May 8 - 19, 2017

Attendance: 905.882.0277 x 238

Principal: Sheri Epstein
Vice-Principal: Lisa Wargo
Vice-Principal: Sheldon Zelsman

Please check our website regularly for updates.

NEWS & EVENTS
PARENTS
SCHOOL CALENDAR
Dear Families and Community Members,

May has arrived with sunshine and warmer temperatures – Ok it has arrived with cool temperatures and plenty of rain, but I am hopeful things will improve soon. As usual, we are very busy at Westmount CI as our students enter the final home stretch of the semester. It is hard to believe that we have only 30 school days until exams!

On April 26, Westmount CI hosted an Open House for grade 6 & 7 students and their families. This was an opportunity for our younger friends to get their first taste of High School and learn a bit about what is coming in their future. We had a great turnout and it was awesome meeting some future “wolves”. Thank you to Mr. Conte for hosting this wonderful event.

On April 27, Westmount CI hosted the YRDSB “Step Out” Dance Competition. Our dance students helped out the visiting elementary schools during their completion and thoroughly enjoyed cheering on their “team”. After lunch, our students competed during the secondary portion of the event and we are very proud to announce that one of our teams, ARTS West – Grade 10, took 3rd place. Also on April 27, our ARTS WEST department put on their annual Gala. What a fantastic evening of drama, dance, music, art and song. Students and parents thoroughly enjoyed the event.

Our sports teams have also been very busy as well. Our Badminton team has done very well this year and all the students have had a great team competing in the region. The Track & Field team is busy getting ready for some upcoming track meets. Westmount’s Boy’s baseball team have won 3 out of 4 of the exhibition games and really looking forward to getting the season underway! We look forward to hearing more from them. Girls’ soccer is underway and has started their season as well. That is just a sampling of what some of our teams are up to! We are very proud of all our athletic students who take the time to practice and participate in the many different teams that we offer; high school is more fun when you get involved.

Our Westmount DECA team is back from their very successful showing at the International DECA competition that was held in Anaheim, California. We are very proud of the 6 students who qualified for this event. This completion involved 17,000 students and all of our students did well in this highly competitive tournament! One of our students place second overall! Outstanding job team and a special thank you to Mr. Coates for coaching and chaperoning the team.

On May 1, Ms. Srulovicz took a group of students to the “Our Voice/Fusion” Conference. The students learned a great deal about the importance of resiliency and how we can all learn to be a bit more “go with the flow”.

On May 2, Ms. Bowmile took a group of students to Aurora High School for a conference on “Breaking the Stigma” on Mental Health. The small group of students who attended were engaged and really enjoyed learning about this very important topic. The students and Ms. Bowmile are keen to continue this work and are already excited about some ideas they have to share with the rest of the Westmount community.
On May 3, our Science Olympic team participated in the Science Olympics at Seneca @ York. Even with the fierce competition of 35 other teams, WCI did outstanding! Best team ever. One of our senior teams won Gold in Biology, another senior team placed Bronze overall and one of our Junior teams took Bronze in Physics! We are so impressed with the results. Special thank you to the Science Olympic coach, Ms. Wodlinger.

Upcoming Important Dates:

- May 10 – Grade 10 ARTS Drama presentations
- May 11 – Red Cross Blood Donor drive and One Match Swab drive
- May 16 – National Denim Day – we are asking all staff and students to wear Denim that day and to bring a small donation for Breast Cancer Research.
- May 18 – Prom
- May 24 – Special Guest Speaker – Joe Rich – please come out and see this amazing speaker on parenting teens today
- May 25 – Relay for Life

We wish everyone a wonderful weekend.

Sheri Epstein
Principal
**Monday, May 8**  
- Ultimate Frisbee - Home game - Wodlinger, Diaz

**Tuesday, May 9**
- Ultimate Frisbee - Emily Carr - Wodlinger, Diaz

**Wednesday, May 10**
- Power Plant Gallery - Clarfield, Bonder

**Thursday, May 10**
- Track & Field - Bill Crothers - Madill, Soon Shiong

**Tuesday, May 16**
- Track & Field - York Region Qualifier - Madill, Soon Shiong  
- Baseball - Richmond Green Diamond - Grossi, Orlowsky

**Wednesday, May 17**
- Track & Field - York Region Qualifier - Madill, Soon Shiong  
- Ultimate Frisbee - Tommy Douglas SS - Wodlinger, Diaz  
- Best Buddies Prom - DD - Dor, Richardson, Berditchevskia, Folmeg

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**Congratulations** to the Arts West Dance team - Reform, who won 3rd place at the YRDSB “Step Out” Dance competition!

