



# UHS Parent Weekly Bulletin

## Volume 5

Friday, October 1, 2021

**201 Town Centre Blvd.**  
 Markham, ON  
 L3R 8G5  
 (P) 905-479-2787  
 (F) 905-479-1539

**Extensions:**  
 Reception - 431  
 Attendance - 230  
 Guidance - 458

**Principal**  
 Suelyn Cheong  
[suelyn.cheong@yrdsb.ca](mailto:suelyn.cheong@yrdsb.ca)

**Vice-Principal**  
 Andrew Gazaneo (A-L)  
[andrew.gazaneo@yrdsb.ca](mailto:andrew.gazaneo@yrdsb.ca)

**Vice-Principal**  
 Patrick Belmonte (M-Z)  
[patrick.belmonte@yrdsb.ca](mailto:patrick.belmonte@yrdsb.ca)

**Superintendent**  
 Michael Cohen  
[michael.cohen@yrdsb.ca](mailto:michael.cohen@yrdsb.ca)

**Board Trustee**  
 Ron Lynn  
[ron.lynn@yrdsb.ca](mailto:ron.lynn@yrdsb.ca)

**Email:**  
[unionville.hs@yrdsb.ca](mailto:unionville.hs@yrdsb.ca)

**School Website:**  
[Click here](#)

**Tweets**  
[@UHSupdate](#)

### 2021-2022 Student Schedule

School begins:	8:30 a.m.
Homeroom (5 min):	8:30 a.m. - 8:35 a.m.
Block One (150 min):	8:35 a.m. - 11:05 a.m.
Travel time (5 min):	11:05 a.m. - 11:10 a.m.
Lunch (50 min):	11:10 a.m. - 12:00 p.m.
Travel time (5 min):	12:00 p.m. - 12:05 p.m.
Block Two (150 min):	12:05 p.m. - 2:35 p.m.
School ends:	2:35 p.m.

October	4	5	6	7	8
<b>Week 2 (periods 3,4)</b>	Sr Boys Soccer at St Roberts (2:20 - 5:10)  Jr Boys Soccer hosts Bill Hogarth SS (3:30 - 5:00 PM)		Tennis Team to U of T Scarborough (7:15 AM - 3:00 PM)  Terry Fox Event	Deadline for students to inform Guidance if they do not want to have data shared with OCAS and OUAC  Cross Country Meet at Boyd Conservation Area (8:30 AM - 3:00 PM)	First transmission to OCAS & OUAC
October	11	12	13	14	15
<b>Week 1 (periods 1,2)</b>	Thanksgiving Holiday	Sr Boys Soccer hosts Bill Crothers SS (3:30 PM - 5:00 PM)		Jr Boys Soccer to St Augustine CHS (2:20 PM - 5:10 PM)  Sr Boys Soccer hosts Thornhill SS (3:30 PM - 5:00 PM)	Asynchronous Day

## Schools will be closed to students on Friday, October 15

Dear families,

We want to thank families for their patience and support as we have started the new school year and implemented the hybrid learning model. Over the past month, our Board of Trustees and senior staff have had an opportunity to hear feedback from families and educators and observe classrooms.

On Friday, October 15, school staff will engage in professional learning on the hybrid model.

**Schools will be closed to students on Friday, October 15 . Please do not send your child to school. Asynchronous (not live) learning activities will be provided to students in order to support their continued learning.**

This additional professional learning will enable us to share effective practices and support, and be responsive to some of the feedback we have heard. We are committed to creating learning environments that enable all of our students, both in-person and remote, to be successful, and feel connected and supported.

We want to acknowledge the professionalism and dedication of our educators as they implement this new model, which enables students to remain connected with staff and peers in their home school, and allows for greater flexibility between remote and in-person learning options, and maintaining the continuity of learning.

We apologize for any inconvenience this may cause for families and thank you for your patience and support.

