



Unionville High School Weekly Parent/Guardian Bulletin

March 21, 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

Principal
[Susie Nunes](#)

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

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

Vice-Principal (J - Q)
[George Voumvakis](#)

Superintendent
[Kien Nam Luu](#)

Trustee
[Ron Lynn](#)

TECH REQUEST FORM – 2024-2025

CLUBS

GUIDANCE UPDATES

Character Matters Trait of the Month: Honesty

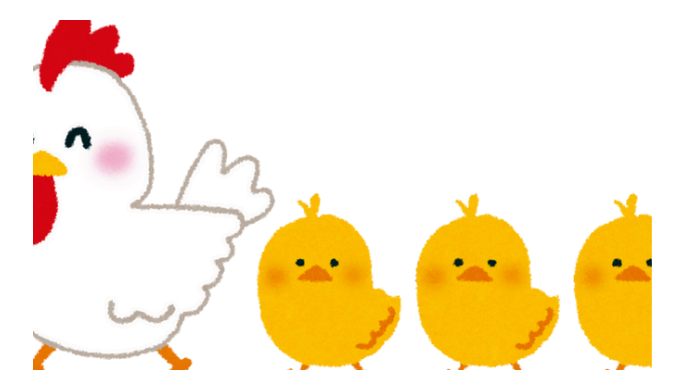
Honesty is more than not lying. It is truth telling, truth speaking, truth living, and truth loving.”
— James E Faust

Upcoming Events

DATE	EVENT
March 1-30	Ramadan



MARCH



RAMADAN

Inclusive School and Community Services (Contact: iscs@yrdsb.ca) Ramadan March 1-30, 2025. Ramadan is a holy month of fasting and contemplation for Muslims

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>



GUIDANCE NEWS

Markham Public Library

During the next few months from March to June 2025, Markham Public Library is excited to announce a wide variety of new learning opportunities for children, teens and adult such as an intergenerational reading buddies program and much more. We truly look forward to have you/your family join us for our virtual and in-person [programs](#)!

Dear Grad Students and Families:

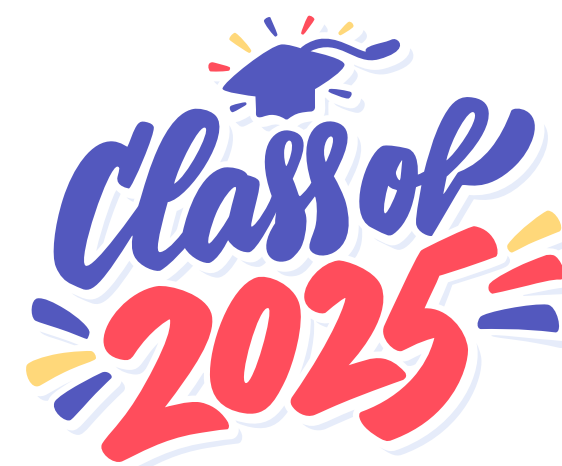


We're excited to announce that Edge Imaging studio is now open for bookings if you have missed your opportunity to take your Graduation photos.

STUDIO INFORMATION:

Our Grad Studio will be open on March 29 & 30th for missed appointments or retakes. To book your appointment please visit this [link](#):

Studio Location:
Aurora Preparatory Academy (APA)
81 Industrial Parkway North,
Aurora, ON
L4G 4C4



projects

NEST PROJECT

Feel free to check out this fantastic resource that allows you to speak with, or ask questions to current university students in a certain program or at a specific school about the university application process, university life, and more. You can access this resource at: <https://nestproject.ca>. Here's some more information if you're interested:

Who Are We?

The NEST Project is a non-profit organization dedicated to supporting high school students in navigating their educational journey and preparing for university. We connect high school students with knowledgeable university mentors who provide FREE personalized guidance on program selection, the university application process, and insights into university life.

Why Sign Up Now?

- Grade 12s: If you are seeking help on how to navigate the university application process or if you'd like to speak to a current university student in a particular pathway or at a certain school, you can benefit from The NEST Project. Whether you'd prefer just 1 meeting or consistent bi-weekly meetings, our mentors will do their best to accommodate your needs. All of our mentors are trained and can provide valuable insights and share their experiences to help you make informed decisions.
- Grade 11s: It's never too early to initiate contact with a mentor! This way, when applications start the following year (September 2025), you'll already be well-prepared for the application process.
- Grade 9s & 10s: By getting started early, you can receive guidance on course selection, extracurricular activities, and other steps you can take now to prepare for the university application process.