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**Breaking the Stigma**

On May 2, 2017, 8 students and I attended the Breaking the Stigma Conference at Aurora High School. We listened to Dr. Vivien Lee talk to us about mental health, and she taught us strategies to help with stress and anxiety. She mentioned two techniques in particular:

1) Belly Breathing  
- Breathe in for 4 counts, hold for 4 counts, breathe out for 4 counts  

2) Grounding 3-2-1  
- Think about 3 things you can see, touch or feel, hear, smell, and taste. Then, think about 2 things you can see, touch or feel, hear, smell, and taste. Finally, think of 1 thing you can see, touch or feel, hear, smell, and taste.

- In doing this technique, it helps you to remain grounded and in the moment.

After she spoke, we created a video on Breaking the Stigma where we broke popsicle sticks with mental health “stigma” words on them. The board is having multiple groups of students engage in this activity (here is an example: [https://www.youtube.com/watch?v=Z_Cvxz6KDTE](https://www.youtube.com/watch?v=Z_Cvxz6KDTE)). We would like to do something like this at WCI. Please let me know if you are interested in getting involved in this or in a mental health club. The students really felt like we could use this at WCI.

J Michelle Dor (Bowmile)
On Friday April 28th, the Westmount Wolves baseball team opened their season by facing off against the Sutton baseball team and their coach, a past familiar face to Westmount, Mr. Grant Campbell.

Going back four years, I walked onto the diamond for the first time in grade 9, not knowing what to expect. Most of my teammates were senior students who looked bigger and scarier than ever, and I was a small grade nine student that just started his second semester of high school. During the practice all the players were laughing, joking around, and having a good time together. Near the end of practice, a ball was hit out of the field and the captain at the time jokingly said, “hey niner snagged that ball for us and then run a lap.” However, he then followed by welcoming me to the team and spending the rest of practice getting to know me as a person and baseball player. From that moment forward, I truly felt a part of the team. A team that over the years has helped me strengthen my character, leadership abilities, responsibility, and much more while also allowing me to play the sport that has been a passion of mine since I was 4 years old.

Unique to other high school baseball teams, the Westmount Wolves are opening the season with a group of freshman, sophomores, juniors, and senior students. Most students across the YRAA don’t get a chance to make varsity teams and play only in their junior or senior years. At Westmount, we believe that it is important to have a mix of ages and personalities in order to make sure that the team is always progressing and getting better.

Our team is fortunate enough to have two amazing coaches who put a lot of time and effort into coaching this team. Mr. Grossi is returning as head coach and Mr. Orlowsky (Mr. O) hung up his skates and tied up his cleats and joined our team as assistant coach. Most coaches around the league are made up of parents who volunteer their time in addition to teacher volunteers who sit back and allow the students to run the team, as they do not know much about the sport. We are lucky enough to have coaches that play an active role on the team. Rather than just setting up transportation and showing up to the games, Mr. Grossi and Mr. O instruct practices, create lineups, and help coach the team during the game. If it wasn’t for Mr. Grossi and Mr. O volunteering their time and effort, we would not be the amazing team that we are and have been for several years.

Last year, we had a successful season by finishing in first place in the regular season. We ended up losing in the quarterfinals with a heartbreaking 1-0 loss to Vaughan. A lot of teams consist of rep players who have individual skill sets, but don’t play together as a team. Although Westmount does not necessarily have players who play a high level of baseball, as opposed to other teams, we have been successful in part through teamwork and a lot of heart. This year we hope to get better as a team and work towards taking home Westmount baseball’s first pennant since 2007.

Over the years, there has been a lot speculation about student athletics. Many people believe that students should be in the classroom rather than participating in athletics and other extracurricular activities. Westmount believes that students who participate in extracurricular activities are often more engaged in their studies, as they are more organized, they have to prioritize their time, and they have an enjoyable outlet that gives them a break from school work. In addition, I have personally experienced that post-secondary institutions look for well-rounded people when making decisions on who to accept for their programs. Student studies, athletics, and other team extracurricular activities allow students to be well rounded by teaching them character, commitment, responsibility, leadership, and much more.
DECA INTERNATIONALS 2017 - SUCCESS

The Westmount DECA team (Brad Perez, Zachary Bloch, Daniel Lewin, Brandon Freedman, Daniel Frank, Eric Mogilner and Mr. Coates) spent the week of April 24 - May 1 in Anaheim, California, competing at the DECA Internationals Competition. With over 19,000 students, representing eight different countries, the competition was fierce. Between the written exams and the two case presentations or the business report and presentation, all six Westmount delegates put forth an outstanding performance, with Brad Perez placing in the top 20 within his category. In the final round of competition - Brad received second place worldwide in the category of Business Services Marketing! Congratulations, you have made Westmount proud!
Your Guidance Team Update

