



School Council Meeting #3

Monday, November 25,
2024






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 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

1. Welcome – 1 min
2. USAC Updates - 2 min
3. Subject Department Presentations:
 - * Music - Mr. Wigglesworth – 10 min
4. School Council Forum Report - 10 min
5. Student Activity Fee Participation (1245 students have purchased) – 1 min
6. Grade 8 Open House - 1 min
7. Fundraising Team - 5 min
8. ADMIN Updates - 1 min
9. Hong Fook MHA: Parenting (Family Communication) – 50 min



USAC Updates

Olivia Fu
Michelle Zhang



Subject Presentation Music

Presented by: Mr.
Wigglesworth



Music
Unionville·High·School

UHS MUSIC CALENDAR 2024-2025

- October 9-11, 2024 - AU MUSIC RETREAT
- October 16 – Fall Celebration with area high school bands
- October 28 - AU Information Session Tech rehearsal & October 29 – Arts Unionville Information Session performances
- November 11 – Remembrance Day Ceremony @UHS
- December 5 - Arts Unionville Recital No. 1 @ UHS
- November 29/30 - Children’s Messiah w/ Pax Christi Chorale (Toronto)
- December 10 & 11 (Evening) – UHS Music Winter Fantasia 2024
- December 18 – Holiday Concert @UHS Atrium 7:00pm
- December 20 – Winter Assembly
- January 6 – Saturday January 11, 2025 – SHOWTIME presents “Curtains”
 - Performances on Jan. 9, 10 & 11
- January – AU Auditions
- February 27 - Arts Unionville Recital No. 2 @ UHS
- Ontario Vocal Festival
- February – Ontario Band Association Concert Band Festival
- February/March – Toronto Kiwanis Music Festival
- March 3 Alchemy Tech rehearsal & March 4 – Alchemy performances
- March 20 - Arts Unionville Recital No. 3 @ UHS
- March 28-30 - Dido and Aeneas w/CCOC Youth Choir
- April 10 - Arts Unionville Recital No. 4 @ UHS
- May 22 - Arts Unionville Recital No. 5 @ UHS
- April - North York Music Festival (may be dependent on Spring Tour)
- April - Spring Tour during week of April 21 - 26 - specific dates TBD
 - (Spring Celebration date will be confirmed once our Spring Tour dates are approved)
- April 23(?) - UHS Music Spring Celebration
- May 14(?) – UHS Music Spring Celebration - Senior ensembles
- May 22(?) - UHS Music Spring Celebration - Junior Ensembles
- May 25, 2025 - 40 YEARS OF MUSIC @UHS - Concert Celebration at Markham Theatre
- June 12 – Arts Unionville Celebration

40 Years of Music at UHS

- 40 Year Celebration = May 25, 2025 @ Flato Markham Theatre
- Featuring current senior ensembles and alumni
- Also featuring music written by UHS Music Alumni that have gone on to a career in composition
- Promotion will begin at Winter Fantasia in December

Music Tour 2025 Update

- Experiential learning and sharing our music around the world is an important part of what we do.
- Our proposal to tour the UK (London and Edinburgh) and participation in the *Harrogate International Youth Music Festival* had to be withdrawn due to approval process timelines.
- We are now working on a new proposal to participate in the Cantando Festival in Whistler, British Columbia. The 5 day, 4 night tour will include 2 nights in Vancouver and 2 nights in Whistler - pending Board approval.
 - <http://www.cantando.org/>

UHS Music Community

- Atmosphere and Opportunity
- UHS Music's role in the community
- Mental Health and Student Well-Being
- Where else do you get to present significant, meaningful and culturally representative learning with up to 85 students at the same time?

Challenges ahead...

- Funding
 - We are very well equipped and lucky to have the resources that we enjoy, but the school is 40 years old.
- Scheduling/Course Selection/Staffing
 - Challenges could make it difficult to maintain the role UHS Music plays in our school community and beyond.





