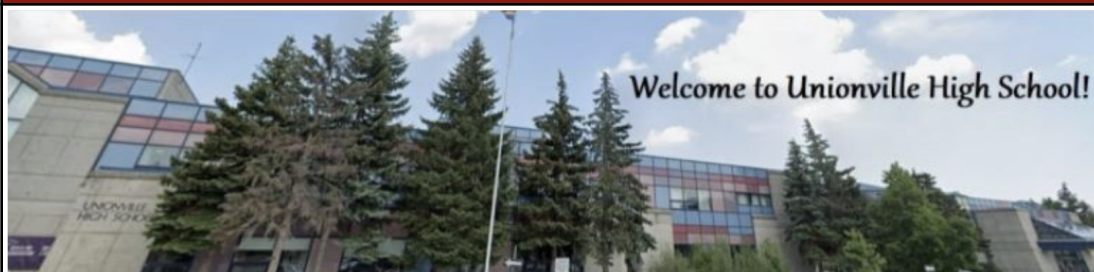




UHS Parent Weekly Bulletin –Vol.28

Friday, March 26, 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
Brian Schouten (interim)
brian.schouten@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	Rotation 4: March 25 - April 7	Rotation 1: April 8 - April 30	May 20 - Feedback Day	
In Person 8:30-11:00 AM	Period 4	Period 1	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 3	Period 2	Online 9:50 - 10:25 AM	Period 3
Synchronous Learning 1:20-2:10 PM	Period 1	Period 3	Online 10:30 - 11:05 AM	Period 4
Synchronous Learning 2:10-3:00 PM	Period 2	Period 4		

29	A	30	B	31	A	1	B	2	
								♦ Good Friday	
5		6	A	7	B	8	A	9	B
Easter Monday						T2-R1 Start of Term 2			

UPCOMING EVENTS

Monday, March 29	SHSM Arts & Culture Guest Artist Adriana Luhovy
Tuesday, March 30	
Wednesday, March 31	
Thursday, April 1	
Friday, April 2	Good Friday

DAILY COVID-19 SCHOOL AND CHILD CARE SCREENING REMINDERS

Dear York Region parents and guardians:

Thank you for continuing to screen your children before sending them to school and childcare every day. As expected, by moving to a one symptom screen we are noticing more schools having cohorts dismissed, helping to keep COVID out of the schools and the school community safe. We want to thank you all for your commitment to these public health measures designed to keep our loved ones safe.

We still need your help though by following these important reminders which are in place to ensure children aren't bringing COVID into the school or childcare setting:

- If a student/child/staff/essential visitor is symptomatic, or has a household member who is **symptomatic**, they are required to stay home without exemption, even for essential reasons (except for medical care), until the symptomatic individual tests negative. **This means they should NOT be attending school or childcare.**
- If a student/child/staff/essential visitor is in a dismissed cohort or has been identified as a high risk close contact, they are required to stay home without exemption, even for essential reasons (except for medical care), for the duration of the self-isolation period outlined in the dismissal letter, or as advised by York Region Public Health. **This means they should NOT be attending school or childcare.**
- If a student/child/staff/essential visitor lives in a household with someone who is part a dismissed cohort or has been identified as a high risk close contact, they are required to stay home from school and child care for the duration of the self-isolation period of the affected household member. **This means they should NOT be attending school or childcare.**
- If a student/child/staff/essential visitor has travelled internationally, or lives in a household with someone who has travelled internationally within the last 14 days, they must stay home, without exemption, from school and child care for the entire isolation period of the traveller. **This means they should NOT be attending school or childcare.**

Please remember to complete the daily screen found at www.york.ca/safeatschool and thank you for your ongoing commitment to keeping schools and child care centres safe!

PUBLIC HEALTH
1-877-464-9675
TTY 1-866-512-6228
york.ca



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](http://www.ontario.ca/education).

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

Students interested in applying for the PLAR challenge are recommended to 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.

Indigenous COVID-19 Clinics

March 29 and 30 2021

Town of Georgina –Georgina Ice Palace;
City of Richmond Hill –Richmond Green Sports Centre
Booking: bit.ly/IndigenousYR

You can also book an appointment for a different day and location at bit.ly/IndigenousYR.

