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Attendance: 905.882.0277 x 238

Westmount CII



Principal: Sheri Epstein

Vice-Principal: Barb Caravella

Vice-Principal: Todd Taylor

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

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Westmount CI

Hello Westmount Families and Community Members,

At this point, we are really into the swing of things and school is “rocking and rolling”! We are amazed and so proud of all our students, staff, and parents – everyone is on board and making the very best of our current situation! The successes we are experiencing are because we are truly a WCI community!

We would like to thank all the parents, students, and teachers who completed our (almost) mid-semester “wellness” check-in survey. We have received just over 270 responses from students, 315 from parents, and over half of our teaching staff. This is important information and we look forward to triangulating the data once the results are in. The survey closes at 3:00 pm today and we hope you provided us with some feedback. Your voice is very important to us!

We would like to thank everyone who was able to participate in our first virtual Parents’ Night, which took place this past Wednesday. Our teachers really enjoyed meeting all the parents who had made appointments and felt the conversations were enjoyable and impactful. If you were not able to meet with a teacher and/or you now have some things you wish to discuss please reach out directly by email. Our staff are always happy to speak with you.

Wednesday, November 4th is Grade 9 “Take Your Kids to Work Day”. All grade 9 students have received information about this annual event directly to their GAPPS email account. As well, all permission forms were sent to all parent emails. Please ensure that your grade 9 child/student has selected one of the two options available – virtual job shadow with family member/friend or participating in board created event – and that all permission forms are returned appropriately.

On Thursday, November 5th we will be hosting our first virtual ARTS Westmount Open House. This event will be important for all those grade 8 or grade 9 students and families who would like to find out more about the ARTS program, what it entails, and the application and audition process for this year. Please share the information with any friends and neighbours who might be interested. The link to the virtual ARTS Westmount Open House will be posted on our website by noon on Thursday, November 5th.

Graduating students should be paying attention to all the “tweets” from the Guidance department, as there is some very important information. Next week, November 2nd to November 5th, our Guidance counsellors will be visiting all of the Grade 12 classes during the Face2Face block and sharing important graduation information with them. On Friday, November 6th the Guidance counsellors will be hosting a Zoom meeting for those Grade 12s who have a period 5 spare and for those who attend Virtual School.

On November 10th WCI is hosting its annual Grade 9 Information Evening. This is a very important event each year as this is our opportunity to welcome grade 8 students and families into the building to learn about high school and what Westmount CI has to offer. This year our event will be virtual. We will share details with our elementary partner schools soon and will have the links to attend this event posted on our school website that day as well. Please share this information with any friends and neighbours who might be interested in attending.

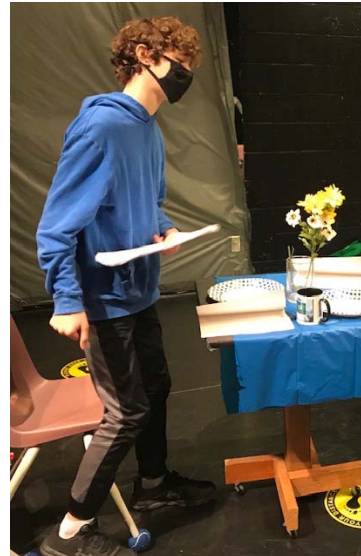
Our next School Council meeting is Wednesday, November 11th. Our topic will be Course Selection Process and Pathways. We will also address many of the questions that were raised in the parent survey sent out this past week. We hope that you can join us for this wonderful event. Zoom links will be shared by email. Please check out the School Council flyer in this bulletin for more details.

Friday, November 13th is our first PD Day of the semester. On this PD Day, the staff will be spending the morning learning more about Autism Spectrum Disorder and during the afternoon, the departments will be looking at the importance of culturally relevant resources in all courses.

Thank you, as always, for all your support during these strange times; it is felt and appreciated!

ArtsWest Drama—Gr.9

Ms. Lambert's Grade 9 Arts West class (cohort A) in rehearsal mode for their one-act play performance. Costumes and masks in full force!



“Take Our Kids To Work Day” for Grade 9 Students - November 4:

“Take Our Kids To Work” (TOKW) is a national initiative that provides grade 9 students with the opportunity to observe a work environment or engage in pathways planning for one day. Due to COVID restrictions, on Wednesday, November 4, 2020, grade 9 students will take part in virtual, dynamic and engaging activities, designed by the Board, that will support them with pathways planning.

These opportunities will allow students to participate in a scheduled, live stream event from 12:30 pm to 3:00 pm hosted by the Board's Pathways Team or to participate in a virtual job shadow with a parent/guardian/relative/neighbour/friend.

