



# UHS Parent Weekly Bulletin –Vol.8

Friday, October 23, 2020



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**

[@UHSupdates](#)

Rotation - 3		Oct 13 - Oct 26		Rotation - 4		Oct 27 - Nov 9	
In Person	Period 3	In Person	Period 4	In Person	Period 4		
8:30-11:00 AM		8:30-11:00 AM		8:30-11:00 AM			
11:00 -12:30 PM	Transportation and Lunch	11:00 - 12:30 PM	Transportation and Lunch	11:00 - 12:30 PM	Transportation and Lunch		
Synchronous Learning	Period 4	Synchronous Learning	Period 3	Synchronous Learning	Period 3		
12:30-1:20 PM		12:30-1:20 PM		12:30-1:20 PM			
Synchronous Learning	Period 1	Synchronous Learning	Period 1	Synchronous Learning	Period 1		
1:20-2:10		1:20-2:10		1:20-2:10			
Synchronous Learning	Period 2	Synchronous Learning	Period 2	Synchronous Learning	Period 2		
2:10—3:00 PM		2:10—3:00 PM		2:10—3:00 PM			
<b>3B</b> <sup>26</sup>	Rotation #4 <b>4A</b> <sup>27</sup>	<b>4B</b> <sup>28</sup>	<b>4A</b> <sup>29</sup>	<b>4B</b> <sup>30</sup>			
<b>4A</b> <sup>2</sup>	<b>4B</b> <sup>3</sup>	<b>4A</b> <sup>4</sup>	<b>4B</b> <sup>5</sup>	<b>4A</b> <sup>6</sup>			
<b>4B</b> <sup>9</sup>	Rotation #5 <b>1A</b> <sup>10</sup> (Day 1 T2 Careers/Civics)	<b>1B</b> <sup>11</sup>	<b>1A</b> <sup>12</sup>	<b>PA DAY</b> <sup>13</sup>			

## OCTOBER EVENTS

Monday, October 26	<ul style="list-style-type: none"> <li>Rotation 3 Ends</li> <li>School Council (7:00 PM)</li> </ul>
Tuesday, October 27	<ul style="list-style-type: none"> <li>Rotation 4 Begins</li> </ul>
Wednesday, October 28	
Thursday, October 29	<ul style="list-style-type: none"> <li>Parent/Guardian Virtual Interviews</li> <li>Schools distribute OUAC PINS electronically</li> </ul>
Friday, October 30	<ul style="list-style-type: none"> <li></li> </ul>

## NOVEMBER EVENTS

Monday, November 2	•
Tuesday, November 3	<ul style="list-style-type: none"> <li>• STEM Guest Speaker from IBM (3:15 PM)</li> <li>• Arts Unionville Virtual Information Session (7:00PM)</li> </ul>
Wednesday, November 4	•
Thursday, November 5	•
Friday, November 6	•
Monday, November 9	• Rotation 4 Ends
Tuesday, November 10	<ul style="list-style-type: none"> <li>• Rotation 5 Begins</li> <li>• Semester 1 Term 2 Begins</li> </ul>
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) ELL Anthology Launch



yung\_pueblo

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essential lessons from 2020:

stand up for what is right  
 prioritize your mental health  
 being flexible brings success  
 your voice makes a difference  
 do not hide from your emotions  
 hard moments do not last forever  
 healing yourself makes life better  
 pursue your goals no matter what  
 embracing change eases your mind

yung pueblo

# COVID-19 school and child care screening tool

Version 2: October 1, 2020

Children must screen for COVID-19 every day before going to school or child care.  
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.






<b>Fever and/or chills</b> (temperature of 37.8°C/100.0°F or greater)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<b>Cough</b> (more than usual if chronic cough) including croup (barking cough, making a whistling noise when breathing) Not related to other known causes or conditions (e.g., asthma, reactive airway)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<b>Shortness of breath</b> (dyspnea, out of breath, unable to breathe deeply, wheeze that is worse than usual if chronically short of breath) Not related to other known causes or conditions (e.g., asthma)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<b>Decrease or loss of smell or taste</b> (new olfactory or taste disorder) Not related to other known causes or conditions (e.g., nasal polyps, allergies, neurological disorders)	<input type="checkbox"/> Yes	<input type="checkbox"/> No

2. 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.