## New Screening Tool

Students and visitors will be using the **NEW** York Region Public Health [COVID-19 School and Child-Care Screening Tool](#) in their daily online self-assessment prior to entering the school. The link can be accessed by computer, tablet or smartphone.

## Reporting and Full Disclosure

Dear Parents/Guardians and Grade 12/potential graduating students:

We hope this correspondence finds you and your family well. The purpose of this email is to share:

1. Semester 1 Midterm reporting dates for all students
2. Full disclosure dates for all students in Grade 11 and/or Grade 12 courses
3. Key dates and information for potential graduates applying to Ontario Colleges and/or Universities

### Semester 1 Midterm Reporting - All students

York Region District School Board will be issuing electronic copies of the Semester 1 midterm report cards between November 25-30. The electronic copy will be sent to the student's GAPPS email and instructions on how to access the report will be emailed to all families prior to their release.

### Full Disclosure for Grade 11 and Grade 12 Courses

For 2021/2022, the course withdrawal date (Full Disclosure) will be 5 instructional days after the mid-semester report is issued. The Full Disclosure date for Grade 11 and Grade 12 courses is December 6, 2021. If a student withdraws from a Grade 11 or 12 course prior to December 6, 2021, then the course will not be recorded on the Ontario Student transcript. If a student withdraws from a Grade 11 or 12 course after the Full Disclosure date, a withdrawal (W) is entered in the credit column, and the student's mark at the time of withdrawal will be recorded as a percentage in the achievement column of the transcript.

## OUAC and OCAS Upload for Potential Graduates

Identifying information will be shared through a secure transmission to the Ontario Universities' Application Centre (OUAC) and the Ontario College Application Service (OCAS) to support students with their application to post-secondary institutions. Potential graduates who are not planning to apply to an Ontario college or university this school year, and who do not wish to have their data shared must notify their guidance counsellor by Thursday, October 7, 2021.

Semester 1 midterm marks will be shared with OCAS and OUAC on November 19, 2021. Students in Grade 11 and 12 courses will be notified of their report card mark by their classroom teacher by November 15, 2021. Potential graduates who are applying to an Ontario College and/or University who are planning to drop a course are encouraged to connect with their guidance counsellor in advance of these dates. Guidance appointments can be booked through Teachassist.

### Please review the timelines below:

<b>October 7</b>	Deadline for potential graduates who are not planning on applying to an Ontario college or University to notify their Guidance Counsellor if they do not want data shared with OCAS/OUAC this school year.
<b>October 22</b>	Students will receive a secure communication in their GAPPS email which provides their OEN, school MIDENT# (BSID), and OUAC PIN (if applicable). This information is needed to apply to college and university through OCAS and OUAC.
<b>November 15</b>	Teachers will share mid semester mark updates with students in Grade 11 and 12 courses.
<b>November 11 - 18</b>	Potential graduates applying to an Ontario College or University that are planning to drop a course, and do not wish to have the course mark shared with OUAC/OCAS are advised to connect with their Guidance Counsellor.
<b>November 19</b>	School to submit Semester 1 midterm and/or final marks (for quadmester courses) to OUAC and OCAS.
<b>December 6</b>	This is the full disclosure date which is the final day that a student, in a grade 11 or 12 course, may drop a course in order that it not be recorded on the Ontario Student Transcript.

We recognize that you and your child may have questions regarding this information. If it is helpful for you to connect with a staff member from the school, please contact a teacher, guidance counsellor or administrator to discuss your questions.

## Islamic Heritage Month

In 2007, the Government of Canada declared the month of October as [Canadian Islamic History Month](#). The province of Ontario passed the [Islamic Heritage Month Act](#) (2016) to recognize and affirm the important contributions that Muslims make in Ontario as part of the vibrant social, economic, political and cultural fabric of our province.

This month affords an opportunity to reflect, celebrate and learn about the rich heritage and history of Muslims in areas such as literature, the arts, math, science, and socially. Affirming Muslim identity for our students is critical in creating the inclusive climates necessary for student well-being and achievement, as well as combating Islamophobia in our schools and further challenging systemic barriers to success.

