



Unionville High School Weekly Parent Bulletin

Friday, November 25, 2022

201 Town Centre Blvd. Markham, ON
905-479-2787
Reception 431/Attendance 230/Guidance 458

Email: unionville.hs@yrdsb.ca

Tweets: [@UHSupdate](https://twitter.com/UHSupdate)

Principal
[Suelyn Cheong](#)

Principal on Assignment
[Susie Nunes](#)

Vice-Principal
[Amol Gheewala](#)

Vice-Principal
[Patrick Belmonte](#)

Superintendent
[Michael Cohen](#)

Trustee
[Ron Lynn](#)

[TECH REQUEST FORM – 2022-2023](#)

[CLUBS LIST 22-23](#)

[GUIDANCE UPDATES](#)

Character Matters Trait of the Month: Courage

“Courage starts with showing up and letting ourselves be seen.” – Brene Brown

DATE	EVENT
NOVEMBER 21 - DECEMBER 1	Fall OSSLT
MONDAY, NOVEMBER 28	School Council Meeting 7:00pm - 8:30pm
TUESDAY, NOVEMBER 30	Semester 1 Full Disclosure
MONDAY, DECEMBER 5	UHS Dance at Markham Theatre Tech Rehearsal
TUESDAY, DECEMBER 6	UHS Dance at Markham Theatre <ul style="list-style-type: none"> • P2 Elementary Show • P4 UHS & Parent Show UHS Music Winter Fantasia at Markham Theatre 7:30pm - 9:30pm
WEDNESDAY, DECEMBER 7	UHS Music Winter Fantasia at Markham Theatre 7:30pm - 9:30pm

Semi Formal 2022

Last night UHS held our first semi formal since 2019 and it was a smashing success. Over 530 students dressed up, had dinner, captured priceless memories by one of 5 photo stations, and danced the night away with their friends. Thank you to the 26 wonderfully selfless staff for making it all possible. Without your support, it would not have been possible. You made it a Winter Wonderland.

With all our thanks
Susan and Zafirah



School Council Meeting November 28, 2022

We are honored to have Dr. Merry C. Lin present at our School Council meeting on **Monday, November 28 at 7:00pm**. Dr. Merry C. Lin and Associates are a team of psychologists and psychotherapists who have worked extensively with young people and families across the GTA. Her team consists of doctors who are from multi-racial backgrounds. Dr. Lin will be sharing specific strategies parents might want to think about while managing their own kids. Monday's presentation is part one of the four-part series of "Life-Proofing Our Kids for Success".

Please register by Sunday, November 27 by clicking on this form: [UHS School Council Invitation](#)

We are excited to see you all and look forward to your attendance.



Unionville High School's School Council Presents...

Life-Proofing Our Kids for Success: A Four-Part Series

Dr. Lin & Associates <https://www.dr.linandassociates.com/>



Monday, November 28, 2022—Healthy Parenting Strategies @ 7:30pm to 8:30pm – Dr. Merry C. Lin

Monday, January 23, 2023—The Gift of Learning – Helping Our Kids Succeed

Monday, April 24, 2023—Resiliency for Life

Dr. Merry C. Lin is a psychologist with over 30 years of clinical experience. She is the Executive Director of Dr. Lin & Associates where she leads a team of psychotherapists, life coaches and HR Management consultants. In this role, she consults with corporations and not-for-profit organizations, providing expertise in a wide variety of areas, including mental health, stress management, trauma, abuse recovery, leadership and team development. Dr. Lin also has an extensive background in assessment, providing psycho-educational and diagnostic assessments for kids, adolescents and adults, to identify giftedness, intellectual disabilities, learning disabilities, ADHD, Autism Spectrum Disorder, and behavioural/emotional/mental health issues. A wise counsellor and respected speaker, she can be heard on her popular podcast, *The Fully Lived Life* (<https://anchor.fm/the-fully-lived-life>). Dr. Lin has also made regular TV appearances, and her teaching videos are available on RightNow Media. She is the author of *The Fully Lived Life: Rescuing Our Souls from All that Holds Us Back*.

Monday, February 27, 2023—Stress and Our Kids @ 7:30pm to 8:30pm – Senait Litchmore

Senait Litchmore is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario. She has provided therapeutic support for individuals and families for over 10 years. She is trained in Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Solution-Focused Therapy, Family Systems and Trauma-Focused Cognitive Behavioural Therapy. As an Enneagram Life Coach, accredited practitioner with Integrative 9 Enneagram solutions, Ms. Litchmore uses the iEQ9 assessment as a roadmap to understand clients clearly and help to unlock their full potential, increase self-awareness and improve their relationships. Her passion to empower others was birthed from her lived experience and is sustained by her desire to break toxic generational cycles and guide people to rewrite their narrative.



