



Unionville High School Weekly Parent Bulletin

Friday, December 2, 2022

201 Town Centre Blvd. Markham, ON
905-479-2787
Reception 431/Attendance 230/Guidance 458
Email: unionville.hs@yrdsb.ca
Tweets: [@UHSupdate](https://twitter.com/UHSupdate)

Principal
Sue Lyn Cheong

Principal on Assignment
Susie Nunes

Vice-Principal
Amol Gheewala

Vice-Principal
Patrick Belmonte

Superintendent
Michael Cohen

Trustee
Ron Lynn

[TECH REQUEST FORM – 2022-2023](#)

[CLUBS LIST 22-23](#)

[GUIDANCE UPDATES](#)

Character Matters Trait of the Month: Empathy

“Empathy is a quality of character that can change the world.” – Barack Obama

DATE	EVENT
MONDAY, DECEMBER 5	UHS Dance at Markham Theatre Tech Rehearsal
TUESDAY, DECEMBER 6	UHS Dance at Markham Theatre <ul style="list-style-type: none"> • P2 Elementary Show • P4 UHS & Parent Show UHS Music Winter Fantasia at Markham Theatre 7:30pm - 9:30pm
WEDNESDAY, DECEMBER 7	UHS Music Winter Fantasia at Markham Theatre 7:30pm - 9:30pm

Here are some of the newest books at the UHS Library

[Have You Eaten Yet? Stories from Chinese Restaurants Around the World](#) by Cheuk Kwan

[Stories of Metis Women: Tales My Kookum Told Me](#) by Bailey Oster and Marilyn Lizee

[Pride: An Inspirational History of the LGBTQ+ Movement](#) by Stella Calwell

[The Circus Train](#) by Amita Parikh

[When No One is Watching](#) by Alyssa Cole

Students are welcomed and encouraged to borrow books to take with them over the break!

Students also have access to ebooks through SORA. They sign in using the number 0 followed by their student number.

Peer Tutoring

All students **interested in becoming a peer tutor** for the 2022-2023 school year must submit their application through this link: <https://bit.ly/BecomeTutorUHS0>

This application must be completed using the **student's GAPPS email**. Upon submitting, students will **receive an email containing a PDF** that will need to be printed, signed and returned to the Guidance Department dropbox located outside the Guidance Office. **Please Note:** If students are applying to tutor a subject they are currently taking, please ask your subject teacher first, as students are required to indicate their subject teacher's name to confirm if they are recommended for tutoring that subject.

All students **requesting a peer tutor** must submit their application through this link: <https://bit.ly/RequestTutorUHS>

This application must be completed using the **student's GAPPS email**. Upon submitting, students will **receive an email containing a PDF** that will need to be printed, signed and returned to the Guidance Department dropbox located outside the Guidance Office.

[Please click here for the Peer Tutoring flyer](#)

At our last School Council Meeting...

Happy Friday everyone! Those who attended this past Monday's School Council meeting had the distinct privilege of participating in a phenomenal presentation by clinical psychologist, Dr. Merry Lin. Dr. Lin's presentation focused on providing families with tips, tools and strategies around how we can best support our students and children. Dr. Lin's presentation, titled, "Loving Our Kids Too Much: Healthy Parenting Strategies with Dr. Merry C. Lin," had many insights as to parental worries, student issues, healthy parenting strategies and how we can be more effective supports to our students and children. Some of those in attendance shared the following: "Thank you for hosting Dr. Lin's workshop last night at Student Council. It was really insightful and informative. Looking forward to the next workshop in January." and "Dr. Lin's presentation tonight was so good. It gave me so much to think about. I will take up her challenge of speaking only positive words to the children for a week. I can't wait for her next one!"

Dr. Lin has left sets of CDs that provide more details. If you are interested in these CDs, please contact us at Unionville.hs@yrdsb.ca to request CDs **while supplies last!**

Please join us on Monday, January 23rd for Dr. Lin's next presentation. More details will follow as we return to school in 2023!



Unionville High School's School Council Presents...

