



## Week of November 2, 2020



Welcome to **Week 1** of the four-week K-12 Cyber Security Awareness Month (CSAM) campaign, running from October 26 to November 20.

This year's campaign theme, **“Work, Teach, Learn Remote, Secure and Safe”**, has the objective of helping everyone in K-12 education – teachers, staff, students and parents – be safer and more secure online. The campaign provides resources to help everyone understand pertinent cyber threats and know a few simple steps to protect themselves, their workplace, learning space, and their devices.

The campaign is divided into weekly themes which highlight different aspects of cyber security, online privacy and online (cyber) safety, as all three areas are of equal importance to K-12. For each weekly theme, resources from multiple **reputable sources** are provided.

All listed resources are also available in [French](#). You can participate by following [@ITS\\_YRDSB](#) on Twitter

### Week 1: Work, Teach and Learn from Anywhere

Focus on cyber security and safeguarding your data, devices and systems.

#### This week we will look at the following:

- Using secure passwords and applying good user account practices
- Keeping your devices secure
- Securing your home network and the risks of using Wi-Fi from other remote locations
- Safely using videoconferencing tools for synchronous learning

You can start by taking stock of your own cyber security knowledge by taking the [“Get Cyber Safe Assessment Checkup”](#) (online quiz) from the Government of Canada's Cyber Security Awareness Month (CSAM) 2020 campaign and reading through the suggested links based on the answers you provide.



Watch this [Work, Teach and Learn from Anywhere video](#) ([transcript](#)) to learn about sources of security risks and basic steps you can take to mitigate them when working, teaching or learning remotely.

This week choose one or more daily cyber security topic(s), read, learn and apply to improve your personal and home security posture.

- **Accounts and Passwords:**

- [Create a strong password](#) (video) or [use a passphrase](#)
- Verify [how strong is your password?](#)
- Use this [passphrase online tool](#) to help generate a random passphrase or test your password's strength
- [How long will it take to crack your password or passphrase?](#)
- Use a Password Manager ([Word](#) / [PDF](#)) (custom resource)
- Enable [Multi-Factor Authentication \(MFA\)](#) (video) on your accounts and devices whenever possible as an added layer of security
  - [What is MFA and why use it?](#)
  - [Examples of MFA](#)
- Summary of password tips ([Word](#) / [PDF](#)) (custom resource)

- **Devices:**

- [Secure all of your devices](#)
- Apply [software updates](#) on all of your devices (incl. operating system, Antivirus/Antimalware software, web browsers, games and apps)
- Make sure to [backup your devices](#)
- If receiving a new device, run through the [new device checklist](#)
- Summary of tips for safeguarding your devices ([Word](#) / [PDF](#)) (custom resource)
- Clear your browser cache and browsing history ([Word](#) / [PDF](#)) (custom resource)

- **Home Network and Public Wi-Fi:**

- Review your home network setup ([Word](#) / [PDF](#)) (custom resource)
- Run through the following home network checklist ([Word](#) / [PDF](#)) (custom resource)
- Be cautious [when using public Wi-Fi](#)

- **Videoconferencing:**

- Tips for safe Videoconferencing for Staff and Teachers ([Word](#) / [PDF](#)) (custom resource)
- Tips for safe Videoconferencing for Students and Parents ([Word](#) / [PDF](#)) (custom resource)



## Interviews

This year, for health and safety reasons, we are unable to host interviews at the school, however we look forward to meeting with you virtually on the evening of **Thursday November 12 or the morning of Friday, November 13**. During this time, you will have an opportunity to meet with your child(ren)'s teacher(s) to discuss your child's progress.

As in the past, we will be using Edsby, a cloud-based, secure, platform for you to book times to meet with your child(ren)'s teachers. **On Monday, November 2 at 10am**, you will receive an invitation from Edsby to sign up for a meeting time using the online appointment scheduler.

**Families that already have an Edsby account may use their previously created account to access the online appointment scheduler.** The username is the full email address that is on file at your child(ren)'s home school and the password is the one created at activation. If you have forgotten your password, you can find [resources on the Board website](#) to help, including how to reset your password.

**Families who do not have an Edsby account will need to create one in order to access the online appointment scheduler. An up-to-date and valid email address must be provided to the school.** For help creating an Edsby account, [instructions can be found on the Board website](#). An email from York Region District School Board with instructions on how to create an Edsby account will be sent to your email inbox. If you do not receive the email, please check your junk mail folder to ensure you do not miss this opportunity.

## Ontario Mathematics Curriculum

Recent research and practice have provided a clearer understanding of how students learn [mathematical concepts](#) and skills. All students bring to school their mathematical experiences learned in various contexts. Schools should take advantage of these various experiences so that mathematics classrooms become places of diverse and inclusive learning that value multiple ways of knowing and doing. These places will allow all students to become flexible and adaptive learners in an ever-changing world.

The vision of the mathematics curriculum is to help all students develop a positive identity as a mathematics learner and see themselves as mathematically skilled, to support them as they use mathematics to make sense of the world, and to enable them to make critical decisions based on mathematically sound principles. This vision is attained in a mathematics classroom filled with enthusiasm and excitement – a classroom where all students receive the highest-quality mathematics instruction and learning opportunities, interact as confident mathematics learners, and are thereby enabled to reach their full potential.



