



Unionville High School Weekly Parent/Guardian Bulletin

February 28, 2025

201 Town Centre Blvd. Markham, ON
905-479-2787

Reception 431/Attendance 230/Guidance 458

Email: unionville.hs@yrdsb.ca

UHS Website: [Unionville High School](https://www.unionvillehighschool.ca)

Principal
[Susie Nunes](#)

Vice-Principal (R - Z)
[Joanne Tang](#)

Vice-Principal (A - I)
[Catherine Clarke](#)

Vice-Principal (J - Q)
[Chris Hilmer](#)

Superintendent
[Kien Nam Luu](#)

Trustee
[Ron Lynn](#)

TECH REQUEST FORM – 2024-2025

CLUBS

GUIDANCE UPDATES

Character Matters Trait of the Month: Perseverance

“When obstacles arise, you change your direction to reach your goal; you do not change your decision to get there.”
- [Zig Ziglar](#)

Upcoming Events

DATE	EVENT
March 3	ALCHEMY Rehearsal Day (All Day)
March 4	Art’s Unionville _ALCHEMY P4
March 10	March Break (10th to 15th)



Online Safety

As we begin a new semester, it is a good time to review some online safety tips as a family. Please see the link for resources on “Staying Safe from Cyber Attacks”, “Social Media Safety”, “Building Healthy Screen Time Habits”, “How to Spot Cyber Scams”, “Recognizing Misinformation”, “The Power of Privacy”, and other topics.

<https://cybersecurityontario.ca/k-12>



SUMMER CO-OP

2024-2025

www.yrdsb.ca/summer-pathway

SHSM 2-Credit Co-op

Mackenzie Health & Scarborough Health Network

The SHSM Summer Co-op Program is for SHSM students in the Health & Wellness or Business sectors (for non-clinical positions), interested in working at Mackenzie Health or Scarborough Health Network.

Application is limited to SHSM students

entering Grade 12 who could not schedule Co-op into their regular timetables.

Registration opens February 14, 2025 and closes on February 24, 2025.

2-Credit Co-op

The 2-credit summer co-op program is a blended learning model running from May 6, 2025 to August 1, 2025. Pre-placement classes will take place in-person and virtually from 5:00-9:00 pm. In-person classes will take place at Richmond Green Secondary School at 1 William F. Bell Pkwy, Richmond Hill, ON L4S 2T9. **Registration opens February 14, 2025 and closes on March 7, 2025.**

REGISTRATION

PROGRAM



PROGRAM

REGISTRATION

1-Credit Co-op

Students will participate in virtual and in-person learning with their Co-op teacher and in-person/virtual Co-op placements in their community from July 2, 2025 to July 25, 2025. Location of the in-person classes is to be determined at a later date. **Registration opens February 14, 2025 and closes on March 7, 2025.**

1-Credit ALEP

1-Credit ALEP is available to students in grades 10-12 interested in earning a credit in July through paid employment. Employers must meet with the summer

ALEP teacher for a placement assessment before students are accepted into the program.

Registration will happen through My Pathways Planner in April.



Summer Co-op Information Session

February 12, 2025 4PM - 5PM


Register at: yrdsb.cc/summercoopinfo

Guidance

NEWS

The Guidance office will resume appointment bookings after course selection closes on **February 21.**

MARCH BREAK WORKSHOPS




MARCH 10 TO 14, 2025 **VIRTUAL**

- Monday:** Employment 101 from 1:00pm to 3:00pm
- Tuesday:** Mental Health Disorders and the Importance of Self Care from 1:00pm to 2:30pm
- Wednesday:** OSAP and Scholarships 101 from 1:00pm to 3:00pm
- Thursday:** Post-secondary Education (alumni panel) from 1:00pm to 2:30pm


FOR NEWCOMER YOUTH

TO REGISTER, CONTACT:

- Abinma
- asubramaniam@polycultural.org
- 416-281-4301 ext. 3248
- www.polycultural.org

**POLYCULTURAL**
IMMIGRANT & COMMUNITY SERVICES

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COURSE SELECTION

Course selection for the 2025-2026 school year is now closed. Students and families will have one last opportunity to request course changes during the course verification process after March Break. Email communication will be sent out after March Break. Please note that elective course changes will NOT be completed after the verification process is completed.

