

1000 New Westminister Dr, Thornhill, ON, L4J 8G3  
Attendance: 905.882.0277 x 238

# Westmount CII



Principal: Sheri Epstein

Vice-Principal: Barb Caravella

Vice-Principal: Todd Taylor

**Please check our  
[website](#) regularly for  
updates.**

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**Inspire** Learning!

# Westmount CI

Dear WCI Families and Community Partners,

We hope that you have been able to welcome the Fall season and all of its splendours - bright colours, warm treats, cool evening walks, and a wonderful Thanksgiving holiday weekend.

We are halfway through our 3rd rotation schedule and we are happy to say that we are getting into the swing of things and feeling much more settled into a routine. We certainly hope you are feeling the same way. Adjusting to our 'new' normal and our 'new' adaptive model certainly posed many challenges in the beginning but collectively, we came up with solutions to support our students and staff. We are amazed at the creativity, flexibility and understanding of staff and students as we continue to navigate unknown waters and accept our new realities. For this, we are grateful and thankful.

Exciting things (beyond the classroom) are happening at WCI even though we have been charged with having to do business a lot differently this year. Some of these things cannot take flight without planning and more planning on the part of students and staff. Last week, we launched our first-ever Virtual Peer Tutoring program - students who are ready and willing to help their peers in a variety of subjects. This week alone we have been able to bring back the students' version of Westmount Radio One as a pre-recording (to replace the live version) of our morning opening exercises which include the song of the day, O' Canada, the Land Acknowledgement, and important announcements for the school community. We are thankful to the teams which are overseeing these important school functions and for helping us begin our days in a good way.

To help with your planning, some important dates ahead of us include a Virtual Parent/Teacher Interview Night scheduled for October 28; the 4th rotation schedule begins on October 27; and Interim Report Cards will be distributed electronically on October 21. Be sure to refer to the entire news bulletin for additional information and details.

We are also happy to announce that a Virtual Graduation ceremony is currently being planned for last year's Graduating Class (of 2019-2020) and we are looking forward to celebrating this milestone with them on November 26th. Thank you to the team who is planning this long awaited event..

We know that from time to time, you may have a question or two. We invite you to contact the Main Office as we are more than happy to assist you. As we prepare for cooler temperatures, we wish to once again thank you for your unwavering support and understanding.

Ms. Barb Caravella  
Vice-Principal  
Surnames A to L

## Ontario Youth Apprenticeship Program (Accelerated OYAP) Information Session



If your son/daughter is interested in pursuing a career in the Skilled Trades, we invite you to have a look at the [Accelerated OYAP Information website](#) and our [YRDSB OYAP Video](#) to find out more information about the exciting apprenticeship opportunities available through YRDSB and our College and Training Center partners. The Skilled Trades offer excellent employment opportunities, training in state of the art facilities and higher than average career satisfaction. We hope to hear from you.

### Is your child turning 18 this school year (i.e. before June 2021):

Once a student turns 18, it becomes more complicated for the teacher to reach out and connect with you, either with specific concerns, or to share information in general. In order for the school to maintain contact, your adult child (i.e. after their 18th birthday) must sign and return the [Age of Majority Consent Form](#). For any student who has not submitted the form, after their 18th birthday, contact between school and home ceases.

If your child is turning 18 this school year, please discuss with them what will happen when they turn 18. If necessary, please return the consent form, after your child's birthday.

### To send your child to school or not?

This year, more so than ever, you may be struggling with the idea of sending your child to school, if they are sick. The Ontario Ministry of Health has provided new guidance, to assist you in making this decision. [Please visit this link to see the recently updated screening tool.](#)

### October 14<sup>th</sup> - School Council:

Thank you to all who attended our October School Council Meeting, this past Wednesday. As promised, a video recording of the presentation is available [here](#), the PowerPoint presentation can be found [here](#), and the Q & A [here](#).

### A note about Graduation:

WCI will be hosting it's delayed 2020 Graduation ceremony for graduates who should have graduated in June, on **Thursday, November 26<sup>th</sup>**. Additional information about this upcoming event will be shared directly with graduates and their families. Should you have any questions, please contact the Main Office.

