



UHS Parent Weekly Bulletin –Vol.6

Friday, October 9, 2020

Mission: Unionville High School is a community of learners dedicated to excellence and opportunity for all students and staff, the promotion and appreciation of creativity and the arts, and personal and social responsibility in an increasingly complex and interdependent world.

201 Town Centre Blvd.

Markham, ON

L3R 8G5

(P) 905-479-2787

(F) 905-479-1539

Extensions:

Reception - 431

Attendance - 230

Guidance - 458

Principal

Suelyn Cheong

suelyn.cheong@yrdsb.ca

Vice-Principal

Andrew Gazaneo (A-L)

andrew.gazaneo@yrdsb.ca

Vice-Principal

Patrick Belmonte (M-Z)

patrick.belmonte@yrdsb.ca

Superintendent

Becky Green

becky.green@yrdsb.ca

Board Trustee

Ron Lynn

ron.lynn@yrdsb.ca

Email:

unionville.hs@yrdsb.ca

School Website:

[Click here](#)

Tweets

[@UHSupdates](#)



Course Rotation 3 - October 13 - October 26, 2020

Rotation - 3	Oct 13 - Oct 26
In Person 8:30-11:00 AM	Period 3
11:00 12:30 PM	Transportation and Lunch
Synchronous Learning 12:30-1:20 PM	Period 4
Synchronous Learning 1:20-2:10	Period 1
Synchronous Learning 2:10—3:00 PM	Period 2

Thanksgiving 12	Rotation #3 13 3A	14 3B	15 3A	16 3B
19 3A	20 3B	21 3A	22 3B	23 3A
26 3B	Rotation #4 27 4A	28 4B	29 4A	30 4B

The order of the periods will change for each rotation and students will receive reminders regarding their rotation through TeachAssist. In TeachAssist, students will be placed in new cohorts every rotation. Teachers will be able to identify the cohorts by the students' assigned section numbers. Students will receive their information directly from TeachAssist.

WHEN AN INDIVIDUAL BECOMES ILL WHILE AT THE SCHOOL

Follow these steps if an individual becomes ill with symptoms of COVID-19 while in the school or school related places (e.g., school bus).

COVID-19 Symptoms

Common symptoms

- Fever (a temperature of 37.8°C/100.0°F or greater)
- Cough (that is new or worsening)
- Shortness of breath

Other symptoms may include

- Sore Throat
- Runny nose (Rhinorrhea)
- Nasal Congestion
- Decrease or loss of sense of taste or smell
- Nausea and/or vomiting
- Diarrhea
- Abdominal pain

Safely move individual to isolation room
(ensure ill individual is masked and those providing assistance are using PPE)

Clean surfaces after individual has left the area.

Note: PPE in the school environment includes surgical/procedure mask and eye protection/face shield

Call parent/guardian to pick up ill child or advise ill staff/visitor to go home.

Direct individual to seek medical attention, including being tested for COVID-19.

Has the individual had a known exposure to a confirmed or probable case of COVID-19 or international travel in the 14 days prior to symptom onset, or does the school have additional concerns related to a potential COVID-19 infection with this individual?

Note: It is the responsibility of the individual or their parents/guardians to not attend the school if they have these risk factors, however it may become apparent during the interactions that these risk factors do apply.

NO

YES

Call York Region Public Health to report the illness and the school exposure to the symptomatic individual.

Individual are not permitted at the school while awaiting test results:

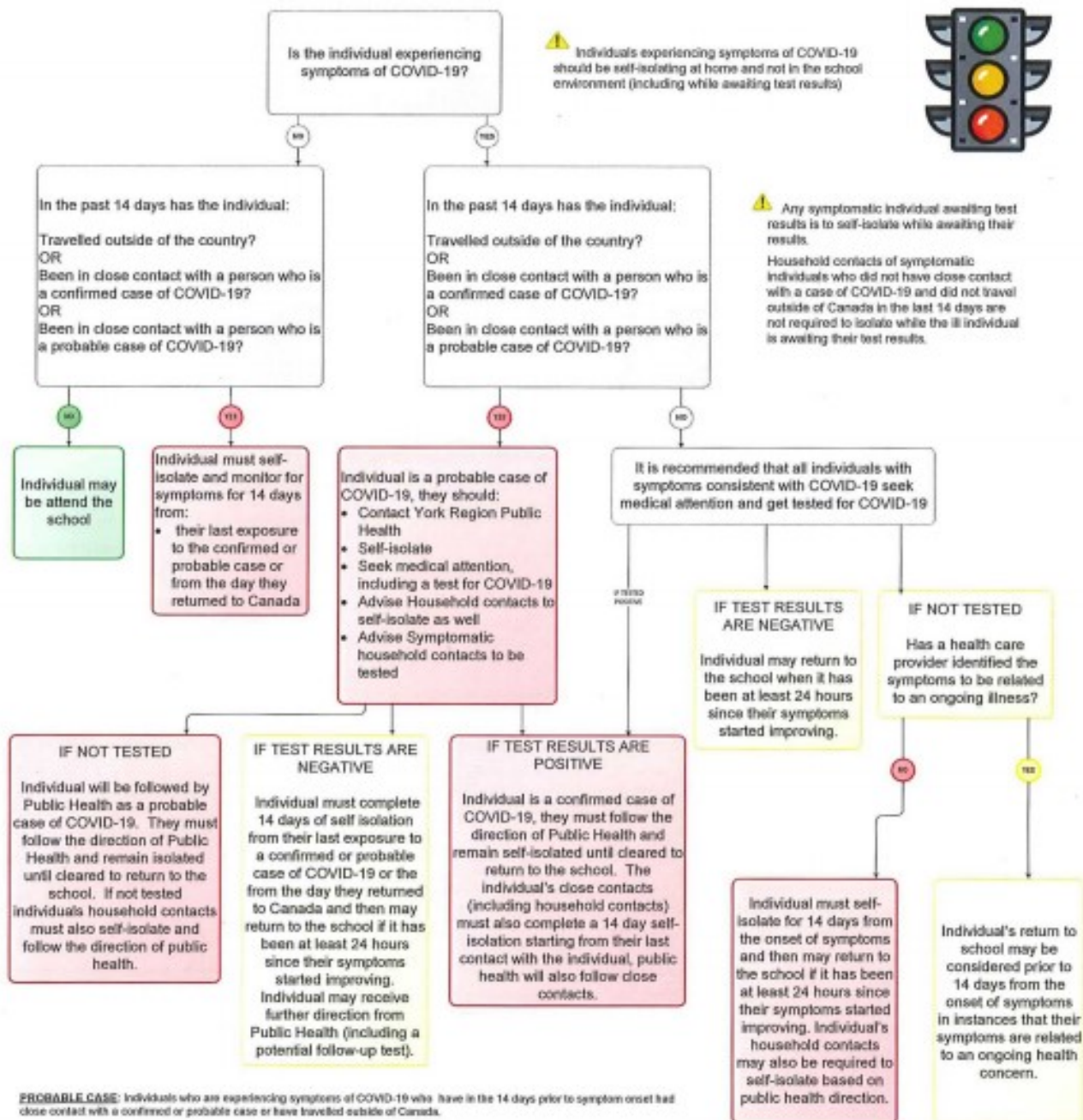
- If the test result is negative the individual may return to the school it is has been at least 24 hours since their symptoms started improving (no fever for at least 24 hours, mild symptoms may persist).
- or
- If the test result is positive the individual is to self-isolate for at least 14 days from the day the symptoms started. Individual may return to the school after this period upon the guidance of York Region Public Health.
- or
- If individual was not tested, they must self-isolate for 14 days from the day symptoms started. If individual's symptoms have been identified by a health care provider to be related to an ongoing health condition, their return to school may be considered based on circumstances.