Reboot Your Routine This Winter -- Build Healthy Habits for Your Family

You are your children's biggest health champion, and York Region is here to support you every step of the way. york.ca/HealthyKids is your one-stop shop for building healthy kids with York Region Public Health.

York Region professionals offer confidential information and advice on public health-related topics, resources, services and other community programs, including pregnancy, parenting, family health, infectious disease, sexual health, sexually transmitted infections, health protection and dental health.

Monday to Friday 8:30 a.m. to 4:30 p.m.

1-800-361-5653

TTY 1-866-512-6228

AccessYork@york.ca

ChildFamily@york.ca

Health.Inspectors@york.ca

[York.ca/NurseChat](https://york.ca/NurseChat)

BUILDING HEALTHY KIDS

This winter reboot your family's routine!

A new year is here, and it's a great time to think about your family's routines!

As you start to think about your family's goals for 2025 be realistic. Make sure to incorporate things you already enjoy, build upon on what's already working well, and be patient with yourself and your kids.

Help your family to continue building healthy habits for 2025 through daily movement, nutritious meal and mental health promotion strategies you can use with your children all year round! During the winter months, try foods to keep you warm including soups, stews, casseroles, curries, and chili. Enjoy some family meals together and cooking with your children – it's a great way to connect, spend time together and learn new skills.

If you are thinking about getting more active, consider getting outdoors to play! When children and youth are outside, they move more, get curious, and find joy. Interacting with nature, even when it is cold outside, has many benefits. It helps restore our ability to concentrate and pay attention. It improves mood, focus and our stress response. Remember to dress for the weather, it's the first step to enjoying being outside and the best way to do this is to layer clothing you can remove easily when it is warmer or put back on when it becomes colder. Make sure gaps such as wrists, ankles, neck, back and waist are covered and even though it is winter - don't forget sunscreen and sunglasses!

If you find things are tough at the start of the new year for you or your family, you can try breathing, visualization, muscle relaxation, journaling, listening to music, practising gratitude to help you cope. A variety of activities to see what works best. As a parent or caregiver, it is essential to take care of yourself, so you can care and support others. Your self care will help improve your energy, focus, ability to cope with challenges and you will be a model to your children.

For more tips on how you can reboot your family's routine this winter routine visit york.ca/HealthyKids



