



# P A R E N T BULLETIN

## VOLUME 24

Feb 22  
2019

## CONTACT US

905-479-2787

Attendance x 230

Guidance x 458

Arts x 431

[unionville.hs@yrdsb.ca](mailto:unionville.hs@yrdsb.ca)

[unionville.hs.yrdsb.ca](mailto:unionville.hs.yrdsb.ca)

### PRINCIPAL

Suelyn Cheong

[suelyn.cheong@yrdsb.ca](mailto:suelyn.cheong@yrdsb.ca)

### VICE PRINCIPALS

Andrew Gazaneo (A - L)

[andrew.gazaneo@yrdsb.ca](mailto:andrew.gazaneo@yrdsb.ca)

Krista Pummell (M - Z)

[krista.pummell@yrdsb.ca](mailto:krista.pummell@yrdsb.ca)

### SUPERINTENDENT

Peter Tse

[peter.tse@yrdsb.ca](mailto:peter.tse@yrdsb.ca)

### BOARD TRUSTEE

Ron Lynn

[Ron.lynn@yrdsb.ca](mailto:Ron.lynn@yrdsb.ca)



## UPCOMING EVENTS

<b>Monday February 25</b> Day 1	•
<b>Tuesday February 26</b> Day 2	• Pascal, Cayley and Fermat Math Contest (7:30-10am)
<b>Wednesday February 27</b> Day 1	• AU Music to Ontario Vocal Festival (7:30am-3pm) • Jr. Girls Volleyball host Father Michael McGivney & Bur Oak SS (2:45-6:15pm)
<b>Thursday February 28</b> Day 2	• York Region Skills Challenge at Seneca College Newnham Campus • AU Piano to Kiwanas Festival (8am-1pm) • Table Tennis & Spikeball Games in the large gym (3:30—6pm)
<b>Friday March 1</b> Day 1	

### First Semester Newsletter

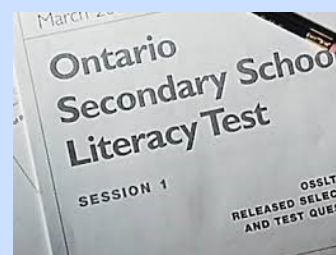
Please click the link below for the First Semester Newsletter. There were many amazing activities happened in the first semester across different departments.

[UHS Newsletter Feb 2019](#)



### OSSLT Information

Is your child writing the Ontario Secondary School Literacy Test this school year? If so, please see this website for helpful information, sample questions, and preparation tips for students: [OSSLT Preparation Guide](#)



Check out the latest school announcements by following us on twitter [@UHSupdates](#)



# PARENT BULLETIN

## Co-operative Education

### What is Co-operative Education?

Co-operative Education is educational programming that integrates classroom theory with *practical experience in the workplace*. Programming is based on a partnership between the school and a local business or community organization. Co-op involves the participation of students, teachers and the workplace (placement supervisors). Students can earn 2 or 4 credits while gaining real work experience!

### WHAT ARE THE BENEFITS?

Co-op provides you with an opportunity to:

- develop knowledge, skills, and attitudes through hands-on experience
- explore a career in order to make informed educational and career decisions
- develop maturity and self-confidence
- strengthen employability skills
- gain valuable work experience
- develop networking opportunities
- earn credits towards your OSSD
- complete the program requirements of the Specialist High Skills Major
- participate in specialized programs such as OYAP (Ontario Youth Apprenticeship Program) and ICE (Innovation, Creativity and Entrepreneurship) events
- "step-up" for entry into post-secondary institutions

### SOME RELATED CAREER PLACEMENTS.....

Accounting  
Medical Office  
Veterinarians (Vet clinics and animal hospital)  
Engineering  
Graphic Design  
Chiropractic care  
Computer Programming  
Carpentry and woodworking  
Aesthetics (Make-up, hair, nails)  
Teaching  
Event Planning  
Fitness  
Hospitality  
IT  
Music  
Dermatology  
Research  
Urban Planning  
Mackenzie Health  
Sheraton Parkway Hotel  
York Regional Police  
YRDSB IT Services

Pharmacy  
Law  
Architecture  
Visual Art  
Culinary / Baking  
Physiotherapy  
Construction  
Dentistry  
Working with Children  
Marketing  
Fashion and Retail  
Geriatrics  
Human Resources  
Insurance  
Optometry  
Real Estate  
Theatre  
Markham Stouffville Hospital  
Canadian Armed Forces  
North York General Hospital  
The Scarborough and Rouge Hospital

For more information please visit:

<http://www.uhscoop.com> select Co-op in My Pathway Planner and APPLY ONLINE!



# PARENT BULLETIN

## Stationary Bikes

Hey UHS, do you sometimes feel like you need to burn off some energy? Physical activity reduces stress, anxiety and helps us to focus more clearly, so in the promotion of good health and wellness, stationary bikes are going to be available in the cafeteria and third floor stairwell for all staff and students needing a break. Look for them to be set up for our next Wellness Wednesday on February 27th - just hop on and enjoy the ride!