Note: Siblings or other household contacts of symptomatic individuals with no known risk factors (close contact to a confirmed or probable case or recent travel) may attend the school unless symptomatic.

If the individual tests positive their siblings and other household contacts would then not be permitted at the school and required to self-isolate.

PREVENTING COVID-19 EXPOSURES IN THE SCHOOLS

Preventing COVID-19 exposures in the school setting includes making sure people who may pose a risk do not enter a school. Use this resource to decide who should and should not be in a school.



PROBABLE CASE: Individuals who are experiencing symptoms of COVID-19 who have in the 14 days prior to symptom onset had close contact with a confirmed or probable case or have travelled outside of Canada.

CLOSE CONTACT: People who were within 2-meters of an individual for more than 10 minutes, who provide care to them or live in the same household, people they have had close physical contact with, such as shaking hands or who they have accidentally coughed, sneezed or spit on while talking to.

SYMPTOMS HAVE IMPROVED: The individual's symptoms are improved, however mild symptoms (e.g., cough and runny nose) are known to persist. Individual must be free of fever for at least 24 hrs and not experiencing any new or worsening symptoms.

Adult ESL Programs

Please click the following link for more information on adult ESL programs: [Adult Classes Information](#)
Chinese Translation: [Adult Classes Information - Chinese Version](#)

Cleaning Our Schools

The Board follows the recommendations of [Public Health Ontario](#), and ensures frequently touched surfaces are cleaned and disinfected twice per day in addition to our regular cleaning practices. Once confirmation is received from York Region Public Health that a positive or probable COVID case was present in the school, the board undertakes additional cleaning and disinfection of the areas occupied and any shared items used by the individual. All disinfectants used in schools are on the Health Canada list of disinfectants effective against COVID-19.

COVID-19 Screening Tool for Children in School and Child Care

Please click the link below for information on screening children in school and child care.

[Screening Children in School and Child Care](#)

Full Disclosure Deadlines

October 8

Deadline for potential graduates who are not planning on applying to an Ontario college to notify their Guidance Counsellor if they do not want data shared with OCAS this school year.

October 13

Deadline for potential graduates who are not planning on applying to an Ontario university to notify their Guidance Counsellor if they do not want data shared with OUAC this school year.

November 12

Teachers will share mid semester mark updates with students in Grade 11 and 12 courses.

November 12 - 19

Potential graduates applying to an Ontario College or University that are planning to drop a course, and do not wish to have the course mark shared with OUAC/OCAS are advised to connect with their Guidance Counsellor.

November 20

School to submit Semester 1 midterm and/or final marks (for quadmester courses) to OUAC and OCAS

December 16

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 in order that it not be recorded on the Ontario Student Transcript.

Grad Google Classroom 2020-2021

Grade 12 potential grads have been asked to join the Grad Google classroom. Information regarding graduation information, post-secondary programs, scholarships/bursaries and much much more will be posted here.

Classroom code: **fdae3qe**

Guidance Moodle:

Students can join the Guidance moodle to learn about scholarships, bursaries and other enrichment opportunities.

Please visit: <https://moodle2.yrdsb.ca/login/index.php>

Search: UHS Guidance

Username: UHS student number

Password: UHS login

Guidance Appointment Booking

Although Guidance counsellors are not seeing students in person, students and parent/guardians can still speak to a counsellor by booking an appointment with the student's alpha counsellor through Teach Assist (<https://ta.yrdsb.ca/yrdsb/>).

We ask that once the appointment is booked, please email the counsellor indicating whether the student would prefer a phone appointment (provide a phone number where the student can be reached) or a google meet appointment (the counsellor will email the google meet code prior to the appointment).

Ms. Farwell (A - Hou): michelle.farwell@yrdsb.ca

Ms. Riolo (Hu - Ma): rita.riolo@yrdsb.ca

Ms. Hawkins (Mc - Wr): Stephanie.hawkins@yrdsb.ca

Mr. Tam (Wu - Z): jonathan.tam@yrdsb.ca

You can also contact Ms. Simtikidis, the Guidance secretary if you are having any difficulty with appointment bookings or have general questions.

Ms. Simtikidis: nellie.simtikidis@yrdsb.ca

Health Care Plans

Dear families,

Supporting your child's health and well-being is our priority. If your child has a medical condition, please complete the applicable form(s) below and submit them electronically to priscilla.chan@yrdsb.ca. Also, if your child carries an epi-pen or inhaler, we would like to reserve a second one in our main office (Note: Please check the expiry date). Once we receive your child's health care plan, your child will be notified to supply us with a second epi-pen or inhaler in case of emergency. If you would prefer a hard copy of one or more of these forms, please let us know. Any questions regarding health care plans can be sent to patrick.belmonte@yrdsb.ca. Thank you for providing us with this important information in a timely manner.

[Anaphylaxis Health Care Plan](#)

[Asthma Health Care Plan](#)

[Diabetes Health Care Plan](#)

[Epilepsy Seizure Disorder Health Care Plan](#)

[Health Care Plan \(Other\)](#)

[Staff Administration of Medication](#)

[Self Administration of Medication](#)

Interim Reports

Interim reports will be distributed electronically to parents, guardians, and students over 18 during the week of October 19. Parent/Guardian virtual interviews will be planned for the week of October 26th.

International and Indigenous Languages

International and Indigenous Language (IIL) classes will be held online. There will be no in person classes operating in the school buildings.

To find out more, please visit the ConEd webpage: <http://www.yrdsb.ca/Programs/ConEd/Pages/International-Languages-ElementaryProgram.aspx>

If you have any further questions, email international.languages@yrdsb.ca or call (905) 884-2046 ext. 242.

