



P A R E N T BULLETIN

VOLUME 25

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CONTACT US

905-479-2787

Attendance x 230

Guidance x 458

Arts x 431

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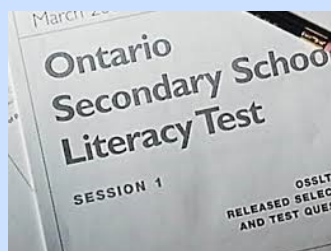


UPCOMING EVENTS

Monday March 4 Day 2	<ul style="list-style-type: none">Staff Meeting (3:15-4:45pm)
Tuesday March 5 Day 1	<ul style="list-style-type: none">French Classes to Cinefranco (9:30am-1:00pm)SNAP Ball Hockey Tournament at Bur Oak SS (9am-1pm)
Wednesday March 6 Day 2	<ul style="list-style-type: none">
Thursday March 7 Day 1	<ul style="list-style-type: none">Semi Formal (6-10:30pm)York Region Skills Challenge of Carpenters and Allied Trades (7am-4pm)
Friday March 8 Day 2	<ul style="list-style-type: none">International Women's Day
March 11-15	<ul style="list-style-type: none">March Break

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](https://twitter.com/UHSupdates)



PARENT BULLETIN

Guidance News

Students interested in applying for the 2019 Markham District Energy Sustainability Bursary (value of \$1,000) must submit their application to Guidance by Friday March 22nd. In order to be eligible for this bursary, you must attend a tour on one of the following dates: February 27, February 28th, March 5th or March 7th. Please check the Guidance Moodle for further details and applications.

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 27th. Registration will close on March 7th. The contests will be written on April 3rd 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 27th. Registration will close on March 7th. The contests will be written on April 10th at 8:30 am.



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



UNIONVILLE HIGH SCHOOL

201 Town Centre BLVD., Markham, Ontario L3R-8G5 Tel: (905) 479-2787

Online Safety

Dear Families,

As you may be aware, there has been recent media attention on an Internet challenge that may cause concern for families. The Internet provides access to many engaging learning opportunities, but requires responsible use and digital citizenship. Parents play an important role in ensuring their child's safety, including on the Internet. It's important for parents to talk to children about the importance of being safe, protecting their personal information and stressing that they should never disclose personal details that would allow someone online to contact them in real life.

Here are 12 tips to promote safe online behaviour:

- Children should never give anyone their name, address, telephone number, computer password, or any other personal information on the Internet without parental or guardian consent.
- Children should only use social media and websites approved by their parent or guardian.
- Internet use should be encouraged in a central place in your home where you can supervise children's online activities.
- Don't allow a webcam in a child's bedroom.
- Watch for children quickly minimizing sites when you enter the room.
- Reinforce that people online may not be who they say they are.
- Consider using parental controls like Internet filters or blocking software.
- Remind children that everything said online stays in cyberspace forever, whether or not it is deleted.
- Talk to your children about Internet safety and clearly define your rules.
- Never respond to messages that make them feel confused or uncomfortable.
- Pay attention to the games your children may download or copy.
- Never arrange a face-to-face meeting with someone they meet online.

Reinforce a sense of safety. Some Internet content can evoke a sense of fear or lack of safety in your child. It can be difficult for some children to discern fact / fiction online. Try to offer reassurance that your child is safe. Children and youth take their emotional cues from the significant adults in their lives. Your reactions can help to model calmness to your child. Recognize that some children may be concerned about something bad happening to themselves, family or friends. Explain to them the safety measures in place and reassure them that you and other adults will take care of them.

Be a good listener and observer. Let children guide you to learn how concerned they are or how much information they need. If they are not focused on the issue, do not dwell on it. However, be available to answer their questions to the best of your ability. Young children may not be able to express themselves verbally. Pay attention to changes in their behaviour or social interactions.

Reach out. Reach out to the school if you feel that your child may be showing a significant reaction to online material. We may be able to offer some classroom strategies that could help reduce stress. It may also be important to seek additional support from a school mental health professional (i.e., social worker or psychologist) to cope with overwhelming feelings experienced by children and youth.

Sincerely,

Suelyn Cheong

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*.

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

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

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

For additional inquiries, please contact: joanne.tang@yrdsb.ca or 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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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>

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<http://bit.ly/SEASWorkshopsMarch2019>

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

更多信息可以发电子邮件至：joanne.tang@yrdsb.ca 或 keith.auyeung@yrdsb.ca

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
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 or 416.749.6234 ext 216