

**School Council
Meeting #2**

**Monday, October 16th,
2023**



Land of Acknowledgement

We affirm that we are all treaty people and acknowledge that the York Region District School Board is located on the lands of two treaties. These treaties are signed with the Mississaugas of the Credit First Nation and the First Nations of the Williams Treaties who are: the Mississaugas of Alderville, Curve Lake, Hiawatha, Scugog Island; and the Chippewas of Beausoleil, Rama, and Georgina Island our closest neighbour and partner in education.

To honour this agreement we will take up our responsibility to be respectful of their traditions, knowledges and inherent rights as sovereign nations. We will respect their relationship with these lands and recognize that our connection to this land is through the continued relationship with these First Nations, and we acknowledge our shared responsibility to respect and care for the land and waters for future generations.

Agenda

Welcome to our new 2023-2024 School Council Executive

1. School Council Policy Changes Video
2. Subject Department Presentations
 - Library - Ms. Lawton
 - Technology Studies - Mr. De Paolis
3. ADMIN Updates - SAC Fees
4. Hong Fook MHA: Introduction and Mental Health Workshops



School Council Executive

Anoosh Sharif - Chair

Shefali Ram - Secretary

William Sun - Treasurer

Xiangdong (Frank) Ye – Community Member
Arts

Peter Tsatsos – Community Member STEM





School Council Policy Changes Video

[https://www.youtube.com/
watch?v=PctgZCDesnE](https://www.youtube.com/watch?v=PctgZCDesnE)

Welcome to the UHS Library Learning Commons!

We are:

- ★ Ms. Celeste Lawton
- ★ Ms. Suzanne Masilamany
- ★ Mrs. Angela Cassano



About the Library

01 | Physical Space

Lessons and other student use

03 | Sora

E-books and audiobooks.

05 | Questions

What are you wondering about the Library?

02 | Website

Searching for books, resources and more!

04 | Google Classroom

Passwords and other resources



Library Space

open 5 periods a day semester one

classes taught on researching, and MLA and APA citations

reading for pleasure: fiction, non-fiction, manga, graphic novels

popular during lunch and spare

puzzles, colouring, and other creative stations are well-loved

cozy reading area and whiteboard tables get a lot of use

very busy throughout the day!



Library Website

access through main UHS website or the
above link

search for a book

GALE and EBSCO databases

Encyclopedia Britannica online

Universalis (French encyclopedia online)

request a book or other resource for the

collection





Sora

access through the link above or
book

search page

sign in using 0 followed by student
number

ebooks and audiobooks

request an e book or audiobook for

Library Google Classroom

join with code dus2klz

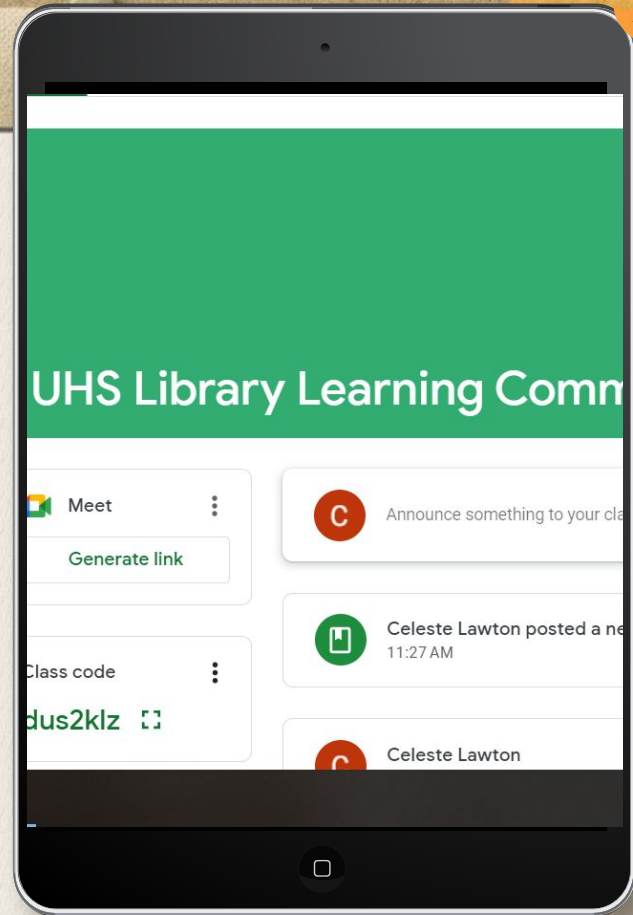
passwords for databases are here

link to the *Globe and Mail*
subscription

ask the teacher-librarians questions

writing contests promoted here

access research support





Do you have any questions?

celeste.lawton@yrdsb.ca

905-479-2787 Library ext. 214



Thank you!