Islamic Heritage Celebration

Please click the following link for a virtual Islamic Heritage Celebration on October 17, 2020: [Register on the Islamic Heritage Month website.](#)



Lunch & Study Hall

The purpose of Study Hall is to provide a space for students who do not have consistent access to broadband Wi-Fi at home and are in school that day for their in-person morning class. Students who need to stay at school to work on afternoon online courses will be supervised by a staff member, but they will not have access to their afternoon online teachers. Students must sign up using Teachassist in advance (the day before by 11:59 pm) every time they wish to stay for study hall the next day so that a seating plan and attendance can be created. **Students interested in staying for lunch/study hall on Tuesday, October 13 must sign up in Teachassist by Monday, October 12 at 11:59 pm.**

Memory As Legacy Series: Holocaust Education

Please click the links below for more information on Memory As Legacy Series:

[Memory As Legacy Series Flyer](#)

[How to Register](#)

Mental Health Resources

To find out how to support your child's mental health during COVID-19 and the return to school please click the link below:

[Mental Health Resources](#)

News From Special Education

Special Education Resource Teachers (SERTs) are busy working on student Individual Education Plans (IEPs) for this year. If you haven't already, **please return your child's IEP Parent Consultation form to your child's SERT.**

October is Learning Disabilities Awareness Month.

What is LD Awareness Month?

Learning Disabilities Awareness Month is recognized every October and events are often held by the Learning Disabilities Association of York Region. It is about raising awareness and reducing stigma to allow people to get the supports they need to reach their potential.



Parking

Please be aware that the school driveway is very busy in the mornings between 8:00 and 8:30 am. Do not stop your car in the "No Idle Cars" zone. This is also a **Fire Route**. Cars left idling may be ticketed. As well, parking passes are required for all cars. Cars that do not have a parking pass will be ticketed by the City of Markham.

Protecting Yourself During COVID-19

You can protect yourself and others from COVID-19 by observing the following measures:

- Stay at home if you are not feeling well—even if your symptoms are only mild
- Practice physical distancing keeping 2-metres from others outside of your household members
- Wash your hands thoroughly and often
- Practice good respiratory etiquette
- Avoid touching your face with unwashed hands
- Wear a face mask or covering when inside public spaces and when physical distancing cannot be maintained
- Clean high-touch surfaces often
- Download the COVID-Alert app
- Avoid travel

It is also important to keep your body healthy and strong by getting lots of sleep, eating nutritious food, drinking plenty of water, exercising and spending time on self-care.

[To find out more, click here.](#)

Requesting copies of transcripts and other documents from the Guidance department

Students, parents and guardians requesting hard copies of transcript documents, etc. must email the Guidance secretary, Ms. Simtikidis (nellie.simtikidis@yrdsb.ca) first. Ms. Simtikidis will schedule a time with the student as to when the documents can be picked up.

Rotation Schedule

Students are now in their 3rd in-person rotation. This means they are in person for their period 3 classes, every other day. Afternoon classes are periods 4, 1, and 2 classes. [Here is a handy link](#) for students to see all the cohorts and rotations.

Scholarship News

Please continue to check the Guidance Moodle as information is continually shared as it becomes available. Please also review the publication called "The Scholarship Report", as it provides scholarship news and opportunities.

Loran Awards

<https://loranscholar.ca/becoming-a-scholar/>

Oct 22nd - Direct Pool Application due

Morehead-Cain Scholarship (North Carolina University- Chapel Hill)

<http://www.moreheadcain.org/prospective-scholars/#canada>

Volunteering Opportunities:

Online/virtual opportunities have been added to the Volunteering Google Classroom. Please continue to look for eligible non-profit organization volunteer opportunities to complete your 40 hours.

School Council Hot Topics Request

Thank you to the 61 parents who participated in our first school council meeting held on Tuesday, September 29.

If you were unable to attend but would like to see a copy of the information shared at that meeting please go directly to [School Council Meeting Sept 29 2020 Presentation](#).

Monday October 26th at 7:00 p.m. is our next school council meeting. If there are specific topics you would like us to discuss, please use the link below and submit your ideas on or before October 19th.

[School Council Hot Topics Request](#)

School Entry & Dismissal

Classrooms will be opened 15 minutes before the first bell. Students will be allowed entry to the building as of **8:15 a.m.** Students may enter through one of four entry points below in a single file fashion while maintaining social distance:

1. Town Centre Blvd. (main entrance)
2. Warden (Cafeteria)
3. Caretaking (Music)
4. Small Gym/Tech Wing

All students must be wearing a mask and sanitize their hands as they enter. Doors at all four entry points will be locked at 8:45 am. Students who arrive before 8:45 am should proceed directly to class. **Students who arrive after 8:45 am must enter from Town Centre Blvd. only and report to the office prior to going to class.** Parents/guardians cannot enter the building unless they have a pre-arranged appointment that has been approved by the principal.

Students are expected to leave the school and school property after their last scheduled class is completed at 11:00 am. Students may not socialize in corridors or the cafeteria and must leave the school directly. Students are expected to continue wearing a face covering until they leave school property. All students must sanitize their hands as they exit. Students can exit at one of five exit points:

1. Town Centre Blvd. (main entrance)
2. Warden (Cafeteria)
3. Caretaking (Music)
4. Small Gym/Tech Wing
5. New wing (stairwell 13)

Please note that dismissal will be staggered by grade beginning at 10:50 in order to prevent crowding.

10:50 am - grade 9

10:53 am - grade 10

10:56 am - grade 11

11:00 am - grade 12

Start Up and Verification Forms

On September 16th and 17th, families were emailed the **School Start-Up Package**. This package contains mandatory forms for both parents/guardians and students that must be submitted electronically. To help ensure security and privacy, we cannot provide the Start-Up Package link in this email. However, if you, as a parent/guardian (via personal contact email) or student (via gapps email) did not receive this electronic package from YRDSB, please email the main office at UHS (Unionville.hs@yrdsb.ca) so that we can personally send you the link. Parents/guardians and students who have already received this package via email should submit the necessary forms as soon as possible.

We have also distributed our **student registration verification forms**. Please check these forms at home to ensure all information is accurate. Please make changes on the form itself. All forms are due back to the school, with or without changes, as soon as possible.

STEM

In an effort to address the underrepresentation of Black students in STEM areas, the University of Toronto is partnering with the Leadership By Design program to sponsor a new STEM cohort for high achieving Black students in Grade 10. We would like to encourage parents to seek out this opportunity if their child is in Grade 10 with an interest in Math and Science. The application and admission process for the PURSUE STEM Cohort is managed entirely by the Leadership By Design program. This opportunity is open to Black and African Canadian Students in the Greater Toronto Area. Please visit the following site for further details: lileaders.com/leadership-by-design-lbd.

Student Accessibility Services At York University

Student Accessibility Services remains open to support you virtually. We are currently rebooking all face-to-face appointments/intakes to be done over phone or email. We can arrange to connect with you by email, phone or a video call. Accessibility Counsellors will continue to book appointments for phone calls. Email your accessibility counsellor directly and they should respond within a few hours. You may also email sasinfo@yorku.ca

Questions about Alternate Exams Scheduling? Professors will be messaging you about any tests that were to take place up until the exam period and within the final exam period to explain the alternate format for their course. The Alternate Exam/Test Centre has currently suspended operations and is reaching out to all instructors who has tests booked. Thank you for your patience as things are sorted out as quickly as possible.

