

#### 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

Vice-Principal Andrew Gazaneo (A-L) andrew.gazaneo@yrdsb.ca

Vice-Principal Patrick Belmonte (M-Z) patrick.belmonte@yrdsb.ca

Superintendent Becky Green becky.green@yrdsb.ca

Board Trustee Ron Lynn ron.lynn@yrdsb.ca

Email: unionville.hs@yrdsb.ca

School Website: Click here

Tweets @UHS<u>updates</u>

# UHS Parent Weekly Bulletin –Vol.7

### Friday, October 16, 2020



#### Course Rotation 3 - October 13 - October 26, 2020

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Rotation - 3			Oct 1: - Oc	t 26				
	In Pers	on		Period 3				
		8:30-12	1:00 AM					
		11:00 1	12:30 PM		Transporta and Li nch			
		Synchr	onous Learning	3	Period 4			
		12:30-2	1:20 PM					
		Synchr	onous Learnin	g	Period 1			
		1:20-2:	:10					
		Synchr	onous Learning	В	Period 2			
		2:10—	3:00 PM					
12 Thanksgiving	Rotation <b>3A</b>	#3 13	3B	14	3A	15	3B	16
19 <b>3A</b>	3B	20	3A	21	3B	22	3A	23
26 <b>3B</b>	Rotation # <b>4A</b>	4 27	4B	28	4A	29	4B	30

### **OCTOBER EVENTS**

Monday, October 19	•
Tuesday, October 20	•
Wednesday, October 21	•
Thursday, October 22	•
Friday, October 23	•
Monday, October 26	Rotation 3 Ends
	School Council—ELL Anthology L aunch (7:00 - 8:30 PM)
Tuesday, October 27	Rotation 4 Begins
Wednesday, October 28	
Thursday, October 29	Parent/Guardian Virtual Interviews
Friday, October 30	•

### **NOVEMBER EVENTS**

Monday, November 2	•
Tuesday, November 3	STEM Guest Speaker from IBM (3:15 PM)
	Arts Unionville Virtual Information Session (7:00P M)
Wednesday, November 4	•
Thursday, November 5	•
Friday, November 6	•
Monday, November 9	Rotation 4 Ends
Tuesday, November 10	Rotation 5 Begins
Wednesday, November 11	Remembrance Day Virtual Presentation
Thursday, November 12	•
Friday, November 13	•
Monday, November 16	•
Tuesday, November 17	•
Wednesday, November 18	•
Thursday, November 19	•
Friday, November 20	•
Monday, November 23	•
Tuesday, November 24	•
Wednesday, November 25	Virtual Graduation Broadcast
Thursday, November 26	Rotation 5 Ends
Friday, November 27	Rotation 6 Begins
Monday, November 30	School Council (7:00pm)





# COVID-19 schooland child care screening tool

#### Version 2: October 1,2020

Children must screen for COVID-19 every day before going to school or childcare. Parents can fill this out on behalf of a child.

#### Screening Questions (place an "X" in the appropriate column)

1. Does your child have any of the following **new or worsening** symptoms? Symptoms should not be chronic or related to other known causes or conditions.

Fever and/or chills (temperature of 37.S"C/100.0"F or greater)	D Yes	D No
<b>Cough</b> (more than usualif chronic cough) including croup (barking cough, making a whistling noise when breathing)	D Yes	D No
Not re ated to other known causes or conditions (e.g., asthma, reactive airway)		
<b>Shortness of breath</b> (dyspnea, out of breath, unable to breathe deely, wheeze that is worse than usual if chronically short of breath)	D Yes	D No
Not reated to other known causes or conditions (e.g., asthma)		
Decrease or Loss of smell or taste (new factory or taste disorder)	D Yes	D No
Not re ated to other known causes or conditions (e.g., nasal po yps, allergies, neurological disorders)		

2 Does your chid have any of the following **new or worsening** symptoms? Symptoms should not be chronic or related to other known causes or conditions.

<b>Sore throat</b> (painful swalbwing or diffictly swalbwing) Not reated to other known causes or conditions (e.g., post nasaldrip, gastroesophagealreflux)	D	Yes	D	No
Stuffy nose and/or runny nose (nasalcongestion and/or rhinorrhea) Not related to other known causes or conditions (e.g., seasonalallergies, returning inside from the cold, chronic sinusitis unchanged from	D	Yes	D	No
baseline, reactive airways)         Headache that is new and persistent, unusual, unexplained, or bng-lasting         Not re ated to other known causes or conditions (e.g., tension-type	D	Yes	D	No
headaches, chronic migraines) Nausea, vomiting and/or diarrhea Not related to other known causes or conditions (e.g., transient vomiting due to anxiety in children, chronic vestibular dysfunction, irritable bowel syndrome, inflammatory bowel disease, side effect of medication)		Yes	D	No
Fatigue, Lethargy, muscle aches or malaise (generalfeding of being unwellack of energy, extreme tiredness, poor feeding in infants) that is unusual or unexplained         Not related to other known causes or conditions (e.g., depression, insomnia, thyroid dysfunction, anemia)	D	Yes	D	No

- 3 Has your child travelled outside of Canada in the past 14 days? DYes DNo
- 4 Has your child been identified as a close contact of someone who is confirmed as having COVID-19 by yourbcal public health unit (or from the COVID Alert app if they have their own phone)? DYes DNo
- 5 Has your child been directed by a health care provider including pullc health official to isolate? DYes DNo

#### **Results of Screening Questions**

If you answered "YES" to any of the symptoms included under question 1:

Your child should stay home to isdate immediately.

Contact your child's health care provider for further advice or assessment. including if your child needs a COVID-19 test or other treatment.

Ifyou answered "YES" to only one of the symptoms included under question 2:

Your child should stay home for 24 hours from when the symptom started.

If the symptom is improving.your child may return to schod/child care when they feel well enough to do so. A negative COVID-19 test is not required to return.

If the symptom persists or worsens.contact your child's healh care provider for further advice or assessment.including if your child needs a COVID-19 test or other treatment.

If you answered "YES" to two or more of the symptoms included under question 2:

Your child should stay home to isdate immediately.

Contact your child's health care provider for further advice or assessment. including if your child needs a COVID-19 test or other treatment.

Ifyou answered "YES" to question 3.4 or 5:

Your child should stay home to isolate immediately and follow the advice of public health.

If your child develops symptoms.you should contact yourbcal public health unit or your child's health care provider for further advice.

**U** If you answered "NO" to all the questions. your child may go to school.

#### Public Health Ontario - Contact Tracing

Answering these questions is optional. This information will only be used by Public Health officials for contact tracing. All information will be deleted in 28 days.