School Forum Report

Patrick Xie
Betty Liu
William Sun



YRDSB East School Council Forum

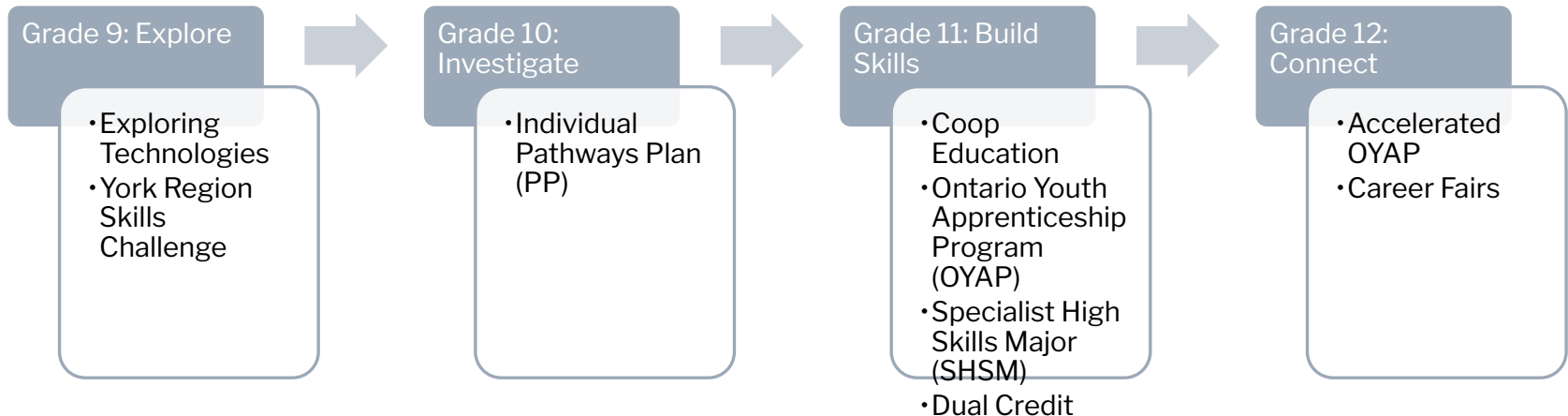
- Clear vision on future development plan – per speech of Director:
 - Student achievement – young generation will be the future of this county, this world,
 - Health and well-being – most important & solid base for future development,
 - Human rights and inclusive education – basic and important concept that should be curved into young generation’s mind.

YRDSB East School Council Forum

- School Zone Safety Starts with ALL of us:
 - Students walking or taking bus / school bus to school – More exercise and Less Pollution,
 - Around school, students' safety could face potential risk with more vehicles on site,
 - More comprehensive protection system to be put in place.

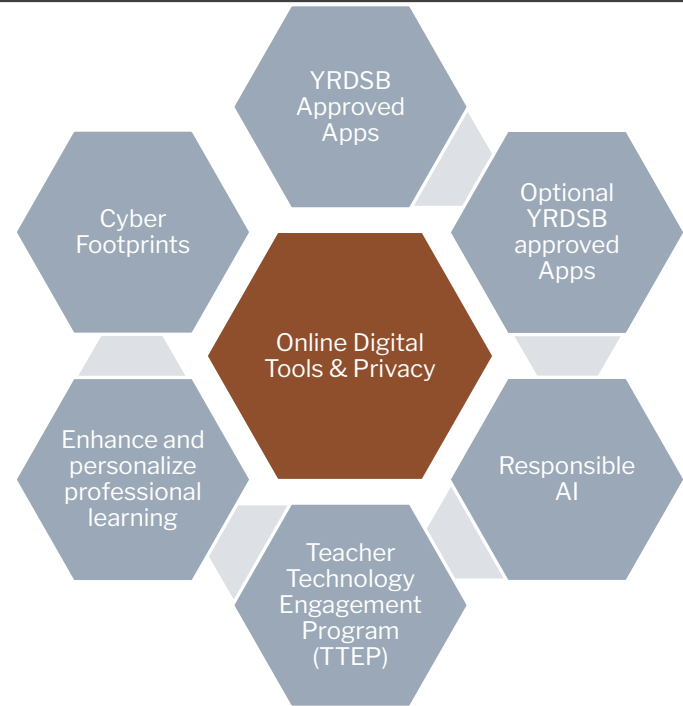
Pathways to Opportunities

Pathways to Opportunity is a program from the York Region District School Board (YRDSB) that provides students with information about career choices. School-Work is a philosophy of approaching education K-12, that of making a connection between the way we develop skills, to the future roles that individuals will have in life and at work



Use of Online Digital Tools and Privacy

How to collaborate and work with schools/educators to make decisions regarding the use of digital tools.