Students whose accommodations include extended time for on-line tests and exams can refer to <https://lthelp.yorku.ca/quizzing/how-to-give-particular-students-extra-time-in-a-quiz> to assist their instructors with set up. **Please also forward your letter of accommodation to your instructors when this is the case.**

Wanting wellness or personal counselling support?

1. Call York University's Student Counselling & Development, Monday through Friday, 9:00 a.m to 3:00 p.m. in N110 Bennett 416-736-5297.

2. Call 24/7 the Good2Talk Postsecondary Line. 1-866-925-5454. For more info, go to good2talk.ca.

Remember: If this is an emergency, call 911 or visit your local hospital emergency department.

Student Council Applications and Elections

Hey Wolves! This year, as a result of our very unique set of circumstances, we have been presented with the opportunity to make some fundamental changes to the work of USAC. We have revised the election process and structure of USAC to be more responsive to the current and changing needs of our students.

USAC will have 3 main goals:

1. To build a dynamic, engaging and inclusive student community while elevating student voice to ensure all our students feel they belong at UHS and their voices are heard
2. To provide timely and important communications among students, staff and administrators
3. To develop students' leadership skills through mentorship

The structure of USAC will be changing. Once USAC members are assembled, roles will be discussed and shared. Five students will be selected from each grade through an application and election process. Students will apply to be on the council using the form link provided below. Applications will be reviewed by staff and administration and selected for the ballot. Students will vote for candidates on our election days. They will be able to choose 5 candidates from each grade (there will be profiles on the ballot written by the candidates).

Once elected, the new USAC representatives will collaborate on committees to implement projects and responsibilities that align with the main goals. Members will take turns organizing and chairing meetings.

Please direct your questions and concerns to the following staff:

Ms. Faulkner: sara.faulkner@yrdsb.ca

Mr. Belmonte: patrick.belmonte@yrdsb.ca

APPLICATION DEADLINE: FRIDAY, OCTOBER 16TH, 2020

[Please click here for the application link.](#)

Study Skills Virtual Workshop

This workshop will give students an opportunity to learn about effective study skills for tests and quizzes.

Who is this workshop for?

All Grade 9 students are welcome and anyone else who needs a refresher!

How do I sign up for the workshop?

Students sign up for: **UHS Study Skills Google Classroom**

The code is: n3n2jya

On the day of the presentation a Google meet code will be shared with all students who have registered.

When is the workshop?

Wednesday October 28th **OR** Thursday October 29th

From 11:45am– 12:15pm



Terry Fox Fundrasier

This year's Terry Fox Fundraiser has come to a close and yet again, UHS Wolves have done us all proud. The Rec Leadership class would like to extend a giant thank you to all parents for donating, spreading the word, and being supportive of our cause. We have managed to exceed our goal of \$1500 and are so grateful for the contributions our school community has made. Watch out for more events from the Rec Leadership team in the near future!

TVO's Learning Resources

TVO offers Ontarians free digital learning resources to unleash the potential in students from JK to Grade 12. For one-to-one Math tutoring please visit tvomathify.com. To support learning at home, tutors are available online Monday-Friday 9am to 9pm Adult Classes Information ET and 3:30pm to 9pm ET Sunday. To learn more about all of TVO's tools and resources, please visit the following: [Back to School with TVO's Digital Learning Resources](#)

UHS Library Learning Commons

Although the physical library is closed this semester, the UHS library is available online to support student learning.

Many great resources are available on the library's webpage: <http://www.yrdsb.ca/schools/unionville.hs/library/Pages/default.aspx>

This is where students can find the GALE and EBSCO databases, which support research in any subject.

Also, students are invited to join the library's Google Classroom. The enrollment code is sv427pg. The Google Classroom is the best way for students to ask their questions about research and book recommendations. It is also where to find the passwords for the databases.

Finally, remember that e-books can be accessed through the YRDSB's subscription to SORA. Students can find SORA by clicking on "search for a book" on the library's webpage. The link to SORA is at the bottom, in the middle of the page. Students can login with 0 + their student number.

Virtual School

Virtual Secondary School contact information:

Phone: 905-900-1163 or 647-749-4328

Email: secondary.VS@yrdsb.ca School

Website: <http://yrdsbsvs.yrdsb.ca/>

Any concerns or inquiries regarding Virtual School should be directed to the administration team at Virtual School:

Principal: Maria Maiato

Vice-Principals:

North: Pamala Agawa

Central: Patrick McQuade

East: Tanya-Lynn Paul

West: Hubert Brard

Virtual School Transfers

Dear Secondary Families,

On September 3, we sent communication to all families informing you that our schools have confirmed spaces in the virtual schools and home schools for all students.

Our Secondary Virtual School (SVS) has developed timetables for over 8,000 students. And over the past two weeks, we have finalized this process for all students who selected the SVS through the Reopening Registration Form.

As we indicated previously, no further transfers between the different models would occur until the end of Semester 1 (January 29, 2021). We appreciate this may be disappointing for some families, however, we've based our reopening strategy on a balance of health and safety, as well as teaching and learning benefits. We are making every effort to ensure that each learning model YRDSB students will participate in this year will be both safe and engaging.

Later this month, all families will be notified about how to access the second semester Secondary School Model Transfer process. The transfer process provides all families the opportunity to request a change. Only families/students requesting a change in their current school model will need to complete this process. Semester 2 will begin on February 3, 2021. Students changing models will continue to be supported through the process by their home school Guidance departments. This will be the only opportunity to transfer between models for Semester 2.

Volunteer Hours

Students are encouraged to continue working on completing their community involvement hours. A minimum of 40 hours is required to earn an Ontario Secondary School Diploma.

Community involvement opportunities can be completed in person and virtually.

To ensure their activity is eligible, students are asked to receive approval for their activity from their alpha counsellor prior to completing their hours.

Students can still pick up community involvement tracking forms outside the Guidance office or can obtain a digital form. Completed forms can be submitted in one of two ways: making arrangements to drop off the form to the Guidance office (contact Ms. Simtikidis), or by scanning or taking a picture of the complete form and sending it to the student's alpha counsellor:

Ms. Farwell (A - Hou): michelle.farwell@yrdsb.ca

Ms. Riolo (Hu - Ma): rita.riolo@yrdsb.ca

Ms. Hawkins (Mc - Wr): stephanie.hawkins@yrdsb.ca

Mr. Tam (Wu - Z): jonathan.tam@yrdsb.ca

Ms. Simtikidis (Guidance Secretary): nellie.simtikidis@yrdsb.ca

To learn more about volunteer opportunities, students are encouraged to join the google classroom (Code: **gsrz264**).

