

1000 NEW WESTMINISTER DR, THORNHILL, ON, L4J 8G3

WESTMOUNT CI



November 6 - 17, 2017

Attendance: 905.882.0277 x 238

Inspire Learning!

Principal: Sheri Epstein

Vice-Principal: Barb Caravella

Vice-Principal: Todd Taylor



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



- ☐ [NEWS & EVENTS](#)
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Message from the Admin Team

Dear Families and Community Members:

It is hard to believe, but we are approaching the halfway point of the semester, and it is truly remarkable how many incredible things go on in this school each and every day, thanks to both staff and student commitment.

October was a very busy and exciting month. We hosted our annual Arts West Information Evening and our Semester One Parents' Night and we were thrilled with the turnout to both events. It is always a pleasure to meet with our parents and guardians. Interim Reports were distributed earlier this month and the first Grade 12 Graduation Preparation assembly took place.

Student Council ran an excellent Halloween event. We had a lunch time concert, featuring Westmount CI talent and a scary haunted house for those brave enough to enter! It was amazing to see how many staff and students dressed up for Halloween. The Halloween spirit was alive at Westmount!

This week, our Grade 9 students participated in "Take Your Kids to Work Day". This is a valuable learning opportunity for students to explore the world of work with their parents or guardians. At the same time, we hosted the Grade 8 students from our local feeder schools, to a "day in the life of a high school student". Our future students toured the school, followed a typical Grade 9 timetable, were challenged with Kahoot activities and met the WCI mascot. This is just one of the transition activities we plan for our incoming Grade 9 students to help them ease into high school.

Last night, we hosted our annual "Grade 8 Open House". We had an excellent turn out of grade 8 students and their families who came to learn about what high school is like at WCI. We know they are looking forward to coming to Westmount next year.

Mid-term report cards will be distributed to all students on Monday, November 20. The administration team will be reviewing and signing each report card. If you have any questions or concerns, please don't hesitate to contact us or teachers directly. When we work together, it is beneficial for all of our students.

Looking ahead...

- Remembrance Day Assembly – Friday, November 10
- School Council Meeting - Wednesday, November 8 at 7:00 pm in the Library
- Mid-Term Report Cards – Distributed in homerooms on Monday, November 20
- Graduation Photos - Monday, Nov. 13 - Friday, Nov. 17 (book appointments on-line)
- PD Day – Friday, November 24

As we turn back the clocks for an extra hour of sleep, I wish you a wonderful weekend!

Barb Caravella
Vice-Principal

Monday, November 6

- Performance "Berlin Diary" - City Playhouse - History Department

Thursday, November 9

- Guelph University - Soon Shiong

Thursday, November 16

- National Ballet of Canada - Catalano, Hopkins

Sunday, November 19

- DECA Regionals - Ryerson University - Coates, Rosen, Katyshev



WESTMOUNT APPAREL IS BACK with NEW design options!

Please see attached flyer for details on styles, sizes and prices.

Please come to **Bare Necessities** between 8:15 and 8:30 Monday-Thursday and 3:10-3:25 Monday-Friday to load your student / staff card with cash (with Mr. Coates). Then return to the store, at your convenience, to process your order with a student employee. Our first orders will be placed November 13th.

DECA

DECA REGIONAL'S EXAM - MONDAY, OCTOBER 30th 3:30-4:45 pm in Business Rooms.

Thank you to all staff that volunteered to chaperone DECA Regionals - our necessary DECA Chaperone ratio has been met of 30:1. Mr. Coates, Ms. Katyshev, Ms. Rosen, Ms. Grigorova, Mr. Chan, Ms. Seitz and Ms. Tarver will be escorting the five buses down to Ryerson University on Sunday, November 19th. We are still in need of recruiting judges. These judges can be parents, friends / contacts in business and teaching staff. Judge volunteers will be given a case with suggested answer keys to guide you in your evaluations. You will have a series of candidates come before you during the day to present their solutions to your business problem. Volunteers would be greatly appreciated. Westmount has been asked to recruit eight judges.