Date:

Name:

Phone or Email:



#### **Adult ESL Programs**

Please click the following link for more information on adult ESL programs: <u>Adult Classes Information</u> Chinese Translation: <u>Adult Classes Information - Chinese Version</u>

#### **Cleaning Our Schools**

The Board follows the recommendations of <u>Public Health Ontario</u>, and ensures frequently touched surfaces are cleaned and disinfected twice per day in addition to our regular cleaning practices. Once confirmation is received from York Region Public Health that a positive or probable COVID case was present in the school, the board undertakes additional cleaning and disinfection of the areas occupied and any shared items used by the individual. All disinfectants used in schools are on the Health Canada list of disinfectants effective against COVID-19.

#### Full Disclosure Deadlines

#### October 8

Deadline for potential graduates who are not planning on applying to an Ontario college to notify their Guidance Counsellor if they do not want data shared with OCAS this school year.

#### October 13

Deadline for potential graduates who are not planning on applying to an Ontario university to notify their Guidance Counsellor if they do not want data shared with OUAC this school year.

#### November 12

Teachers will share mid semester mark updates with students in Grade 11 and 12 courses.

#### November 12 - 19

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.

#### November 20

School to submit Semester 1 midterm and/or final marks (for quadmester courses) to OUAC and OCAS

#### December 16

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.

Grad Google Classroom 2020-2021

Grade 12 potential grads have been asked to join the Grad Google classroom. Information regarding graduation information, post-secondary programs, scholarships/bursaries and much much more will be posted here.

Classroom code: **fdae3qe** 

#### Guidance Moodle:

Students can join the Guidance moodle to learn about scholarships, bursaries and other enrichment opportunities.

Please visit: <u>https://moodle2.yrdsb.ca/login/index.php</u>

Search: UHS Guidance Username: UHS student number Password: UHS login

#### **Guidance Appointment Booking**

Although Guidance counsellors are not seeing students in person, students and parent/guardians can still speak to a counsellor by booking an appointment with the student's alpha counsellor through Teach Assist (https://ta.yrdsb.ca/ yrdsb/).

We ask that once the appointment is booked, please email the counsellor indicating whether the student would prefer a phone appointment (provide a phone number where the student can be reached) or a google meet appointment (the counsellor will email the google meet code prior to the appointment).

Ms. Farwell (A - Hou): michelle.farwell@yrdsb.ca

Ms. Riolo (Hu - Ma): rita.riolo@yrdsb.ca

Ms. Hawkins (Mc - Wr): <u>Stephanie.hawkins@yrdsb.ca</u>

Mr. Tam (Wu - Z): jonathan.tam@yrdsb.ca

You can also contact Ms. Simtikidis, the Guidance secretary if you are having any difficulty with appointment bookings or have general questions.

Ms. Simtikidis: nellie.simtikidis@yrdsb.ca

#### Health Care Plans

Dear families,

Supporting your child's health and well-being is our priority. If your child has a medical condition, please complete the applicable form(s) below and submit them electronically to <u>priscilla.chan@yrdsb.ca</u>. Also, if your child carries an epi-pen or inhaler, we would like to reserve a second one in our main office (Note: Please check the expiry date). Once we receive your child's health care plan, your child will be notified to supply us with a second epi-pen or inhaler in case of emergency. If you would prefer a hard copy of one or more of these forms, please let us know. Any questions regarding health care plans can be sent to <u>patrick.belmonte@yrdsb.ca</u>. Thank you for providing us with this important information in a timely manner.

Anaphylaxis Health Care Plan Asthma Health Care Plan Diabetes Health Care Plan Epilepsy Seizure Disorder Health Care Plan Health Care Plan (Other) Staff Administration of Medication Self Administration of Medication

International and Indigenous Languages

International and Indigenous Language (IIL) classes will be held online. There will be no in person classes operating in the school buildings.

To find out more, please visit the ConEd webpage: http://www.yrdsb.ca/Programs/ConEd/Pages/ International-Languages-ElementaryProgram.aspx

If you have any further questions, email international.languages@yrdsb.ca or call (905) 884-2046 ext. 242.

#### Memory As Legacy Series: Holocaust Education

Please click the links below for more information on Memory As Legacy Series: <u>Memory As Legacy Series Flyer</u> How to Register

**Mental Health Resources** 

To find out how to support your child's mental health during COVID-19 and the return to school please click the link below:

Mental Health Resources



On September 16th and 17th, families were emailed the **School Start-Up Package**. This package contains mandatory forms for both parents/guardians and students that must be submitted electronically. To help ensure security and privacy, we cannot provide the Start-Up Package link in this email. However, if you, as a parent/guardian (via personal contact email) or student (via gapps email) did not receive this electronic package from YRDSB, please email the main office at UHS (<u>Unionville.hs@yrdsb.ca</u>) so that we can personally send you the link. Parents/guardians and students who have already received this package via email should submit the necessary forms as soon as possible.

We have also distributed our **student registration verification forms**. Please check these forms at home to ensure all information is accurate. Please make changes on the form itself. All forms are due back to the school, with or without changes, as soon as possible.

#### STEM

In an effort to address the underrepresentation of Black students in STEM areas, the University of Toronto is partnering with <u>the Leadership By Design program</u> to sponsor a new STEM cohort for high achieving Black students in Grade 10. We would like to encourage parents to seek out this opportunity if their child is in Grade 10 with an interest in Math and Science. The application and admission process for the PURSUE STEM Cohort is managed entirely by the Leadership By Design program. This opportunity is open to Black and African Canadian Students in the Greater Toronto Area. Please visit the following site for further details: <u>llileaders.com/leadership-by-design-lbd</u>.

#### **News From Special Education**

Special Education Resource Teachers (SERTs) are busy working on student Individual Education Plans (IEPs) for this year. If you haven't already, **please return your child's IEP Parent Consultation form to your child's SERT.** 

October is Learning Disabilities Awareness Month.

#### What is LD Awareness Month?

Learning Disabilities Awareness Month is recognized every October and events are often held by the <u>Learning Disabili-</u> ties Association of York Region. It is about raising awareness and reducing stigma to allow people to get the supports they need to reach their potential.

Don't DIS my ABILITIES!



#### Parking

Please be aware that the school driveway is very busy in the mornings between 8:00 and 8:30 am. Do not stop your car in the "No Idle Cars" zone. This is also a **Fire Route**. Cars left idling may be ticketed. As well, parking passes are required for all cars. Cars that do not have a parking pass will be ticketed by the City of Markham.