Public Health
1-877-464-9875
TTY 1-866-512-6228
york.ca/HealthyKids



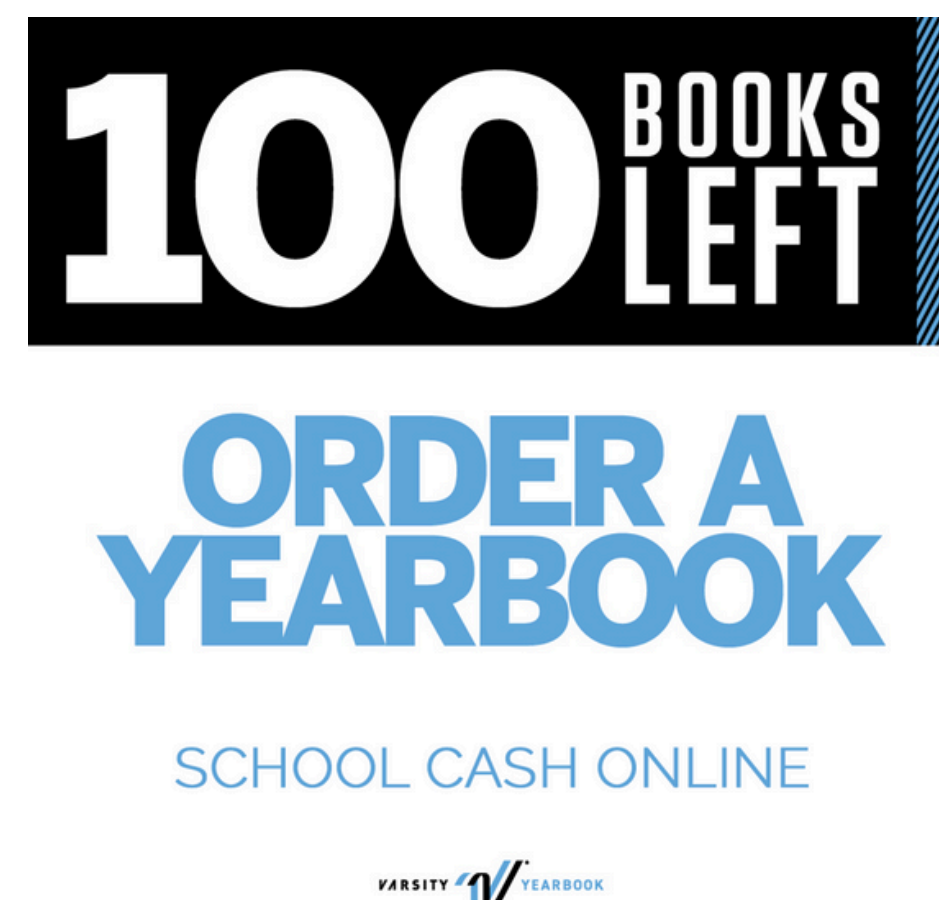


What's happening *in the school*



Yearbook 2025 -- Order Now!

Yearbooks are selling out fast and we ordered a limited quantity. There is so much that goes into the Unionville High School yearbook this year and every year. It's an important part of your journey. Each year you are in high school is a different experience. Your friends, your courses, your involvement in school life will change. These times will become treasured memories. Go to [School Cash Online](#) to order a copy today before they are all gone.



MATH

CONTEST

"EUCLID (APRIL 2nd) / FRYER, GALOIS, HYPATIA (APR 3rd)

The **Euclid** math contest for grade 12 students will be written on **April 2, 2025**. It costs \$19. The **Fryer, Galois, and Hypatia** contests for students in grades 9 to 11, will be written on **April 3, 2025**. They cost \$12.50.

Contest registration for these contests will open on **School Cash Online on Monday, February 24th at 8:30 am** and close at 4:00 pm on Friday, February 28th (or when sold out). There will be a reminder on the Google Classroom (code: 2mmm25) the week before to remind students to sign up.

Only students who have paid their Student Activity fee (SAC fee) will be eligible to participate in these contests. If your child hasn't paid their SAC fee and would like to participate in any upcoming math contests, please pay it on School Cash Online as soon as possible. If SAC fee is not paid, you will not see these contests on School Cash Online at all. They will only be available to students who have paid their SAC fee."

DANCE

Hey Wolves! USAC is so excited to announce our new Spring Dance - this year's theme is **Retro Arcade!** It will be held on Thursday, March 6th, from 6:30 to 9:00 pm in the large gym. Join us for a night of dancing, snacks, music, and photobooths to capture your memories!

Tickets will be available free of charge to students who have paid their SAC fee on SchoolCashOnline on **Monday, February 10th**. They will be available to non-SAC fee-paying students for a fee on **Monday, February 17th**, with more details to come.

All tickets will be available until **Monday, February 24th**. Spots are limited - don't miss out!



