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Attendance: 905.882.0277 x 238

# Westmount CI



Principal: Sheri Epstein

Vice-Principal: Barb Caravella

Vice-Principal: Todd Taylor

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# Westmount CII

Hello Westmount Families,

We hope that this e-bulletin finds you and your families well. All of us here at WCI are working hard to give our students, your children, some structure and sense of community in this very strange time we are all experiencing. We are doing our best to replicate what we do when we are all in the school to the very best of our abilities. We are committed to providing a caring, on-line presence, for our students. We want you to know that we are all working hard to ensure that the WCI students are able to earn all of their credits and finish their school year and able to move on next year.

Here is some information that we wanted to share with you:

- 1) The Board has negotiated, with Adobe, access to their entire Adobe Suite of tools. Generally, these are helpful for students in Tech and Visual Arts, but all students may find these tools practical. Complete instructions can be found here: [https://docs.google.com/document/d/1EaUc0bs\\_KtbE8U5HHxMe-1tamUtt65wWZ6p3Qbljys/view](https://docs.google.com/document/d/1EaUc0bs_KtbE8U5HHxMe-1tamUtt65wWZ6p3Qbljys/view)
- 2) At this time, all mid-term marks have been entered for all grade 12 students and all half course (Civics and Careers). For our grade 12 students, all mid-term marks have been uploaded to the OUAC and OCAS websites.
- 3) We also wanted to share what direction teachers have been given with regards to work and marks at this time. Teachers are being asked to collect a body of evidence for each student. This body of evidence can be made up of both formative examples of work (eg: homework checks, answers to assigned questions, discussion questions, etc.) and summative examples of work (quizzes, written assignments, projects, etc.) In June, the teachers will look at the body of evidence and determine, using their professional judgement, the most appropriate grade for each student. Thus, it is very important that each student provide their teachers with an ample body of evidence so that the mark is very representative of the student's abilities in that course.
- 4) We have heard from a few families/students regarding being able to have access to our school to pick up items left in lockers. Unfortunately, there is no access to the school building at this time. We are very sorry. If for some reason, we are able to allow this to happen we will get in touch with our families and arrange safe pick up of personal items.
- 5) At this time all school events, field trips, and sports teams have been cancelled for this school year. Our office staff is working hard to refund all families for all purchases. For those who paid through "School Cash on Line" you will soon see a refund on the credit card used to make the purchase. For those who paid through cash or cheque the YRDSB will be issuing e-transfers. Please be patient if these don't happen right away there are many purchases that need to occur and will take a bit of time to get them all done.
- 6) We know that our grade 12 students are very disappointed that we are not able to have our Prom or Graduation this June. We are also very disappointed. We are working very hard to re-book Graduation for the fall. When we know the details, we will share with all grade 12 students.

We want to assure that your admin team and teachers are available to you and your children if you need anything. Please don't hesitate to reach out.

Wishing you good health!

Sheri Epstein, Todd Taylor, and Barb Caravella.

## **Summer School Registration – July 2020**

### ***Face to Face***

At this point, the Board has opened up registration for Summer School, for the upcoming July, through My BluePrint. Students in Grade 10 – 12 may register now for a course. Please note however: As a result of the current pandemic, offerings and locations may change. Registration does not guarantee that the program will run. Additionally, the Ministry, in collaboration with Public Health may decide that summer school cannot run this year. We thank you for your patience as we try to work through these interesting times.

### ***Online Summer School***

Currently, registration for e-learning summer school is pending. More details will be made available when the information is shared by the board. Generally, information is shared via the Board's Twitter feed (@YRDSB) first, so check their regularly.

## **Student Remote H Drive Access**

Students needing to access their H Drive, they can do so using [myschool.yrdsb.ca](https://myschool.yrdsb.ca), login is edu/student# and their usual password.

If the students need help with anything tech related, please share fill this form out: <http://bit.ly/3eljh4F>



## 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 from HOME

Your counsellors are home and available to you by e-mail. Please reach out to your ALPHA Counsellor if you have any questions or concerns.

**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 G  
E-mail: [roderick.conte@yrdsb.ca](mailto:roderick.conte@yrdsb.ca)

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

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

## Summer School

Registration is OPEN for in-class summer school. Visit <http://www.yrdsb.ca/Programs/ConEd/Pages/Secondary-School-Summer.aspx> for all the information you need and instructions on how to register.

Summer school e-learning has not opened for registration yet. Please follow Twitter for updates.

## OUAC/OCAS Grades Transmission

Mid-term grades were transmitted to OUAC and OCAS on April 23<sup>rd</sup>. Grade 12 students should check their OUAC and OCAS accounts by Monday, April 27<sup>th</sup> to ensure the grades are correct.