**Semester 2 Mid-Term Grades Upload to OUAC/OCAS**

Grade 12 semester 2 mid-term grades have been uploaded to OUAC and OCAS as of Thursday April, 27. Students are asked to check their OUAC and OCAS accounts to ensure all the uploaded information is correct. Students who are taking a course outside Westmount must ensure these grades get uploaded to OUAC and OCAS by the private school. [https://sites.google.com/site/wciguidance/graduation #wcigrad](https://sites.google.com/site/wciguidance/graduation #wcigrad)

**Gr. 12 Credit Counselling Summary Verification**

All grade 12 students have received their fourth and last credit counseling summary for the year. Students are to verify that their credit count is complete and correct so they can graduate in June. [https://sites.google.com/site/wciguidance/graduation #wcigrad](https://sites.google.com/site/wciguidance/graduation #wcigrad)

**Valedictorian 2017**

VOTING for the Class of 2017 Valedictorian begins Monday, May 8. Voting will take place in the Guidance office and students can vote until Friday, May 12th. [https://sites.google.com/site/wciguidance/graduation #wcigrad](https://sites.google.com/site/wciguidance/graduation #wcigrad)

**Senior Prom 2017**

Thursday, May 18 @ Borgata Event Venue. Doors open at 6:30 and will close at 7:30. Bring your ticket and photo ID. #wcigrad

**Ontario Student Assistance Program (OSAP)**

Information about upcoming changes to OSAP can be found on the Guidance website [https://sites.google.com/site/wciguidance/financing-your-post-secondary-education](https://sites.google.com/site/wciguidance/financing-your-post-secondary-education). Click on “Upcoming Changes to OSAP” #money4school

**Get a Twitter Account**

All students and their families are encouraged to follow @WCIGuidance on Twitter. All grade 12 students MUST follow @WCIGuidance on Twitter. Students will receive “real-time” notification regarding graduation requirements, scholarships, prom, etc. The guidance website lists the “hash tags” used when sending out notifications on Twitter. For example, the hash tag #money4school will list all twitter notifications regarding scholarship information.

**Guidance Appointments**

Students who wish to book appointments with their guidance counselor should speak with our Guidance Secretary, Mrs. Pearlstein.

**Stay in the Loop**

All parents and guardians are invited to check out our guidance website and follow us on Twitter @WCIGUIDANCE

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*Patience is not the ability to wait, but the ability to keep a good attitude while waiting.*

*Thoughts* by www.danilango.co.za/thoughts
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.
Arts West Drama presents “The Drowsy Chaperone”

“When a die hard theatre fan plays his favourite cast album, the characters come to life in this hilarious musical farce. Winner of five Tony Awards, including Best Book and Best Original Score, The Drowsy Chaperone is a loving send-up of the Jazz Age musical, featuring one show-stopping song and dance number after another. With the houselights down, a man in a chair appears on stage and puts on his record: the cast recording of a fictitious 1928 musical. The recording comes to life and The Drowsy Chaperone begins as the man in the chair looks on. Mix in two lovers on the eve of their wedding, a bumbling best woman, a desperate theatre producer, a not-so-bright hostess, two gangsters posing as pastry chefs, a misguided Don Juan and an intoxicated chaperone, and you have the ingredients for an evening of madcap delight.

WESTMOUNT ENTERTAINMENT PRESENTS

THE DROWSY CHAPERONE

May 31-June 2 at 8pm
$15 for adults
$12 for students
Tickets available at door or in atrium
AT THE CITY PLAYHOUSE

For Groups and Matinee Performances please email andrew.dolha@yrdsb.ca
Arts West Dance Presents

TIME: A Year Gone By

June 6th & 7th
Vaughan City Playhouse
7:30 pm Tickets $10
Westmount C.I Free Matinee
June 6th Period 2

Paola.Catalano@yrdsb.ca
Grade 6 and 7 students and family!

Invites you to join us for an information evening about...

**HIGH SCHOOL**

Date
Wednesday, April 26, 2017

Time
7:00 to 8:30 P.M.

Location
Westmount Cafeteria
1000 New Westminster Drive

- How many courses will I have to take?
- Is high school hard?
- What's a SHSM or AP?
- How many classes will I have in one year?
- What happens after high school?
- What are the teachers like?
- Can we use cell phones?