## **A Message from the Student Success Department:**

Attention Grades 9, 10, and 11 students! The peer tutoring club is hosting virtual tutoring sessions on Google Meet every Wednesday at 3:20. If you need help understanding course material, studying for a test, or doing homework, feel free to join us in our Meet! Follow our instagram @wci\_peertutors and add our Google Classroom (code: dndk4e5) for more information!.

## **October 21st - Interim Report Cards distributed electronically**

All students will receive their Interim Report Card electronically. We are waiting for final instructions from the Board and as soon as they are available we will share it with our WCI community.

## **Parent/Teacher Interviews**

The Semester 1 WCI Parents' Night will occur on Wednesday, October 28th, between 6:30 p.m. and 8:30 p.m., via either Google Meet or Zoom. WCI Teachers will be sharing meeting links directly with parents, on the day of Parents' Night. All appointments are pre-booked, beginning October 19th at noon. Appointment slots can be found at <https://yrdsb.edsby.com/> As mentioned in the last bulletin, invites to Edsby were sent out last week (October 9th) if you had not already created an Edsby account. If you have any difficulties, please connect with the WCI Main Office.

## **Arts West Information Night**

We have changed our ARTS West Information Night to **Thursday November 5th**. Please let any friends and neighbours know about our new date. This Information Night will be a virtual event.

Details about how to access the evening will be shared soon.

## **Post Secondary Programs:**

Excellent websites for information on Colleges and Universities can be found at these links:

⇒ <https://www.ontariocolleges.ca/en/>

⇒ <https://www.ontariouniversitiesinfo.ca>

# Westmount CI

Dear parents/guardians,

As part of a partnership between YRDSB and Renewed Computer Technology (RCT), families with children enrolled in our Board have the opportunity to purchase quality refurbished computers at a reduced cost.

Applicants must live in Ontario, have a student enrolled at the school and either receive government assistance payments or qualify as a limited income earner under the limited income cut-off standards\*.

Beside is a limited income grid for your reference.

Family size	Annual income*
2 people	\$30,286
3 people	\$37,234
4 people	\$45,206
5 people	\$51,272
6 people	\$57,286
7 people +	\$64,381

This year, there are two purchasing options, however, laptops will not be available at this time. There are two different desktop computers available for \$60 and \$200, including software, a two-year hardware and labour depot warranty, and delivery to your home. Please see the attached flyer for a full list of device specifications. Parents and legal guardians may apply for one computer per student, with a limit of two per household.

If you are interested in applying, please complete an online application at [www.rcto.ca/outreach](http://www.rcto.ca/outreach) using the group code on the attached program flyer. The application period will remain open for the entire school year and orders will be fulfilled on an ongoing basis.

Please note - There are sections in the RCT Online Application that are no longer applicable:

- Requirement of Proof or Documentation of Income
- Requirement to participate in training prior to receiving your computer/laptop

The Section on Course of Study can pertain to elementary or secondary.

If you do not have access to a computer or the Internet, please contact the administration team at your school for assistance.

For inquiries related to the RCT application process, devices and delivery, please contact Mitch Doorey ([mdoorey@rcto.ca](mailto:mdoorey@rcto.ca)) and for inquiries related to support from YRDSB, please contact Yvonne Kelly ([yvonne.kelly@yrdsb.ca](mailto:yvonne.kelly@yrdsb.ca))

For more information, including complete application and payment instructions, please refer to the attached program flyer and checklist.

WELCOME  
TO  
GUIDANCE



## YOUR GUIDANCE DEPARTMENT MISSION STATEMENT

Support and promote students' well-being and continuous growth in three areas: personal (student) development, interpersonal development, and career development in order to help them develop resilience and realize their potential (success) as individuals and as valuable members of society.

-Ontario School Counsellors' Association, 2015

## **Guidance is OPEN but doing things differently**

Please reach out to your ALPHA Counsellor by email. Your Counsellor will respond in the appropriate method: email, phone or on-line meeting. In order to minimize personal contact, please do not walk into Guidance. Please e-mail us first and we will take it from there.

