



# UHS News

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The midpoint in a school year is a time of looking back and acknowledging accomplishments. Our students are more than half way through this school year and have worked diligently to achieve success. With a new semester beginning, this is also a time for students to reflect back on their learning from semester one and identify strategies they can apply to their new courses to achieve greater success.

Please take the time to peruse this newsletter to read about our school's accomplishments this past semester. You will see evidence of exciting learning opportunities across all subject areas. These learning opportunities and experiences are only possible because of the commitment and dedication of our staff who act as role models for our students, demonstrating their joy of learning and their enthusiasm. I would like to thank all staff for the environment they have created in our school, where students feel safe and engaged to become successful citizens.

At this time, we also need to say goodbye and thanks to a number of teachers who will not be with us this semester: Ms. Eckersley, Mr. Chang and Mr. Chan. We wish them all well and we thank them for all they did to support our students. We are also excited to welcome new staff who will be joining us semester two: Ms. Mantelos, Mr. Tam, Ms. Serwaa and Ms. Singh. We also welcome Mr. Angus who will be with us during Ms. Cheong's absence.

We wish our students every success in their studies and look forward to another exciting semester and celebrating their accomplishments with them.

Mrs. Pummell  
Acting Principal

### *Message from our Trustee—Mr. Ron Lynn*

Welcome back. I hope everyone is feeling refreshed following the winter break, and that you had a happy and safe holiday season. While the weather may be colder, I also hope that you had time to enjoy this beautiful season in Ontario.

It is my honour to serve as your school board trustee and to uphold the [values](#) of York Region District School Board. The new [Board of Trustees](#) was sworn in on December 3, following the October municipal elections. Together, we look forward to moving forward the four priorities outlined in the [Trustees' Multi-Year Strategic Plan](#):

- Foster well-being and mental health
- Build collaborative relationships
- Champion equity and inclusivity
- Empower ethical leadership

There are a lot of exciting things happening in our schools and classrooms to foster and support student well-being and mental health. Ask your child what's happening in their school, and how they take care of themselves. As adults, we often focus on the health and well-being of the children in our lives, but it's also essential that we take care of ourselves. Taking time to do the things we enjoy and nurture our own health is also important and helps to model a healthy and active lifestyle for our children.

An important part of my [role as a trustee](#) is to listen, and I look forward to connecting with members of our school community in the coming weeks and months. We will continue working to build collaborative relationships with our communities and to keep you informed about the things happening in the school board. I wish you all the best as we enter 2019.

Ron Lynn

Trustee – Markham Wards 2, 3 and 6





## School News

**Good Luck...** Howin Chang, Timothy Chan,  
Alyssa Chankseliani, Mark Jonkers



**Welcome to our new staff for this Semester:** Jonathan Tam,  
Georgina Mantelos, and Beckey Serwaa



**Welcome back to:** Natalie Dumont and Lindsay Smith



# DRAMA



The first semester was a busy one for the Drama department. Kinark, the annual trip to Minden, the place where everyone learns what it really means to be part of the drama program was embraced by all grades. The grade 12s welcomed the new grade nines to the program. The talent show by the campfire was awesome!

The grade 9 AU Drama class started everything off with a Contact/Mask/Mime show, with great focus and creativity.

The grade 10s followed with the annual Clown show, this year's show was called "We Don't Know What We're Doing", a different kind of theatre!

The grade 11 class rose up to the challenge of exploring and performing a variety of modern scenes.

The grade 12s have been exploring student writing, and are still in the process of directing and acting in these pieces.

# ENGLISH

The English department had an exciting first semester! We welcomed a new cohort of grade 9 students who had the opportunity to either examine indigenous issues through the reading of the novel *The Absolutely True Diary of a Part-time Indian*, or adolescent issues such as youth detention, prejudice, and forgiveness in *The First Stone*.

Grade 10 students explored the impacts and values of our technologically advanced world and used their creativity and critical thinking skills to develop a vision of the future.

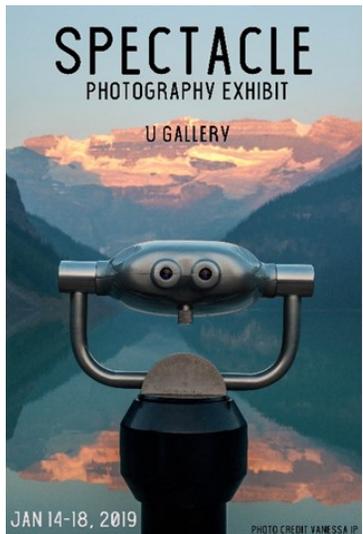
Once again, the media study in grade 11 culminated in video adaptations of a modern play. Students produced films inspired by a variety of genres and directors. The culminating project saw the students rigorously engage with a text of their choosing to connect the issues, themes, and characters to their lives.