Meet members of Administration, Special Education, Guidance, and Teaching staff.

The Westmount Experience awaits you! See you there!

@WCIGuidance
#wcievent
What is SHSM?
Specialist High Skills Majors let grade 11 and grade 12 students focus on a career path that matches their skills and interests while meeting the requirements of the Ontario Secondary School Diploma (OSSD).

Why consider SHSM – Business?
This program enables students to:
- Customize their secondary school education to suit their interests and skills
- Complete sector recognized certifications to build their resume
- Prepare for post-secondary opportunities
- Explore and refine their career goals
  - Earn the SHSM Distinction on their OSSD
  - Engage in experiential learning with like-minded peers

<table>
<thead>
<tr>
<th>Required Certifications (4)</th>
<th>Elective Certifications (at least 2)</th>
<th>Reach Ahead / Experiential Learning Field Trips (min, 3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• CPR level C (with AED)</td>
<td>• ergonomics</td>
<td>• university/college workshops</td>
</tr>
<tr>
<td>• Standard First Aid</td>
<td>• ethical considerations</td>
<td>• industry tours</td>
</tr>
<tr>
<td>• Generic WHMIS (not site specific)</td>
<td>• retail representative</td>
<td>• skills competitions</td>
</tr>
<tr>
<td>• customer service</td>
<td>• public speaking</td>
<td>• career fairs</td>
</tr>
<tr>
<td>*offered yearly</td>
<td>• counterfeit detection</td>
<td>• guest speakers</td>
</tr>
</tbody>
</table>

*SAMPLES:
- management/leadership skills
- DECA
- personality inventory
- fraud prevention

*opportunities will vary from year to year

APPLY TO SHSM!
bit.ly/YRDSBSHSMapp
**Co-op Placements** (minimum 2 credits - ½ a day for 1 semester)
Students apply their learning from an SHSM pathway course in an authentic learning environment. Future careers may include one of the following (this is not a complete list of careers for this sector):

<table>
<thead>
<tr>
<th>Accounting and Related Clerk</th>
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<tbody>
<tr>
<td>Administrative Clerk</td>
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<tr>
<td>Administrative Officer</td>
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<tr>
<td>Assessor, Valuator, and Appraiser</td>
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<tr>
<td>Banking, Insurance, and Other Financial Clerk</td>
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<tr>
<td>Bookkeeper</td>
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<tr>
<td>Conference and Event Planner</td>
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<tr>
<td>Court Officer and Justice of the Peace</td>
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<tr>
<td>Desktop Publishing Operator and Related Occupations</td>
</tr>
<tr>
<td>Insurance Adjuster and Claims Examiner</td>
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<tr>
<td>Legal Secretary</td>
</tr>
<tr>
<td>Personnel Clerk</td>
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<tr>
<td>Purchasing Agent and Officer</td>
</tr>
<tr>
<td>Retail and Wholesale Buyer</td>
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</tbody>
</table>

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<tr>
<th>Marketing Researcher and Consultant</th>
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</thead>
<tbody>
<tr>
<td>Executive Assistant</td>
</tr>
<tr>
<td>Financial and Investment Analyst</td>
</tr>
<tr>
<td>Financial Auditor and Accountant</td>
</tr>
<tr>
<td>Mathematician, Statistician, and Actuary</td>
</tr>
<tr>
<td>Securities Agent, Investment Dealer, and Broker</td>
</tr>
<tr>
<td>Purchasing Agent and Officer</td>
</tr>
<tr>
<td>Retail and Wholesale Buyer</td>
</tr>
<tr>
<td>Secretary (except Legal and Medical)</td>
</tr>
<tr>
<td>Specialist in Human Resources</td>
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<tr>
<td>Supervisor – Recording, Distributing, and Scheduling</td>
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<tr>
<td>Hardware, Lumber, and Building Materials Retailer</td>
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<tr>
<td>Parts Technician</td>
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<tr>
<td>Special Events Coordinator</td>
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</tbody>
</table>