Contact Information: **Please note the change to the ALPHA allocation.**

**Mrs. C. Pearlstein, Guidance Secretary**  
E-mail: [cindy.pearlstein@yrdsb.ca](mailto:cindy.pearlstein@yrdsb.ca)

**Mr. R. Conte, Head of Guidance**  
Last Name Alpha: A to H  
E-mail: [roderick.conte@yrdsb.ca](mailto:roderick.conte@yrdsb.ca)

**Mrs. C. Jackson**  
Last Name Alpha: I to N  
E-mail: [cynthia.jackson@yrdsb.ca](mailto:cynthia.jackson@yrdsb.ca)

**Mrs. N. Popiel**  
Last Name Alpha: O to Z  
E-mail: [natasha.popiel@yrdsb.ca](mailto:natasha.popiel@yrdsb.ca)

## **Connecting with your Counsellor VIRTUALLY**

In the next month, counsellors will be equipped and set-up for virtual on-line meetings. We will be using Zoom. We will post more information as it becomes available.

## **COMING UP**

### **Grade 12 Graduation Prep Class Visits – November 3 to 6, 2020**

The Guidance Team will visit all grade 12 classes to go over the post-secondary application process and other important information regarding graduation. **#wcigrad**

### **Grade 11 Check-in Class Visits – December 7 to 10, 2020**

The Guidance Team will visit all grade 11 classes and go over what student need to begin thinking about and to prepare for their grade 12 year. **#wcigr11**

## **Stay connected and “in the Loop”**

We will be relying more on our [Guidance Department's website](#) as an information platform. It will be updated with any relevant information you need to know. **Bookmark this page on your personal device or computer and check in every now and then.**

Now more that ever, please **follow @WCIGuidance, @WCI\_YRDSB** on Twitter for real time notifications. During this time, social media has become the most effective way of communicating information.

Spread the word. Remind friends and family of the Westmount community to follow us on Twitter.



# RCT



Renewed Computer Technology



## DO YOU NEED A COMPUTER

Renewed Computer Technology (RCT) is a not-for-profit, charitable organization that empowers learners, educators and not-for-profit organizations with access to affordable, renewed computers to help meet education and career goals. Working with the **York Region District School Board** we are offering the following packages that will be **shipped to your home**:

You can apply for this program if you are:

A resident of Ontario and you are a low-income individual

Parents or legal guardians may apply on behalf of a child or youth under the age of 18.

We offer 1 computer, per family, with a limit of 2 per household every one year.

Apply online @ [www.rcto.ca](http://www.rcto.ca) using group code: **STDDT-84B** | **UPGRDT-4E8**

All systems include our **STANDARD 2-YEAR DEPOT WARRANTY**

batteries not covered by warranty.



\*Computers may not appear exactly as shown

### Basic Desktop Package

**Fee - \$60 plus \$0 shipping**

**Group code: STDDT-84B**

Dual Core

4 GB RAM

160 GB Hardrive

Includes: Windows 10

Monitor, Microsoft Office, Power Supply, Sound Card



### Upgraded Desktop Package

**Fee - \$200 plus \$0 shipping**

**Group code: UPGRDT-4E8**

i5 (minimum spec)

8 GB RAM

500 GB

Includes: Windows 10

22" Monitor, Microsoft Office, Power Supply, Sound Card, Ethernet

For more information, please contact:

Mitch Doorey

P: 416-646-5753

E: [mdoorey@rcto.ca](mailto:mdoorey@rcto.ca)



**RCTech**  
**OUTREACH**

Visit Us Online @ [www.RCTO.ca](http://www.RCTO.ca)



**@RCTontario**



## APPLICATION CHECK-LIST

**Group Code:** STDDT-84B (Desktop) | UPGRDT-4E8 (Upgraded Desktop)

Fill out an online application before at [www.rcto.ca/outreach](http://www.rcto.ca/outreach)  
In order to successfully complete your online application, please include the information as indicated above. AND select **Mississauga** as your centre

**Note:** After we receive payment, it will take approximately 2-3 weeks to have them shipped to your home

**Proof of Financial Status:**(one of the following)

- Canada Revenue Agency Notice of Assessment
- Ontario Works Statement (Social Assistance)
- OSAP Statement of Funding
- Refugee Payment Received from government
- Letter from school supporting the application
- EI Benefit Statement
- ODSP (Disability Benefits)
- Second Career

**\*Please Note:** York Region District School Board is NOT responsible for: repair, replacement, or ongoing maintenance of the refurbished equipment provided by RCT through this program; verification of valid licenses installed on refurbished equipment provided by RCT through this program; loss of data or damage to devices.

