



Unionville High School Weekly Parent Bulletin

Friday, January 20, 2023

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 on Assignment
Reid Wilshire

Principal on Assignment
Susie Nunes

Vice-Principal
Amol Gheewala

Vice-Principal
Patrick Belmonte

Superintendent
Kien Nam Luu

Trustee
Ron Lynn

TECH REQUEST FORM – 2022-2023

CLUBS LIST 22 - 23

GUIDANCE UPDATES

Character Matters Trait of the Month: Optimism

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty." – Winston Churchill

DATE	EVENT
SUNDAY, JANUARY 22	Lunar New Year
MONDAY, JANUARY 23	School Council Meeting 7:00pm
JANUARY 26 - FEBRUARY 1	Exams/Culminating Activities
THURSDAY, FEBRUARY 2	Exam Review Day
FRIDAY, FEBRUARY 3	P.A. Day (No Classes)



Welcome the Year of the Rabbit!

Lunar New Year is a significant and meaningful cultural celebration for many people of East and Southeast Asian heritage including Chinese, Korean, Taiwanese, Vietnamese and Indonesian communities, and more.

It is celebrated across the Asia-Pacific and diaspora communities around the world. This holiday commemorates the first day of the Lunar Calendar. The date is determined by the appearance of the moon and usually takes place between late January to early February.

For some, this occasion has religious significance as well. Lunar New Year is celebrated where families come together, enjoy traditional foods and activities. Many countries also have their own unique ways of celebrating the event. These could include families coming together to spend time with one another, sharing of traditional meals, and engaging in traditional activities such as cleaning the house and performing ceremonial ritual to elders and ancestors.

We wish all UHS students, families, staff and community celebrating Lunar New Year a happy and joyful celebration.



Unionville High School's School Council Presents...

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

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

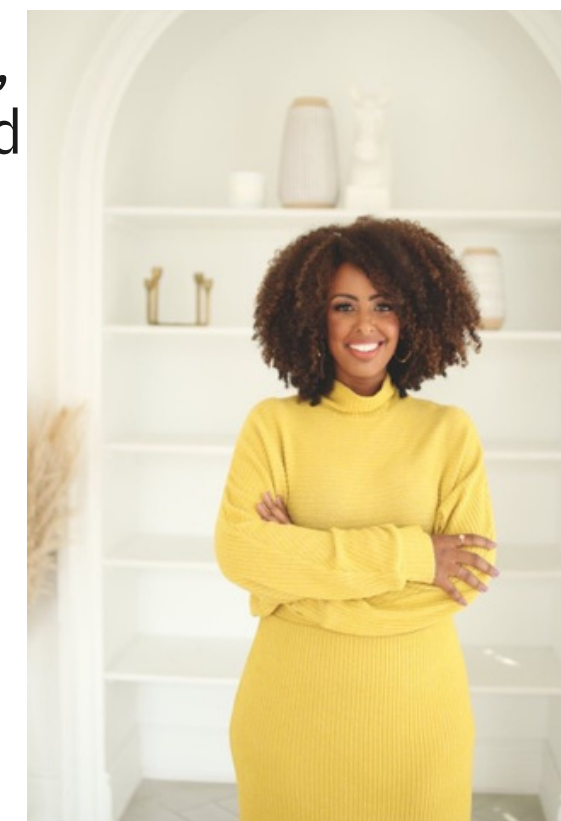


Monday, January 23, 2023—The Gift of Learning – Helping Our Kids Succeed @ 7:30pm to 8:30pm—Dr. Merry C Lin

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. Merry 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. Merry 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 is a Registered Psychotherapist with the College of Registered Psychotherapist of Ontario, and 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, Senait use the iEQ9 assessment as a roadmap to understand clients clearly and help to unlock their full potential, increase self-awareness and improve their relationships. Senait's 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, impacting themselves, their families, communities and future generations.



