



P A R E N T BULLETIN

VOLUME 36

May 25
2018

CONTACT US

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Attendance x 230

Guidance x 458

Arts x 431

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VICE PRINCIPALS

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SUPERINTENDENT

Peter Tse

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BOARD TRUSTEE

Billy Pang

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UPCOMING EVENTS

May 28

BDI3C student ventures project -
McCaffrey period 1 period 3/4

Senior Girls Soccer vs. PET
2:20pm – 4:15pm

Junior Girls Soccer
3:00pm – 5:45pm

May 29

BDI3C student ventures project -
McCaffrey period 1 period 3/4

DD Class Snap Track & Field
8:30am – 5:00pm

SHSM (Arts and Culture) to Autodesk -
MaRs Discovery District
8:30am – 2:00pm

Varsity Ultimate Frisbee at Bur Oak S.S.
2:45pm – 5:45pm

Grade 10 AU Drama summative performance
6:30pm – 8:30pm

May 30

BDI3C student ventures project -
McCaffrey period 1 period 3/4

Track & Field
8:30am – 5:00pm

Grade 10 AU Drama summative performance
period 3 and period 4

May 31

BDI3C student ventures project -
McCaffrey period 1 period 3/4

Beach Volleyball Tournament

Last Day for Field Trips

Varsity Ultimate Frisbee to Fletchers Field

Track & Field 8:30am – 4:00pm

Grade 9 AU Drama summative performance
period 3 and period 4

Grade 11/12 AU Drama to Second City
4:00pm – 11:00pm

Art Show and Music Cafe -
Clodd/Wrigglesworth
7:00pm – 9:00pm

June 1

BDI3C student ventures project -
McCaffrey period 1 period 3/4

June 4

BDI3C student ventures project -
McCaffrey period 1 period 3/4

Staff Meeting 3:00pm – 4:30pm

June 6

Athletic banquet

June 7

Music banquet

June 8

Mountain Bike team to OFSAA -Ricci

Girls softball Playoffs all
day **Monday 28th**

Summer School

Please make sure your
registration form has been
submitted to Guidance by
Monday May 28th.
All unapproved summer
school registrations
will automatically be
deleted from the system
after this date.



Check out the latest school announcements by following us on twitter [@UHSupdates](https://twitter.com/UHSupdates)



PARENT BULLETIN

Wellness Wednesday in May

Wednesday May 30th the schedule will be:

Period 2 (10:30am - 11am)	Mindful Meditation with our Buddhist Monk Bhante Sarana Small Gym
Period 3 (entire period)	Dog Therapy Program with the St. John's Ambulance Team Room 216
Period 4 (1pm - 1:30pm)	Sahaja Yoga with Ioana Room 205 (Dance Studio)

If you are on your own, just drop in as we would love to have you join us!



International Language Credit Programs



Registration is now available for students who would like to take an international language course for credit! They are year long courses that begin in September 2018. Interested students can register on Career Cruising. Please print off the registration form and hand it in to Guidance for approval. From May until September 12, register online with [Career Cruising](#). See the [instruction](#) tip sheet for more information.

Scholarship Information

Students looking for information regarding scholarships, please visit the following sites:

www.studentawards.com

www.scholarshipscanada.com

The Scholarship Report (found on the 'UHS Guidance' Moodle— <http://moodle2.yrdsb.ca> — requires students number and UHS login)





PARENT BULLETIN

Bob Leonard's Celebration of Life

Bob Leonard's Celebration of Life: Concert & Jam Session
Sunday, June 3 from 3 PM - 5 PM

SHARON-HOPE UNITED CHURCH, 18648 Leslie Street, Sharon, Ontario

All who knew and loved Bob are welcome.

Come, listen and share the music Bob loved so much.

Following the concert, everyone is invited to participate in the Jam Session.

Please bring small percussion instruments, guitar or an instrument of your choice to celebrate Bob - a life well lived and loved!



2017-2018 Haiti

Several months ago Ms. Gardham's art class was sent photos of 28 youth in Haiti who lost their homes to Hurricane Matthew. Students then set to work creating special portraits as gifts for them. The portraits were recently delivered to the children in Haiti and they enjoyed them tremendously.

