



UHS Parent Weekly Bulletin –Vol.29

Thursday, April 1, 2021



201 Town Centre Blvd.

Markham, ON
L3R 8G5
(P) 905-479-2787
(F) 905-479-1539

Extensions:

Reception - 431
Attendance - 230
Guidance - 458

Principal

Suelyn Cheong
suelyn.cheong@yrdsb.ca

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

Daily Adaptive Schedule

In Person
8:30-11:00 AM

11:00-12:30 PM

Synchronous Learning
12:30-1:20 PM

Synchronous Learning
1:20-2:10 PM

Synchronous Learning
2:10-3:00 PM

Rotation 4: March 25 - April 7

Period 4

Transportation
and Lunch

Period 3

Period 1

Period 2

Rotation 1: April 8 - April 30

Period 1

Transportation
and Lunch

Period 2

Period 3

Period 4

May 20 - Feedback Day

Online
8:30 - 9:05 AM

Online
9:10 - 9:45 AM

Online
9:50 - 10:25 AM

Online
10:30 - 11:05 AM

5		6	A	7	B	8	A	9	B
Easter Monday						T2-R1 Start of Term 2			
12		13		14		15		16	
				April Break					

UPCOMING EVENTS

Monday, April 5

- Easter Monday

Tuesday, April 6

Wednesday, April 7

Thursday, April 8

- Holocaust Memorial Day

Friday, April 9

YRDSB Letter to Families - Schools Will Remain Open

This afternoon, the Minister of Education announced that **schools will remain open to in-person learning** following the long weekend, and that the April break will continue as scheduled April 12-16. Schools are also currently expected to remain open to in-person learning following the April break, with students returning to school on April 19. Elementary and secondary virtual schools will continue to operate as usual before and after the April break.

Preliminary information from the Ministry of Education indicates that additional health and safety measures are likely to include a requirement for all families, including elementary schools, to complete a confirmation of self-screening each day. We will provide confirmation and additional details once we have more information. Currently, all staff members and secondary school students are required to complete a confirmation of screening.

As we approach the long weekend and the April break, it is essential that we all continue to adhere to all health and safety measures and the public health guidance to help reduce the spread of COVID-19.

We will continue to keep families updated as information becomes available.

Thank you for your ongoing support and patience. For up to date information, please visit www.yrdsb.ca and the Board's [twitter feed @yrdsb](#).

Visit Our New Website

YRDSB has refreshed its Board website to make it easier for families to find the important information they are looking for at www.yrdsb.ca.

The new website has been designed to be mobile friendly, translatable, accessible, searchable, easy to navigate and to better reflect York Region District School Board and our community. This includes:

- Built-in translation tool
- Enhanced search capabilities
- Built-in accessibility features to meet accessibility legislation
- Revised navigation based on user testing, website analytics and research
- Quick access to six of our most accessed pages, including school calendars and school transportation information.

The new website also includes:

- A [Family Resources](#) webpage that provides quick access to online tools like Edsby, Google Classroom and School Cash Online, as well as links to information about translation tools, IT support for families and more. Use the “need help” button to access tips and support in using these tools.
- Updated [Online Student Tools](#) pages provide quick access to students to online learning platforms and resources to help with homework. Use the “need help” button to access tips and support in using these tools.
- An enhanced [newsroom](#) with access to the latest news, events and videos so you can find out what's happening around our Board.
- Easy access to information about [supports for students](#), [elementary school](#) and [secondary school](#) programs, [adult learning opportunities](#) and more.

Information about COVID-19 and schools, including update information, screening tools and frequently asked questions can still be found at www.yrdsb.ca/school-reopening.

We hope that the website makes it easier for families to find and access the information you are looking for. When you visit the new website, please take the time to share your feedback, so we can continue to ensure our website meets the needs of the community we serve.

Summer School E-Learning

Registration for E-Learning Summer School will **open on April 6th**. Prior to registering on the board site, students must schedule an appointment through Teach Assist with their alpha Guidance counsellor.

Students are not required to log in at a specific time each day; there is flexibility so that they may log in at a convenient time for them and they can expect to do a minimum of 6 hours of learning each day.