## Stay in the Loop

The [Guidance Website](#) will be updated with any relevant information you need to know. Bookmark this page on your home device and check in every now and then.

Follow @WCIGuidance and @WCI\_YRDSB for real time notifications. During this time, Twitter has become the most effective way of updating information and making announcements.







# LOOKING FOR A RECIPE OR SOME COOKING ADVICE

Get in touch with Westmount's Chef!

Tarver to the rescue!

Check this link for over 1 000 recipes

[https://drive.google.com/drive/folders/  
0B5pnRqIzQMLna0ZHbUJjNHd4SFU?usp=sharing](https://drive.google.com/drive/folders/0B5pnRqIzQMLna0ZHbUJjNHd4SFU?usp=sharing)

If you need advice or more recipes ,  
please don't hesitate to let her know  
by emailing her directly at

[laura.tarver@yrdsb.ca](mailto:laura.tarver@yrdsb.ca)

[Click here to access the recipes on student's Google Drive](#)



# YOUR **DIGITAL** LIBRARY

start by visiting [www.vaughanpl.info](http://www.vaughanpl.info) today!

Vaughan Public Libraries offers a wealth of FREE digital resources that you can enjoy from home. We can keep you entertained with movies, music, audiobooks and ebooks, inspire your creative side with a range of instructional videos, and help you foster learning with a vast array of online courses. Access hundreds of thousands of titles and an impressive array of databases and apps with your library card.

Don't have one? Visit [www.vaughanpl.info/online\\_registration](http://www.vaughanpl.info/online_registration) and obtain a temporary digital card for free.



## GAMES

- Escape Rooms
- STEAM Activities
- Board Games



## ACTIVITIES

- Mad Science
- Build Board Games
- Contests



## BOOKS

- eBooks
- Audiobooks
- Book Clubs



## LEARNING

- Tutorials
- Online Courses
- Learn a New Language



## MULTIMEDIA

- Movies
- Music
- TV Shows



## APPS

- Music/Video Library
- Magazines
- Video Tutorials



WE'RE HERE  
FOR YOU!



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# HERE TO HELP LINE

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## STARTING APRIL 6TH

 905-503-9561

Monday | Wednesday | Friday  
9:30 AM - 4:30 PM

*For children and youth (0-18 yrs) and their  
parents, caregivers or adult supporters.*

Visit [www.yorkhills.ca](http://www.yorkhills.ca) for more information!

As with all of our programs, registration is required. Our groups and workshops are open families living in York Region. If you are receiving services from York Hills, please connect with your clinical worker to register through them.



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

### **MANY FACES OF ANXIETY - UNDERSTANDING AND SUPPORTING CHILDREN WHO LIVE WITH WORRY**

**Monday, April 20, 2020  
6:30 PM — 8:30 PM**

The goal of this workshop is to provide valuable information to support caregivers of children and adolescents who experience anxiety. Topics include: Understanding different types of anxiety, causes, how the mind and brain are connected, coping strategies for caregivers; and what caregivers can do to help.

**Webinar**

### **COGNITIVE BEHAVIOURAL STRATEGIES TO REDUCE STRESS DURING COVID 19**

**Thursday , April 30, 2020  
1:00 PM — 3:00 PM**

This webinar will examine cognitive-behavioural strategies for promoting parent and child well-being during COVID-19. Cognitive-behavioural approaches are based on evidence-based therapy that help us learn how to cope with difficulties like anxiety by understanding how our feelings, thoughts, and behaviours are related.

Practical tips in identifying emotions and thought patterns will be provided, as well as various relaxation tools. The goal of this webinar is to provide families with foundational skills to stay resilient in the face of stress experienced during COVID-19 and beyond.

**Webinar**

### **CONSCIOUS PARENTING – RAISING TEENS**

**Thursday April 30, 2020  
6:30 PM — 8:30 PM**

This workshop will provide an opportunity for parents to better understand their adolescent, and their role as parents. During our time together we will explore questions such as: How do I see myself as a parent? Why do I choose to parent the way I do? We will also look at what our triggers are and our reactions to these triggers. Conscious parenting includes awareness of ourselves as individuals, as parents, and of our teenage child. We will look at the developmental period of adolescence and the specific factors that distinguish it from other developmental periods. The aim of this workshop is to introduce you to the concepts of conscious parenting. It is an invitation to become more aware, reflective, understanding and deliberate in the relationship with your child.