For a short video of all the participating children in Haiti receiving the portraits, follow this link and look in the "2017-18 Haiti" folder you will see a video titled "WendyGardham.mp4":

<https://memoryproject.box.com/WendyGardham>

Many thanks to Ms. Gardham and her class for participating in this wonderful opportunity!



Blurb for Mayfair

Thank you to all of the staff and students who helped make Friday's Mayfair such a huge success. The sun was shining and everyone had a great time playing games, listening to live music, checking out club boots and bouncing on the inflatables. A special thank you to the staff and student advisors of USAC for their leadership and commitment in planning the event.





THE EDUCATION CENTRE - AURORA

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May 24, 2018

Dear YRDSB Families,

As you may be aware, season two of the **Netflix series 13 Reasons Why** became available on Netflix May 18, 2018. As you may recall from our letter last spring, the series deals with the difficult topic of suicide and other complex issues. Season one outlined the story of a 17-year-old girl who dies by suicide. She leaves behind cassette tapes for 13 people whose actions she perceived as reasons why she killed herself. Season two explores several other difficult topics including self-harm/cutting, bullying, struggles with identity, sexual assault, gun violence and more, which may be emotionally triggering for vulnerable students.

Although the creators of the series indicate the intent of the show is to help students recognize their effect on others, it does not present viable alternatives to suicide, or have a strong focus on seeking help. There are many negative portrayals of adults and seeking help within the series. This is not a helpful message for youth.

Series like **13 Reasons Why** may promote myths and misinformation about suicide. We hope the information in this letter will help you have open conversations with your child. Discussing important but difficult topics with your child lets them know you are open to talking about these subjects. This may make it more likely they will talk to you if they have any concerns/challenges. If young people do not feel they can talk to adults about these subjects, they are likely to seek advice on the internet or from friends, or worse may not talk to anyone.

You may wish to ask your child if they have heard of or seen this series. If your child has not already watched the series but would like to, review it first yourself. Consider watching it together rather than having them watch it alone. This will help you to know how your child is affected by the content. While many youths know the difference between a TV drama and real life, talking with adults about this subject is very important. Adults can help share the message that **suicide is not a solution to problems and help is available**. You can help your child process their feelings and answer questions about the issues in the series. **This is particularly important if you feel your child is isolated, struggling or vulnerable.**

The following suggestions may help with the conversation:

- Remind them that the series is fictional.
- Share that it is normal to experience periods of stress and distress. Offer healthy coping strategies, such as. exercise, art, journaling, talking to friends and adults they trust.
- Let them know that there are adults at school who care and can help.
- Talk about where to seek support if they need it from family members, counsellors, coaches, teachers, faith leaders, a crisis line like Kids Help Phone - 1-800-668-6868.

- Talk openly about emotional distress and suicide. Doing so in a fact-based manner does not increase suicide risk (see tips below).
- If you have concerns about your child's mental health, see your family physician and/or share your concerns with the school.
- If the concern is more urgent, you may call York Region's Crisis Response Service, 1-855-310-COPE (2673), the Mental Health Helpline 1-866-531-2600, or take your child to a hospital emergency department. If there is an emergency call 911.

****If you do not want your child to watch this show, Netflix has some resources to help parents. They offer a parental control you can apply individually to this series in the form of a PIN number. You can assign a unique code for both seasons of "13 Reasons Why." You can set this in the account section of your Netflix account.*

As family members it can be difficult to know if a loved one is struggling with thoughts of suicide. The information below offers several important considerations.

Possible signs someone may be having thoughts of suicide:

- Suicide threats, both direct ("I am going to kill myself." "I need life to stop."), and indirect ("I need it to stop." "I wish I could fall asleep and never wake up."). Threats can be verbal or written and are often found in online postings (Instagram, Facebook)
- Preoccupation with death in conversation, writing, drawing and social media
- Changes in behavior, appearance/hygiene, sleep habits, thoughts and/or feelings. This can include someone who is typically sad who suddenly becomes extremely happy.
- Emotional distress.
- Withdrawing from friends and family

Trust yourself as a parent/guardian. If you feel something is not right with your child or notice any of the signs above, do not hesitate to ask directly about thoughts of suicide. This may be a tough conversation to have, but sends a message that you are open to talking about suicide and increases the chances your child will seek help. That might sound like,

"Sometimes when people are under stress, having trouble with friends, and worrying a lot, they have thoughts of suicide. Are you having thoughts of suicide?"