Inclusive Schools and Community Services is offering several student workshops during Islamic Heritage Month. Students are encouraged to attend with their families. Each link provides further information about each event.

October 13, 4:30-5:30 [Stories Can Change the World](#)

October 20, 4:30-5:30 [Geometric Art, Workshop A, Beginner](#)

October 21, 4:30-5:30 [Geometric Art, Workshop B, Beginner](#)

October 27, 4:30-5:30 [Geometric Art, Workshop C, Advanced](#)

October 28.4:30-5:30 [Geometric Art, Workshop D, Advanced](#)

## 2SLGBTQ+ History Month

The month of October commemorates the impact that Two Spirit, lesbian, gay, bisexual, transgender, queer, questioning, and individuals with related identities have had in our local communities, nationally and internationally. It is an opportunity to build awareness of the contributions the 2SLGBTQ+ community has made in Canada and abroad.

## The Terry Fox Walk/Run is Back!

Unionville High School students will participate in a revamped version of our annual Terry Fox Walk/Run in order to show their support and raise funds for crucial cancer research.

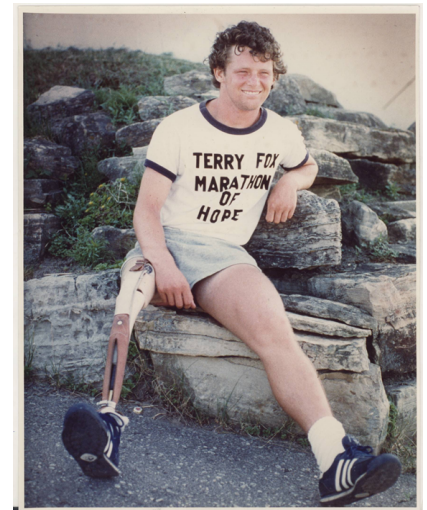
**Date:** Wednesday, October 6th (Rain Date is Friday, October 8th)

**Time:**

- Grade 9/10 classes will walk in the morning block.
- Grade 11/12 classes will walk in the afternoon block.
- (\*\*Stay tuned for your class's designated walk time!)

To make a donation, visit our school website [here!](#)

Share this link with friends and family so they can show their support too: ([www.terryfox.ca/UnionvilleHSUnionville](http://www.terryfox.ca/UnionvilleHSUnionville)).





## York Hills Fall 2021 Webinars and Groups



[Click to Register](#)

[York Hills Homepage](#)

 905-503-9560

 [www.yorkhills.ca](http://www.yorkhills.ca)

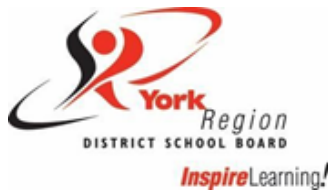
Find us on:



## Online books and Audiobooks

SORA is the YRDSB's provider of online books and audiobooks. You can access SORA [here](#). Students sign-on using 0 followed by their student number.

## Student Mental Health and Addictions Newsletter



## Student Mental Health and Addictions Newsletter

September 2021

YRDSB Mental Health services are provided by YRDSB psychology and social work personnel

### **The ABCs of Mental Health**

Welcome back to our outstanding students, staff, families, and community members. We are thrilled to have you back and excited to share the first Mental Health Newsletter of the school year with you. Our September Newsletter will focus on sharing how the YRDSB is centering on Mental Health, emotional connections, and Well-being through the ABCs of Mental Health Framework & Lesson Series.

We recognize that many emotions may be associated with starting a new school year, especially as we continue to respond to the global pandemic that has brought many new experiences, changes, challenges, and learning for us all. In particular, we recognize that joy, excitement, worry, fear, and uncertainty may be common experiences for students, families, staff, and communities.

