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Parent Newsletter: January 22nd - February 5th, 2020

Administration

Principal:
Sheri Epstein

Vice-Principal:
Barbara Caravella

Vice-Principal:
Todd Taylor

A Message from your Administrators

Dear WCI Families and Community Partners,

We hope that 2021 is off to a great start for our students and families. It seems that we have been climbing mountains these last few months and feeling like we are never going to reach the top in order to look forward to the trek down to where we can begin to feel more settled and grounded.

It is hard to believe that we are approaching the end of semester one of what has been truly a roller-coaster ride of a school year. Students and staff are working hard to wrap up courses and complete culminating activities during this final stretch of the semester. Like every school year, the start of a new semester brings about hope, excitement and anticipation of new students, courses, teachers, routines and most importantly, new learning. PLEASE NOTE: Semester two begins on Wed., Feb. 3.

January has been rather busy at WCI with restructuring semester two with adjustments to both student and teacher timetables while adhering to Board and Ministry guidelines. Even though we are still in the middle of the current school year, this is the time we start planning for the next school year. This planning has included course selection virtual assemblies for each grade level, Arts West auditions and applications (for incoming grade 9 students) and connecting with our feeder schools. We want to thank the Guidance and Arts departments for the many hours that have gone into overseeing these processes which this year have all been taking place virtually.

Despite all of the work that is going on behind the scenes, there is a lot happening in our virtual classrooms and spaces. As an example, our Grade 12 Fitness Leadership class, under the direction of Ms. Robin Madill, organized some exciting events and activities to get students and teachers moving and doing something fun to break up a long day of virtual learning. From baking to game night to playdough making to spa activities to tournaments such as cup flipping, 8 ball and rock-paper-scissors, and a yoga challenge for teachers, there was something for everyone.

Next week, we look forward to some exciting events being put on by our Spirit Committee, to align with Mental Health Week. We encourage students to take part in these activities to alleviate the stress that usually goes along with the end of a semester and to find new ways to practice self-care and start a holistic lifestyle especially during a lockdown. Under the direction of Ms. Stacey Alweyn, mental health reminders, Wellness Bingo and WCILetsTalk are being featured.

We continue to strive to bring you up-to-date information as soon as it becomes available. We want to thank you for your ongoing patience and support as we deal with unforeseen challenges while organizing a new semester so that students and staff are well prepared.

Ms. Barb Caravella
Vice-Principal
Surnames A to L

STAY CONNECTED



Instagram



Please check our website regularly for updates

NEWS & EVENTS

PARENTS

SCHOOL CALENDAR

ANNOUNCEMENTS

GUIDANCE



Semester 2 Update



Dear Westmount CI Families and Students:

We hope this correspondence finds you healthy and safe. We wish to provide as much information as possible regarding the transition from Semester 1 to Semester 2.

YRDSB continues to follow the direction of York Region Public Health and the Ministry of Education regarding COVID-19 safety. Unless otherwise instructed, school buildings will remain closed until February 10, 2021.

We are currently preparing to transition into Semester 2. The following are some key dates for you to be aware of:

Feb. 1: PA Day

Feb. 2: Credit Conferencing and Rescue Day

Some students will be involved in activities to support completion of Semester 1 courses. Students are expected to attend only as directed by their teacher.

Feb. 3: Online morning classes only

In the morning, all students will attend classes online in 30 minute blocks following their regular start time. Students will receive an invitation to their digital classrooms before their first period class.

In the afternoon, there are no classes scheduled.

Feb. 4 - 10: Current School Closure - All Classes Online

For the duration of the school closure, Adaptive (face-to-face) schools will follow a revised school schedule. Students will follow a semester schedule and will attend their classes online in 75 minute periods with a five minute break between the morning periods and between the afternoon periods. This change is based on feedback from students and families about the 150 minute period students are currently experiencing. Once schools reopen, the schedule will return to an adaptive model as used in the fall. Details will be provided at that time.



Semester 2 Update

Our revised daily schedule is listed below. School start and end times remain the same. An 80 minute lunch break will occur between period 2 and 3. We will be providing students with a revised timetable shortly.

The schedule will be as follows:

Period 1	8:40 am to 9:55 am
Period 2	10:00 am to 11:15 am
Common Lunch	11:15 am to 12:35 pm
Period 4	12:35 pm to 1:50 pm
Period 5	1:55 pm to 3:10 pm

Feb. 11-16: Report Cards sent home

Semester 1 Report Cards will be sent home via students' GAPPS accounts.