Grade 12s not only showed off their critical thinking skills by examining current topics in the media, but also demonstrated their creativity through various artistic representations of Shakespeare's *Othello* or *Hamlet*.



# VISUAL ARTS

The photography classes' first annual photography show was held in the school's gallery during January. The show entitled *Spectacle* showcased the amazing photographic works



Students in the school's STEAM club, an interdisciplinary approach to art making connecting science, technology, engineering, art and mathematics, and grade 12 Arts Unionville students are currently in the process of designing vinyl wraps for ten traffic control boxes that depict the theme of talent and technology in Markham. These works will be installed throughout the Markham community in June 2019. Below are images of last year's traffic box wrap designs celebrating the next 150 years in Markham.



These are but a fraction of the opportunities presented to our students during first semester. On behalf of the Visual Arts Department, we thank the parents and guardians of the students for their support and encouragement in all of our department's artistic endeavours and adventures.

# HISTORY

It has been an eventful fall semester in the History and Social Sciences department! We welcomed Mr. Tsang to the department to teach Civics and Grade 10 History. His creative lessons and extensive experience supporting for our English Language Learners provided a valuable contribution to our team. Thanks, Mr. Tsang!



September continued with our roll out of the new First Nations, Metis and Inuit curriculum in Grade 10 History. Mr. Johnston and Mrs. Wong chaperoned students to the Flato Theatre for a showing of the film *Indian Horse*, hosted by the Markham Arts Council's "Markham at the Movies" event. The acclaimed film was a challenging story to watch as it dramatizes Richard Wagamese's novel about the horrific experiences and legacy of Indian Residential Schools in Canada. We hope that by teaching this difficult history, students will understand and empathize with the experiences of Indigenous people who still experience the impact of residential schools in their communities today.

Furthering our responsibility to engage in national reconciliation with Indigenous communities, UHS students observed Treaty Recognition Week in November with Anishnaabe artist [Aqua Nibii Waawaaskone](#). Aqua shared her drumming and water lessons with our Music, Geography and History students, captivating students with her beautiful music and wise perspectives about resource conservation.

In keeping with our "beyond four walls" learning theme, Mr. Struk and Mr. Cash spent a day at the courts with the grade 11 and grade 12 Law classes. The authentic experience of sitting in the chambers and watching as Canada's legal system occurs in practice is invaluable learning for students.

Meanwhile, the students in Ms. Damji's World History class focused on societal expectations, customs, and the way people lived in ancient periods of time. Students learned about civilizations such as Ancient Egypt, Ancient Greece, and Ancient Rome along with the political, cultural and economic expectations of that time. In the Marketplace assignment, students made goods and sold them as they bargained for prices and awarded their goods to the highest bidder. The assignment was instructive, fun and competitive for students. (Contributor: Co-op student Sanaa Philbert)



Overall, the History and Social Sciences Department continues to make learning relevant, authentic and engaging for all our students. We are proud of our innovative teachers, exciting lessons and inspired students. We are all looking forward to a new year and new semester!



# LIBRARY

From your *Library Learning Commons*



Students checking out the Winter Reads display!



New shelves for Non fiction



Whiteboard tables are very popular!

Come to the **LIBRARY** to: ★ study ★ collaborate ★ print ★ read ★ research ★ relax

We have many resources to support research assignments and leisure reading--check out our

**WEBSITE** to: ★find a book ★ explore databases ★ get help with A.P.A./M.L.A. Citing  
★ check subject support for recommended websites

Have a question? Want a recommendation? We are here to help. Your Teacher-Librarians are **Ms. Lawton** and **Ms. O'Brien** and your Library technician is **Mrs. Cassano**. See you second semester!



# DANCE



The Dance Department has had a very full semester 1. Beginning with our annual trip to Medeba in the beautiful town of Haliburton, our department had some necessary time to connect and bond through community based team building activities. This is a trip we all look forward to every year. Can't wait until next year!



Accompanists Sheldon DeSouza and Viktor Kortov led us through our technique units throughout September and October. We are very grateful to work with such talented musicians within the dance department. The musicality our dancers gain from this is invaluable and such an asset to our program!

We are fortunate enough to have access to Flato Markham Theatre's professional programming. In October, MOMIX from New York City performed and we were able to host an outreach workshop with dancer Anthony Bocconi prior to seeing the show. MOMIX is well known for their athletic and creative interpretations of varying characters. They use costumes and props to enhance the portrayal of these characters in innovative ways. We are so fortunate to have access to such high ranking professional internationally proclaimed companies through the theatre outreach programs.



In late November, the entire dance department took a field trip to The National Ballet of Canada's Walter Carson Centre to take part in a ballet class taught by company dancer Alejandra Perez-Gomez. After this, we walked over to The Four Seasons Centre to watch the incredible performance of 'Anna Keranina'. The level of professional calibre our city offers when it comes to dance is incredible and is such a pleasure to witness.