Success in mathematics has often been viewed as an important indicator of career success.

The goal of the Ontario mathematics curriculum is to provide all students with the foundational skills required to:

- understand the importance of and appreciate the beauty of mathematics;
- recognize and appreciate multiple mathematical perspectives;
- make informed decisions and contribute fully to their own lives and to today's competitive global community;
- adapt to changes and synthesize new ideas;
- work both independently and collaboratively to creatively approach challenges;
- communicate effectively;
- think critically and creatively and see connections to other disciplines beyond mathematics, such as other STEM disciplines.

In order to develop a strong understanding of mathematics, all students must feel that they are connected to the curriculum. They must see themselves in what is taught, in why it is taught, and in how it is taught. They must also see how their learning applies to their own context and to the world. The needs of learners are diverse, and all learners have the capacity to develop the knowledge, concepts, skills, and perspectives they need to become informed, productive, and responsible citizens in their own communities and in the world.

How mathematics is contextualized, positioned, promoted, discussed, taught, learned, evaluated, and applied affects all students. Mathematics must be appreciated for its innate beauty, as well as for its role in making sense of the world. Having a solid foundation in mathematics and a deep appreciation for and excitement about mathematics will help ensure that all students are confident and capable as they step into the future.

Check out this [video](#) from the Ministry of Ontario that explains each area of the new Mathematics Curriculum



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## THE EDUCATION CENTRE - AURORA

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October 30, 2020

To whom it may concern:

The York Region District School Board invites students, staff and Vaughan community members to submit names for consideration in the renaming of Vaughan Secondary School.

At the September 15, 2020 Board Meeting, York Region District School Board trustees voted unanimously to rename Vaughan Secondary School following the presentation of a [report on renaming the school](#). As a Board, we are committed to taking every opportunity to champion equity and inclusivity:

***“York Region District School Board (YRDSB) is committed to eliminating all forms of racism, hate, and discrimination. It is working to rid schools and workplaces of systemic racism including anti-Black racism and elevating the experience, perspective and excellence of Black students and staff. This commitment is clearly expressed in the Board priority to Champion Equity and Inclusivity”***

***Louise Sirisko, Director of Education, YRDSB, September 2020***

The renaming of the school will be initiated in accordance with [Board Policy #445.0](#), with the consultation to follow a two-step process as follows:

### **Step 1: Submission of names for consideration**

- Stakeholders and community members will be invited to participate in the renaming process and submit names for consideration.
- Outreach will include, but is not be limited to students and families, alumni, staff, Board advisory committee members, community groups and associations, as well as the broader Vaughan community.
- Names submitted for consideration will be received through the following [form](#) beginning November 1 and closing on November 30.
- Name submissions received during Stage 1 will be reviewed and narrowed to a shortlist based on the renaming criteria defined in the policy.
- As per [Board Policy #445.0](#), names that are submitted for consideration need to represent the criteria within the policy.

### **Step 2: Virtual Town Hall**

- Stakeholders and community members will be invited to participate in a Virtual Town Hall, to be held in February. Participants will have the opportunity to provide input on a shortlist of names being considered, as well as to engage in a process that will narrow down the list to a single name. The recommended name identified through this process will be brought forward to the Board for approval in April 2021.

Our intention is to ensure that there is a meaningful and inclusive consultation process. We look forward to selecting a new school name which represents the input from the school community, and aligns with the Board’s Mission, Vision and Values. Your voice matters!

**Trustee  
David Sherman**

**Superintendent of Education  
Chris Sarellas**

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



Register at  
[www.yorkhillscentre.eventbrite.com](http://www.yorkhillscentre.eventbrite.com)  
or scan the barcode!

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

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

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

Tuesday  
November 10, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

**UNDERSTANDING AND SUPPORTING CHILDREN WHO EXPERIENCE BEING BULLIED DISCUSSION**

(Uma Bhatt - Community Outreach Worker)

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

Tuesday  
November 17, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

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

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

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

Thursday  
November 19, 2020  
1:00 PM — 3:00 PM  
Zoom Webinar

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

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

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

Tuesday  
November 24, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar





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



Register at  
[www.yorkhillscentre.eventbrite.com](http://www.yorkhillscentre.eventbrite.com)  
or scan the barcode!

**BeYOUtiful—SUPPORTING POSITIVE BODY IMAGE IN CHILDREN AND YOUTH**  
(Alyssa Fallone and Nathalie Gonsalves—Community Outreach)

Did you know – Over 50% of teen girls and 30% of teen boys use unhealthy weight control behaviours such as skipping meals, fasting, smoking cigarettes, vomiting, and taking laxatives?

We live in a world that has an opinion on everything we do – what hairstyle we have, how we should dress, what size we should be. The list is endless. These pressures can impact how we view ourselves and how we interact with the world. As parents and caregivers, how do we help our children navigate these pressures? This webinar provides an introduction to understanding body image. We will explore compliments and criticisms, media impact and cultural differences, as well as techniques to help build confidence and boost self-esteem in children and youth.

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

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

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

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

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

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

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

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

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

