

Thornlea SS E-Bulletin

Principal: Joe Foti

Vice-Principal: Anthony Hu

Vice-Principal: Sofia Papadatos

April 21, 2020

Thornlea Student Jaden Kempnich Helping Our Community



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Principal's Message

Dear Thornlea Families;

I usually start these updates by talking about what has taken place at school. I should be telling you about our upcoming SOAP festival in drama and how much the students and staff are looking forward to performing. Our spring sport season should be starting and how the Girl's and Boy's rugby teams are doing. We would have had music and art shows to look forward to, our prom and finally graduation. Sadly, none of those things are taking place this school year. The thing that I miss the most is interacting with our students in the classrooms, the hallways and the rugby pitch. The energy and enthusiasm they bring to school is what makes Thornlea a special place. It appears that our self-isolation and virtual schooling will continue for some time. I encourage our students to keep working. When you are unsure of something or need to ask a question please reach out to us.

We have been able to give out technology (Chromebooks) to students and families that require it to connect to our on-line learning platform. This Thursday we will hand out computers one last time to families that require it between 1:00 and 2:00 p.m. Any technology not picked up will be couriered home. If at all possible and to prevent a delay in on-line learning please make an attempt to pick up the technology on Thursday. Our office staff will be calling individual families with details. Our teachers have updated the mid-term marks for grade twelve students. These will appear on Teach Assist. No report card will be generated but a final report card will be sent home for all students. These marks will be transmitted to OUAC and OCAS on April 23rd. If you have any questions about this process or an individual mark please feel free to contact me at joe.foti@yrdsb.ca

I want to let you know that our school has donated the goggles we use in science, the latex gloves, hospital gowns and cleaning supplies to the province of Ontario. They have then redistributed these supplies to hospitals, first responders and front line workers where needed. I would like to thank all of you for staying home and being safe. To those parents and guardians that are doctors, nurses, personal service workers and first responders thank you for your service and for keeping us safe.

Stay Safe,

Joe Foti



WE'RE HERE
FOR YOU!


york hills
Centre for Children, Youth and Families

HERE TO HELP LINE

STARTING APRIL 6TH

 **905-503-9561**

Monday | Wednesday | Friday

9:30 AM - 4:30 PM

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

Visit www.yorkhills.ca for more information!



Groups and Workshops Spring 2020

As with all of our programs, registration is required. Our groups and workshops are open families living in York Region. If you are receiving services from York Hills, please connect with your clinical worker to register through them.



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

MANY FACES OF ANXIETY - UNDERSTANDING AND SUPPORTING CHILDREN WHO LIVE WITH WORRY

Monday, April 20, 2020
6:30 PM — 8:30 PM

The goal of this workshop is to provide valuable information to support caregivers of children and adolescents who experience anxiety. Topics include: Understanding different types of anxiety, causes, how the mind and brain are connected, coping strategies for caregivers; and what caregivers can do to help.

Webinar

COGNITIVE BEHAVIOURAL STRATEGIES TO REDUCE STRESS DURING COVID 19

Thursday, April 30, 2020
1:00 PM — 3:00 PM

This webinar will examine cognitive-behavioural strategies for promoting parent and child well-being during COVID-19. Cognitive-behavioural approaches are based on evidence-based therapy that help us learn how to cope with difficulties like anxiety by understanding how our feelings, thoughts, and behaviours are related.

Webinar

Practical tips in identifying emotions and thought patterns will be provided, as well as various relaxation tools. The goal of this webinar is to provide families with foundational skills to stay resilient in the face of stress experienced during COVID-19 and beyond.

CONSCIOUS PARENTING – RAISING TEENS

Thursday April 30, 2020
6:30 PM — 8:30 PM

This workshop will provide an opportunity for parents to better understand their adolescent, and their role as parents. During our time together we will explore questions such as: How do I see myself as a parent? Why do I choose to parent the way I do? We will also look at what our triggers are and our reactions to these triggers. Conscious parenting includes awareness of ourselves as individuals, as parents, and of our teenage child. We will look at the developmental period of adolescence and the specific factors that distinguish it from other developmental periods. The aim of this workshop is to introduce you to the concepts of conscious parenting. It is an invitation to become more aware, reflective, understanding and deliberate in the relationship with your child.