Presentation Template: [SlidesMania](https://www.slidesmania.com)

Technological Studies @ UHS The Future Is Yours

Link to the Department's Site
<https://sites.google.com/view/uhs-teched-en>



TECHNOLOGICAL STUDIES

Link to the Department's Site: [Tech Ed @ UHS](#)

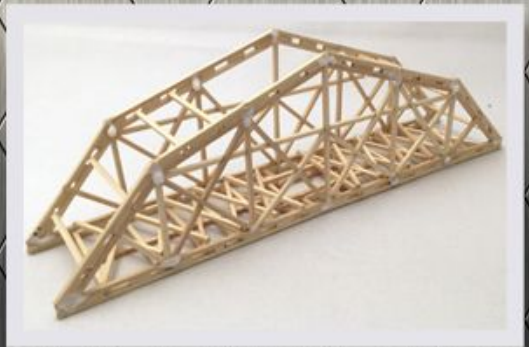
For a complete staff list, please click [here](#).

Grade 9 Exploring Technologies: Integrated Technologies TIJ1O1 & Exploring Computer Technology TEJ1O1

<p>Sectors</p> <ul style="list-style-type: none">● Advertising & Marketing● Photography & Digital Imaging● Graphic Design & Publishing● Filmmaking & Video Production● Radio & Audio Production● Journalism & Broadcasting	<p>Sectors</p> <ul style="list-style-type: none">● Set Design● Carpentry● Electrical● Manufacturing● Renovation	<p>Sectors</p> <ul style="list-style-type: none">● Architecture● Industrial Design● Engineering● Interior Design	<p>Sectors</p> <ul style="list-style-type: none">● Computer Engineering● Computer Programming● Computer Networking● Electronic Engineering● Robotics
<p>Communications Technology TGJ2O1 TGJ3M1 TGJ4M1</p> <p>Print Production/ Yearbook TGG4M1</p>	<p>Construction Technology TCJ2O1 TCJ3C1 TCJ4C1</p>	<p>Technological Design TDJ2O1 TDJ3M1 TDJ4M1</p>	<p>Computer Technology TEJ1O1 TEJ2O1 TEJ3M1 TEJ4M1</p>

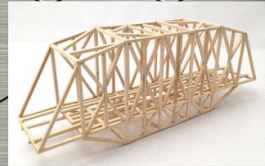
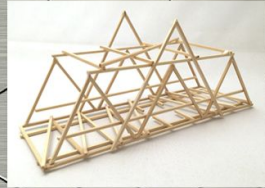
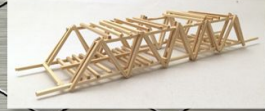
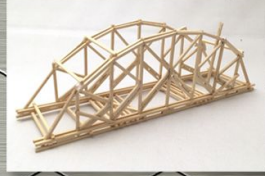
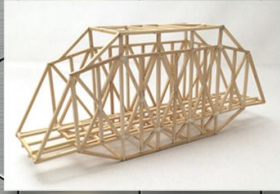
Technological Studies @ UHS