Before you know it, plans were underway for our production of 'OZ'. This magnificent performance took place on December 4th at Flato Markham Theatre. This was a highly ambitious undertaking for the department as students performed original work themed after the beloved classic. Characters came to life and brought energy to the story that left audiences wanting more. After two nearly sold out shows, the dance department's themed production of OZ was a hit showcasing the amazing talents of our hard working students.

Guest artist Alvin Collantes conducted a Gaga method workshop for our department in late December. It was an honour and a privilege to have him. The training method originates from Israel's Batsheva Dance Company's founder Ohad Naharin and is what all of the company dancers use daily to explore movement through a structured guided improvisation class. This training has gained international acclaim and Alvin is one of three qualified teachers in all of Canada. Thank you for joining us and we look forward to more classes with Alvin!



*Looking forward to a wonderful semester 2 and thank you for your continued support!*



# ELL

We had a very busy September. The department welcomed three new members, Tara Kapeluch, Elizabeth Wong and Maria Castagna. In the third week of that month, newcomer students enjoyed a day of fun orientation activities to learn about their new school. The administration team, Guidance, Student Success and ESL departments welcomed parents and guardians of English Language Learners (ELLs) for a meeting to share questions they had about school for their children. We are planning another meeting at the beginning of Semester 2. The highlight of semester 1 was the apple-picking trip on October 18 involving ESL and Family Studies students. We went to Nature's Bounty Farm to learn about growing apples and to pick some of our own. Some of our newcomer students experienced snow for the first time! We also got to visit two very cute newborn sheep. The Family Studies students cooked up the fruits of our labour that day into delicious home-baked apple treats. ESL students had a unique experience to talk and write about in English.

On January 22 and 23, we welcomed new international students. They got the chance to tour the school, meet some fellow students and participate in activities to learn about their new school. We wish all our English Language Learners the best going into semester 2.



# MODERNS



The FSL & International Languages Department at UHS is in the midst of another busy & exciting year! During the first semester, our classes engaged in several linguistically & culturally enriching activities. Some of our grade 9 French students enjoyed making their own crêpes in class while grade 10 French students made their own videos highlighting either a cultural recipe that they made at home or a physical and/or mental health program



that they designed. Meanwhile, the grade 11 French students and grade 12 Classical Civilization students participated in workshops and tours at the Royal Ontario Museum (ROM) in November. Mandarin students also made their way downtown to visit Chinatown and also made their own dumplings in the Family studies room here at UHS. Perhaps the highlight of the semester was our very first Cultural Expo on December 6th, where every language student at UHS was involved in some way, demonstrating an aspect of their cultural learning. Coming up this semester, we have a number of possible enriching complementary activities planned including the CineFRANCO film festival, the French speech meet (*concours oratoire*) and another Cultural Expo event at UHS on May 30th. We will also start informing students of an exciting opportunity to participate in an International Tour for March break of 2020 to Italy and Greece! We look forward to a busy and engaging semester 2!

# GEOGRAPHY

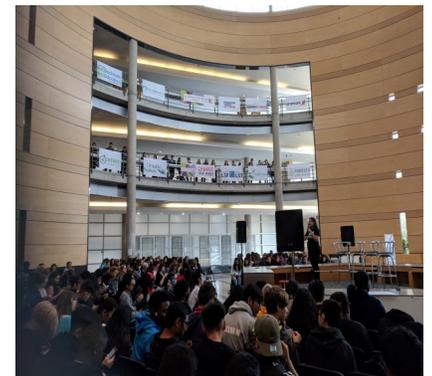
Welcome to **GEOGRAPHY**! We have had some amazing learning experiences this semester!

Our **Grade 9 Geography** classes had the privilege of welcoming **Aqua Nibii Waawaaskone** for a special workshop on November 7th! Aqua is a Toronto based singer, songwriter, storyteller and activist of Ojibwe Métis with French and Scottish heritage. Through traditional indigenous teachings and songs we learned that **water is sacred**, “water is life and water is medicine”. Students were also given the opportunity to participate in a sage **smudging ceremony**.



The **Grade 12 World Issues** students embarked on a new learning journey focused around the **United Nations Sustainable Development Goals**.

On October 11th, we had a field trip to **York University's** “Change your World” conference hosted by the Faculty of Environmental Sciences. **Students were able to choose workshops** offered by a variety of community partners and non-governmental organizations to learn how they are making **CHANGE** in our world! Students were able to experience a day at University through a variety of seminar type workshops and lectures.