Look Up

A spoken word film for an online generation. 'Look Up' is a lesson taught to us through a love story, in a world where we continue to find ways to make it easier for us to connect with one another, but always results in us spending more time alone.

<https://www.youtube.com/watch?v=Z7dLU6fk9QY>

Free Math Help

<https://homeworkhelp.ilc.org/>

Transition Workshop for Parents

On November 15th from 6:30-9pm Disability Services, at York University, will be hosting a Transition Workshop for Parents. This workshop is open to all parents (or other support persons) who have questions or concerns about transitioning to post-secondary studies (college or university).

Workshop topics will include:

- Applying to college/university
- Accommodations and supports available at the post-secondary level
- Disability related documentation requirements for registration with accessibility/disability services

This workshop will take place from 6:30pm to 9pm on Wednesday, November 15th, 2017 at York University's Keele Campus.

Spaces are limited. Registration is required and will close on November 8th.

To register, please complete an online registration form:

[November 2017 Transition Workshop for Parents](#)

Ski and Snowboard Team

There will be an information meeting on Wednesday November 8th for any students interested in joining the team this year. Pertinent information will be supplied at the meeting. The meeting will be held at 3:30 p.m. in Room 146. Any students interested in participating must attend this meeting.



2017 Remembrance Day Schedule

On November 10th, we will be holding our annual Remembrance Day Assembly. The students, supported by Mr. Vaccarelli and Ms. Akler, have been working diligently again this year, and the show promises to be moving. The school day remains unchanged for the assembly, however the following schedule provides specifics as to when your classes should attend.

Period 1: 8:50 – 9:50 am – Grade 9

Period 2: 10:05 – 10:50 am – Grade 10

Period 3 : 11:25 – 12:30 pm – Grade 11

Period 4: 12:45 – 1:45 pm – Grades 12



WESTMOUNT HAS A NEW MASCOT!

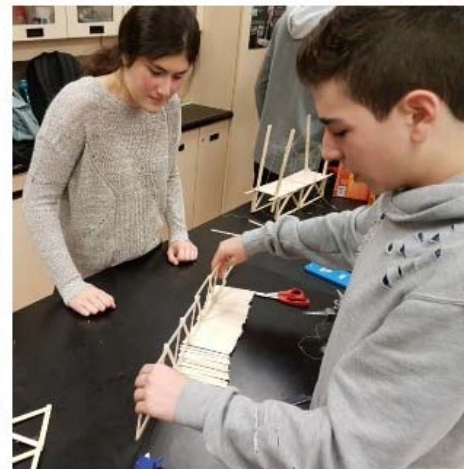
We are very excited to unveil our new mascot. He made his debut on November 1st. When the Grade 8 students from our elementary partner schools arrived for their “taste of High School” experience they were greeted by a very friendly paw!

We are looking forward to have our new mascot at school events; greeting visitors and cheering on our students. There is only one small problem – he doesn’t have a name! We are hoping that our WCI community will help choose a name for him. If you and/or your children have any suggestions on a good name please send them to westmount.ci@yrdsb.ca. We hope to announce his new name early in the new year.



Science Club Bridge Building

The winning bridge spanned the almost 2 foot gap between lab benches and supported a weight of 7.6kg (almost 17 lbs!).



Stratford Festival

Students from Visual Arts, Drama, & English departments had a great time on a field trip to Stratford, Ontario to watch Shakespeare's comedy, *Twelfth Night*. The Visual Arts & Drama students enjoyed a tour of the design warehouse and a workshop from an award winning costume designer. Students worked in teams to choose costumes for the characters of *Romeo & Juliet*.



