



UHS Parent Weekly Bulletin –Vol.32

Friday, April 30, 2021



201 Town Centre Blvd.

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

3		4		5		6		7	
								PA Day	
10		11		12		13		14	
						♦ Eid-ul-Fitr			

UPCOMING EVENTS

Monday, May 3	<ul style="list-style-type: none"> ADD10M - Virtual Workshop with Shannon Currie (9:50 AM) AMC3/4MM - Virtual Guest Artist Alice Ho (9:50 AM)
Tuesday, May 4	<ul style="list-style-type: none"> ADD10M - Virtual Workshop with Shannon Currie (9:50 AM) NAC101, ATB10M & ATB3MM Virtual Workshop - Prologue to the Performing Arts: Tribal Vision Dance (12:30 PM) Social Justice Club - Virtual Guest Speaker Innocence Canada (3:15 PM)
Wednesday, May 5	<ul style="list-style-type: none"> ADD10M - Virtual Workshop with Shannon Currie (9:50 AM) Enviro-Council Kahoot (3:10 PM)
Thursday, May 6	<ul style="list-style-type: none"> ADD10M - Virtual Workshop with Shannon Currie (9:50 AM)
Friday, May 7	<ul style="list-style-type: none"> PA Day



Yee Hong Centre
For Geriatric Care
頤康中心



COVID-19及新冠疫苗專題研討會 (COVID-19 & Vaccines Webinars)

北約克全科醫院、頤康中心和耆暉會攜手合作，向我們社區成員提供有關 COVID-19 的最新信息及專題研討，並回答有關疫苗安全性和可用性的相關問題。(North York General, Yee Hong Centre and Carefirst are working together to provide Chinese webinars to our community members, offer the latest information on COVID-19, and answer commonly asked questions around vaccine safety and availability.)

星期四 (Thursday), 2021年4月29日 (April 29th, 2021)

廣東話研討會 (Cantonese Webinar): 下午 2:00 點 - 3:00 點 (2:00 pm - 3:00 pm)

[廣東話請按此鏈註冊](#) 名額有限 [Register for Cantonese](#) (Space is limited)

普通話研討會 (Mandarin Webinar): 下午 7:00 點 - 8:00 點 (7:00 pm - 8:00 pm)

[普通話請按此鏈註冊](#) 名額有限 [Register for Mandarin](#) (Space is limited)

開幕致詞 (Opening Remarks)



Karyn Popovich

北約克全科醫院總裁兼首席執行官



演講者 (Speakers)



Dr. Li Yang Liu (劉麗揚)
多倫多大學家庭與社區醫學系
北約克全科醫院家庭和安寧治療醫師



Dr. Jonathan Ding (丁尹翀)
Seneca College 的家庭醫生
Lakeridge Health 的急診醫生



Lawrence Leung (梁家基)
註冊藥劑師
Pharmasave 東區中文媒體發言人

School Council Meeting Debrief: Sara Westbrook & Questions

We want to thank Sara Westbrook who facilitated an interactive workshop at our last School Council Meeting this past Wednesday. Ms. Westbrook shared some resources that parents can use with their children at home in order to build resilience and emotional well-being. Please see these resources provided below:

[Emotions Change Choices](#)

[Elephant in the Room](#)

[Emotions Have A Physical Impact](#)

[Breathing Exercise](#)

[Find Your Calm](#)

[Gratitude](#)

A few parents asked questions about how to ensure their child is getting enough physical activity, how to support and monitor their child's social interactions with peers, and what to do if their child chooses summer school but then cancels:

1) How can parents increase their child's physical activity and decrease their screen time?

Maintain daily structures and routines at home, and lead by example. Set specific time aside for family walks. Also, ensure time is set aside to dine together, play games and talk. Cherish these times and don't let them get cancelled or interrupted.

2) How do I support/monitor my child's social relationships during the pandemic?

Talk to your child about who they are socializing with online. Monitor their screen time and the sites they visit. Find out which social media platforms they are using and address issues such as consent, language, and maintaining a positive online presence. Ask your child to consider their digital footprint. Check-in on your child during the day and invite them to work in an area where you can oversee their online activities. Devices should be put away well in advance of going to sleep to promote positive sleep hygiene.

3) My child has chosen courses for next year based on attending summer school for one specific credit this summer. What if my child decides to cancel the summer school course?

The Guidance Department has asked students to "choose courses once and choose wisely." We cannot guarantee that there will be space in courses in September if a child chooses not to attend summer school. Our school will be very full in September. If your child chose summer school and is now changing their mind, they should speak with their guidance counsellor as soon as possible.