We attended a lecture by **Mr. Steve Lee**, a climate change activist, policy advocate for the **United Nations** and executive director of the **3% project**. He taught us that we can take action in three ways: 1) *vote with your ballot*, 2) *vote with your dollar* and 3) *practice problem solving!*

Throughout the semester, **students were able to choose** and investigate important issues in our world today. Students were taught how to analyze issues using a **design and engineering process** where we identified and researched a problem and pitched innovative **solutions**. Students were required to collaborate and challenge their critical and creative thinking skills.



The **2019-2020 UHS course selection** process starts the first week of second semester! Check out our senior courses!

SEARCH “**CANADIAN and WORLD STUDIES**” in **myBlueprint**

**Grade 11 Physical Geography: RESPOND** to natural and human disasters. Determine how Earth’s water, land and air shape the planet. Tornadoes, earthquakes, landslides and tsunamis are just some of the disaster we will explore!

**Grade 12 World Issues:** Dive into current topics that impact our equitable and sustainable world! We will begin to **INNOVATE** and test solutions by following a design process. Students will begin to work with experts on determining the feasibility of their solutions to local, national and international issues!

To see regular updates follow **@MrsAllisonRass**



# PHYS ED

The Physical and Health Education department along with the Athletics program at UHS has had an amazing start to our year. Our Phys Ed classes had the opportunity to participate in a variety of indoor and outdoor activities such as basketball, volleyball, badminton, ultimate frisbee, soccer, and football to name a few, in an enjoyable and competitive setting. Our fitness classes have continued to grow stronger with our recently transformed fitness room, which allows our staff to provide innovative, challenging, and fun workouts every day! We have seen the improvements in our students over the past few months, and are extremely proud of their progress. The department continues to help all of our students set healthy active lifestyle goals, and guide them to reach them.



This year's fall outdoor education group had some amazing adventures this semester. The early fall trips to Mt. Nemo, and Rattlesnake Pt were an excellent start to the semester, culminating with our 3 day canoe trip to Algonquin Park in October. The late fall finished up with outdoor rock climbing and exploring Hilton Falls while doing some geocaching and riddle solving. Winter came a bit late this season but we still managed to get out cross country skiing and fat biking at Horseshoe Valley before the winter break and had a lot of fun. After the break, the course finished up with one last trip north of Barrie to go dogsledding. The group met every challenge they faced as a united front, and learned priceless skills and lessons along the way!



In the Athletics Department, we were able to increase the number of teams for our students to participate in this year. Many of those teams celebrated huge successes! Our Jr. Girls Basketball team finished the season first place in their division. The Sr. Boys Volleyball team smashed their way to the quarter finals. A number of student athletes on the swim team qualified for, and competed in the OFSAA championships, and several Cross Country runners finished at the top of their age categories at YRAA finals. With the winter season underway, and the spring season just around the corner, we look forward to the successes of many more teams and individuals, and the opportunity for all of our student athletes to make timeless memories with their fellow Wolves.



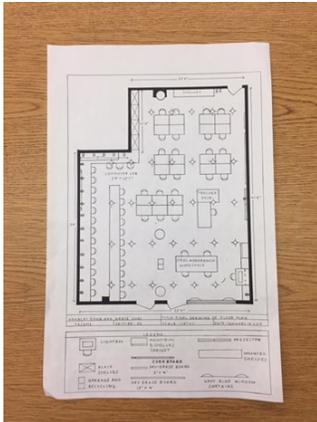
# TECHNOLOGY

Tech Design Culminating Projects are upon us

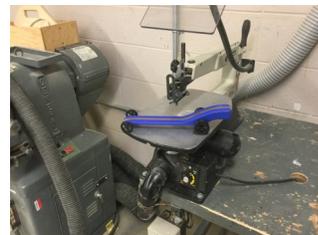
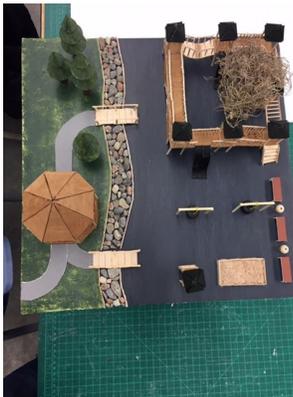
As the end of the semester is approaching, grade 10, 11 and 12 students are working hard on their Final Culminating Projects. Grade 10 students have designed playgrounds on C.A.D. software and are creating a scaled model using a variety of tools.

The grade 11 students have re-designed our classroom! They have used their project management skills to work effortlessly as a team to create a very detailed design package.

Grade 12 students have designed their very own skyscraper! They have researched their site plan and restrictions that come with it. As well, they have designed the exterior and interior floor plans of the building.



Mr. Wood's grade 11/12 Construction class built the set for the school musical, Bells Are Ringing. The students worked on the design and construction of the set all semester. Some of the pieces they built included the telephone booth, the ice cream cart, 60s era entertainment system and the switchboard operators' station. The students also built the decorative squares and circles which hung above the stage throughout the show.