Webinar





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CHILDREN'S MENTAL HEALTH WEEK SPECIAL PRESENTATION THE POWER OF SLEEP BY DR. BEVERLY DAVID

Tuesday May 5, 2020
6:30 PM — 8:30 PM

Dr. Beverly David is a clinical psychologist who loves Sleep! She has spent her career researching and supporting others to understand and develop strategies to improve their quality of sleep. Please join us for this exciting webinar to further understand the power of sleep and its relationship to mental health for both parents and their children.

Webinar

- Understanding sleep and its purpose
- The cost and consequences of poor sleep
- The relationship between sleep and mental health.
- Why we lose it and how to get it back.
- An overview of Cognitive Behavioural Therapy for Insomnia (CBT-I)
- Practical strategies to improve sleep.

CHILDREN'S MENTAL HEALTH WEEK SPECIAL PRESENTATION SUPPORTING CHILDREN'S MENTAL WELLNESS.

Thursday May 7, 2020
6:30 PM — 8:30 PM

Challenging and stressful times in our lives require us to be increasingly flexible in order to meet the needs of our children. It is important that we, as parents and caregivers, are able to create structure and balance for our children in a way that supports their emotional wellness, particularly during unstructured time at home.

Webinar

This webinar will explore how to support a healthy lifestyle balance, and will provide parents and caregivers with practical, evidence-based strategies to support their children's mental wellness at home.

POSITIVE CONNECTIONS – HOW TO RESPOND TO YOUR CHILD IN POSITIVE AND EFFECTIVE WAYS

Monday May 11, 2020
6:30 PM — 8:30 PM

This workshop is for parents/caregivers who are looking for new ways to connect with their child(ren) aged 0–6. Caregivers will learn how to connect with their children, and will gain a solid understanding of how, why and when connections are optimal in order to overcome behavioural challenges that child(ren) may be experiencing.

Webinar





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SIBLING RIVALRY TO SIBLING RELATIONSHIP

Tuesday May 12, 2020

6:30 PM — 8:30 PM

Come and learn! This workshop will discuss what sibling rivalry is, what causes it, and what parents can do to build and strengthen this important relationship.

Webinar

- Explore the meaning of 'fairness' from a child's perspective, and learn how to handle each child's feelings.
- Learn how to respond to challenging behaviours, and how to balance the parental role of being a 'coach and a referee'.
- Learn the value of 'cooling off time', and teach your children to use 'quiet spaces' for calming and learning to work together with a sibling to problem solve.
- Learn ways to encourage positive and respectful sibling relationships.
- Learn additional ways to cope and manage when one/both siblings have mental health challenges.

PARENTING DURING CHALLENGING TIMES

Tuesday May 19, 2020

6:30 PM — 8:30 PM

These uncertain times have disrupted our daily work, home and school routines. When we are experiencing difficulties and extraordinary challenges it can make all aspects of our lives a lot harder, including parenting. Learn strategies to help you build resilience and parent effectively while coping with uncertainty, anxiety and fear. Various approaches for managing your child's social and emotional adjustment to the new (temporary) normal will be explored. This workshop will:

Webinar

- Encourage the use of various methods to help manage the anxiety in your child's life.
- Explore ways to keep your child engaged during their time at home.
- Suggest useful tools that will help to answer children's questions effectively.
- Propose various ways to take care of yourself and embrace self compassion





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or scan the barcode!

RIDE THE WAVE - DEVELOPING MINDFUL PRACTICES AND COPING SKILLS

Have you noticed an increase in stress levels and an influx of emotional regulation skills in your household during these challenging times? Being housebound can definitely have an impact on our thoughts, emotions and actions. As the days are turning into weeks and likely months, both our physical and emotional well-being is being challenged. This webinar will demonstrate a variety of coping strategies and informal mindfulness practices to help us ride the emotional waves that come and go each day. The aim is to provide participants with a variety of mindful coping strategies that can help us to: Pause, observe our body's physical sensations, thoughts and emotions, problem solve, and respond to everyday challenges in a positive and thoughtful way.