#### Protecting Yourself During COVID-19

You can protect yourself and others from COVID-19 by observing the following measures:

- Stay at home if you are not feeling well-even if your symptoms are only mild
- Practice physical distancing keeping 2-metres from others outside of your household members
- · Wash your hands thoroughly and often
- Practice good respiratory etiquette
- Avoid touching your face with unwashed hands
- Wear a face mask or covering when inside public spaces and when physical distancing cannot be maintained
- Clean high-touch surfaces often
- Download the COVID-Alert app
- Avoid travel

It is also important to keep your body healthy and strong by getting lots of sleep, eating nutritious food, drinking plenty of water, exercising and spending time on self-care.

To find out more, click here.

#### Requesting copies of transcripts and other documents from the Guidance department

Students, parents and guardians requesting hard copies of transcript documents, etc. must email the Guidance secretary, Ms. Simtikidis (<u>nellie.simtikidis@yrdsb.ca</u>) <u>first</u>. Ms. Simtikidis will schedule a time with the student as to when the documents can be picked up.

#### **Rotation Schedule**

Students are now in their 3rd in-person rotation. This means they are in person for their period 3 classes, every other day. Afternoon classes are periods 4, 1, and 2 classes. <u>Here is a handy link for students to see all the cohorts and rotations</u>.

#### **Scholarship News**

Please continue to check the Guidance Moodle as information is continually shared as it becomes available. Please also review the publication called "The Scholarship Report", as it provides scholarship news and opportunities.

Loran Awards

https://loranscholar.ca/becoming-a-scholar/

Oct 22nd - Direct Pool Application due

Morehead-Cain Scholarship (North Carolina University - Chapel Hill)

http://www.moreheadcain.org/prospective-scholars/#canada

#### **Volunteering Opportunities:**

Online/virtual opportunities have been added to the Volunteering Google Classroom. Please continue to look for eligible non-profit organization volunteer opportunities to complete your 40 hours.

#### **School Council Hot Topics Request**

Thank you to the 61 parents who participated in our first school council meeting held on Tuesday, September 29.

If you were unable to attend but would like to see a copy of the information shared at that meeting please go directly to <u>School Council Meeting Sept 29 2020 Presentation</u>.

Monday October 26th at 7:00 p.m. is our next school council meeting. If there are specific topics you would like us to discuss, please use the link below and submit your ideas on or before October 19th.

#### School Council Hot Topics Request

#### **School Entry & Dismissal**

Classrooms will be opened 15 minutes before the first bell. Students will be allowed entry to the building as of 8:15 a.m. Students may enter through one of four entry points below in a single file fashion while maintaining social distance:

- 1. Town Centre Blvd. (main entrance)
- 2. Warden (Cafeteria)
- 3. Caretaking (Music)
- 4. Small Gym/Tech Wing

All students must be wearing a mask and sanitize their hands as they enter. Doors at all four entry points will be locked at 8:45 am. Students who arrive before 8:45 am should proceed directly to class. Students who arrive after 8:45 am must enter from Town Centre Blvd. only and report to the office prior to going to class. Parents/guardians cannot enter the building unless they have a pre-arranged appointment that has been approved by the principal.

Students are expected to leave the school and school property after their last scheduled class is completed at 11:00 am. Students may not socialize in corridors or the cafeteria and must leave the school directly. Students are expected to continue wearing a face covering until they leave school property. All students must sanitize their hands as they exit. Students can exit at one of five exit points:

- 1. Town Centre Blvd. (main entrance)
- 2. Warden (Cafeteria)
- 3. Caretaking (Music)
- 4. Small Gym/Tech Wing
- 5. New wing (stairwell 13)

Please note that dismissal will be staggered by grade beginning at 10:50 in order to prevent crowding.

10:50 am - grade 9

- 10:53 am grade 10
- 10:56 am grade 11
- 11:00 am grade 12

#### **Study Skills Virtual Workshop**

This workshop will give students an opportunity to learn about effective study skills for tests and quizzes.

#### Who is this workshop for?

All Grade 9 students are welcome and anyone else who needs a refresher!

#### How do I sign up for the workshop?

Students sign up for: UHS Study Skills Google Classroom

The code is: n3n2jya

On the day of the presentation a Google meet code will be shared with all students who have registered.

#### When is the workshop?

Wednesday October 28th OR Thursday October 29th

From 11:45am- 12:15pm

#### UHS School Council Executive 2020-2021

Thank you to all parents who took the time to cast their vote for our new school council executive. Congratulations to the elected Executive Team for 2020-2021:

Chair Person: Jeevan Trehan

Secretary: Anoosh Sharif

Treasurer: Paul Giuliano

Community Member- Arts: Gloria Ko

Community Member- STEM: Raymond Lu

We would like to expand our school council to include all nominees. This will ensure continuity and smoother transition if and when council members move on when their children complete high school.

Please extend a warm welcome to the following nominees who will be joining us as a part of our Executive Team:

Mandip Rai

Dongmei Xiang

Felix Lee

Malek Aboluhom

Nadine Cyr

This continues to be a challenging school year and the diverse voices of our school council executive will be very much appreciated.

We look forward to seeing you at our next virtual meeting will be held on Monday, October 26, 2020 at 7:00 PM.

#### **UHS Library Learning Commons**

Although the physical library is closed this semester, the UHS library is available online to support student learning.

Many great resources are available on the library's webpage: http://www.yrdsb.ca/schools/unionville.hs/library/Pages/default.aspx

This is where students can find the GALE and EBSCO databases, which support research in any subject.

Also, students are invited to join the library's Google Classroom. The enrollment code is sv427pg. The Google Classroom is the best way for students to ask their questions about research and book recommendations. It is also where to find the passwords for the databases.

Finally, remember that e-books can be accessed through the YRDSB's subscription to SORA. Students can find SORA by clicking on "search for a book" on the library's webpage. The link to SORA is at the bottom, in the middle of the page. Students can login with 0 + their student number.



#### **Virtual School**

Virtual Secondary School contact information:

Phone: 905-900-1163 or 647-749-4328 Email: secondary.VS@yrdsb.ca School Website: http://yrdsbsvs.yrdsb.ca/

Any concerns or inquires regarding Virtual School should be directed to the administration team at Virtual School:

Principal: Maria Maiato

Vice-Principals:

North: Pamala Agawa

Central: Patrick McQuade

East: Tanya-Lynn Paul

West: Hubert Brard

#### **Virtual School Transfers**

Dear Secondary Families,

On September 3, we sent communication to all families informing you that our schools have confirmed spaces in the virtual schools and home schools for all students.

