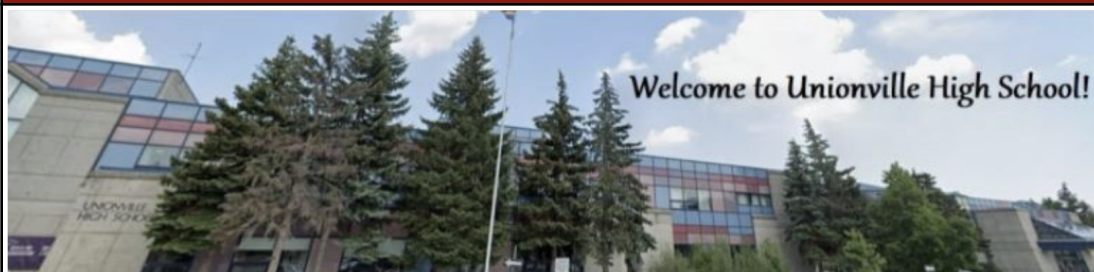




# UHS Parent Weekly Bulletin –Vol.30

Friday, April 9, 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](mailto:suelyn.cheong@yrdsb.ca)

### Vice-Principal

Andrew Gazaneo (A-L)  
[andrew.gazaneo@yrdsb.ca](mailto:andrew.gazaneo@yrdsb.ca)

### Vice-Principal

Patrick Belmonte (M-Z)  
[patrick.belmonte@yrdsb.ca](mailto:patrick.belmonte@yrdsb.ca)

### Superintendent

Becky Green  
[becky.green@yrdsb.ca](mailto:becky.green@yrdsb.ca)

### Board Trustee

Ron Lynn [ron.lynn@yrdsb.ca](mailto:ron.lynn@yrdsb.ca)

### Email:

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

### School Website:

[Click here](#)

### Tweets

[@UHSupdates](#)

Daily Adaptive Schedule	Rotation 5 - Apr 8 - Apr 30	Rotation 6 - May 3 - May 20	May 20 - Feedback Day	
In Person 8:30-11:00 AM	Period 1	Period 2	Online 8:30 - 9:05 AM	Period 2
11:00-12:30 PM	Transportation and Lunch	Transportation and Lunch	Online 9:10 - 9:45 AM	Period 1
Synchronous Learning 12:30-1:20 PM	Period 2	Period 1	Online 9:50 - 10:25 AM	Period 3
Synchronous Learning 1:20-2:10 PM	Period 3	Period 3	Online 10:30 - 11:05 AM	Period 4
Synchronous Learning 2:10-3:00 PM	Period 4	Period 4		

12		13		14		15		16	
				April Break					
19	A	20	B	21	A	22	B	23	A
		♦ Ridvan							

### UPCOMING EVENTS

Monday, April 19	<ul style="list-style-type: none"> <li>AU Dance Virtual Workshop with Jade Whitney (9:30 AM)</li> </ul>
Tuesday, April 20	<ul style="list-style-type: none"> <li>AU Dance Virtual Workshop with Jade Whitney (9:30 AM)</li> </ul>
Wednesday, April 21	
Thursday, April 22	
Friday, April 23	<ul style="list-style-type: none"> <li>NAC101 Virtual Workshop with Deron Douglas (1:20PM)</li> </ul>

## Letter to Families from the Ministry

Thank you for continuing to follow the public health and safety measures that have kept schools open and safe for students and staff. It is our collective effort that continues to ensure your children can learn in the classroom.

As per recent announcements, the province has implemented a province-wide shutdown for four weeks in response to worsening trends in key health indicators across the province.

The mental health and well-being of children continues to be a key government priority and schools will remain open for in-person learning through the Provincial Emergency and Stay at Home Order. The spring break will continue as planned, from April 12<sup>th</sup> to 16<sup>th</sup>, and schools will reopen for in-person learning on April 19<sup>th</sup>.

In light of the recently announced measures, it is more important than ever that we continue to follow health advice over the Spring Break to do our part to keep schools open, for in-person student learning.

At this critical point in the pandemic, the following [public health measures](#) are crucial to help prevent and limit the spread of COVID-19:

- Socialize with your own household.
- Stay home and get tested if you feel ill.
- Participate in the targeted testing offered by your school board.
- Screen every day, including during spring break, for COVID-19 symptoms before attending child care (the [COVID-19 School and Child Care Screening Tool](#) is available to assist families with symptom screening).
- Practice good hand hygiene habits, masking, and physical distancing.
- Refer to [Ontario.ca/covidresponse](#) to learn what public health measures are in place in our community.
- Refrain from travelling.