Learning about costume design

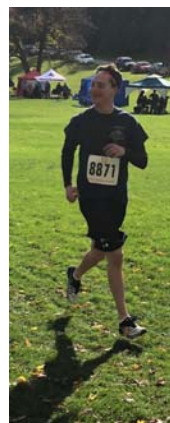


Westmount Athletics - Cross Country

On Wednesday, October 25th, eleven students represented Westmount at the YRAA Cross Country Championship at Boyd Conservation Area. Our grade nine girls had a very strong showing, finishing as the 3rd overall team with an average time of 22:03.07. Congratulations to Kaitlyn Wood who finished 11th overall with a time of 19:52.00. All three coaches are extremely proud of the team for their hard work, camaraderie and school spirit! Way to go Wolves!!!



Ms. Alweyn, Mr. Soon Shiong & Ms. Madill



Important updates from the Guidance Department.

NEWS

The Graduating Class NEWS page of the Guidance website has been updated. You will find the Graduation Preparation Assembly PowerPoint at the bottom of the webpage and available for download <https://sites.google.com/site/wciguideance/graduation> #wcigrad

COMMUNITY INVOLVEMENT

Check out our updated [Community Involvement Information Page](https://sites.google.com/site/wciguideance/community-service-hours) at <https://sites.google.com/site/wciguideance/community-service-hours>. Community involvement opportunities will be tweeted out using #wcigetinvolved. Follow us @WCIGuidance.

DROPPING A COURSE

Grade 11 and 12 students may drop a semester 1 course at any time during the semester if going from 4 to 3 courses. Wednesdays is “[Drop a Course](#)” drop in day. Go to <https://sites.google.com/site/wciguideance/dropping-a-course> to learn how. Gr. 11 and 12 Full Disclosure is Tuesday, Nov. 28. #wcidropacourse

CHANGING YOUR TIMETABLE

If you need to change your timetable for next semester here is how you do it <https://sites.google.com/site/wciguideance/timetable-changes> #wcitimetable

MARK YOUR CHILD'S CALENDAR...

Check the main page of the Guidance website for an updated list of Guidance related dates and events. Dates and events are tweeted using #wcievent. Follow us @WCIGuidance.

**SUCCESSFUL
PEOPLE NEVER WORRY
ABOUT WHAT OTHERS
ARE DOING.**

KUSHANWIZDOM

Stay in the Loop

Follow @WCIGuidance on Twitter. Visit the Guidance website regularly for important news, information and announcements. <https://sites.google.com/site/wciguideance/home>

Guidance Appointments

Need an appointment with your Guidance Counselor?

Here's how to book an appointment:

<https://sites.google.com/site/wciguideance/>

Follow us on twitter @WCIGuidance or check the website regularly for updates as to when you can begin booking Guidance appointments.



[@WCIGuidance](#)

WESTMOUNT APPAREL



Hype Pull-On Hoodie



Black Fitted Mid Profile Cap



Long Sleeve Shirt



Short Sleeve T-Shirts



Black Knit Skull Cap



Hooded Sweatshirt

Please load student card with Mr. Coates for total purchase amount at Bare Necessities, Monday-Thursday 8:15-8:30 am and Monday-Friday 3:10-3:25 pm - then submit order form and make final purchase (with student card) at Bare Necessities with student employee. Please choose sizes carefully. All orders are made to order. Sizing samples are available at Bare Necessities.



Westmount Collegiate Institute - Apparel 2017-2018

Student Name: _____

Daytime Phone #: _____ Period 2 Teacher: _____



Hype Pull-Over Hoodie

100% Performance Polyester
Fleece With Full Front
Decoration

100% Premium Fully
Embroidered Logo

	S	M	L	XL	2XL
Black					
White					

x \$65.00

Personalization
to appear on lower back
(First Name or Last Name)

x \$7.00

TOTAL: _____



Hooded Sweatshirt

50/50 Cotton/Polyester
2 Colour Imprint Front Logo

	S	M	L	XL	2XL
Black					
White					

x \$35.00

Personalization
to appear on lower back
(First Name or Last Name)

x \$7.00

TOTAL: _____



Long Sleeve Shirt

100% Cotton
2 Colour Imprint Front Logo

	S	M	L	XL	2XL
Black					
White					

x \$20.00

Personalization
to appear on lower back
(First Name or Last Name)