Life-Proofing Our Kids for Success: A Four-Part Series

Dr. Lin & Associates <https://www.drclinandassociates.com/>



Monday, January 23, 2023—The Gift of Learning – Helping Our Kids Succeed
Monday, April 24, 2023—Resiliency for Life

Dr. Merry C. Lin is a psychologist with over 30 years of clinical experience. She is the Executive Director of Dr. Lin & Associates where she leads a team of psychotherapists, life coaches and HR Management consultants. In this role, she consults with corporations and not-for-profit organizations, providing expertise in a wide variety of areas, including mental health, stress management, trauma, abuse recovery, leadership and team development. Dr. Lin also has an extensive background in assessment, providing psycho-educational and diagnostic assessments for kids, adolescents and adults, to identify giftedness, intellectual disabilities, learning disabilities, ADHD, Autism Spectrum Disorder, and behavioural/emotional/mental health issues. A wise counsellor and respected speaker, she can be heard on her popular podcast, *The Fully Lived Life* (<https://anchor.fm/the-fully-lived-life>). Dr. Lin has also made regular TV appearances, and her teaching videos are available on RightNow Media. She is the author of *The Fully Lived Life: Rescuing Our Souls from All that Holds Us Back*.

Monday, February 27, 2023—Stress and Our Kids @ 7:30pm to 8:30pm – Senait Litchmore

Senait Litchmore is a Registered Psychotherapist with the College of Registered Psychotherapist of Ontario. She has provided therapeutic support for individuals and families for over 10 years. She is trained in Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Solution-Focused Therapy, Family Systems and Trauma-Focused Cognitive Behavioural Therapy. As an Enneagram Life Coach, accredited practitioner with Integrative 9 Enneagram solutions, Ms. Litchmore uses the iEQ9 assessment as a roadmap to understand clients clearly and help to unlock their full potential, increase self-awareness and improve their relationships. Her passion to empower others was birthed from her lived experience and is sustained by her desire to break toxic generational cycles and guide people to rewrite their narrative.





Message From Our Trustee

December 2022

I am happy to serve as your trustee on the 2022-2026 Board of Trustees.

As a trustee, my role includes being an advocate for quality public education in York Region, and I want to assure you that I am committed to that work. Every one of our students deserves to be learning in an environment where they feel safe, valued and supported in learning and achieving success.

Part of our role as trustees includes making [policy](#) and [budget](#) decisions, and setting our priorities as an organization through a [Multi-Year Strategic Plan](#). Our board will work hard to keep students at the centre of our decision making, and to build collaborative relationships with the families and communities we serve. The education of our students, your children, is a partnership and the relationships we have with families is an essential one.

Communicating with families and members of the public is also an important part of our role, and I look forward to connecting with members of the school community in the coming weeks and months. Please feel free to contact me if you have any questions or concerns. I will be sharing information with you throughout the school year, and letting you know more about our work and priorities as a school board. You can also visit the board website at www.yrdsb.ca or follow on social media.

As we head into December, I also want to wish you a safe and enjoyable winter break. There are many significant dates in December for different faiths and cultures, and to all those celebrating, I wish you a happy and joyous celebration. I hope everyone has an opportunity to spend time with family and friends, relax and recharge, and we look forward to welcoming you back in January.

Ron Lynn

Trustee, Markham Wards 2 and 6



Student Voice Town Hall Meetings are coming to UHS

Our students' voices matter, especially when it comes to decision-making at our school. The Student Voice town hall initiative is an effective way to gather UHS students' opinions, thoughts, and ideas about their experiences at school, in order to help establish a better and safer school environment.

The Student Voice Town Halls will collect data in two ways : one involves an online survey to gather a large database, and two, is to host small, focused interviews with classes, clubs and other informal groups of students to allow more in-depth conversations.

The UHS Student Council Student Voice committee prepared questions from survey data that they feel will resonate with staff, students and administration and will focus on collecting feedback that will help UHS to provide a positive, engaging and safe environment for everyone.

Throughout the semester, the Student Council will train volunteers to facilitate these Town Hall meetings.

