



Unionville High School Weekly Parent/Guardian Bulletin

March 7, 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.unionvillehs.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
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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 10 -14	March Break
March 18 -21	OSSLT Practice Session in the Library

Márchx



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

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

Funded by:
 Immigration, Refugees and Citizenship Canada

Financed par:
Immigration, Réfugiés et Citoyenneté Canada

Course Verifications for the 2025-2026 School Year

Course Verifications for the 2025-2026 school year will be sent to students GAPPs email accounts after the March Break. During the course verification period, students can request changes to their course requests. It is very important that your child consider their selections very carefully. Elective course changes will not be completed after this final verification process. You and your child may want to re-visit the UHS course calendar at <https://app.myblueprint.ca/public/courses/yrdsb/unionville1> to review course descriptions and pre-requisites.

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



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 and Managing Challenging Behaviours: March 6, 6:30pm to 8:30pm

[\(Understanding and Managing Challenging Behaviours Registration, Thu, 6 Mar 2025 at 6:30 PM | Eventbrite\)](#)

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

Parenting a Child with Attention Deficit Disorder: March 16, 6:30pm to 8pm

[\(Parenting a Child with Attention Deficit Disorder Registration, Wed, 19 Mar 2025 at 6:30 PM | Eventbrite\)](#)

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

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





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](#)



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.

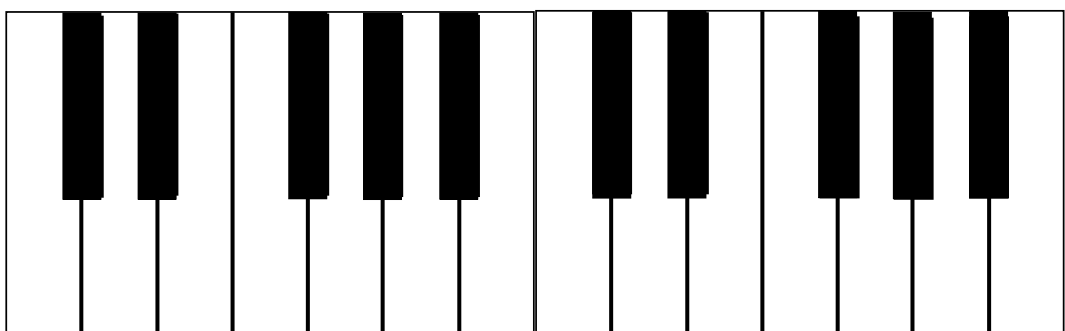
We encourage you to review these materials to stay informed about the discussions and decisions made during the meeting. Your continued engagement and support are greatly appreciated.

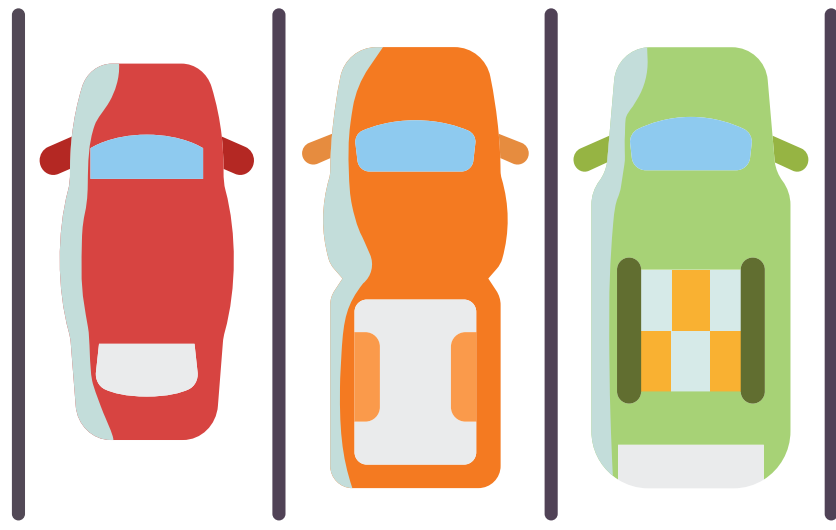
Looking forward to seeing you all at our last meeting of the 2024-2025 school year on **Monday, April 28th at 7pm** in the **UHS Library!**



ARTS UNIONVILLE MUSIC RECITAL - THURSDAY, MARCH 20, 6:30 pm - UHS ATRIUM

UHS staff, friends and family are cordially invited to experience solo performances by the talented students of the Arts Unionville music department on Thursday, March 20 at 6:30 pm. Please join us to hear a wide-ranging and diverse recital of vocal and instrumental music spanning five centuries. All are welcome!





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!



March Break is the perfect time to relax with a great e-book or audiobook. These are both available through Sora. Students sign in using 0 followed by their student number.