Monday, April 24, 2023—Resiliency for Life @ 7:30pm to 8:30pm – Jackie Robertson



Jackie Robertson is a Registered Psychotherapist with over 30 years of experience working with families, adolescents and children. Jackie is a passionate speaker, educator, facilitator and consultant. Jackie has a wealth of experience in the areas of mental health, familial issues, trauma and adoption as she also provides training for the Adoption Counsel of Ontario. She has travelled internationally to build partnerships, coach leaders, provide clinical expertise, and facilitate teaching and workshops. She is engaging, down to earth, humorous and highly motivating in her work approach. She finds her work in supporting others on their journey to reach their full potential extremely enriching.

Unionville High School

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To join the second conversation with Dr. Merry C. Lin on Monday, January 23, 2023, please complete the google form: [UHS School Council Invitation](#) (Space is limited to 250) an opportunity to join the next conversation will be shared in the next couple of weeks.

We hope to see you there!

School Council Meeting - Monday, January 23, 2023

Dear Families,

Our 4th School Council Meeting will be held on Monday, January 23rd at Unionville HS in the Library at 7:00pm. We will also be offering the meeting virtually (Google Meet link will be shared).

School Council Meeting Tentative Agenda:

Monday, January 23, 2023 – 7:00pm – 8:30pm

1. Welcome
2. Updates from USAC
3. Subject Department Presentations:
 - * Library – Ms. Hawkins (Pre-recorded)
 - * Guidance – Ms. Riolo
 - * Co-op - Ms. Minos
4. The Gift of Learning – Helping Our Kids Succeed @ 7:30pm to 8:30 pm—Dr. Merry C Lin

Please use the link below to pre-register.

UHS School Council Invitation

Do you have questions that you would appreciate a response to? Please use the link below to submit your questions ahead of time or during the School Council Meeting. Responses will be provided within the preceding Parent Bulletin.

School Council Q&A Form - Monday, January 23, 2023

Looking forward to connecting with you.

Thank you,

UHS Administration

From this week's communication:

Creating Identity Affirming Spaces and Practices to Support Muslim Learners

Online Workshop to Learn More about Federal Benefits and Tax Credits

Poverty in York Region 2023

The Power of Positive Parenting



Applications are due on March 1, 2023.

We will be holding two online information sessions for students interested in learning more about Science School, including details about our new, streamlined application process. Join us on January 19 or February 21, 2023, at 7 p.m.

Do you know any curious, hard-working grade 11 students who are passionate about science? Encourage them to apply for a spot at Science School next year! Applications are now open for the 2023-24 school year.

Grade 12 students will spend a full semester in person at the Science Centre, where they'll collaborate with like-minded classmates from across Ontario, engage with staff and visitors, and earn science and math credits along the way.

Click to learn more.

Grad Photo Retake

Attention Grade 12 students!

Edge Imaging will be here to take graduation photos for only one more day on **Tuesday, February 21.**

If you haven't taken your grad photos already, this is your last chance to do so and be included on the graduation composite. Please sign up for a grad photo on-line at:

www.bookmygrad.ca, our school code is: WUH

Congratulations class of 2023; we look forward to seeing you for your grad photos.

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](#)



Wellness Reminder of the Week:

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 and maintaining 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.

Wellness Exam Tips:

Get organized and gather all of your class notes! Make sure your notes are complete and up to date. Consider the location of your study area in terms of distractions, convenience, and suitability to your needs. Do not study on your bed – this is because you may start sleeping when trying to study and/or think about school when you are trying to sleep.

Create a study schedule 2 weeks prior to your exam and stick to it. Study in short 30 minute sessions and then take a 5 to 10 minute break. These breaks are important because they release the buildup of tension and enable your brain to integrate the material you have reviewed. Don't leave all of your studying until the night before!

To increase your memorization skills try creating acronyms, acrostics or put the information into a song or a poem. Use key words to help you remember information. Number the items, use peg words and continually rehearse what needs to be memorized. You increase your chance of recalling information if you can make it meaningful to you.

If you are a visual learner, create diagrams to help summarize information such as a mind map. If you are an auditory learner, record the information on a tape and then play it back to yourself. If you are a kinesthetic learner, walk around while you are learning the information. Increase your recall by 15% through re-writing your notes which uses all 3 learning styles!

