



UNIONVILLE HIGH SCHOOL

201 Town Centre BLVD., Markham, Ontario L3R-8G5 Tel: (905) 479-2787

Parent Bulletin for April 24, 2020

Wellness and Productivity

20-20-20 Rule

This coming weekend will provide a welcome rest and relaxation for our community and also an opportunity to distance ourselves from screens. We are encouraging our staff and students to take a break to relax as well. We recognize that individuals in our community — students, parents and staff — all face ongoing challenges and stress based on their unique circumstances during the COVID-19 crisis. Should you need to be in front of your screen, [please consider the 20-20-20 rule as recommended by the Canadian Association of Optometrists](#). Optometrists recommend the 20-20-20 rule when using a computer or other screen device. Every 20 minutes, look away from the screen for 20 seconds and focus on something at least 20 feet away.

Routines and Exercise

Our brains recognize when it's time to work through simple actions and by establishing routines. Encourage your children to shower and get dressed as though they were going to leave the house. Wearing pyjamas all day reminds us that we are in "lounging mode" and, as a result, we may not be as focused on getting work done. Changing out of our pyjamas improves our ability to get down to work. Set specific times for schoolwork, breaks, and meals so that the day has a structure. Ensuring that children take time to exercise through the week is also very important. Exercise affects our mood, energy, and ability to think and retain information. Practice these simple actions at home, and you'll notice your children's productivity increase.

Mental Health Resources

May 4 to 10, 2020 marks the annual CMHA Mental Health Week. Especially this year, we need to pay attention to our mental health. All 5 in 5 of us have mental health, just like we all have physical health. Unfortunately, in any given year, 1 in 5 of us will also personally experience a mental illness. The COVID-19 pandemic and resulting changes to social interaction and health services is testing our personal resilience and coping strategies. Please continue to stay well, self-isolate, maintain social distance and look after your physical and mental health. Here are some mental health resources you and your family may find useful:

[CMHA Mental Health Week](#)

[CAMH - Mental Health and the COVID-19 Pandemic](#)

[COVID-19 Mental Health Resources for Students and Families](#)

Contacting Staff

Teachers are providing students with three hours of work per week while also making accommodations for specific students based on their IEP. We understand that students work at different paces and some may have difficulty organizing their time. We also recognize that, at times, extenuating circumstances interfere with students' ability to work at home. If your child is struggling with managing their workload or organizing their time, please contact the teacher, SERT, or Guidance Counselor for support.

Atwal	shalina.atwal@yrdsb.ca	10:00 - 11:00 am	Head of Math
Barazesh	niloufar.barazesh@yrdsb.ca	2:00 - 3:00 pm	English, Music
Beckwith	larry.beckwith@yrdsb.ca	weekdays 2:00 - 3:00 pm Except Thurs 11:00 am - noon	Music
Beneteau	kimberly.bujokas@yrdsb.ca	1:00 - 2:00 pm	French
Berridge	jerry.berridge@yrdsb.ca	12:00 - 1:00 pm	Head of Technological Education
Bettio	melissa.bettio@yrdsb.ca	1:00 - 2:00 pm	Dance, Family Studies
Bieman	aaron.bieman@yrdsb.ca	8:30 - 9:30 am	Drama
Bowmile	rochelle.bowmile@yrdsb.ca	9:00-10:00 am	Head of Special Education
Brar	harmandeep.brar@yrdsb.ca	1:00 - 2:00 pm	Head of Personalized Alternative Education
Campbell	james.campbell@yrdsb.ca	1:00 - 2:00 pm	Math
Cash	dustin.cash@yrdsb.ca	1:30 - 2:30 pm	History
Castagna	maria.castagna@yrdsb.ca	1:45 - 2:45 pm	French
Caufield	melissa.caufield@yrdsb.ca	11:00 am - 12:00 pm	Special Education Resource Teacher
Chang	howin.chang@yrdsb.ca	Mon/Thurs 1:00 - 2:00 pm Tues/Fri 2:00 - 3:00 pm Wed 3:00 - 4:00 pm	Math
Cheung	may.cheung@yrdsb.ca	10:00 - 11:00 am	Art
Cho	brian.cho@yrdsb.ca	11:00 am - 12:00 pm	Computer Studies; Technological Education
Choi	yu-kyung.choi@yrdsb.ca	By appointment	Guidance Counselor; Student Success Teacher
Chulkova	liubov.chulkova@yrdsb.ca	12:00 - 1:00 pm	Math; Computer Studies
Clodd	shane.clodd@yrdsb.ca	1:00 - 2:00 pm	Head of Art
Cook	robert.d.cook@yrdsb.ca	11:00 am - 12:00 pm	Head of Drama & Dance
Damji	zafirah.damji@yrdsb.ca	11:00 am - 12:00 pm	History; Family Studies
Davidson	lucy.davidson@yrdsb.ca	12:00 - 1:00 pm	Math
Di Francesco	polina.difrancesco@yrdsb.ca	11:00 am - 12:00 pm	Geography; Life Skills
Dietrich	daniel.dietrich@yrdsb.ca	9:30 - 10:30 am	Science
Dumont	natalie.dumont@yrdsb.ca	1:00 - 2:00 pm	English; Art
Farwell	michelle.farwell@yrdsb.ca	By appointment	Guidance Counselor
Faulkner	sara.faulkner@yrdsb.ca	10:00 - 11:00 am	Head of History