Steps To Sign Up:

1. Visit our website, <https://nestproject.ca>, and click "Match Me With A Mentor" on the homepage.
2. Select the field of interest and view the list of mentors in that field.
3. Select a mentor you want to meet with, view their bio, and select "Book a meeting with [mentor's name]".
4. Please answer the brief list of questions in the form, and then select "Let's Schedule My Meeting!".
5. You'll be redirected to the mentor's Calendly schedule, where you can select a meeting time.
6. You'll then be asked a couple more questions to help the mentor prepare specific support for you.
7. You'll receive a confirmation email that includes a meeting link for you to use at the time of your meeting.

You can join NEST for FREE today to start planning your future with confidence! There is also more information on our Instagram page, @nestproject.ca. Feel free to reach out to our email, nestproject.ca@gmail.com if you have any questions, comments, or concerns!

Feeling overwhelmed by **university applications**?
Already applied, but
stumped on **final decisions**? Have general
questions about **university life**? Still have time, but
want to **plan ahead**?



The NEST
Project is
here to help!



Visit our website
to speak with a
mentor for **FREE**!



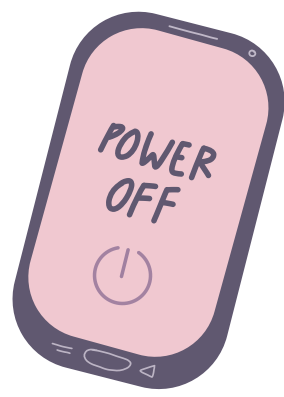
We prepare students to take flight by offering...

- Completely **FREE mentorship** • From current **university students** • They help **support** you in program selection, applications, and general inquiries

Contact: nestproject.ca@gmail.com



@nestproject.ca



Screen Time and Mental Health Presentation

On Tuesday March 18th the York Region District School Board's Mental Health Team visited UHS to provide a valuable presentation about the *Effects of Screen Time on a Teenager's Mental Health*.

This presentation was given to a class of grade 9 students where the students engaged in meaningful discussion and reflection on the following topics:

- What is screen time and its impact on mental health?
- Healthy and unhealthy screen use
- Strategies to develop balanced digital habits
- Supportive resources

If you are interested in exploring this topic yourself and/or discussing it with your children at home, please feel free to view the following resources that were provided by our presenters:

Resource #1: [Teen Vogue Article on Social Media and the Brain](#)

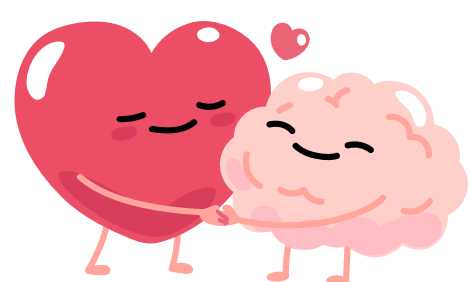
[Social Media Isn't Just Addictive – It's Addictive By Design](#)

Experts explain the science behind social media's grip on our mental health.

www.teenvogue.com

Resource #2: Screen Time Reflection Questions

1. What do I want to get out of this time online?
2. How did I spend my time online?
3. Could my experience online have been better?
4. How am I feeling at the start, during, and at the end of my time online ? What affected how I felt?
5. Do I feel better or worse after my time online?
6. Will this online activity enhance the rest of my day?
7. Are there other things that I should be doing?
8. While I was online, what went well and what didn't? What could I do differently next time I'm online?



CREATIVE WORKSHOP

Hi everyone,

Just wanted to bring your attention to some virtual workshops being held by York Hills for families/caregivers — Triple P Series, ADHD series, and some one off ones. Not sure if families at your school would be interested, but figured to forward these over in case. Just FYI, one of them is happening this Thursday Mar 6.