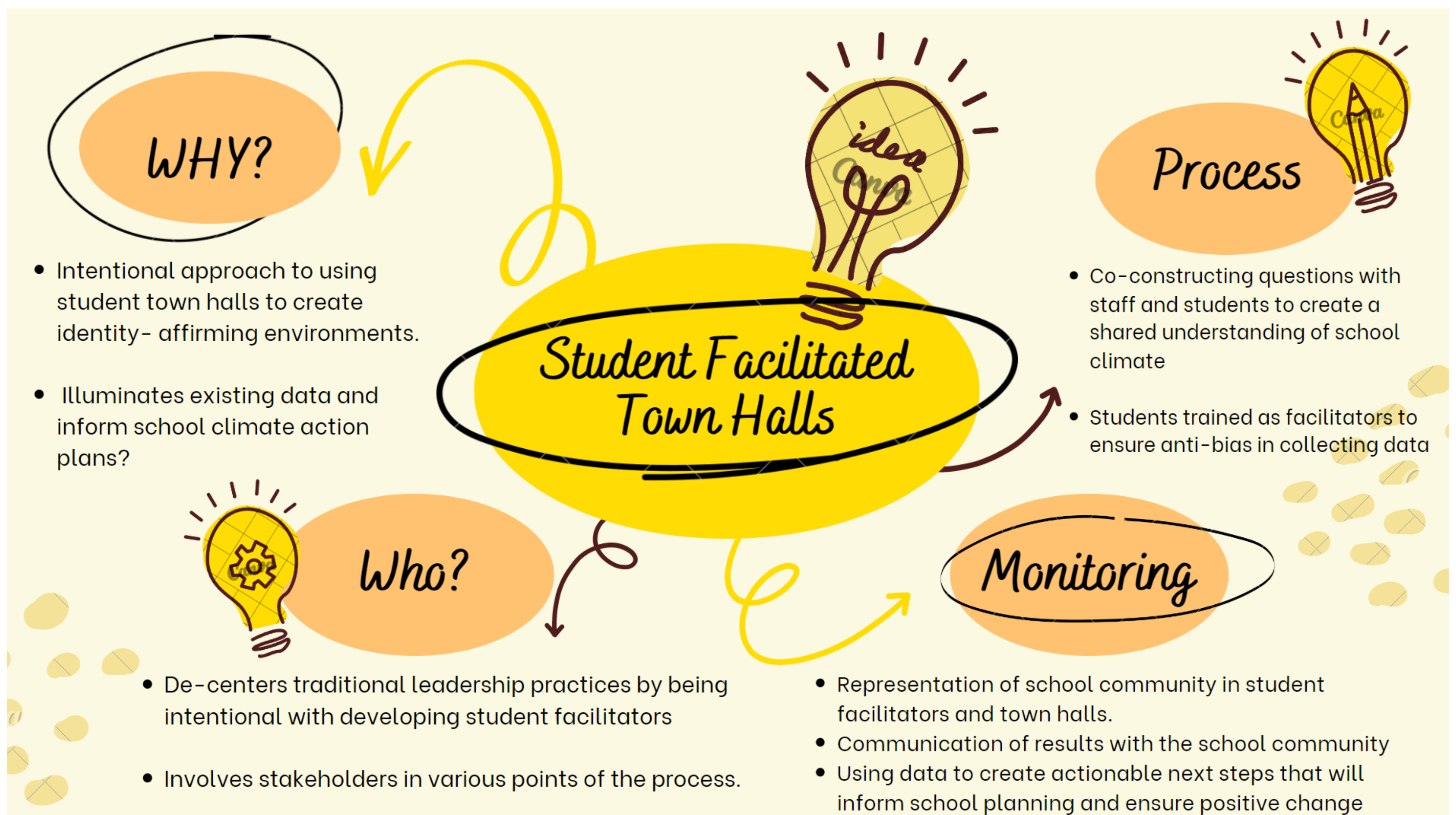
Please encourage students to sign up for our first Town Hall:

WHEN: TUESDAY, DECEMBER 13TH 3:15-4:00 LOCATION: THE LIBRARY LEARNING COMMONS

Sign Up:<https://forms.gle/GCShvzTdteBALcMLA>

Please do not hesitate to reach out if you have any questions.