We recognize that you and your child may have questions regarding this information. Please contact the school administrator to discuss any questions.

If you have concerns about how your child may be affected by the current circumstances, including any concerns related to mental health, help is available. Resources and supports related to student mental health can be accessed through [YRDSB COVID-19 Mental Health Resources for Students and Families](#). If you ever have an immediate safety concern for your child, including risk of suicide, please contact your local hospital or emergency services by calling 911 immediately.

We remain deeply committed to supporting our students and families as we continue to navigate the effects of COVID-19 on education. If our school can support your family, we encourage you to connect with us.

Please take care,

Ms. Sheri Epstein
Principal

News From Guidance

@WCI Guidance

Jan. 22 to Feb. 5, 2021

WELCOME
TO
GUIDANCE



YOUR GUIDANCE DEPARTMENT MISSION STATEMENT

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

-Ontario School Counsellors' Association

HAPPY NEW YEAR AND HAPPENING NOW

Another Shut Down but Guidance is OPEN

Please reach out to your ALPHA Counsellor by email. ***Due to the high volume of emails, please allow for 1 to 2 schools days for a reply.***

Your Counsellor will respond in the appropriate method: email, phone or on-line meeting.

Guidance Counsellors are using Zoom for virtual meetings. If a student sets up a zoom meeting we would prefer the student's camera to be on. Otherwise, a phone call would suffice.

Mrs. C. Pearlstein, *Guidance Secretary*
cindy.pearlstein@yrdsb.ca

Mrs. C. Jackson
Last Name Alpha: I to N
cynthia.jackson@yrdsb.ca

Mr. R. Conte, *Head of Guidance*
Last Name Alpha: A to H
roderick.conte@yrdsb.ca

Mrs. N. Popiel
Last Name Alpha: O to Z
natasha.popiel@yrdsb.ca

GRADE 12s! APPLICATION DEADLINES ARE APPROACHING

Apply to an Ontario college or university?

Application Process for both NOW OPEN and DEADLINES fast approaching

Ontario University: <https://sites.google.com/site/wciguideance/university>

PAST DUE: January 15, 2021

@WCI Guidance #wcigrad

Ontario College: <https://sites.google.com/site/wciguideance/college>

Application Due: February 1, 2021

@WCI Guidance #wcigrad

News From Guidance

HAPPENING NOW - Semester 2 Timetable Changes

Virtual School and Adaptive (Face-to-face) students have all been contacted with a list of their courses they requested for semester 2. They were instructed to submit a change form only if a correction to their course selection was necessary. Otherwise, no action was required.

Based on that information, the school has reprogrammed semester 2 and timetables are done. Virtual School will begin the programming of semester 2 the week of Jan. 25th.

Adaptive (Face-to-face) students who may have issues with their semester 2 timetable after the reprogramming will be contact by the Guidance Team over the next few weeks. Please stay tuned and thanks for your patience.

PLEASE DO NOT EMAIL OR CALL YOUR COUNSELLOR REGARDING YOUR SEMESTER 2 TIMETABLE! If you submit the required google form (Virtual or Adaptive), you will be contacted to sort out your timetable at the appropriate time.

For full instruction and updates please bookmark

<https://sites.google.com/site/wciguideance/timetable-changes>

[@WCIGuidance](#) #wcitimetable

HAPPENING NOW - Course Selection for the 2021-22 School Year

It's time to pick courses for next year. The process has begun. All students were emailed instruction Friday, January 16th. The email outlines the "how to" and provides resources. All students now have access to a Course Selection Google Folder. The folder contains EVERYTHING you need to complete course selection. This folder can ONLY be accessed with a GAPPS account. Family members will need to access this information with their child. "Drop-in Zoom Workshops" for students are planned for the week of February 8th. Counsellors will be available to meet with students and their family members as of February 16th.

Go to <https://sites.google.com/site/wciguideance/course-selection> for detailed information and timelines. More importantly, follow us on Twitter [@WCIGuidance](#) #wcicourseselection

Stay connected and "in the Loop"

Bookmark the [Guidance Department's website](#) It will be the "go-to" for all relevant information pertaining to school for all grades.

Now more that ever, please follow [@WCIGuidance](#), [@WCI_YRDSB](#) on Twitter for real time notifications. During this time, social media has become the most effective way of communicating information.