Our Secondary Virtual School (SVS) has developed timetables for over 8,000 students. And over the past two weeks, we have finalized this process for all students who selected the SVS through the Reopening Registration Form.

As we indicated previously, no further transfers between the different models would occur until the end of Semester 1 (January 29, 2021). We appreciate this may be disappointing for some families, however, we've based our reopening strategy on a balance of health and safety, as well as teaching and learning benefits. We are making every effort to ensure that each learning model YRDSB students will participate in this year will be both safe and engaging.

Later this month, all families will be notified about how to access the second semester Secondary School Model Transfer process. The transfer process provides all families the opportunity to request a change. Only families/students requesting a change in their current school model will need to complete this process. Semester 2 will begin on February 3, 2021. Students changing models will continue to be supported through the process by their home school Guidance departments. This will be the only opportunity to transfer between models for Semester 2.

Korean Heritage Month in Ontario (Bill 123, Korean Heritage Month Act, 2017)

Ontario is home to about 80,000 Korean Canadians. Koreans started to migrate to Ontario after the devastating Second World War (1939-1945) and Korean War (1950-1953), both of which heavily affected the Korean peninsula.

Korean Canadians have made important contributions to the economic, political, social and cultural fabric of Ontario's society. Having a Korean Heritage Month will provide an opportunity to remember, celebrate and educate future generations about the outstanding achievements and contributions of Korean Canadians in the province of Ontario.

October is a historically significant month for the Korean Canadian community. On October 3, the Korean people celebrate National Foundation Day. National Foundation Day celebrates the legendary formation of the first Korean state of Gojoseon. It is widely seen by the Korean people as the creation and foundation of the modern Korean state.

#### Volunteer Hours

Students are encouraged to continue working on completing their community involvement hours. A minimum of 40 hours is required to earn an Ontario Secondary School Diploma.

Community involvement opportunities can be completed in person and virtually.

To ensure their activity is eligible, students are asked to receive approval for their activity from their alpha counsellor prior to completing their hours.

Students can still pick up community involvement tracking forms outside the Guidance office or can obtain a <u>digital form</u>. Completed forms can be submitted in one of two ways: making arrangements to drop off the form to the Guidance office (contact Ms. Simtikidis), or by scanning or taking a picture of the complete form and sending it to the student's alpha counsellor:

Ms. Farwell (A - Hou): michelle.farwell@yrdsb.ca

Ms. Riolo (Hu - Ma): rita.riolo@yrdsb.ca

Ms. Hawkins (Mc - Wr): <a href="mailto:stephanie.hawkins@yrdsb.ca">stephanie.hawkins@yrdsb.ca</a>

Mr. Tam (Wu - Z): jonathan.tam@yrdsb.ca

Ms. Simtikidis (Guidance Secretary): <u>nellie.simtikidis@yrdsb.ca</u>

To learn more about volunteer opportunities, students are encouraged to join the google classroom (Code: **gsrz264**).

Additional information can be found here: <u>http://www.yrdsb.ca/Programs/Guidance/CommunityInvolvement/</u><u>Pages/default.aspx</u>

#### Graduation

As has been previously communicated, all YRDSB graduations for the 2019-2020 school year were postponed until the Fall of 2020.

While we had originally proposed different potential options to consider for this Fall, we are currently in a position where conducting them virtually is the only viable, safe option. Through consultation with York Region Public Health, and in the interests of the health and safety of our students, staff and families, we have been advised to avoid in-person gatherings. Regardless of social restrictions and limited numbers being considered for any face-to-face options, there is significant concern for the changing landscapes upon us (increasing COVID cases in schools, flu season approaching, mixing of cohorts at any Graduation Ceremony).

As a result, all schools in the YRDSB will be developing Virtual Graduation ceremonies for all Elementary (Grade 8) graduates and Secondary (Grade 12) graduates from the 2019-2020 school year. We will be planning for speeches from the Director and Chair of the Board, and arrangements to include the recognition of each graduating student along with the Valedictorian Address. Given the scope of the planning for these virtual graduations, the ceremonies for all schools will take place in the last 2 weeks of November and schools will provide the details, including the specific date and time, format and platform in the next couple of weeks.

Further information will also be provided with respect to refunds to parents for gowns and caps, plus the distribution of Diplomas, Awards/Certificates and Yearbooks.

We appreciate how disappointing this news may be for graduating students and parents. While we continue our work to effectively plan within the conditions of the current pandemic, we will continue to maintain the safety of our students, staff and community as our utmost priority.

If you have any questions regarding the planning for Graduation ceremonies in Fall 2020, please contact us at the school.

#### Arts Unionville Information Night

Arts Unionville information night: Tuesday, November 3, 2020, 7:00pm.

Please register to receive the link:

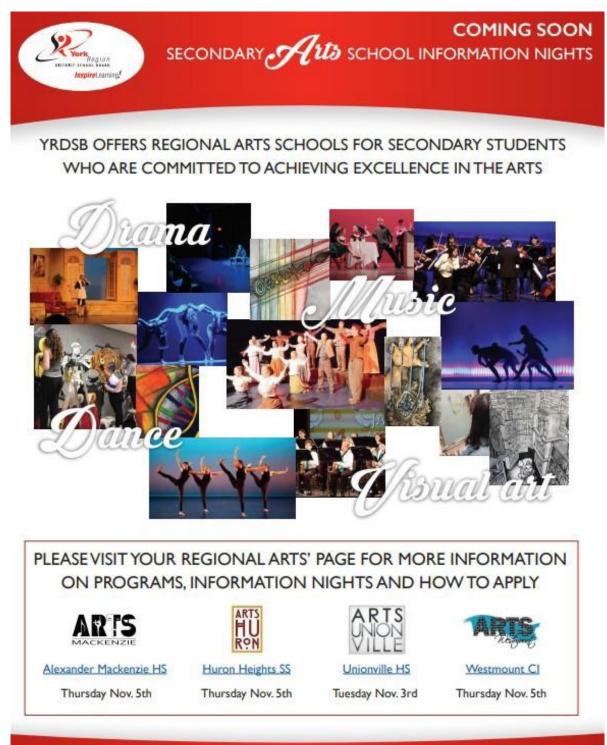
Arts Unionville Information Session Registration

Auditions: January 2021

Online Application Opens on Monday, November 9, 2020

Application Deadline: Tuesday, December 1st, 2020 (guaranteed audition).

Please note: Applications will not be accepted after the deadline.