# CO-OP



Co-operative Education provides an experiential learning opportunity for students to **earn high school credits and gain valuable experience** by exploring a potential career choice.

This semester, Unionville High School students explored careers in a wide variety of occupational areas including: *physiotherapy, chiropractic care, automotive service, accounting and finance, teaching, animation design, pharmacy, human resources, graphic design, web design and digital media, medicine and related health care professions, veterinarian and animal care, computer programming, networking and IT, early childhood education, marketing, digital marketing, video production, retailing, event planning, art, construction and woodworking, law, gerontology, and several Markham Stouffville Hospital placements.*

Many of our students also continue to be successful in the Specialist High Skills Major (**SHSM**) program. Currently, UHS offers **Business** and **Arts and Culture** in these specialized areas. A Specialist High Skills Major (SHSM) is a specialized program which allows students to experience a range of customized, career-focused learning opportunities while working towards their diploma.

Keep an eye out for more information regarding our new Health and Wellness SHSM (pending Ministry approval) for the upcoming school year!

Students now have the opportunity to customize their high school experience, explore new ways of learning, participate in valuable workshops and seminars and attend industry related field trips, for free! Learn how your child can take advantage of these vibrant and exciting programs by browsing the YRDSB website at [www.yrdsb.ca](http://www.yrdsb.ca)



As always, our gratitude goes out to our community partners for their ongoing support of our students, our school, and our program. You are the key to our success and the achievements of our students!

If you, or someone you know, is interested in providing an experience for our students, feel free to contact the Community Based Education Office here at UHS at 905-479-2787, Ext. 220



# SCIENCE



The UHS staff and students have had a busy first semester gaining a better understanding of the world around us and preparing to participate in the next wave of science discovery. We are working with our computer science and mathematics departments to gather resources and ideas for the launch of our STEM special high skills major program in September of this year.

Along our learning pathway, however, we have timelines set for learning and these timelines come with all kinds of assessment due dates and deadlines. Meeting those deadlines can be a challenge, especially when some of our habits prevent us from being the best version of ourselves. Here's a big one for many of us...

## PROCRASTINATION.

In better managing our habits, we can improve our productivity and our health and wellness.

Here are a few tips to try, thanks to Arizona State University...

Promise yourself to get started because getting started is the hardest part. Make a to-do list and do one thing from the list now.

Ask yourself, "What's the worst thing that could happen if I did this today?" Nothing bad will happen.

Imagine how you will feel once you do whatever it is that you are postponing. It will feel great. Promise!

Be kind to yourself. Forgive yourself for past discretions and promise yourself to keep trying.

Here's wishing every success to our students. We look forward to learning about the fascinating world of science with you in semester 2!



# ALT. ED

We have just completed a very successful semester in Personalized Alternative Education. A lot of exciting things happened during this term, both academically with our students and physically to our new room. All students have worked extremely hard and we have had many successes as a result. The students helped order a new couch and bean bags which we have received and strategically placed inside the classroom. We have also received whiteboard café tables and chairs. They will be assembled soon, and students are creating floor plans for the classroom in hopes of creating a welcoming and inclusive classroom environment. We are excited to keep the positive momentum going into semester two.



# MATH

The enthusiasm for learning math is strong both inside and outside the classroom at Unionville High School. Every Tuesday after school room 243 is packed with over 30 Math Club enthusiasts from all grades enjoying math contest problems and learning from one another (see photo). Newcomers are always welcome!



Judy Liu and Jack Xu, seen here leading a lecture, are both Co-Presidents of the Math Club

We'd like to acknowledge the 62 students who wrote the Canadian Open Math Challenge on November 8<sup>th</sup>, and congratulate **Andrew Yi**, grade 12, for earning the top score in our school! Way to go Andrew! On November 21<sup>st</sup>, 52 students came out to write the University of Waterloo's Canadian Senior Mathematics Contest (grades 11 and 12) and 28 students wrote the Canadian Intermediate Contest (grades 9 and 10). Congratulations to **Judy Liu**, grade 12, and **Ivan Yu**, grade 10, for placing first in our school on these two competitions, respectively.



Students Writing the Canadian Open Math Challenge, UHS, November 8<sup>th</sup>, 2018

There are many opportunities for students wishing to take math contests second semester. Please see the information posted outside the Math Office (room 232) and listen for announcements for the registration windows. Registration can be done online using "School Cash Online." Join the Math Contest Google classroom with code *ivab4n* to learn results.

Looking for additional math learning or support? Please login to a student gapps account and visit: <http://bit.ly/2RHWmi8>

Lastly, the Math Department would like to express our appreciation to Mr. Chan for stepping in part way through this semester and wish him well. We also warmly welcome back Ms. Hlevca for Semester 2!