<b>Sore throat</b> (painful swallowing or difficulty swallowing) Not related to other known causes or conditions (e.g., post nasal drip, gastroesophageal reflux)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<b>Stuffy nose and/or runny nose</b> (nasal congestion and/or rhinorrhea) Not related to other known causes or conditions (e.g., seasonal allergies, returning inside from the cold, chronic sinusitis unchanged from baseline, reactive airways)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<b>Headache</b> that is new and persistent, unusual, unexplained, or long-lasting Not related to other known causes or conditions (e.g., tension-type headaches, chronic migraines)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<b>Nausea, vomiting and/or diarrhea</b> 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)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<b>Fatigue, lethargy, muscle aches or malaise</b> (general feeling of being unwell, lack 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)	<input type="checkbox"/> Yes	<input type="checkbox"/> No

3. Has your child travelled outside of Canada in the past 14 days?  
 Yes  No
4. Has your child been identified as a close contact of someone who is confirmed as having COVID-19 by your local public health unit (or from the COVID Alert app if they have their own phone)?  
 Yes  No
5. Has your child been directed by a health care provider including public health official to isolate?  
 Yes  No

### Results of Screening Questions

-  If you answered "YES" to any of the symptoms included under question 1:
  - Your child should stay home to isolate 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.
-  If you 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 school/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 health 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 isolate 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.
-  If you 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 your local public health unit or your child's health care provider for further advice.
-  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: \_\_\_\_\_



# NEW ITEMS

## School Council Reminder

Just a friendly reminder that the School Council Meeting will take place on Monday, October 26 at 7:00 p.m. Looking forward to seeing all our parents/guardians virtually. An exclusive virtual link will be sent to your email accounts.

## Community Involvement Hours

For the 2020-2021 school year, the Ministry of Education is revising the 40-hour community involvement graduation requirement by providing increased flexibility in how hours can be earned for all students, so that they will not be adversely impacted by the ongoing challenges related to COVID-19.

### Students Graduating in the 2020-2021 School Year:

The community involvement graduation requirement will be reduced to a minimum of **20 hours** of community involvement activities. This recognizes that graduating students have had barriers to earning their community involvement hours last school year and there may be continued barriers this school year.

### All Secondary Students in the 2020-2021 School Year:

The following opportunities will be considered eligible for the school year;

- At the principal's discretion, schools may waive the restrictions that do not allow students to earn hours:
  - ◇ During the time allotted for the instructional program on a school day; or
  - ◇ For duties normally performed in the home (e.g., walking a younger child to and from school, helping younger siblings with school work).
- Students aged 14 years and older can count up to a maximum of 10 hours from paid employment towards their earned hours at the discretion of the principal.
  - ◇ Students counting paid employment towards their graduation requirement will be required to complete a reflection exercise indicating how their work contributed to the service for others.

Students should continue to seek out and accumulate community involvement hours in accordance with school board policies and procedures, keeping in mind local public health unit recommendations.

See the following page for virtual opportunities.

Please be advised that it is the responsibility of the student and parent/guardian to assess the volunteer opportunity to ensure the safety of the student even when the opportunity is promoted by the school.

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.

## Virtual Opportunities

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

## Scholarship News

Continue to check the Guidance Moodle for upcoming scholarship information and application details, including the Scholarship Report.

### Lester B Pearson Scholarship for International Students

School nomination deadline: November 13th, 2020 (due to Ms. Hawkins: [stephanie.hawkins@yrdsb.ca](mailto:stephanie.hawkins@yrdsb.ca) by 3 pm

#### Eligibility

To be eligible to apply to the Pearson International Scholarship, you must be:

- an international student (i.e. a non-Canadian requiring a study permit);
- currently in your final year of secondary school or have graduated no earlier than June 2020;
- beginning your studies at the University of Toronto in September 2021 (students already attending post-secondary studies cannot be considered; students starting their studies in January 2021 at another post-secondary institution cannot be considered)

Student OUAC application deadline: December 14, 2020 (Please note this is the final date to submit an application to the OUAC; however, it is recommended you apply for admission through the OUAC before November 7, 2020 as spaces in programs fill up quickly and popular programs may close early.)