Personal Mobile Devices

K to 8

Personal mobile devices, including cellphones, smart watches and tablets, must be stored out of view and powered off or set to silent mode during the school day.

Grade 9 to 12

Personal mobile devices, including cellphones, smart watches and tablets must be stored out of view and powered off or set to silent mode during class/instruction time.



All mobile devices, including cellphones, smart watches, and tablets, must be **stored out of view and powered off** or set to **silent mode** during the school day, including recess and lunch.

Elementary Schools



The Impact of Personal Mobile Devices on Student Well-Being

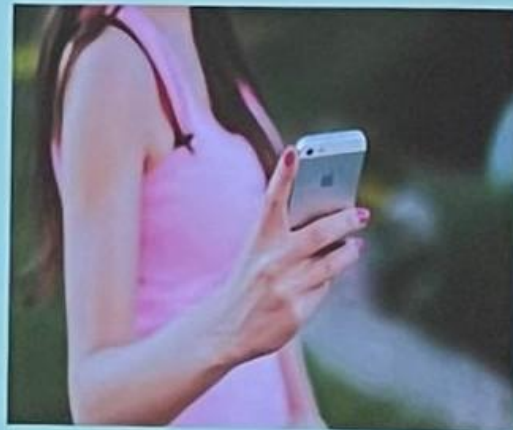
According to UNESCO and CAMH, excessive use of personal mobile devices, and increased screen time can have negative effects on the mental health and well-being of students.

- Increased risk of depression and anxiety
- High levels of stress
- Poor sleep quality and shorter sleep duration
- Poor body image and interpersonal relationships
- Being cyberbullied or engaging in cyberbullying
- Exposure to harmful content



You are part of the solution!

- **Set Family Rules:** Create screen-free times and spaces that can be reflected at home and in the community
- **Engage in Their Media Life:** Talk about their online activities and join in when possible.
- **Model Good Behavior:** Follow the same screen rules as your kids.
- **Support Balance:** Encourage offline activities like sports, reading, and hobbies.



Vaping

Policy and Procedure 668.0

“Ensure that in instances when substances (listed in the Smoke-Free Ontario Act, 2017) are found in the student's possession, the student must surrender the item(s). Parents/caregivers may be notified and progressive discipline may apply.”



Vaping and Mental Health

- **Vaping Immediate Impact:** releases stress hormones when, used frequently, into the body, making feelings of anxiety and depression worse.
- **Nicotine Addiction:** Nicotine causes dependence, leading to stress and withdrawal symptoms.
 - a. Vaping before age 25 affects brain development, increasing the risk of depression and anxiety.

Common symptoms of vaping

Changes in appetite



Disturbance of sleep



Headaches



Problems with memory/concentration





Student Activity Fee



The graphic features a central teal square with a white border and a dotted inner border. The text "Grade 8 Open House" is centered within this square in a dark teal, rounded font. Surrounding the square are various winter-themed illustrations: a red cardinal on a branch to the left, a red squirrel on a branch to the right, and a small green bird at the bottom right. There are also several light blue snowflakes and various types of evergreen branches in shades of green and brown scattered around the central text.