## Jr. Girls Volleyball

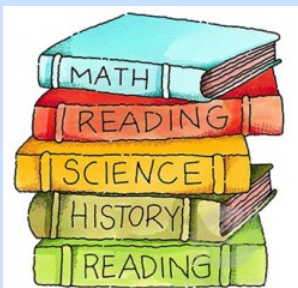
The Junior Girls Tier 1 Volleyball Team competed in the Top 8 YRAA tournament last week. The girls played amazing and won their pool after upsetting a strong MDHS team and eliminating the number 2 team from Aurora HS. This placed them in the semifinals as one of the top 4 teams in the region. Unfortunately the girls lost a close match to a tough opponent. After back-to-back OFSAA appearances, the future remains bright at UHS with this new team.



## Guidance News

UHS Guidance department would like to remind parents/guardians and students that the **deadline to submit course selections in My Pathway Planner is this Friday February 22**. Please be sure that your son/daughter's prints the sign-off form is signed by a parent/guardian before returning it to their homeroom teacher. Students without a homeroom can return their form to the Guidance office. All forms are due back to the school by Monday February 25<sup>th</sup>.

Potential graduates who are not returning next year must also complete and submit their 'not returning' selection in My Pathway Planner and must submit their sign-off form as well.





# PARENT BULLETIN

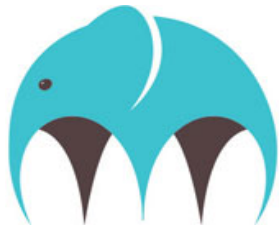
## **CEMC Math Contest**

Students wishing to write the Gr. 12 Euclid Math contest are asked to please register through School Cash Online starting on February 27<sup>th</sup>. Registration will close on March 7<sup>th</sup>. The contests will be written on April 3<sup>rd</sup> at 8:30 am.

Students wishing to write the Gr. 9 Fryer, Gr. 10 Galois, and Gr. 11 Hypatia Math contests are asked to please register through School Cash Online starting on February 27<sup>th</sup>. Registration will close on March 7<sup>th</sup>. The contests will be written on April 10<sup>th</sup> at 8:30 am.



**The CENTRE for EDUCATION  
in MATHEMATICS and COMPUTING**



Parents for Children's  
Mental Health  
SUPPORT. EDUCATE. EMPOWER.

**Monday, March 18th**

## **PARENTS' Support Group**

**Does your child's anxiety, ADHD, mood disorders, learning disability, or behaviour challenges make parenting difficult?**

### **Benefits of PCMH Support Group:**

- meet other parents with children who have similar challenges
  - find encouragement and emotional support
- learn strategies to help your child or youth at home/school
  - learn how to access resources in the community

<b>Future Meetings</b> 3 <sup>rd</sup> Monday of each month NOTE some dates change due to statutory holiday conflict.	<b>Monday, April 15<sup>th</sup></b> <u>Guest Speaker P. Marra-Stapleton</u> Mental Health Lead York Region District School Board <b>Topic: Four Pillars of Mental Health</b> <b>Monday, May 13<sup>th</sup></b> topic TBA (note special date due to the next week stat holiday) <b>Monday, June 17<sup>th</sup></b> topic TBA <b>No meetings July and August</b>
	6:30-8:00 pm No pre-registration is needed Sorry no child minding available. Young children cannot safely be left unattended.
<b>Where</b>	<b>*NEW*</b> Aurora Kinark Office 218 Earl Stewart Drive, Unit 7, Aurora, ON L4G 6V7. One block south of St. John's Sideroad. One block west of Bayview Ave.

PCMH is the only provincial, family-led, non-profit organization that provides a voice for families who face the challenges of child and youth mental health issues. PCMH provides support, education, and linkage between families, communities, agencies and government. PCMH believes in the promotion of family-centred principles of care. PCMH envisions a future in which children and youth with mental illness enjoy a high quality of life in welcoming and supportive communities. For more information and resources, please visit [www.pcmh.ca](http://www.pcmh.ca).

# STUDENT WELL-BEING AND SUCCESS

## ***Guardians and Parents of East Asian Students!***

Please join us for an evening as we  
address issues that impact not only a  
student's *academic success*, but as well,  
their overall *well-being*.

