



PARENT

BULLETIN 17

Tel: (905)-479-2787 Email: unionville.hs@yrdsb.ca Website: <http://unionville.hs.yrdsb.ca>

N E X T W E E K ' S E V E N T S

Monday December 19	<ul style="list-style-type: none"> • Senior Girls Volleyball at Bur Oak Secondary School 2:30 pm to 4:30 pm • Curling to Bayview Country Club 2:45 pm to 5:30 pm • Senior Boys Basketball St. Brother Andre at Unionville H.S. 3:00 pm to 5:45 pm • Junior Boys Basketball Brother Andre at Unionville H.S. 3:30 pm to 5:00 pm • Music Concert at Coledale P.S. - participating students will be absent from period 4 & 5
Tuesday December 20	<ul style="list-style-type: none"> • Showtime Rehearsal Period 4 & 5 (make-up for inclement weather day)
Wednesday December 21	<ul style="list-style-type: none"> • ESL C/D/E classes to Yonge Street Centre for the Performing Arts 9:00 am to 4:00 pm • Music Holiday Concert in the UHS Atrium 7:00 pm • Lifeskills class is transit training to see the movie 'Sing'
Thursday December 22	
Friday December 23	<ul style="list-style-type: none"> • Winter Assembly

U P C O M I N G E V E N T S

Monday December 26	
Tuesday December 27	
Wednesday December 28	
Thursday December 29	
Friday December 30	



All visitors to UHS must report to the main office to sign in.

I M P O R T A N T M E S S A G E S

Grade 8 Open House at UHS

The Grade 8 Open House is on January 19, 2017 at 6:30 pm. Grade 8 students and their parents and/or guardians are welcome to join us. The evening will include grade 9 course selection information, self-guided tour of the school facility, and opportunity to meet with UHS staff.

Music Department Presents...



Holiday Concert



Wednesday December 21, 2016

7:00 pm

In the Atrium of Unionville High School

Featuring:

Arts Unionville String Orchestra, Chamber & Concert Choir,

Chamber Ensembles and Alumni Soloists

performing holiday favourites including

selections from Handel's *Messiah*

Admission is FREE - with a donation of non-perishable food to the UHS food drive.

Wellness Day

Calm Confidence at Exam Time - our next Wellness Wednesday Workshop !

In this one-hour workshop, students will explore thoughts and feelings that lead to exam stress and how these affect them physiologically. They will be introduced to a self-regulating method called Emotional Freedom Techniques, learn how it works and experience it. They will then have a tool for developing calm confidence at exam time and transfer the use of this tool to other times of stress.

Fran Burke M.Ed. works with parents and teachers to support students to overcome anxiety and stress, and practice calm confidence. She has studied Life Skills Coaching as well as cutting edge neuroscience techniques like Brain Gym®, Emotional Freedom Techniques and Polarity Therapy. Fran has 24 years of experience as a TDSB high school counselor/educator and is also author of How to End Exam Anxiety, the Ultimate Approach for Parents, Teachers and Students.

This workshop will be offered during lunch periods 2, 3 and 4 on Wednesday Jan. 11th in room 106. Anyone who would like to participate must come into **Guidance** for a ticket as seating is on a first-come-first-serve basis.



Working With Worry
A Group for teens 14—17 years of age



Adolescence can be an incredibly stressful time marked by transition, social pressures, worry and Anxiety.

This program for 14 to 17 year old teens focuses on understanding and overcoming anxiety, stress, fear, and worry. Through psychoeducation, experiential exercises and group support, members learn to identify, and change unhelpful thinking and behavior patterns. Together they create a toolkit of skills and strategies to help manage anxiety and build resilience.

Pre-registration is required at any FSyr office.

Private individual 30 minute interviews will be scheduled for the first day between 4—8 pm.

For more information please call Janice Cook, the group and cultural services coordinator at 905-895-2371 Ext 226.

Dates

9 Wednesdays,
February 8, 2017 to
April 12, 2017

Interviews only on February 8th

Time

6:00 pm to 8:00 pm

Cost

Free with a \$20 registration fee

Location

FSYR
1091 Gorham St., Suite 300
Newmarket, On L3Y 8X7