During this time, supporting a safe return and centering on [Mental Health](#) and wellbeing is vital. We know students thrive and are better able to succeed when they learn in an environment where they feel safe, heard, validated, and know they matter and belong. This contributes to overall positive mental health and is central to academic learning, one's ability to cope with change, daily stressors, and establish meaningful connections and relationships, among other things. To highlight this and intentionally create spaces where all students are affirmed, validated, and successful, the YRDSB has created the ABCs of Mental Health Framework and ABCs student lessons series.

### **What are the ABCs?**

[The ABC Framework](#) guides our collective efforts in supporting student and staff mental health and wellbeing. The Framework aids educators and leaders in laying a foundation where all can see themselves reflected and for learning environments in which caring relationships, trust, and healing are centred. We acknowledge that students and staff do not exist in isolation; and are part of families and communities. Thus, we endeavor to continue this work and learn from and learn with our staff, families, and communities.

The Framework includes Acknowledge, Bridge, and Connection:

**Acknowledge** feelings and life experiences over the pandemic (and prior) and how these affect our mental health as individuals and communities.

**Bridge** (or link to) to personal and community assets and strengths as a way to build mental health and wellness.

**Connection** with our community and with those around us who can help support mental health and wellbeing.

As part of these lessons, students engage in varied opportunities to:

(learning opportunities and lesson delivery will be appropriate to the grade and developmental abilities of the student):

- Express themselves through connections to classmates, educators, and supports that affirm students' identity, feelings, interests, and abilities.
- Co-create affirming learning spaces with peers and educators that acknowledge experiences from the past and present-day, so all students know they matter and belong.
- Identify and acknowledge the positive experiences, strengths, and skills ALL students bring to the class and school community.
- Identify resources that they can access to support their mental health.
- Learn to notice the signs that they're not feeling well.
- Explore the things (strategies, people, places, activities, habits, family/community traditions) that make us feel healthier
- Taking steps to put those things in place and to ask for support when we need it

## Why is centering on Mental Health in our schools important?

Students are using their voices, and we are listening. Research by School Mental Health Ontario about what secondary students in Ontario said about their priorities regarding mental health indicates that 97% of respondents (students) want to learn more about mental health at school, including early warning signs of a mental health problem, ways to cope with their thoughts and emotions, how and where to ask for help.

Beyond this, we know children and youth thrive when their personal, social, and cultural strengths are affirmed and seen as assets in the classroom. When their identities are reflected and represented in positive ways in the learning. When connections and relationships are transformative. When they feel cared about, accepted, and applauded for who they are and what they can contribute to their environment. These considerations solidify the importance of the ABC Framework and lessons which seek to build capacity around these factors and ensure all students feel a sense of matter and belonging.

There remains much work to be done and we invite you (families, community members, and staff) to work with us as we co-learn and co-create ways to support students and each other.

To learn more about the ABC Framework & lesson series please visit [YRDSB ABCs](#).

### Mental Health COVID-19 Page

The link below is dedicated to supporting student mental health during this pandemic. Resources for students, parents/guardians as well as community resources are listed. In addition, there are various links to YRDSB mental health supports as well as community supports available during the school closure. Please consider taking some time to familiarize yourself with the [Mental Health and Community Supports During COVID](#). Continue to check out the [YRDSB website](#) for updated information as well as the Twitter accounts [@YRDSB](#) and [@YRDSB\\_SS](#).

[No Problem Too Big or Small](#): This is a resource made by students for students. Throughout the resource, there are positive affirmations and reminders for students that there is help around and no problem is #TooBigOrTooSmall to reach out and ask for help. Download [Reaching Out](#) (designed for screen readers) or a print version [Reaching Out](#).

**Patricia Marra-Stapleton, M.Sc., C. Psych. Assoc.** Mental Health Lead

[patricia.marra-stapleton@yrdsb.ca](mailto:patricia.marra-stapleton@yrdsb.ca)

**Hoshana Calliste, MSW, RSW**

Assistant Coordinator of Mental Health [hoshana.calliste@yrdsb.ca](mailto:hoshana.calliste@yrdsb.ca)

## School Council - Thank You

We would like to thank the 82 parents who joined us in our first virtual school council meeting of the year on Monday, September 27<sup>th</sup>. As we look ahead, one of the major goals of our October meeting will be to explore ongoing ways to engage the community by collecting their questions, comments and feedback.