UHS - Feed The Need

Did you know that since the beginning of the COVID-19 pandemic, the number of families resorting to food banks increased by 38%? Did you also know that in the past year, 33% of food bank visitors were children? More families across our city and province are becoming more food insecure as the pandemic continues. Ms. Radbourne's HFA4U (Nutrition and Health) classes are taking action by launching an initiative which aims to address the issue of food insecurity in York Region due to COVID-19. UHS Feed the Need, our food insecurity initiative, will run during the month of May. During this initiative, we will educate students, staff, and members of our community about the causes and consequences of food insecurity. Please send all queries to the email UHSNutritionClassesof2021@gmail.com. We encourage all parents to stay tuned for more information on how they can support our initiative and make a difference.

Wellness Corner

Mental Health Week is May 3 – 9 and the UHS Wellness Council will be spreading awareness with fun and informative initiatives on their Instagram page [@uhshealthandwellness](https://www.instagram.com/uhshealthandwellness). Follow for more updates!

Congratulations to Natasha Trehan, Ignite Scholarship Award Recipient

Natasha Trehan is a grade 12 student enrolled in the Unionville High School Arts Vocal Program. She is interested in pursuing a career in the medical field. Natasha is working on various research projects and initiatives such as the iCanCope app at the Hospital for Sick Kids, JIA Option Map at Children's Hospital of Eastern Ontario, and the UCAN CAN-DU research study at the University Health Network. She is also part of the COVID-END team with the McMaster University Health Forum, and she is a co-investigator for youth engagement at the CanChild Centre for Childhood Disability Research. Natasha is 1 of the 6 fully-funded students to become a trained patient researcher through the PaCER Training Program at the University of Calgary's Continuing Education Faculty. She is this year's Operation Med School Toronto Team President where she collaborates with her executive team to host events to educate and inspire youth about the medical field. In addition, Natasha is a co-host for the weekly podcast Take a Pain Check by Trish and Natasha. Her aim is to create a platform for youth living with arthritis and other rheumatic diseases, to raise awareness about support groups, and to make a meaningful impact on the community. Her podcast is available on Spotify, Anchor, Apple Podcasts, and YouTube. She is very grateful to have received the Ignite Technology Grant Graduation Award and is very appreciative of everyone who has supported her through her high school journey.

Results of the 2021 Michael Smith Science Challenge

We had a large group of dedicated young scientists write the UBC Michael Smith Science Challenge this past February. This contest tested their logical thinking and their knowledge of the intermediate Science curriculum. Special congratulations goes to Eric Gao and Alexander Lai who both placed in the top 10% and to Ruimian Zheng, who placed in the top 1% of 1137 contestants nationwide. Again, congratulations and continue your pursuit of excellence in Science!

Asian and South Asian Heritage Month – May 2021

May is Asian and South Asian Heritage Month in Ontario. In May 2002, the Government of Canada officially declared May as Asian Heritage Month. At the provincial level, the Legislative Assembly of Ontario designated May as South Asian Heritage Month in 2001 and as Asian Heritage Month in 2005.

[The South Asian Heritage Act of 2001](#) established the foundation upon which South Asians, whose origins are or can be traced to the Indian subcontinent, can see themselves reflected and valued in the fabric of Ontario and our schools, and appreciated for their extensive contributions to Canada.

[In May 2002, the Government of Canada](#) signed an official declaration to designate May as Asian Heritage Month. This acknowledges the long and rich history of Asian Canadians from East Asia, Southern Asia, Western and Southeast Asia and their significant contributions to Canada.

As we approach the month of May, we are encouraged to join Ontarians and Canadians who will be coming together to understand, affirm and appreciate the vibrant heritage of people of Asian and South Asian descent. Let's recognize, honour, affirm, and celebrate Asian and South Asian identities and experiences.

Career Discovery Expo: Dream Big York

Students in grades 7 - 12 and their parents/guardians are invited to attend the *Career Discovery Expo: Dream Big York* on Tuesday, May 11, 2021 from 6:00 p.m. - 8:30 p.m. ET.

This FREE event provides students and their families the opportunity to explore a wide range of career paths.

This event will feature the following:

- Dream Maker Panel: Women from various industries share their stories and inspire young women
- Employer Spotlight: Employers share their “look fors” when hiring new employees and ways to gain experience early
- Pathway Spotlight: College, University and OYAP representatives share the different pathway programs available, scholarships, courses, etc.
- Games and Prizes

To register, please visit: dreambigyork.eventbrite.ca.

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](#)

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

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

May 7th, 2021

Canadian Scholarship Trust Foundation:

- There are 25 bursaries, each valued at \$6,000
- The bursaries are based on financial need
- Students can access the application form within their myBlueprint account (in the ‘Scholarships’ tab)

- <http://education.myblueprint.ca/cstf/>

May 14th, 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

Need COVID-19 Vaccine Information in York Region?

york.ca/COVID19VaccineInfo
1-877-464-9675



#IGotMyVaccineInYR

*This is the best shot
to protect yourself*


York Region



Parents for Children's
Mental Health
SUPPORT. EDUCATE. EMPOWER.