**REMINDER** applications open November 9th, due December 1st

#### **Parent-Teacher Interviews**

Parent/Guardian Interview Night is on October 29th. You will have an opportunity to meet with your child(ren)'s teacher (s) and learn more about the classroom. We regret that for health and safety reasons, we are unable to host an event at the school as we normally would, however we look forward to meeting with you virtually.

Parents/Guardians can use TeachAssist, an online platform, to schedule a meeting time with their children's teacher(s) on Parents' Night. All students in our school currently have a TeachAssist account to access information associated with their class assessments.

Parents/guardians may access appointment bookings on Tuesday, October 20th through the TeachAssist Parent Portal available at <u>https://ta.yrdsb.ca/parents</u>. From there, enter in your email address and leave the password blank, to set up a one time access link, or to reset a password that you've created. An email will be sent with a time limited link that will look similar to this:

teachassist@yrdsb.ca To: parent\_email

Click here for your one time access to teachassist https://ta.yrdsb.ca/live/parents/listReports.php?email=parent&token=serdftyugio678

Once logged in, parents/guardians will have the option to set up a password.

For instructions on how to book a parent-teacher interview through TeachAssist, please click here.

If you have any questions about this process, please contact our main office.

Families who do not wish to book a time online can contact their child's teacher directly.

#### Important Timelines

**October 20th -** Parents' Night schedule opens at 8:30 AM for booking. Parents/Guardians will go to the TeachAssist parent portal https://ta.yrdsb.ca/parents to book their appointment(s).

October 23rd - Interview Scheduler closes at (9:00 a.m.)

**October 23rd -** Parents to receive confirmation email(s) from teachers. Virtual Interview meeting links will be sent to families through email.

October 29th - Virtual Interviews

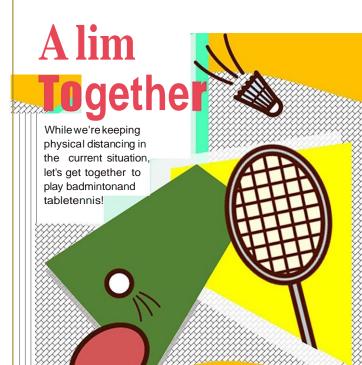
#### USAC (Unionville Student Activity Council)

The deadline for student council applications is today at midnight (Friday, October 16). We are pleased with the overwhelming number of applicants. Once the application closes, we will proceed with a panel selection process, to narrow down the number of applicants, followed by electronic student elections.

#### Virtual Clubs

Revised club guidelines and a revised application process will be available next week. Teacher advisors will be required to submit the application (with a list of student participants attached) to Mr. Belmonte for approval. Students participating in a club must have submitted their start up forms.

Virtual Opportunities				
Youth Assisting Youth YOUTH ASSISTING YOUTH	https://www.volunteertoronto.ca/networking/ apply_now.aspx?view=2&id=582285 More info https://youthassistingyouth.com/			
Virtual Program Assistant Volunteer (be able to speak Tamil)	https://www.volunteertoronto.ca/networking/ apply_now.aspx?view=2&id=617184 www.splc.ca			
Virtual Community Outreach Volunteer	https://www.volunteertoronto.ca/networking/ apply_now.aspx?view=2&id=617916			
The Corporation of Roy Thomson Hall and Massey Hall	https://www.volunteertoronto.ca/networking/ apply_now.aspx?view=2&id=617779			
Call and Response Youth Volunteer	https://www.volunteertoronto.ca/networking/ apply_now.aspx?view=2&id=518178			
Bengali Information & Employment Services	https://www.volunteertoronto.ca/networking/ apply_now.aspx?view=2&id=611529			
Letter and Smiles (letters to the elderly)	<u>https://lettersandsmiles.wixsite.com/mysite/letter-to-</u> <u>elderly</u>			
Volunteer	https://www.volunteertoronto.ca/networking/ apply_now.aspx?view=2&id=616848			





Date: Sep 10 - Dec 17, 2020 Thursdays Time: 3:30-5:30pm Age: 14-22

Fee:FREE ONLINE REGISTRATION REQUIRED Registration: https://1OSgibson.com/online-registratior

Steeles Ave





DATE: Sep 19 - Dec 12, 2020 Saturdays Time: 10:00am - 11:30am Grade:9-12 Location: Online Registration:www.10Sgibson.com/ online-registration

Youth Success Initiatives HIGH SCHOOL STUDENTS.

#### **Gi iSSO**N CENTRE

105 Gibson Drive Markham ON L3R 3K7 905946.8787 info@105gibson.com www.105gibson.com



# LET'S HIKE

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Oct 3 2020 Sat

Oct 17 - Nov 7, 2020 Saturdays



Time: 9am -12pm Age: 1144-25 Fee: Free Registration: https://105gibson.com/online-registration

2Gi SON C E N T R E

105Gibson Drive Markham ON L3R 3K7 905,946.8787 info@105gibson.com www.105gibson.com



# MOBYSS VIRTUAL CLINIC

Even though the MOBYSS Bus is off the road for now, the team is still here for you.

Attend the Virtual Clinic to access free medical and

# counselling services in a con idential, virtual setting.

When? Thursdays 130 PM to 4 P.M. from October to December (No clinics: Oct. 22, Nov. 79 and Dec. 24)

Who? Anyone between the ages of I2 and 25, living in York Region and South Simcoe

What? Free. confidential counselling and medical services

### NO HEALTH CARD NEEDED

### To Attend:

https://cmha-yrzoom.usfj/95439191653 Meeting ID = 954 39191653 Password = 425127 (not always required)

> For More Information: 289-879-2376 mobyss@cmha-yronca



Canadian Mental Health Association York and South Sim Mental health for all







# WE ARE HERE FOR YOU!

At York Hills we know the impact COVID-19 has had on children, youth and families. We are aware of the effects this has had on the mental well-being of children and youth in our community and that families are looking for help.

We are the largest children's mental health agency in York Region and have been working hard to respond to the needs of our community. We have assessed our resources and have aligned our resources to meet the changing needs of our community.

#### What does this mean?

*Increased Brief Programming* – 3-6 sessions, with a focus on strengths, resources and solutions for children, youth and families.

Here to Help Line – quick access, single session therapy, Mondays, Wednesdays and Fridays from 9:30 to 4:00.

*New CBT Counselling Program* - evidence based programming designed to address anxiety, depression and behavior, coming soon!

Increased paren Vcaregiver groups with a unique emphasis on relationships and emotions.

Ongoing webinars - for parents and caregivers that aim to support the community in York Region.