School Council Nomination Forms that were originally emailed on September 17<sup>th</sup> to your child's GAPPs account **will be due no later than Sunday, October 3rd.**

Please review the election process timelines below:

### **Sunday, Oct 3**

- **Completed Nomination forms due**

### **Monday, Oct 4**

- Nominee profiles will be emailed to parents with online directions to vote.

### **Friday, Oct 8**

- **Elections - Voting closes at 4:00 pm and ballots will be counted.**

### **Wednesday, Oct 13**

- Successful candidates will be contacted on or before this date.

### **Friday, Oct 15**

- School Council 2021-2022 Executive will be published in Parent Bulletin.

## **Guidance Information**

### **Guidance Appointment Bookings**

Guidance appointment bookings will begin by early October. Students may schedule an in-person or virtual appointment with their alpha counsellor (see below). Appointments can be booked via Teachassist (<https://ta.yrdsb.ca/yrdsb>). Please remember to email the counsellor if the appointment is virtual. Students or families requiring assistance can contact the Guidance secretary, Ms. Simtikidis ([nellie.simtikidis@yrdsb.ca](mailto:nellie.simtikidis@yrdsb.ca)).

**\*\*Please note: Parents/Guardians who would like to attend the appointment can do so virtually. Please send this request to the counsellor upon booking so that a meeting link can be shared with you.\*\***

A - He Ms. Farwell ([michelle.farwell@yrdsb.ca](mailto:michelle.farwell@yrdsb.ca))

Hi - Lo Ms. Riolo ([rita.riolo@yrdsb.ca](mailto:rita.riolo@yrdsb.ca))

Lu - V Ms. Hawkins ([stephanie.hawkins@yrdsb.ca](mailto:stephanie.hawkins@yrdsb.ca))

W - Z Mr. Tam ([jonathan.tam@yrdsb.ca](mailto:jonathan.tam@yrdsb.ca))

We look forward to working with you this school year!

### **2021-2022 Grad Google Classroom**

Potential grads have been asked to join the Grad Google classroom. Information regarding graduation, post-secondary programs, scholarships/bursaries and much more will be posted here. Join code: **ijra6wp**

### **Scholarship & Enrichment Opportunities**

Students interested in learning more about scholarship, bursary and enrichment opportunities are asked to join the Scholarship Google Classroom. Join Code: **bzs6yex**

### **Volunteer Hours**

In 2021-22, the required number of hours for community involvement activities will be reduced from 40 hours to a minimum of 20 hours for graduating students. This is consistent with changes made in the 2020-21 school year.



At the principal's discretion, the following community involvement activities will be deemed eligible in the 2021-22 school year:

- Activities that take place during the time allotted for the instructional program on a school day (e.g. walking a younger neighbour or sibling to and from school, helping younger siblings with their homework)
- Activities that include up to 10 hours of paid work, with the requirement to complete a reflection exercise indicating how their work contributed to service for others (e.g. grocery work during the pandemic). This will need to be completed by clicking on the following link:

CI Reflection Form: <https://bit.ly/ciReflection>. (Please notify the alpha counsellor when this has been completed.)

- Activities that consist of duties normally performed in the home (e.g. students could help an elderly relative with errands, provide after-school care for a sibling).

For Information on available community involvement opportunities, students are encouraged to join the Community Involvement Google Classroom. **Join Code: gsrz264**

### **Ontario Secondary School Literacy Requirement**

- Students graduating in 2022 are exempt
- Students in Grade 10, 11, and non-graduating, including those who are learning remotely, are required to work towards the literacy graduation requirement through participating in the OSSLT or if eligible, the Ontario Secondary School Literacy Course (OSSLC).