Predict the questions that you may have on the exam. Research has shown that doing practice tests as a study strategy is highly effective. If your teacher provides review material, use that as well to help you focus on what is important. You want to be very clear about the content of the exam so that you don't waste your time studying areas that will not be included.

Use the active study strategies of teaching the information to someone else. William Glasser, an expert in the field of education has stated that, "Students learn 10% of what they read, 20% of what they hear, 50% of what they see and hear, 70% of what they discuss with others, 80% of what they experience personally, and 95% of what they teach to someone else."

Find a study partner or form a study group. Working with someone else can give you a different perspective and a lot can be accomplished by sharing skills and resources. When forming a study group keep in mind that 4-6 students is optimal, seek dedicated individuals who may challenge you, and break up the work assigning each individual as an "expert" to teach the others in their area.

What kind of questions are on the exam? Multiple Choice? Essay? Short Answer? Find out the format of your exam. Ask your teacher what types of questions to expect. Test yourself using the same format. There are tips available for each format in a booklet which you can obtain from the guidance department.

Get a good night's sleep the night before your exam. It's very tempting to pull an all-nighter before an exam, but being sleep deprived decreases retention which may prevent you from remembering answers. Research has shown that teenagers need an average of 9-10 hours of sleep; however the average teen only gets 7.5 hours, so organize your time accordingly.

Be prepared. Before the exam begins, make sure you have everything that you'll need – 3 pens, 3 sharpened pencils, erasers and a calculator (if it is allowed), ruler, tissues, highlighters, and water. Bring a sweater because often the body will cool down when you are nervous. Set your watch to the clock in the classroom and double check the date, time and location of your exam.

Make sure you skim your exam first. Look at the marking scheme to figure out your timing, highlight the number of questions you are required to complete where choices are offered, and underline key words such as "compare", "define" or "summarize". Use all of the time that you're given and guess on answers that you do not know – you may get part marks for trying!

When waiting for your exam don't study and stay away from stressful individuals as stress is contagious. Do the de-stress strategies outlined in the Exam Tips booklet available in the Guidance Department. Always remember that the actual exam is not what causes stress. Stress is caused by your thoughts about the exam. Therefore if you change your thoughts - you will change your experience!

Do you need a computer?

Renewed Computer Technology (RCT) is a not-for-profit, charitable organization that empowers learners, educators and not-for-profit organizations with increased access to information and communications technology (ICT), skill development and learning opportunities, in a socially and environmentally responsible manner.

Working with **York Region District School Board** we are offering affordable, renewed computer packages.



1. Open camera on phone
2. Hold camera up to QR code above
3. Click link that appears on your screen

You can apply for this program if you are:

A resident of Ontario and you are an individual with limited income.

Parents or legal guardians may apply on behalf of a child or youth under the age of 18.

We offer 1 computer, per family, with a limit of 2 per household per year.

For more information, please contact:

Alexander Oliver
RCT Community Engagement Lead
AOliver@rcto.ca

All systems include our
STANDARD 1 YEAR DEPOT WARRANTY

*batteries not covered by warranty

We have Desktop Packages from \$60.00 to \$250.00.
Plus \$50.00 to ship the computer to your home.



You get - a desktop complete with Windows 10 and MS Office 2019 - Word, Excel, PowerPoint, Outlook and OneNote plus learning software, monitor, keyboard and mouse

We have Laptop Packages from \$200.00 to \$350.00.
Plus \$40.00 to ship the computer to your home.



You get - a laptop complete with Windows 10 and MS Office 2019 - Word, Excel, PowerPoint, Outlook and OneNote plus learning software

*Computers may not appear exactly as shown



**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 virtually 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

February 1, 2023 | 6:30-8:00 pm

Register here on our [Google Form](#)

Registration deadline: January 26, 2023

**Link to join will be provided via email
after registration**

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

Breakfast Boost Program

Please be aware that the last day of the Breakfast Boost program this semester will be **Wednesday, January 25th** as exams begin the next day. We will re-start this program on the first day of semester 2 on **Monday, February 6th**.

Interested in the Aquatic Leadership Program?

The YRDSB runs an Aquatic Leadership Program in partnership with the Town of Aurora, The City of Markham and the City of Vaughan during 2nd semester. For more information, please see [here](#).