Ferguson	alexandra.ferguson@yrdsb.ca	10:00 - 11:00 am	Physical Education
Gardham	wendy.gardham@yrdsb.ca	9:00 - 10:00 am	Art
Guldemond	wesley.guldemond@yrdsb.ca	11:00 am - 12:00 pm	Head of Business
Hasserjian	anoush.hasserjian@yrdsb.ca	2:00 - 3:00 pm	Math
Hawkins	stephanie.hawkins@yrdsb.ca	By appointment	Guidance Counselor
Ho	maggie.ho@yrdsb.ca	1:30 - 2:30 pm	Music
Houghton	heather.houghton@yrdsb.ca	2:00 - 3:00 pm	Science
Howard	elaine.howard@yrdsb.ca	2:00 - 3:00 pm	Head of Science
Irving	linda.irving@yrdsb.ca	weekdays 11:00 am-12:00 pm Except Wed 1:00 - 2:00 pm	Science
Johnston	michael.johnston@yrdsb.ca	9:00 - 10:00 am	Head of Geography
Kapeluch	tara.kapeluch@yrdsb.ca	Mon/Wed/Fri 2:00 - 3:00 pm Tues/Thurs 10:00 - 11:00 am	Head of ESL
Kotsopoulos	james.kotsopoulos@yrdsb.ca	10:00 - 11:00 am	Technological Education; Computer Studies
Lansing	peter.lansing@yrdsb.ca	9:30 - 10:30 am	Head of French and International Languages
Lawton	celeste.lawton@yrdsb.ca	1:00 - 2:00 pm	Head of Library
Lethbridge	janine.lethbridge@yrdsb.ca	10:00 - 11:00 am	P.E.A.K. Program Teacher
Manners	peter.manners@yrdsb.ca	11:00 am - 12:00 pm	Family Studies
Mantelos	georgina.mantelos@yrdsb.ca	11:00 am - 12:00 pm	English
Masilamany	suzanne.masilamany@yrdsb.ca	1:00 - 2:00 pm	Family Studies; Library
McCaffrey	kevin.mccaffrey@yrdsb.ca	12:00 - 1:00 pm	Business
McLeod	diane.mcleod@yrdsb.ca	1:30 - 2:30 pm	Business
McMullen	sarah.mcmullen@yrdsb.ca	1:30 - 2:30 pm	Head of Family Studies
Meirovich	elana.meirovich@yrdsb.ca	10:30 - 11:30 am	Assistant Head of Science
Minos	jennifer.minos@yrdsb.ca	12:30 - 1:30 pm	Head of Co-operative Education
Mitharu	jasbir.mitharu@yrdsb.ca	1:00 - 2:00 pm	ESL
Ninichuk	francesca.ninichuk@yrdsb.ca	12:00-1:00 pm	Math
Pan	kuo.pan@yrdsb.ca	1:00 - 2:00 pm	Business; ESL; Physical Education
Panacci	daniela.panacci@yrdsb.ca	12:00 - 1:00 pm	Math; Special Education Resource Teacher
Papa	angelo.papa@yrdsb.ca	9:00 - 10:00 am	Art
Parnell	jennifer.parnell@yrdsb.ca	10:00 - 11:00 am	Life Skills
Paunovic	katarina.paunovic@yrdsb.ca	10:00 - 11:00 am	English
Poulsson	paul.poulsson@yrdsb.ca	10:00 - 11:00 am	Head of Computer Studies
Prabhakar	rashmi.prabhakar@yrdsb.ca	2:00 - 3:00 pm	Science
Pugh	brenda.pugh@yrdsb.ca	9:30 - 10:30 a.m.	English; Library
Radbourne	deborah.radbourne@yrdsb.ca	Mon/Wed 2:00 - 3:00 pm Tues/Thurs/Fri 9:00-10:00 am	Physical Education

