



UHS Parent Weekly Bulletin

Volume 16

Friday, January 7, 2022

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
 Michael Cohen
michael.cohen@yrdsb.ca

Board Trustee
 Ron Lynn
ron.lynn@yrdsb.ca

Email:
unionville.hs@yrdsb.ca

School Website:
[Click here](#)

Tweets
[@UHSupdate](#)

Block 1	8:30 – 9:50 AM
Break	9:50 – 9:55 AM
Block 3	9:55 – 11:10 AM
Lunch	11:10 AM – 12:00 PM
Block 2	12:00 – 1:15 PM
Break	1:15 – 1:20 PM
Block 4	1:20 – 2:35 PM

January	10	11	12	13	14
	AMV1/2/3/4 Virtual Guest Artist Elizabeth McDonald (12:05 - 1:05 PM)			Equal Consideration Deadline for University Applications AMS1/20/3/4MM Virtual Guest Artist Jonathan Crow (8:30 - 9:50 AM)	ATM10M Virtual Bollywood Dance Workshop (1:30 - 2:30 PM)
January	17	18	19	20	21
		ATM3MM/4MM Virtual Contemporary Dance Workshop (8:40 - 9:40 AM) ATM20M Virtual Contemporary Dance Workshop (12:05 - 1:05 PM)			

School Closure Information and Support for Families

On Monday, January 3, the [Government of Ontario announced](#) that, following the winter break, all Ontario **schools will be closed to students for at least two weeks**. This is a change from our previous [message on December 31, 2022](#).

Between January 3-14, 2022, schools will be closed to students. From January 5-14 students will participate in remote learning. This is in an effort to reduce the spread of the COVID-19 pandemic. At this time, schools are expected to reopen to students for in-person learning on January 17, 2022.

Students will participate in remote learning from January 5-14 using their remote classrooms. Please contact us at unionville.hs@yrdsb.ca if you require access to technology and/or internet services.

Please review the latest [health and safety measures](#) on the YRDSB website and the latest information from [York Region Public Health](#).

Families looking for assistance in **navigating online tools** can find [resources available on the Board website](#), including IT support for families.

You may be concerned about your child's and family's **well-being**. You can find [mental health resources](#), [community resources](#), [programs](#), [online learning resources](#) and more on our website at www.yrdsb.ca/school-reopening.

For a variety of support services and agencies, you can 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

Thank you for your ongoing support and patience. We will continue to share information with you as it becomes available. You can also follow the Board's Twitter feed: [@YRDSB](#), or for information about YRDSB's reopening plan, visit: www.yrdsb.ca/school-reopening.

Canada Recovery Caregiving Benefit Extended

The CRCB is extending until **May 7, 2022**. The maximum number of weeks you can apply for also increases to **44 weeks**. You can apply retroactively until February 16, 2022 if you are eligible.

The Canada Recovery Caregiving Benefit (CRCB) gives income support to employed and self-employed individuals who are unable to work because they must care for their child under 12 years old or a family member who needs supervised care. This applies if their school, regular program or facility is closed or unavailable to them due to

COVID-19, or because they are sick, self-isolating, or at risk of serious health complications due to COVID-19. The CRCB is administered by the Canada Revenue Agency (CRA).

If you are eligible for the CRCB, your household can receive \$500 (\$450 after taxes withheld) for each 1-week period.

If your situation continues, you will need to apply again. Each household may apply for up to a total of 44 weeks between September 27, 2020 and May 7, 2022.

For more information on how to apply, please click the link below:

[Canada Recovery Caregiving Benefit](#)

If you have any questions please contact Yvonne Kelly (yvonne.kelly@yrdsb.ca; 416-697-4208)

Guidance Updates

The UHS Guidance Department is here to support all students and families. Although students have moved to remote learning, students and parents/guardians can still schedule an appointment with a Guidance counsellor and can connect either via Google Meet or by telephone.

To learn who your teen's Guidance counsellor is, please see below:

- **Ms. Michelle Farwell: A – He** (michelle.farwell@yrdsb.ca)
- **Ms. Rita Riolo: Hi – Lo** (rita.riolo@yrdsb.ca)
- **Ms. Stephanie Hawkins: Lu – V** (stephanie.hawkins@yrdsb.ca)
- **Mr. Jonathan Tam: W – Z** (jonathan.tam@yrdsb.ca)

To schedule an appointment with a Guidance counsellor:

1. Log into your Teachassist account: <https://ta.yrdsb.ca/yrdsb>.
2. Under the sub-heading select, "Appointment Bookings".
3. Choose your counsellor (based on your last name).
4. Click on the day and time you want to have your appointment.
5. The alpha Counsellor will send a Google Meet link to the student's GAPPs email prior to the appointment time. Should you prefer a phone call, please email the counsellor directly with the contact number.
6. If you need to cancel your appointment for any reason, click "Cancel". If you have any trouble making your appointment, please let the Guidance Department know.