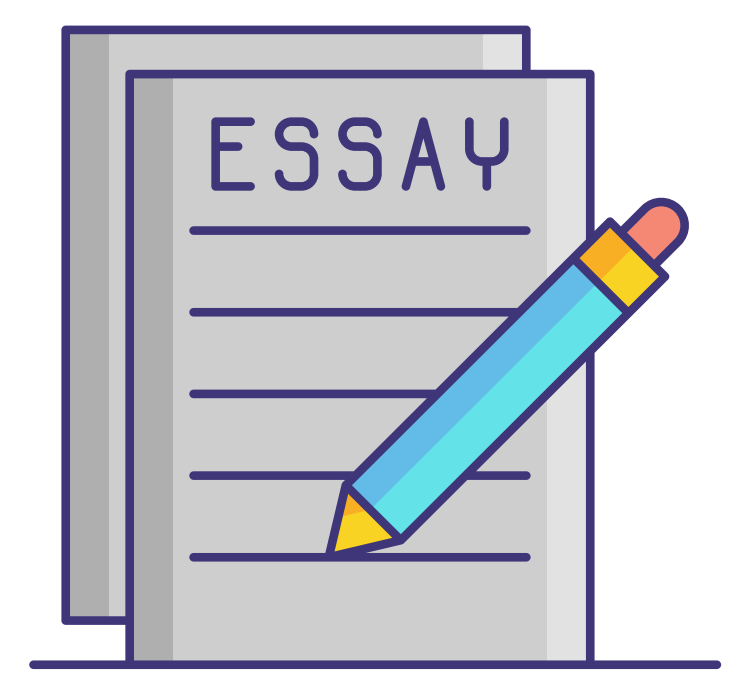
The Department of English at the University of Waterloo invites grade 11 students in Ontario who are Black, Indigenous, or students of colour to submit an essay of between 500 to 1000 words to the 2025 Writing in Colour: English Grade 11 Essay Colloquium Award. The topic for this year is **self-discovery**.

Students with the top selected essays will be invited to take part in a colloquium at the University of Waterloo consisting of a seminar, workshop, and tour of the school. At the colloquium, one essay will be selected to win a \$1000 prize. The author of the winning essay will also be offered an opportunity to meet with some members of the university community who could be helpful to their future ambitions.

The deadline to submit essays is **March 3, 2025**.

For more information, please visit this link:

<https://uwaterloo.ca/english/awards/writing-colour>





Be sure to borrow a book before you leave for March Break! Here are some recent arrivals. These titles and many more are available in your UHS Library. *Ex Marks the Spot* by Gloria Chao *The Queen's Spade* by Sarah Raughley *All Better Now* by Neal Shusterman *In the Upper Country* by Kai Thomas *Code Dependent: Living in the Shadow of A.I.* by Madhumita Murgia *Digital Dharma: How A.I. Can Elevate Spiritual Intelligence and Personal Well-Being* by Deepak Chopra *Ice in Their Veins: Women's Relentless Pursuit of the Puck* by Ian Kennedy

[Ex Marks the Spot](#) by Gloria Chao

[The Queen's Spade](#) by Sarah Raughley

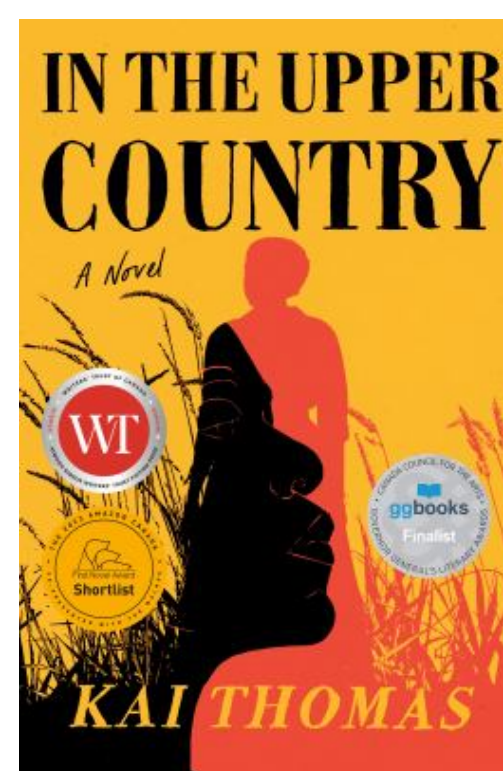
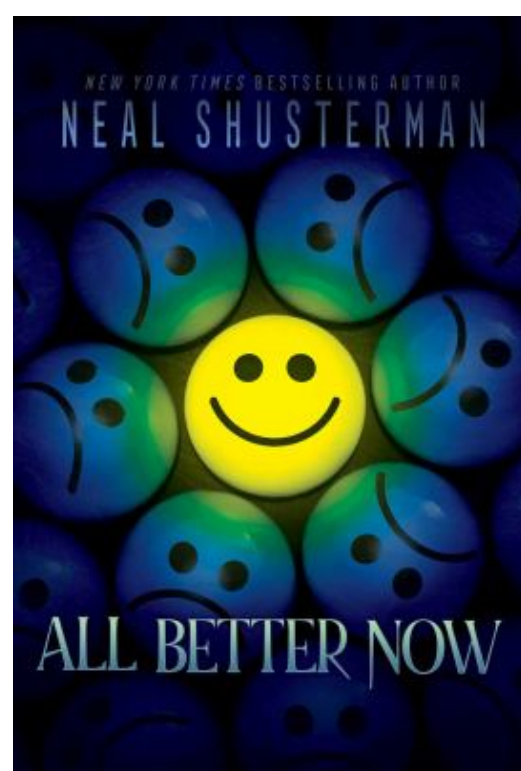
[All Better Now](#) by Neal Shusterman