Please see below for the date, times, and links:

One off Workshops

Understanding Online Safety and Youth Exploitation: March 26, 6:30pm to 8:30pm

[\(Understanding Online Safety and Youth Exploitation Registration, Wed, 26 Mar 2025 at 6:30 PM | Eventbrite\)](#)

Many Faces of Anxiety: May 7, 6:30pm to 8:30pm

[\(Many Faces of Anxiety Registration, Wed, 7 May 2025 at 6:30 PM | Eventbrite\)](#)

Triple P Workshops

Teen Triple P Seminar #1: April 24, 6:30pm to 8:30pm

[\(Teen Triple P Seminar #1 - Raising Responsible Teenagers Registration, Thu, 24 Apr 2025 at 6:30 PM | Eventbrite\)](#)

Teen Triple P Seminar #2: May 1, 6:30pm to 8:30pm

[\(Teen Triple P Seminar #2 - Raising Competent Teenagers Registration, Thu, 1 May 2025 at 6:30 PM | Eventbrite\)](#)

Teen Triple P Seminar #3: May 8, 6:30pm to 8:30pm

[\(Teen Triple P Seminar #3 - Getting Teenagers Connected Registration, Thu, 8 May 2025 at 6:30 PM | Eventbrite\)](#)

ADHD Workshops

Learning to Pay Attention: April 16, 6:30pm to 8pm

[\(Learning To Pay Attention Registration, Wed, 16 Apr 2025 at 6:30 PM | Eventbrite\)](#)

Exploring and Understanding the Inattentive Brain: May 14, 6:30pm to 8pm

[\(Exploring and Understanding the Inattentive Brain Registration, Wed, 14 May 2025 at 6:30 PM | Eventbrite\)](#)



Dear Families,

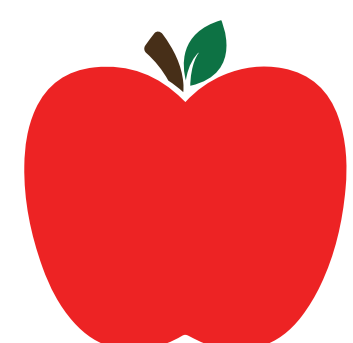
We would like to remind you that the upcoming Parent-Teacher Interviews are scheduled for **Thursday, April 3rd at 6:30 PM**. These interviews provide an important opportunity to discuss your child's progress and address any questions or concerns you may have.

If you require a translator for the meeting, please inform the teachers in advance via email, phone call, or student request. This will ensure we can make the necessary arrangements to support you during the interview.

Please read the [linked document](#) for more details, including important information regarding the interview process and how to prepare for the meeting. Your involvement in your child's education is incredibly valuable, and we look forward to meeting with you.

Please Note: Parents/guardians may access appointment bookings on Thursday March 27th, 2025 through the TeachAssist Parent Portal.

Should you have any questions or need further assistance, feel free to contact us.





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.



ORDER A YEARBOOK

[SCHOOL CASH ONLINE](#)

VARSITY TV YEARBOOK

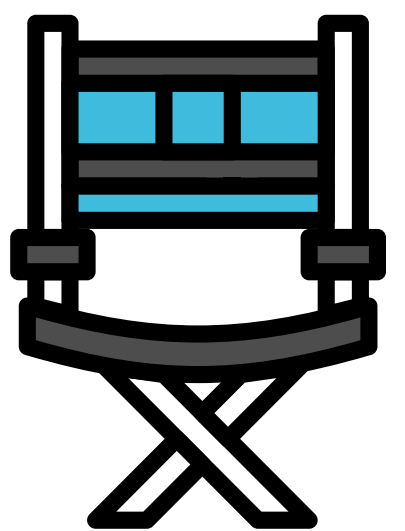


Exciting News!

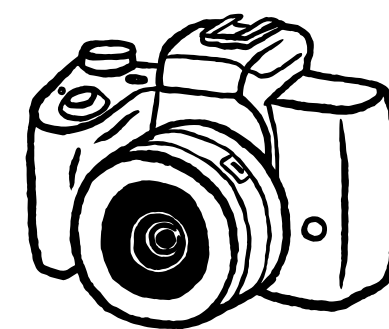
We are thrilled to celebrate the Grade 12 AU Drama Class for their participation in the NTS Drama Festival with their collectively created show, Fragments. They did a fantastic job and won the awards for Most Realistic On-Stage Conflict and Outstanding Collaboration.

Congratulations! We look forward to their next project.