Monday, May 10, 2021 6:30 pm - 8 pm

Panel Discussion and Q&A: Community Resources

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.

Time: May 10, 2021 06:30 PM Eastern Time (US and Canada)

[Join Zoom Meeting](#)

Meeting ID: 925 1454 9283

Passcode: 953686

One tap mobile

**+17789072071, 92514549283#,*953686# Canada +12042727920,
92514549283#,*953686# Canada**

Dial by your location

+1 647 374 4685 Canada

+1 647 558 0588 Canada

Meeting ID: 925 1454 9283

Passcode: 953686

Find your [local number](#)

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



CMHA Mental Health Week 2021 – Fact Sheet

About Mental Health Week

- ☐ Every year since 1951, CMHA has hosted Mental Health Week in the first full week in May, making 2021 the 70th year.
- ☐ This year, CMHA Mental Health Week is being observed May 3-9, 2021.
- ☐ Mental Health Week is a Canadian tradition, with communities, schools and workplaces rallying to celebrate, protect and promote mental health.
- ☐ The core objective of Mental Health Week is to promote mental health because mental health is something we can promote and protect, not just something we can lose.
- ☐ Visit www.mentalhealthweek.ca for info and tools about CMHA Mental Health Week.
- ☐ Connect on social media using the hashtags #GetReal and #MentalHealthWeek.

About the 2021 CMHA Mental Health Week campaign

- ☐ The theme of this year's Mental Health Week is understanding our emotions.
- ☐ Recognizing, labeling and accepting our feelings are all part of protecting and promoting good mental health for everyone.
- ☐ Naming, expressing and dealing with our emotions—even when they're uncomfortable—can make us feel better.

A time of unprecedented stress and anxiety

- ☐ People are experiencing unprecedented stresses and feelings of anxiety related to COVID-19.
- ☐ 40% of Canadians say their mental health has deteriorated since the onset of the pandemic.¹

¹ CMHA/UBC study on the effects of COVID-19 on the mental health of vulnerable populations.
<https://cmha.ca/documents/summary-of-findings>



Drawing Joy Drawing Joy Drawing Joy

Date: Thursday, May 6th, 2021
Time: 4-6 pm EST

**The Ontario Institute for Studies in Education (OISE)
presents "Drawing Joy" – FREE EVENT!**

To all who identify as Asian, you are invited to create art, reflect on Asian joy, and celebrate the diversity of Asian diasporas. Tkaronto artist, Karen Kar Yen Law will facilitate an online guided art activity which can be completed with common art materials. The session will engage participants to reflect on their own connection to their respective Asian diasporas, create a visual representation of Asian joy, and share their joys with other participants. Some suggested materials for participation are cartridge paper, coloured markers, pencil crayons, or wax crayons. Participants can also use tablets to create digital artwork. No prior art experience is necessary.

Register Here: <https://tinyurl.com/3b4yc5t2>

[Please click here to register.](https://tinyurl.com/3b4yc5t2)

Jewish Heritage Month – May 2021

[Canadian Jewish Heritage Month](#) was given Royal Assent in the Senate of Canada on March 29, 2018. As we approach the month of May, staff and students are encouraged to engage in opportunities that celebrate and affirm Jewish histories and the achievements of the Jewish community.

Canada is home to the fourth largest Jewish population in the world. There are close to 400,000 Jewish residents in Canada, and almost half of that number reside in Ontario. Jewish settlers in Canada can be traced as far back as 1760. Jewish Canadians have proudly contributed to Canadian heritage in all of its facets including the military, the arts, government, business, academia, law, medicine, culture, and sports. Throughout the month of May, we celebrate the contributions Jewish Canadians make in communities across the country.



JEWISH
HERITAGE MONTH

SCROLLING SPADINA

A VIRTUAL TOUR OF TORONTO'S JEWISH MARKET

The Ontario Jewish Archives presents the first-ever virtual tour of Kensington Market. Watch the streets come to life through guided videos presenting the sights and sounds of the one-time Jewish Market. Learn about the history of Toronto's Jewish community and the challenges and opportunities they faced in the early twentieth century. Along the way you will discover stories of migration, employment, activism, community, culture and more.

ojascrollingspadina.org





YRTSA (York Region Tamil Students' Association) is looking for students that are interested in planning and connecting their schools to our events as we move forward. If you are interested, please complete the Google Form found in the poster or at bit.ly/3du1QGj.

TRUDEAU TSA PRESENTS:

YRTSA

YORK REGION TAMIL STUDENTS' ASSOCIATION

For Tamil identifying students
and those interested in learning
about Tamil culture.

If you are interested please
complete the Google Form



<https://bit.ly/3du1QGj>