Student scholarship application deadline: January 18, 2021

### 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 hours.

## 2019-2020 Graduation

We would like our graduates to be aware of the following preparations and activities:

- Graduates will be contacted soon about collecting graduation items (i.e. diploma, composite photo, yearbook, certificates, etc.). A Google Form will be shared that includes a curb-side pick-up appointment schedule.
- A refund of the graduation fee has already been processed using School Cash Online.
- Refund cheques for those students who purchased a parking pass will be included in the graduation items package.
- We are currently producing a graduation ceremony video that is scheduled to be broadcast on Wednesday, November 25. A consent/privacy form will be shared regarding the use of graduates' names and photos.

Last year's graduates should continue to check their gapps email for information concerning the above graduation activities.

## 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.



The banner features a red header with the York Region logo on the left and the text 'COMING SOON SECONDARY Arts SCHOOL INFORMATION NIGHTS' on the right. Below the header, it states 'YRDSB OFFERS REGIONAL ARTS SCHOOLS FOR SECONDARY STUDENTS WHO ARE COMMITTED TO ACHIEVING EXCELLENCE IN THE ARTS'. The central part of the banner is a collage of images representing various art forms: Drama (a stage performance), Music (a band playing), Dance (a group of dancers), and Visual art (a person painting). The words 'Drama', 'Music', 'Dance', and 'Visual art' are written in a large, white, cursive font over the collage.

PLEASE VISIT YOUR REGIONAL ARTS' PAGE FOR MORE INFORMATION ON PROGRAMS, INFORMATION NIGHTS AND HOW TO APPLY

**ARTS**  
MACKENZIE

[Alexander Mackenzie HS](#)

Thursday Nov. 5th

**ARTS**  
HURON

[Huron Heights SS](#)

Thursday Nov. 5th

**ARTS**  
UNIONVILLE

[Unionville HS](#)

Tuesday Nov. 3rd

**ARTS**  
Westmount

[Westmount CI](#)

Thursday Nov. 5th

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

# ONGOING ITEMS

## Adult ESL Programs

Please click the following link for more information on adult ESL programs: [Adult Classes Information](#)  
Chinese Translation: [Adult Classes Information - Chinese Version](#)

## Cleaning Our Schools

The Board follows the recommendations of [Public Health Ontario](#), 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 29

Schools distribute OUAC (Ontario Universities Application Centre) PINS (Personal Identification Numbers) electronically to students via GAPPS email.

### 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 Counselor.

### 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: <https://moodle2.yrdsb.ca/login/index.php>

Search: UHS Guidance

Username: UHS student number

Password: UHS login

## 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 ([nellie.simtikidis@yrdsb.ca](mailto:nellie.simtikidis@yrdsb.ca)) first. Ms. Simtikidis will schedule a time with the student as to when the documents can be picked up.

## 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](mailto:michelle.farwell@yrdsb.ca)

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

Ms. Hawkins (Mc - Wr): [Stephanie.hawkins@yrdsb.ca](mailto:Stephanie.hawkins@yrdsb.ca)

Mr. Tam (Wu - Z): [jonathan.tam@yrdsb.ca](mailto: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](mailto: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 [priscilla.chan@yrdsb.ca](mailto:priscilla.chan@yrdsb.ca). 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 [patrick.belmonte@yrdsb.ca](mailto:patrick.belmonte@yrdsb.ca). 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](#)

## Memory As Legacy Series: Holocaust Education

Please click the links below for more information on Memory As Legacy Series:

[Memory As Legacy Series Flyer](#)

[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](#)

## Start Up and Verification Forms

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 ([Unionville.hs@yrdsb.ca](mailto:Unionville.hs@yrdsb.ca)) 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



## 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

## 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.](#)

## 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 28<sup>th</sup> **OR** Thursday October 29<sup>th</sup>

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](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](mailto: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.

## 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 <https://ta.yrdsb.ca/parents>. 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.

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

## Volunteer Hours

We hope this correspondence finds you and your family well.

For the 2020-2021 school year, the Ministry of Education has revised the 40-hour community involvement graduation requirement by providing increased flexibility in how hours can be earned for all students, so that they will not be adversely impacted by the ongoing challenges related to COVID-19.