Additional information can be found here: <http://www.yrdsb.ca/Programs/Guidance/CommunityInvolvement/Pages/default.aspx>

Virtual Opportunities

<p>Youth Assisting Youth</p> 	<p>https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=582285</p> <p>More info https://youthassistingyouth.com/</p>
<p>Virtual Program Assistant Volunteer (be able to speak Tamil)</p> 	<p>https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=617184</p> <p>www.splc.ca</p>
<p>Virtual Community Outreach Volunteer</p> 	<p>https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=617916</p>
<p>The Corporation of Roy Thomson Hall and Massey Hall</p> 	<p>https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=617779</p>
<p>Call and Response Youth Volunteer</p> 	<p>https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=518178</p>
<p>Bengali Information & Employment Services</p>	<p>https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=611529</p>
<p>Letter and Smiles (letters to the elderly)</p> 	<p>https://lettersandsmiles.wixsite.com/mysite/letter-to-elderly</p>
	<p>https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=616848</p>

A Time Together

While we're keeping physical distancing in the current situation, let's get together to play badminton and table tennis!



Date: Sep 10 - Dec 17, 2020
Thursdays
Time: 3:30 - 5:30pm
Age: 14 - 22

Fee: FREE
ONLINE REGISTRATION REQUIRED
Registration:
<https://105gibson.com/online-registration>
Participants bring your own gears

Youth Success Initiatives



DATE: Sep 19 - Dec 12, 2020 Saturdays
Time: 10:00 am - 11:30 am
Grade: 9 - 12
Location: Online
Registration: www.105gibson.com/online-registration

Youth Success Initiatives offers **FREE** tutoring on Math, Science and ESL for **HIGH SCHOOL STUDENTS**. Register online!



105 Gibson Drive
Markham ON L3R 3K7
905.946.8787
info@105gibson.com
www.105gibson.com



Get hands-on and transform "trash" like plastic bags or an old shirt, into treasure!

ONE'S TREASURE

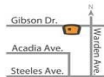
An online workshop on repurposing used items into something fun and functional

Term 1: Sept 12 - Oct 3, 2020 Saturdays
Term 2: Oct 31 - Nov 21, 2020 Saturdays
Time: 2-4pm
Age: 14+
Fee: \$10 per 4 week term

Registration: www.105gibson.com/online-registration



105 Gibson Drive
Markham ON L3R 3K7
905.946.8787
info@105gibson.com
www.105gibson.com



LET'S HIKE

This program is for young people to go hiking together: appreciate the nature, strengthen our bodies and have fun with friends!



TERM 1 Sep 12 - Oct 3, 2020 Saturdays

TERM 2 Oct 17 - Nov 7, 2020 Saturdays

Time: 9am - 12pm

Age: 14 - 25

Fee: Free

Registration: <https://105gibson.com/online-registration>



105 Gibson Drive
Markham ON L3R 3K7
905.946.8787
info@105gibson.com
www.105gibson.com





MOBYSS VIRTUAL CLINIC

**Even though the MOBYSS Bus is off the road for now,
the team is still here for you.**

**Attend the Virtual Clinic to access free medical and
counselling services in a confidential, virtual setting.**

When? Thursdays 1:30 PM to 4 P.M. from October to December

(No clinics: Oct. 22, Nov. 19 and Dec. 24)

Who? Anyone between the ages of 12 and 25, living in York Region and South Simcoe

What? Free, confidential counselling and medical services

NO HEALTH CARD NEEDED

To Attend:

<https://cmha-yr.zoom.us/j/95439191653>

Meeting ID = 954 3919 1653

Password = 425127 (not always required)

For More Information:

289-879-2376

mobyss@cmha-yr.on.ca



Canadian Mental
Health Association
York and South Simcoe
Mental health for all





WE ARE HERE FOR YOU!

At York Hills we know the impact COVID-19 has had on children, youth and families. We are aware of the effects this has had on the mental well-being of children and youth in our community and that families are looking for help.

We are the largest children's mental health agency in York Region and have been working hard to respond to the needs of our community. We have assessed our resources and have aligned our resources to meet the changing needs of our community.

What does this mean?

Increased Brief Programming – 3-6 sessions, with a focus on strengths, resources and solutions for children, youth and families.

Here to Help Line – quick access, single session therapy, Mondays, Wednesdays and Fridays from 9:30 to 4:00.

New CBT Counselling Program – evidence based programming designed to address anxiety, depression and behavior, coming soon!

Increased parent/caregiver groups with a unique emphasis on relationships and emotions.

Ongoing webinars – for parents and caregivers that aim to support the community in York Region.

Online therapeutic groups – for children and youth.

We remain committed to offering our full range of services and maintain a high standard of quality of care, which includes; Play Therapy Programming, longer term therapy, DBT programming, intensive quick access service, day treatment and Live in Treatment programming, ADR and specialized consultation and assessment.

General Inquiries
905-503-9560

Email
yorkhills@yorkhills.ca

Here to Help Line
905-503-9561

Has your child been feeling anxious?

Have you noticed a change in their behaviour?

Not sure how to manage their emotions?

We can help.

Kids can't wait.

Call us to learn about how we can help you make sure their mental health is the best it can be.



☎ 905-503-9560

www.yorkhills.ca

We're here for you!


york hills
Centre for Children, Youth and Families

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

POSITIVE CONNECTIONS— HOW TO RESPOND TO YOUR CHILD IN POSITIVE AND EFFECTIVE WAYS

(Larisa Levalds - Child and Family Therapist, Cindy Inacio -0-6 Child and Family Worker, Vibhuti Bhatt—Speech and Language Pathologist)

This workshop is for parents/caregivers who are looking for new ways to connect with their child(ren) aged 0—6. Caregivers will learn how to connect with their children, and will gain a solid understanding of how, why and when connections are optimal in order to overcome behavioural challenges that child(ren) may be experiencing.

Monday
September 21, 2020
6:30 PM — 8:30 PM
Zoom Webinar

MANY FACES OF ANXIETY - UNDERSTANDING AND SUPPORTING CHILDREN WHO LIVE WITH WORRY

(Fiona Jack - Child and Family Therapist and Jeaninne Cairns - Child and Family Therapist)

The goal of this workshop is to provide valuable information to support caregivers of children and adolescents who experience anxiety. Topics include: Understanding different types of anxiety, causes, how the mind and brain are connected, coping strategies for caregivers; and what caregivers can do to help.

Thursday
September 24, 2020
6:30 PM — 8:30 PM
Zoom Webinar

RIDE THE WAVE - DEVELOPING MINDFUL PRACTICES AND COPING SKILLS

(Karen McKinney - Community Outreach Worker)

Have you noticed an increase in stress levels and an influx of emotional regulation skills in your household during these challenging times? Being housebound can definitely have an impact on our thoughts, emotions and actions. As the days are turning into weeks and likely months, both our physical and emotional well - being is being challenged. This webinar will demonstrate a variety of coping strategies and informal mindfulness practices to help us ride the emotional waves that come and go each day. The aim is to provide participants with a variety of mindful coping strategies that can help us to: Pause, observe our body's physical sensations, thoughts and emotions, problem solve, and respond to everyday challenges in a positive and thoughtful way.