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**WHEN: Wednesday March 20th, 2019**

**WHERE: Unionville High School** (201 Town Centre Blvd.)

**Time: 5:45-8:45PM**

5:45-6:30PM - Light Dinner and Community Partners

6:30-7:00PM - Opening Remarks and Student Voices

7:00-8:45PM - Workshops and Closing

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### **Workshop Options Include:**

*Supporting Youth in Healthy and Responsible Use of the Internet*

*Our Voice - Newcomer Student Experiences and Challenges*

*Let's Talk Legalization of Cannabis*

*How to Talk So Youth Will Listen*



**SEAS** (Supporting East Asian Students) is a group of educators and supporters who are committed to responding to the lived experiences of East Asian students by advocating for their improved achievement and well-being through equitable practices. Building relationships with students, families, educators, community members and

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**Register via Google Form by February 27th, 2019**  
**<http://bit.ly/SEASWorkshopsMarch2019>**

For additional inquiries, please contact: [joanne.tang@yrdsb.ca](mailto:joanne.tang@yrdsb.ca) or [keith.auyeung@yrdsb.ca](mailto:keith.auyeung@yrdsb.ca)



# 學生的健康和成功

# 学生的健康和成功

誠意邀請各位東亞裔家長及監  
護人參加是次講座 — 讓我們  
一起探討影響學生學業成績及  
身心健康的各項因素。

诚意邀请各位东亚裔家长及监  
护人参加是次讲座 — 让我们  
一起探讨影响学生学业成绩及  
身心健康的各项因素。



## 時間和地點：

2019年3月20日，星期三  
Unionville High School (Unionville高中學校)  
201 Town Centre Blvd, Markham

## 議程：

下午5:45 - 下午6:30 輕便的晚餐和登記入場/報名  
下午6:30 - 晚上7:00 開幕儀式和學生的聲音  
晚上7:00 - 晚上8:45 工作坊和閉幕儀式

## 工作坊包括：

加拿大大麻合法化專題講座  
我們的心聲：學生讀書及生活的經驗與挑戰  
如何有效地與孩子溝通  
如何支持青少年建立正面的互聯網使用習慣



我們是一組教育工作者 致力倡  
導以平等及配合東亞裔文化的  
做法，提升東亞裔學生的成就  
及身心健康感。我們的目標亦包  
括 與學生家庭，教育工作者，  
社區成員及機構建立合作夥伴的  
關係來支持我們的學生。

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者，社區成員及機構建立合作  
伙伴的關係來支持我們的學生。

請立即報名！截止日期為2019年2月27日星期三 報名網址：  
<http://bit.ly/SEASWorkshopsMarch2019>

请立即报名！截止日期为2019年2月27日星期三 报名网址：  
<http://bit.ly/SEASWorkshopsMarch2019>

更多信息可以發電子郵件至：[joanne.tang@yrdsb.ca](mailto:joanne.tang@yrdsb.ca) 或 [keith.auyeung@yrdsb.ca](mailto:keith.auyeung@yrdsb.ca)

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York Region District School Board presents

# LIFE AFTER HIGH SCHOOL

WEDNESDAY FEBRUARY 27TH, 2019  
6:30 PM- 9:00 PM

**ALEXANDER MACKENZIE HIGH SCHOOL CAFETERIA**  
300 Major Mackenzie Drive West  
Richmond Hill, L4C 3S3

**Presentations From:**

- Lana Fisher Head Of Guidance Department- Alexander Mackenzie High School
- Student Panel Guest Speakers

**Information/Resources From:**

- Shawna Akerman, Parent and Teacher of the Deaf and Hard of Hearing
- Lions Foundation of Canada Dog Guides
- George Brown College- Accessible Learning Services & Deaf Upgrading Program

**University of Guelph, Advisor for Students with Disabilities**

- York University, Disability Consultant
- Seneca College (York University), Counselling and Accessibility Services
- Canadian Hearing Society, assistive devices & financial aids
- VOICE Teen Outreach, Laura Girardo & Mikael Valli

More Information Available from: Silent Voice, Bob Rumball Centre for the Deaf, Scholarships and Bursary Information, Phonak Canada, CHHA (Canadian Hard of Hearing Association)

**RSVP!** Parents, Students, Teachers and Administrators are invited to respond to:

Lynn Peck or Erika Barber  
905-884-0554 (Room #249)  
[lynn.peck@yrdsb.ca](mailto:lynn.peck@yrdsb.ca)  
[erika.barber@yrdsb.ca](mailto:erika.barber@yrdsb.ca)

**MARCH BREAK CAMP FOR ADULTS (18+) WITH A DEVELOPMENTAL DISABILITY AND/OR DUAL DIAGNOSIS**

# CAMP VITA 2019

*Be yourself*

**March 11 - March 15, 2019**

**Chancellor Community Centre**  
350 Ansley Grove Road  
Woodbridge, Ontario  
L4L 5C9

**ARTS & CRAFTS  
MUSIC & DANCE**

**FIELD TRIPS  
COMMUNITY OUTINGS**

**OUTDOOR ACTIVITIES**

**1:5 STAFFING RATIO  
FOR ONLY \$30 PER DAY**

**For more information contact**  
Lorie Carbone, VITA Support Services Team  
[lcarbone@vitacsl.org](mailto:lcarbone@vitacsl.org) or 416.749.6234 ext 216