



UHS Parent Weekly Bulletin –Vol.31

Friday, April 23, 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](#)

Adaptive Students - Online Schedule

Period 1	8:30 am – 9:45 am
Period 2	9:50 am – 11:05 am
Lunch	11:05 am – 12:25 pm
Period 3	12:25 pm – 1:40 pm
Period 4	1:45 pm – 3:00 pm

26		27		28		29		30	
		Report Card Distribution		School Council (5:30 pm)				♦ Holy Friday	
3		4		5		6		7	
								PA Day	

UPCOMING EVENTS

Monday, April 26	
Tuesday, April 27	
Wednesday, April 28	<ul style="list-style-type: none"> School Council Meeting with special guest Sara Westbrook (5:30 PM)
Thursday, April 29	
Friday, April 30	

Summer School

Summer school registration is now open for both Remote Learning and Online Learning. Please view the following links for information regarding each model and how to register:

[Secondary Program Flyer](#)

[Summer School Update April 20, 2021](#)

[How to Register](#)

Note to students: **A sign-off form is NOT required**. Disregard this step. Your alpha counsellor will review your registration and will send an email confirmation to your GAPPS account confirming that the course has been approved. If there are any concerns with your summer school selection, you will be contacted directly by your alpha counsellor.

Summer Pathways Program - 2021

Please click the link below to access more information for the 2021 Summer Pathways Program.

[Summer Pathways Program for 2021](#)

Families Invited to Provide Input into YRDSB Budget

York Region District School Board is inviting all families to participate in the annual budget consultation process. Fill out the [online](#) 10 minute survey by **Thursday, April 29, 2021** or take part in a virtual consultation on **Monday, April 26 at 7:00 p.m.** More information on how to join the virtual consultation is available on the YRDSB [website](#).

The results of the consultation will be used to inform the 2021-22 school year budget allocation. Questions regarding the budget process may be directed to Budget20212022@yrdsb.ca.

School Council Meeting: Wednesday, April 28

The next and final virtual School Council Meeting of this school year is on Wednesday, April 28, 2021 from 5:30 - 7:00 p.m. Families are welcome to join.

We have invited a guest speaker, Sara Westbrook, to talk about resilience and emotional well-being (5:30 – 6:30). Please view the flyer below.

Other presenters will include our Head of English and Head of Visual Arts (6:30 – 7:00).

If you will be joining us, [please complete and submit this form by Tuesday, April 27, at 12:00 p.m.](#) If you have questions for the administration, you can submit them using this form. If we cannot answer your questions during the School Council Meeting, we will publish the answers/information in the April 30th Parent Bulletin.

The meeting link will be shared with families prior to the meeting.



Unionville High School

Invites you to join us and 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



Zoom Link

to be sent closer to event!

Wellness Corner

May is Mental Health Awareness Month

Our student Wellness Council has been busy preparing for Mental Health Awareness Month by organizing several health and wellness activities that will be shared with their fellow students. For a final culminating activity they hope to host a live-streamed "Chef it Up!" Event.

The Canadian Mental Health Association #GetReal campaign will be taking place **May 3 – 9, 2021**. For more information and tools, please visit mentalhealthweek.ca.

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 Scholarships:

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)

April - July 2021 (Future months being updated through December 2021)

Black Foundation of Community Networks (BFCN) - 2021 Scholarship Directory is now updated. Please view their site for monthly listings: [Scholarship Directory – BFCN](#)

April 30th, 2021:

Scotia Bank/My Blueprint - [Financial Wellness and STEM Scholarship Information](#)

May 6th, 2021 - School Sponsored, apply to Guidance

Markham District Energy Bursary - see Moodle for application details and required questions.

Applications should be emailed to Ms. Hawkins (stephanie.hawkins@yrdsb.ca) by 3pm on May 6th, 2021.

May 7th, 2021

The Alliance of Educators for Black Students is committed to promoting well-being and excellence in achievement for students of African/Caribbean heritage. AEBS invites Black students who are graduating from a high school in the York Region District School Board to apply for their 2021 scholarships.

Students can visit [AEBS 2021 Scholarships](#) to learn more about the scholarships and to apply.