### **Post-Secondary Application Information Presentation and Scholarship Presentation**

The Guidance Department will be hosting....

#### **1. *Post-Secondary Application Information Presentation:***

There will be 2 Google meet presentation dates. Students should attend the presentation based on their last name.

Students with the last names **A – L** are asked to join **Wednesday October 6 starting at 11:15 am.**

Students with the last names **M – Z** are asked to join **Thursday October 7 at 11:15 am.**

Google meet info will be posted to the grad google classroom on the day of the event.

#### **2. *Scholarship Presentation:***

- Wednesday October, 13 starting at 11:15 am
- Only **one** presentation
- Google meet info will be posted to the grad google classroom on the day of the event.

**\*\*Students will need to be logged into their GAPPS account to attend both presentations.\*\***

### **City of Markham Ticketing**

Please be aware that the school driveways and parking areas are very busy at Town Centre Blvd and Warden in the morning (8:00-8:30 am) and in the afternoon (2:00-2:35 pm). In the morning, please do not park in staff spaces at the Warden entrance. At Town Centre Blvd, you are advised not to park for an extended period in the "No Idle Cars" zone. This is also a Fire Route. This zone is intended only for "quick pick-up or drop-off." Cars that

are parked or left idling in this zone can be ticketed by the City of Markham. As well, parking passes are required for all cars in our school lots. Cars without parking passes in our school lots will be ticketed by the City of Markham. The City of Markham will start patrolling and ticketing any unauthorized vehicles on Wednesday, September 29. [Please click here for more information.](#)

### **Start-Up Consents and Permissions**

Please complete the [school start-up forms](#) that were sent to families on or around September 17. It is important that these forms are completed as soon as possible at the start of the school year as they contain important information and permissions. They can also be found on the Board website at [www.yrdsb.ca/familyresources](http://www.yrdsb.ca/familyresources) under Family Start-Up Forms, along with some [information on how to complete the forms](#). Please note, parents must be signed in to their child's student GAPPS account to complete the form. If families would prefer to complete the forms on paper, please contact us at [unionville.hs@yrdsb.ca](mailto:unionville.hs@yrdsb.ca).

### **Hong Fook Youth & Family Program Calendar**

Please click [here](#) to access the Hong Fook Youth & Family Program Calendar for October 2021.

Meet new people!  
Program is free!



# CHOICES YOUTH PROGRAM

Choices Youth Program is a ten-week prevention and early-intervention program that helps youth develop skills to make informed decisions and the confidence to resist risk-taking behaviours. By providing opportunities for open discussion, participants learn positive coping strategies, refusal skills and practice new skills in a safe space.

## WHEN

Tuesdays, 5:00-6:30pm  
Dates: Oct 12 - Dec 14  
Where: Virtual meetings

## WHO

Youth ages 12-17

## REGISTRATIONS

Joyce Chiu  
Youth Program Worker  
Tel: (647) 281-6031  
Email: [jchiu@hongfook.ca](mailto:jchiu@hongfook.ca)

## TOPICS INCLUDE

Communication  
Decision making  
Goal setting  
Alcohol  
Mental health & coping strategies  
Relationships  
Self respect  
Risk taking & social media



# YOUTH ADVISORY COMMITTEE



## What YAC Members do

- Lead projects on mental health promotion
- Share lived experiences and connect with other people
- Teach workshops to other youth
- Expand their network of youth and professionals
- Use different arts media to diversify narratives
- Participate in inter-generational dialogue

## When

Thursdays, 5:00–6:30PM  
October 7–December 9

## Who

East Asian youth ages 14–17

## Where

Zoom

**Earn Volunteer Hours**



## For more Info Contact:

Joyce Chiu  
Youth Program Worker  
Email: [jchiu@hongfook.ca](mailto:jchiu@hongfook.ca)  
Phone: (648) 281-6031

Something bothering you?

Need to talk?