The Future Is Yours

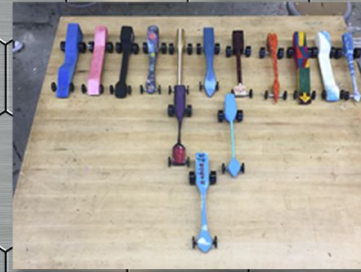


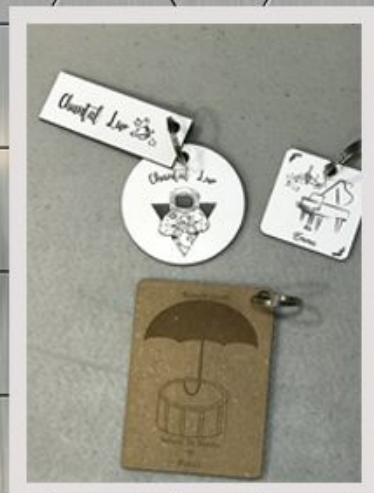
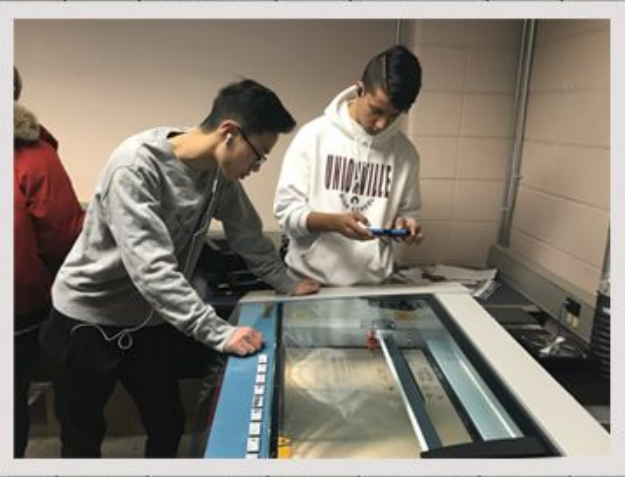
Exploring Technology.....TIJ-10

BRIDGE DESIGN



CO2 DRAGSTERS

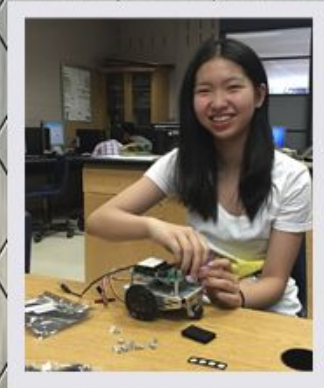




LASER CUT KEYCHAINS

Technological Studies @ UHS

The Future Is Yours



Exploring Computer Technology.....TEJ-10



Technological Studies @ UHS

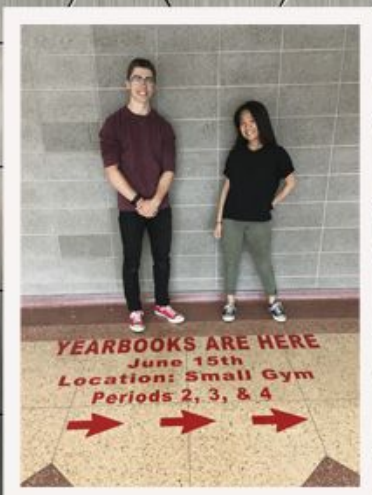
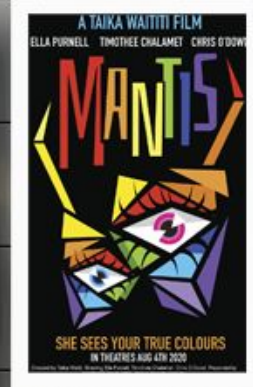
The Future Is Yours

For careers in
Advertising
Photography
TV Broadcasting
Audio Engineering
Graphic Design
Yearbook