# MUSIC



## SEMESTER II CALENDAR OF EVENTS

- February 12, 8:00AM – Grade Nine Concert Band at Ontario Band Association Concert Band Festival
- February 13, 8:00AM – Symphonic Band at Ontario Band Association Concert Band Festival
- February 14, 8:00AM – Wind Ensemble at Ontario Band Association Concert Band Festival
- February 14, 11:45AM – UHS Chamber Winds at Ontario Band Association Concert Band Festival
- February 15 to 24 – UHS Music travels to Germany (Augsberg, Nordlingen, Bayreuth, Leipzig, Berlin)
- February – Toronto Kiwanis Music Festival
- February 27 – Ontario Vocal Festival
- March/April/May – Music Alive Festival
- March 1, AM - Wind Ensemble clinic with Dr. Eugene Corporon.
- March 1 – 7:00pm – Greater Toronto Invitational Band Festival (date to be confirmed, pending invitation)
- March 27 – Arts Unionville recital No. 2
- April 2- Arts Unionville Spring Collaborative Showcase—*Alchemy*
  - Dress rehearsal 10:00am, performance 1 at 12:45pm, evening performance at 7:00pm.
  - April 25 – 7:00pm – Spring Celebration I at Markham Theatre
  - May 8 – 7:00pm – Arts Unionville recital No. 3
  - May - 7:00pm – Spring Celebration at Apple Creek Church
  - May 30 - Art Show & Music Café @ UHS
  - May/June - Arts Unionville recital No. 4 (TBA)
  - June 6 – Music Banquet at LeParc Banquet Hall
- June 13 – 7:00pm – Arts Unionville Celebration @ UHS

Information for ticketed performances will be available through any music student. Admission to most of the above festivals and competitions is free. Please come out and support our ensembles. Further information is available by contacting our ensemble conductors directly or Jeff Wrigglesworth (Head of Music) at [jeff.wrigglesworth@yrdsb.ca](mailto:jeff.wrigglesworth@yrdsb.ca).

### Course Selection:

As we look ahead to completing the course selection process for September, we encourage all students to take advantage of what UHS Music has to offer. An article from the Toronto Star on February 7, 2015 outlines the results of a study published in the Journal of Neuroscience that promotes the benefits of taking music in school. The study's lead author, Gavin Bidelman, says "musical activities are an engaging form of cognitive brain training." The team concluded that "engaging in formal music training before the age of 14 and continuing for at least a decade produced the most positive changes in the brain." This study is only one example of a growing list of results that scientifically explain how music helps develop the brain's ability to promote everything from cognitive development and motor skills to sensory perception, management of anxiety and emotional balance. We look forward to seeing our students next September in our band, choir, strings, guitar and musical theatre classes. Please do not hesitate to contact a music teacher for further information.



# SPECIAL EDUCATION



This first semester in Special Education was very busy. The staff worked hard to reach all of our students throughout the semester to support their needs, follow their progress and ensure they understand and are receiving their accommodations.

We are also in the process of redesigning our office and classroom to make the environment more appealing for the many needs of our students. This will enable the students to have a safe place to do homework, come for extra help and even relax and have their lunch.

## **Strategies for Success - Grade 9 Learning Strategies GLE101 - Semester 1**

We have had a very busy semester in the two grade 9 Learning Strategies classes. The course has helped our student's transition smoothly to high school by supporting them in their coursework, and focused on teaching them strategies they can use for success in all their courses.

We also focused on mindfulness and wellness in our daily work and had an unique opportunity to take part in a 6 week Mindfulness Workshop with mental health educators from the Canadian Mental Health Association of York and South Simcoe where students learned practical strategies to de-stress and reduce anxiety.

Students also started exploring the OSSLT (Ontario Secondary School Literacy Test) by meeting our literacy teacher Ms. Rafik, looking at past tests, and practicing different parts of the test.

It was a busy semester and we look forward to working with these students again in their grade 10 year!

## **Grade 12 Learning Strategies**

In the grade 12 Learning Strategies class, the students were engaged in learning about career pathways and options, applying to post-secondary institutions and how to budget for the future. In addition they researched and presented information on specific mental health disorders, which culminated in informative and relevant presentations to their peers.

## **P.E.A.K.**

The first semester in the P.E.A.K Program (Pathways to Employment and Applied Knowledge) proved to be a very busy and exciting one for our students. Many of our students began new work placements including, Longo's, Michael's, Pickle Barrel, Toyota, Sitconf, Sheraton Hotel, Shoppers Drugmart, Toys R Us and Goodlife Fitness.

Some topics/themes and activities we covered included learning new transit routes, health and safety in the workplace, personal safety, workplace etiquette, self advocacy and mental health awareness, culminating with an inspirational rock painting activity on World Mental Health Day, and a vision board project at the beginning of the New Year.

We also had the opportunity to go on several community outings including the Markham Fair, and the Community Safety Village where we learned how to perform CPR, how to build an emergency safety kit, as well as, internet safety.