DRAMA:



Photography

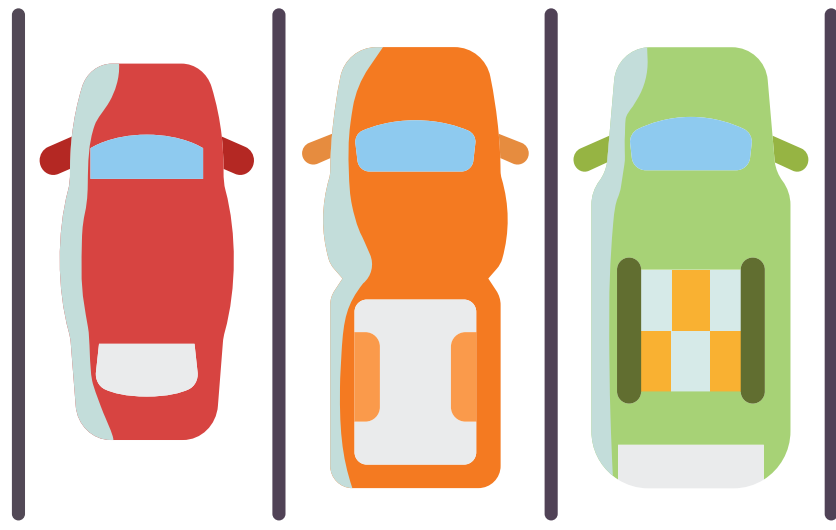


🏆 UHS Photography Strikes Gold at York Region Skills Competition! 🏆

We are thrilled to celebrate the incredible achievement of **Nathon Wong**, who earned **gold** at this year's **York Region Skills Competition!** This outstanding performance has secured them an **automatic qualification** for the **Skills Ontario Competition**, taking place on **May 6th at the Toronto Congress Centre**, where they will proudly represent **UHS**.

A huge **congratulations** to our talented students for their dedication, teamwork, and innovation:

🎉 **Nathon Wong**



PARKING

Parents and guardians dropping off students in the Town Centre and Warden drop off zones are asked to follow the traffic signs and asked not idle in fire zones. Please follow all posted signs for traffic flow and refrain from parking in visitor parking without a parking pass. Parents/guardians are also asked to not idle in no parking zones during the day and to not park in municipal parking lots.

The City of Markham has noted an increase in vehicles using the Flato parking lot. Please be aware that cars parked both in the City of Markham and UHS areas without authorization are subject to parking tickets. All parents/guardians who are visitors to UHS must park in the Town Centre lot and obtain a parking pass from UHS' main office.

We appreciate your cooperation in keeping our parking areas organized, safe and accessible. If there are any questions, please reach out to the school directly.



GRADUATION

We are pleased to inform you that the deadline for submitting the graduation fee has been extended to April 1, 2025!

The graduation ceremony for Grade 12 students will take place at 6:00 pm on Thursday, June 26, 2025, at Paramount Eventspace, 222 Rowntree Rd, Woodbridge. The graduation fee is required for all students attending the event and covers the following:

Souvenir cap and gown

Venue rental

Refreshments

Two guest tickets to the ceremony

Please note that the fee for the souvenir cap and gown is non-refundable.



When choosing a gown size, kindly consider the student's height, including the height of their shoes.