**Payment:** \$60.00 for a regular desktop, \$200.00 for an upgraded desktop plus \$0 shipping fee

- Credit Card - via phone or online
- Certified Cheque - OW and ODSP cheques, please make out to: Renewed Computer Technology
- Western Union Cheque, Bank Draft, or Money Order
- NO CASH
- NO personal cheques

**Cheques should be made to:**

Renewed Computer Technology – Applicant name must be added in the memo field

**Please note:** You must meet the qualifications and send your proof of income to the contact representative



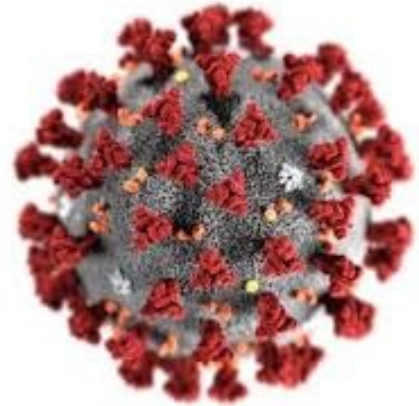


# LOSING A LOVED ONE DURING COVID-19

**This is a group for individuals who have had a loved one die during and/or because of COVID 19.**

**The group will:**

- Provide participants' with an opportunity to explore their grief and bereavement in a safe and supportive environment.
- Give participants educational material and strategies that normalize their grief and help them to move forward in the grief process.
- Explore the uniqueness of the death experience during COVID 19.
- Help expand participants repertoire of coping skills for mourning.



**8 Sessions beginning Wednesday Oct 28, 2020**

**12:00 – 1:30 pm | via zoom**

**Registration Required | Cost: Free**

**For more information or to register, please call 416.638.7800 x 6223**

**REGISTER ONLINE**

**[www.jfandcs.com/groups](http://www.jfandcs.com/groups)**

## Accelerated OYAP Programs York Region District School Board

Program	Tentative Program Start Date	Mode / Restrictions	College Location
<b>NEW !!!</b> <b>Motorcycle Technician</b> Level 1 App: Motorcycle Technician 310G	April 2021	Unsure of Face to Face or Online	<b>Centennial College- Ashtonbee Campus</b> 75 Ashtonbee Road, Scarborough, M1L 4N4
<b>Automotive Service Technician</b> Level 1 App: Automotive Service Technician 310S	April 26 – June 18, 2021	Planned Face to Face	<b>Centennial College- Ashtonbee Campus</b> 75 Ashtonbee Road, Scarborough, M1L 4N4
<b>Cook / Baker</b> Level 1 App: Cook 415A Level 1 App: Baker 423A/C	February 2021	Planned Face to Face Maximum 12/class	<b>Humber College - North Campus</b> 205 Humber College Blvd., Toronto, M9W 5L7
<b>Child Development Practitioner Apprenticeship Program 620C</b> (Early Childhood Education)	March 2021	Online – No contact with children Maximum 12/class	<b>Seneca College – Newnham Campus</b> 1750 Finch Ave E. Toronto, M2J 2X5
<b>Electrical</b> Level 1 App: Electrician: Construction & Maintenance 309A	T.B.D	Online	<b>Humber College Centre for Trades and Technology</b> 110 Carrier Drive, Toronto, M9V 5R1
<b>General Carpenter</b> 403A <b>Drywall/Acoustic</b> 451A <b>Floor Covering</b> 448A Level 1 App:	March 1, 2021	Carpentry – Max 10/class	<b>College of Carpenters and Allied Trades</b> 222 Rowntree Dairy Road, Woodbridge,  <b>Interior Finishing Systems Training Centre</b> 60 Sharer Road, Woodbridge, L4L 8P4
<b>Plumbing</b> Level 1 App: Plumber 306A	T.B.D.	Online	<b>Humber College Centre for Trades and Technology</b> 110 Carrier Drive, Toronto, M9V 5R1
<b>Refrigeration &amp; Air Conditioning Systems Mechanic</b> Level 1 App: Refrigeration and Air Conditioning Systems Mechanics 313A	March/April 2021	Planned Face to Face Class size restrictions	<b>George Brown College-Casa Loma Campus</b> 146 Kendal Avenue, Toronto, M5T 2T9
<b>Truck and Coach Technician</b> Level 1 App: Truck and Coach Technician 310T	February or April 2021	Planned Face to Face	<b>Centennial College at Bramalea Secondary School</b> 510 Balmoral Dr, Brampton, L6T 1W4