Virtual  
WALK  
IN   
Counselling

Free immediate mental health single session counselling

CALL 647-534-8493

OR

[counselling@hongfook.ca](mailto:counselling@hongfook.ca)

TO BOOK YOUR  
VIRTUAL (PHONE & VIDEO)  
COUNSELLING SESSION

Offered in Cantonese, Mandarin, Korean, Vietnamese, Japanese, English  
for Asian identifying young people age 12 to 25



# WALK IN VIRTUAL COUNSELLING

### How can I have a session?

Please call 647-534-8493 or email [counselling@hongfook.ca](mailto:counselling@hongfook.ca) for more information or to book your session. We will schedule you in for a 45 – 60 minutes phone or video counselling session. We speak Cantonese, Mandarin and English at intake.

### How long will I have to wait for a session?

Your session will be scheduled to happen within 5 business days.

### What platform will be used for video counselling?

We use OTN (Ontario Telemedicine Network), a private and secure platform used by many health care practitioners in Ontario to communicate with and care for patients, and connect with peers and specialists. We also use Microsoft Teams.

### What equipment do I need for video counselling?

A computer, a webcam, and stable internet. Or, a smartphone or tablet with the download of an App. If possible, set up in a private space you feel comfortable to speak openly in.

### What can I expect if I choose phone counselling?

You will receive a call from a Clinician named "No Caller ID" at your scheduled time.

### What languages will be offered?

Cantonese, Mandarin, Korean, Vietnamese, Japanese and English

### Who do you offer services to?

We offer counselling to Asian youth age 12 to 25 living in Toronto and York Region.

### What are the qualifications of the Clinician?

Your Clinician is qualified and trained to provide mental health counselling. Your Clinician is registered with their professional College.

不想在疫情中返学？

最近觉得特别烦？

想找人谈谈吗？

Virtual  
WALK  
IN   
Counselling

免费，即时，一次的  
电话或视频心理辅导服务

请致电

647-619-9030

或

[counselling@hongfook.ca](mailto:counselling@hongfook.ca)

免费预约

粤语，普通话，韩语，越南语，日语，英语

12至25岁



网上

# 辅导服务

## 我该如何预约？

请致电647-534-8493或counselling@hongfook.ca免费预约。我们将为您安排约45至60分钟的电话辅导或视频辅导。我们可以说粤语，普通话和英语。

## 我必须等多久才能得到服务？

您将在5个工作日内接受辅导服务。

## 视频辅导将使用什么平台？

我们使用 OTN (Ontario Telemedicine Network)，一个安全的有私隐网络平台，安大略省的许多医疗从业人员都使用该平台与病患者进行交流。我们还使用 Microsoft Teams。

## 视频辅导需要什么设备？

一台电脑，一个摄像头，和稳定的互联网。或者，智能手机或 iPad 下载所需应用程序APP。如果可以的话，请准备一个公开交谈的私人空间畅所欲言。

## 电话辅导会怎么样？

您将在预约时间收到来电显示 “No Caller ID” 的电话。

## 心理辅导员能说什么语言？

粤语，普通话，韩语，越南语，日语，英语。

## 这服务向谁提供服务？

我们为居住在多伦多和约克地区的12至25岁的亚裔青年提供咨询服务。

## 谁会为我提供心理辅导？

为您提供服务会是一位有心理辅导训练的注册社工或注册注册心理治疗师。



17.

# PARENT SUPPORT NETWORK

A peer network of parents interested in positive parenting, skill-building, leadership, and resource sharing

## If you are a parent who:

- Cares for children/youth aged 11-18
- Lives in York Region
- Wants to gain skills and strategies for parenting
- Needs a safe space to talk
- Wants to support other parents
- Wants to access more community resources



## THEN JOIN HONG FOOK'S PARENT SUPPORT NETWORK!

### Participants will gain:

- Knowledge about positive parenting
- Practical communication skills
- Safe space to share feelings and experience
- Emotional support from other participants
- Opportunities for leadership and community-building
- Peer support and friendship
- Community resources