We look forward to more exciting events during the second semester with Community Living and other P.E.A.K Programs throughout the YRDSB.

## **Lifeskills**

This year the life skills classroom has embarked on many new projects including but not limited to the launching of a food fuel program whereby we prepare healthy snacks for the whole school every Wednesday morning. Snacks are accessible on all floors of the building. We have also expanded our management of school laundry to the Health and Physical education departments. Furthermore, we have been working towards building more independence with our senior students by integrating them into mainstream courses. Finally, through our classroom redesign we are restructuring the room to reflect the specific needs of our classroom with a "hangout" social space for students, novel literacy and numeracy activities which are embedded in daily life skills and our very own mini growing station in which we will plant and use seeds and herbs for our weekly cooking and as a vehicle to understand the plant life cycle.



# FAMILY STUDIES

## Grade 9 Exploring Family Studies

The Grade 9 class got a taste of all the wonderful things that Family Studies has to offer! They tried their hand at sewing and made sock monkey's and amazed themselves in the kitchen learning valuable introductory kitchen skills such as kitchen safety, baking cookies and making pasta. We look forward to having them explore all the other amazing Family Studies courses at UHS.

## Grade 10 Food and Nutrition

This semester students in grade 10 Food and Nutrition explored ideas related to kitchen safety, nutrition, finances and environmental responsibility in regards to their food choices. Students participated in various food labs including one that allowed them to work with grade 10 Business students to plan, prepare, and sell a food item to other students in the school community. Students also applied their cooking skills to planning and preparing food items that required a variety of tools, techniques and ingredients including pizza with dough made from scratch and burgers using an indoor grill. The students not only had fun but also developed and practiced skills that they can use to help in the kitchen at home.



## Grade 11 Food and Culture

This semester students in our Grade 11 Food and Culture class chose five countries they wanted to learn more about: Italy, Japan, Mexico, France and Greece. We centred our course materials and food labs around signature foods from these countries. Students also explored the different food guides around the world as well as the history and future changes of the Canada Food Guide. Students learned about Indigenous ingredients and incorporated those into a food lab. As students improved their knowledge of each country and their cooking skills, this ultimately led to our own version of the Chopped Challenge. Students worked in their food lab groups and were given mystery ingredients and created an entree related to one of the countries we studied. They presented their dish to guest judges (other staff members) and received valuable feedback. In our final culminating activity, students acted as ambassadors to their chosen country and hosted a booth in our International Food Hall, serving up delicious homemade food and sharing their learning. Students thoroughly enjoyed their time in the kitchen, as well as learning about a variety of cultures.



# FAMILY STUDIES

## Grade 11 Working with Infants and Young Children

Students applied their learning about child development through the Coedale Collaboration Project where the class went to Coedale P.S. to work with an FDK and Grade 1 class. The class made children's books for their peers and planned activities for each visit. Students demonstrated their research skills in a student led Nap Study and highlighted their semester long learning by creating a summer day camp. As part of learning about communication, students learned how to use American Sign Language and signed O'Canada at our Remembrance Day Celebration.



## Grade 11 and 12 Fashion

The joined fashion class learned about how Historical and Cultural influences impact current day fashion trends. They had an in class Haute Couture vs Street style fashion challenge that wrapped up with an in-class fashion show. What creative designers! They enhanced their sewing skills by creating tote bags, infinity scarves, shorts, pants, a re-fashion and pillow covers all that connect to the various aspects of the curriculum. Students unleashed their inner designer by creating sketches of inspired pieces. I can't wait to see their designs on the runway!



## Grade 12 Nutrition and Health

This senior foods class explored health related topics at various ages and stages of life. They learned about their 'food print', food waste, food sustainability and other food related topics. Students explored local farming practices at Nature's Bounty Apple Orchard and sampled apple cider and a variety of apples. Student's highlighted their cooking skills by taking on the Masterchef Challenge with mystery food items. The judges enjoyed their creative plating and ability to combine flavors.

# GUIDANCE SERVICES

## ***Grade 9 and ESL Classroom Visits***

Counsellors visited our Grade 9 and ESL classes during the month of October to welcome students and provide information about services offered by the Guidance Department. Students learned about the timetable process, booking appointments, graduation requirements, pathway planning, community resources, and counselling services available to them. Thank you Mr. Triantopoulos for coordinating these visits!



## ***Post-Secondary Fair***

Unionville High School hosted the Post-Secondary Information fair the Markham schools on Wednesday October 10<sup>th</sup>. The event was a huge success attended by many students, parents and guardians. Over 50 colleges, universities and career institutes were represented. A big thank you to Ms. Riolo for coordinating such a large and important event!