**Important:** Information is subject to change.

**Teachers:** Refer to the specific program information sheets for details and student application requirements. Teachers, please send **FULLY COMPLETED** student application packages to **David Lovisa, Richmond Green Secondary School**, by **Friday November 20<sup>th</sup>, 2020** deadline.

**Questions?:** Please contact David Lovisa at [david.lovisa@yrdsb.ca](mailto:david.lovisa@yrdsb.ca)



**JEWISH FAMILY AND CHILD  
SERVICE OF GREATER TORONTO**

# groups & workshops

## OCTOBER & NOVEMBER 2020

For more information or to register please call Shawna Sidney at 416-638-7800 x 6215 or visit our website at [jfandcs.com/groups](http://jfandcs.com/groups)

As with all of our programs, registration is required. Our groups and workshops are open to all members of the community regardless of cultural, religious and/or racial background and we offer a sliding scale for those who require fee reductions.

**Please note that all groups will be offered virtually via the ZOOM platform and require consents to be filled out and returned to the Coordinator.**

### WIDOW/WIDOWERS under 68 BEREAVEMENT

A six session evening group for men and women under 68 years of age and who have recently lost a partner or spouse. Topics to be discussed may include: coping with grief, living with loneliness, changing relationships, and new beginnings.

Tuesday, October 13 | 7:30pm-9:30pm

### THE JEWISH RAINBOW ALLIANCE

Join us for a support group for parents who are allies of LGBTQ+ individuals. Monthly meetings. **Pre-registration is required.**

Wednesday, October 14 | 7pm-9pm

### MINDFULNESS; THE ART OF LETTING GO

Join us for a one session workshop providing the tools to successfully release negativity and begin to foster positivity, happiness and feelings of well-being. Topics include: becoming more self-aware; creating a gap between stimulus and response; learning to release negative thoughts and emotions; paying attention to the wisdom of the body and fostering positive emotions.

Sunday, October 25 | 9:30am-12:30pm

### EFFECTIVE PARENTING

A four session group to help parents of children ages 2 to 10 years, learn what they can do to raise a happy, motivated and well behaved child. Topics include: how to; nurture self-esteem, encourage problem solving, increase communication and set appropriate limits and discipline.

Monday, October 26 | 7pm-9pm

OR

Tuesday, November 24 | 7pm-9pm

### WIDOW/WIDOWERS 68+ BEREAVEMENT

A six session daytime group for men and women over 68 years of age and who have recently lost a partner or spouse. Topics to be discussed may include: coping with grief, living with loneliness, changing relationships, and new beginnings.

Tuesday, October 27 | 1:30pm-3pm

OR

Thursday, October 29 | 1:30pm-3pm

### ONE FAMILY, TWO HOMES

A six session series for parents experiencing separation and divorce. Topics for parents include: tips for keeping the kids out of the conflict, trends in family law and the impact of separation and divorce on children.

Tuesday, October 27 | 6:30pm-8pm

### MIND, BODY, CONNECTION for Women PART 1

Join us in a six session group for women who want to begin learning the practice of mindfulness and meditation in a safe and supportive group setting. Topics will include: stress and anxiety reduction, connecting with your mind and body, enhancing your self-worth and self-esteem, and learning about general relaxation and happiness.