Take courses in

Communications Technology....TGJ-20/3M/4M/TGG-4M





Technological Studies @ UHS

The Future Is Yours

For careers in

Game development

Computer Engineering

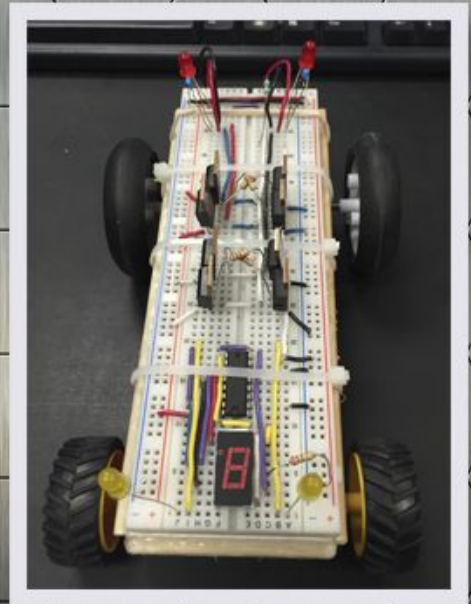
Software Design

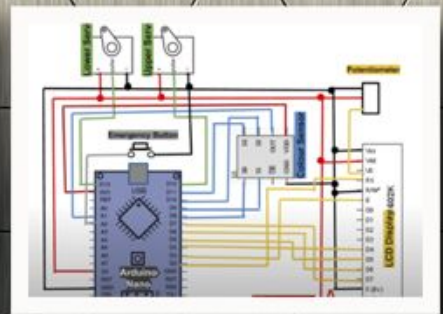
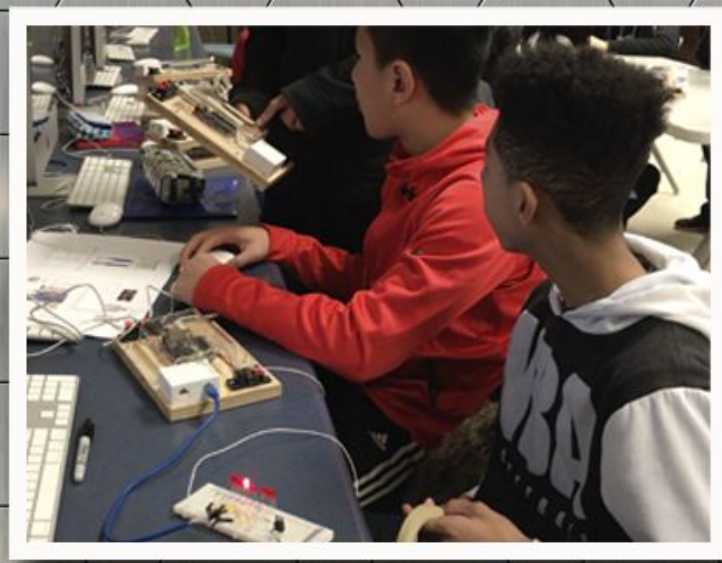
Networking

Robotics

Take courses in

Computer Engineering.....TEJ-20/3M/4M





Technological Studies @ UHS

The Future Is Yours

For careers in

Construction

Carpentry

Manufacturing

CnC

Take courses in

Construction Technology.....TDJ-20/3E/3C/4C





In Recognition of our Partnership



Unionville High School
would like to thank
Gemini Custom Cabinets
for their support of our
Technical Education Program