Unionville High School

201 Town Centre Blvd.
Markham, ON L3R
8G5

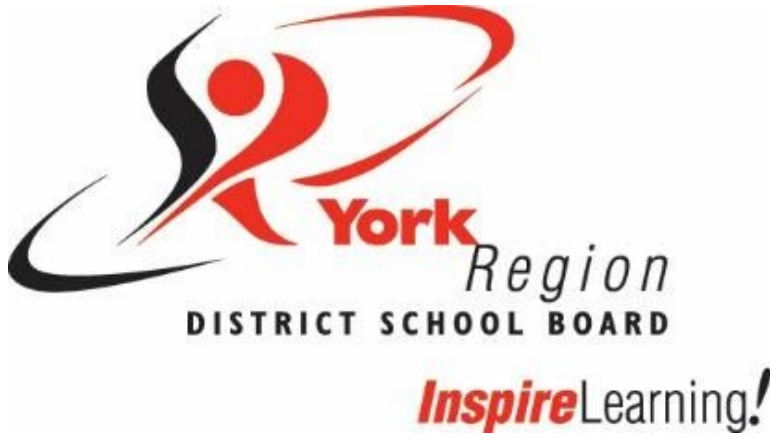
Phone: 905-479-2787

Fax: 905-479-1539

Email: unionville.hs@yrdsb.ca

To join the first conversation with Dr. Merry C. Lin on Monday, November 28, 2022, please complete the google form: [UHS School Council Invitation](#) (Space is limited to 250). An opportunity to join the next conversation will be shared in the next couple of weeks.

We hope to see you there!



Bridging the Gap in Autism and ADHD Support and Services

Many families are searching for opportunities to address the barriers that exist with accessing services for their children with Autism and/or ADHD. This workshop will seek to address these gaps in support and services. We welcome all families to participate and attend.

This session will be held in person and provide the following information:

- ★ Educate and empower parents so they become actively involved in the care of their children
- ★ Build resilience in the parents by establishing a support network of parents, professionals and community members
- ★ Increase parent - professional collaboration
- ★ Addressing the stigma that exists with an Autism and/or ADHD identification.

To register for the in-person session, please click on the link below:

[இங்கே அத்த ப செய்ய ம்](#)

Parents, Grandparents and Caregivers!

Join us to learn and share with your community how we can all be connected in this work!

Date: Saturday, November 26, 2022

Time: 2:00PM - 6:00PM

Location: Middlefield Collegiate Institute

525 Highglen Avenue
Markham, ON L3S 3L5

Presenters: Dr. K. Puvanendran

For more Information, please contact
Community & Partnership Developer:

Nageswary Srikumaraguru
nageswary.srikumaraguru@yrdsb.ca

This free information session is brought to you by Inclusive School and Community Services of York Region District School Board.

Terry Fox Run & Fundraiser Update

To all UHS students, staff and parents. A huge thank you goes out to all for supporting the Terry Fox Run and Fundraiser this year. The final tally for donations came in at a very impressive \$2139.41! Thank you all for keeping Terry's dream alive and helping to fund cancer research in Canada. "I'm not a dreamer, and I'm not saying this will initiate any kind of definitive answer or cure to cancer, but I believe in miracles. I have to." - Terry Fox.



Unionville Howl

Please click the above link to access our newsletter to enjoy these contributions from our UHS students!



Masking in schools and Preparing for Severe Weather

As we are getting into colder climates and temperatures, here is a message that was sent to families from the YRDSB this week:

Dear families,

With yesterday's announcement from Ontario's Chief Medical Officer of Health regarding masking and winter weather approaching, we want to provide families with an update on masking and the steps we take to keep students safe when severe weather occurs.

Masking in Schools

Yesterday, Ontario's Chief Medical Officer of Health strongly recommended that individuals wear masks in indoor settings. We continue to consult with York Region Public Health, who are strongly recommending masking in indoor settings. York Region schools and workplaces continue to be mask friendly environments and masking is strongly encouraged in YRDSB schools and buildings, and on all forms of school transportation. All students, staff, families and visitors who choose to wear a mask, or who are advised or required to wear a mask will be supported in doing so. A limited number of masks are available; children who wish to wear a mask but do not have access to one, may contact their school.

School Transportation Cancellations

School transportation (buses and taxis) may be cancelled due to extreme cold or inclement weather. On these days, schools will remain open unless otherwise stated. If school transportation is cancelled in the morning, it will also be cancelled in the afternoon. Any special or hot lunch days and field trips will also be cancelled.

Families should use their best judgment to decide whether to send their children to school on extreme cold or inclement weather days. Students will not be penalized for missing school on those days. For safety reasons, please let the school know if your child will not be attending school that day.