Sara Faulkner & Afsana Ahmed
Staff Advisors, Unionville Student Council (USC)
sara.faulkner@yrdsb.ca





**In collaboration with
York Region District School Board**

SAAAC Autism Centre Presents

Caregiver Orientation: New Autism Diagnosis

To be delivered in Tamil and English

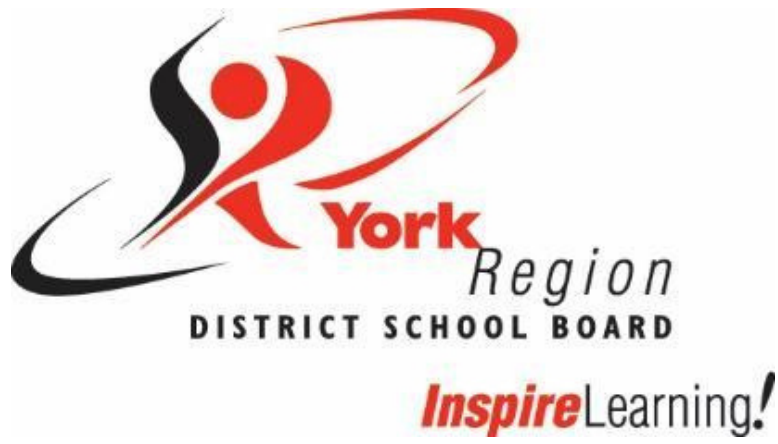
Join us to chat about:

- Next steps after diagnosis
- Types of funding available
- Services and programs available in the community
- SAAAC Cares Program
- YRDSB Autism Supports
- Cultural perspectives on children with disabilities
- Your experiences as a caregiver of a child with Autism

**December 13th 2022 | 6:30-8:30pm
Markham District High School
89 Church St, Markham, ON L3P 2M3**

Register here on our [Google Form](#)

**For questions or accommodation requests please
email: nijatha.subramaniam@yrdsb.ca**



Community Building and

Engagement Event

共建美好家庭座談會／共建美好家庭座
談會

Please join us at our 2022-2023 community building event! We are thrilled to build connections with the Chinese Heritage parents and students, and engage meaningful conversations that help students thrive at school.

我們渴望對話，了解學生的情況並分享有關家庭關係和情感健康的技巧。我們誠邀您加入對話，好讓華裔學生的情況能夠得到更多的支持。

我们渴望对话，了解学生的情况并分享有关家庭关系和情感健康的技巧。我们诚邀您加入对话，好让华裔学生的情况能够得到更多的支持。

To register for this Cantonese/ Mandarin session:

[点击这里报名讲座](#) or scan the QR code



[點擊這裡報名講座](#) or scan QR code



Parents, Guardians, Caregiver and Students

Join us to learn and share with your community how the families are supported!

Date: Wednesday, Dec 14th, 2022

Time: 6-8:30pm

Location: Armadale Community Centre
2401 Denison Street, Markham, ON L3S 1E7

Presenters:

Charmaine Tong (M.S.W., R.S.W.)

York Region District School Board
School Social Worker (Chinese Heritage Community)

Hannah Xu (MPH)

Hong Fook Mental Health Association
Youth Program Worker

For more information, please contact:

Community Care Team
School Social Worker
Charmaine Tong

charmaine.tong@yrdsb.ca

Light refreshments will be provided

Registration will be closed after we have reached the maximum number of registrations for the event. This free session is brought to you in partnership with Hong Fook Mental Health Association and Community Care Team of York Region District School Board





PARENTING TRAPS

STRATEGIES FOR A SUCCESSFUL WINTER BREAK!

Let's talk about it!

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.

December 8, 2022 | 10:00 a.m. – 11:30 a.m.

We welcome parents, guardians, caregivers and community members to attend this virtual session!

Register Today!

This session will focus on how to ensure a safe and engaging environment for children with strategies to:

- how parents may get “trapped” in escalations and power struggles;
 - why parents experience “defiance and non-compliance” when they ask or request their children to do something;
 - understanding various traps ways to avoid these traps and develop age appropriate and do-able strategies; and
- how parents can have a successful, stress free winter break.

Facilitator: Uma Bhatt, R.S.W. York Hills Centre for Children, Youth and Families



This free parent presentation is brought to you in a collaborative partnership with York Region District School Board and York Hills Centre for Children, Youth and Families.

More Information:

Oksana Majaski, Community & Partnership Developer,
YRDSB Oksana.majaski@yrdsb.ca

Unionville's 2022/2023 Yearbook Cover Design Contest!