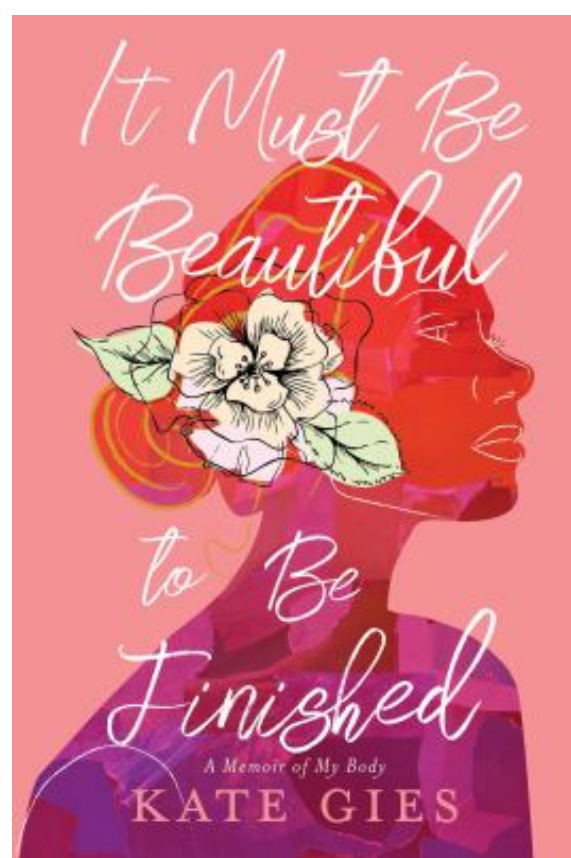
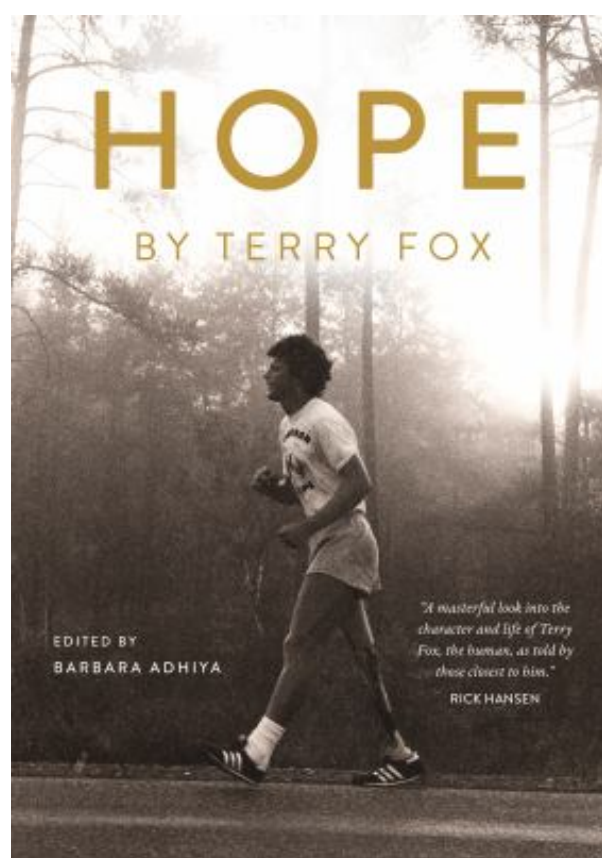
Thank you, and we look forward to celebrating this special occasion with you!



Let's Read



Spend some time seeing life from someone else's perspective with one of these memoirs. These titles and many more are available in your UHS Library.



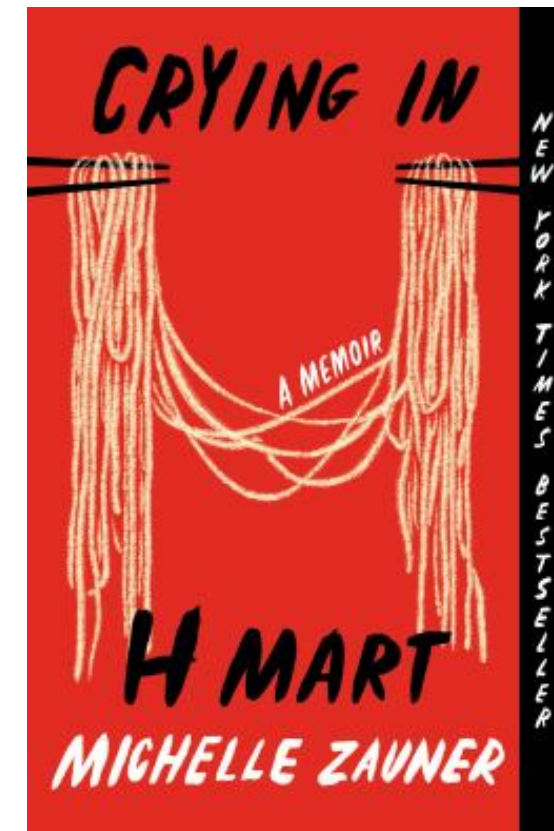
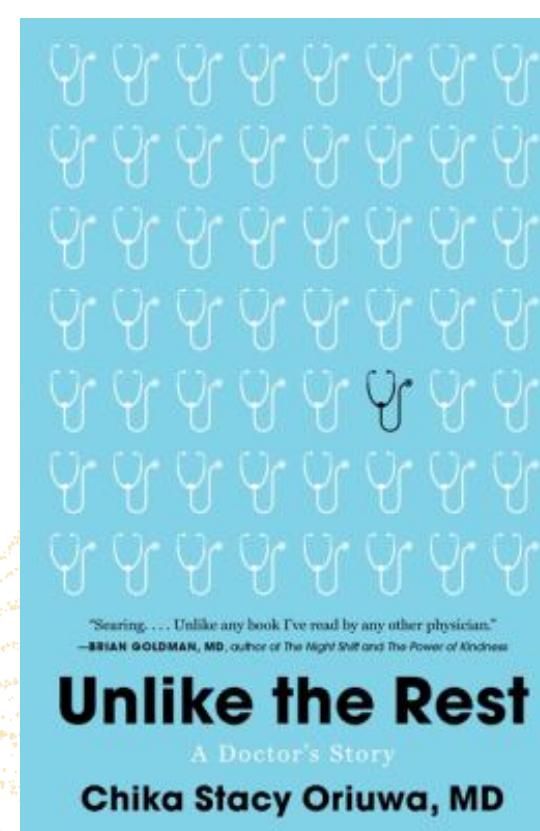
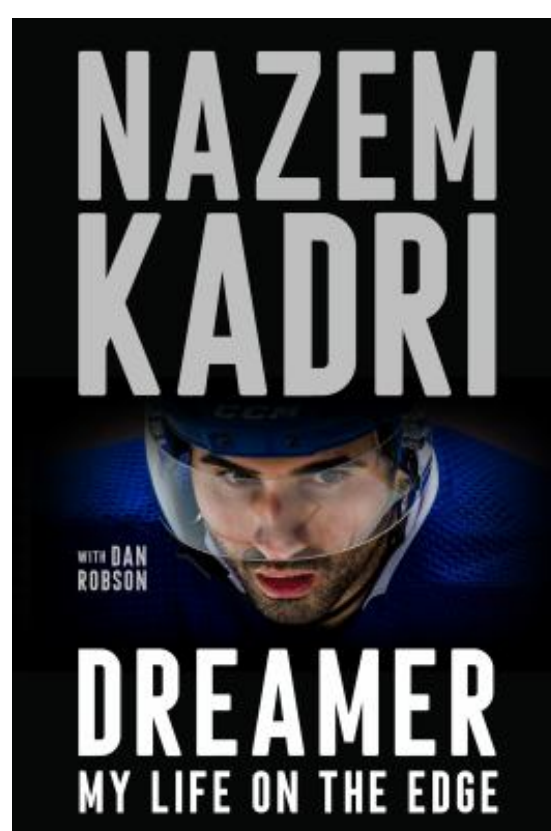
[Hope By Terry Fox](#) edited by Barbara Adhiya