Rafik	shiraz.rafik@yrdsb.ca	11:00 am - 12:00 pm	English; Literacy
Ricci	robert.ricci@yrdsb.ca	3:00 - 4:00 pm	Physical Education
Riolo	rita.riolo@yrdsb.ca	By appointment	Head of Guidance
Sanchez	manuel.sanchez@yrdsb.ca	9:30 - 10:30 am	History; Co-operative Education
Schmitt	susan.schmitt@yrdsb.ca	1:00 - 2:00 pm	Math
Silva	anthony.silva@yrdsb.ca	1:00 - 2:00 pm	Math
Smith	lindsay.smith@yrdsb.ca	9:00 - 10:00 am	English
Struk	nathan.struk@yrdsb.ca	1:00 - 2:00 pm	History; English
Sun	shuai.sun@yrdsb.ca	1:00 - 2:00 pm	Math; Personalized Alternative Education
Tam	jonathan.tam@yrdsb.ca	2:00 - 3:00 pm	Family Studies
Tariq	saima.tariq@yrdsb.ca	9:00 - 9:30am / 3:00 - 3:30pm	Science
Teitel	zachary.teitel@yrdsb.ca	11:00 - 12:00 pm	Head of English
Teixeira	tex.teixeira@yrdsb.ca	Mon/Wed/Fri 1:30 - 2:30 pm Tues/Thurs 10:30 - 11:30 am	Science
Tran	karen.tran@yrdsb.ca	1:00 - 2:00 pm	Science
Triantopoulos	peter.triantopoulos@yrdsb.ca	10:00 - 11:00 am	Careers; Geography
Tsang	philip.tsang@yrdsb.ca	2:00 - 3:00 pm	History; Careers
Vanderveen	tamara.vanderveen@yrdsb.ca	9:00 - 10:00 am	English; French
Wilson	scott.wilson@yrdsb.ca	2:00 - 3:00 pm	Head of Physical Education
Wong	ivan.wong@yrdsb.ca	1:00 pm - 2:00 pm	Assistant Head of Math
Wong	nancy.wong@yrdsb.ca	Mon/Wed/Fri 11 am - 12pm Tues/Thurs 2:00 - 3:00 pm	Science
Wong	lisa.wong@yrdsb.ca	2:00 - 3:00 pm	Technological Education
Wong	elizabeth.m.wong@yrdsb.ca	11:00 am - 12:00 pm	Science
Wood	david.wood@yrdsb.ca	1:00 - 2:00 pm	Technological Education
Wrigglesworth	jeff.wrigglesworth@yrdsb.ca	10:00 - 11:00 am	Head of Music
Yu	shan-chen.yu@yrdsb.ca	9:00 - 9:30am / 3:00 - 3:30pm	International Languages; ESL
Zamperin	jennifer.zamperin@yrdsb.ca	Mon/Wed/Fri 9:30 - 10:30 am Tues/Thurs 2:00 - 3:00 pm	Physical Education; Special Education

Summer School Registration

Students who would like to register for summer school can do so through My Pathway Planner. For more specific instructions and for course offerings and locations, [please visit the Secondary Summer School webpage on the board website](#).

Once you have registered for summer school and in order to be approved, please complete the following:

- If possible, print the sign-off form, sign it and have a parent/guardian sign it. Then, either scan it or take a picture of it and send it to your alpha counsellor in an email:

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

Ms. Riolo (I-N): rita.riolo@yrdsb.ca

Ms. Hawkins (O-Yo): Stephanie.hawkins@yrdsb.ca

Ms. Choi (Yu-Z): yu-kyung.choi@yrdsb.ca

- If you cannot print the form, please have your parent/guardian email your alpha counsellor from their own email account with the following message:

Hello Ms. _____ (**Counsellor Name**),
I am the parent/guardian of _____ (**Student Name**), in grade _____ (**Student Grade**), student number _____ (**Student Number**).
I give them permission to take the course called _____ (**Course Name**) and the course code is _____ (**Course Code**) this summer.
I understand that this course was not selected to be on their timetable for next year.
Mr./Ms. _____ (Parent/Guardian Name)

What is cyberbullying?

It is important to us that we provide a caring, safe and inclusive environment in our school that supports the academic achievement and well-being of all students. To support this environment in our new online learning setting, we want to share some important information about cyberbullying and the importance of appropriate online behaviour.

Cyberbullying:

- Involves the use of electronic devices or the Internet to threaten, embarrass, socially exclude and harass.
- Is often repetitive and can have significant socio-emotional implications for the victim and for those who witness the bullying.
- Can occur through various forms of social media, including texting, email, chats, websites, instant messaging, cell phones and through the use of pictures/video clips.
- Is often aggressive behaviour that can be intentional or unintentional, direct or indirect.
- May include mockery, insults, threats, racist or homophobic comments, gossip, rumours, group exclusion, humiliation and social rejection.

With the click of a button, a cyberbullying incident can reach a wide audience, resulting in someone feeling victimized and unsafe. The anonymity afforded to those who cyberbully often results in the continuation of this unacceptable behaviour.

