



PARENT

BULLETIN 19

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A F T E R T H E H O L I D A Y S

Monday January 16	<ul style="list-style-type: none">Senior Boys Basketball Unionville H.S. at Westmount C.I. 2:40 pm to 5:00 pmCurling to Bayview Country Club 2:45 pm to 5:30 pmSchool Council Meeting in the Library at 6:30 pm
Tuesday January 17	
Wednesday January 18	<ul style="list-style-type: none">Grade 9 EQAO Math AssessmentJunior Boys Basketball Jean Vanier CHS at Unionville H.S. 4:00 pm to 5:30 pm
Thursday January 19	<ul style="list-style-type: none">Grade 9 EQAO Math AssessmentGrade 8 Information Night 6:30 pm to 8:30 pm
Friday January 20	<ul style="list-style-type: none">Life Skills class to Cornell Community Centre Pool 9:00 am to 12:00 pm

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

Monday January 23	<ul style="list-style-type: none">Leadership Meeting 3:10 pm
Tuesday January 24	
Wednesday January 25	<ul style="list-style-type: none">Locker Cleanout Period 1
Thursday January 26	<ul style="list-style-type: none">EXAMS - Period 1 classesArts Unionville Auditions
Friday January 27	<ul style="list-style-type: none">EXAMS - Period 2 classesArts Unionville AuditionsLife Skills class to Cornell Community Centre Pool

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

Exam Schedule - all exams begin at 9:00 am

Thursday Jan 26	Friday Jan 27	Monday Jan 30	Tuesday Jan 31	Wednesday Feb 1
Period 1 classes	Period 2 classes	Period 4 classes	Period 5 classes	Period 3 classes

Grade 9 Math EQAO Assessment

The Grade 9 Math EQAO Assessment will be administered on **January 18** and **January 19** for grade 9 students enrolled in Grade 9 Academic or Applied math during semester one. Please ensure that if you have a student currently enrolled in Grade 9 Math that they are in attendance during the assessment dates. The assessments will be completed during the regularly scheduled math class. Additional information *has been provided* to students who require accommodations for special education and/or English Language Learner needs. Students with accommodations will write the assessment during period 3 each day and will be accommodated for their lunch period. Additional resources for students and parents can be found on at www.eqao.com. If you have a question about the EQAO math assessment or necessary accommodations, please email Krista Pummell (Vice Principal) at krista.pummell@yrdsb.ca

Developing Wellness and Exam Preparation Strategies

UHS is offering a variety of workshops to help our students prepare for the upcoming exam period. Whether it is a workshop designed to work on honing a particular exam skill or helping to deal with the stresses of the exam period, all students are encouraged to attend as many workshops as they like during their lunch or spare next week.

	Monday January 16	Tuesday January 17	Wednesday January 18	Thursday January 19	Friday January 20
Period Three	Exam Taking for the First Timer (both in English and Mandarin) Student Success Room 302	Time Management Moderns Room 302	Beginner Yoga Workshop (students participating must wear comfortable clothing they can easily stretch in) Dance Studio Room 205 (maximum 30 students for space)	Colour your stress away! Library Room 214	Hot Chocolate and Exam Talk (Strategies/Anxieties) Geography Room 355
Period Four	Time Management Moderns Room 238	Preparing for a Long Answer / Essay Response History Dept Room 346	Successfully Answering Multiple Choice Questions R. Fung Room 346	Colour your stress away! Library Room 214	



UNIONVILLE HIGH SCHOOL SCHOOL COUNCIL

AGENDA

Monday, January 16th, 2017

In the library at 6:30 p.m.

Welcome Co-chairs - Jaya Sanooja Nair and Kathy Venetis

- Arts Reps – Ida Leung and Renee Deighton
- Community Member – Sandra Allen

Minutes from November meeting: Secretary – June Gao

Treasurer's Report: Treasurer – Prasad Jammalamadaka

USAC Update: President – Dina Dong

School Updates:

- Principal - Maureen Weaver
- Vice-Principals - Sonya Borrell and Krista Pummell
- Guidance – Rita Riolo

Meeting Topic: Stress, Anxiety and Mental Health

How do stress and anxiety affect students' mental health? How do we as parents and guardians support our children who experience stress and/or anxiety? Join our guest panelists as we discuss this very important issue.