Students are encouraged to continue working on completing their community involvement hours. 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 digital form. 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](mailto:michelle.farwell@yrdsb.ca)

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

Ms. Hawkins (Mc - Wr): [stephanie.hawkins@yrdsb.ca](mailto:stephanie.hawkins@yrdsb.ca)

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

Ms. Simtikidis (Guidance Secretary): [nellie.simtikidis@yrdsb.ca](mailto:nellie.simtikidis@yrdsb.ca)

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

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

# A Time Together

While we're keeping physical distancing in the current situation, let's get together to play badminton and table tennis!



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

**Fee:** FREE  
**ONLINE REGISTRATION REQUIRED**  
**Registration:**  
<https://105gibson.com/online-registration>  
**Participants bring your own gears**

# Youth Success Initiatives



**DATE:** Sep 19 - Dec 12, 2020 Saturdays  
**Time:** 10:00 am - 11:30 am  
**Grade:** 9 - 12  
**Location:** Online  
**Registration:** [www.105gibson.com/online-registration](http://www.105gibson.com/online-registration)

Youth Success Initiatives offers **FREE** tutoring on Math, Science and ESL for **HIGH SCHOOL STUDENTS**. Register online!



105 Gibson Drive  
 Markham ON L3R 3K7  
 905.946.8787  
 info@105gibson.com  
 www.105gibson.com



Get hands-on and transform "trash" like plastic bags or an old shirt, into treasure!

# ONE'S TREASURE

An online workshop on repurposing used items into something fun and functional

Term 1: Sept 12 - Oct 3, 2020 Saturdays  
 Term 2: Oct 31 - Nov 21, 2020 Saturdays

Time: 2-4pm

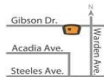
Age: 14+

Fee: \$10 per 4 week term

Registration: [www.105gibson.com/online-registration](http://www.105gibson.com/online-registration)



105 Gibson Drive  
 Markham ON L3R 3K7  
 905.946.8787  
 info@105gibson.com  
 www.105gibson.com



# LET'S HIKE

This program is for young people to go hiking together: appreciate the nature, strengthen our bodies and have fun with friends!



**TERM 1** Sep 12 - Oct 3, 2020 Saturdays

**TERM 2** Oct 17 - Nov 7, 2020 Saturdays

Time: 9am - 12pm

Age: 14 - 25

Fee: Free

Registration: <https://105gibson.com/online-registration>



105 Gibson 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 confidential, virtual setting.

**When?** Thursdays 1:30 PM to 4 P.M. from October to December  
(No clinics: Oct. 22, Nov. 19 and Dec. 24)

**Who?** Anyone between the ages of 12 and 25, living in York Region and South Simcoe

**What?** Free, confidential counselling and medical services

**NO HEALTH CARD NEEDED**

**To Attend:**

<https://cmha-yr.zoom.us/j/95439191653>

Meeting ID = 954 3919 1653

Password = 425127 (not always required)

**For More Information:**

289-879-2376

mobyss@cmha-yr.on.ca



Canadian Mental  
Health Association  
York and South Simcoe  
*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 parent/caregiver 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 services and maintain a high standard of quality of care, which includes; Play Therapy Programming, longer term therapy, DBT programming, intensive quick access service, day treatment and Live in Treatment programming, ADR and specialized consultation and assessment.

**General Inquiries**  
**905-503-9560**

**Email**  
**[yorkhills@yorkhills.ca](mailto:yorkhills@yorkhills.ca)**

**Here to Help Line**  
**905-503-9561**



**Has your child been feeling anxious?**

**Have you 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.**



**905-503-9560**

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

**We're here for you!**

  
**york hills**  
Centre for Children, Youth and Families

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](http://www.yorkhillscentre.eventbrite.com)  
or scan the barcode!

**BRINGING YOUR FAMILY INTO FOCUS — PARENTING CHILDREN WITH ATTENTIONAL DIFFICULTIES.**

(Laurie Blow and Rick Rotchild - Intensive Child and Family Workers)

The goal of this workshop is to provide information to support parents/caregivers of children and adolescents who experience challenges with focusing, attention, and 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.