**Four Major Credits between grade 11 and 12 with a focus in Business**

<table>
<thead>
<tr>
<th>Grade 11 (select at least 1)</th>
<th>Grade 12 (select at least 1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMX3E- Retail Marketing</td>
<td>BAT4M- Accounting</td>
</tr>
<tr>
<td>BMI3C- Marketing</td>
<td>BOH4M- Business Leadership</td>
</tr>
<tr>
<td>BD13C- Entrepreneurial Studies</td>
<td>BBB4M- International Business</td>
</tr>
<tr>
<td>BDP3O- Entering Person</td>
<td>CIA4U- Economics</td>
</tr>
<tr>
<td>BAF3M- Introduction to Accounting</td>
<td>CLN4U- Canada &amp; International Law</td>
</tr>
<tr>
<td>CIE3M- Individual and the Economy</td>
<td>ICS4U- Computer Science</td>
</tr>
<tr>
<td>CLU3M- Understanding Canadian Law</td>
<td>IDC4U4- Sports &amp; Entertainment Marketing</td>
</tr>
<tr>
<td>ICS3U- Computer Science</td>
<td>TGG4M- Web Design</td>
</tr>
<tr>
<td>TGJ3M- Communication Technology</td>
<td>TGI4M- Communication Technology</td>
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</tbody>
</table>

*College Delivered Dual Credit options (Discuss with Guidance)*

**Plus: TWO Required Math - Grade 11 AND Grade 12 (includes a CLA)**

<table>
<thead>
<tr>
<th>Grade 11: MBF3C MCF3M MCR3U MEL3E</th>
<th>Grade 12: MCV4U MDM4U MHF4U MEL4E MAP4C</th>
</tr>
</thead>
</table>
| Plus: ONE Required English in Grade 11 or Grade 12 (includes a CLA)**

<table>
<thead>
<tr>
<th>Grade 11: ENG3E ENG3C ENG3U</th>
<th>Grade 12: ENG4E ENG4C ENG4U</th>
</tr>
</thead>
</table>

**APPLY TO SHSM!**  
[bit.ly/YRDSBSHSMapp](bit.ly/YRDSBSHSMapp)
JOIN US NEXT SPRING IN: FRANCE + ICELAND + ENGLAND

TRIP DATES
April 25 - May 4, 2018

INFORMATION SESSION
Thursday, March 2nd, 2017

This trip is for students who will be in Grades 10-12 during the 2017-2018 school year. We encourage all interested parents/guardians to attend the meeting.

Questions? Contact Natasha.Popiel@yrdsb.ca

Teacher Chaperones: Mr. Orlowsky, Ms. Polimeni and Ms. Popiel
Principal attending: Ms. Epstein

Join us for an Information Session on Thursday, March 2nd, 2017 at 7:00pm in the library at Westmount C.I.
More information about becoming a stem cell donor

Registering to be a stem cell donor
All it takes is ten minutes to fill in a general health questionnaire, a simple swab of the cheek and a willingness to donate to any patient in need.
This information is then safely and securely transferred to OneMatch, to be entered into our donor database.

Protection of Personal Information
Canadian Blood Services is committed to protecting the privacy and security of the personal information of OneMatch registrants. We do so by following relevant laws and best practices. Canadian Blood Services will always refer to a registrant within the OneMatch registry by a unique identifier donor number when disclosing information to transplant centre health care providers and/or an international registry.
OneMatch will disclose information only to the extent that is necessary to determine suitability as a stem cell donor.

What it means to donate
Not everyone who registers with OneMatch will be matched to a patient and asked to donate, but each registrant provides hope for those waiting. A person could, however, be a match within a few months of registering, a year later or even seven years later. That’s why it’s important to understand what’s involved – and the commitment – before registering.
When selected as a potential match for a patient, OneMatch will contact the registrant to inquire if they are still willing and able to proceed with the donation. Additional health testing will then be performed to ensure the suitability of the match.

There are two methods a registrant could be asked to donate; from the peripheral blood or from the bone marrow. These lifesaving stem cells are transferred to the patient to restore their health. To find out more about these procedures please visit [www.blood.ca/stem-cells](http://www.blood.ca/stem-cells).

Why students?
A registry comprised of younger, and more ethnically diverse registrants will better meet the needs of Canadian and international patients, and will ultimately save lives through improved patient outcomes. Currently Canada’s stem cell Network is comprised of over 365,000 searchable registrants. Only 44% of the Network’s composition contains potential donors 17 to 35 years old and only 19% of the Network’s composition are males aged 17 to 35. In the last year, 80% of donors used for Canadian patients were under the age of 36. It is essential that Canadian Blood Services closes this gap to better serve all our patients.

We need your help
Patients are counting on the generosity of young people to become stem cell donors because no one in their family is a match. We are looking for your support in encouraging your child to give life to our patients.
Dear Parent,

We are honoured to be partnering with Westmount Collegiate Institute for the “GetSwabbed” Campaign and empower young Canadians to give life by registering to be a stem cell donor.