Tuesday, October 27 | 1:30pm-3pm

OR

Tuesday, October 27 | 7pm-8:30pm

OR

Wednesday, October 28 | 1:30pm-3pm

### ADULT CHILDREN LOSING A PARENT

A six session group for adult children who have recently lost a parent. Topics include: coping with grief, loss and legacy and resolving unfinished business.

Tuesday, October 27 | 7:30pm-9pm

### LOOKING AHEAD; LIFE AFTER SEPARATION

A 6 session group for individuals who are separated and wanting to explore the issues of: coping with change; feelings of anger and loss; living along and loneliness; resources for a new lifestyle.

Wednesday, October 28 | 7:30pm-9pm

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### MIND BODY CONNECTION FOR WOMEN PART 2

Join us for a 6 session series that continues building on the practice of Mindfulness for those who have already taken the part 1 group. Topics include: reducing stress and anxiety; gaining insights into limiting thoughts and habits; exploring self-worth and self-esteem; fostering positivity and happiness.

Thursday, October 29 | 1:30pm-3pm  
OR

Thursday, October 29 | 7pm-8:30pm

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### MIND BODY CONNECTION FOR MEN

Join us for this new 6 session program for men who want to learn mindfulness and meditation in a safe and supportive group setting. Topics will include: stress and anxiety reduction, connecting with your mind and body, self-worth and self-esteem and general relaxation and happiness.

Thursday, October 29 | 7:30pm-9pm

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### LIVING WITH TEENS

Parenting your adolescent without losing your cool. A six session group for parents of teenagers. Topics include: setting appropriate limits; learning to let go; parent's rights and responsibilities; keeping the lines of communication open; realistic expectations, and the pressures of drugs, alcohol, dating and sexuality.

Wednesday, November 4 | 7:30pm-9pm

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### SKILLS FOR EMPOWERED LIVING FOR WOMAN

A six session wellness group for women wanting to discuss relevant issues and wanting to make a change in their lives. Topics include: Time and stress management; building self-esteem; becoming more assertive and improving communication skills.

Wednesday, November 4 | 7pm-9pm

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### THE CHALLENGE OF ANGER FOR WOMEN

A six session group for women who want to learn how to express their anger in an assertive, non- aggressive way. Topics include: understanding what triggers your anger; emotional and physical responses to anger and alternative techniques to express your anger.

Thursday, November 5 | 7:30pm-9pm

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### SUCCESSFUL STEP PARENTING

A four session group for step-parents wanting to reduce the isolation that can be felt in blended families. This group will support families through the challenges they are experiencing and provide information so parents have a more realistic understanding of their blended family. Topics include: the myths and realities of step families; blending your parenting styles; the role of discipline in a blended family; and how to build and maintain a strong couple relationship.

Thursday, November 5 | 7pm-9pm

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### THE JEWISH RAINBOW ALLIANCE

Join us for a support group for parents who are allies of LGBTQ+ individuals. Monthly meetings. **Pre-registration is required.**

Wednesday, November 11 | 7pm-9pm

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### WORKSHOP- MINDFULNESS; HOW TO LOVE YOURSELF

Join us for a one session workshop that will foster self-compassion and cultivate resilience and better self-motivation. Topics include; the theories, science and proven approaches to self-compassion; using meditation; and self-motivation using kindness rather than criticism.

Sunday, November 15 | 9:30am-12pm

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### PARENTING THE CHILD/TEEN WITH ADHD

This is a four week group for parents of children/teens diagnosed with ADHD who are wanting to learn more about ADHD and develop strategies for assisting their children at home and at school.

Thursday, November 19 | 7pm-9pm

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### HIGH CONFLICT DIVORCE

A workshop for parents wanting to develop strategies and techniques to deal with a High Conflict situation and help to lessen the impact of that conflict on their children. This workshop is not for individuals in an abusive situation.

Tuesday, November 10 | 7pm-9pm

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### MASTERING YOUR SEPARATION

Join us for a one session workshop to learn how you can be the master of your own separation. Topics include: understanding separation concerns; discovering your own emotional triggers; creating self-worth and self-awareness during the separation process; learning strategies for maintaining emotional control; differentiating between the legal separation and the emotional separation; becoming a better you and creating your own mindfulness tool box.

Sunday, November 29 | 9:30am-1:30pm

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