

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

WESTMOUNT CI



November 20 - December 1, 2017

Attendance: 905.882.0277 x 238

*Inspire* Learning!

Principal: Sheri Epstein

Vice-Principal: Barb Caravella

Vice-Principal: Todd Taylor

GOOD DAY PA!

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



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# **Message from the Admin Team**

## **Midterms, travels and other going-ons**

The halfway point of November is a milestone for most students. New arrivals to WCI are settled in, senior students are excited about the numerous possibilities for next year and everyone has settled into a stride. Mid-Term Report cards will be sent home with your child on Monday, November 20<sup>th</sup>. These reports serve as an indicator of your child's progress to date, and it is recommended that you review their achievements with them. In some cases, teachers may have requested interviews with you to follow up with concerns. This will be indicated by a small check mark, found below the course name and information.

We are happy to report that 47 Arts students had a wonderful trip to New York City, visiting the MOMA, riding the Staten Island Ferry and attending a performance of *Come From Away*, a Canadian production about the small town of Gander, Newfoundland on 9/11. Students walked and walked and explored New York as if they were true "New Yorkers". A special thank you to Ms. Clarfield, Mr. Dolha, Ms. Catalano and Mrs. Caravella who acted as organizer, chaperones and trouble-shooters.

On Friday November 10<sup>th</sup>, WCI Students marked Remembrance Day with a series of assemblies, around the theme of "Easy to Forget". Student performances, interviews with veterans from Sunnysbrook Hospital, a presentation from students who attended the Vimy 100 Commemoration trip and a pair of Canadian Forces veterans joined in a meaningful and poignant tribute to those who have served our country. The student participants, student organizers, Ms. Akler and Mr. Vaccarelli are all to be acknowledged for their continued efforts to ensure we remember.

In addition to various information evenings commitments (Grade 8 Parent's Night, Arts West Information Evening, Parent's Night) our Music Department hosted "A Night at the Movies" in the school atrium on the evening of November 16<sup>th</sup>. Over one hundred people enjoyed the concert featuring some of the most-loved movie tunes of the last fifty years. A special thanks to Ms. Morgan and Mr. Nixon for their efforts in making this a wonderful evening.

At the November Parent Council Meeting, Mr. Gorewicz and Ms. Katyshev presented information about the SHSM program and the benefits it provides for students, including participation in "experiential learning opportunities", earning certifications relevant to their field of study and the opportunity to earn post-secondary scholarships. It should be mentioned that these opportunities are provided to students at no cost. Should you be interested in finding out more information about the current SHSM programs at WCI, please visit the WCI Guidance SHSM page at <http://bit.ly/wcishsm> or contact Mr. Taylor, in the Main Office.

Todd Taylor

Vice-Principal

**Tuesday, November 21**

- Holocaust Museum - Lipa Green Centre - Feldman J., Tobias

**Wednesday, November 22**

- Varsity Swim Team - Vellore Village - Gorewicz, Diaz

**Thursday, November 23**

- McMaster University - Soon Shiong, Phone

**Monday, November 27**

- Pursuit OCR Trip - Hamilton, Madill, Alweyn

**Friday, December 1**

- ROM - Burgis, Hopkins
- Dance-A-Thon - DD - Lafford, Hamilton
- Laser Quest - Diaz, Mileti, Berditchevskaia



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**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 REGIONAL COMPETITION

208 Westmount DECA members are ready for competition this Sunday, November 19th at Ryerson University, Ted Rogers School of Business! Students will be competing in various categories across the Marketing, Entrepreneurship, Finance, Hospitality and Management spectrum.

Students are reminded to be at Westmount on Sunday morning at 6:45 am. Buses are coordinated according to last name.

**YELLOW BUS = A-C**

**BLUE BUS = D-I**

**ORANGE BUS = J-M**

**GREEN BUS = N-SM**

**PINK BUS = SO-Z**

Signs will be placed in the windows of the bus and on the windows of the front doors of the school. On the bus - you will have attendance taken and time cards distributed. Buses leave at 7:00 am. Mr. Coates, Ms. Katyshev, Ms. Rosen, Ms. Grigороva, Mr. Chan, Ms. Tarver and Ms. Seitz will be escorting the group down and back.

Professional business attire is expected at this competition. Please ensure you bring your **photo ID card**, practice cases, homework and lunch money. We will designate a "Westmount area" where three of our teachers will be all day and will serve as our gathering point. Westmount students can go for lunch (not shopping) at the Eaton Centre in groups of THREE (not one or two - but three), are expected to keep in touch with the teachers and to return to Ryerson after lunch. At the end of the last awards ceremony, we will depart together and get on the same coloured bus as coming down. Departure time from Ryerson will be approximately 6:00 pm. Do not ask to leave early! We go down together, stay together and come back together.





## Grade 11 Digital Photography

The second shooting assignment in Grade 11 Digital Photography focused on applying the lighting techniques from the first project to objects that hold personal value. Photographers chose objects to photograph that held symbolic value to them. They set up the objects, arranged them, found lighting and, finally, photographed them. These photographs were then processed digitally in Photoshop to enhance and improve the original image.

It has been a pleasure to hear the stories of family, heritage, tradition, and passion as students presented & critiqued the photographs.

Here are some of the best images from this project!