Sports Corner

The junior girls finished their regular season last night - here are some pics from the game! Feel free to add this blurb: "The junior girls volleyball team finished their season with games against St. Augustin and Markham District! Throughout the season the girls improved on their individual skills and worked hard as a team. Way to go, wolves!!"



January: Spirit Moon

As we start the new year together, it is important to take this time to be mindful and grateful for the relationships and connections in our lives. According to Indigenous practices and culture, the month of January focuses on the Creation of the First Moon, or the Spirit Moon. It encourages us to re-evaluate and reflect on our relationship with our connections to this land, to the water, to ourselves, and other facets of life as we prepare ourselves for the rest of the season/year.

With this in mind, you may want to try practicing more mindfulness, self-care, and gratitude as a good way to start off the new year.

Michelle Teh and Katie Major
UHS Indigenous Education Liaisons

Yearbook 2022-2023

Time is flying by quickly. Remember when you were starting the school year in September, most excited for the year to come for your kids? Well, a great way to immortalize those memories is by buying this year's UHS yearbook! Get a yearbook on School Cash Online (<https://yrdsb.schoolcashonline.com/Home/SignIn>) and keep your child's teenagehood with you forever!

Morning Music Requests

Hey wolves, want to suggest your favourite school appropriate songs and have them played in the mornings? Students can submit music requests via their gapps accounts now through the following [Google form](#) - or they can also access the form on our instagram @uhs_announcements! Remember that songs must be school appropriate! Looking forward to hearing from you!"



Here are some of the newest books at the UHS Library

The [Canada Reads long list](#) was announced last week. Get a head start on your reading by checking out one of titles from the UHS Library:

[Hana Khan Carries On](#) by Uzma Jalaluddin
[Moon of the Crusted Snow](#) by Waubgeshig Rice
[Station Eleven](#) by Emily St. John Mandel



A reminder that students also have access to ebooks through SORA. They sign in using the number 0 followed by their student number.

Night School

Night school is available to students who cannot get the course during day school. Remote learning night school registration is now open and synchronous learning will take place on Tuesdays and Thursdays from 6:30pm to 9:45pm beginning **February 16th**. Registration for Online night school (which is asynchronous learning) will open on **January 31st**. Registration for either format is on My Pathway Planner under "Continuing Education" and will require Guidance approval. Check out the YRDSB website for more information at: <https://www2.yrdsb.ca/schools-programs/adult-learning/night-school>



[HONG FOOK - Winter Catalogue - English](#)

[HONG FOOK - Winter Catalogue - Chinese](#)

Looking for Winter Programs? Please see the following link from our partners at Hong Fook!

NBE3U Announcement

We are pleased to announce that all sections of ENG3U next semester will be changed to NBE3U as of February 6.

Students who had ENG3U on their timetable for semester two will now see it replaced by NBE3U.

NBE3U is equivalent to ENG3U and intended to prepare students for the compulsory Grade 12 English University course.

NBE3U explores the themes, forms, and stylistic elements of a variety of literary, informational, graphic, oral, cultural, and media text forms emerging from First Nations, Métis, and Inuit cultures in Canada, and also examines the perspectives and influence of texts that relate to those cultures. In order to fully understand contemporary text forms and their themes of identity, relationship, and self-determination, sovereignty, or self-governance, students will analyze the changing use of text forms by Indigenous authors/creators from various periods and cultures in expressing ideas related to these themes. Students will also create oral, written, and media texts to explore their own ideas and understanding, focusing on the development of literacy, communication, and critical and creative thinking skills necessary for success in academic and daily life.

“The history of Canada begins with Indigenous peoples; this land’s development and its future are inextricably linked to its first inhabitants. In this unique position, Indigenous peoples have perspectives on and knowledge of this land and of humanity that can inform how Canada addresses global challenges in the twenty-first century. Exploration of Indigenous cultures, ways of knowing, and contributions to society is therefore essential for students as the global citizens and problem solvers of tomorrow.” (The Ontario Curriculum Grades 9 to 12: First Nations, Metis, and Inuit Studies Revised 2019).