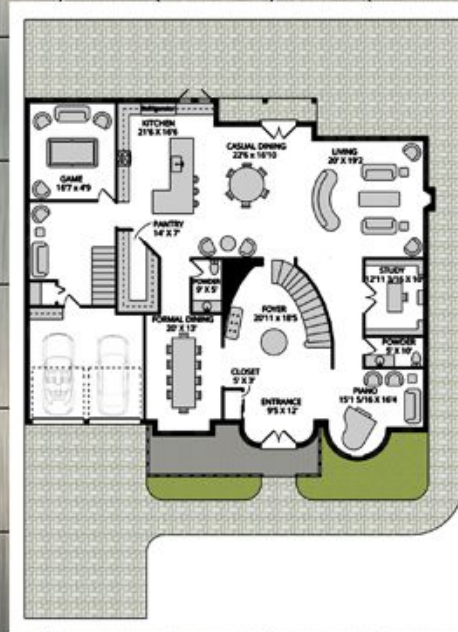


Technological Studies @ UHS

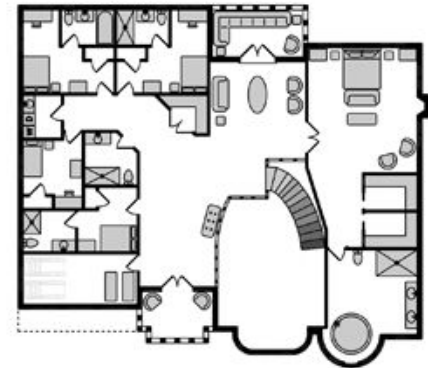
The Future Is Yours

For careers in
Architecture
Engineering
Interior Design
Industrial Design

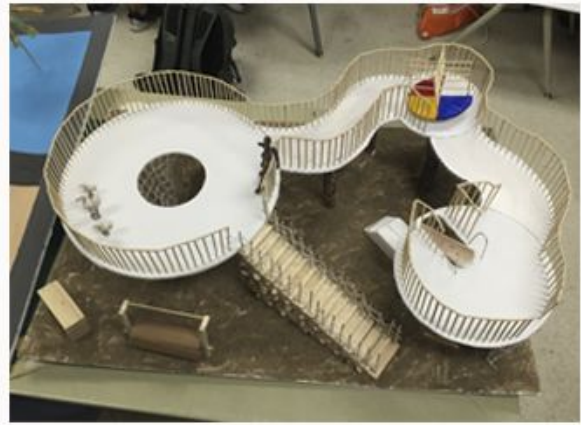
Take courses in
Technical Design.....TDJ-20/3M/4M



 **SketchUp**
FOR SCHOOLS



Designed by
Kris Vuong Grade 11



VIDEO

Gr. 9 Showcase

<https://youtu.be/qnCbHEmqKB4?feature=shared>

Student Showcase

<http://www.yrdsb.ca/schools/unionville.hs/DeptPrograms/tech/Pages/Showcase.aspx>

Academic Success and the Teen's Mind

Hannah Xu (MPH)

Youth Program Coordinator

Hong Fook Mental Health Association

Youth and Family Services



Land Acknowledgement

We affirm that we are all treaty people and acknowledge that the York Region District School Board is located on the lands of two treaties. These treaties have been signed with the Mississaugas of the Credit First Nation and the First Nations of the Williams Treaties who are: the Mississaugas of Alderville, Curve Lake, Hiawatha, Scugog Island; and the Chippewas of Beausoleil, Rama, and Georgina Island who is our closest neighbour and partner in education. To honour this agreement we will take up our responsibility to be respectful of their traditions, knowledge and inherent rights as sovereign nations. We will respect their relationship with these lands and recognize that our connection to this land is through the continued relationship with these First Nations, and we acknowledge our shared responsibility to respect and care for the land and waters for future generations.

Who We Are

Working with East Asian Youth and Families

We strive to address the mental health concerns of the Cambodian, Chinese (Cantonese and Mandarin), Korean and Vietnamese communities.

Mission

Hong Fook Mental Health Association is dedicated to improving the lives of Asian and other communities.

Vision

Championing Culturally Competent Care

Location: 4 Offices and 1 Program-Based Office

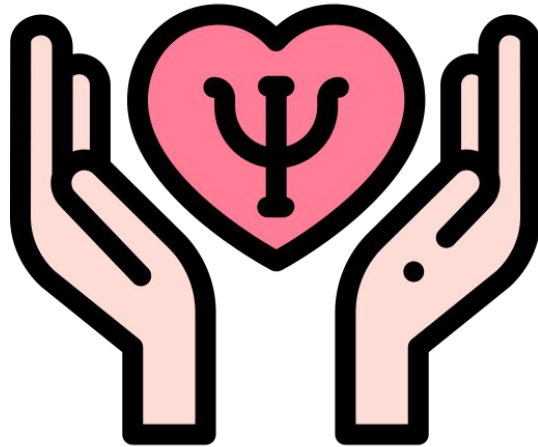
Scarborough, North York, Downtown Toronto, Markham

Markham Youth & Family Hub (16th and Bur Oak)

Agenda

- Who We Are
- Youth Challenges
- Academic stress and its impacts
- Discussing Report Cards with Youth
- Q&A

What's in a teen's mind?



Youth Challenges:

- Adolescent brain development
 - Physically
 - Cognitively
 - Sexually
 - Emotionally
 - Relationally
- Erik Erikson: exploring self-identity
 - Who am I?
 - What is important to me?
 - How am I different/same to my friends, my family?
- Therefore may experience
 - Wider range of emotions
 - Stronger emotions
 - More changes in moods
 - Relational conflicts
 - Changes in interests



Youth & Mental Illness



- Not every child or adolescent will experience mental illness
- Mental illness is a real experience
- Multiple factors cause mental illness – not a sign of weakness on the youth

STRESS



- Stress is a normal reaction the body has when changes occur
- It is a human and inborn response that prepares the body to fight or flee for survival
- Everyone is different in how they respond to stress, but it is important for you to understand how YOU react to stress

Why Are Teens So Stressed?