What We Do About Cyberbullying

We take incidents of cyberbullying seriously. While we may not be in the school building, it is important that we continue to provide a safe learning environment for students. We will continue to address inappropriate use of technology in all of its forms, including cyberbullying, threats made on-line, incidents of hate and discrimination, hacking, breaches of privacy and personal information, including sharing passwords.

All YRDSB students were expected to sign the Information Technology Acceptable Use Agreement at the beginning of the school year, which includes interacting with Board students and/or staff through technology. Instances of bullying, cyberbullying or intimidation are dealt with under the Board's Caring and Safe Schools

policy and procedures, which all students learned about in the school-wide Caring and Safe Schools assemblies held at the beginning of the school year.

What can parents and families do about cyberbullying?

- If you suspect that your child is being cyberbullied or engaging in cyberbullying, please notify your student's teacher or school's administration as soon as possible.
- Contact the police immediately if threats occur.
- If cyberbullying occurs on a social media site, you can also report the occurrence to the social media provider to have it blocked and/or removed.
- Follow your child's online social media accounts, and tell them that you are monitoring their activity to help keep them safe. Discuss this with your child as some children or teens may create a fake second account for their parents to follow.
- Be aware of how your child is feeling. Children who have been cyberbullied may feel unsafe, overwhelmed and depressed.
- If your child is experiencing emotional distress due to cyberbullying, consider contacting your school principal for a consultation with the school psychology or social work professional, or explore support through resources such as Crisis Lines:
 - a) 310 COPE: 1-855-310-2673
 - b) Kids Help Phone: 1-800-668-6868
 - c) Mental Health Helpline: 1-866-531-2600
 - d) York Hills Help Line: 905-503-9561
- Avoid taking technology away. Technology is an important tool for most youth. Taking away all forms of technology is a way to further isolate your child from their peers that are able to support during this difficult time.
- Remind your child:
 - a) If you experience cyberbullying online, do not respond and do not retaliate, but rather, report it.
 - b) If you witness cyberbullying online, if you feel safe, then stop and name it ("that is bullying" or "that is racist"). As upstanders, students play a critical role in stopping incidents of bullying, hate and discrimination and ensuring the wellbeing of each other.
 - c) Block the person doing the bullying and tell your teacher, an adult or a family member. If the adult doesn't listen, keep trying with other adults!
 - d) You also need to know that you can report something without the other student or adult knowing. This includes using the YRDSB Report It Button.

For more information and resources on bullying and cyberbullying, [please visit the Board website](#). Thank you for helping us create a safe, respectful and inclusive school community. If you have any questions, please do not hesitate to contact the school's administration.

Online Learning Resources to Support Students with a Variety of Needs

The special education resources provided [here](#) are not organized in a grade-based chart. Rather, this list of resources provides options that are meant to be accessed based on student interests, strengths and needs. For additional resources, please visit [Online Resources for Parents, Families and Students](#). Please also see Ontario's Ministry of Education [Learn at Home](#) resources during [Board closure](#).

Graduation Photos

You can order your child's grad photos online at edgeimaging.ca . Photos are processed and available on a secure server ready to order. If you have not received your child's proofs, you need to email Edge Imaging to get the secure online code: customercare@edgeimaging.ca. You will need to provide the school name, the city, and your child's student number (for security purposes). Once you provide this information, you will get an email response with a link so that you can view/order grad photos online.

Ramadan



Ramadan greetings to you all!

As many of you may already know, **Ramadan starts today!**

Ramadan is a holy month of fasting and contemplation for Muslims. Ramadan, the ninth month of the Islamic calendar, is referred to in the Qu'ran (Koran) as a blessed month in which the teachings of the Qu'ran were revealed to the Prophet Muhammad. During Ramadan, most Muslims fast during the hours of daylight and increase their focus on prayer and contemplation. At the end of each day, the fast is traditionally broken with a prayer and a light meal called the iftar. Ramadan is considered a time for Muslims to recommit themselves to practicing compassion and generosity for others, as well as a time to cultivate spiritual renewal within themselves and their communities. Schools should acknowledge this time through activities that promote understanding and learning for all students. During this time of reverence and renewal, we extend our good wishes to staff, students, parents and members of the Islamic community who will be observing Ramadan.

Religious Accommodations

York Region District School Board is committed to fostering well-being by building safe, healthy and inclusive learning environments where students, families, and staff feel they matter and belong. There may be circumstances where students and families request accommodations for faith purposes. Fasting, for example, can affect students' participation in daily activities and curriculum. The board supports these requests for accommodations. The process begins with a dialogue with the teacher and a school administrator. We invite you to let us know about any religious accommodations that your child needs at this time by emailing your child's teachers and alpha vice-principal:

Mr. Gazaneo; vice-principal (A-L): andrew.gazaneo@yrdsb.ca

Mr. Belmonte; vice-principal (M-Z): patrick.belmonte@yrdsb.c