x \$7.00

TOTAL: _____



Short Sleeve T-Shirt

100% Cotton
2 Colour Imprint Front Logo

	S	M	L	XL	2XL
Black					
White					

x \$15.00

Personalization
to appear on lower back
(First Name or Last Name)

x \$7.00

TOTAL: _____



Black Knit Skull Cap

100% Cotton
Embroidered Front Logo

QTY: _____ x \$18.00

TOTAL: _____



Black Fitted Mid Profile Cap

97/3 Washed Cotton/Spandex Twill
Embroidered Front Logo

QTY: _____ x \$20.00

TOTAL: _____

GRAND TOTAL

Prices include all applicable taxes

Flu Season is on its way – are you ready?



Flu season is nearly here. Be prepared by getting the flu shot as early as possible.

The first and best step to preventing influenza (the flu), is to get the flu shot every year. Influenza spreads quickly and easily from an infected person to others.

Everyone six months of age and older can get the flu shot.

Flu shots are available at:

- Health care provider's offices for people six months of age and older
- Participating pharmacies, for people five years of age and older

Visit ontario.ca/flu to find where you can get the flu shot.

How can the flu be avoided?

- Get the flu shot!
- [Wash your hands](#) well and often with soap and warm water. If soap and water are unavailable, use an alcohol-based [hand sanitizer](#)
- Cover your mouth and nose with a tissue when you cough or sneeze and throw the tissue out immediately. Wash your hands afterward. Cough into your upper sleeve if you don't have a tissue.
- Avoid touching your eyes, nose and mouth
- Avoid large crowds and stay home when you are sick
- Keep common surfaces and items clean and disinfected

To learn more about flu and the flu vaccine visit york.ca/flu



THE ALLIANCE OF EDUCATORS FOR BLACK STUDENTS

AEBS is united in our purpose to promote the achievement and well-being of Black students

It Takes a Village: My Journey to Success

A Conference for Students (Grades K-12) and their Families/Supporters

The African proverb, “It takes a village to raise a child” speaks to the importance of forming partnerships within families and community to nurture the wellbeing and success of our children and youth. This conference aims to equip families and students for navigating the schooling experience, forge partnership with community and support the process of mapping the journey to success.



When and Where

Saturday, November 25th, 2017

9:00am - 2:00pm

Redstone Public School, 235 Redstone Road, Richmond Hill, L4S2E2
(Leslie & Elgin Mills)

Guest Speakers, Workshops and Discussions
Please come out to be inspired and informed!

Registration

[Register online](#) or submit one paper registration per person to a School Office to the attention: Charlotte Reid, Teacher Liaison, Inclusive School and Community Services, Dr Bette Stephenson.

For more information contact: pierrette.walker@yrdsb.ca

* All students attending the conference must be accompanied by an adult. *

[REGISTER](#) BY NOVEMBER 10, 2017



AEBS Family Conference 2017



Please complete ONE registration form for EACH participant.

Return this form to your school secretary to be couriered to Charlotte Reid, Inclusive Schools and Community Services by November 10, 2017.

Adult Conference Attendees:

Name: _____ Phone: _____

Email: _____

Please select one session option.

Session A	Selection
Workshop A1: Wellbeing and the Family	
Workshop A2: Community Partner Panel	
Workshop A3: Navigating the Hidden Curriculum	

Session B will be a roundtable discussion with families, YRDSB Staff and Community Partners. This will be an opportunity to pose and respond to questions, share learning from session A and network with other families.

Please complete the information for the student you will be bringing to the conference.

Please note that you will need to complete a registration for each student and all students must be accompanied by an adult.

Name: _____ Grade: _____ School: _____

Name: _____ Grade: _____ School: _____

Name: _____ Grade: _____ School: _____

Dietary restrictions: _____

Student Conference Attendees:

Name: _____ Email (Grades 9-12): _____

Grade: _____

Grade K-8 students will have grade specific workshops. **High School** students, select **one** workshop for **each** session.