For more information and to register please visit the following:

<https://www2.yrdsb.ca/schools-programs/e-learning/summer-school-e-learning>

2021-2022 Budget Consultation Process

York Region District School Board invites parents, guardians and community members to participate in the annual budget consultation process.

Public feedback provides the Board with important information about how the community would like to see YRDSB's budget allocated to better support student achievement and well-being. The results of the consultation will be used to inform the 2021-22 school year budget allocation.

Community members are welcome to attend a virtual public budget consultation and/or complete the online budget survey.

[Click here to find out more information and to register.](#)

ECOO Programming Contest

This is an announcement for all students who are interested in participating in the ECOO (Educational Computing Organization of Ontario) Programming Contest.

Due to the current circumstances, the ECOO Programming competition will be held online on May 1 (Saturday). The registration is now open at [ECOO Programming Contest](#). More information can be found on that page. There will be a practice contest during April break. **The registration deadline is April 14 at 6:00 pm.**

YRPC invites students to W.I.S.H.

The YRPC represents over 50,000 secondary student voices at the board-level and works alongside talented and passionate student leaders to execute exciting events and to access an expansive network of student opportunities and connections. Our monthly events are open to all YRDSB high school students, not just exclusive to members of student councils.

On behalf of our council, it is my pleasure to invite all students to **W.I.S.H.** (well-being and inspiring student health), our first-ever series of Mental Health symposiums. Our three April Symposiums are each centered around a vital topic including coping with COVID-19, Mental Health Identification and Awareness, and Intersectionality in Mental Health.

The rise of the COVID-19 pandemic has brought about unprecedented change and unforeseen challenges to communities and individuals around the world. Particularly for youth, adapting to a new way of learning has been especially difficult, and feelings of burn-out and exhaustion are only worsened by COVID-induced stress and anxiety.

Our first event, centered around the topic of Mental Health and COVID-19, will take place on **April 8th from 5:00 pm - 6:30 pm** and will give students the resources to overcome challenges during the pandemic and promote positive mental health within our student body.

Due to the sensitivity of the topic, there will be social workers in place during the event to ensure students have access to mental health support, free from any judgment or barriers, if needed at any time during the event.

The registration form can be found below and will close on April 7th at 10 pm:

bit.ly/weekonesymposium

Best regards,

The 2020-2021 YRPC Executive Team

Computer Science Club @ UHS

The Computer Science Club continues to meet every Friday (except this upcoming Friday of April 2nd), from 3:10 to 4:25 pm. We would like to express our thanks to the following leaders for preparing, organizing and facilitating learning for more than 100 students each week in the following four break-out rooms. Many students have appreciated the learning experience and the community that they have created for dialogue, sharing and learning.

Cindy Zhu– Competitive Programming

Kevin Huang – Unity

Terry Zha – Intro to Java

Wilbur Zhang – Intro to Java

We would also like to thank the many other students who have helped in other ways to make the sessions run smoothly.

The club will continue to meet virtually. The Google Classroom code to join the club is **om2xwer**.

Have a good long weekend and all the best for the rest of the semester.

Sincerely,

Computer Studies Department

Hackathon – Future City Competition Winners

Congratulations to the team of Stephen Zhuang (grade 11), Thivya Prakash (grade 12), Andrea Leung (grade 12), and James Yu (grade 11), who placed among the top 3 teams at the senior level in the “Hackathon - Future City Competition” held by Professional Engineers Ontario York Chapter, which ran from March 5th - 28th!

The Engineering Month Future City Hackathon is a competition for students in grades 7 to 12 hosted by the Professional Engineers of Ontario York Chapter. This year’s challenge was to create a technological solution to a transportation, water, waste, accessibility, energy, or telecommunication issue in York Region’s developing hamlet Queensville.

This team of four students created Zero Stop, a carbon neutral bus stop, which won third place at this year’s competition. Zero Stop’s goal is to promote the use of public transportation to reduce the Queensville carbon footprint in a post-COVID society. The bus stop is made entirely of solar panels that provide heat and phone-charging. The bus stop also includes a rainwater collection system for a built-in sink.