**Webinar**



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**CHILDREN'S MENTAL HEALTH WEEK SPECIAL PRESENTATION**  
**THE POWER OF SLEEP BY DR. BEVERLY DAVID**

**Tuesday May 5, 2020**  
**6:30 PM — 8:30 PM**

Dr. Beverly David is a clinical psychologist who loves Sleep! She has spent her career researching and supporting others to understand and develop strategies to improve their quality of sleep. Please join us for this exciting webinar to further understand the power of sleep and its relationship to mental health for both parents and their children.

**Webinar**

- Understanding sleep and its purpose
- The cost and consequences of poor sleep
- The relationship between sleep and mental health.
- Why we lose it and how to get it back.
- An overview of Cognitive Behavioural Therapy for Insomnia (CBT-I)
- Practical strategies to improve sleep.

**CHILDREN'S MENTAL HEALTH WEEK SPECIAL PRESENTATION**  
**SUPPORTING CHILDREN'S MENTAL WELLNESS.**

**Thursday May 7, 2020**  
**6:30 PM — 8:30 PM**

Challenging and stressful times in our lives require us to be increasingly flexible in order to meet the needs of our children. It is important that we, as parents and caregivers, are able to create structure and balance for our children in a way that supports their emotional wellness, particularly during unstructured time at home.

**Webinar**

This webinar will explore how to support a healthy lifestyle balance, and will provide parents and caregivers with practical, evidence-based strategies to support their children's mental wellness at home.

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

**Monday May 11, 2020**  
**6:30 PM — 8:30 PM**

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 children, 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.

**Webinar**

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or scan the barcode!

### **SIBLING RIVALRY TO SIBLING RELATIONSHIP**

**Tuesday May 12, 2020**  
**6:30 PM — 8:30 PM**

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.

**Webinar**

- 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.

### **PARENTING DURING CHALLENGING TIMES**

**Tuesday May 19, 2020**  
**6:30 PM — 8:30 PM**

These uncertain times have disrupted our daily work, home and school routines. When we are experiencing difficulties and extraordinary challenges it can make all aspects of our lives a lot harder, including parenting. Learn strategies to help you build resilience and parent effectively while coping with uncertainty, anxiety and fear. Various approaches for managing your child's social and emotional adjustment to the new (temporary) normal will be explored. This workshop will:

**Webinar**

- Encourage the use of various methods to help manage the anxiety in your child's life.
- Explore ways to keep your child engaged during their time at home.
- Suggest useful tools that will help to answer children's questions effectively.
- Propose various ways to take care of yourself and embrace self compassion

As with all of our programs, registration is required. Our groups and workshops are open families living in York Region. If you are receiving services from York Hills, please connect with your clinical worker to register through them.



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or scan the barcode!

### **RIDE THE WAVE - DEVELOPING MINDFUL PRACTICES AND COPING SKILLS**

Have you noticed an increase in stress levels and an influx of emotional regulation skills in your household during these challenging times? Being housebound can definitely have an impact on our thoughts, emotions and actions. As the days are turning into weeks and likely months, both our physical and emotional well-being is being challenged. This webinar will demonstrate a variety of coping strategies and informal mindfulness practices to help us ride the emotional waves that come and go each day. The aim is to provide participants with a variety of mindful coping strategies that can help us to: Pause, observe our body's physical sensations, thoughts and emotions, problem solve, and respond to everyday challenges in a positive and thoughtful way.

**Wednesday May 20, 2020**  
**6:30 PM — 8:30 PM**

**Webinar**

### **PLUGGED IN – TIPS AND STRATEGIES FOR MANAGING SCREEN TIME**

Does screen time in your home ever feel like scream time? Is it hard to get your children unplugged? If you answered yes, the Plugged In workshop is for you. Topics include: Guidelines for healthy screen time use, understanding how screen time effects the brain, how your own technology use impacts children, and strategies for managing screen time.

**Thursday May 28, 2020**  
**6:30 PM — 8:30 PM**

**Webinar**

### **TRIPLE P SEMINAR SERIES - POSITIVE PARENTING**

Power of Positive Parenting seminars are a series of three workshops for parents of children birth to 12 years of age. Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

#### **Seminar # 2 - Raising Confident and Competent Children**

This seminar focuses on encouraging respect and cooperation, learning to be independent, developing healthy self esteem and learning how to be a good problem solver.

#### **Seminar #3 - Raising Resilient Children**

This seminar focuses on: learning strategies to help build positive feelings in your child and help your child recognize and accept feelings, deal with negative feelings and upsetting stressful life events.

**Seminar #1** was completed  
prior to COVID 19.

**Seminar #2**  
**Tuesday April 21, 2020**  
**6:30 PM — 8:30 PM**

**Seminar #3**  
**Tuesday April 28, 2020**  
**6:30 PM — 8:30 PM**

**Webinar**