Online therapeutic groups - for children and youth.

We remain committed to offering our full range of seNices and maintain a high standard of quality of care, which includes; Play Therapy Programming, longer term therapy, DBT programming, intensive quick access seNice, day treatment and Live in Treatment programming, ADR and specialized consultation and assessment.







Has your child been feeling anxious?

Haveyou noticed a change in their behaviour?

Not sure how to manage their emotions?

We can help.



Kids can't wait.

Call us to learn about how we can help you make sure their mental health is the best it can be. (9

;;905-503-9560 www.yorkhills.ca

We're here for you!

KK n.‼d 1



# Webinars/Groups

### September/October 2020

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at www.yorkhillscentre.eventbrite.com or scan the barcode!

Monday

October 19,2020 630 PM - 830 PM

Zoom Webinar

PLUGGED IN - TIPS AND STRATEGES FOR MANAGING SCREEN TIME (Michelle Holzapfel-Child and Family Therapist, Jelum Raval-Child and Family Therapist)

Does screen time in your home ever feel like scream time? **b t** hard to get your children unplugged? **f** you answered yes, the Plugged In workshop is for you. Topics include: Guidelines for healthy screen time use, understanding how screen time effects the brain, how your own technology use impacts children, and strategies for managing screen time.

CONSCIOUS PARENTING- RAISING TEENS (Abner Lico- Child and Family Therapist)

This workshop will provide an opportunity for parents to better understand their adolescent, and their role as parents. During our time together we will explore questions such as: How do Isee myself as a parent? Why do I choose to parent the way Ido? We will also look at what our triggers are and our reactions to these triggers.

Conscious parenting includes awareness of ourselves as individuals, as parents, and of our teenage child. We will look at the developmental period of adolescence and the specific factors that distinguish it from other developmental periods. The aim of this workshop is to introduce you to the concepts of conscious parenting. It is an invitation to become more aware, reflective, understanding and deliberate in the relationship with your child.

PARENTING TRAPS AND STRATEGIES-SMALL CHANGES, BIG DIFFERENCES (Uma Bhatt - Community Outreach Worker)

This workshop is informed by the evidence based parenting program Triple P. While parents hope to have positive relationships with their children, these relationships can sometimes be difficult to navigate when power struggles and challenging behaviours are encountered.

Come and learn about how to identify and respond to children in order to avoid power struggles, and develop strategies that will work for your family.

Tuesday October 20,2020 : PM : PM 6 30 830 zoom Webinar

Tuesday October 27,2020 630 PM-830 PM Zoom Webinar





# Webinars/Groups

# September/October 2020

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.

TRIPLE P FAMILY TRANSITIONS GROUP

partner. The group will be offered virtually.



Register at www.yorkhillscentre.eventbrite.com or scan the barcode!

#### TRIPLE P STANDARD GROUP - POSITIVE PARENTING PROGRAM

Triple P Positive Parenting Program Group is for parentings of children 2-12 years of age. During this 8 week virtual parenting group you will:

- Learning How to create a safe and positive learning environment for your child.
- Learn why your child responds the way they do, how to support them during challenging moments

Family Transitions Triple P is a positive parenting program that helps you protect your child

Family Transitions provider, you will explore everything from stress and anger management,

from the impact of divorce or separation. Over five weeks, in small group sessions with a

to how to communicate better with your ex-partner. Your Family Transitions Triple P

provider will give you new ideas about managing the day-to-day dramas and ongoing trauma of your situation. It is not a mediation program, so you attend without your ex-

- Learn how to build your children's self-esteem and sense of self- worth.
- Learn how to teach children to become independent problem solvers.



Thursday Evenings October 1,2020-November 12,2020 6:30 PM - 8:00 PM Zoom Meeting

To Registerforthis group please call York Hills Intake department (905) 503-9560

Thursday Evenings October 22, 2020-November 19, 2020 6:30 PM - 8:00 PM Zoom Meeting

To Register for this group please call York Hills Intake department (905) 503-9560







# Webinars

# November/December 2020

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at ww.vorkhillscentre.eventbrite.com or scan the barcode!

BRINGING YOUR FAMILY INTO FOCUS - PARENTING CHILDREN WITH ATTENTIONAL DIFFICULITES. (Laurie Blow and Rick Rotchild · htensive Child and Family Workers)	Tuesday November 10,2020
The goal of this workshop is to provide information to support parents/caregivers of	6:30 PM-8:30 PM
children and adolescents who experience challenges with focusing, attention, and	Zoom Webinar
managing impulsivity. The workshop will cover: What ADHD is and what it is not, how	
living with ADHD impacts your child and family, and will provide strategies to assist in	
managing and coping when your child struggles with attentional difficulties.	
UNDERSTANDING AND SUPPORTING CHILDREN WHO EXPERIENCE BEING BULLIED DISCUSSION (Uma Bhatt -Community Outreach Worker)	Tuesday November 17,2020
Is your child being bullied? Does your child bully others? Being bullied can be a very disturbing and often traumatic experience for children and their families. Come and learn	Zoom Webinar
what bullying behaviour is, how to recognize signs and symptoms indicating that a child may	
be bullied, or is engaging in bullying behaviour. Learn how to support, and empower your	
child.	
POSITIVE CONNECTIONS- HOW TO RESPOND TO YOUR CHILD IN POSITIVE AND EFFECTIVE WAYS (Larisa Levalds Child and Family Therapist, Cindy Inacio -0-6 Worker, Vibhuti Bhatt-Speech and Language Pathologist)	Thursday November 19,2020 100 PM-300 PM
This workshop isfor parents/caregivers who are looking for new ways to connect with their	Zoom Webinar
child(ren) aged $0-6$ . Caregivers will learn how to connect with their child(ren), and will gain	
a solid understanding of how, why, and when connections are optimal inorder to overcome	
behavioural challenges that child(ren) may be experiencing.	
SIBLING RIVALRY TO SBLING RELATIONSHIP (Uma Bhatt ·Community outreach Worker)	Tuesday
<ul> <li>Come and learn! This workshop will discuss what sibling rivalry is, what causes it, and what parents can do to build and strengthen this important relationship.</li> <li>Explore the meaning of fairness' from a child's perspective, and learn how to handle each child's feelings.</li> <li>Learn how to respond to challenging behaviours, and how to balance the parental role of beinga 'coach and a referee'.</li> <li>Learn the value of 'cooling off time', and teach your children to use 'quiet spaces' for calming and learning to work together with a sibling to problem solve.</li> <li>Learn ways to encourage positive and respectful sibling relationships.</li> <li>Learn additional ways to cope and manage when one/both siblings have mental health</li> </ul>	November 24,2020



# Webinars

### November/December 2020

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at <u>khillscentre.eventbrite.com</u> or scan the barcode!