- **Academics.**
- **Social Stress.**
- **Family Issues.**
- **Trauma.**
- **Big Life Changes.**

Academic pressure

- Higher academic-related stress is related to lower well being
- Might lead to depression and anxiety symptoms
- Further adversely affect academic achievement
- Can increase substance use
- Poor sleep
- Increase the risk of young people developing preventable physical health problem later in life
- School dropout

How can I tell my child is under stress

- feelings of irritation and anger
- lack of motivation
- feeling overwhelmed
- nervousness or anxiousness
- trouble sleeping
- sadness or depression
- trouble concentrating
- worsening of chronic health problems or mental health conditions
- changes in appetite
- increased use of alcohol, tobacco, or other substances
- headaches, body pains, and stomach or digestive issues

Academic stress management tools

- Practice deep belly breathing
- Try progressive muscle relaxation
- Participate in regular physical activities
- Recognize and accept all emotions
- Learn to communicate struggles
- Find a few trusted listeners

How should parents discuss report cards with children?



What has worked for you when discussing report cards with your children?



What can we tell from the report card? (not just grades)



Learning Skills

There are **six learning skills** assessed on Ontario Report Cards:

Responsibility

Independent Work

Initiative

Organization

Collaboration

Self-regulation

Learning skills assessment should be considered **separate** from the Grade.

Celebrate with your children for those G(Good) & E(Excellent) results!

Teacher Comments

“Sandwich comments”:

- Start with a positive, suggest an area for improvement, and then focus on positive next steps.

Suggestions are not critiques.

Even top students get those “next step” comments because we can always **grow and learn more!**

If your children are doing well...

For teenagers, a positive attitude toward school is crucial, since they have other challenges happening at the same time.

If you see an improvement (Grade/Learning skills), you should point it out and praise your child's achievement.

How to praise your children

1. Praise precisely and sincerely
2. Be specific and descriptive
3. Praise your children's efforts and the progress too
4. Avoid controlling or conditional praise
5. Avoid comparison praise

If your children are not doing that well...



If your children are willing to talk to you

Listen to the child's thoughts first, and if necessary, you can say your own interpretation of the child's words to confirm whether your understanding is correct

Focus on the emotional needs of the child. Maybe the child's performance has declined and they are already unhappy. At this time, the support of the parents is very important.

Active Listening

1. **Stop:** temporarily stop the work in progress, look at each other, and provide time and space for children to express their feelings
2. **Look:** carefully observe the child's nonverbal behavior in communication
3. **Listen:** listen to what the child says

The main content of active listening is to decode the child's language, because sometimes children may not express their feelings directly, and parents' interpretation is needed.

- 55/38/7 rule

Your Response is the Key

The more parents use **success-oriented responses**, the more their children felt they held self-worth goals, which leads to mental health improvement among children over time.

The more parents used **failure responses**, the more their children felt they held self-improvement goals.

- “It could be that when parents highlight the negative aspects of their children’s performance, adolescents feel incompetent, regardless of whether they perceive their parents as wanting them to constantly strive to self-improve”

Failure-oriented responses from the parents were also associated with **decreased wellbeing** and higher levels of **anxiety and depression symptoms**.

How to communicate with children



- Avoid starting with the word "you", and start with the word "I" more often
 - "You aren't trying hard enough at school!"
 - Teen's reaction: This is an attack on me.
- "I'm frustrated because I know you're trying, but you really can do better, and you really can get good grades if you put more effort in."
 - Teen's reaction: Mom and Dad know that I'm trying, and want me to improve.

Summary

- Be cognizant of the developmental changes and struggles your child is going through
- Success oriented responses are more effective
 - Long term mental health benefits and improvement drive
 - Sandwich comments
- Active Listening
- 55/38/7 rule
- Success goes hand in hand with good health and mental wellness

Q&A





Thank You!

Upcoming School Council Dates

Monday, November 20, 2023

Monday, January 22, 2024

Monday, February 26, 2024

Monday, April 15, 2024