Workshop (select one A and one B)	Workshop Title	Selection
A1	What are the tools needed for a successful journey?	
A2	What's in my backpack?- Exploring Strength in My identity	
A3	Tools/Materials for a Successful Journey- Vision Board/ Mapping Journey to Success	
B1	"I want to be Rich..." Building An Understanding of Financial Literacy	
B2	How Do I Prepare for Scholarships?	
B3	Exploring My Interest - Panel Discussion	

Please complete the information for the accompanying adult (i.e. family, member, guardian, YRDSB Staff, etc.)

Please note that each participant will need to complete a registration.

Name: _____ Email: _____

Dietary restrictions: _____

Ashkenaz Foundation presents,
in association with Holocaust Education Week,



Berlin Supergroup Semer Ensemble Tours Canada with Rare German-Jewish music from
“lost” 1930s Record Label

Toronto - November 8; **Ottawa** - November 9; **Montreal** - November 15

October 10, 2017 (Toronto, ON) Canadian audiences are in for a rare and unique musical experience in November. Germany’s **Semer Ensemble** brings back to life the eclectic Jewish music captured on historic recordings made in Berlin between 1933-1938 on *Semer Records*. The Berlin supergroup tours to the **Toronto Centre for the Arts’ George Weston Recital Hall on Wednesday November 8** and then heads to **Ottawa for November 9** and **Montreal for November 15**.



This short-lived record label served as a “musical Noah’s Ark” at a time when Jewish artists were banned by the Nazis from participation in the mainstream music industry. In five short years, the label recorded **a vast array of artists and styles**, including Yiddish folk and theatre songs, klezmer, Berlin Cabaret, Russian and Ukrainian folk songs, operatic arias, and cantorial music. This **precious musical time capsule** of a world facing annihilation was forgotten and thought lost for decades following the destruction of the Semer store and all its master recordings by the Nazis on Kristallnacht, November 9, 1938. But six decades later, ethnomusicologist **Rainer Lots** embarked on a worldwide mission to track down the original vinyl copies of the label’s catalog. Crossing oceans and continents, searching under beds and in dusty attics, Lots’ remarkable mission took ten years, and resulted in the re-assembly and eventual re-release of almost the entire original Semer catalog.

in 2012, Berlin’s Jewish Museum commissioned New Jewish Music pioneer **Alan Bern** (Brave Old World, Other Europeans) to create a live concert program based on these recordings. Now, this new **Semer Ensemble** creates fresh interpretations and provocative, contemporary arrangements of repertoire from the original Semer Records catalog. This **moving concert experience** re-creates a golden age of Jewish music, opening a time tunnel between pre-war Berlin and today’s vibrant Jewish Music scene. Says Bern: *“It’s amazing, but 80 years after the destruction of this culture there is once again a critical mass of musicians in Berlin able to take on a project like this.”* The all-star group includes a who’s-who of the contemporary Klezmer and Yiddish musical world, including **Lorin Sklamberg (Klezmatiks)**, **Sasha Lurje**, **Daniel Kahn**, **Fabian Shnedler**, **Paul Brody**, **Mark Kohnatsky**, and **Steve Whipple**.



Presented in Toronto as part of Holocaust Education Week (HEW), this event is now the third in a series of Ashkenaz HEW presentations that have explored **the living culture and rich musical traditions of pre-WWII European Jewry**. Past concerts by the [Ger Mandolin Orchestra \(2013\)](#), and [Muzsikás \(2015\)](#), and this year’s production of Semer Ensemble, have presented little-known aspects of pre-WWII Jewish musical history from Poland, Hungary and Germany, respectively. The fascinating backstories and compelling ethnomusicological features of these “lost” **musical traditions** intersect the Holocaust in significant ways, if only as the historical event which brought on their ultimate demise. But the broader aim of these presentations has been to **educate about the Holocaust by celebrating the centuries of vibrant Jewish life and artistic innovation** that preceded the Shoah.