During the spring break, students in Grades 1-8 can continue to engage in their own learning through supplemental, curriculum-linked activities available at [TVO Learn](#) and TFO [IDÉLLO, apprendre à la maison](#). These rich, engaging opportunities allow students to keep up with their learning and interests. Secondary students can continue to access [TVO's Independent Learning Centre \(ILC\) Open House](#) and [Portes ouvertes pour les cours TVO ILC in French-language](#). [Mathify](#) (English) and [Eureka!](#) (French) are also available to provide one-on-one online tutoring services for elementary and secondary students. [Mathify](#) covers online math tutoring in English for Grades 6 to 10 and [Eureka!](#) supports all subjects for French-language students in Grades 1 to 12.

For the week of April 12-18, pharmacies that currently offer testing and assessment centres across the province will accept appointments from students and education staff for asymptomatic testing. The Ministry of Education will be working with school boards to offer school based clinics. Parents are encouraged to take advantage of this testing capacity to have their children tested to support a safe return to school on April 19. Children attending child care, and child care staff, will also be eligible to access this testing.

As a reminder, before coming back to school on April 19<sup>th</sup>, you must screen for COVID-19 symptoms. If your child or anyone in your household is ill, stay home and follow the guidance in the school screener.

By following public health advice, we can all enjoy a safe spring break and continue to support in-person learning in our school.

Have a safe, fun and restful break.

## April Stay at Home Order/Schools Remain Open

On Wednesday, April 7 the Ontario government [announced a stay-at-home order](#). However, the Ministry of Education has confirmed that schools would not be included in the provincial stay-at-home order. **Schools are scheduled to remain open for in-person learning at this time.**

Given the evolving nature of the pandemic, we need to remain prepared for the possibility of region-wide or province-wide school closures should our local public health unit or the province of Ontario direct us to do so. Students have been asked to take home all technology and learning materials in case of a closure after the break.

It is essential that we all continue to follow the advice of public health and provincial orders to stay safe and healthy over the break.

At York Region District School Board, student and staff health and safety is our top priority. Decisions around the opening and closing of schools due to COVID-19 are made by public health authorities. York Region District School Board, like other Boards across the province, is following the best advice of our local public health unit. We are following the direction that has been provided by York Region Public Health as well as the Ministry of Education.

We appreciate that students, families and staff are anxious about the spread of COVID-19. York Region Public Health is aware of Variants of Concern (VOCs) in schools and are closely monitoring the situation. We will continue to work with York Region Public Health and will continue to follow their direction in implementing health and safety measures and recommendations.

To keep up-to-date, please follow the Board's Twitter feed: [@YRDSB](https://twitter.com/YRDSB), or for information about YRDSB's reopening plan, visit: <http://www.yrdsb.ca/school-reopening>.

### Summer School - UPDATE

Summer credit programs will be offered through two learning models. **Both will be open for registration on April 20<sup>th</sup> through MyPathwayPlanner.** Please see below for information on each option.

#### **Remote Learning** (formerly known as "face-to-face" or "in-class" or "secondary school" learning)

- This Remote learning is being offered this summer in place of traditional face-to-face summer school as a result of the COVID-19 pandemic.
- Remote learning classes will occur in a virtual environment, using a synchronous model.
- Students are required to attend daily at prescribed times. Remote Learning will run from 8:45 a.m. to 3:33 p.m., with scheduled breaks and a lunch break.
- Remote Learning program offerings:
  - Acceleration courses, including:
    - ❑ Compulsory and Elective courses
    - ❑ Cooperative Education opportunities. Here is the [link](#).
    - ❑ English as a Second Language
    - ❑ International Languages (Spanish, Simplified Mandarin, Farsi)
  - Reinforcement courses
- Remote Learning dates:
  - Acceleration
    - ❑ Wednesday, July 7 to Friday, July 30
  - Reinforcement and Credit Upgrading
    - ❑ Session One: Wednesday, July 7 to Monday, July 19
    - ❑ Session Two: Tuesday, July 20 to Friday, July 30

More information can be found at: [Summer Pathways Opportunities](#)

#### **Online Learning** (formerly known as e-Learning)

- Classes occur online using an asynchronous model. Students are able to access course content at any time.
- Daily synchronous check-in opportunities with the teacher are provided.
- Online Learning will run from Friday, July 2 to Wednesday, July 28.
- Online Learning program offerings include acceleration courses that are both compulsory and elective courses.

More information can be found at: [Summer Registration](#)

## Graduation Update

Many thanks to our graduating students for your cap and gown orders. Cap and gown distribution is expected to take place in the first three weeks of May. More specific information on distribution will be shared at the end of this month.