### PARENTING DURING CHALLENGING TIMES (Nathalie Gonsalves - Community outreach Worker)

These uncertain times have disrupted our daily work, home and school routines. When we are experiencing difficulties and extraordinary challenges it can make all aspects of our lives a lot harder, including parenting. Learn strategies to help you build resilience and parent effectively while coping with uncertainty, anxiety and fear. Various approaches for managing your child's social and emotional adjustment to the new (temporary) normal will be explored. This workshop will:

November 26,2020 630 PM-830 PM Zoom Webinar

Wednesday

Zoom Webinar

Monday

December 2,2020 630 PM-830 PM

December 7,2020 630 PM-830 PM

Zoom Webinar

Thursday

- Encourage the use of various methods to help manage the anxiety in your child's life.
- Explore ways to keep your child engaged duringtheir time at home.
- Suggest useful tools that will help to answer children's questions effectively.
- Propose various ways to take care of yourself and embrace self compassion.

UNDERSTANDING THE BRAIN AND BEHAVIOUR DEVELOPMENT INCHILDREN WITH AUTISM SPECTRUM DISORDER (NeilWalker-Compass Manager)

This webinar will assist in understanding the brain development of children with Autism Spectrum Disorder, and will explain the cause of behaviours commonly experienced. Participants will learn strategies that can be used to support and manage the challenges that children with ASD often face.

UNDERSTANDI NG AND MANAGING CHALLENGING BEHAVIOURS (Angie Chan and Vanessa Suarez - Child and Family Therapists)

Understanding challenging behaviours and where they stem from is the first step to being able to better manage them. This workshop will focus on how behaviours function in a child's brain and will explore the use of tools within the parent/child relationship to manage challenging behaviours.

Visit our website for new events, webinars and information!

FOLLOW us on Facebook, Instagram, Twitter and Eventbrite for the latest!

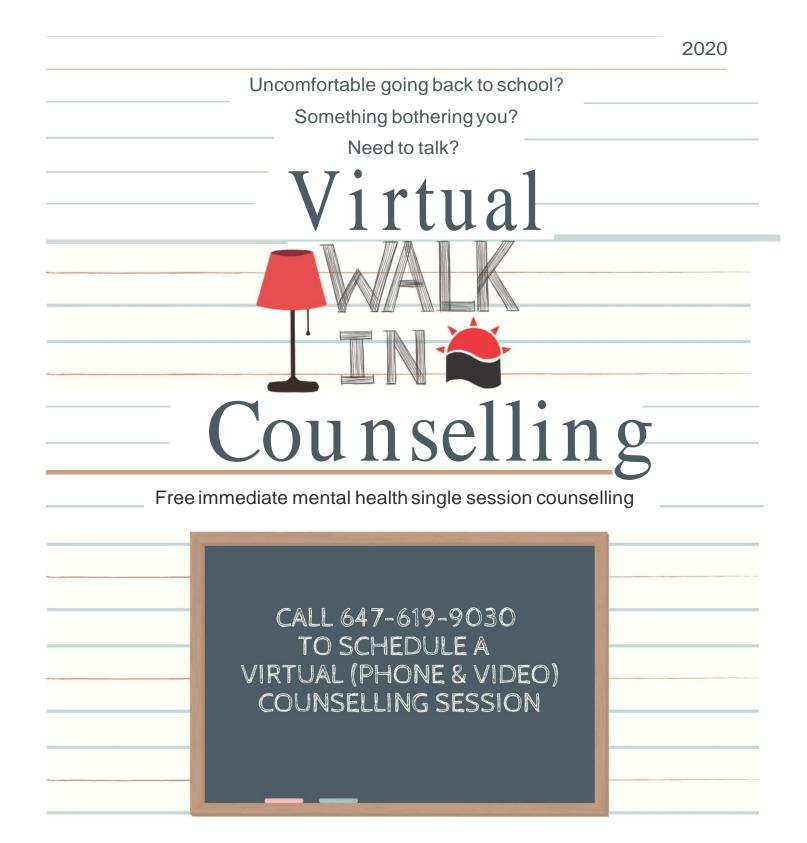
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	-		
	UnitedWay		GROUP CALENDAR FALL 2020
	All Groupsare an 109 LGBTTQ positive space		EASE CALL TO CONFIRM START DATES AS HEY ARE SUBJECT TO CHANGE DUE TO INSUFFICIENT REGISTRATION
	PARENTING		
	Triple P 0-12 (parents of children 0	Triple P stands for Positive Parenting Prog -11) be effective in providing parents with tools emotional problems. Pre-group interview re	•
	English	Date: 8 Thursdays, October 22 to December 10,	2020 Time:6:30 - 8 00 pm
	Farsi	Date: 8 Wednesdays Winter 2021 TBD	Time: 5:30 - 7:00 pm
		Date: 8 Wednesdays, October 21 to December	-
	Mandarin	Date: 8 Sundays October 25 to December 13, 2 Location: FSYR Zoom Video Meetings	2020 Time:2 30 - 4:00 pm Fee: FREE with purchase of workbook \$35.00
	Triple P Teen (parents of Teens 12-1		-
	English	Date: 8 Mondays, fall TBD, 2020	Time: 6:00 - 8 00 pm
	Spanish	Date: 8 Wednesdays, October 14to December Location: FSYR Zoom Video Meetings	2,2020 Time:6 00 - 7 30 pm Fee: FREE with purchase of workbook \$35.00
	Family Transitions Triple P	or divorce. This course will address self care	nsition for <u>parents</u> going through separation e and is designed to help a parent manage the es relationship breakdown. Pre-Group interview Online.
	English	Date: 7 Wednesdays, Fall 2020 TBC Location: FSYR Zoom Video Meetings	Time: 6:00 - 8 00 pm Fee: FREE with purchase of workbook \$35.00
F	Parenting for Life		nts learn more positive ways to think about and inicate with their child more effectively, learn re many other strategies to enhance
	English	Date: 8Wednesdays, October 21 to December Location: FSYR Zoom Video Meetings	er 9, 2020 Time: 6:00 - 8:30 pm Fee: \$140 or Free to those who qualify with a \$20 registration fee