During the three-week competition, the team completed research and attended seminars led by professional engineers and university professors. This competition taught the students about real life issues that need solutions, trained them to respond to such issues, and helped them to explore the possibilities of our future.



AEBS: The Alliance of Educators for Black Students

Educators in the York Region District School Board are committed to advocating for positive outcomes for Black students in reaching their full potential through opportunities for student engagement, staff professional learning and support, family engagement and community partnerships. We are committed to affirming and celebrating Black excellence and promoting the well-being of Black students, families and staff.

Please click [here](#) to view the student profiles featured in the #AffirmingBlackJoy Student Campaign Compilation Booklet.

Holocaust Memorial Day – Yom HaShoah

April 8th, 2021, is [Holocaust Memorial Day](#) or Yom HaShoah. [A Virtual Cross-Canada Yom HaShoah Commemoration](#) will be available on April 8th, 7:00pm.

This is a day set aside to remember the horrors of the Holocaust, and in particular, the murder of 6 million Jews by the Nazi Regime. While Yom HaShoah was born out of a desire for the solemn commemoration of lives lost, it has grown into a celebration of resistance and struggle for human dignity in the face of unspeakable Nazi cruelty. Intentionally, the date aligns with the historic Warsaw Ghetto uprising, which saw thousands of Jews fight back against Nazi oppressors.

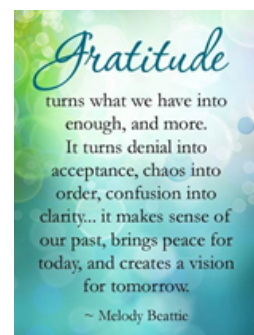
Mental Health Check-In

This week, our Student Wellness Council is reminding us to check-in with each other & with ourselves about how we're doing in these ongoing difficult times. How are we feeling and what are some of our coping strategies?

Here are some of the strategies our students are practicing to persevere through these challenging times:

1. Spending time in nature
3. Remembering to work hard AND play hard
2. "Tuning out": turning off social media throughout the day
4. Gratitude

So start a conversation, check-in with your children, your loved ones, your co-workers and yourself. What strategies might work for you to keep on persevering?



Ramadan

This year Ramadan begins at sunset on April 12, with special worship and prayers primarily starting on the following day (April 13). Ramadan ends on May 12 at sunset, with special worship and prayers primarily occurring on May 13. If you recognize the Holy month of Ramadan and your child requires accommodations, please contact the school to speak to an administrator.

PLAR Challenge (Prior Learning Assessment and Recognition Challenge)

Students may receive credits through the PLAR Challenge by successfully completing a formal evaluation and accreditation process. These students already possess the knowledge and skills as outlined in the Curriculum documents provided by the [Ontario Ministry of Education](#).

[Specific criteria and application information are available on the YRDSB website.](#)

Students interested in applying for the PLAR challenge should speak to their Guidance counsellor prior to submitting an application.

Applications for the PLAR challenge must be submitted to your home school **by April 20, 2021** and the actual assessments will take place on July 5-6, 2021. All relevant documents, application form and letter must accompany the request. The PLAR challenge will occur virtually this year.

BFCN Friday Focus Parent Forum

Workshop #5 is called [Foundations of Financial Literacy](#) and will be presented by Mutiat Bello from MBRE. Participants will learn how to introduce, support and engage their child in the area of financial literacy, a new strand of the Ontario Math curriculum. We will also welcome Ivor Christopher to share an update on the new Credit Union for the Black community. Inviting all Black parents to join BFCN on April 9 from 7 PM - 9 PM.

Full Disclosure Reminders

April 6: Teachers will share mid semester mark updates with students in Grade 11 and 12 courses.

April 20: Deadline for students to drop a course prior to the OCAS and OUAC upload

April 22: School submits Semester 2 midterm, current full-year grades and/or final marks (for quadmester courses) to OUAC and OCAS.

June 3: 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 so that it is not recorded on the Ontario Student Transcript.