## ***University/College Application Process***

On Thursday October 4<sup>th</sup>, the Guidance Department presented grade 12 students with information regarding the University application process. Information on both the University and College application process was provided. Thank you Ms. Riolo for coordinating this very essential presentation for our potential graduates!

## ***Wellness at UHS***

Ms. Farwell continues her role as the Wellness Lead working with staff and students at UHS to facilitate a variety of events for students and staff. Wellness initiatives include the daily Free Hot Breakfast program, the Food Fuel program, and the Wellness Wednesday program (which includes yoga, meditation and the St. John's Ambulance Dog Therapy). In addition, the Stu-



# GUIDANCE SERVICES Cont.

## **Scholarships**

Ms. Hawkins has been providing important information about the scholarship process to potential graduates throughout the semester. In the Spring she will be presenting information on scholarship resources, tips for financing their education, types of scholarships, the application process and how to prepare for scholarship applications to Grade 11 students. All students are encouraged to explore the numerous types of scholarships available and to check out the Scholarship Report located on the Guidance Moodle. Thank you Ms. Hawkins for all your hard work in assisting our potential scholarship students!

For more information about scholarships, please visit: UHS Guidance Moodle (<http://moodle2.yrdsb.ca>), [www.electronicinfo.ca](http://www.electronicinfo.ca), and [www.scholarshipscanada.com](http://www.scholarshipscanada.com)

## **Study Skills and Exam Tips for Grade 9 Students**

On November 7<sup>th</sup> and 8<sup>th</sup>, Ms. Farwell presented exam preparation workshops to our grade 9 students. The workshops were well attended and a *Study Strategies and Exam Tips* booklet was provided to each student. The booklets are available in the Guidance office for students and parents. Morning announcements focussing on exam tips were delivered to students daily for 2 weeks prior to our exams as reminders to our students. Thank you Ms. Farwell!

## **Post-Secondary Alumni Panel**

On Thursday December 13<sup>th</sup>, UHS held its 2<sup>nd</sup> annual Alumni Panel. Students returned to share their experiences with post-secondary education. The panel consisted of students from The University of Toronto, Scarborough campus for English Arts, and Business, and from the St. George campus for Arts and Humanities. The panel provided grade 12 students with invaluable information regarding post-secondary programs, course work, and they shared important tips to assist our current students with their transition from high school to post-secondary schooling. We look forward to having our future graduates return to share their experiences after high school. A big thank you to Ms. Riolo for organizing such a wonderful



# GUIDANCE SERVICES Cont.

## ***Grade 8 Parent Night***

We held our Grade 8 Parent night on January 17<sup>th</sup> in the large Gym and in the Library for our Mandarin/Cantonese speaking parents. Our evening was very well attended as we presented formal information to our parents about our school followed by the opportunity for them to do a self-guided tour of school and speak to individual departments. Thank you Ms. Riolo and Ms. Hawkins for organizing this very important event!

## ***Guidance TV Monitor***

Please check it out for important dates and instructions regarding timetables, course selection, graduation, upcoming events, etc. A big thank you to Ms. Riolo for overseeing our department's communication with parents, students and staff! She continues to volunteer her time to the School Council, works with Community Partners, the Mental Health Team, the Transitions Team and in addition oversees many other vital aspects of our department.

## ***Booking Appointments On-Line***

Just a reminder that students can book appointments from the convenience of their mobile device at any time through Teach Assist. To do so just:

- Log in to your Teach Assist account

- Under the sub-heading, select "Appointment Bookings"

- Choose your counselor (based on your last name)

- Click on the day and time you want to have your appointment

- If you need to cancel your appointment for any reason, click "cancel". If you have any trouble making your appointment, please let us know.

## ***Bulletin Boards and Volunteer Opportunities***

A big thank you to Mr. Triantopoulos for keeping our bulletin boards current with updates regarding college and university information as well as community involvement opportunities. In addi-



# GUIDANCE SERVICES Cont.

## COURSE SELECTION IS HAPPENING

Although the next school year is months away, we begin planning for next September this month. Course Selection is the most important ingredient in your child's recipe for a successful school year. Work together with your child to track his or her education and career/life planning using "My Pathway Planner" (provided by My Blueprint).

Course availability will be based on the number of students who request courses. Consequently, it is very important that students make careful and wise choices during the course selection process. Once classes begin in September, course changes will be considered **only** in extraordinary circumstances and where space permits. Therefore, it is important to take both time and care in the preparation of student education plans.

### IMPORTANT UPCOMING DATES:

- February 6            Course selection instructions and credit counseling summaries distributed through homerooms. Students with period one lunch/study hall may pick up materials in the guidance office.
- February 7            Course selection presentations by grade.
- February 22            Deadline for course requests to be submitted using My Pathway Planner.**
- February 25            Deadline for paper copy of course requests to be submitted to homeroom teacher.

Students should stay current by checking the Guidance Moodle regularly!