Grade 8 Open House

Fundraising Team

Vibhuti Mehra
Melissa Gill
Sabrina Itwarie
Ellen Chung





ADMIN Updates





Hong Fook MHA:

Parenting (Family
Communication)

Supporting Your Child's Growth and Learning



Hannah Xu (MPH)
Addressing common parental concerns
Hong Fook Mental Health Association

Agenda

- Parenting Challenges and Emotional Resilience
- Managing Screen Time and Gaming Addiction
- Academic Concerns and Support Strategies
- Understanding Motivation



Parental Challenges



Examine Your Underlying Emotions

Common underlying emotions:

- ▶ shame/self blame
- ▶ fear
- ▶ helplessness/hopelessness

Might lead to unwanted parent reactions:

- ▶ denial/avoidance
- ▶ hostility/defensiveness
- ▶ criticism/rejection



Self Awareness

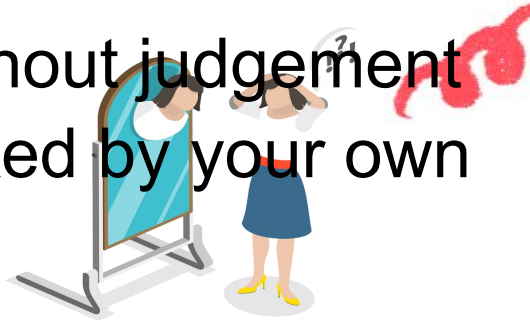
What's your magnet?

We are more triggered by either:

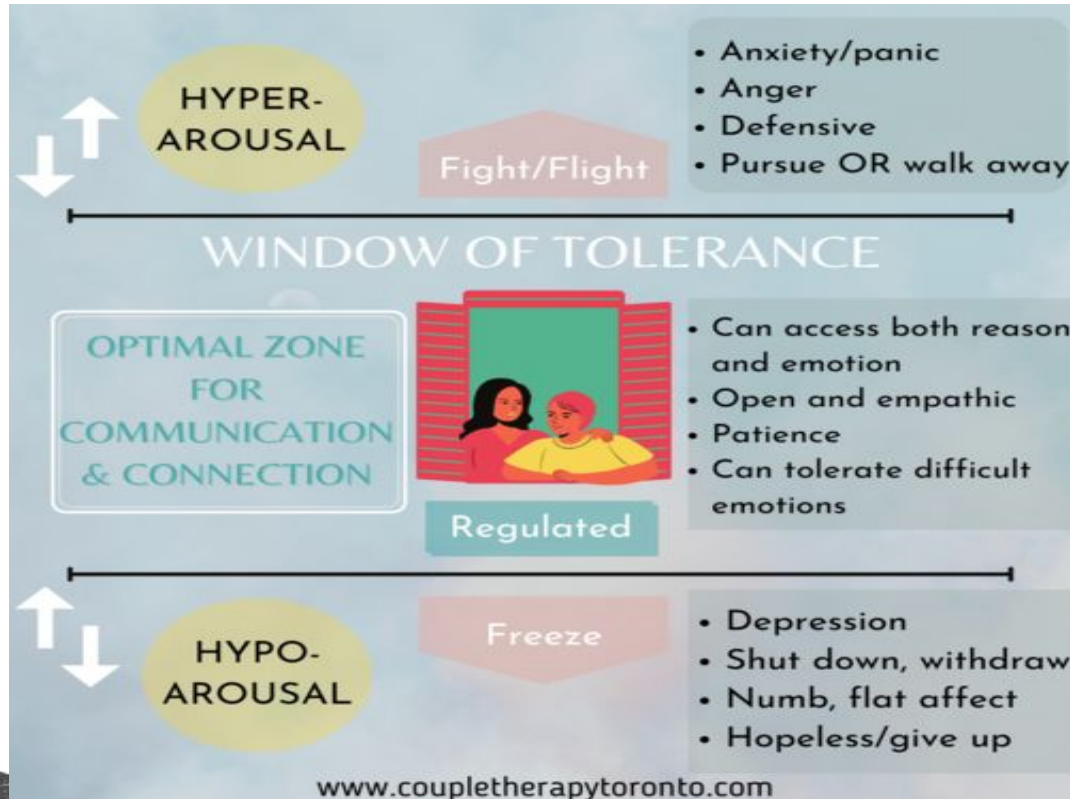
1. Disrespect / rudeness
2. Being shut out / disliked / rejection

Understand and accept your magnet without judgement

- decrease the likelihood of being hijacked by your own emotion



Window of Tolerance



Screen time and Gaming



What makes technology so attractive to kids?