Guest Panelists

Grade 12 students - Lavonna Mark and Dina Dong
Ping Chen – School Based and I.C.F Counsellor (Family Services York Region)
Randie Berger –School Social Worker
Esther Ko – School Psychologist

Meeting Dates for 2016-2017

February 27th
April 24th
June – first week - social

Increased flu activity in York Region

Over the past few weeks there has been an increase in influenza activity across York Region. To date, there are 164 laboratory-confirmed influenza cases in York Region. Influenza A (H3N2) is the primary circulating strain and it is well matched to this season's influenza vaccine.

Young children and influenza

Children under five years of age, especially those younger than two years of age, are at high risk of flu-related complications. These complications include pneumonia, encephalopathy (inflammation of the brain), ear infections, sinus infections and worsening of medical problems like asthma or heart disease. In rare cases, flu complications can lead to death.

How to protect against the flu

- 1. Get vaccinated** – The flu vaccine is the best way to protect against flu. Studies show the flu vaccine can prevent 70 to 90 per cent of illness in healthy adults and children.

York Region Public Health recommends everyone six months and older get the flu shot. It's not too late to get vaccinated.

Flu shots are available at:

- Physicians' offices, for people six months of age and older
- Pharmacies, for people five years of age and older
- York Region Public Health clinics, for people three years of age and older

Visit ontario.ca/flu to find where you can get the flu shot.

For more information about flu vaccines contact York Region Health Connection at 1-800-361-5653.

- 2. How can you reduce the chances of getting the flu?**

- Wash your hands often and thoroughly with soap and warm water. If soap and water are unavailable, use an alcohol-based hand sanitizer
- Cover your mouth and nose with a tissue when you cough or sneeze and throw the tissue out immediately
- Avoid touching your eyes, nose and mouth
- Avoid people who are ill and stay home when you are sick
- Keep common surfaces and items clean and disinfected



What are symptoms of the flu?

Symptoms of the flu may include:

- sudden onset of headache
- chills
- cough
- sore throat
- runny nose
- fever
- loss of appetite
- muscle aches
- fatigue

Nausea, vomiting and diarrhea may also occur in children. Most people recover from the flu within a week to 10 days. People aged 65 years or older, pregnant women and individuals with chronic health conditions may be at greater risk of becoming ill and developing severe health problems such as pneumonia.

How does the flu spread?

The flu spreads through the air from coughing and sneezing. It also spreads through direct contact with surfaces, unwashed hands, or objects such as toys and eating utensils that have been contaminated by the influenza virus.

A person with flu may be able to infect other people one day before symptoms develop and up to seven days after becoming sick.

For more information, visit york.ca/flu





DEALING WITH ANXIOUS CHILDREN

「父母如何處理孩子的焦慮問題？」國語講座

This seminar is designed to help parents dealing with their anxious children. In this seminar, you will find out more about anxiety -- how it looks, how it works, and how to recognize if it is problematic. You will also provide some practical strategies and tools to help you manage your child's anxiety.

你的子女是否常常感到焦慮，讓你束手無策？家和專業輔導中心希望透過這次講座，讓家長可以了解更多有關小童焦慮的問題如：焦慮兒童的表徵，焦慮的成因，如何識別孩子是否有此問題。資深心理治療師更會為你提供一些有效又實用的方法幫助你處理孩子的焦慮問題。

座位有限，請儘速報名！

日期 **Date:** Tuesday, January 24th 2017
時間 **Time:** 10AM – 12PM
語言 **Language:** Mandarin 國語
地點 **Address:** Angus Glen Library - 3990 Major Mackenzie Drive East, Markham, ON L6C 1P8
查詢或報名 **Inquiry/Registration:** 416-979-8299 ext. 221

****歡迎有興趣人士參加，未入籍人士請出示楓葉卡或移民紙。名額有限，請預先登記。****
All are welcome. For new immigrants, please bring valid PR card or landing document for registration. Space is limited. Please call to register.

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Immigration, Refugees
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UNDERSTANDING GAMING & INTERNET ADDICTION

了解「遊戲及網絡沉迷」國語講座

Topics include:

- What is Gaming & Internet Addiction?
- Pros and Cons
- How to Recognize red flags?
- What can parents do to help their children?
- Q&A

內容包括:

- 何謂「遊戲及網絡沉迷」?
- 使用互聯網及電動遊戲的利與弊
- 如何識別「遊戲及網絡沉迷」的徵兆?
- 父母如何處理子女的沉迷問題?
- 問答環節

日期 **Date:** Monday, January 23rd 2017
時間 **Time:** 6:30PM – 8:30PM
語言 **Language:** Mandarin 國語
地點 **Address:** Milliken Mills Library - 7600 Kennedy Rd #1,
Markham, ON L3R 9S5
查詢或報名 **Inquiry/Registration:** 416-979-8299 ext. 221

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