An 80- 90 minute lunch break will occur between period 2 and 3.

Feb. 11-16: Report Cards sent home Semester 1 Report Cards will be sent home via students' GAPPs accounts.

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

SDSS Calendar / Upcoming Events – Jan/Feb 2021

MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Both Cohorts A&B online Period 4 Period 3 Period 1 Period 2	Both Cohorts A&B online Period 4 Period 3 Period 1 Period 2	Both Cohorts A&B online Period 4 Period 3 Period 1 Period 2	Both Cohorts A&B online Period 4 Period 3 Period 1 Period 2	Both Cohorts A&B online Period 4 Period 3 Period 1 Period 2 Last Day of Semester 1
MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
PA Day (no school)	Credit Conferencing Day	Semester 2 Begins Cohorts A&B online Morning ONLY 30 minute periods Period 1 Period 2 Period 3 Period 4	Both Cohorts A&B online Period 1 Period 2 Period 3 Period 4	Both Cohorts A&B online Period 1 Period 2 Period 3 Period 4

Please check out the following web sites for current Board and school information:

- 1) York Region District School Board - www.yrdsb.edu.on.ca
- 2) Stouffville District Secondary School - <http://www.stouffvilledistrict.ss.yrdsb.edu.on.ca/>

Follow us on Twitter & Instagram

We are excited to announce that the SDSS twitter & Instagram accounts have regular updates about school information, initiatives and they are fantastic ways to learn about the amazing things happening at SDSS!



@StouffvilleDSS



@stouffvilledss

B.R.E.A.K.

Be
Kind

Build Relationships, Energy, Attitudes & Knowledge
for Your Mental Health!

Did
you
know?

While all acts of kindness are wonderful, there is something even more magical about doing something thoughtful but mentioning it to no one, ever. Keeping your kindness to yourself allows you to retain all of the positive feelings while pleasantly surprising someone - confirming that kindness exists in the world.

Try
this!

Look for ways to do random acts of kindness in secret this week. Clearing snow off a parked car, anonymously delivering a small gift to someone's porch, paying for the person's order behind you at the drive-thru, or leaving a larger than normal tip are just some ideas.

Be
inspired

Listen to "I Was Here" (Beyonce) to inspire your acts of kindness. Do your best to bring someone some happiness and make this world a little better because YOU are here!

The SDSS Well-Being Team

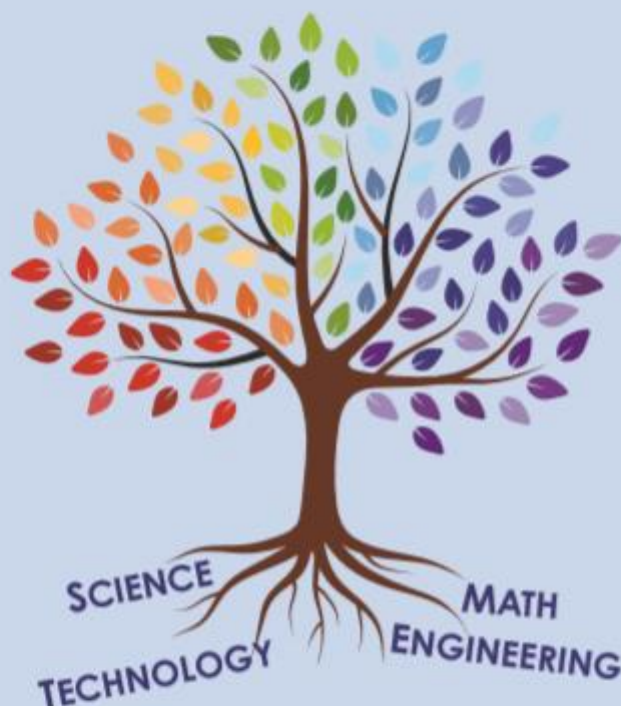
Check out the song "I Was Here" by Beyonce on your favourite music app!

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)





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

SCHOOL OF TRANSPORTATION

Winter/Spring Drop-in ZOOM Webinar Weekly Presentation Sessions

(Monday – Saturdays, Jan. 11 – Jun. 19)

Presenter: Indira Singh

(School of Transportation Recruitment Officer)

Learn about Post-Secondary programs with Career options, Modified Apprenticeships and Traditional Apprenticeships, Pathways, Why Consider a Trade, Financial Aid, Support Services, Student Life, Tuition, Other Fees at Centennial College and How to Apply.