	Game	Social Media
Instant Gratification	Fair reward system (experience, new skin, coins)	Likes, Comments, and Shares
Fast paced	Rapid decision-making and fast rounds in games	Endless scrolling (TikTok, Instagram reels)
Unpredictability	Random rewards, unexpected challenges	Algorithms shows random posts



What Does Excessive Screen Time Do to Our Brain and Body?

- In a constant state of **hyperarousal** – fight-flight response that perceives danger
 - Difficulties with paying attention, managing emotions, controlling impulses, following directions and tolerating frustration
 - Deficits in expression of compassion, creativity and interest in learning
- Release of the stress hormone **cortisol**
 - Decreased immune function, irritability, depression and unstable blood sugar levels
- **The inactive nature of the activity.**
 - Healthy diet and weight are negatively affected

Technology Addiction – What does it mean and what are the signs?

It's a broad term that covers a range of behaviors and impulse-control problems involving **internet, personal computer, and mobile technology.**

If a child's use of technology has been impacting their daily life—such as **their learning, social interactions, personal hygiene, eating habits, or sleep**—for more than two weeks, parents should be concerned.

***The diagnosis of addiction should be made by a professional doctor.**

What parents should AVOID doing

1. Please don't cut off the internet completely (set healthy boundaries!)
2. Take away the computer, the phone, or the game
3. Be mad/angry/upset with your children
4. Start to educate your children whenever you see they are playing games



What parents can do

- Get to know what kind of games (social media) your children are playing. Play with them!
- Arrange other activities based on your children's interests
- Guide and shorten the gaming time
- If Children say they want to be a pro gamer, let them try to follow pro-gamer's routine
- Create and set a family tech time out schedule