Wednesday May 20, 2020
6:30 PM — 8:30 PM

Webinar

PLUGGED IN – TIPS AND STRATEGIES FOR MANAGING SCREEN TIME

Does screen time in your home ever feel like scream time? Is it hard to get your children unplugged? If you answered yes, the Plugged In workshop is for you. Topics include: Guidelines for healthy screen time use, understanding how screen time effects the brain, how your own technology use impacts children, and strategies for managing screen time.

Thursday May 28, 2020
6:30 PM — 8:30 PM

Webinar

TRIPLE P SEMINAR SERIES - POSITIVE PARENTING

Power of Positive Parenting seminars are a series of three workshops for parents of children birth to 12 years of age. Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

Seminar #2
Tuesday April 21, 2020
6:30 PM — 8:30 PM

Seminar #3
Tuesday April 28, 2020
6:30 PM — 8:30 PM

Seminar #2 - Raising Confident and Competent Children

Seminar #1 was completed
prior to COVID 19.

This seminar focuses on encouraging respect and cooperation, learning to be independent, developing healthy self esteem and learning how to be a good problem solver.

Seminar #3 - Raising Resilient Children

This seminar focuses on: learning strategies to help build positive feelings in your child and help your child recognize and accept feelings, deal with negative feelings and upsetting stressful life events.

Webinar



Thornlea Student Jaden Kempnich Helping Our Community

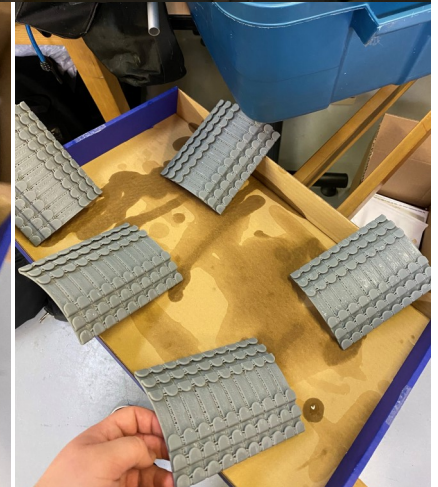
The adjustment to online learning has been an interesting and challenging journey for everyone. Some have had major difficulties, while others have embraced it and have used it as an opportunity to grow and face the difficulties this global crisis has presented us with. Jaden Kempnich is one such student. He is a grade 11 Technological Design student who has used the resources he has at home to help our community.