Students or families requiring assistance can contact the Guidance secretary, Ms. Simtikidis. (nellie.simtikidis@yrdsb.ca).

Post-Secondary Information and Links

In lieu of an in-person event, the Guidance department has compiled information related to virtual tours and panel presentations from a variety of post-secondary institutions. Links have been included to make it easier to locate the information/event.

Please click on this [link](#) to view the schedule. The chart will be updated as we continue to receive more information, links and dates related to post-secondary tours and presentations, so be sure to check periodically. This link and other important information can also be found on the Grad Google Classroom. (enrollment key: [ijra6wp](#)).

Cap and Gown Orders for Graduates

If you would like to book a graduation photo session in April (currently scheduled for April 19-29), please pay the graduation fee on School Cash Online **by February 17, 2022**. This is to allow for delivery and distribution of the graduation cap and gown by the Grad Photo Day date. The graduation fee is required for students participating in the graduation ceremony being held on June 27, 2022, at the Hilton Markham (8500 Warden Ave.). The cost includes the souvenir cap & gown, venue rental, refreshments and two guest tickets to the ceremony. **Please be aware that the in-person graduation ceremony may only take place if permitted by York Region Public Health. The souvenir cap and gown portion of the graduation fee is not refundable.**

[Click here to pay the graduation fee](#) so that your cap and gown order is placed by February 17, 2022. Meeting this deadline is required to ensure your cap and gown arrive prior to graduation photo days. **You will be expected to wear a cap and gown for your school graduation photo session.**

Community Involvement Hours

Students are reminded that they must have their volunteer activity approved prior to completion. **All graduating students** are encouraged to have all their community involvement hours completed and submitted to the Guidance secretary (nellie.simtikidis@yrdsb.ca) by January 31st, 2022.

Students can learn more about volunteer opportunities by joining the 'UHS Volunteer and Program Opportunities' Google Classroom using the following classroom code: [gsrz264](#).

De-Streaming and Course Selection

The goal of de-streaming is to eliminate identity-based disproportionalities in achievement, well-being, graduation and post-secondary acceptance in YRDSB. - Louise Sirisko

The [de-streaming page](#) on the [board's website](#) includes information about updates to course offerings in Grades 9 and 10 as well as a document called [What Families Want to Know About De-Streaming](#). This document has been translated into a variety of languages. The Guidance Department will be providing support and information to classes regarding de-streamed courses in January and February as students complete course selection for next year. Ms. Riolo, the Head of Guidance, will present on the topic of de-streaming and course selection at the next School Council Meeting on Monday, January 24.

If UHS students are having difficulty selecting courses or are noticing discrepancies in their Pathway Planner, they can schedule an appointment via Teachassist with their alpha Guidance Counselor.

Library Books

Please be advised that you are not required to return library resources until we resume in-person learning. Library books can be returned once school reopens. Thanks for your conscientiousness and cooperation.

Tamil Heritage Month

On October 5, 2016, Motion M-24 was passed in the Federal Parliament, officially proclaiming January as Tamil Heritage Month in Canada. Tamil Heritage Month aims to celebrate the richness of the Tamil language and its literature and highlight Tamil Canadians' vibrant traditions, histories, arts, and cultures. In addition, it seeks to recognize the significant contributions of Tamil Canadians in key areas of social, cultural, economic, and political spheres. This year's focus is Tamil Women's Excellence.

Also, of significance is January 14, 2022. According to the Tamil calendar, January 14, 2022, begins the month of “Thai.” On this day, Tamils celebrate Thai Pongal, the Tamil harvest festival. Thai Pongal is the most important and widely-celebrated festival amongst Tamils around the globe. Thai Pongal is a time to give thanks for the previous year’s blessings and a time to look forward to the New Year.

International Holocaust Remembrance Day

January 27 is **International Holocaust Remembrance Day**. This date was designated by resolution of the United Nations General Assembly in November 2005. The day reaffirms “*that the Holocaust, which resulted in the murder of one third of the Jewish people along with countless members of other minorities, will forever be a warning to all people of the dangers of hatred, bigotry, racism and prejudice*” (UN General Assembly A/60/L.12). This day serves as an international memorial day for the victims of the Nazi Holocaust, which saw the murder of 6 million Jews, 250,000 to 500,000 Roma people, 200,000 to 250,000 persons with disabilities, and 15,000 people who were LGBTQ+. January 27 marks the date when the Nazi concentration and extermination camp of Auschwitz-Birkenau was liberated by Soviet troops in 1945.