Report It!

Our schools should be safe, welcoming and inclusive places for everyone. It is important that students know what to do if they witness or experience inappropriate behaviour or incidents of hate or discrimination.

- There may be situations when you can safely step in and intervene and help.
- Talk to an adult at school, family member or other trusted adult.
- Report the event without the person involved knowing using our online reporting tool, Report It.

Report It lets you share information about inappropriate student behaviour or incidents of hate or discrimination. You can use the online form to report:

- bullying, drugs, cheating, vandalism, harassment, violence or any other inappropriate behaviour
- incidents of discrimination or hate, including anti-Indigenous racism, ableism, anti-Asian racism, anti-Black racism, antisemitism, classism, homophobia, Islamophobia, sexism, transphobia or other forms of hate

You can report events that happen at school, at school-related events, online or off school property if it negatively affects a student or the school climate. You can also choose to make a report anonymously.

Complete reports are shared with the school to investigate and respond. Acts of discrimination, hate and bullying are never acceptable. Using the Report It tool is a way of standing up for each other and for ourselves.

You can find Report It on the homepage of the Board website at www.yrdsb.ca and on the homepage of every school website, or watch this [short video](#) to learn more.

Scholarship News

Continue to check the Guidance Moodle for upcoming scholarship information as well as application and eligibility details.

Please note: Scholarship information is intended for graduating students that plan to attend a post secondary institution in 2021-2022.

Upcoming Scholarship Information:

The Scholarship Report (February - May), (PDF located on the Guidance Moodle)

University Listing Scholarships - Fall 2021 Entrance (PDF located on the Guidance Moodle)

College Listing Scholarships - Fall 2021 Entrance (PDF located on the Guidance Moodle)

May 6th, 2021 - School Sponsored: Apply to Guidance by 3:00 pm

Markham District Energy Bursary - see Moodle for application details and required questions; applications emailed to Ms. Hawkins (stephanie.hawkins@yrdsb.ca) by 3:00 pm on May 6th, 2021

May 24th, 2021 - Direct application

[Jean Lumb Foundation: Jean Lumb Awards](#)

April 30th, 2021: [Scotia Bank/My Blueprint - Financial Wellness and STEM Scholarship Information](#)

June 1st, 2021: [Canadian Pediatric Stroke and Acquired Brain Injury Survivors Scholarship Application](#)

Summer Jobs

Hey students! Looking for a summer job?

Have you considered working for the Ontario Government? Each year the Ontario Public Service targets up to 5,000 summer students to work in locations across Ontario in areas such as:

- Ontario Parks
- Environment
- Science
- Administration
- Business and Finance
- Research and Laboratories
- Communications
- Customer Service

All jobs were posted on February 25th. Closing dates will be between March 10 and June 1.

Apply early to have a chance to apply to the job types that interest you. You can learn more at: ontario.ca/summerstudents.

COVID-19 Student Self-Assessment and Confirmation

Message to all UHS students:

Each day, you are required to complete...

a) the **REVISED** Online Self-Assessment: [COVID-19 School and Child-Care Screening Tool](#).

AND

b) the Confirmation [Form](#) for which you will receive an email receipt.

Before you come to school every morning, read the self-assessment tool. If you answer 'yes' to any of the questions, do NOT come to school.

Once you complete the self-assessment, then complete the Confirmation Google Form. It asks you, "Have you completed the self-screening test?" Answer 'yes.' **You will receive a receipt that is sent to your gapps email once you have completed this confirmation form.**

Scroll down to the bottom of the receipt which shows the colour-coded day of the week and have this ready as you approach the entrance.

When you get to the **Town Centre** or **Warden** entrance (**these are the only two entrances**), hold up your phone and have the bottom of your receipt ready to show the staff member at the door. We want to see the colour-coded day at the bottom of your receipt.

If you do not have a phone, you can provide us with a **printout**. Alternatively, you can read a hard copy of the self-assessment that has been posted and give us a **verbal confirmation** that you have completed the screening.

Students may start entering the school at 8:15 a.m.

Thank you for following our daily screening procedure.