Academic Concerns

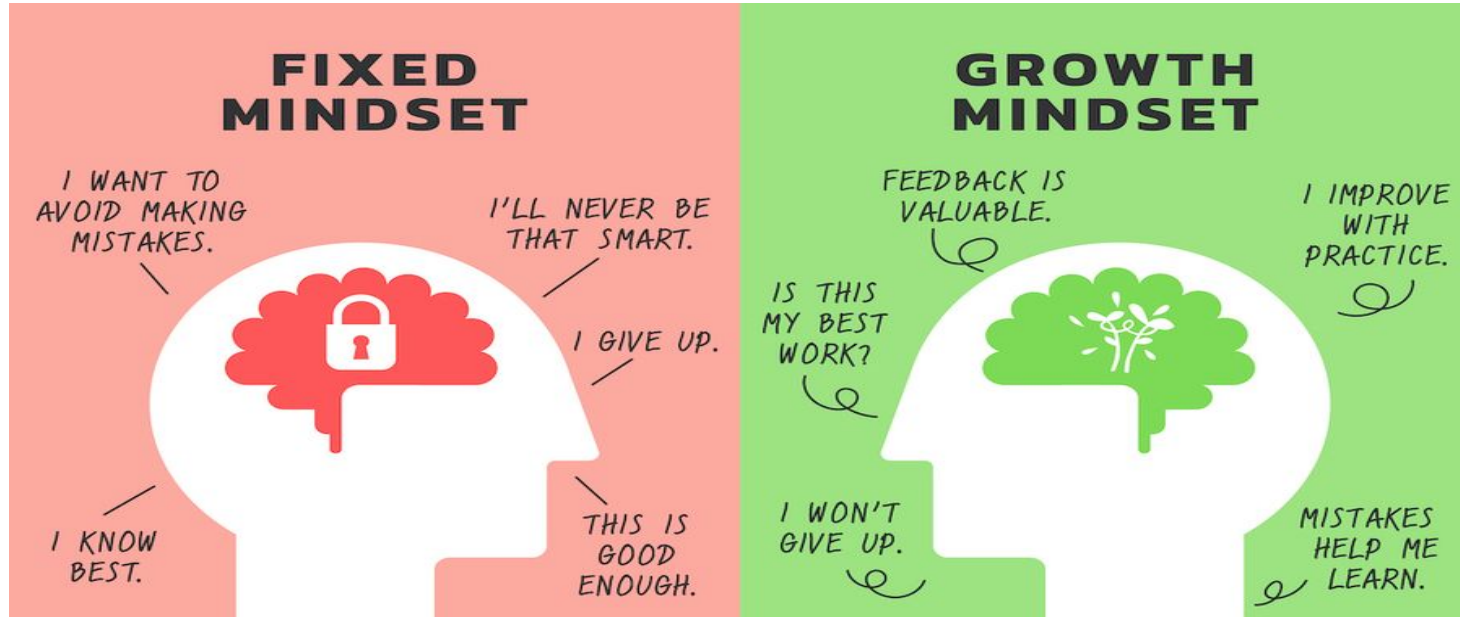


Neuroplasticity

- Our brain can change and grow
- Creating new connection, strengthening old connection
- Enhancing Neuroplasticity:
 - Consistency
 - Challenge
 - Focus
 - Rest



Growth mindset vs Fixed mindset



Combining Exercise with Studying

- Your brain works better after exercise
- Physical activity helps boost memory and recall
- Aerobic exercise helps pump blood to brain, which will improve the brain's ability to work and process information






Overcome Procrastination

- Make a to-do list or any visual cues
- Take baby steps
- Eliminate Distraction
- Utilize immediate rewards



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 not trying 

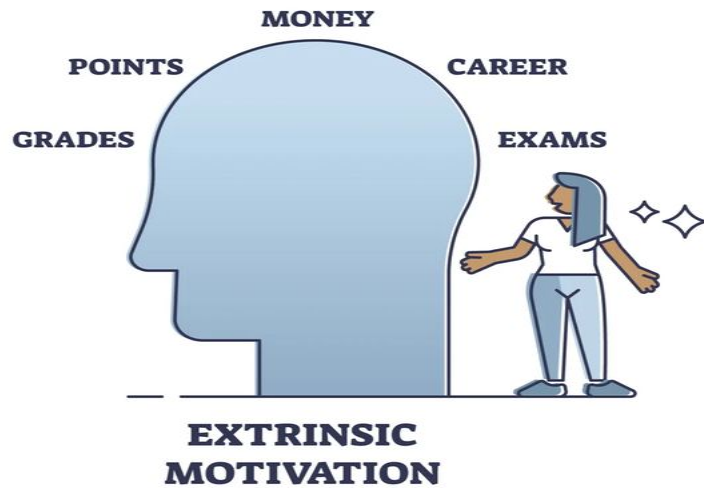
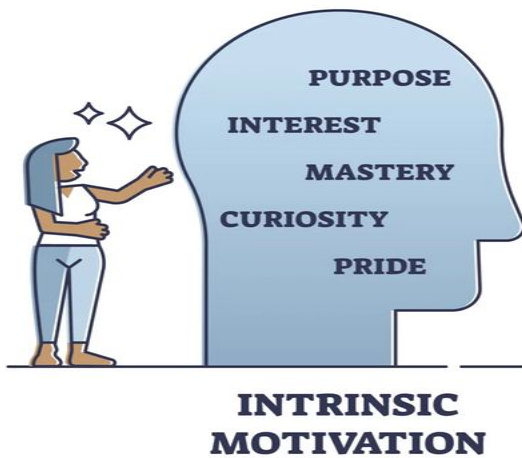


Maslow's hierarchy of needs

Understand motivation

small step
everyday





Three Key Elements to Cultivate Intrinsic Motivation

Autonomy

- Competence
- Belonging



Get Motivated in 5 Steps

1. Just get started
2. Make a plan
3. Make it a habit
4. Make it a pleasure
5. Review the goals



Supporting Your Child's Motivation

- Support autonomy
- Discuss life goals
- Encourage flow
- Model resilience
- Focus on internal motivation
- Explore Passions



Resources

- “The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives” by William Stixrud and Ned Johnson
- “Parenting a Teen Who Has Intense Emotions” by Pat Harvey and Britt Rathbone
- “The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness” by Jonathan Haidt





Upcoming School Council Meetings

Monday, January 20, 2025

Monday, February 24, 2025

Monday, April 28, 2025





Thank you