**Tuesday**  
**November 10, 2020**  
**6:30 PM — 8:30 PM**  
**Zoom Webinar**

**UNDERSTANDING AND SUPPORTING CHILDREN WHO EXPERIENCE BEING BULLIED DISCUSSION**

(Uma Bhatt - Community Outreach Worker)

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 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.

**Tuesday**  
**November 17, 2020**  
**6:30 PM — 8:30 PM**  
**Zoom Webinar**

**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)

This workshop is for parents/caregivers who are looking for new ways to connect with their 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 in order to overcome behavioural challenges that child(ren) may be experiencing.

**Thursday**  
**November 19, 2020**  
**1:00 PM — 3:00 PM**  
**Zoom Webinar**

**SIBLING RIVALRY TO SIBLING RELATIONSHIP** (Uma Bhatt - Community Outreach Worker)

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.

- Explore the meaning of 'fairness' from a child's perspective, and learn how to handle each child's feelings.
- Learn how to respond to challenging behaviours, and how to balance the parental role of being a 'coach and a referee'.
- 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.
- Learn ways to encourage positive and respectful sibling relationships.
- Learn additional ways to cope and manage when one/both siblings have mental health challenges.

**Tuesday**  
**November 24, 2020**  
**6:30 PM — 8:30 PM**  
**Zoom Webinar**





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](http://www.yorkhillscentre.eventbrite.com)  
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:

- Encourage the use of various methods to help manage the anxiety in your child's life.
- Explore ways to keep your child engaged during their 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.

Thursday  
November 26, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

**UNDERSTANDING THE BRAIN AND BEHAVIOUR DEVELOPMENT IN CHILDREN WITH AUTISM SPECTRUM DISORDER** (Neil Walker - 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.

Wednesday  
December 2, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

**UNDERSTANDING 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.

Monday  
December 7, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

Visit our [website](#) for new events, webinars and information!

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



eventbrite





## GROUP CALENDAR FALL 2020 PRE REGISTRATION REQUIRED

All Groups are an  
LGBTQ positive  
space

PLEASE CALL TO CONFIRM START DATES AS  
THEY ARE SUBJECT TO CHANGE DUE TO  
INSUFFICIENT REGISTRATION

### PARENTING

**Triple P 0-12** (parents of children 0-11) Triple P stands for Positive Parenting Program. This unique program has been proven to be effective in providing parents with tools to help their children with behavioural and emotional problems. Pre-group interview required. Call Janice at 905-895-2371.

<b>English</b>	<b>Date:</b> 8 Thursdays, October 22 to December 10, 2020	<b>Time:</b> 6:30 - 8:00 pm
<b>Farsi</b>	<b>Date:</b> 8 Wednesdays Winter 2021 TBD	<b>Time:</b> 5:30 - 7:00 pm
<b>Cantonese</b>	<b>Date:</b> 8 Wednesdays, October 21 to December 9, 2020	<b>Time:</b> 7:30 - 9:00 pm
<b>Mandarin</b>	<b>Date:</b> 8 Sundays October 25 to December 13, 2020	<b>Time:</b> 2:30 - 4:00 pm
	<b>Location:</b> FSYR Zoom Video Meetings	<b>Fee:</b> FREE with purchase of workbook \$35.00

**Triple P Teen** (parents of Teens 12-17) Triple P stands for Positive Parenting Program. This unique program has been proven to be effective in providing parents with tools to help their teens with behavioural and emotional problems. Pre-group interview required. Call Janice at 905-895-2371.

<b>English</b>	<b>Date:</b> 8 Mondays, fall TBD, 2020	<b>Time:</b> 6:00 - 8:00 pm
<b>Spanish</b>	<b>Date:</b> 8 Wednesdays, October 14 to December 2, 2020	<b>Time:</b> 6:00 - 7:30 pm
	<b>Location:</b> FSYR Zoom Video Meetings	<b>Fee:</b> FREE with purchase of workbook \$35.00

**Family Transitions Triple P** This 7 week group promotes a healthy transition for parents going through separation or divorce. This course will address self care and is designed to help a parent manage the anger and resentment that often accompanies relationship breakdown. Pre-Group interview required; call Janice at 905-895-2371. Apply Online.