Are you feeling artsy? Do you like fun colours and bold designs? Are you up for a creative challenge? We are looking for artists like YOU! Students are invited to participate in Unionville's 2022/2023 Yearbook cover design contest! The votes are in and UHS has voted for a 90s scrapbook theme! Here are the design rules to consider:

- Dimensions (this includes the front AND the back cover) 8.75" x 11.25" front and back with a spine that is 0.5" inch wide
- This should be in the spirit of 90s zines and scrapbooks (think bright colours, funky patterns, magazine cutouts, doodles)
- Make sure the design is in HIGH resolution (300 dpi). If the work is done on paper, please submit the work to Ms. Tom in Rm. 235
- If you are submitting a digital file, provide an uncompressed native file (e.g. .psd/ .ai)

<https://forms.gle/nQTYEYpJB645hjy6>

Submissions are due **December 23, 2022**

Preparing for Severe Weather

As we are getting into colder climates and temperatures, here is a message that was sent to families from the YRDSB :

Dear families,

With yesterday's announcement from Ontario's Chief Medical Officer of Health regarding masking and winter weather approaching, we want to provide families with an update on masking and the steps we take to keep students safe when severe weather occurs.

Masking in Schools

Yesterday, Ontario's Chief Medical Officer of Health strongly recommended that individuals wear masks in indoor settings. We continue to consult with York Region Public Health, who are strongly recommending masking in indoor settings. York Region schools and workplaces continue to be mask friendly environments and masking is strongly encouraged in YRDSB schools and buildings, and on all forms of school transportation. All students, staff, families and visitors who choose to wear a mask, or who are advised or required to wear a mask will be supported in doing so. A limited number of masks are available; children who wish to wear a mask but do not have access to one, may contact their school.

School Transportation Cancellations

School transportation (buses and taxis) may be cancelled due to extreme cold or inclement weather. On these days, schools will remain open unless otherwise stated. If school transportation is cancelled in the morning, it will also be cancelled in the afternoon. Any special or hot lunch days and field trips will also be cancelled.

Families should use their best judgment to decide whether to send their children to school on extreme cold or inclement weather days. Students will not be penalized for missing school on those days. For safety reasons, please let the school know if your child will not be attending school that day.

School Closures

Emergency closures will be considered when conditions may not be safe for students and staff members to attend school for the full day. This may include events that significantly limit school operations or access to the school site (e.g., widespread, prolonged power failures or downed power lines).

In keeping with our current practice, we will continue to keep our schools open as much as possible. However, it is important that families have alternate childcare arrangements planned for the rare occasions when schools may be closed. Before and aftercare programs will not operate if schools are closed.

Communication to Families

Decisions about school transportation and school closures will be made as early as possible and no later than 6:00 a.m. We will do our best to notify families in advance when we may be considering closing school and Board offices. Transportation cancellations or school closures are communicated through:

- Student Transportation Services - www.schoolbuscity.com or 1-877-330-3001
- Board and school websites
- @YRDSB Twitter account
- Radio and TV media outlets

For more information on severe weather days, please visit our website www.yrdsb.ca.



Wellness Reminder of the Week:

"Take care of your body. It's the only place you have to live in."— Jim Rohn

The UHS Wellness Council is back! We are a student run council whose mission is dedicated to improve students' health and well-being by creating a positive school environment here at UHS. To learn more about how you can be part of the UHS Wellness Council, [please click here](#) for our Instagram page.

Semester 1 Exams

All students and families need to ensure that students are present and available for the Semester 1 Exam block. Semester 1 Exams will take place **January 26 - February 1**. Please be aware that **February 2, 2023** is Mark Review Day and **February 3, 2023** is a PA Day.

School Zone Parking Safety

Parking safety is everyone’s responsibility! Please see the attached links for more information from the City of Markham about how we can all contribute to road safety.

[Common Responsibilities of By-Law Enforcement & Regulatory Services](#)

[By-Law Enforcement & Regulatory Services Newsletter](#)


[School Zone Parking Safety Pamphlet](#)



Prayer/Meditation Space Request

Does your child need a space to practice their faith? All students who would like to use our Prayer/Meditation Space for the 2022-2023 school year should complete the School Start Up forms: <https://startupforms.yrdsb.ca/> and email Ms. Kyriopoulos (effie.kyriopoulos@yrdsb.ca) for more information.

Please email [Max Denley](#) for more information

YRDSB Trans Student Support Group


A group for trans, nonbinary, genderqueer, agender, gender fluid, and gender diverse students across the YRDSB.