On-site photos have been tentatively scheduled as follows:

Tuesday, May 25: Cohort B Only

Wednesday, May 26: Cohort A Only

Thursday, May 27: SVS Students Only

The above dates are subject to change. Information about specific appointment bookings will be shared in early May. We thank you for your patience and cooperation as we work to ensure a safe process.

## School Council Update

The next School Council Meeting, originally scheduled for Monday, April 26, has been **moved to Wednesday, April 28 at 5:30 pm.** For the first hour of this meeting, special guest Sara Westbrook will be hosting “Healthy Resilient Minds Matter” - a virtual presentation where parents will learn three strategies to help develop resilience and emotional well-being. For more information, see the flyer below. A formal invitation and agenda, including RSVP, will be shared closer to the date.

## Appropriate and Safe Use of Digital Tools

To help protect student safety and privacy, the following parameters for participation in online synchronous learning sessions and expectations for use must be observed by all students and families in all aspects of online learning and all models of instruction (Adaptive and Virtual School). Teachers have previously reviewed the expectations in each student's homeroom or period one class. Should you have any questions, please connect with your school's administration.

### Expectations for Use and Behaviour

When participating in “real time” synchronous teaching and learning, **students and families** agree to the following:

- Use only [Board Approved Platforms and Synchronous Learning Tools](#);
- Follow [YRDSB Appropriate Use of Technology Policy and Procedures](#);
- Adhering to all rules of conduct and behaviour for the regular classroom, as they also apply to the virtual classroom, including but not limited to:
  - *participating in ways that are inclusive, considerate and respectful to all;*
  - *not engaging in incidents of discrimination or hate, including but not limited to anti-Indigenous racism, ableism, anti-Asian racism, anti-Black racism, antisemitism, classism, homophobia, Islamophobia, sexism, transphobia; and*
  - *immediately reporting any racist, hateful, discriminatory or inappropriate behaviour to a teacher or trusted school staff member.*
- Participation in synchronous sessions is limited to students only. Parents/Guardians may assist and support their child logging into or accessing learning platforms or digital tools. In all cases, parents are reminded of the importance of student independence in learning.
- Parents/Guardians and students will NOT:
  - *Record any aspect of a Google Meet or Zoom session (including pictures, voices or video) using internal or external recording devices;*
  - *Distribute/post any recorded, copied or distributed materials in any way, including to all social media platforms;*
  - *Take photos or screenshots of anything other than when given explicit permission or direction by the teacher to do so (e.g. a visual used for instructional purposes that won't be reposted later);*
  - *Edit or manipulate materials in any way; and*

➤ *Share/distribute links to Google Meet and Zoom sessions provided by the teacher.*

Failure to comply with these expectations may involve student discipline which could include suspension or expulsion.

### **Recording of Online Synchronous Learning Sessions**

Please read the information below carefully to ensure that you understand the parameters for participation in online synchronous learning.

1. A teacher may record all or portions of online synchronous learning sessions for:
  - a. Student learning purposes
  - b. Student assessment purposes
  - c. Future instructional use

For more information about the purpose, access, storage and retention of the synchronous learning video recordings, please refer to the [Recording of Online Synchronous Learning FAQs](#).

2. In the absence of a real-time access note-taker, where applicable, transcripts of closed-captioned notes may be shared with individual students, based on identified needs.

In these instances...

- there is a written record of what was said during a lesson or class discussion;
- the transcript is not posted to the learning platform, but shared only with the student(s) who require(s) it;
- notes are used by the student who requires them in accordance with their IEP and are used for concept attainment and executive functioning purposes only.

Should you have any questions, please connect with your school's administration.

## **Science Competitions**

### **Avagadro Exam - University of Waterloo**

Grade 11 Chemistry students are invited to participate in the Avagadro Exam on Thursday May 20th. The exam will consist of 40 multiple choice questions written within 75 minutes online from home outside of school hours. It may be written by any student who has completed or is currently enrolled in Grade 11 Chemistry. Students who are currently taking or have completed Grade 12 Chemistry should write the Chem 13 News Exam, not the Avagadro exam. Please see School Cash Online for payment details and a link to the required permission form.

### **Chem 13 News Exam - University of Waterloo**

Grade 12 Chemistry students are invited to participate in the Chem 13 News Exam on Thursday May 13th. The exam will consist of 40 multiple choice questions written within 75 minutes online from home outside of school hours. It may be written by any student who has completed or is currently enrolled in Grade 12 Chemistry. Please see School Cash Online for payment details and a link to the required permission form.