### For more information, contact:

Hannah Xu  
Youth Worker  
Tel: 1-647-920-9013  
Wechat: HF\_Youthworker  
E-mail: hxu@hongfook.ca



# 家长领导互助小组

## 家長領導互助小組

专门设置给对领导力，正面育儿技巧以及社区资源共享感兴趣的家长  
 專門設置給對領導力，正面育兒技巧以及社區資源共享感興趣的家長

如果您家里有青少年，而且您：  
 如果您家裡有青少年，而且您：

- 关心11-18岁的儿童和青少年/關心11-18歲的兒童和青少年
- 住在约克区/住在約克區
- 想要获得更多育儿技巧和策略/想要獲得更多育兒技巧和策略
- 需要一个安全的空间去倾诉/需要一個安全的空間去傾訴
- 希望支持其他的家长/希望支持其他的家長
- 希望获得更多社区资源/希望獲得更多社區資源

那么欢迎加入康福家长领导互助小组！  
 那麼歡迎加入康福家長領導互助小組！

参与者将会收获

參與者將會收穫

- 关于正面育儿技巧的相关知识  
關於正面育兒技巧的相關知識
- 实用的亲子沟通技巧  
實用的親子溝通技巧
- 需要一个安全的空间去倾诉  
需要一個安全的空間去傾訴

- 其他成员的情感支持  
其他成員的情感支持
- 成为家长领袖并支持社区建设的  
成為家長領袖並支持社區建設的機會
- 其他家长支持和友情  
其他家長支持和友情
- 社区资源  
社區資源

了解更多的资讯，请联系 / 了解更多的資訊，請聯繫：

Hannah Xu

Youth Worker

Tel: 1-647-920-9013

Wechat: HF\_YouthWorker

E-mail: hxu@hongfook.ca



**HONG FOOK**  
 MENTAL HEALTH ASSOCIATION

**York Region**



# Reflecting on Racism & Discrimination

A Monthly Lecture Series

## Human Rights in the Workplace

Join Dr. Lorne Foster for a discussion about how to identify anti-Black racism in the workplace, and what to do about it. Learn about various strategies such as centering Black voices, closing gaps, and improving outcomes.

Wednesday, Oct 6 | 7 pm





## Community Policing

A presentation by Superintendent Ricky Veerappan of the York Regional Police on community policing and York Regional Police's internal and external programs, and initiatives combatting racism, discrimination & hate crime, addressing community outreach & relationship building, while policing with a global mindset through the challenges and opportunities in serving one of Canada's most diverse communities.

Tuesday, Oct 26 | 7 pm



  Live on Zoom



Introducing the brand new student liife

# UHS Website

Scan the QR code using your phone's camera or go to the website linked below



[bit.ly/uhs2021](https://bit.ly/uhs2021)

Make sure to use your gapps account.

# Unionville High School



## Peer Tutoring Program

*Do you enjoy helping others?  
Do you want to earn community service hours?*

### **BECOME A PEER TUTOR!!**

We are now accepting applications to become peer tutors! Use your GAPPS email to submit your application here:

<https://bit.ly/BecomeTutorUHS>

You will receive a **PDF** in your GAPPS email containing a form that needs to be signed by a parent/guardian. Please place the signed forms in the guidance department dropbox located outside the guidance office.

**\*\*\*Signed forms are required!\*\*\***

*Need some extra help in class?  
Do you learn better with a buddy?*

### **REQUEST A PEER TUTOR!!**

If you feel you could benefit from having a peer tutor, please use your GAPPS email to submit your request here:

<https://bit.ly/RequestTutorUHS>

You will receive a **PDF** in your GAPPS email containing a form that needs to be signed by a parent/guardian. Please place the signed forms in the guidance department dropbox located outside the guidance office.

**\*\*\*Signed forms are required!\*\*\***

*If you have any questions about peer tutoring, please contact Mr. Tam at [jonathan.tam@yrdsb.ca](mailto:jonathan.tam@yrdsb.ca).*