[In the Upper Country](#) by Kai Thomas

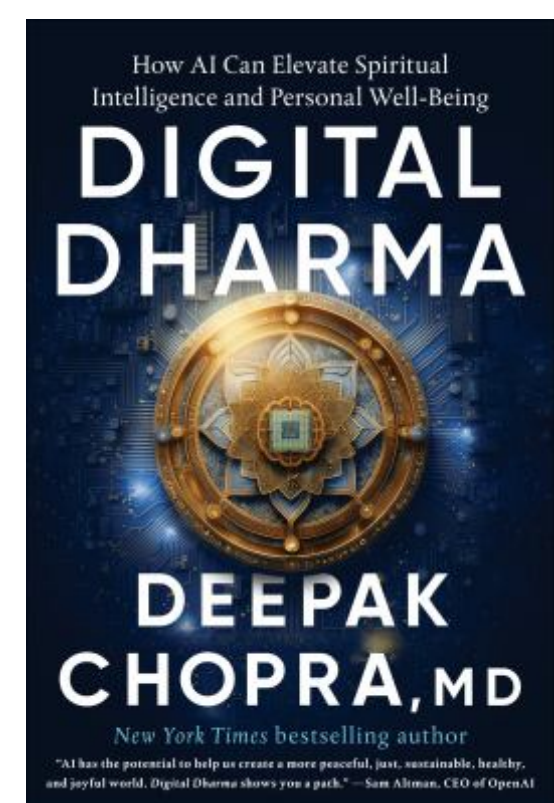
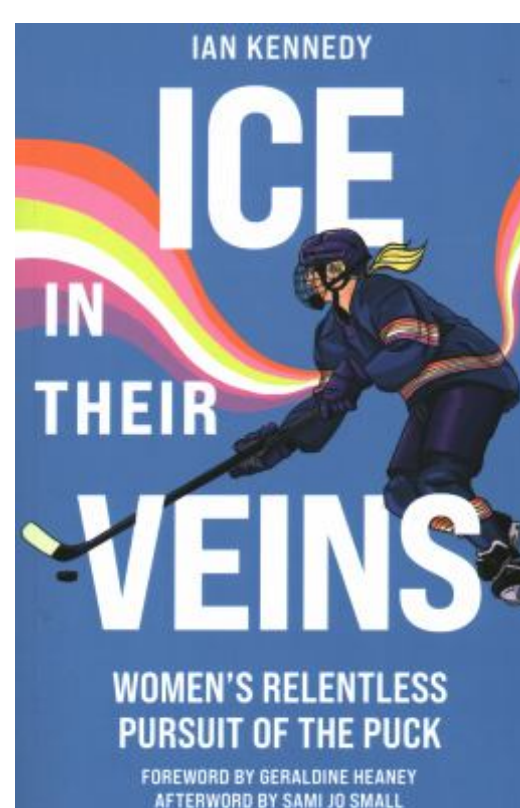
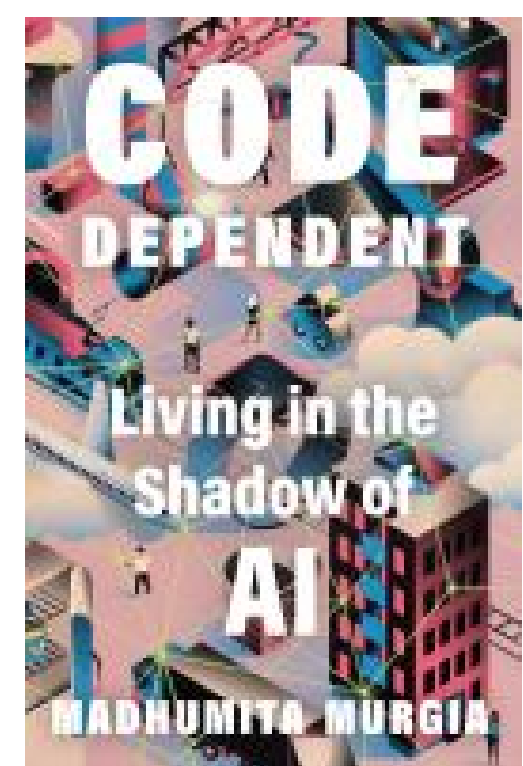
[Code Dependent: Living in the Shadow of A.I.](#) by Madhumita Murgia