Free Triple P Parenting Virtual Sessions

Click the link below to view the current schedule of virtual seminars, groups and sessions you can attend with other parents in Ontario. Click the individual session listing or the 'register' button for more details or any special instructions. [Find a Triple P session in Ontario](#).

Crisis Mental Health Support for Students

For a variety of support services and agencies, please refer to the following list:

- 310-COPE www.yssn.ca: 905-310-COPE (2673) or 1-855-310-COPE (2673) - available 24/7
- www.KidsHelpPhone.ca: 1-800-668-6868, text 686868 - available 24/7
- Mental Health Helpline <https://www.ontario.ca/page/mental-health-services>: 1-866-531-2600 - available 24/7
- York Hills Help Phone Line: 905-503-9561 Monday, Wednesday, Friday 9:30-4:00 pm; for children & youth (0-18 years), parents, caregivers or adult supporters. Visit www.yorkhills.ca for more information.
- Markham Stouffville Hospital www.msh.on.ca: 905-472-7000
- Poison Control www.ontariopoisoncentre.ca: 1-800-268-9017
- Lesbian Gay BI Trans Youth Line www.youthline.ca: 1-888-687-9689
- Trans Lifeline www.translifeline.org: 1-877-330-6366
- Black Youth Helpline www.blackyouth.ca: 1-833-294-8650
- York Region Children's Aid Society www.yorkcas.org: 905-895-2318
- York Region Abuse Program www.centralhealthline.ca: 905-895-3646



Student Mental Health and Addictions Newsletter April 2021

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

Social Connection and the Power of a Listening Ear

A year later, we continue to experience uncertainty with lockdowns and social distancing; we long for social interaction with peers, friends, and families beyond our immediate social circles. This month's newsletter will focus on the importance of maintaining and expanding our social connections by offering a listening ear while following Public Health guidelines.

Restrictions limiting in-person interactions have left many parents and students feeling a sense of isolation, sadness, anxiousness, and frustration, among other feelings. The importance of offering a listening ear could not be more pronounced as many feel disconnected and alone. According to [CMHA](#), 'really listening' is the key to a meaningful connection. Active listening is a part of effective communication skills that can support building a real connection with other people. It can take some getting used to, especially when behind a mask and distanced six feet apart or even behind a virtual screen.

The importance of offering a listening ear to understand what a person might be experiencing is a small act that can make a meaningful difference. [Leon F. Seltzer Ph.D.](#) explains why feeling understood is essential to our wellbeing and how it connects us to others, allowing us to feel welcomed.

Included below are some tips to build connection safely by offering a [sympathetic ear](#):

- Reach out in a manner that feels safe and follows Public Health guidelines i.e., phone call, zoom, text, and other creative ways.
- Take the time to let the other person know you are there for them. *"I am here for you. I am listening. Tell me what's on your mind..."*
- Show empathy and understanding by validating what is being said. *"I hear you, and it makes sense why you would feel this way."*
- Acknowledge their feelings.
- Be present in the moment with the person.
- Listen to understand and take the necessary time to absorb the information.
- Ask questions when appropriate. The questions should be curious, open-ended, and ones that do not contain an answer. *"Can you tell me more about what that was like for you?"*

- Pay attention to body language by facing the person to show you are listening.
- Avoid advice-giving, interrupting, making assumptions, or judgments.
- Let the conversation flow.
- Be honest about how much time you can offer to connect.

Following these tips should help you get started on building meaningful connections through the act of listening.

[School Mental Health Ontario](#) has created various resources for educators, parents and families, and students regarding supporting student mental health by developing healthy relationship skills. Check out some more tips from School Mental Health Ontario on [reaching out](#), so you can be your best to support your children.

Mental Health COVID-19 Page

COVID-19 has presented unprecedented issues and concerns for our community, our country and the world. As we focus on keeping ourselves healthy and containing the spread of COVID-19, we must also keep ourselves mentally well.

The link below is dedicated to supporting student mental health during this pandemic.