Monday
October 5, 2020
6:30 PM — 8:30 PM
Zoom Webinar

CALMING STORMY WATERS— SUPPORTING CHILDREN THROUGH SEPARATION

AND DIVORCE (Jo Allison- Child and Family Therapist and Sarah Leyton Glimcher- Child and Family Therapist)

Are you worried about how separation or divorce is affecting your children? Would you like to minimize your children's exposure to conflict and strengthen their resiliency? Are you looking for ways to deal with stress in co-parenting relationships? In this workshop you will learn how to: Improve communication and decrease stress, manage upset emotions, strengthen and grow relationships with your children, and develop positive approaches to parenting that will support your children's emotional health.

Thursday
October 15, 2020
6:30 PM — 8:30 PM
Zoom Webinar



If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

PLUGGED IN – TIPS AND STRATEGIES FOR MANAGING SCREEN TIME

(Michelle Holzapfel—Child and Family Therapist, Jelum Raval— Child and Family Therapist)

Does screen time in your home ever feel like scream time? Is it hard to get your children unplugged? If you answered yes, the Plugged In workshop is for you. Topics include: Guidelines for healthy screen time use, understanding how screen time effects the brain, how your own technology use impacts children, and strategies for managing screen time.

Monday

October 19, 2020

6:30 PM — 8:30 PM

Zoom Webinar

CONSCIOUS PARENTING – RAISING TEENS (Abner Lico- Child and Family Therapist)

This workshop will provide an opportunity for parents to better understand their adolescent, and their role as parents. During our time together we will explore questions such as: How do I see myself as a parent? Why do I choose to parent the way I do? We will also look at what our triggers are and our reactions to these triggers.

Conscious parenting includes awareness of ourselves as individuals, as parents, and of our teenage child. We will look at the developmental period of adolescence and the specific factors that distinguish it from other developmental periods. The aim of this workshop is to introduce you to the concepts of conscious parenting. It is an invitation to become more aware, reflective, understanding and deliberate in the relationship with your child.

Tuesday

October 20, 2020

6:30 PM — 8:30 PM

Zoom Webinar

PARENTING TRAPS AND STRATEGIES—SMALL CHANGES, BIG DIFFERENCES

(Uma Bhatt - Community Outreach Worker)

This workshop is informed by the evidence based parenting program Triple P. While parents hope to have positive relationships with their children, these relationships can sometimes be difficult to navigate when power struggles and challenging behaviours are encountered.

Come and learn about how to identify and respond to children in order to avoid power struggles, and develop strategies that will work for your family.

Tuesday

October 27, 2020

6:30 PM — 8:30 PM

Zoom Webinar

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

TRIPLE P SEMINAR SERIES - POSTIVE PARENTING (Uma Bhatt - Community Outreach Worker)

Power of Positive Parenting seminars are a series of three workshops for parents of children birth to 12 years of age. 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.

Seminar # 1 - The Power of Positive Parenting

This seminar focuses on : ensuring a safe engaging environment for children by: creating a positive learning environment, using assertive discipline, having realistic expectations and taking care of yourself as a parent.

Seminar # 2 - Raising Confident and Competent Children

This seminar focuses on encouraging respect and cooperation, learning to be independent, developing healthy self esteem and learning how to be a good problem solver.

Seminar #3 - Raising Resilient Children

This seminar focuses of: learning strategies to help build positive feelings in your child and help your child recognize and accept feelings, deal with negative feelings and upsetting stressful life events.

Seminar #1

Tuesday
September 22, 2020
6:30 PM — 8:30 PM
Zoom Webinar

Seminar #2

Tuesday
September 29, 2020
6:30 PM — 8:30 PM
Zoom Webinar

Seminar #3

Tuesday
October 6, 2020
6:30 PM — 8:30 PM
Zoom Webinar



TAKE ACTION – ANXIETY GROUP FOR CHILDREN AND THEIR PARENTS/CAREGIVERS (Ages: 7-11 years)

This 9 week virtual parent child group supports children in learning strategies and coping skills to manage anxiety in their lives. The goal of this group is for children to create an ACTION plan for anxiety. ACTION stands for Aware, Calm, Think, Into action, Options and Never stop taking action. Participants will be provided with a workbook and will engage in play, art and creative activities. Parents and caregivers will engage in their own learning through the use of a parent handbook, and group participation. Parents/caregivers will also have the opportunity to meet virtually as a group to learn how to support their child(ren).

Wednesday
Evenings
September 23, 2020–
November 18, 2020
6:30 PM — 8:00 PM
Zoom Meeting

To Register for this group please call
York Hills Intake
department
(905) 503-9560



If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

TRIPLE P STANDARD GROUP - POSITIVE PARENTING PROGRAM

Triple P Positive Parenting Program Group is for parentings of children 2—12 years of age. During this 8 week virtual parenting group you will:

- Learning How to create a safe and positive learning environment for your child.
- Learn why your child responds the way they do, how to support them during challenging moments
- Learn how to build your children's self—esteem and sense of self—worth.
- Learn how to teach children to become independent problem solvers.



**Thursday
Evenings
October 1, 2020–
November 12, 2020
6:30 PM — 8:00 PM
Zoom Meeting**

**To Register for this
group please call
York Hills Intake
department
(905) 503-9560**

TRIPLE P FAMILY TRANSITIONS GROUP

Family Transitions Triple P is a positive parenting program that helps you protect your child from the impact of divorce or separation. Over five weeks, in small group sessions with a Family Transitions provider, you will explore everything from stress and anger management, to how to communicate better with your ex-partner. Your Family Transitions Triple P provider will give you new ideas about managing the day-to-day dramas and ongoing trauma of your situation. It is not a mediation program, so you attend without your ex-partner. The group will be offered virtually.



**Thursday
Evenings
October 22, 2020–
November 19, 2020
6:30 PM — 8:00 PM
Zoom Meeting**

**To Register for this
group please call
York Hills Intake
department
(905) 503-9560**

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

BRINGING YOUR FAMILY INTO FOCUS — PARENTING CHILDREN WITH ATTENTIONAL DIFFICULTIES.

(Laurie Blow and Rick Rotchild - Intensive Child and Family Workers)

The goal of this workshop is to provide information to support parents/caregivers of children and adolescents who experience challenges with focusing, attention, and managing impulsivity. The workshop will cover: What ADHD is and what it is not, how living with ADHD impacts your child and family, and will provide strategies to assist in managing and coping when your child struggles with attentional difficulties.

Tuesday

November 10, 2020

6:30 PM — 8:30 PM

Zoom Webinar

UNDERSTANDING AND SUPPORTING CHILDREN WHO EXPERIENCE BEING BULLIED DISCUSSION

(Uma Bhatt - Community Outreach Worker)

Is your child being bullied? Does your child bully others? Being bullied can be a very disturbing and often traumatic experience for children and their families. Come and learn what bullying behaviour is, how to recognize signs and symptoms indicating that a child may be bullied, or is engaging in bullying behaviour. Learn how to support, and empower your child.