School Closures

Emergency closures will be considered when conditions may not be safe for students and staff members to attend school for the full day. This may include events that significantly limit school operations or access to the school site (e.g., widespread, prolonged power failures or downed power lines).

In keeping with our current practice, we will continue to keep our schools open as much as possible. However, it is important that families have alternate childcare arrangements planned for the rare occasions when schools may be closed. Before and aftercare programs will not operate if schools are closed.

Communication to Families

Decisions about school transportation and school closures will be made as early as possible and no later than 6:00 a.m. We will do our best to notify families in advance when we may be considering closing school and Board offices. Transportation cancellations or school closures are communicated through:

- Student Transportation Services - www.schoolbuscity.com or 1-877-330-3001
- Board and school websites
- @YRDSB Twitter account
- Radio and TV media outlets

For more information on severe weather days, please visit our website www.yrdsb.ca.

Student Mental Health and Addictions Newsletter

Please click [here](#) for the latest Student Mental Health and Addictions Newsletter

2023- 2023 Yearbooks!

Want a way to capture all of the great memories that this school year has to offer? Well, you should buy the UHS 2022-2023 yearbook! Order your yearbook now on School Cash Online for only \$65. <https://www2.yrdsb.ca/node/1426>

Looking for Club Information? Look no further!

Clubs List 22-23

Club	Teacher Supervisors
Artisans Club	Jessica Li
Business & Sports	Neil Sareen
Charis Club	Peter Lansing
Chess Club	Afsana Ahmed
Chinese History Club	Shan-Chen Yu
Club de Français (French Club)	Peter Lansing
Community Council	Melissa Del Rosario - James Campbell - Felicia Sukdeo
Computer Science Club	Raymond Do
Cooking Club	Anna DiLorenzo - Frances Tom
Dance Council	Melissa Bettio - Kathleen Major
DECA	Kuo Pan - Wesley Guldemond - Neil Sareen
Dramatic Arts Council	Lazaros Geronikolos
Eco-Council	Michael Johnston
Film Club	Lauren Fridman - Shiraz Rafik - Zachary Layton
Gender & Sexuality Alliance	Sara Faulkner - Zachary Teitel
Guitar Ensemble	Niloufar Barazesh
Jazz Band	Niloufar Barazesh
Light Music Club	Jennifer Porter
Math Club	Daniela Panacci - Shan-Chen Yu - Liubov Chulkova - Shama Sharma
Muslim Students Association	Farhan Baig
Narrative Arts Club	Shiraz Rafik
Newcomers Club	Tara Kapeluch
Philosophical Studies Club	Laura Fong
Prom Committee	Zafirah Damji - Daniela Panacci - Melissa Bettio
Science Club	Elaine Howard - Jeffrey Chan
Show Choir	Melissa Bettio - Julia Fong - Michelle Teh
Social Justice Club	Felicia Sukdeo - Jennifer Porter
Special Events Club	Zafirah Damji - Susan Sun
STEM Beyond	Georgina Mantelos
Tamil Students Association	Shama Sharma
Target Alpha	Wesley Guldemond - Matthew Himelson
UHS Architecture Club	Zachary Layton
UHS Black Excellence	Sara Faulkner - Zachary Teitel - Beckey Serwaa
UHS Wellness Club	Michelle Farwell - Evan Mallin
UHS Writers Club	Zachary Layton
Unionville Howl	Keyan Wu
Zoology Club	Yiu Lun Leung - Daniel Dietrich

[Please click here to access teacher advisor emails](#)

Please email Max Denley for more information

YRDSB Trans Student Support Group



A group for trans, nonbinary, genderqueer, agender, gender fluid, and gender diverse students across the YRDSB.

The group will be facilitated by board staff with lived experience as members of the trans community: Max Denley (he/him), School Social Worker and Kenzie Wass (they/them), 2SLGBTQI+ Community Partnership Developer.

Gender diverse students in grades 7-12 are invited to participate virtually:

- Bi-Weekly on Tuesdays beginning November 22nd.
- 3:30 p.m. - 4:30 p.m.

**If you are interested in joining or would like to learn more,
please contact Max Denley at max.denley@yrdsb.ca**



Ontario Secondary School Literacy Test (OSSLT)

Please note: if schools remain open to in-person instruction, and transportation resumes, then the OSSLT will continue as planned. If schools are closed to students, communication will be forthcoming regarding rescheduling the OSSLT.

Attention to all students who will be writing the OSSLT this semester – this includes all eligible Grade 10s, previously unsuccessful and potential graduates who have not yet passed the OSSLT – this semester's OSSLT will take place during Period 3 on the following dates:

November 28/November 29
November 30/December 1

The OSSLT will take place over two days during Period 3. Students have been assigned to one of the groupings and are expected to attend both days, as the test is split up into two sessions. Students and families have received specific details as to when they will be writing the OSSLT. Students are encouraged to keep practicing for the test (many exercises can be found on the OSSLT Google Classroom).