## **Congratulations Sidney Shaw, Loran Scholar**

We are thrilled to share that Sidney Shaw of Unionville High School has been named a 2021 Loran Scholar.

This year, the [Loran Scholars Foundation selected 30 exceptional young Canadians](#) from a pool of 6,084 applicants who demonstrate a firm commitment to character, service and leadership potential; breadth in academic and extra-curricular interests; integrity; and a high level of personal autonomy.



In a time of immense change and challenge, the newly selected scholars have shown grit and resilience, finding ways to make the most of these extraordinary circumstances and meaningfully serve their communities.

Sidney chairs the UHS Eco-Council and the Gender and Sexuality Alliance. Outside of school, Sidney has organized a community repair cafe, participated in 4H, and completed a 366-day photo challenge. Sidney plays euphonium in the York Regional Police Youth Band and, during the summer, Sidney worked at an Eco Camp to educate kids about the natural world.

The Loran Award is Canada's largest and most comprehensive four-year undergraduate award. What makes this award unique is that it is not a reward for past accomplishments, but an investment in a potential future path of high impact. Loran poses a lifelong challenge to its scholars to live outstanding lives of character and take on significant leadership roles, which will positively impact their communities, Canada, and the world around us.

Loran Scholars receive a renewable four-year award comprising an annual living stipend and matching tuition waiver from one of the foundation's [25 partner universities](#); funding for tri-sectoral summer work experiences (in enterprise, public policy, and community development); one-on-one mentorship; and the opportunity to connect with other high-potential youth through forums and scholar gatherings. Following their undergraduate studies, Loran Scholars are welcomed into an engaged alumni community, in which former scholars connect and collaborate through regional hubs and larger reunion events.

Congratulations Sidney!

### Day of Pink

April 14, 2021 is the International Day of Pink. However, due to the revised Spring Break, this year the YRDSB will be acknowledging the International Day of Pink on April 21, 2021.

The International Day of Pink is a day when communities across Canada and across the world unite to celebrate diversity and raise awareness about the need to stop homophobia, transphobia, discrimination and all forms of bullying. On this annual day in April, individuals wear pink to show respect for diversity and to demonstrate support for learning and working environments which are safe and inclusive of people from all different backgrounds. International Day of Pink is intended to create a more inclusive and diverse world. The Day of Pink originated in Eastern Canada, after a few young students decided to stand up against homophobia, bullying and toxic masculinity.

**Students are asked to wear pink on Wednesday, April 21 (Cohort A) and Thursday, April 22 (Cohort B).**

### Wellness Corner

#### **"Cook with Me" Event**

In the spirit of healthy eating and having fun with cooking, our UHS Student Wellness Council is organizing an interactive livestream cooking contest for their fellow students. Participants will create and present their chosen dish on social media. Happy cooking everyone!

#### **Raising Awareness about Anti-Asian Hate Crimes**

In light of the alarming surge of anti-Asian hate crimes across the country over the last several months, our UHS Student Wellness Council is doing its part in helping to raise awareness of the deep impacts these crimes are having on the Asian community. For resources on Fight COVID Racism: [www.covidr Racism.ca](http://www.covidr Racism.ca)



## April is Sikh Heritage Month

The Sikh Heritage Month Act of 2013 sets the foundation upon which Sikh Canadians can see themselves reflected in the past, present and future of schools across Ontario and Canada. On April 1st, 2021 Minister Bardish Chagger issued the following statement from Ottawa:

“Canada is proud to be home to more than 500,000 Sikh Canadians, making it one of the largest Sikh diasporas in the world. Since the arrival of the first Sikh immigrants in the late 19th century, members of this community have contributed to Canada through their achievements in all areas of society and have helped shape the diversity found within it. Sikhism’s core principles include equality, generosity, openness, and compassion. Sikh Heritage Month is an opportunity to reflect on the pivotal role that Sikh communities have played, and continue to play, in building a stronger and consciously more inclusive Canada.”

April is an important month for the Sikh community. In this month, Sikh Canadians celebrate Vaisakhi, which marks the creation of the Khalsa and the Sikh articles of faith. Sikh Canadians widely celebrate Vaisakhi, also known as Khalsa Day, across Ontario. As we enter the month of April, let's join Ontarians and Canadians who will be coming together to celebrate how Sikh Canadians have made significant contributions to the growth and prosperity of Ontario and Canada's social, economic, political and cultural fabric.