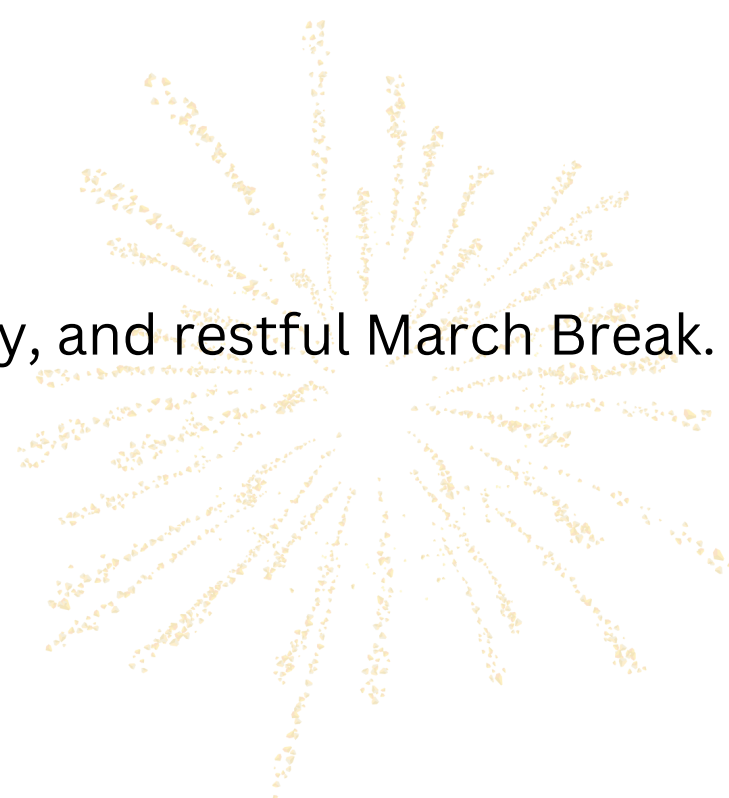
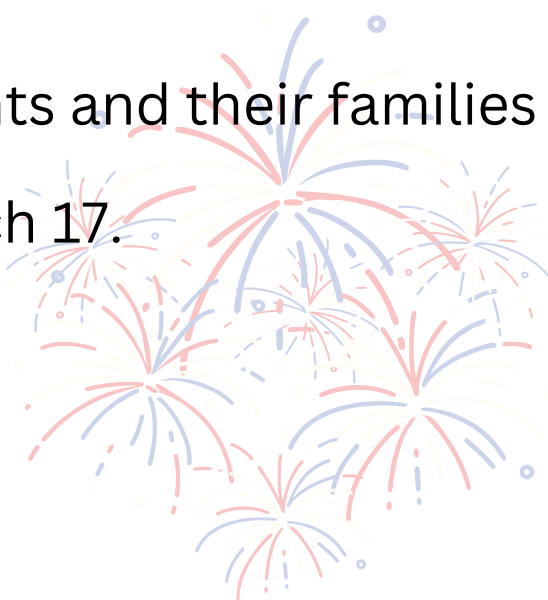
Other Library resources are also available for students throughout the break. Databases and other online resources can be found at our website page. Passwords are found on the Library's Google Classroom. The join code is dus2klz.

The Globe and Mail subscription will also continue to be active.

Wishing everyone a restful and enjoyable break!



We wish all UHS students and their families a safe, happy, and restful March Break. We are looking forward to seeing the students again on March 17.



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)



Regional FINALS



Congratulations to the incredible team of students from Unionville High School for making it to the regional finals of the Samsung Solve for Tomorrow Challenge this year! Your dedication, creativity, and problem-solving skills have set you apart, and this achievement is a testament to your hard work and innovative thinking. Reaching this stage is no small feat, and we are so proud of your efforts to use STEM to make a meaningful impact. Keep pushing boundaries, and best of luck in the next round—we are cheering you on!

<https://news.samsung.com/ca/samsung-canada-announces-top-12-regional-finalists-for-2024-25-solve-for-tomorrow-contest>

COURSE VERIFICATION

Course Verifications for the 2025-2026 school year will be sent to students GAPPS email accounts by end of day Tuesday, March 18, 2025.

We ask that you and your child carefully review the courses that were requested. You and your child may want to re-visit the UHS course calendar at <https://app.myblueprint.ca/public/courses/yrdsb/unionville1> to review course descriptions and pre-requisites.

NO Changes Required:

If your child is satisfied with their course request, no further action will be required. We will presume you have verified and approved your child's course selections for the following school year.

Change Required:

If your child would like to make a change to their request, please follow the instructions that will be provided in the course verification email your child will receive on March 18th.

It is very important that your child consider their selections very carefully. **Elective course changes will not be completed after this final verification process. Please note that this is a course request and that courses are not guaranteed.**

hello

and

goodbye

Farewell to Mr. Christopher Hilmer - Welcome Mr. George Voumvakis

We would like to take a moment to bid a heartfelt farewell to Chris, whose time with us has now come to a close. We truly appreciate all of his hard work and contributions during his time here at UHS. We wish him all the best in his future endeavors.

At the same time, we are excited to announce the arrival of Mr. George Voumvakis, a retired administrator. Mr. George Voumvakis will be joining our Unionville team on Monday, March 17th. We are confident that his expertise and knowledge will be a valuable asset to our team, and we warmly welcome him aboard.