[It Must Be Beautiful to be Finished: A Memoir of My Body](#) by Kate Gies

[Dreamer: My Life on the Edge](#) by Nazem Kadri

[Unlike the Rest: A Doctor's Story](#) by Chika Stacy Oriuwa

[Crying in H Mart: A Memoir](#) by Michelle Zauner



THE UNIONVILLE HOWL

Dear students, parents/guardians, staff, and community members: The Unionville Howl is excited to present to you the February Edition of our newsletter. In it, you will find teacher and student spotlights, as well as op-ed articles and articles on scholarships, the job market, and so much more! Please read and enjoy.

[http://www.yrdsb.ca/schools/unionville.hs/Documents/February%202025%20Newsletter%20\(4\).pdf](http://www.yrdsb.ca/schools/unionville.hs/Documents/February%202025%20Newsletter%20(4).pdf)



Robotics Club GOLD



2025 USH robotics club earned gold at this year's York Region Skills Competition and automatically qualifying to Skills Ontario Competition taking place on May 6th at the Toronto Congress Center representing UHS. UHS student member names.

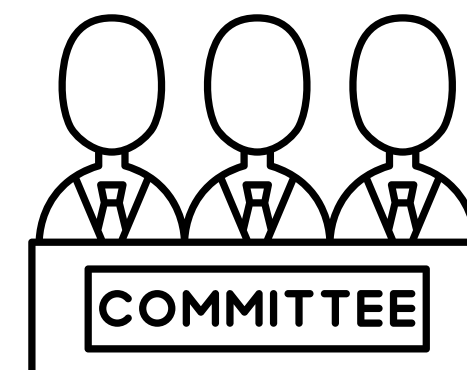
Congratulation to the following.

Liam Fan, Nathaniel Rayman, Simone Tam, Amrra Mengistu



SCHOOL COUNCIL

Subject: School Council Meeting Materials Now Available on UHS Website



Dear UHS Families,

We are pleased to inform you that the PowerPoint slides and minutes from our recent School Council meeting, held on Monday, February 24th, are now available for viewing. In addition, you can also view past PowerPoint slides and meeting minutes. Simply visit the [School Council Tab](#) on the [UHS Website](#) to access them.