Tuesday

November 17, 2020

6:30 PM — 8:30 PM

Zoom Webinar

POSITIVE CONNECTIONS— HOW TO RESPOND TO YOUR CHILD IN POSITIVE AND EFFECTIVE WAYS

(Larisa Levalds - Child and Family Therapist, Cindy Inacio - 0-6 Worker, Vibhuti Bhatt—Speech and Language Pathologist)

This workshop is for parents/caregivers who are looking for new ways to connect with their child(ren) aged 0—6. Caregivers will learn how to connect with their child(ren), and will gain a solid understanding of how, why, and when connections are optimal in order to overcome behavioural challenges that child(ren) may be experiencing.

Thursday

November 19, 2020

1:00 PM — 3:00 PM

Zoom Webinar

SIBLING RIVALRY TO SIBLING RELATIONSHIP (Uma Bhatt - Community Outreach Worker)

Come and learn! This workshop will discuss what sibling rivalry is, what causes it, and what parents can do to build and strengthen this important relationship.

- Explore the meaning of 'fairness' from a child's perspective, and learn how to handle each child's feelings.
- Learn how to respond to challenging behaviours, and how to balance the parental role of being a 'coach and a referee'.
- Learn the value of 'cooling off time', and teach your children to use 'quiet spaces' for calming and learning to work together with a sibling to problem solve.
- Learn ways to encourage positive and respectful sibling relationships.
- Learn additional ways to cope and manage when one/both siblings have mental health challenges.

Tuesday

November 24, 2020

6:30 PM — 8:30 PM

Zoom Webinar



November/December 2020

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

PARENTING DURING CHALLENGING TIMES (Nathalie Gonsalves - Community Outreach Worker)

These uncertain times have disrupted our daily work, home and school routines. When we are experiencing difficulties and extraordinary challenges it can make all aspects of our lives a lot harder, including parenting. Learn strategies to help you build resilience and parent effectively while coping with uncertainty, anxiety and fear. Various approaches for managing your child's social and emotional adjustment to the new (temporary) normal will be explored. This workshop will:

- Encourage the use of various methods to help manage the anxiety in your child's life.
- Explore ways to keep your child engaged during their time at home.
- Suggest useful tools that will help to answer children's questions effectively.
- Propose various ways to take care of yourself and embrace self compassion.

Thursday
November 26, 2020
6:30 PM — 8:30 PM
Zoom Webinar

UNDERSTANDING THE BRAIN AND BEHAVIOUR DEVELOPMENT IN CHILDREN WITH AUTISM SPECTRUM DISORDER (Neil Walker - Compass Manager)

This webinar will assist in understanding the brain development of children with Autism Spectrum Disorder, and will explain the cause of behaviours commonly experienced. Participants will learn strategies that can be used to support and manage the challenges that children with ASD often face.

Wednesday
December 2, 2020
6:30 PM — 8:30 PM
Zoom Webinar

UNDERSTANDING AND MANAGING CHALLENGING BEHAVIOURS (Angie Chan and Vanessa Suarez - Child and Family Therapists)

Understanding challenging behaviours and where they stem from is the first step to being able to better manage them. This workshop will focus on how behaviours function in a child's brain and will explore the use of tools within the parent/child relationship to manage challenging behaviours.

Monday
December 7, 2020
6:30 PM — 8:30 PM
Zoom Webinar

Visit our [website](#) for new events, webinars and information!

FOLLOW us on Facebook, Instagram, Twitter and Eventbrite for the latest!



eventbrite





GROUP CALENDAR FALL 2020 PRE REGISTRATION REQUIRED

All Groups are an
LGBTQ positive
space

PLEASE CALL TO CONFIRM START DATES AS
THEY ARE SUBJECT TO CHANGE DUE TO
INSUFFICIENT REGISTRATION

PARENTING

Triple P 0-12 (parents of children 0-11) Triple P stands for Positive Parenting Program. This unique program has been proven to be effective in providing parents with tools to help their children with behavioural and emotional problems. Pre-group interview required. Call Janice at 905-895-2371.

English	Date: 8 Thursdays, October 22 to December 10, 2020	Time: 6:30 - 8:00 pm
Farsi	Date: 8 Wednesdays Winter 2021 TBD	Time: 5:30 - 7:00 pm
Cantonese	Date: 8 Wednesdays, October 21 to December 9, 2020	Time: 7:30 - 9:00 pm
Mandarin	Date: 8 Sundays October 25 to December 13, 2020	Time: 2:30 - 4:00 pm
	Location: FSYR Zoom Video Meetings	Fee: FREE with purchase of workbook \$35.00

Triple P Teen (parents of Teens 12-17) Triple P stands for Positive Parenting Program. This unique program has been proven to be effective in providing parents with tools to help their teens with behavioural and emotional problems. Pre-group interview required. Call Janice at 905-895-2371.

English	Date: 8 Mondays, fall TBD, 2020	Time: 6:00 - 8:00 pm
Spanish	Date: 8 Wednesdays, October 14 to December 2, 2020	Time: 6:00 - 7:30 pm
	Location: FSYR Zoom Video Meetings	Fee: FREE with purchase of workbook \$35.00

Family Transitions Triple P This 7 week group promotes a healthy transition for parents going through separation or divorce. This course will address self care and is designed to help a parent manage the anger and resentment that often accompanies relationship breakdown. Pre-Group interview required; call Janice at 905-895-2371. Apply Online.

English	Date: 7 Wednesdays, Fall 2020 TBC	Time: 6:00 - 8:00 pm
	Location: FSYR Zoom Video Meetings	Fee: FREE with purchase of workbook \$35.00

Parenting for Life An 8 week support program that helps parents learn more positive ways to think about and act on their child's behaviour, how to communicate with their child more effectively, learn positive approaches to discipline, and explore many other strategies to enhance the parent child relationship

English	Date: 8 Wednesdays, October 21 to December 9, 2020	Time: 6:00 - 8:30 pm
	Location: FSYR Zoom Video Meetings	Fee: \$140 or Free to those who qualify with a \$20 registration fee



GROUP CALENDAR FALL 2020 PRE REGISTRATION REQUIRED

All Groups are an
LGBTQ positive space



Groups for Women

Farsi Women's Support Group This 6 week program will focus on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self care, health & wellness and community resources.

Date: 6 Thursdays, October 8 to November 12, 2020

Time: 5:30 - 7:00 pm

Location: FSYR Zoom Video Meetings

Fee: FREE

Raising Hope An 8 week course to build resiliency. Learn and Practice CBT, mindfulness and centering techniques to build confidence and assertiveness, conquer anxiety and depression, overcome codependence and learn the advantages of goal setting.

Date: 8 Tuesdays, October 27 to Dec 15, 2020

Time: 9:30 to 11:00 am

Location: FSYR Zoom Video Meeting

Fee: \$120.00 (or Free to those who qualify with a \$20.00 registration fee)

Groups for Men and Women

Farsi Emotion Regulation Skills Group This 4 week group will review the purpose of emotions and emotional reactions. This group will explore factors that make regulating emotions hard and how to increase awareness and understanding of emotions. This group will introduce skills to help change emotional responses.