The “GetSwabbed” Campaign is a coast-to-coast initiative to educate and inform high school students about the need for stem cell donors and how they can give hope by registering to be a potential match for someone in need.

At any given time there are hundreds of Canadian patients who are searching for an unrelated stem cell donor. The most common need for a stem cell transplant is to treat some forms of cancers or blood disorders, which may cause an inability to generate healthy red blood cells that fight infection or healthy platelets that control excess bleeding. Patients are more likely to find a matching donor from within their own ethnic group.

Today, three out of four stem cell donors chosen to help give life are male, half of them under the age of 36. Younger male donor stem cells potentially offer patients a better outcome by reducing post-transplant complications such as graft vs. host disease. Canada has been identified as a growing mosaic of ethnic populations, and one of the main challenges in this country is finding suitable stem cell donors to meet the needs of ethnically diverse patients. Registering young, male and diverse donors will allow the OneMatch Stem Cell and Marrow Network to change the composition of the donor base to better reflect the needs of patients in Canada and around the world.

Canadian Blood Services will be holding a swabbing event at Westmount Collegiate Institute on May 11, 2017 to register potential stem cell donors.

There is a possibility that your son/daughter may register at a swab event organized at school. The age criteria to register, is 17-35 years of age. Although One Match accepts individuals 17 and older to register as a stem cell donor, we encourage all registrants to have a conversation with parents/legal guardians regarding their decision to join OneMatch Stem Cell and Marrow Network. We need to ensure that all potential donors that register are fully committed to the program and are supported by their families in making that decision.

We have outlined the registration process on the following page but we also encourage you to visit our website www.blood.ca/stem-cells for more information about OneMatch so that this can be discussed as a family prior to the event.

We are looking for your support in encouraging your child to give life to patients in need.

Sincerely,

Chris van Doorn
Territory Manager
chris.vandoorn@blood.ca
T: 1 866-537-7700, ext. 6408/ (905) 304-6408
WCI School Council Presents

Parenting Teens: The Long Journey

Please join us for an evening with Joe Rich, MSW, author, media personality and regular guest therapist on CTV's Marilyn Denis show for an evening devoted to the real life challenges faced in parenting today's teens. Based on his parenting book, Parenting The Long Journey, Joe's presentation will take us through the ins-and-outs of successful parenting focusing on a variety of topics including technology and its impact on the family. An opportunity to laugh and learn with other parents who share your concerns, challenges and successes in today's hectic world of parenting.

Wednesday, May 24, 2017 at 7:00 pm

Westmount Collegiate Institute, 2nd Floor Library

Please RSVP to Westmount.CI@yrdsb.ca
The York Region District School Board
presents a
Community Partners Fair
For Parents, Guardians and Educators

Thursday, April 27, 2017
Sir William Mulock Secondary School
3:30 P.M. – 6:30 P.M.

Connect with community partners about what services they provide, who is eligible for their services, and how to access their services.

Build relationships among people who support both students and their families.

We wish to thank the following community partners for supporting this event:

360 Kids; Addiction Services York Region; Association for Bright Children; Autism Ontario; Blue Hills; Canadian National Institute for the Blind; Children’s Treatment Network; Community Living – Aurora/Newmarket; Easter Seals; Kerry’s Place; Kinark; Learning Disabilities Association of Ontario – York Region; Mackenzie Health; Parents for Children’s Mental Health; Public Health; Special Olympics; VOICE for Deaf and Hard of Hearing Children; York Support Services Network; Community Care Access Centre

Location Information:
Sir William Mulock Secondary School
705 Columbus Way
Newmarket, ON
L3X 2N7
Spectrum Works
harness the talent

A job fair for youth with ASD. Join some of Canada’s top employers for an afternoon of job skill workshops, resume/employment consulting and on site job interviews.

Monday April 24th, 2017 from 3pm - 6pm
Scarborough Civic Centre - 15 Borough Drive

An event in support of Autism Awareness Month!

To attend this event as an employer or prospective employee, please contact:
Neil Forester
416.561.9062
neil@thesubstancegroup.com
Youth Job Fair
(15-29 year olds)

Never Worked Before? Underemployed? Unemployed?

Friday, May 5, 2017
10:00 am – 1:00 pm
COSTI Vaughan Employment Services
(3100 Rutherford Road, Suite 102, Vaughan, ON, L4K 0G6)

Immediate and Various Full/Part Time and Summer jobs
in all sectors and industries!