[Please click here for more detailed information.](#)

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.

Tune In YRDSB: Black Student Voice

[In this episode](#) you'll hear York Region District School Board students Sydney Baxter, Jaylah Hall, and Cameron Davis alongside Coordinating Superintendent of Education - Indigenous Education and Equity, Cecil Roach.

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)

Canadian Pediatric Stroke and Acquired Brain Injury Survivors Scholarship Application:
www.achievingbeyondbraininjury.com

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

To apply for a Jean Lumb Award, please visit <https://jeanlumbfoundation.ca/>.

To learn more about The Public Property Assessment Network Scholarship for Central-East Region, [click here](#).

The NACCA scholarship award deadline is March 31, 2021. [Please click here for more details](#).

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

Earn while you learn! 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 informat

- 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



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

[点时间注册](#)

[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/j/92342129990>

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?j=92342129990&pwd=Wms4UFEyOG0rSVdDMkRqZmUyamVIZz09#success>
<https://zoom.us/join?j=92342129990&pwd=Wms4UFEyOG0rSVdDMkRqZmUyamVIZz09#success>

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.

AUTO CONNECT

OPPORTUNITIES FOR BLACK YOUTH

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 Okooguale
Corporate Special
Events, Public
Relations at Toyota
Canada Inc.



Emiliano Vold
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



What is ORFV and how can I register?

The Ontario Register of Future Voters is a list of eligible 16- and 17-year-olds who will be automatically added to the voters list when they turn 18. To be eligible, you must be:

- 16 or 17 years old;
- a Canadian citizen; and
- a resident of Ontario.

You can use [eRegistration](#) to add, update or confirm your information on the Ontario Register of Future Voters. Only the applicant can add, update or remove their information.

Examples of acceptable ID include an Ontario driver's licence, report card, cell phone bill, or pay stub. Find other examples of acceptable ID needed to register or maintain your information at elections.on.ca/id-requirements.



[Please click here to register as a future voter.](#)

MAYOR'S BLACK YOUTH LIAISON COMMITTEE

**Combat anti-Black racism and
have your voice heard.**

markham.ca/LetsTalkAboutRacism





Anthology II, *A Snapshot in Time*

Stories and artwork are vital to our mental health. They promote wellness and reflection and help us move forward in our day to day. This is especially important given the challenges that students and staff have faced during our current learning models (adaptive and SVS). We invite students to share their personal narratives using any of the following prompts.*

Submission deadline: April 1, 2021

Format: written piece, poetry, flash fiction or non-fiction as long as it relates to the topic, “a snapshot in time”

Length: 50- 300 words maximum

Questions? Email Shanzay, student project manager, at UHSeditor@gmail.com

Publication date: June 23, 2021

Some possible writing prompts:

- Wellness and your studies. What's your secret formula?
- Self-discovery: What surprised you the most about You?
- Share something that is usually visible but is currently invisible.
- School spirit?
- What else? You're welcome to explore ideas related to the idea of “A Snapshot in Time”.



Email UHSeditor@gmail.com to receive a submission sign-up form

* Please note that due to limited space, all submissions will go through a selection process and may not be considered for publication. Please email us for details or if you have any questions.

YOUR VOICE MATTERS

Share your lived experiences relating to
Anti-Black Racism through our survey.



Newmarket Anti-Black Racism Task force Survey

This survey is being conducted by the Newmarket Anti-Black Racism Task Force which has been created by the Town of Newmarket. The purpose of the survey is to gather information from the community as it relates to anti-Black racism which will be used to make recommendations to the Town of Newmarket Council. A Terms of Reference for the Task Force can be viewed [here](#).

The overall duration of the survey is approximately 10-15 minutes. Your responses are voluntary and will be held confidential. Responses will remain anonymous and not be individually identified. Results of the survey will be reported as a group and not as separate responses by individuals. All survey responses are being collected with due regard to Provincial and Municipal privacy legislation and guidelines. The survey will close on March 31, 2021.

The survey is open to everyone. Please click here to participate: <https://bit.ly/3t6920n>.