[Digital Dharma: How A.I. Can Elevate Spiritual Intelligence and Personal Well-Being](#) by Deepak Chopra

[Ice in Their Veins: Women's Relentless Pursuit of the Puck](#) by Ian Kennedy



I LOVE READING



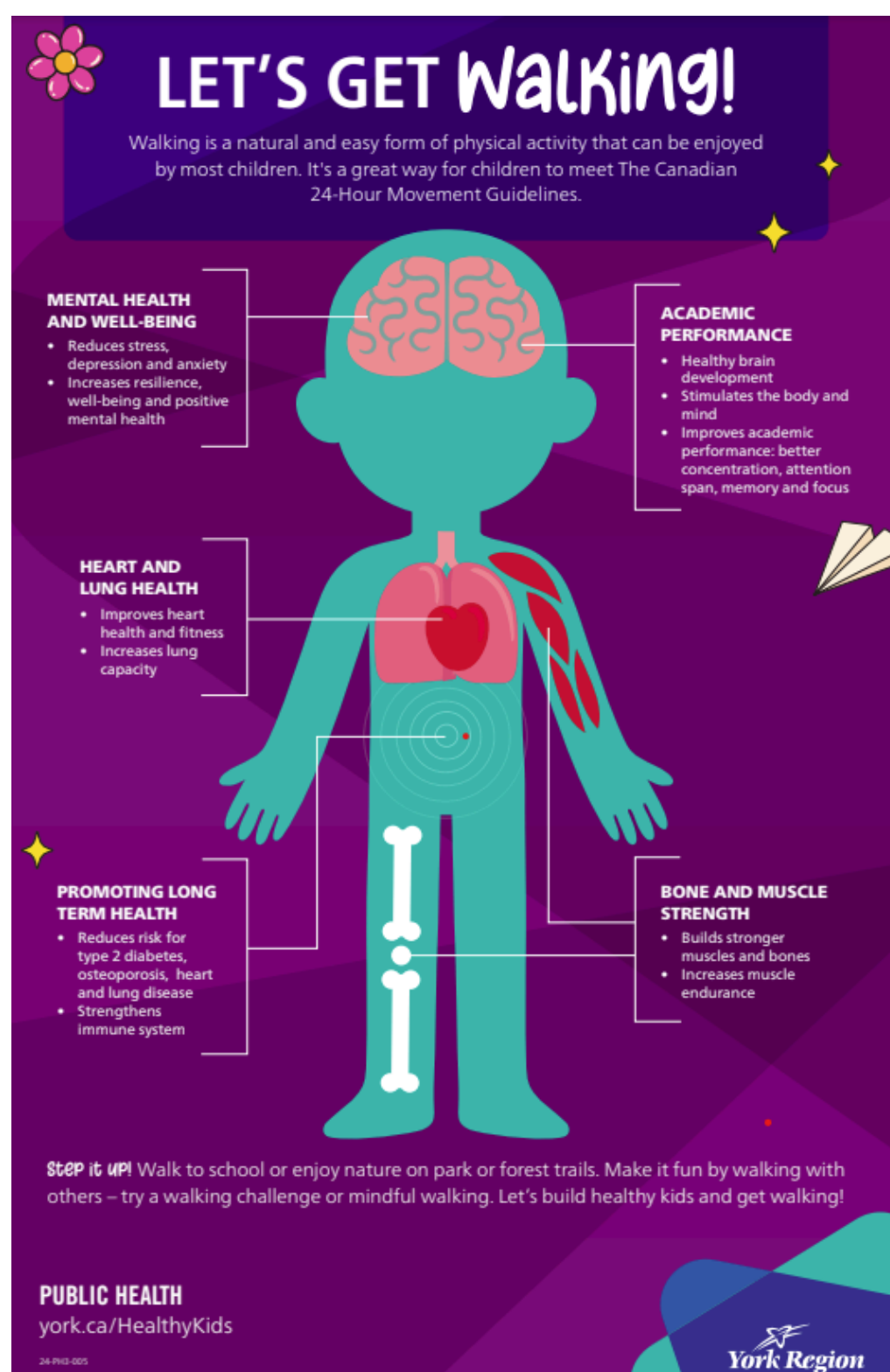
Student Mental Health and Addictions Newsletter - January 2025