Date: 4 Thursdays, November 19 to December 10, 2020

Time: 5:30 - 7:00 pm

Location: FSYR Zoom Video Meetings

Fee: FREE

LGBTQ Groups

TRANSGENDER SUPPORT GROUP

A free group for anyone experiencing or questioning changes on the gender spectrum. Discussions include but are not limited to a variety of issues such as coming out, health and hormones, dealing with discrimination, negotiating relationships. This group is ongoing. Register for zoom ID by calling Barb Urman at 1-866-415-9723

Date: Third Wednesday of each month,

Time: 7:00 - 8:30pm

Location: FSYR Zoom Video Meetings

Fee: FREE

SOUTH ASIAN OUTREACH

South Asian Women's Support Groups:

Ongoing programs for South Asian Women. Topics will include Parenting, Health & Nutrition, Family Stress, Immigration & Legal Information, Yoga & Exercise, Employment and other topics that matter to you and your families.

Hindi, Punjabi, Urdu & English

Date: Tuesdays, to December, 2020

Time: 6:00 - 8:00 pm

Location: FSYR Zoom Meeting

Fee: FREE

TO REGISTER: Call Leena 416-818-7075 or Email: lnayyar@fsyr.ca

Urdu, Punjabi, Hindi

Date: Thursdays, to December 2020

Time: 12:00 am - 2:00 pm

Location: FSYR Zoom Meeting

Fee: FREE

TO REGISTER: Call Aisha at 647-545-8241

Tamil & English Women's Support and Parenting Groups

Date: Thursdays TBD 2020

Time: 5:30 - 7:30 pm

Location: FSYR Zoom Meeting

Fee: FREE

For Information: Call Sudha at 905-415-9719 or Email: scoomarasamy@fsyr.ca

Uncomfortable going back to school?

Something bothering you?

Need to talk?

Virtual WALK IN Counselling

Free immediate mental health single session counselling

CALL 647-619-9030
TO SCHEDULE A
VIRTUAL (PHONE & VIDEO)
COUNSELLING SESSION

Offered in Cantonese, Mandarin, English for age 12 to 25

WALK IN VIRTUAL COUNSELLING

How can I have a session?

Please call 647-619-9030 for more information or to book your session. We will schedule you in for a 45 – 60 minutes phone or video counselling session. We speak Cantonese, Mandarin and English.

How long will I have to wait for a session?

Your session will be scheduled to happen within 5 business days.

What platform will be used for video counselling?

We use OTN (Ontario Telemedicine Network), a private and secure platform used by many health care practitioners in Ontario to communicate with and care for patients, and connect with peers and specialists. We also use Microsoft Teams.

What equipment do I need for video counselling?

A computer, a webcam, and stable internet. Or, a smartphone or tablet with the download of an App. If possible, set up in a private space you feel comfortable to speak openly in.

What can I expect if I choose phone counselling?

You will receive a call from a Clinician named "No Caller ID" at your scheduled time.

When can I come to the Walk-In in-person again?

We are closely following provincial re-opening guidelines. Announcements will be made on our website and social media when in-person service is available again. For now, all services continue to be offered virtually first.

What languages will be offered?

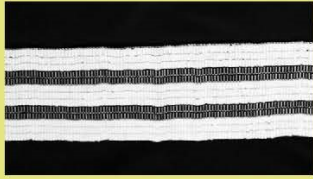
Cantonese, Mandarin and English

Who do you offer services to?

We offer counselling to Asian youth age 12 to 25 living in Toronto and York Region.

What are the qualifications of the Clinician?

Your Clinician is qualified and trained to provide mental health counselling. Your Clinician is registered with their professional College.



UNIONVILLE HIGH SCHOOL INDIGENOUS EDUCATION BULLETIN

VOLUME 2, NUMBER 3
FRIDAY, OCTOBER 9, 2020

FIRST NATION COMMUNITIES IN TURTLE ISLAND: THE BEOTHUK

Featuring this week a different kind of story about the Indigenous peoples of Turtle Island, one of the Beothuk nation, which became extinct not long after contact with the settlers of what we now call Newfoundland. "The Beothuk occupied the territory of present-day Newfoundland. They were the first Indigenous group to come in contact with Europeans - first the Viking explorers and then the European whalers and fishermen. Unfortunately we don't know much about the Beothuk because they became extinct soon after European contact. They used to smear red paint made from powdered ochre and grease over their bodies, clothes and utensils. This may have been partly for warmth and partly for religious reasons.

When the Europeans saw this, they called them "Red Indians" - a term which was applied to all Indigenous North American peoples for a long time afterwards. The Beothuk economy was mostly coastal. They depended on the sea for much of their diet, collecting shellfish, harpooning seals and whales and catching cod and other fish. When the Europeans took over the coasts for their own fishing stations, they forced the Beothuk into the harsh interior where those who didn't succumb to European diseases died of starvation. The Europeans observed that the Beothuk went inland in winter to hunt for caribou which they stored by freezing or smoking. They also collected birds' eggs which they stored by drying. They lived in cone-shaped dwellings called *mamateeks* made from poles covered in birchbark. In winter they added extra layers of bark insulated with moss and they slept in hollows carved out of the ground around the fire."

(from www.canadahistoryproject.ca) The photo is from a recent opera about the Beothuk Peoples called *Shanawdithit* by librettist Yvette Nolan and composer Dean Burry, (presented by Tapestry Opera in May, 2019).



INDIGENOUS LANGUAGES IN TURTLE ISLAND: Inuktitut

"Inuktitut is the Inuit language as it is spoken in Nunavut. The Government of Nunavut selected the term Inuktitut to represent all of the Inuit dialects spoken in Nunavut, including Inuktitut and Inuinnaqtun. In this way Inuktitut is recognized as a single language. Inuktitut is just one part of what is known as "the Inuit language", spoken from Alaska in the west to Greenland in the east. It might best be understood as a spectrum of dialects that vary enormously from one end of the Arctic to the other. Communities close to one another generally have few problems communicating between dialects, whereas an Alaskan and a Labradorian would not be able to. Even within Nunavut, vocabulary and pronunciation vary from place to place and between generations. Up until 50 years ago, most Nunavut Inuit lived in isolated camps where distinct speech forms evolved. As they settled into permanent communities, speakers of varying dialects often became neighbours in the same hamlet. This mixing has intensified with the modern-day migration of Inuit in search of employment and opportunities in other communities." (from www.tusaalanga.ca)

CALLS TO ACTION (FROM THE TRUTH AND RECONCILIATION REPORT, 2015)

#6. We call upon the Government of Canada to repeal Section 43 of the Criminal Code of Canada.

("Every schoolteacher, parent or person standing in the place of a parent is justified in using force by way of correction toward a pupil or child") THIS STILL HAS NOT BEEN DONE!