According to Ashkenaz Artistic Director Eric Stein: *"By bringing to light lesser-known musical histories, these concerts not only engage audiences with entertaining and compelling music, but open fascinating windows into understanding European Jewish musicians' relationships with their host nations and surrounding cultures prior to the Holocaust."* As it has in these previous productions, Ashkenaz will provide **free attendance for hundreds of Holocaust survivors and students**. The former will be honoured and touched to experience the resurrected music of their youth, while the latter will connect to this music and re-focus their thoughts about the legacy of the Holocaust and its meaning today towards an appreciation of the rich culture and history that existed before the calamity.

Watch the [Video trailer for Semer Ensemble's Canadian Tour](https://www.youtube.com/watch?v=wld1k28UTTg) (3 mins) (<https://www.youtube.com/watch?v=wld1k28UTTg>)

[More about Semer Ensemble and their album "Rescued Treasure"](http://www.piranha.de/piranha/semer_ensemble)
(http://www.piranha.de/piranha/semer_ensemble)

[Official Semer Ensemble website](http://www.semerensemble.com/) (<http://www.semerensemble.com/>)

[Band photos available to download here](https://www.dropbox.com/sh/jfa2aui7m61p2nl/AADxHT6y74CPscfVBtA8NGKUa?dl=0)
(<https://www.dropbox.com/sh/jfa2aui7m61p2nl/AADxHT6y74CPscfVBtA8NGKUa?dl=0>)

TORONTO SHOW DETAILS:

Berlin's ***Semer Ensemble***

Rare German-Jewish music from "lost" 1930s Record Label

Wednesday November 8, 2017, 8pm

George Weston Recital Hall, Toronto Centre for the Arts, 5040 Yonge St.

Tickets \$40 (+ HST and service charges)

For tickets call Ticketmaster toll-free 1-855-985-2787 or buy online at www.ticketmaster.ca (service charges apply). To avoid service charges, buy tickets in person at the Toronto Centre for the Arts Box office, 1-6pm Tuesday to Saturday (closed Sundays and Mondays).

For more info call 416-979-9901 or visit www.ashkenaz.ca

Additional Canadian concert dates:

OTTAWA - Thursday November 9, 7:30pm

Southminster United Church

15 Aylmer Avenue (corner of Bank St. and the Rideau Canal)

Tickets \$30 and \$15 for students - Info/tickets: <http://www.artspace613.org/semer.html>

MONTREAL - Wednesday November 15, 8pm

Congregation Shaar Hashomayim

425 Metcalfe Avenue, Westmount, Quebec

Tickets: \$40 - Info:/Tickets: <https://www.shaarhashomayim.org/event/cabaretevening2017>

About the Ashkenaz Foundation:

The Ashkenaz Foundation is a community-based, non-profit organization dedicated to fostering an increased awareness of Yiddish and global Jewish culture through music and the arts. Producers of North America's largest and most prestigious showcases of Jewish music and performing arts, the biennial Ashkenaz Festival (founded 1995) at Harbourfront Centre, as well as an ambitious slate of year-round programs, Ashkenaz features the work of leading contemporary artists from Canada and around the world working in music, film, theatre, dance, literature, craft and visual arts. The Foundation's mandate encompasses a wide range of Jewish musical and cultural expression from around the world, and is also deeply committed to cross-cultural exchange with artists and artistic traditions from outside the Jewish cultural world.

Twitter: [@ashkenazfest](https://twitter.com/ashkenazfest)

Facebook: [Ashkenaz Festival](https://www.facebook.com/AshkenazFestival)

Website: <http://www.ashkenaz.ca>

About Holocaust Education Week:

Exploring the theme of **Pivotal Moments**, the 37th annual Holocaust Education Week will run from **November 2-9**, culminating in a commemoration of the anniversary of *Kristallnacht*, the Night of Broken Glass (November 9-10, 1938). HEW 2017 will contribute to our collective understanding of the Holocaust by exploring the theme via new scholarship, engaging in cultural and literary analysis, and providing an inquiry-based learning medium for new generations to hear firsthand accounts from those who survived the Holocaust.