Continuing the Journey: Supporting Mental Health and Well-Being:

As we step into this new season together, we are reminded that every journey is unique. Whether we're celebrating milestones, tackling challenges, or simply finding our rhythm after the winter break, this time of year offers a chance to reflect and grow.

To read the whole Newsletter, please click [here](#).

"you are"
NOT ALONE
• in this •



LET'S GET Walking!

Walking is a natural and easy form of physical activity that can be enjoyed by most children.

It's a great way for children to meet The Canadian 24-Hour

Movement Guidelines.



40 YEARS OF MUSIC @ UHS!



Join the UHS Music community of past and present to celebrate 40 years of excellent music making!

Sunday May 25, 2025 - 2:00pm

at
Flato Markham Theatre

Featuring current ensembles with special guest alumni and teachers performing our favourites, including music composed by UHS Music graduates

Reserve your tickets today at the **Flato Markham Theatre** Box Office

We want to hear from you. If you have a favourite memory, piece of music, story or special thought about your time with UHS Music, please consider sharing it [here](#).

Exciting news! Cait Nishimura (UHS 2009) has been commissioned to compose a piece of music in celebration of 40 Years of Music at UHS. The piece will feature all performing disciplines: Band, Choir, Strings and Piano and will be premiered at the concert on May 25, 2025. Join the consortium membership and support this world premiere performance. Consortium members will have their name appear in the introductory material of the score as well as the program for the concert.



Become a Consortium Member:
up to \$50 = Ensemble
\$50 - \$100 = Principal
\$100 - \$200 = Conductor
over \$200 = Artistic Director

caitnishimura.com

Joining is simple. Create an account (for tax receipts) on [YRDSB School Cash Online](#). Once registered, click "I don't want to add a student" and then click "Make a Donation". Select your amount and choose Unionville High School under "destination". Skip Tribute Information and type "40 Years of Music at UHS" under "Message to the Board". Once complete, please consider sending an email (jeff.wrigglesworth@yrdsb.ca) so we can confirm receipt of your generous donation. Tax receipts will be sent immediately. Thank you for supporting new music at UHS.

Please contact Jeff Wrigglesworth - Head of Music: jeff.wrigglesworth@yrdsb.ca with any questions or ideas.



For more UHS Music updates & photos, visit:
[@uhsmusicupdates](#) on Instagram



Online Payments (School Cash Online)

All YRDSB schools are now using School Cash Online as an online payment system. School Cash Online is an easy, safe and convenient way for families to pay online for extracurricular items or events, including yearbooks and field trips. It helps to reduce paper and the amount of cash/cheques handled by parents and students. Families may make payments using School Cash Online, or by cash or cheque.

How do I access the tool?
You can register for **School Cash Online** at any time by visiting the website. Once you are registered, you will be notified of any new items available for your child.

How do I register? Please click [here](#) for instructions.



Severe Weather Policy and Procedures

Winter is here! The York Region District School Board is committed to ensuring the safety and well-being of all students, staff, families and community members on days that are deemed to be **severe weather**. Please check the link for information on snow days at YRDSB.