The group will be facilitated by board staff with lived experience as members of the trans community: Max Denley (he/him), School Social Worker and Kenzie Wass (they/them), 2SLGBTQI+ Community Partnership Developer.

Gender diverse students in grades 7-12 are invited to participate virtually:

- Bi-Weekly on Tuesdays beginning November 22nd.
- 3:30 p.m.- 4:30 p.m.

If you are interested in joining or would like to learn more, please contact Max Denley at max.denley@yrdsb.ca



Looking for Club Information? Look no further!

Clubs List 22-23

Club	Teacher Supervisors
Artisans Club	<u>Jessica Li</u>
Business & Sports	<u>Neil Sareen</u>
Charis Club	<u>Peter Lansing</u>
Chess Club	<u>Afsana Ahmed</u>
Chinese History Club	<u>Shan-Chen Yu</u>
Club de Français (French Club)	<u>Peter Lansing</u>
Community Council	<u>Melissa Del Rosario</u> - <u>James Campbell</u> - <u>Felicia Sukdeo</u>
Computer Science Club	<u>Raymond Do</u>
Cooking Club	<u>Anna DiLorenzo</u> - <u>Frances Tom</u>
Dance Council	<u>Melissa Bettio</u> - <u>Kathleen Major</u>
DECA	<u>Kuo Pan</u> - <u>Wesley Guldemond</u> - <u>Neil Sareen</u>
Dramatic Arts Council	<u>Lazaros Geronikolos</u>
Eco-Council	<u>Michael Johnston</u>
Film Club	<u>Lauren Fridman</u> - <u>Shiraz Rafik</u> - <u>Zachary Layton</u>
Gender & Sexuality Alliance	<u>Sara Faulkner</u> - <u>Zachary Teitel</u>
Guitar Ensemble	<u>Niloufar Barazesh</u>
Jazz Band	<u>Niloufar Barazesh</u>
Light Music Club	<u>Jennifer Porter</u>
Math Club	<u>Daniela Panacci</u> - <u>Shan-Chen Yu</u> - <u>Liubov Chulkova</u> - <u>Shama Sharma</u>
Muslim Students Association	<u>Farhan Baig</u>
Narrative Arts Club	<u>Shiraz Rafik</u>
Newcomers Club	<u>Tara Kapeluch</u>
Philosophical Studies Club	<u>Laura Fong</u>
Prom Committee	<u>Zafirah Damji</u> - <u>Daniela Panacci</u> - <u>Melissa Bettio</u>
Science Club	<u>Elaine Howard</u> - <u>Jeffrey Chan</u>
Show Choir	<u>Melissa Bettio</u> - <u>Julia Fong</u> - <u>Michelle Teh</u>
Social Justice Club	<u>Felicia Sukdeo</u> - <u>Jennifer Porter</u>
Special Events Club	<u>Zafirah Damji</u> - <u>Susan Sun</u>
STEM Beyond	<u>Georgina Mantelos</u>
Tamil Students Association	<u>Shama Sharma</u>
Target Alpha	<u>Wesley Guldemond</u> - <u>Matthew Himelson</u>
UHS Architecture Club	<u>Zachary Layton</u>
UHS Black Excellence	<u>Sara Faulkner</u> - <u>Zachary Teitel</u> - <u>Beckey Serwaa</u>
UHS Med	<u>Evan Mallin</u>
UHS Wellness Club	<u>Michelle Farwell</u> - <u>Evan Mallin</u>
UHS Writers Club	<u>Zachary Layton</u>
Unionville Howl	<u>Keyan Wu</u>
Zoology Club	<u>Yiu Lun Leung</u> - <u>Daniel Dietrich</u>

[Please click here to access teacher advisor emails](#)

Upcoming Events - December 2022

DATE	EVENT
TUESDAY, DECEMBER 20	Music Performance Cafeteria 7:00pm - 8:00pm
FRIDAY, DECEMBER 23	Winter Assembly at Markham Theatre
DECEMBER 26 - JANUARY 6	Winter Break

Upcoming Events - January 2023

DATE	EVENT
JANUARY 9 - 13	Showtime at Markham Theatre
MONDAY, JANUARY 23	School Council Meeting 7:00 - 8:30pm
JANUARY 26 - FEBRUARY 1	Exams