We encourage you to review these materials to stay informed about the discussions and decisions made during the meeting. Your continued engagement and support are greatly appreciated.

Looking forward to seeing you all at our last meeting of the 2024-2025 school year on **Monday, April 28th at 7pm** in the **UHS Library!**



YOU ARE INVITED!

Community Living Central York Day Program Tour

Thursday, April 3, 2025
10:00 AM - 12:00 PM & 4:00 pm - 6:00 pm
575 Penrose St, Newmarket ON L3Y 5L5

Individuals with diverse abilities, teachers, parents, caregivers, students, case managers, and community organizations are welcome.

Community Living Central York's mission is to empower individuals with diverse abilities to thrive in our shared community.

Arrangements can be made for tours on different dates, times, and specific day programs locations.

For more information contact:
Melanie Marshall
✉ melanie.marshall@clcy.ca ☎ 905-715-2344

*Community Living
Central York*
**DAY PROGRAM
OPEN HOUSE**

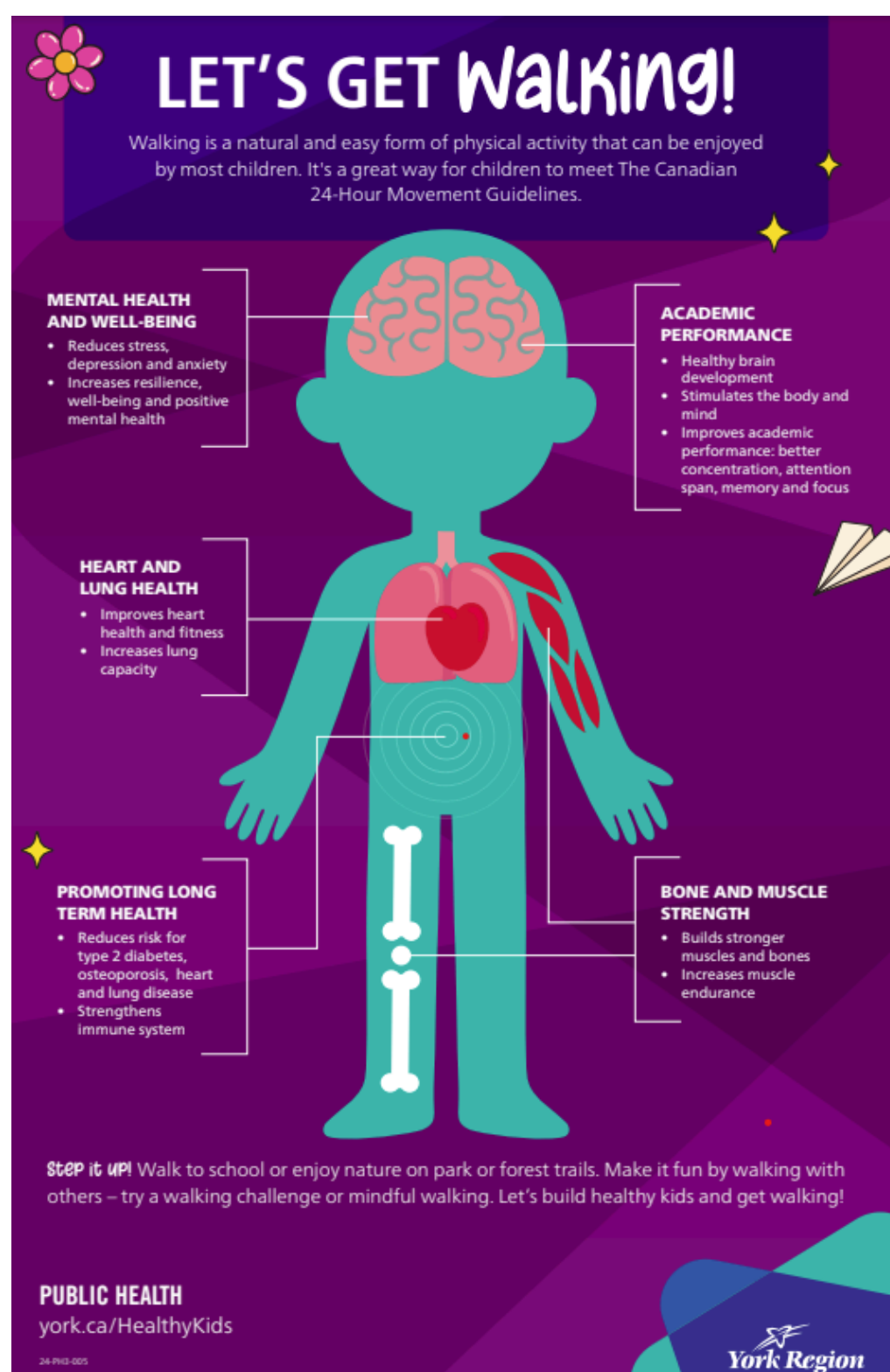
Student Mental Health and Addictions Newsletter - January 2025

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.