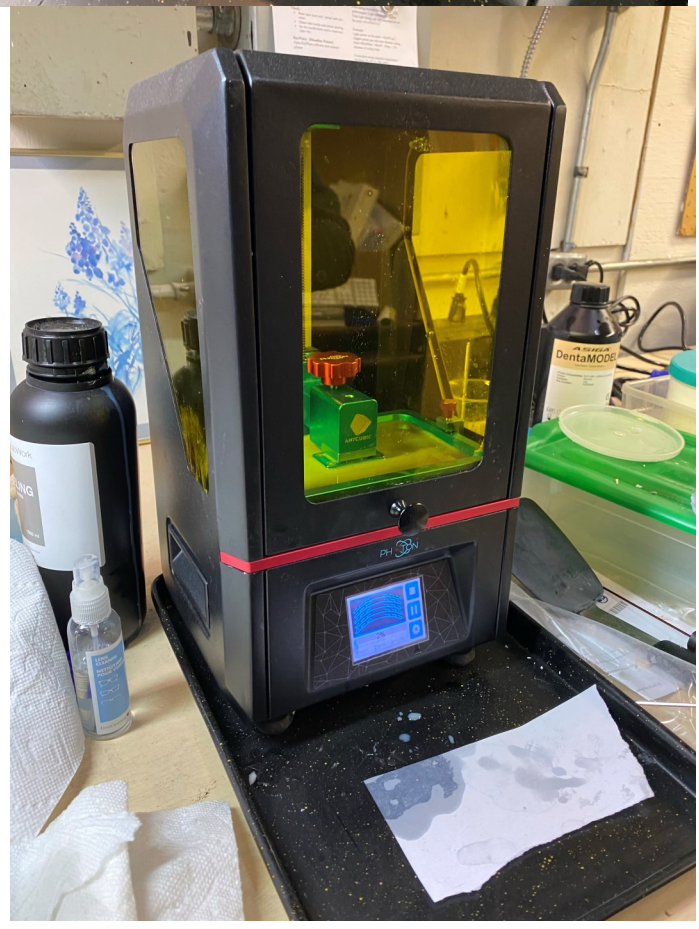
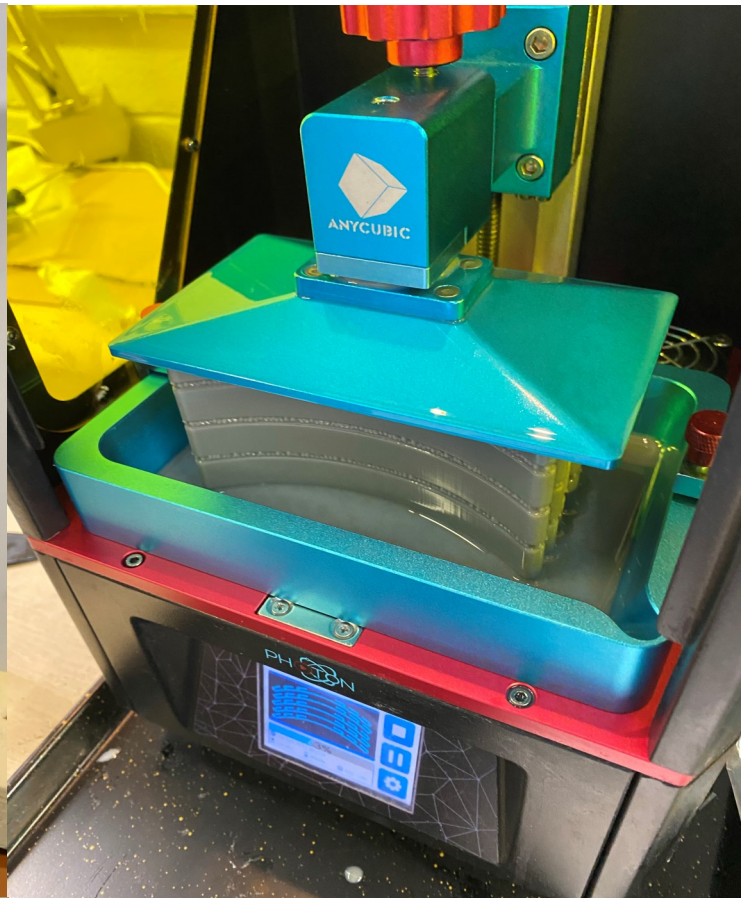
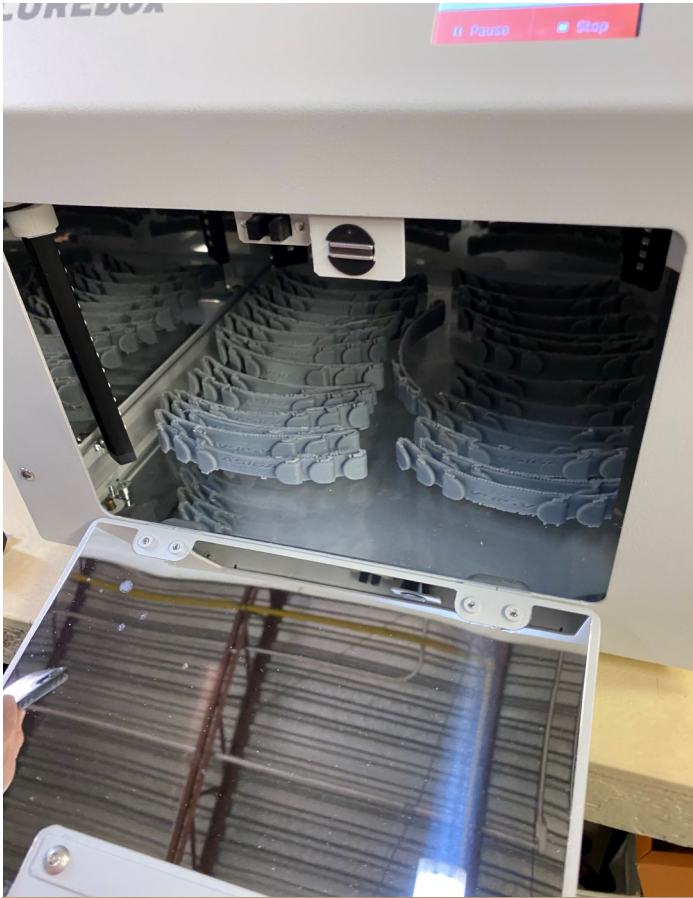
Jaden has access to a 3D printer which has allowed him to create mask straps for frontline medical staff. Doctors, nurses and other frontline workers have said that their ears become very painful after long hours of wearing their protective masks. The mask straps that Jaden has been creating relieve the pressure and therefore the pain that the frontline staff undergo. To date, he's made 100 with another 50 scheduled to go and more after that.