Resources for students, parents/guardians as well as community resources are listed. In addition, there are various links to YRDSB mental health supports as well as community supports available during the school closure. Please consider taking some time to familiarize yourself with the [Mental Health and Community Supports During COVID](#).

Continue to check out the [YRDSB website](#) for updated information as well as the Twitter account @YRDSB

Patricia Marra-Stapleton, M.Sc., C. Psych. Assoc. Mental Health Lead
patricia.marra-stapleton@yrdsb.ca

Hoshana Calliste, MSW, RSW Assistant Coordinator of Mental Health
hoshana.calliste@yrdsb.ca



MARKHAM AFRICAN CARIBBEAN CANADIAN ASSOCIATION **PRESENTS:**

**DESIGN
YOUR
FUTURE**

**BLACK YOUTH
LEGACY
CONFERENCE
2021**



**GENERATIONAL
WEALTH**

REGISTER TODAY: www.macca1987.com

**JOIN US ON
APRIL 17, 2021
AT 11:00AM**

(Conference targeting
ages 14-24 yrs)

**DESIGN
YOUR
FUTURE**
BLACK YOUTH
LEGACY
CONFERENCE
2021

Generational Wealth

The Design Your Future Black Youth Legacy Conference is taking place on **Saturday, April 17th, 2021**. The panel guests and contributors will consist of community leaders and influencers who will share their pathways to success. This year our central theme is the multiple dimensions of Generational Wealth. This is not your average conference! The conference gives youth an opportunity to have a lasting impact on the communities which they call home. We believe that using the design thinking approach will put young people in a position to use their innate problem solving potential to create innovative ideas. Youth will explore the multiple dimensions of individual and community wealth.

Youth will spend time tackling real life challenges and strategizing solutions. These ideas will be collated into a comprehensive report and shared with the community. In May 2021, we will be launching our Design Your Future Summer Internship where youth will meet with politicians, decision makers and stakeholders to implement ideas cultivated at the conference. We are excited to have you join us for this venture!

Please indicate your interest by reaching out to our program manager, Dobijoki Emanuela at kinnectyouth@macca1987.com.

We look forward to hearing from you.

Claudette Rutherford
President

Markham African Caribbean Canadian Association
M. 416 888-7856
info@macca1987.com
www.macca1987.com
#BYLC2021

Funded by the
Government
of Canada

Canada





AGENDA

TIME	SCHEDULE ITEM
10:30AM	Meet & Greet – Open Interactive Virtual platform
11:00AM	Welcome and Introductions and Opening Remarks
11:30AM	Keynote Address: Issac Olowolafe
11:45AM	Break Out Sessions: IDEA LAB
12:30PM	Panel Discussion: GENERATIONAL WEALTH: Dimensions & Intentions
1:30PM	Presentation of Prizes
2:00PM	Networking
2:00PM 3:30PM	Virtual Community Village Fair and Market Place

Games, Prizes, Spoken Word, and Musical Performances!!! You Don't want to miss this!



CONFERENCE GOALS

1. Allow for youth to use an equity lens to develop innovative human centred solutions through team building and collaboration
2. Develop leadership skills and encourage civic engagement
3. Provide youth with an opportunity to be change-makers and influencers

CONFERENCE HIGHLIGHTS

- Attracting students from the GTA, London, Hamilton, Ottawa, Montreal and Halifax
- Opportunity to engage with community organizations and thought leaders
- Guest Panel Discussion
- Prizes and giveaways

Youth Success Initiatives



Date: Jan 16 - June 19, 2021 (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



40 *Get more from volunteering* Hours & Beyond

By volunteering in the community, youth are to explore who they are, learn to relate with others and our environment through new lenses.

Get involved in...



The program consists of orientation, biweekly meetings, and volunteer experiences.