Night School

Remote Night School (formerly in-person)

Registration opens January 4. Classes are synchronous and virtual. Students can register on My Pathway Planner. The course must be approved by the alpha Guidance Counsellor. For more information check out [Night School Credit Courses](#).

Online Night School

Registration opens January 25. Classes are asynchronous and online. Students can register on My Pathway Planner. The course must be approved by the alpha Guidance Counsellor. For more information check out [Online Learning Night School](#).

Student Trustees

If you will be in grade 11 or 12 in the next school year and are passionate about student voice, consider becoming a student trustee, and representing students across YRDSB.

Student trustees network with students, staff and the Board of Trustees to share information that gives students a meaningful voice. Learn more about the role and how you can apply at www.yrdsb.ca/studenttrustees.

The deadline to apply is January 21. Four candidates will be selected to run for the two student trustee positions and all students will have an opportunity to vote. Students will receive information on how to vote in the election during the campaign and voting period (see below).

Student Trustee Election Key Dates:

Student Trustee Applications	January 10-21, 2022, closes @ 11:59 p.m.
Interview Selection of (4) Area Representative Candidates	January 25-27, 2022
The Campaign Period	January 31 – February 11, 2022, closes @ 11:59 p.m.

All-Candidates Debate	February 2, 2022
Online Voting Period	February 14-22, 2022, closes @ 8 p.m.
Election Day	February 23, 2022
Election Results Announced	February 24, 2022



**Student Mental Health and Addictions Newsletter
January 2022**

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

Returning to some uncertainty after the Winter Break

To our students, families and caregivers, it is our sincere hope that you have had moments of rest and joy over the winter break. Even if these moments may have been brief or minor, they are worth highlighting in the spirit of hope and optimism.

Our return to in-person learning has been delayed due to provincially mandated school board requirements coinciding with the rising COVID -19 cases across the province. For many, this has created feelings of uncertainty, worry and other emotions. Although these feelings may not be new, they can be challenging to navigate, especially for younger children and children with special education needs.

As we respond to this current phase of the Pandemic, our families are asked to shift their focus from in-person learning to online learning. We are also encouraged to follow Public Health guidelines for social distancing and gatherings. It is especially important at this time for us to maintain social connections and positive mental health practices. Each one of us is unique and may require different strategies to support our mental health. One size does not fit all. The following are some suggestions to help you think about what may help to support your own mental health and the mental health of your children.

This month's edition of our Mental Health newsletter will focus on some suggestions of ways to maintain mental health during this continued time of physical distancing.

[Dr. Shimi Kang](#), a mental health expert and associate professor at the University of British Columbia, suggests 5 tips for supporting our mental health during the Pandemic. Although these tips may be familiar, they bear repeating as a reminder of ways to support our mental health.

1. Practice self-care: Taking care of our mental health is just as important as caring for our physical health. For example, monitoring sleep, routine exercise, and mental stimulation.
2. Identify, practice and master coping skills: Identify what are your own personal and unique coping skills that help you to cope, practice these in times of distress.
3. Learn from experience: Reflect on what has worked or not worked from you in the past as you have navigated stress during the Pandemic.
4. Honour your unique mental health needs: There is a lot of information out there about “what works”. Honour your own unique needs and recognize what may work for others may not work for you and vice versa.
5. Monitor your “Tech Diet”: Monitor your tech use and recognize the difference between positive and negative tech use. Consider replacing some of your tech use time with meaningful social connection or self-care. For example, 30 minutes of tech time might be replaced with 30 minutes of movement, music or mindfulness.

[School Mental Health Ontario](#) has created a variety of resources for educators, parents and families, and students regarding supporting student mental health during this time. Check out some more tips from School Mental Health Ontario on building [personal resiliency](#).

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 supports found on the [COVID-19 Mental Health Resources for Students and Families](#).

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, M.S.W., R.S.W.

Assistant Coordinator of Mental Health hoshana.calliste@yrdsb.ca



Triple P Parenting Seminar

Parenting Traps and Strategies

Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

This session explains:

- how parents may get "trapped" in escalations and power struggles;
- why parents experience "defiance and non-compliance" when they ask or request their children to do something; and
- understanding various traps ways to avoid these traps and develop age appropriate and do-able strategies.

[Registration](#)

Parents, Grandparents and Caregivers!

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

Date: Thursday, January 13, 2022

Time: 10:00 a.m – 11:30 a.m.

Location: Zoom Link will be provided

Facilitator: Uma Bhatt, R.S.W.
York Hills Centre for
Children, Youth and
Families

More Information:

Oksana Majaski
Community Partnership Developer
Oksana.majaski@yrdsb.ca

This free Parent Presentation is brought to you in partnership with York Hills Centre for Children, Youth and Families and York Region District School Board



[Registration - More Information](#)