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

WCI Spirit Day Committee

With the end of semester approaching, and the current lockdown we understand this is a very stressful time. With that in mind, the WCI Spirit Committee thought everyone could benefit from WCI Mental Health Week! Throughout the week of January 25-29, we will be sharing daily mental health reminders and suggestions on how to practice self-care. Hopefully, we can make this last week of the semester easier on us all. #WCIMentalHealthWeek #WCILetsTalk

WCI Spirit Day Committee Presents...

**Mental
Health
Week**

January 25-29

**#WCIMentalHealthWeek
#WCILetsTalk
#BellLetsTalk**

Ongoing Open Registration for 2020-2021 Adult ESL, LINC & LBS Programs

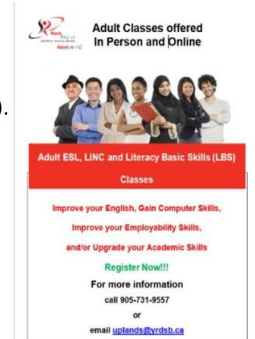
English as a Second Language (ESL); Language Instruction for New Comers (LINC); and Literacy and Basic Skills (LBS) Classes

YRDSB offers Adult **English as a Second Language (ESL)** programs for those who want to develop effective language skills in speaking, listening, reading, and writing for daily life in Canada. We also offer specialized classes in *Citizenship* and *Conversation*.

Adult ESL Program Registration – In person and online options available!

1. Email uplands@yrdsb.ca or call **905-731-9557** with the following information:
 - your first and last name
 - your telephone number
 - CLARS identification number (those without a CLARS number will require an assessment, please contact us for further assistance).
2. Our office will contact you if additional documentation is required.
3. Visitors to Canada may also register and attend for a fee of \$10 per day, per class.

For an assessment or to register, please call: 905-731-9557



If you are interested in improving your digital skills, want to work on your resume or interview skills, or prepare to take your GED exam, our Literacy and Basic Skills (LBS) program is for you!

Literacy and Basic Skill Assessment – In person and online options available!

1. Email uplands@yrdsb.ca or call **905-731-9557 Ext. 307** with the following information:
 - your first and last name
 - your telephone number
 - tell us that you are “*interested in the LBS program*”

NOTE: Due to the high volume of inquires, it may take a few days to receive a reply communication from our office. We appreciate your patience.

Thank you for your interest in our programs. We look forward to serving you.



February, 2021

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

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. **Mondays February 1/21 from 7:30 to 9:00 p.m.**

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. **Mondays February 1/21 from 7 to 9 p.m.**

WIDOW/WIDOWERS under 68 BEREAVEMENT- A six session evening group for men and women **under 68 years of age** and who have recently lost a partner or spouse. Topics to be discussed may include: coping with grief, living with loneliness, changing relationships, and new beginnings. **Tuesdays February 2/21 from 7:30 to 9 p.m.**

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. **Tuesdays February 2/21 from 7:30 to 9 p.m.**

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. **Tuesdays February 2/21 from 7:30 to 9 p.m.**

WIDOW/WIDOWERS 68+ BEREAVEMENT- A six session daytime group for men and women **over 68 years of age** and who have recently lost a partner or spouse. Topics to be discussed may include: coping with grief, living with loneliness, changing relationships, and new beginnings. **Wednesdays February 3/21 from 1:30 to 3 p.m.**

MIND, BODY, CONNECTION for Women PART 1: Join us in a six session group for women who want to begin learning the practice of mindfulness and meditation in a safe and supportive group setting. Topics will include: stress and anxiety reduction, connecting with your mind and body, enhancing your self-worth and self-esteem, and learning about general relaxation and happiness. **Thursdays February 4/21 from 1:30 to 3 p.m. (afternoons) OR 7 to 8:30 p.m. (evenings).**

THE JEWISH RAINBOW ALLIANCE- Join us for a support group for parents who are allies of LGBTQ+ individuals. Monthly meetings. **Wednesday February 10/21 from 7 to 9 p.m. Registration is required.**

EFFECTIVE PARENTING- A four session group to help parents of children ages 2 to 10 years, learn what they can do to raise a happy, motivated and well behaved child. Topics include: how to; nurture self- esteem, encourage problem solving, increase communication and set appropriate limits and discipline. **Mondays February 22/21 from 7 to 9 p.m.**

HIGH CONFLICT DIVORCE- A workshop for parents wanting to develop strategies and techniques to deal with a High Conflict situation and help to lessen the impact of that conflict on their children. This workshop is not for individuals in an abusive situation. **Tuesday February 23/21 from 7 to 9 p.m.**