-30-

Media contact: Dianne Weinrib, DW Communications, dw@dwcommunications.net, 416-703-5479

Interviews available on request. **Semer Ensemble** [Band photos available to download here](https://www.dropbox.com/sh/jfa2aui7m61p2nl/AADxHT6y74CPscfVBtA8NGKUa?dl=0)

(<https://www.dropbox.com/sh/jfa2aui7m61p2nl/AADxHT6y74CPscfVBtA8NGKUa?dl=0>)

Students are invited to attend this concert for free. Contact Isabella Powers at 416-979-8282 or isabella@ashkenaz.ca for more info and to reserve your tickets.

ASHKENAZ
פזמונאים
PRESENTS

IN ASSOCIATION WITH
NEUBERGER HEW 2017
HOLOCAUST EDUCATION WEEK

SEMER ENSEMBLE



WEDNESDAY NOVEMBER 8, 8PM
TORONTO CENTRE FOR THE ARTS
GEORGE WESTON RECITAL HALL, 5040 YONGE ST.

Berlin-Based supergroup recreates historic 1930s recordings from the German-Jewish "Semer Records" label. A multilingual repertoire of folk, cabaret, classical, cantorial, opera, klezmer and Yiddish music.

FOR TICKETS AND MORE INFORMATION
VISIT **ASHKENAZ.CA**

GENEROUSLY SPONSORED BY:
DAVID GREEN, DAPHNE WAGNER, LITA & MIKEY GREEN;
EFFI GOLD & MOLLY SHAINFARBER; HAROLD & CAROLE WOLFE;
MOSES, LIBBY & SAM ZNAIMER; JACK WEINBAUM FAMILY FOUNDATION

ROSALIE & ISADORE SHARP
ZUKERMAN FAMILY FOUNDATION

CELEBRATING
100 UJA Federation
of Greater Toronto



Canadian
Heritage

Patrimoine
canadien



Ontario
Trillium
Foundation



FUNDED BY
THE CITY OF
TORONTO



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO
an Ontario government agency
un organisme du gouvernement de l'Ontario

What's Your Family's Normal?

Join us in a workshop for parents, caregivers and other professionals who may be supporting young people struggling with mental health, addiction, and/or behavioural problems.

Topics will include:

- Learning skills for building healthy relationships with your youth
- Enhancing skills for communicating across challenging emotional experiences



Presented by: Central Toronto Youth Services

\$10 per person | \$15 per couple

(sliding scale available)

We welcome all people regardless of cultural and/or racial background or affiliation

Thursday November 16, 2017

7:00-9:00 pm

Jewish Family & Child | 4600 Bathurst Street | Lipa Green Centre

For more information or to register, please call 416.638.7800 x 6215

Register online!

www.jfandcs.com



www.facebook.com/jfandcs



UJA Federation
OF GREATER TORONTO



United Way
Toronto & York Region



Ontario

JEWISH FAMILY &CHILD

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

groups & workshops NOVEMBER 2017

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.

WIDOW/WIDOWERS under 65 BEREAVEMENT

A six session evening group for men and women under 65 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.

Tues Oct 31 | 7:30pm-9pm
4600 Bathurst St
Lipa Green Centre

MIND BODY CONNECTION FOR WOMEN PART 2 *BRAND NEW*

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.

Thurs Nov 2 | 10am-11:30am
4600 Bathurst St
OR
Wed Nov 8 | 6:30pm-8pm
35 Madison Ave

MIND BODY CONNECTION FOR MEN *BRAND NEW*

Join us for this brand new 7 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.

Mon Nov 6 | 7pm to 8:30pm
9600 Bathurst St
Lebovic Community Centre

LOOKING AHEAD

A six session group for newly separated or divorced individuals who are dealing with the initial feelings of loss, anger, loneliness and wanting to let go of the past and move forward.