Dress Professionally
Bring Plenty of Resumes
On the Spot Interviews

First Impressions are Lasting Impressions

Need help preparing for the job fair?
Attend ONE of our FREE prep workshops

Resume Workshops:
April 10th, April 18th, April 24th
3:00 pm— 4:30 pm

AND/OR

Interview Prep Workshops:
May 1st, May 3rd, May 4th
3:00 pm— 4:00 pm

Our centre is a SCENT FREE Environment;
Please DO NOT wear fragrance or cologne when coming to our site. Thank you.
THE YORK CENTRE PRESENTS...
COFFEE & CONVERSATION

A Series of Workshops...

In Recognition of Children’s Mental Health Week (May 1 – May 7, 2017), The York Centre for Children, Youth & Families is hosting a Coffee & Conversation series of workshops for interested community members. All of the workshops are free of charge. All you need to do is register in advance through the eventbrite links listed on the reverse side of this flyer. The format of the evenings will be structured, but informal. Each evening will include a presentation, discussion, coffee, and goodies, but not necessarily in that order! Come and join the conversation!

Supported by

RBC
Children’s Mental Health Project

United Way
Toronto & York Region

CHILDREN’S MENTAL HEALTH WEEK
MAY 1-7, 2017

Workshops Include:

➢ CHILDREN & YOUTH GAMING ADDICTIONS
➢ YOUTHSPEAK PERFORMANCE CHARITY
➢ CONSCIOUS PARENTING
➢ CHILDREN’S MENTAL HEALTH & THE ROLE OF NUTRITION

*** Please see reverse for more details on how to register and workshop descriptions! ***

THE YORK CENTRE FOR CHILDREN, YOUTH & FAMILIES
11225 Leslie Street
Richmond Hill, Ontario
L4S 1N5
(Just north of Elgin Mills Rd.)

info@theyorkcentre.ca
(905) 737-8927
WORKSHOP DESCRIPTIONS

*** (Use the links listed under each workshop title to register through eventbrite.ca) ***

Monday, May 1, 2017 (6:30 pm - 8:30 pm)

Children & Youth Gaming/Electronics Addictions
https://gamingaddictionstyc.eventbrite.ca

Are you worried about the time your child is spending playing video games? Do you wonder how much is "too much"? Gaming addiction has become a current issue for many parents of kids and teens, along with a focus on internet addiction. Join, for an evening discussing internet and gaming addiction, what warning signs to look out for, and what to do and where to turn if you suspect your child is addicted to video games.

Presenter(s): Stephanie Kersta MSc, and Carolyn Plater MSW, RSW

Tuesday, May 2, 2017 (6:30 pm - 8:30 pm)

YouthSpeak Performance Charity
https://youthspeaktvc.eventbrite.ca

This session is designed to bring new awareness, understanding and appreciation for the challenges faced by today’s youth. Parent and youth speaker(s) with lived experience offer practical exchanges that are eye-opening, real and raw through their personal stories as they travelled the path from pain to wellness. The speaker(s) share tips on how to be helpful to someone who is struggling.

Presenter(s): Una Wright (YouthSpeak Performance Charity Founder, Team Coach)

Wednesday, May 3, 2017 (6:30 pm - 8:30 pm)

Conscious Parenting
https://consciousparentingtvc.eventbrite.ca

This interactive and relationally-based workshop will provide parents an opportunity to better understand themselves as parents. They will explore: Why they choose to parent the way they do? Why they are triggered by certain things differently than others and how & why they react to these triggers and their children? What’s more, they will be given simple and useable strategies to be mindful of their parenting with an increased consciousness of their verbal and nonverbal language. The aim here is to help parents enhance their relationship with their child which research has proven aides in the child’s ability to manage their emotions better.

Presenter(s): Abner Lico MEd DPE, Dipl-Psych, RP Member, CAPT

Thursday, May 4, 2017 (6:30 pm - 8:30 pm)

Children’s Mental Health & The Role of Nutrition
https://childrennuritiontvc.eventbrite.ca

As parents, we want our children to: grow and thrive, be active and physically fit, succeed in school, and of course be happy. It is no surprise that a child’s nutrition plays a huge role in these outcomes but for children and youth living with mental illness, nutrition becomes an even more significant! Come and join us for a fun and interactive presentation about the latest information regarding the connections between diet and health specifically the connection between a child’s diet and their mental health. Specific strategies and meal/snack ideas will be provided.