<b>English</b>	<b>Date:</b> 7 Wednesdays, Fall 2020 TBC	<b>Time:</b> 6:00 - 8:00 pm
	<b>Location:</b> FSYR Zoom Video Meetings	<b>Fee:</b> FREE with purchase of workbook \$35.00

**Parenting for Life** An 8 week support program that helps parents learn more positive ways to think about and act on their child's behaviour, how to communicate with their child more effectively, learn positive approaches to discipline, and explore many other strategies to enhance the parent child relationship

<b>English</b>	<b>Date:</b> 8 Wednesdays, October 21 to December 9, 2020	<b>Time:</b> 6:00 - 8:30 pm
	<b>Location:</b> FSYR Zoom Video Meetings	<b>Fee:</b> \$140 or Free to those who qualify with a \$20 registration fee





## GROUP CALENDAR FALL 2020 PRE REGISTRATION REQUIRED

All Groups are an  
LGBTQ positive space 

### Groups for Women

**Farsi Women's Support Group** This 6 week program will focus on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self care, health & wellness and community resources.

**Date:** 6 Thursdays, October 8 to November 12, 2020 **Time:** 5:30 - 7:00 pm

**Location:** FSYR Zoom Video Meetings **Fee:** FREE

**Raising Hope** An 8 week course to build resiliency. Learn and Practice CBT, mindfulness and centering techniques to build confidence and assertiveness, conquer anxiety and depression, overcome codependence and learn the advantages of goal setting.

**Date:** 8 Tuesdays, October 27 to Dec 15, 2020 **Time:** 9:30 to 11:00 am

**Location:** FSYR Zoom Video Meeting **Fee:** \$120.00 (or Free to those who qualify with a \$20.00 registration fee)

### Groups for Men and Women

**Farsi Emotion Regulation Skills Group** This 4 week group will review the purpose of emotions and emotional reactions. This group will explore factors that make regulating emotions hard and how to increase awareness and understanding of emotions. This group will introduce skills to help change emotional responses.

**Date:** 4 Thursdays, November 19 to December 10, 2020 **Time:** 5:30 - 7:00 pm

**Location:** FSYR Zoom Video Meetings **Fee:** FREE

### LGBTQ Groups

#### TRANSGENDER SUPPORT GROUP

A free group for anyone experiencing or questioning changes on the gender spectrum. Discussions include but are not limited to a variety of issues such as coming out, health and hormones, dealing with discrimination, negotiating relationships. This group is ongoing. Register for zoom ID by calling Barb Urman at 1-866-415-9723

**Date:** Third Wednesday of each month, **Time:** 7:00 - 8:30pm

**Location:** FSYR Zoom Video Meetings **Fee:** FREE

### SOUTH ASIAN OUTREACH

#### South Asian Women's Support Groups:

Ongoing programs for South Asian Women. Topics will include Parenting, Health & Nutrition, Family Stress, Immigration & Legal Information, Yoga & Exercise, Employment and other topics that matter to you and your families.

#### **Hindi, Punjabi, Urdu & English**

**Date:** Tuesdays, to December, 2020 **Time:** 6:00 - 8:00 pm

**Location:** FSYR Zoom Meeting **Fee:** FREE

**TO REGISTER:** Call Leena 416-818-7075 or Email: lnayyar@fsyr.ca

#### **Urdu, Punjabi, Hindi**

**Date:** Thursdays, to December 2020 **Time:** 12:00 am - 2:00 pm

**Location:** FSYR Zoom Meeting **Fee:** FREE

**TO REGISTER:** Call Aisha at 647-545-8241

#### **Tamil & English Women's Support and Parenting Groups**

**Date:** Thursdays TBD 2020 **Time:** 5:30 - 7:30 pm

**Location:** FSYR Zoom Meeting **Fee:** FREE

**For Information:** Call Sudha at 905-415-9719 or Email: scoomasamy@fsyr.ca

Uncomfortable going back to school?

Something bothering you?

Need to talk?