## 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.**

## 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.

## Full Disclosure Reminders

**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.

## 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)

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

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

**May 24th, 2021 - Direct application** [Jean Lumb Foundation: Jean Lumb Awards](#)

**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](http://ontario.ca/summerstudents).

### 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](http://www.yssn.ca): 905-310-COPE (2673) or 1-855-310-COPE (2673) - available 24/7
- [www.KidsHelpPhone.ca](http://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](http://www.yorkhills.ca) for more information.
- Markham Stouffville Hospital [www.msh.on.ca](http://www.msh.on.ca): 905-472-7000
- Poison Control [www.ontariopoisoncentre.ca](http://www.ontariopoisoncentre.ca): 1-800-268-9017
- Lesbian Gay BI Trans Youth Line [www.youthline.ca](http://www.youthline.ca): 1-888-687-9689
- Trans Lifeline [www.translifeline.org](http://www.translifeline.org): 1-877-330-6366
- Black Youth Helpline [www.blackyouth.ca](http://www.blackyouth.ca): 1-833-294-8650
- York Region Children's Aid Society [www.yorkcas.org](http://www.yorkcas.org): 905-895-2318
- York Region Abuse Program [www.centralhealthline.ca](http://www.centralhealthline.ca): 905-895-3646
- Police-Fire-Ambulance 911





MARKHAM AFRICAN CARIBBEAN CANADIAN ASSOCIATION **PRESENTS:**

**DESIGN  
YOUR  
FUTURE**

**BLACK YOUTH  
LEGACY  
CONFERENCE  
2021**



**GENERATIONAL  
WEALTH**

**REGISTER TODAY:** [www.macca1987.com](http://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](mailto: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](mailto:info@macca1987.com)  
[www.macca1987.com](http://www.macca1987.com)  
#BYLC2021

Funded by the  
Government  
of Canada

Canada



## 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](mailto: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.



AEBS 2021

## Scholarships for Black Students Graduating from York Region District School Board High Schools

AEBS invites Black students who are graduating from a high school in the York Region District School Board to apply for our 2021 scholarships.

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

**The deadline to apply is Friday, May 7, 2021**

For further information contact:

Elaine Ricketts: [elaine.ricketts@yrdsb.ca](mailto:elaine.ricketts@yrdsb.ca)

Jaymyi Lesmond: [jaymyi.lesmond@yrdsb.ca](mailto:jaymyi.lesmond@yrdsb.ca)

Charlotte Reid: [charlottereid60@gmail.com](mailto:charlottereid60@gmail.com)

TRUDEAU TSA HEALTH CARE WORKSHOP  
WITH TAMIL DOCTOR



*Dr. Jeya T. Nadarajah*

Infectious Disease Specialist from Markham-Stouffville Hospital  
and Public Health Ontario

Dr. Jeya Nadarajah found her passion of microbiology in the ninth grade, but while completing her Masters and working at Sunnybrook hospital, she knew she wanted to become an Infectious Disease Specialist. She is also a founder of the Nadarajah Family Foundation that she started with her siblings, where they help build schools in Ghana and Laos and help the community through other humanitarian initiatives.

Wonder what it's  
like to be a  
doctor in  
Ontario? Ask  
Dr. Jeya  
Nadarajah any  
questions you  
have and learn  
from a  
professional!

**Event date:**

Wednesday April 21st, 2021  
from 6:00 p.m. to 7:00 p.m.

Also counts as  
SHSM Health &  
Wellness  
Reach Ahead

**Register here:**



<https://bit.ly/3t5PM3E>

This virtual event is taking place on Wednesday, April 21 at 6 PM on Google Meet Live Stream. The link will be forwarded to registered attendees. The workshop is open to **ALL SECONDARY STUDENTS in the YRDSB**, and **SHSM Health & Wellness students** will receive a reach ahead for attending. Please register using [this link](https://bit.ly/3t5PM3E) or the attached flyer.



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

# GAME NIGHT

April 10 2021



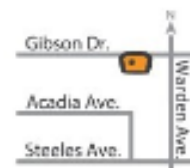
7-9 PM

[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





## 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](http://www.pcmh.ca).

**Monday, May 10<sup>th</sup> Topic Community Resources 6:30 – 8 pm**

**Monday, June 21<sup>st</sup> 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=06y0d9JuSJJeDPpT-mB8A3A.1616681721055.0467fb775d5de13601a6a3f1a8af56be&x\\_zm\\_rtaid=32](https://zoom.us/join?m=OTIzNDIxMjk5OTA.Y7sBAF7XnuJjP67oLA_tUzsVYTVehozB&x_zm_rtaid=06y0d9JuSJJeDPpT-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](http://www.yorkhills.ca) for more information.



# 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](mailto:sallen@markham.ca) by April 23, 2021

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



## 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](http://markham.ca/ManyFaces)

For assistance: Customer Contact Centre 905.477.5530