Help is Available:

Many staff members in York Region District School Board are trained in suicide intervention and want to help. If you have concerns about your child's mental health, or need additional resources, please talk to your family doctor or contact your child's school. Our staff members are committed to supporting the well-being of every YRDSB learner and can help to connect you with resources for support.

To learn more about safely talking about suicide, consider taking suicide intervention training. Find out more at www.livingworks.net.

Further resources about the series can be found at: www.13reasonswhytoolkit.org.

Sincerely,

A handwritten signature in black ink, appearing to read "Louise Sirisko". The signature is fluid and cursive, with the first name "Louise" being more prominent than the last name "Sirisko".

Louise Sirisko
Director of Education

Summer Learning Youth Innovation By Design



Description

Youth Innovation By Design focuses on ways in which innovators identify problems, see them as opportunities, generate ideas, and organize resources to develop and take successful solutions forward into the world, both for-profit and not-for-profit. Students will be encouraged to use a variety of design thinking techniques, including the Innovation, Creativity, and Entrepreneurship (ICE) Toolkit to develop and grow their ideas. They will consider the ethical and legal implications of decisions, the breadth of roles in innovation culture as well as related financial literacy and sustainability models. In support of both group and individualized projects, students will be introduced to, and taught how to connect with, local and global ecosystems. Student learning throughout the course will be supported by guest speakers and mentors provided through a pilot collaboration with York University's YSpace Markham and Innovation York.

Information and Videos at:
bit.ly/YouthInnovation

Offered with two different
credit options for YRDSB students only:

IDC4U (Gr. 12 University Preparation)

Prerequisite: Any university or university/college preparation course in social sciences and humanities, English, or Canadian and world studies

IDC4O (Gr. 12 Open)

Prerequisite: None



innovation york | YORK UNIVERSITY

Dates and Location

YSpace
Markham

This course will be delivered at 169 Enterprise Blvd, Markham (third floor) in York University's YSpace Markham.

Summer school programs will be held from July 4th-27th, 2018 between 8:45 a.m. to 3:33 p.m.



Are you an SHSM student?

Through this summer learning,
you can achieve:

**REACH AHEAD
CERTIFICATION**

BEFORE REGISTERING ON CAREER CRUISING, YOU NEED TO CONFIRM:

- ☐ that you have a transportation plan for getting to YSpace Markham
- ☐ which credit you are applying for: IDC4U or IDC4O
- ☐ that you do not already have a grade 12 IDC/IDP (Interdisciplinary Course) on your transcript
- ☐ that you have not selected to take a grade 12 IDC/IDP (Interdisciplinary Course) for next year

Registration Opens April 3rd on Career Cruising





\$2
Ticket

JUNE 6th, 2018

ATHLETIC BANQUET

White & Blight

**FEATURING
AWARDS | FOOD | MUSIC**

**TICKETS AVAILABLE | SCHOOL CASH | ALL GRADES
\$2 with paid athletic fee [\$10 without paid fee]**

UHS ATRIUM 7pm - 10:30pm



PLF4M - Recreation and Healthy Active Living Leadership, Grade 12

University/College Preparation – 1.0 Credit

Ontario Educational Leadership Centre (OELC)

Course Dates: July 1 – 15, 2018

Cost: \$2200 + HST

OELC Location: 7098 Rama Road, Longford Mills, Ontario, L0K1L0

The OELC experience will provide:

- Unique and innovative leadership curriculum.
- Authentic learning through experiential education.
- An incredible outdoor setting.
- Unique HIGH FIVE® certifications.
- A once in a lifetime opportunity!

The PLF4M course teaches students to:

- Mentor and assist others in making informed decisions that enhance their well-being.
- Develop leadership and event coordination skills.
- Promote the benefits of healthy, active living to others.

To learn more and to register go to www.oelccaso.com

Prerequisite: Any health and physical education course