Any questions about the OSSLT should be directed to our Literacy Teacher – Ms. Chankseliani – at alyssa.chankseliani@yrdsb.ca or Vice Principal – Mr. Gheewala – at amol.gheewala@yrdsb.ca

School Start Up Forms Reminder

The York Region District School Board sent out to families for completion earlier this September. This e-mail serves as a reminder that these forms must be completed at your earliest convenience, and no later than **Monday, November 21st.**
[School Start-up forms](#)



Wellness Reminder of the Week:

"You cannot grow a beard in a moment of passion." - G.K. Chesterton. Take part in Movember, a month where you can support men to improve their lives. Check out the website [Movember Canada](#) for more information!

The UHS Wellness Council is back! We are a student run council whose mission is dedicated to improve students' health and well-being by creating a positive school environment here at UHS. To learn more about how you can be part of the UHS Wellness Council, [please click here](#) for our Instagram page.

Semester 1 Exams

All students and families need to ensure that students are present and available for the Semester 1 Exam block. Semester 1 Exams will take place **January 26 - February 1**. Please be aware that **February 2, 2023** is Mark Review Day and **February 3, 2023** is a PA Day.

Student Activity Fees for 2022-2023...What does your \$45 get you?

In previous years, the student activity fee has supported a variety of school activities including Student Council activities such as spirit events, clubs & initiatives, dances, Fall Festival, Winter assembly, Mayfair, cultural events and celebrations, guest speakers, athletic team and field trip transportation subsidies, arts/ music competitions, snacks for students, and more.

We look forward to being able to offer similar type activities this school year. In order to do so, students will need to pay their Activity Fees. Once your fee has been paid, you will have reduced fees for school events throughout the school year! Please click on <https://www.schoolcashionline.com/> to pay your fees now!

Summer Mentorship Program 2023

The Summer Mentorship Program (SMP) gives high school students of Indigenous or African ancestry a chance to explore health sciences at the University of Toronto over four weeks in July.

Please see the following links for more details!

[Info & Deadlines](#) [Brochure](#)



School Zone Parking Safety

Parking safety is everyone's responsibility! Please see the attached links for more information from the City of Markham about how we can all contribute to road safety.

[Common Responsibilities of By-Law Enforcement & Regulatory Services](#)

[By-Law Enforcement & Regulatory Services Newsletter](#)

[School Zone Parking Safety Pamphlet](#)



Looking for Student Volunteers!

YRDSB Indigenous Languages and International Languages Elementary Program is looking for student volunteers to support their program. Information has been posted on the UHS Volunteer and Program Opportunities Google classroom. Students are encouraged to join the classroom to access this information. **Enrolment code: emu544b**

Prayer/Meditation Space Request

Does your child need a space to practice their faith? All students who would like to use our Prayer/Meditation Space for the 2022-2023 school year should complete the School Start Up forms: <https://startupforms.yrdsb.ca/> and email Ms. Kyriopoulos (effie.kyriopoulos@yrdsb.ca) for more information.

Peer Tutoring

All students **interested in becoming a peer tutor** for the 2022-2023 school year must submit their application through this link: <https://bit.ly/BecomeTutorUHSO>

This application must be completed using the **student's GAPPS email**. Upon submitting, students will **receive an email containing a PDF** that will need to be printed, signed and returned to the Guidance Department dropbox located outside the Guidance Office. **Please Note:** If students are applying to tutor a subject they are currently taking, please ask your subject teacher first, as students are required to indicate their subject teacher's name to confirm if they are recommended for tutoring that subject.

All students **requesting a peer tutor** must submit their application through this link: <https://bit.ly/RequestTutorUHS>

This application must be completed using the **student's GAPPS email**. Upon submitting, students will **receive an email containing a PDF** that will need to be printed, signed and returned to the Guidance Department dropbox located outside the Guidance Office.

[Please click here for the Peer Tutoring flyer](#)

Upcoming Events - December 2022

DATE	EVENT
TUESDAY, DECEMBER 20	Music Performance Cafeteria 7:00pm - 8:00pm
FRIDAY, DECEMBER 23	Winter Assembly at Markham Theatre
DECEMBER 26 - JANUARY 6	Winter Break

Upcoming Events - January 2023

DATE	EVENT
JANUARY 9 - 13	Showtime at Markham Theatre
MONDAY, JANUARY 23	School Council Meeting 7:00 - 8:30pm
JANUARY 26 - FEBRUARY 1	Exams