# Grade 11 Digital Photography



Jamie Voronoff



Jamie Voronoff



Maya London



Noy Ravid



Sam Deck



Riley Goldstein



Rachel Gurr



Rachel Gurr



**The Westmount Shield Initiative** was presented at YRDSB's Quest Conference this week. Visual Arts and Technology students involved in the Initiative shared the process of creating shields through the "Artonomy" project with Quest conference attendees. The Shield Initiative seeks to turn IV poles into race cars. We've mobilized a team of students to create, design and deliver wooden platforms that sit at the base of IV poles. Our goal is to give our littlest heroes the greatest freedom to move and explore. Our students were wonderful ambassadors for our school and for this amazing project. They got to share the impact this project has on on them and others with students, teaching staff, administrators, board trustees, consultants, police officers, talk show hosts, and even the Minister of Education. The response from the conference attendees was overwhelming! We are hoping that our grassroots project takes flight now to help transform lives of more sick children in hospitals. Please check out <https://www.shieldinitiative.com> to learn more about how to support this worthwhile cause. Special thanks to our students Ariya Ravindran, Alon Mezhibovsk, Alexis Mayers, Kailey Wolfstadt, Alissa Sharaya, Alice Fours, Sam Deck, Perrie Rider-Nicholson, Rachel Gurr and teachers Ilan Danjoux, Carol Clarfield & Emily Burgis.



# @WCI Guidance Team UPDATES

## **GRADUATION CLASS NEWS**

The Graduating Class NEWS page of the [Guidance website](#) has been updated.

#wcigrad

## **COMMUNITY INVOLVEMENT**

Community involvement opportunities will be tweeted out using #wcigetinvolved. Grade 12 students need to have their 40 hours of community service completed by May 31, 2018 in order to be eligible for graduation.

## **DROPPING A COURSE - FULL DISCLOSURE**

Tuesday, November 28!

Grade 12 student requesting part-time status may do so from Tuesday, Nov. 21 to Monday, Nov. 27<sup>th</sup>. #wcidropacourse

## **CHANGING YOUR TIMETABLE**

If you need to change your timetable for next semester here is how you do it. A reminder that grade 9 and 10 students need to make changes to semester 2 by end-of-day Friday, Dec. 15<sup>th</sup>. #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 @WCI Guidance.

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

KUSHANWIZDOM

### **Stay in the Loop**

Follow @WCI Guidance 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 @WCI Guidance or check the website regularly for updates as to when you can begin booking Guidance appointments.



[@WCI Guidance](#)



# 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 \_\_\_\_\_ x \$7.00  
to appear on lower back  
(First Name or Last Name)

TOTAL: \_\_\_\_\_



## Hooded Sweatshirt

50/50 Cotton/Polyester  
2 Colour Imprint Front Logo

|       | S | M | L | XL | 2XL |
|-------|---|---|---|----|-----|
| Black |   |   |   |    |     |
| White |   |   |   |    |     |

x \$35.00

Personalization \_\_\_\_\_ x \$7.00  
to appear on lower back  
(First Name or Last Name)

TOTAL: \_\_\_\_\_



## Long Sleeve Shirt

100% Cotton  
2 Colour Imprint Front Logo

|       | S | M | L | XL | 2XL |
|-------|---|---|---|----|-----|
| Black |   |   |   |    |     |
| White |   |   |   |    |     |

x \$20.00

Personalization \_\_\_\_\_ x \$7.00  
to appear on lower back  
(First Name or Last Name)

TOTAL: \_\_\_\_\_



## Short Sleeve T-Shirt

100% Cotton  
2 Colour Imprint Front Logo

|       | S | M | L | XL | 2XL |
|-------|---|---|---|----|-----|
| Black |   |   |   |    |     |
| White |   |   |   |    |     |

x \$15.00

Personalization \_\_\_\_\_ x \$7.00  
to appear on lower back  
(First Name or Last Name)

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



# Markville Secondary School

## Parent Engagement Night

Connected Parenting

11/29/2017

Jennifer Kolari, M.S.W., R.S.W

### *Anxiety and the Overachiever*

What role do parents play?

We are all born hardwired for how we handle anxiety, some of us are not anxious at all; some of us are very anxious. Life events and experiences can push us up or down the stress continuum. Some stress is good, as it allows us to make good, safe choices but we want to make sure that our children control their stress so it doesn't control them and develop into anxiety. We want to raise resilient children who can manage personal and family

pressures to succeed, and be able to participate fully in their lives.

During this presentation, you will learn about teens and anxiety, how to spot the warning signs, and what you as a parent can do to ease the pressures that cause stress and may develop into anxiety.

### *Parent Engagement Night*

*Markville Secondary School*

*1000 Carlton Rd, Markham*

*November 29, 2017; 6:30 - 8:00pm*

*Cafeteria*

Using anecdotes, humor, and sample dialogue, the audience will be introduced to the Connected Parenting model. Both theory and practice will be explained step-by-step. Participants will leave inspired with practical and useful strategies to try as soon as they get home.

### *Jennifer Kolari*

About the speaker

...

Child and Family Therapist, Jennifer Kolari is one of the nation's leading parenting experts and the founder of Connected Parenting. Author of *How To Raise A Great kid* and *You're Ruining My Life! (But Not Really)* *Surviving the Teenage Years*, Kolari was the Parenting expert on CBC's Steven and Chris show, and has appeared on Canada AM and Breakfast Television. Her advice can be found in many magazines. She is on the health advisory board for Chatelaine Magazine. Her entertaining workshops and insightful strategies make her a highly sought-after speaker with schools and agencies throughout North America. Kolari has been helping children, teens and families get connected for over twenty years.





# JEWISH FAMILY & CHILD

# groups & workshops

## NOVEMBER 2017

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.

### 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



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## 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



# NOVEMBER 2017

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