For further information contact the following:

- Elaine Ricketts: elaine.ricketts@yrdsb.ca
- Jaymyi Lesmond: jaymyi.lesmond@yrdsb.ca
- Charlotte Reid: charlottereid60@gmail.com

May 24th, 2021 - Direct application

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

June 1st, 2021:

Canadian Pediatric Stroke and Acquired Brain Injury Survivors Scholarship Application:

www.achievingbeyondbraininjury.com

Enviro-Council Kahoot

The Enviro-Council will be hosting an ultra-fun Environmental Kahoot on **Wednesday, May 5th, at 3:10 PM.**

The Kahoot will cover questions about Earth Day and general fun facts about the environment and sustainability issues. In addition, your participation means that you are helping UHS gain Eco-Schools status!

Right after the Kahoot, we will also have a brief 5-10 minute presentation on the history of Earth Day, but it is fully optional to listen to. This will be an educational and engaging opportunity to learn more about our planet, and we're excited to share what we have learned about the planet with you!

Spaces are limited and pre-registration is required. UHS students in the adaptive and virtual models may participate. Students are asked to sign up in advance using this quick Google Form:

<https://forms.gle/pHWvMfZbdr8yJkC4A>

The form will close once all spaces are filled. A link will be shared with pre-registrants just prior to the event. We hope to see you there!

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
- Police-Fire-Ambulance 911



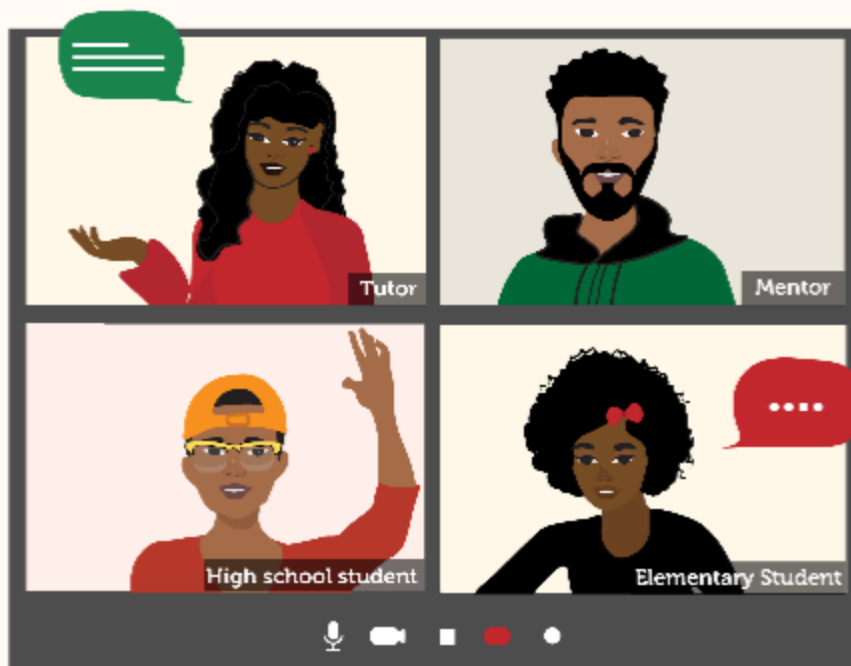
THE SANKOFA MENTORING PROGRAM

FOR BLACK STUDENTS BETWEEN THE AGES OF 11-18

"Bridging the Past with the Present...Navigating the Present into the Future"

- MENTORSHIP • LEADERSHIP • CULTURAL EXPERIENCE • FIELD TRIPS
- LIFE SKILLS • RETREATS • SELF AWARENESS • CAREER EXPLORATION
- ACADEMIC SUPPORT

The Sankofa Mentoring Program is rooted in an African Rites of Passage framework that highlights the principles of Unity, Self Determination, Collective Work and Responsibility, Cooperative Economics, Purpose, Creativity, Faith and Self-Respect.



WHEN WE MEET:

Now Open for new registration (space limited)
Virtual program/workshop (Due to covid-19)

For more information please contact
Program Manager @
pgmcrd@yorkregionaacc.ca or call
647-807-2016
www.yorkregionaacc.ca



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.