Mondays – Fridays: 5pm-6pm *

ZOOM Webinar ID: 926 6172 4820

Passcode: 920905

Please click this URL to join.

(<https://centennialcollege.zoom.us/j/92661724820?pwd=Y240a3RxcXpZUjRHZXZzckQyQzJ5QT09>)

Saturdays: 12pm-1pm *

ZOOM Webinar ID: 943 6532 2730

Passcode: 755796

Please click this URL to join.

(<https://centennialcollege.zoom.us/j/94365322730?pwd=WFFLOGdwdHZlUFhaVTQ1Y2xrRit2Zz09>)

Sessions running until Saturday, June 19th, 2021.

* Sessions will be closed after 15 minutes if there is no one present.

You Are Not Alone...Get Help!

If you are experiencing ANY of the feelings below, reach out for help and let your doctor know.

You are not alone...not 1 in a 1000, but 1 in 10, because many kids have similar problems! Getting help is what counts.

Help is available, and treatments work! Don't wait.

Talk with a helpful adult, such as your family, doctor, school nurse or counsellor, or religious leader, if you have one.

- 01** Feeling sad or withdrawn for more than 2 weeks
- 02** Seriously trying to harm or kill yourself, or making plans to do so
- 03** Sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing
- 04** Involvement in many fights, using a weapon, or wanting to badly hurt others
- 05** Severe out-of-control behaviour that can hurt yourself or others
- 06** Not eating, throwing up, or using laxatives to make yourself lose weight
- 07** Intense worries or fears that get in the way of your daily activities
- 08** Extreme difficulty in concentrating or staying still that puts you in physical danger or causes school failure
- 09** Repeated use of drugs or alcohol
- 10** Severe mood swings that cause problems in relationships
- 11** Drastic changes in your behaviour or personality

Source: The Reach Institute, The "Action Signs" Project, p. 6, Retrieved from <http://www.thereachinstitute.org/files/documents/action-signs-toolkit-final.pdf>

**Need to talk to someone RIGHT NOW?
Call one of the crisis lines below!**

Crisis Response Service 1-855-310-COPE (2673)

Kids Help Phone 1-800-668-6868

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

Fear-Less Triple P Parent Group

(Alyssa Fallone and Nathalie Gonsalves - Community Outreach Worker)

Fear-Less Triple P is a 5 week group for parents/caregivers of children age 6 to 14 years, who have moderate to high levels of anxiety that negatively impact everyday functioning. This group provides parents/caregivers with psychoeducation about anxiety and how it works. Parents/caregivers are encouraged to reflect on how anxiety impacts their family and how their family reacts to anxiety. The group aims to give parents/caregivers a better understanding of the development of a child's anxiety and why it continues. This group is offered through a virtual Zoom meeting platform.

Wednesday
Evenings

January 27, 2021–
March 3, 2021

6:30 PM — 8:30 PM

Zoom Meeting

To Register for this
group please call
York Hills Intake
department
(905) 503-9560

TAKE ACTION – ANXIETY GROUP FOR CHILDREN AND THEIR PARENTS/CAREGIVERS (7-11 years)

(Erika Silveira - Child and Youth Worker and Stephanie D'Mello - Child and Family Therapist)

This 9 week virtual parent child group supports children in learning strategies and coping skills to manage anxiety in their lives. The goal of this group is for children to create an ACTION plan for anxiety. ACTION stands for Aware, Calm, Think, Into action, Options and Never stop taking action. Participants will be provided with a workbook and will engage in play, art and creative activities. Parents and caregivers will engage in their own learning through the use of a parent handbook, and group participation. Parents/caregivers will also have the opportunity to meet virtually as a group to learn how to support their child(ren).

Thursday Evenings

January 21, 2021–
March 25, 2021

6:30 PM — 8:00 PM

Zoom Meeting

To Register for this
group please call
York Hills Intake
department
(905) 503-9560

Visit our [website](#) for new events, webinars and information!

FOLLOW us on Facebook, Instagram, Twitter and Eventbrite for the latest!



eventbrite