Mon Nov 6 | 7pm-9pm
9600 Bathurst St
Lebovic Community Centre

MIND, BODY, CONNECTION FOR WOMEN PART 1

Join us in a multi-session group for women who want to learn 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.

Tues Nov 7 | 2pm-3:30pm
OR
Tues Nov 7 | 7pm-8:30pm
4600 Bathurst St
Lipa Green Centre

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.

Tues Nov 7 | 7:30pm-9pm
4600 Bathurst St
Lipa Green Centre

WIDOW/WIDOWERS 65+ BEREAVEMENT

A six session daytime group for men and women over 65 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.

Wed Nov 8 | 1:30pm-3pm
4600 Bathurst St
Lipa Green Centre

EFFECTIVE PARENTING

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

Wed Nov 8 | 7pm-9pm
4600 Bathurst St
OR
Tues Nov 14 | 7pm-9pm
9600 Bathurst St

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.

Wed Nov 8 | 7:30pm-9pm
9600 Bathurst St
Lebovic Community Centre



facebook.com/jfandcs

JEWISH FAMILY &CHILD

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

groups & workshops

NOVEMBER 2017

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.

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.

Wed Nov 8 | 7:30pm-9pm

4600 Bathurst St
Lipa Green Centre

ONE FAMILY, TWO HOMES

A six session series for families experiencing separation and divorce. Children participate in separate age appropriate groups which will help them to: feel better, deal with some of the myths and know where to get support. 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.

Thurs Nov 9 | 6:30pm-8pm

4600 Bathurst St
Lipa Green Centre

WHAT'S YOUR FAMILY'S NORMAL *BRAND NEW*

A one session workshop for parents, caregivers or professionals who may be supporting young people struggling with mental health, addiction, and/or behavioural problems. Topics include: learning skills for building healthy relationships with your youth; enhancing skills for communicating across challenging emotional experiences.

Thurs Nov 16 | 7pm-9pm

4600 Bathurst St
Lipa Green Centre

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.

Thurs Nov 21 | 7pm-9pm

4600 Bathurst St
Lipa Green Centre



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NOVEMBER 2017

Su	Mon	Tue	Wed	Thu	Fri	Sa
			1 * TYKTW * Gr 8 Visits * Post-Secondary Destination Fair - Alex Mac - 7-9pm	2 * Gr. 8 Open House	3	4
5	6 * Grad Photos * "Berlin Diary" performance - City Playhouse	7 * Grad Photos	8 * Grad Photos * School Council	9 * Grad Photos * Last day of Term 1	10 * Grad Photos * First day of Term 2 * Remembrance Day Assembly	11
12	13 * Grad Photos	14 * Grad Photos	15 * Grad Photos * QUEST * Immunization Clinic	16 * Grad Photos * QUEST	17 * Grad Photos * QUEST	18
19	20 * Mid Term reports distributed	21 * Part time status request opens	22	23	24 PA Day	25
26	27	28 * Full Disclosure	29 * Spirit Day - Dress Up: Sweater Weather Wednesday	30		

SCHOOL BUS CANCELLATION NOTICE

Please remember that if the school buses are cancelled in the morning, then they will NOT operate in the afternoon. Therefore, if you drive your children to school in the morning, you must also pick them up from school at 3:50 p.m. When buses are cancelled, it does not necessarily mean that schools are closed. Schools usually remain open with a modified program. To find out whether or not the buses are cancelled, please check the following website: www.schoolbuscity.com or access the following radio or television stations:

Radio

CFRB 1010 AM	CHUM 1050 AM	CHUM 104.5	CHIN 1540 AM	NEWS 680 AM
CJEZ 97.3	CKDX 88.5 AM	CHFI 98.1 FM	CHIN 100.7	CBC 99.1 FM
CKFM 99.9 FM	Q107.1 FM			

Television

CITY TV, CFTO TV, THE WEATHER CHANNEL

A bus cancellation message will also be available at 1-877-330-3001.