Summer Season: May 20 - Aug 26

Registration deadline: May 19, 2021

Age: Grade 9 - 12

Venue: Discord as the online platform / 105 Gibson Centre

Inquiry: deej@105gibson.com



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



105 GIBSON YOUTH ENVIRONMENTAL TEAM
PRESENTS **BRING A FRIEND EVENT**
HIGHSCHOOL EDITION

GAME NIGHT

April 10 2021



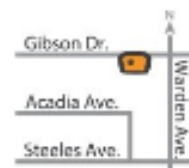
7-9 PM

[HTTPS://105GIBSON.COM/ONLINE-REGISTRATION/](https://105gibson.com/online-registration/)

ECO - THEMED VIRTUAL GAME NIGHT



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





SARA WESTBROOK

Emotions can affect performance at school, the ability to bounce back from challenges and physical and mental well-being. Emotions can be hard to identify, to move through and hardest of all...to talk about.

HEALTHY RESILIENT MINDS MATTER

Date: Wednesday April 28th Time: 5:30 pm - 6:30 pm

In this virtual presentation, parents and students will learn **3 Strategies** to help develop:



Resilience and Emotional Well-Being

Using the **3 Strategies** will help to:

- Self-regulate
- Decrease anxiety and stress
- Have a closer relationship with others
- Communicate with empathy, respect & kindness
- Create healthier mental and physical well-being

"Sara Westbrook is to be commended! Our students and parents left her presentations feeling inspired! Her message helped our community to discover the power we all have within ourselves. It's easy to see that Sara is passionate about her work! She is dynamic, engaging and full of infectious energy!"

Lisa Rankin - Educator - Sarnia Lambton

As seen and heard on



**Communication Strategies
and
Healthy Boundaries**

沟通技巧和心理健康界限

溝通技巧和心理健康界限

**Join Our Conversation As We Explore Positive Communication Strategies and
Healthy Boundaries**

探索积极的交流策略和心理健康界限，诚邀您加入我们的讨论。探索積極的交流策略和心理健康界限，誠邀您加入我

們的討論

Presented by:

Hong Fook Mental Health Association

Family Services York Region

YRDSB Performance Plus Schools - Milliken Mills, Highgate, Unionville Meadows, and Wilclay Public
Schools,

YRDSB Inclusive School and Community Services

Date: April 6th, 2021 日期: **2021年4月6日**

Time: 10:00 am – 11:30 am or 7:00pm to 8:30 pm 时间: 上午

10:00 –11:30 或 晚上7:00 - 8:30 時間: 上午10:00 –11:30 或 晚
上7:00 - 8:30

Registration

点积积里注册

點擊這裡報名

Registration Deadline: April 3, 2021



Parents for Children's Mental Health

SUPPORT. EDUCATE. EMPOWER.

Monday, April 19, 2021 6:30 pm - 8 pm

Panel Discussion and Q&A: Bullying Impacts and Strategies to End.

PARENTS' Support Group-All are welcome!

VIRTUAL MEETING

Does your child's anxiety, ADHD, mood disorders, learning disability, or behaviour challenges make parenting difficult? Join us...

PCMH Chapter Support is inviting you to a scheduled Zoom meeting.

Topic: PCMH York/Aurora

Time: Apr 19, 2021 06:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/92342129990?pwd=Wms4UFEyOG0rSVdDMkRqZmUyamVIZz09>

Meeting ID: 923 4212 9990

Passcode: 394643

One tap mobile

+16475580588,,92342129990#,,,,*394643# Canada

+17789072071,,92342129990#,,,,*394643# Canada

Dial by your location

+1 647 558 0588 Canada

Meeting ID: 923 4212 9990

Passcode: 394643

Find your local number: <https://zoom.us/u/aiAw30O20>

Benefits of PCMH Support Group:

- meet other parents with children who have similar challenges
 - find encouragement and emotional support
- learn strategies to help your child or youth at home/school
 - learn how to access resources in the community

PCMH is the only provincial, family-led, non-profit organization that provides a voice for families who face the challenges of child and youth mental health issues. PCMH provides support, education, and linkage between families, communities, agencies and government. PCMH believes in the promotion of family-centred principles of care. PCMH envisions a future in which children and youth with mental illness enjoy a high quality of life in welcoming and supportive communities. For more information and resources, please visit www.pcmh.ca.