Virtual  
WALK  
IN   
Counselling

Free immediate mental health single session counselling

CALL 647-619-9030

OR

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

TO BOOK YOUR  
VIRTUAL (PHONE & VIDEO)  
COUNSELLING SESSION

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



VIRTUAL

# COUNSELLING

**How can I have a session?**

Please call 647-619-9030 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.

**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 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，英语

12至25岁



网上

# 辅导服务

## 我该如何预约？

请致电647-619-9030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，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。



HONG FOOK 416-493-4242 www.hongfook.ca



United Way  
Greater Toronto

Canada







# YOUTH OUTREACH PROGRAM

### Our mission:

We work with Asian communities (Chinese, Vietnamese, Korean and Cambodian) to keep people mentally healthy and manage mental illness from recovery to wellness, through promotion and prevention, treatment, capacity building and advocacy.

### Our services include:

- Case Management (Individual Support)
- Prevention and Promotion Program
- Support within Housing
- Self-Help Program
- Family Support Program
- Asian Community Psychiatric Clinic/ HF Connecting Health Nurse Practitioner-Led Clinic
- Mental Health Training for Settlement Workers
- Volunteer Development
- Youth Outreach Program

## LOCATIONS



Scarborough

**Scarborough Head Office:**  
3320 Midland Ave., Suite 201  
Scarborough, ON M1V 5E6  
T: 416.493.4242  
F: 416.493.2214



Downtown

**Downtown Branch:**  
130 Dundas St. W., 3rd Floor  
Toronto, ON M5G 1C3  
T: 416.493.4242  
F: 416.595.6332



North York  
(Youth Outreach Program)

**North York Branch:**  
1751 Sheppard Ave. E., G/F  
North York, ON M2J 0A4  
T: 416.493.4242  
F: 416.492.0644



Scarborough

**HF Connecting Health Nurse Practitioner-Led Clinic**  
3280 Midland Ave., Unit 22  
Scarborough, ON M1V 4W9  
T: 416-479-7600  
F: 416-479-7601  
www.hfchnplc.ca

www.hongfook.ca  
info@hongfook.ca



A part of the East Quadrant Team  
Funded by the Ministry of Children and Youth Services

www.hongfook.ca  
info@hongfook.ca



## Who is eligible?

- Youth facing challenges in the areas of social, behavioural, economical, educational, and family relationships
- Aged 12-21 living in North York/ Scarborough
- Chinese background or origin
- Mandarin, Cantonese or English speaking

## Goals of the Youth Outreach Program

- Help youth reach their full potential
- Foster youth's involvement in civic participation and contribution
- Link youth to resources and opportunities in the community
- Work with community partners to enhance their capacity to serve youth and their families

A part of the East Quadrant Team  
Funded by the Ministry of Children and Youth Services

## What does the Youth Outreach Worker do?

### LOCATE

- Reach out to youth and their families in the community
- Attend community events, conduct workshops, and support programs in the community

### ENGAGE

- Build relationships with youth and their families
- Engage youth and their families to identify their needs, interests and strengths
- Promote skills building and leadership development

### CONNECT

- Link and support youth and their families to access community resources
- Build support networks for youth and their families
- Connect with community service providers to remove barriers to access

## What resources can the Youth Outreach Worker link you with?

- Employment
- Mental Health/Addictions
- Primary Health
- Parenting/Parental Support
- Arts/Recreation/Sports
- Education/Skills Development
- Housing
- Financial Support
- Legal Services
- Settlement
- Relationship Violence
- Other

### CONTACT INFORMATION:

**Wilson Ho**  
Youth Outreach Worker  
who@hongfook.ca  
647-534-8493





## Accelerated OYAP and Apprenticeship College Information Night



Join us on a night to learn about Apprenticeship Pathways and our Accelerated OYAP Program!  
You should attend this information night if:

- you are a Grade 12 student who is planning on entering the Skilled Trades;
- you are a Grade 10 or 11 student who would like more information on this program to better prepare for this pathway, OR;
- you are the parent/guardian of a grade 10-12 student who is considering a career in the skilled trades.

Hear from these College training partners about the following skilled trades  
pathway opportunities!