Music
Unionville High School

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!





Post-Secondary Day Program Fair

Students, Parents/Caregivers and School Staff:

- Meet representatives from more than 20 York Region day programs and 2 community agencies.
- Gather information about the programs offered to help prepare for life after high school: program structure, hours, cost, support ratio, etc.

Date: **Thursday April 10, 2025**

Time: 6-8 p.m.

Location: Richmond Green S.S. - 1 William F. Pkwy, Richmond Hill ON (Leslie and Elgin Mills)

Day Programs/Community Participation Supports: A variety of community-based activities related to work or volunteerism, daily living skills, social skills, independent living, personal management and employment preparation for individuals.

Hosted by: The YRDSB's Work Experience Transition Department

Victims of Crime Week

Parents, caregivers, guardians, community members and youth 11+ are welcome to attend the **3rd Annual Anti-Human Trafficking Conference** in York Region.

Join us at **Seneca Polytechnic College King Campus** on May 13 and 14, 2025 from 6:00 - 9:00 p.m. for an evening of learning, networking, and collaboration in the fight against human trafficking. [Registration for the 3rd Annual York Region Anti-Human Trafficking Conference.](#)

Persian Heritage Month

The Iranian/Afghan Educator Alliance (IAEA) is hosting a meaningful Persian Heritage Month celebration to honour the rich cultural and historical contributions of the Persian community to our society. Together, we'll explore Persian heritage, enjoy cultural performances, and deepen our understanding of the diverse world around us.

This event will focus on fostering equity, inclusion, and community engagement and is open to all YRDSB students, families and staff.

Please join us on **Thursday, April 10, 2025**, at 6:00 p.m. at the Dr. Bette Stephenson Centre for Learning, 36 Regatta Ave, Richmond Hill, L4E 4R1.

Please [register](#) by **Friday, April 4, 2025**, as space is limited.

For more information please email Inclusive School and Community Services (ISCS) at iscs@yrdsb.ca.

Volunteer in Education. G.I.V.E. 2025 Spring Session

Parents, guardians and caregivers empower yourself to support your school community and enrich your child's learning experience!

Join this 5-morning workshop series and discover how you can make a difference in your child's education by volunteering in schools. The spring session is **April 7-11, 2025** from 9:00 a.m. - 12:00 p.m. at Sharon Public School Library. Please see this [flyer](#) for more information and to register.

This free information session is organized by York Region District School Board in partnership with Catholic Community Services of York Region. For more information, please contact Inclusive School and Community Services (ISCS) at iscs@yrdsb.ca.

Summer Program - Camp Black Brilliance Summer Program

Registration is open for The Centre for Black Student Excellence - Camp Black Brilliance Summer Program. Camp Black Brilliance will offer families the opportunity to get to know the Kindergarten program and have their children experience their introduction to schooling in a way that is culturally responsive and affirming of their identity, through experiential learning.

Who: Children of Black Families who are Junior and Senior Kindergarten entering school in **September 2025**.

When: 9:00 a.m. – 3:30 p.m., **July 7 - July 25, 2025**

Location: Choose One of the following locations (subject to change based on registration). Transportation is not included.

- Armadale Public School
- Crosby Heights Public School
- Discovery Public School
- Maple Leaf Public School

Register Today! Deadline is **June 1, 2025**.

For more information or questions, please contact the Centre for Black Student Excellence (CBSE) at blackstudentexcellence@yrdsb.ca.



DATE	EVENT
April 2	Euclid (Grade 12) Math Contest (P1 &P2)
April 3	Fryer/Galois/Hypatia (Gr 9-11) Math Contest (P1)
April 10	Arts Unionville Recital in the Cafe 6:00-10:00pm
April 18	Good Friday
April 21	Easter Monday
April 28	School Council Meeting 7:00pm