Monday, May 10th Topic Community Resources 6:30 – 8 pm

Monday, June 21st Building Healthy Relationships 6:30 – 8 pm

Join Zoom Meeting: <https://zoom.us/j/92342129990?pwd=Wms4UFEyOG0rSVdDMkRqZmUyamVIZz09#success>

Find your local number:

https://zoom.us/join?m=OTIzNDIxMjk5OTA.Y7sBAF7XnuJjP67oLA_tUzsVYTVehozB&x_zm_rtaid=06y0d9JuSJeDPpT-mB8A3A.1616681721055.0467fb775d5de13601a6a3f1a8af56be&x_zm_rtaid=32

HERE TO HELP LINE

 **905-503-9561**



Monday - Thursday
2:00 PM - 7:00 PM

**STARTING
IN APRIL**



*For children and youth (0-18 yrs)
and their parents, caregivers or
adult supporters.*

Call us if you have concerns that could benefit from quick access to phone counselling.

Topics include (but are not limited to):

- Anxiety, stress and depression
- Family relationship issues
- Managing stress and anxiety related to COVID-19
- Parenting resources and concerns

Visit www.yorkhills.ca for more information.

Are you driven?

Thursday, April 8, 7-8pm
Live streamed with Q&A

RSVP NOW

There is a world of well-paying career opportunities in the automotive industry.

Hear from industry professionals about their journey, explore career opportunities, and learn about post-secondary pathways and scholarships to help you get there.



AGENDA



Keynote - future of auto industry and the need for diversity and inclusion (15 minutes)
Don Romano, President and CEO,
Hyundai Canada



Educational pathways - general information on pathways through post-secondary to careers in automotive (5 minutes)
Joe Lauzon, Marketing Officer,
ABSC@GeorgianCollege



Auto industry overview - overview of main industry sectors and opportunities that are lesser known (10 minutes)
Omar Dicko, Chief Economist,
Canadian Automobile Dealers Association



Panel of industry professionals - guided panel and Q&A for panelist representing the different sectors of the auto industry (30 minutes)
Joyce Tshimale (Moderator)
District Customer Experience Manager,
Hyundai Canada

PANELISTS



Jennifer Okoeguale
Corporate Special
Events, Public
Relations at Toyota
Canada Inc.



Emiliano Void
National Operations
Manager, Cox
Automotive Canada



Nial Bootsman
General Manager,
Drive Auto Group

Presented by:

**AUTOMOTIVE
BUSINESS SCHOOL
of Canada**
- EST. 1995 -



YRDSB families register here: <http://bit.ly/YRDSBAutoConnectReg>

[Auto Connect Registration](#)

Celebrate 2021 Asian Heritage Month

Voices of Hope

Invitation to **YOUTHS**, age 12 – 22 years who would like to use your creative voice to **inspire positive race relations**.

If you are interested, submit your creative voice as a spoken word, rap, acrostics, lyrics, haiku, free verse, blank verse, or rhymed poetry in written form or as an audio file.

All submitted creative works must be original.

Theme:

Bias, discrimination, and hate cause racism and divide us. Race does not and should not. What do you want the world you live in and the future to look like?

Participation and Inquiries:

- For participation details, click here <https://www.alphaeducation.org/voicesofhope>
- For inquiries, contact info@alphaeducation.org
- Closing Date: April 30, 2021

Awards

- \$200 for the best creative work in each of the 5 age groups.
- \$50 gift card for each creative work selected for honourable mentions.
- All participants will receive a Certificate of Honoured Recognition.



Many Faces of Markham

Presented by

The City of Markham Race Relations Committee

In support of the International Day for the Elimination of Racial Discrimination

Submit your art, writing, video or spoken word submission to
Sandra Allen at sallen@markham.ca by April 23, 2021

Student-led
anti-Black racism
rally, June 13, 2020,
Toogood Pond
Park, Markham

~~RACISM~~



Working Together to Confront Anti-Black Racism

The City of Markham is committed to being an inclusive city where everyone feels welcome and a sense of belonging. Show your support for this year's theme.

Learn more & apply: markham.ca/ManyFaces

For assistance: Customer Contact Centre 905.477.5530