His straps, along with others in the 3D printing community, are being donated to Markham Stouffville, North York General Hospital and Lakeridge Health Port Perry. Initial feedback from medical staff has been overwhelmingly positive including Dr. Dayal shown wearing one of Jaden's mask straps.

Keeping our frontline workers safe is incredibly important right now and thanks to the efforts of those who can get involved we're making a difference. Thanks for thinking of your community Jaden and keep up the good work! The Thornlea community is very proud of you and your efforts.





Student Success Support Update

Dear families of Thornlea students,

Hello from the Student Success Support services. We hope you are all doing well and keeping healthy.

During these unfamiliar times, the Student Success Support staff continues to be accessible and supportive of you and of students. Our ultimate goal is to be present and accessible to offer academic and mental health supports.

Starting Monday April 6, 2020, we created a google classroom called TLC and invited students who need academic and mental health supports. On our platform, students have access to (a) Mental Health supports, (b) Academic and Library information and (c) Online support schedules for our counselors and student success teacher.

As always, please feel free to contact us at any time if you require extra help/ support from our staff. We can be reached by email to our Student Success lead at Viviane.estafanos@yrdsb.ca

In the meantime, feel free to check out this YRDSB link to better your mental health and access useful information during this time.
<http://www.yrdsb.ca/Programs/Healthy/Pages/Mental-Illness-and-Mental-Health-Awareness.aspx>

Thank you for your ongoing support.
Take care and stay safe.

The Student Success Team

Dear families,
Greetings from the AP committee @ Thornlea.

Please find below new updates generated from the AP College Board regarding AP exams taking place this May 2020 and supports available.

Stay safe and take care,

AP Exams Update:

AP Exams will take place online and at home.

Exams have been revised to about 45 minutes each. Exam specific details can be found at this link:

<https://apcoronavirusupdates.collegeboard.org/educators/taking-the-exams/ap-exam-schedule>

AP Exams new dates: AP exams are re-scheduled to take place from May 11 to May 22 with make-up testing from June 1 to June 5.

AP Student Supports:

On AP Central, students can see course-specific exam information, including exam dates and times, descriptions of what they'll be asked to do on their exam, exam features, exam scoring, and exam security.

On YouTube, students can access daily, online AP classes and review at <https://youtube.com/advancedplacement>

An "At Home Testing Guide" will be released at the end of April. It will be reviewed through the AP channel on YouTube

Students should frequently check the AP college board website for updates.