Presenter(s): Andrea Lombardi, HBA, MBA, BHScPA, CCPA Canadian Certified Physician Assistant and Deanna Lombardi Konecny, BA, MSEd, OCT Ontario Certified Teacher, Nutritional Therapist.
SUMMER DAY CAMP

July 4 to August 25, 2017
Ages 8-17
9:30 AM to 3:30 PM

Register Now!
Early Bird Deadline May 19, 2017

Before May 19: $200/week for CLYS Members, $220/week for Non-members
After May 19: $220/week for CLYS members, $242/week for Non-members

One-to-one: Speak to the coordinator in your area if the participant requires extra support.
Additional costs will apply.
Visit our website: communitylivingyorksouth.ca

Social & Life skills | Trips | Music | Art | Sports | Games | Work Experience and more!

In Partnership with:

Markham
Ellen Chan 905-884-9110, EXT 267 echan@communitylivingyorksouth.ca
Location: Markville Secondary School, 1000 Carlton Rd, Markham

Richmond Hill
Annie Zhang 905-884-9110, EXT 382 azhang@communitylivingyorksouth.ca
Location: Richmond Hill High School, 201 Yorkland St, Richmond Hill

Vaughan
Sadia Shaukat 905-884-9110, EXT 640 sshaukat@communitylivingyorksouth.ca
Location: Emily Carr Secondary School, 4901 Rutherford Rd, Woodbridge

Whitchurch-Stouffville
Tharini Tharmalingam 905-884-9110, EXT 703 ttharmalingam@communitylivingyorksouth.ca
Location: Soccer City, 45 Innovator Ave, Whitchurch-Stouffville
SUMMER DAY CAMP

July 4 to August 25, 2017
Ages 18+
9:30 AM to 3:30 PM

Register Now!
Early Bird Deadline May 19, 2017
Before May 19: $200/week for CLYS Members, $220/week for Non-members
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In Partnership with:
**JEWISH FAMILY & CHILD**

**groups & workshops**

**MAY 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

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<tr>
<th>Event Name</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>MIND, BODY, CONNECTION FOR WOMEN PART TWO <em>Brand New</em></strong></td>
<td>Tues, May 2</td>
<td>7pm to 8:30pm OR Wed May 3</td>
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<td><strong>MIND, BODY, CONNECTION FOR WOMEN PART 1</strong></td>
<td>Wed May 3</td>
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<td><strong>WIDOW/WIDowers under 65 BEREAVEMENT</strong></td>
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<td><strong>EFFECTIVE PARENTING</strong></td>
<td>Wednesday May 3, 2017</td>
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<td><strong>WIDOW/WIDowers over 65+ BEREAVEMENT</strong></td>
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<td><strong>ONE FAMILY, TWO HOMES</strong></td>
<td>Tuesday May 9, 2017</td>
<td>6:30pm to 8pm</td>
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<td><strong>THE CHALLENGE OF ANGER FOR WOMEN</strong></td>
<td>Wednesday May 10, 2017</td>
<td>7:30pm to 9pm</td>
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<td><strong>LIVING WITH TEENS</strong></td>
<td>Thursday May 11, 2017</td>
<td>7:30pm to 9pm</td>
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<td><strong>LOOKING AHEAD</strong></td>
<td>Thursday May 11, 2017</td>
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<td><strong>PARENTING THE CHILD/TEEN WITH ADHD</strong></td>
<td>Wednesday May 17, 2017</td>
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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.

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facebook.com/jfandcs
MONEY MATTERS

An Eight week Financial Literacy Program to improve financial knowledge and Money management for yourself and your family

Location: Catholic Community Services of York Region
21 Dunlop Street Richmond Hill
Date: Thursdays, from April 20th to June 8th, 2017
(6:00-8:00 p.m.)

Topics:
• Handling your Money
• Income and Taxes
• Budgeting and Planning
• Banking and Financial Services
• Credit & Debit basics
• Saving & investment process
• Debt management
• Being a smart shopper and more...

Registration: FREE

To register for this program call Catholic Community Services of York region at:
905-770-7040 or 1-800-263-2075 ext: (241) E-mail: groups@ccsyr.org

This program is made possible through generous support of these funders:
WESTMOUNT APPAREL

HOODIES
$35 each

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custom name option:

Custom names on the back $7

TANK TOP
$23

American Apparel

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T-SHIRTS
$18 each

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BALL CAPS
$10

BALL CAPS

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SWEATPANTS
$28 each

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Cheques Payable to: Westmount Collegiate Institute
(Include payment with order)

Orders Due: Friday, May 5, 2017

Name: ___________________________ Phone #: or Email: _______________________

Grade: _____ Period 2 Teacher: _____ Total # of Garments Ordered:_____ Total Amount Due:_____

Please lead student card with Mr. Costes for total purchase amount at Bare Necessities - then submit order form and make final purchase at Bare Necessities with employee.