Safety First - Message from UHS Administration Team

IMPORTANT SAFETY MESSAGE FOR PARENTS: ENSURE SAFE CROSSING FOR YOUR CHILDREN!

- Dear Parents and Guardians,
- The safety of our Unionville HS students is our top priority, especially when it comes to crossing roads. As we know, crossing busy streets such as Highway 7 and Warden, poses potential risks. Here are some essential reminders to ensure our students cross the road safely:
- 1. Understand and adhere to school zone rules. These areas often have reduced speed limits and additional safety measures to protect pedestrians.
 - 2. Ensure your child understands the basic rules of road safety - looking both ways before crossing, waiting for the signal, and only crossing at designated crosswalks.
 - 3. Emphasize the importance of using designated crosswalks. Explain that these areas are specifically designed for safe pedestrian crossing, reducing the risk of accidents.
 - 4. Discourage the use of electronic devices while crossing the road. Remind them that paying attention to their surroundings is crucial for their safety.

Let's work together to create a community where our UHS students can navigate the roads confidently and safely. By reinforcing these simple yet crucial guidelines, we can contribute to a secure environment for all.
Thank you for your cooperation and commitment to the safety of our students at UHS!

#SafetyFirst #CrossWithCare





MARCH INTO THE BREAK



MONDAY
MARCH 10, 2025
TO
FRIDAY
MARCH 14, 2025

—
**ACTIVITIES
INCLUDE:**
—

**LIMITED SPACE
REGISTER EARLY**

Join us for a thrilling week of exciting activities and unforgettable experiences at Precious Flower Healthcare.

Our March Break Day Program is designed to be inclusive and accessible for all abilities, offering a safe and stimulating environment for everyone 14 years of age or older to explore, learn, and grow.

- Creative Workshops; arts and crafts, music, drama
- Sensory Explorations
- Community/ Outdoor Adventures
- Skill-Building; life, social and academic

289-304-7555

admin@preciousflowerhealthcare.org
www.preciousflowerhealthcare.org



Renewed Computer Technology – Winter Applications

Corporate Communications (Contact: yvonne.kelly@yrdsb.ca)

Applications are open for renewed computer technology. Administrators are asked to share this information with families

YRDSB Black History Month Events 2025-Updated

Inclusive School and Community Services (Contact: blackstudentexcellence@yrdsb.ca)

Revised date for Bill Hogarth SS History Month Event to March 5 2025.

Chinese Arts and Literary Festival 2025

Inclusive School and Community Services (Contact: iscs@yrdsb.ca)

Please share with your community. This festival aims to deepen participants’ understanding of Chinese cultural heritage, promote appreciation and respect for cultural diversity, and enhance social harmony. Register by March 5, 2025.

Aurora Black Community Black History Gala

Inclusive School and Community Services (Contact: abc@aurorablackcommunity.com)

Event Date: 4/11/2025

Panel: All

FYI: All Staff

Aurora Black Community is hosting a Black History Gala on April 11, 2025. Attendees can expect an evening of culture, flavor and celebration! Visit the website for more information & to register. Administrators are asked to share with your community.

Purim Faith Day

Inclusive School and Community Services (Contact: iscs@yrdsb.ca)

Event Date: 2/14/2025

Panel: All

FYI: All Staff

Purim is a celebratory and joyous holiday celebrated on March 14, 2025 within the Jewish Faith.

Holi Faith Day

Inclusive School and Community Services (Contact: iscs@yrdsb.ca)

Event Date: 3/14/2025

Panel: All

FYI: All Staff

Every Spring many people across the Indian Diaspora celebrate the festival of Holi on March 14, 2025.

Culturally Competent Care: Supporting Mental Health in Asian Communities

Inclusive School and Community Services (Contact: 2683@yrp.ca)

Event Date: 3/21/2025

Panel: All

FYI: All Staff

Join York Regional Police at the Community Safety and the Hong Fook Mental Health Association workshop - Culturally Competent Care: Supporting Mental Health in Asian Communities on Friday, March 21. Administrators please share with families.



DATE	EVENT
March 20	Arts Unionville Music Recital at Cafe
March 25	OSSLT Library