If you have any questions, please contact the AP coordinator Ms. Estafanos at

viviane.estafanos@yrdsb.ca

Thank you,

AP Thornlea Committee

2020 AP[®] Exam Schedule

AP[®]

CollegeBoard

Exam Start Times ▶

Local times may vary depending on a student's geographic location.

Hawaii Time: 6:00am
Alaska Time: 8:00am
Pacific Time: 9:00am
Mountain Time: 10:00am
Central Time: 11:00am
Eastern Time: 12:00pm

Hawaii Time: 8:00am
Alaska Time: 10:00am
Pacific Time: 11:00am
Mountain Time: 12:00pm
Central Time: 1:00pm
Eastern Time: 2:00pm

Hawaii Time: 10:00am
Alaska Time: 12:00pm
Pacific Time: 1:00pm
Mountain Time: 2:00pm
Central Time: 3:00pm
Eastern Time: 4:00pm

Primary

Mon, May 11	Physics C: Mechanics	Physics C: Electricity and Magnetism	United States Government and Politics
Tues, May 12	Latin	Calculus AB Calculus BC	Human Geography
Wed, May 13	Physics 2: Algebra-Based	English Literature and Composition	European History
Thurs, May 14	Spanish Literature and Culture	Chemistry	Physics 1: Algebra-Based
Fri, May 15	Art History	United States History	Computer Science A
Mon, May 18	Chinese Language and Culture	Biology	Environmental Science
Tues, May 19	Music Theory	Psychology	Japanese Language and Culture Italian Language and Culture
Wed, May 20	German Language and Culture	English Language and Composition	Microeconomics
Thurs, May 21	French Language and Culture	World History: Modern	Macroeconomics
Fri, May 22	Comparative Government and Politics	Statistics	Spanish Language and Culture

Make-up

Mon, June 1	United States Government and Politics Physics C: Mechanics	Human Geography Physics C: Electricity and Magnetism	Calculus AB Calculus BC Latin
Tues, June 2	English Literature and Composition Spanish Literature and Culture	Physics 1: Algebra-Based European History	Chemistry Physics 2: Algebra-Based
Wed, June 3	United States History Art History	Environmental Science Computer Science A	Biology Chinese Language and Culture
Thurs, June 4	English Language and Composition German Language and Culture	Japanese Language and Culture Italian Language and Culture Microeconomics	Psychology Music Theory
Fri, June 5	World History: Modern Macroeconomics	Spanish Language and Culture Comparative Government and Politics	Statistics French Language and Culture

APPLYING TO A CONTINUING EDUCATION COURSE | STEP-BY-STEP INSTRUCTIONS

YRDSB Summer School Registration – Summer 2020

Registration is now open.

York Region day school students will use My PATHWAY Planner (myBlueprint) to register for courses offered at Summer School.

To apply for courses:

1. Go to <https://mypathwayplanner.yrdsb.ca> (myBlueprint)
2. Under the left tab, click on High School.
3. Click on Continuing Education.
3. Click on Explore Courses.
5. Click on the name of your preferred school location or search (*on top*) the course name in which you wish to enroll.
6. Select the summer school course you wish to register for.
7. Submit course.
8. Should the course you apply for be cancelled, you will be contacted by the Continuing Education staff.
9. *Tentatively:* Classes begin on July 3rd at 8:45 a.m. to 3:33 p.m. and end on July 26th.



Should you have any questions, please contact your guidance counselor.

Thank you.

20-21 Event Calendar

Due to Covid19 dates and events are subject to change

First Day of School Gr. 9 only	September 8
First Day of School All grades	September 9
Photo Day	September 14
Gr. 9 Green Acres FIT Day	September 17
School Council Meeting	September 21 @7:15pm
Club Fair @ lunch	September 22
Terry Fox Run	September 24
Photo Retake Day	October 13
Parents' Night	October 22 @6:30pm
TKWD/TKHSD	November 4
Gr. 8 Open House	November 10
Remembrance Day Assembly	November 11
PA Day	November 13
School Council Meeting	November 16 @7:15pm