Cook and Baker



COLLEGE OF  
CARPENTERS  
AND ALLIED TRADES

Carpentry



Refrigeration and Air Conditioning (HVAC)  
Service Technician



Automotive Service / Motorcycle Technician and  
Truck and Coach Technician

**Seneca**

Child Development Practitioner (ECE)

**When:** Thursday, October 29, 2020 @ 7:00 pm via [Zoom Link](#) or  
Tuesday, November 3, 2020 @ 7:00 pm via [Zoom Link](#)

**REGISTER HERE!** [http://bit.ly/OYAP\\_OPENHOUSE](http://bit.ly/OYAP_OPENHOUSE)

*A confirmation of your registration and the Zoom link for the information night will be sent to your email address.*

### **Agenda:**

- 7:00pm Overview of OYAP Program
- 7:30pm Breakout College Session for specific Skilled Trade program
- 8:15pm Closing Session



### FIRST NATION COMMUNITIES IN TURTLE ISLAND: MI'KMAW FIRST NATION

"For many thousands of years, The Mi'kmaq people made their home in Mi'kma'ki. The earliest traces of their culture have been found at Debert, Nova Scotia, where a site is being excavated that dates back some 10,000 years. Following the disappearance of the great ice sheets of the Wisconsinian Ice Age, the forefathers of the Mi'kmaq moved into this area and made it their home, living their semi-nomadic lives in harmony with nature, and according to Creator's plan. Here they lived a semi-nomadic lifestyle, moving from place to place in a regular pattern as they followed the cycle of the seasons in search of food and resources. As they did so, they developed their own distinct customs and language, and eventually became the culture known as the Mi'kmaq. Eventually they created the seven districts, which became the Mi'kmaq nation." (from [www.muiniskw.org](http://www.muiniskw.org))

### INDIGENOUS LANGUAGES IN TURTLE ISLAND: THE OJIBWE PEOPLE'S DICTIONARY

"Ojibwe is the heritage language of more than 200,000 Ojibwe people who reside in the United States and Canada. Ojibwe Country primarily extends from Quebec, across Ontario and Manitoba to Saskatchewan in Canada, and from Michigan, Wisconsin, Minnesota and North Dakota in the United States. Ojibwe is not a single standardized language, but a chain of linked local varieties, grouped into nearly a dozen dialects. Each dialect (and within dialects, each local variety) differs in details of pronunciation, vocabulary and grammar from the others, with differences between non-adjacent dialects often being great enough to impede understanding between their speakers.

Speakers of Ojibwe consider their language to be precise, descriptive, and visual, and feel that it is among the greatest treasures of their cultural heritage. Ojibwe is an endangered language. Indigenous languages throughout the world are in decline, and have been since Europeans first colonized the Americas. Beginning in 1879, the United States established off-reservation federal boarding schools to re-educate Indian children and youth in the English language and American life-ways. Boarding schools, urban life, popular culture, and even participation in public school education all demanded that we speak English. The Ojibwe language has historically been repressed by policymakers and educators in the US and Canada, though there are many, complex reasons why fewer people today speak Ojibwe." (from <https://ojibwe.lib.umn.edu/> )

### FIRST NATION ARTISTS: Tom Wilson



When Tom Wilson was an aspiring teenage folksinger in his hometown of Hamilton back in the mid-1970s, he was approached by a prospective manager with a dubious idea. "He said, 'You really look Native. I think we can get something going if we bill you as "Indian Tom Wilson." But we're not going to put a full headdress on you. We're just going to put one feather behind your head, right?'" Wilson laughs. "I was like, 'You don't know what you're talking about.'" But Thomas Cunningham Wilson, raised as the only child of Irish-Canadian George and French-Canadian Bunny Wilson, had long had doubts about his upbringing. Two and a half years ago, when he was 53, he found out the truth: Janie Lazare, the Mohawk woman he had always believed was his cousin, was in fact his birth mother, and Bunny was her aunt. (from [www.macleans.ca/society/](http://www.macleans.ca/society/) )

Read Tom Wilson's memoir *BEAUTIFUL SCARS*, detailing his amazing life.

### CALLS TO ACTION (FROM THE TRUTH AND RECONCILIATION REPORT, 2015)

- #8.** We call upon the federal government to eliminate the discrepancy in federal education funding for First Nations children being educated on reserves and those First Nations children being educated off reserves.