If you have questions regarding this change, please contact a school administrator.

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.

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.

Club	Teacher Supervisors
Artisans Club	jessica.li@yrdsb.ca
Book Club	celeste.lawton@yrdsb.ca
Business & Sports	neil.sareen@yrdsb.ca
Charis Club	peter.lansing@yrdsb.ca
Chess Club	afsana.ahmed@yrdsb.ca
Chinese History Club	shan-chen.yu@yrdsb.ca
Club de Français (French Club)	peter.lansing@yrdsb.ca
Community Council	melissa.delrosario@yrdsb.ca - james.campbell@yrdsb.ca - felicia.sukdeo@yrdsb.ca
Computer Science Club	raymond.do@yrdsb.ca
Cooking Club	anna.dilorenzo@yrdsb.ca - frances.tom@yrdsb.ca
Dance Council	melissa.bettio@yrdsb.ca - kathleen.major@yrdsb.ca
DECA	kuo.pan@yrdsb.ca - wesley.guldmond@yrdsb.ca - neil.sareen@yrdsb.ca
Dramatic Arts Council	lazaros.geronikolos@yrdsb.ca
Eco-Council	michael.johnston@yrdsb.ca
Film Club	lauren.fridman@yrdsb.ca - shiraz.rafik@yrdsb.ca - zachary.layton@yrdsb.ca
Gender & Sexuality Alliance	sara.faulkner@yrdsb.ca - zachary.teitel@yrdsb.ca
Guitar Ensemble	niloufar.barazesh@yrdsb.ca
Historical Club	laura.fong@yrdsb.ca
Jazz Band	niloufar.barazesh@yrdsb.ca
Light Music Club	jennifer.porter@yrdsb.ca
Math Club	daniela.panacci@yrdsb.ca - shan-chen.yu@yrdsb.ca - liubov.chulkova@yrdsb.ca - shama.sharma@yrdsb.ca
Mock Trial	dustin.cash@yrdsb.ca - nathan.struk@yrdsb.ca
Muslim Students Association	farhan.baig@yrdsb.ca
Narrative Arts Club	shiraz.rafik@yrdsb.ca
Newcomers Club	tara.kapeluch@yrdsb.ca
Philosophical Studies Club	laura.fong@yrdsb.ca
Prom Committee	zafirah.damji@yrdsb.ca - daniela.panacci@yrdsb.ca - melissa.bettio@yrdsb.ca
Robotics	brian.cho@yrdsb.ca
Science Club	elaine.howard@yrdsb.ca - jeffrey.chan@yrdsb.ca
Show Choir	melissa.bettio@yrdsb.ca - julia.fong@yrdsb.ca - michelle.teh@yrdsb.ca
Social Justice Club	felicia.sukdeo@yrdsb.ca - jennifer.porter@yrdsb.ca
Special Events Club	zafirah.damji@yrdsb.ca - shuai.sun@yrdsb.ca
STEM Beyond	georgina.mantelos@yrdsb.ca
Tamil Students Association	shama.sharma@yrdsb.ca
Target Alpha	wesley.guldmond@yrdsb.ca - mathew.himelson@yrdsb.ca
UHS Architecture Club	zachary.layton@yrdsb.ca
UHS Black Excellence	sara.faulkner@yrdsb.ca - zachary.teitel@yrdsb.ca - beckey.serwaa@yrdsb.ca
UHS Med	evan.mallin@yrdsb.ca
UHS Wellness Club	michelle.farwell@yrdsb.ca - evan.mallin@yrdsb.ca
UHS Writers Club	zachary.layton@yrdsb.ca
Unionville Howl	keyan.wu@yrdsb.ca
Yoga Club	Jennifer.zamperin@yrdsb.ca - sara.faulkner@yrdsb.ca
Zoology Club	yiulun.leung@yrdsb.ca - daniel.dietrich@yrdsb.ca

Please click [here](#) to contact teachers.

Upcoming Events - February 2023

DATE	EVENT
MONDAY, FEBRUARY 20	Family Day (No Classes)
MONDAY, FEBRUARY 27	School Council Meeting 7:00pm