MIND BODY CONNECTION FOR WOMEN PART 2- Join us for a 6 session series that continues building on the practice of Mindfulness for those who have already taken the part 1 group. Topics include: reducing stress and anxiety; gaining insights into limiting thoughts and habits; exploring self-worth and self-esteem; fostering positivity and happiness. **Wednesdays February 24/21 from 1:30 to 3 p.m. OR 7 to 8:30 p.m.**

LOOKING AHEAD; LIFE AFTER SEPARATION- A 6 session group for individuals who are separated and wanting to explore the issues of: coping with change; feelings of anger and loss; living alone and loneliness; resources for a new lifestyle. **Wednesdays February 24/21 from 7:30 to 9 p.m.**

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 and are eligible for fee reductions. For more information or to register please call Shawna Sidney at 416-638-7800 Ext # 6215 or go to our website at www.ifandcs.com/groups

JF&CS

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

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

FEBRUARY 2021

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

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

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.

Monday, February 1 | 7:30pm-9pm

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.

Monday, February 1 | 7pm-9pm

WIDOW/WIDOWERS under 68 BEREAVEMENT

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

Tuesday, February 2 | 7:30pm-9pm

ADULT CHILDREN LOSING A PARENT

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

Tuesday, February 2 | 7:30pm-9pm

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.

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Wednesday, February 3 | 1:30pm-3pm

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

Thursday, February 4 | 1:30pm to 3pm
OR
Thursday, February 4 | 7pm-8:30pm

THE JEWISH RAINBOW ALLIANCE

Join us for a support group for parents who are allies of LGBTQ+ individuals. Monthly meetings. Registration is required.

Wednesday, February 10 | 7pm-9pm

EFFECTIVE PARENTING

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

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Tuesday, February 23 | 7pm to 9pm

MIND BODY CONNECTION FOR WOMEN PART 2

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

Wednesday, February 24 | 1:30pm to 3pm

OR

Wednesday, February 24 | 7pm to 8:30pm

LOOKING AHEAD; LIFE AFTER SEPARATION

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

Wednesday, February 24 | 7:30pm-9pm





FREE ENGLISH AS A SECOND LANGUAGE CLASSES FOR ADULTS



Adult English as a Second Language & Citizenship Classes
 Improve your listening, speaking, reading and writing skills
 Communicate with confidence in English

Sem 1: September 11, 2019-January 22, 2021

Sem 2: January 27, 2021-June 12, 2021

MARKHAM & UNIONVILLE	DAY	TIME
Milliken Gospel Church 8 Elson Street (East of McCowan, North of Steeles) L3S 2C4	Monday to Friday	9:00-12:00 pm
Unionville Alliance Church 4898 16th Avenue (North Side, Between Kennedy Road & McCowan) L3R 0K6	Monday to Friday	8:30-11:45 pm 12:45-4:00 pm
NEWMARKET & AURORA	DAY	TIME
Bethel Church 333 Davis Drive, (East of Yonge) L3Y 2N6	Monday to Friday	9:00-12:00 pm
RICHMOND HILL	DAY	TIME
Community Education Center Central 317 Centre St, Richmond Hill (West of Bayview, North of Major Mackenzie Dr) L4C1B3	Monday to Friday	9:00-12:00 pm
Richmond Hill United Church 10201 Yonge St (North of Major Mackenzie Drive) L4C 3B2	Monday to Friday	9:00-12:00 pm
STOUFFVILLE & GEORGINA	DAY	TIME
EastRidge Evangelical Missionary Church 12485 Tenth Line (North of Main Street) L4A 7X3	Monday to Friday	9:00-12:00 pm
THORNHILL	DAY	TIME
Uplands Community Learning Centre 8210 Yonge Street (South of Hwy #7, west side of Yonge Street) L4J 1W6	Monday to Friday	9:00-12:00 pm 12:30-3:30 pm
	Monday to Thursday	7:00-9:00 pm
DISTANCE LEARNING CLASSES /ON LINE CLASSES		
ALL CANADIAN LANGUAGE BENCHMARK LEVELS	Monday to Friday	9-12:00 pm
		12:30-3:30 pm
		3-2:30 pm
		4-7:00 pm
		6-9:00 pm
Monday, Wednesday, Friday	12:30-3:30 pm	
Monday to Thursday	6:30-9:00 pm	
Saturday	9-12 pm	

For more information
 Call 905-731-9557 or 905-305-4122 or email Uplands@yrdsb.ca