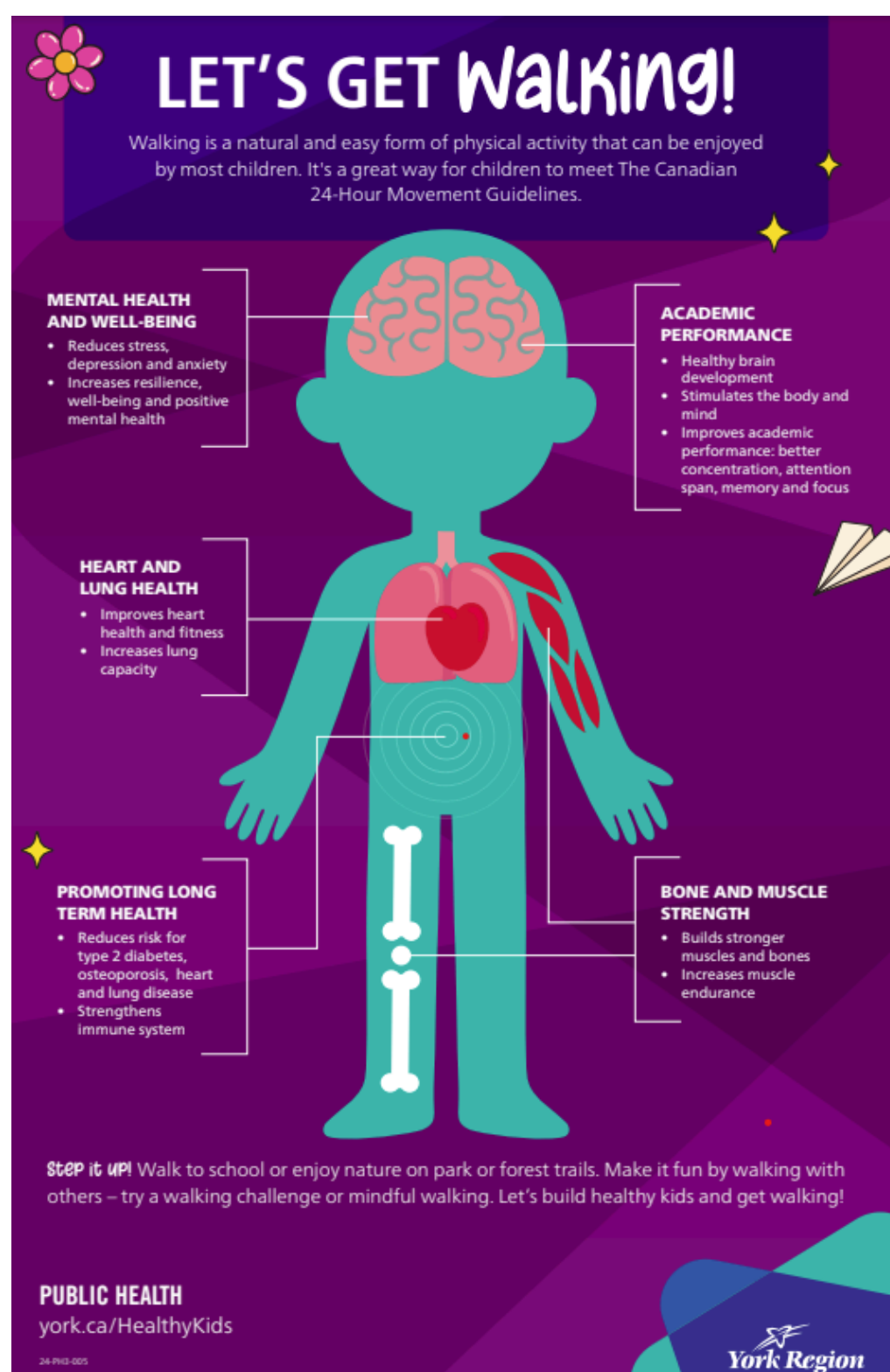
Student Mental Health and Addictions Newsletter - January 2025

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

EQAO Webinars
EQAO is offering some webinars for interested families. [EQAO Math Night for Parents and Guardians](#)
(March 26th and April 1st).

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 Village for 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.

Irish Heritage Day
Inclusive School and Community Services (Contact: iscs@yrdsb.ca)
Event Date: 3/17/2025
Panel: All
FYI: All Staff
In 2004, March 17 was declared Irish Heritage Day in Ontario.

Wrapped in Comfort: Trans Day of Visibility Celebration
Inclusive School and Community Services (Contact: iscs@yrdsb.ca)
Event Date: 3/25/2025
Panel: All
FYI: All Staff
We invite 2SLGBTQIA+ and allied students, families, and staff of all ages to join us on March 25, 2025 for this free evening of community, connection, and celebration as we honour Trans Day of Visibility!



DATE	EVENT
March 20	Arts Unionville Music Recital at Cafe @6pm
The week of March 24	Semester 2 Interm e- Distribution
March 25	OSSLT Library