		GROUP CALENDAR FALL 2020 PRE REGISTRATION REQUIRED
All Groups are an LGBTTQ positive spa		
Groups for Wome	n.	
Farsi Women's Support Group	This 6 week program will focus on self-confide parenting, healthy relationships, immigration wellness and community resources.	
	Date: 6 Thursdays, October 8 to November 12, 202 Location: FSYR Zoom Video Meetings	20 Time: 5:30 - 7:00 pm Fee: FREE
Raising Hope	An 8 week course to build resiliency. Learn and	-
	techniques to build confidence and assertivene	
	overcome codependence and learn the advanta Date: 8 Tuesdays, October 27 to Dec 15, 2020 Location: FSYR Zoom Video Meeting	Time: 9 30 to 11:OD am Fee \$120.00 (or Free to those who qualify with a \$20.00 registration fee
Groups for Men a	nd Women	
Farsi Emotion Regulation Skills Group	increase avvareness and understanding of em	ulating emotions hard and how to
	to help change emotional responses. Date: 4 Thursdays, November 19 to December 10, Location: FSYR Zoom Video Meetings	2020 Time: 5:30 - 7:00 pm Fee: FREE
LGBTTQ Groups		
TRANSGENDER S	SUPPORT GROUP	
<b>.</b> .	yone experiencing or questioning changes on th variety of issues such as coming out, health and	<b>o</b>
	nships. This group is ongoing Register for zoom	-
0	Date: Third Wednesday of each month,	
	Location: FSYR Zoo m Video Meetings	Fee: FREE
SOUTHASIANOUTF South Asian Womer		
Ongoing programs fo	r South Asian Women. Topics will include Parenting, Yoga & Exercise, Employment and other topics that r	
Hindi,Punjabi, Urdu	-	
	Date: Tuesdays, to December,2020 Location: FSYR Zoom Meeting TO REGISTER: Call Leena 416-818-7075 or E	Time: 6:00 - 8:00 pm Fee: FREE
Urdu, Punjabi, Hindi		Time: 12:00 am -2 00 pm
	Location:FSYR Zoo m Meeting TO REGISTER: Call Aisha at 647-545-8241	Fee: FREE
Tamil & English Wo	men's Support and Parenting Groups	
	Date: Thursdays TBD 2020	Time: 530 - 7:30 pm
	Location: FSYR Zoom Meeting	Fee: FREE
	ForInformation: CallSudhaat905-415-9719 or E	mail: scoomarasamy@fsyr.ca



Offered in Cantonese, Mandarin, English for age 12 to 25



416-493-4242 www.hongfook.ca

United Way Greater Toronto





#### How can I have a session?

Please call647-619-9030 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.

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

Your session willbe 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 callfrom a Clinician named "No Caller ID" at your scheduled time.

#### When can I come to the Walk-In in-person again?

We are closely following provincial re-opening guidelines. Announcements willbe made on our website and social media when in-person service is available again. For now, allservices continue to be offered virtually first.

#### What Languages will be offered?

Cantonese. Mandarin 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.

w.hongfook.ca

MENTAL HEALTH ASSOCIATION



#### UNIONVILLE HIGH SCHOOL NDIGE NOUS EDUCATION BULLETIN

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#### FIRST NATION COMMUNILESIN TURIE ISLANO: UCLU IT FIRST NATION

Located on the \Yest coast of Vancouver Island the YuU'lu]. Government - Uduelet Fist Nation (YG) tradional tentory spans much of the area on the north end of Barkley Sound Cruding \Vhatis now the Batrict of Voluet. The community of Hstacuhdds a population of approximately 200 residNts and isbcated across the harbour from Voluelet. (from www.ufrca)

#### $INDIGENOUS\,LANGUAGES\,IN\,TURnE\,ISIANO:Oines1.1t1M$

The Chipe\\'Yan,or Oih.es1.11ne in their language an: I also ulled Dene occaiion alry, is a Northern Athabaskan targvage of Can ada. The Chipe\\'Yan people are from many can adian pr, vin ces, such as s.askatchenan, Albert a, Manitoba, and NOrti'l\\'est Territones. To the south of the Cflipewyan is the Cree, and to the west, the Slavey. Above them is the Dogrib and to the ea!t is the Arctic colds. There are many elckiTi in various communities, and in some communice; yout\I children rtill learn Chipe>\|)'an as a first language.l\ilany different thes are bunging back the language in early we for youths, especially in literacy. A recent census in 2016 recorded about 12,9SO speakers out of 23,00) registered thal members.

First European contact oclaured during the 1700's when the Hudson Bay Company for furtrapping encountered the the Dene pceople, led by a Dene vloman. Eventually, the Hudlon *Bay* company and the Dene pceople made relacons to trade furs. The Chipevl)'an eventually created a business relation with the company, and slarted to have competing relations/\ith the Cee to the south and the Inuit in thenorth. Meanwhde, di;eases brought by the Europeans such as smallpox decimate: I the Dene population.O\lring the 1800's the Dene entered political treaty proclas.es with the Canadian government. As a res.ul;many different communities were give n reserve land.During this period, the Canadian government/Vas also conducting the Indian boarding schools, where many young indigenous children were taken to boarding schools to discourage their native cultlre and langu age, conforming them to European traditions.Cluring the 20th century, it was difficult for the Dene peopte tokeep their land as corporations and industries began to settle on their ncave lands. However, today, there are many recognized communities with reserves.

In 2016, there were 23,000 registered tribal member of Clene descent. In many reserve schools, young children are learning the Dene language as a first language. There are numerous communities that are recognized for the Dene people, scattered all around Alberta, Manitoba, and Sasl atche-yan. (from WVIW reviving lost languages week by com

#### FIRST NATION ARTISTS: Bill R eid

The. & ill Reid Galle: 'Jof Northweit Coart 6rt 'o'ai create-d in 2005 tohol 10ur hisl g-aoc:y artd ce'eb la e th.e di.erse indigenous cult1r.esof the Northweit Coart. Bill Re:d inf med Haida trai:ftlon swith his O|Vn modemirt ae\$the c to create bolk e.l l&uisitely ima laswel as mO!lumen al¥ork tha ca:itured he iiublic s ima, gination, and in roduced a timess vocab!Jaly to the modern world.lfTom wwwbiUreidplleryca )



#### CALLS TO ACTION (FROM THE TRUTH A ND RECONCLIATION REPORT, 2015)

#7.We call upon the federal governme to develop v1th Aboriginal groups a joint strategy to eliminate educational and employment gdps bet\veen Aboriginal and non-Aboriginal Canadans.

Larry Beckwith + Unionville High School + larry.beckwith@yrdsb.ca + 905-479-2787 x 538