Grade 9 students will attend their morning block either in person or online according to their assigned cohort. The TOKW activities will commence in the afternoon at 12:30.

Communication to students and parents/guardians is forthcoming centrally via student GAPPS accounts including informed consent, a link to the event, a reflection guide, with an opportunity to ask questions throughout the afternoon.

We hope that all of our grade 9 students will participate in this worthwhile experience. Should you have any questions about this event, please feel free to contact the Guidance department or main office.

Community Involvement Hours Update:

For the 2020-21 school year, the Ministry of Education is revising the 40-hour community involvement graduation requirement so that students will not be adversely impacted by the ongoing challenges related to the pandemic.

For **students graduating in the 2020-21 school year**, the community service hours will be reduced to a **minimum of 20 hours** of community involvement activities. This helps to recognize that graduating students have had barriers to earning their volunteer hours in the last school year and there may be continued barriers this school year.

In addition, the Ministry is providing increased flexibility in how all secondary students can earn hours in 2020-2021. Students aged 14 years and older may count up to a maximum of 10 hours from paid employment towards their earned hours.

If you are interested in what volunteer opportunities are available and/or eligible, please reach out to the Guidance Department before beginning any volunteer work.

This is certainly welcoming news for our students to help alleviate some of the questions and concerns they have had related to completing a high school diploma during a pandemic. If your child will be venturing out in the near future to volunteer in the community, they are reminded to follow the public health recommendations so that they stay safe and have an enjoyable experience.

Peer Tutoring

For students who need help in any subject (typically english, math/science or other subjects), Grade 9-11 doing homework, studying, understanding concepts, etc.

1. **Follow @wci_peertutors on Instagram and join the Google Classroom for peer tutoring (code: dndk4e5)** for updates, announcements and resources. *We encourage every student to do this, even if they do not plan on coming to sessions frequently*
2. Mark your calendars that there is peer tutoring every Wednesday after school at 3:20 on Google Meets. Next session is November 4, 2020.
3. If you are planning on coming to the meeting, let the presidents of peer tutoring know your name, grade, and subject you need help with so that you can be pre-paired with a tutor. Do so by direct messaging @wci_peertutors on Instagram or emailing Amy, one of the presidents, at 073187080@gapps.yrdsb.ca *This is not required but is recommended to make it easier for the tutors. Students who do not do this step are still welcome to come*
4. On Wednesday at 3:20 (NOT 3:10), join the Google Meet using this link: meet.google.com/xpk-gwdg-efu

All information regarding peer tutoring will be updated on Classroom as the year goes by, so it is very important that students have access to this up-to-date information

A Message from the Student Success Department:

Attention Grades 9, 10, and 11 students! The peer tutoring club is hosting virtual tutoring sessions on Google Meet every Wednesday at 3:20. If you need help understanding course material, studying for a test, or doing homework, feel free to join us in our Meet! Follow our instagram @wci_peertutors and add our Google Classroom (code: dndk4e5) for more information!.

Arts West Information Night

We have changed our ARTS West Information Night to **Thursday November 5th**. Please let any friends and neighbours know about our new date. This Information Night will be a virtual event.

Details about how to access the evening will be shared soon.

Extra Curricular Activities:

We are happy to share that we have received permission from the Board and Public Health that we may resume modified extracurriculars this year. We know that many students are anxious to join a club and we will be using the school's Twitter and Instagram (@WCI_YRDSB). Clubs are a great way to meet other students and engage in rich opportunities. Please encourage your students (regardless of grade) to consider joining any of our clubs/teams.

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, 2015

Guidance is OPEN but doing things differently

Please reach out to your ALPHA Counsellor by email. Your Counsellor will respond in the appropriate method: email, phone or on-line meeting. In order to minimize personal contact, please do not walk into Guidance. Please e-mail us first and we will take it from there.

Contact Information: **Please note the change to the ALPHA allocation.**

Mrs. C. Pearlstein, Guidance Secretary

E-mail: cindy.pearlstein@yrdsb.ca

Mr. R. Conte, Head of Guidance

Last Name Alpha: A to H

E-mail: roderick.conte@yrdsb.ca

Mrs. C. Jackson

Last Name Alpha: I to N

E-mail: cynthia.jackson@yrdsb.ca

Mrs. N. Popiel

Last Name Alpha: O to Z

E-mail: natasha.popiel@yrdsb.ca

HAPPENING THIS WEEK

Apply to an Ontario college or university

Grade 12 OUAC PINS for Ontario university applications have been emailed to our grade 12 students via their GAPPS account. Students applying to an Ontario college do not require a PIN and can begin their application anytime. Go to <https://sites.google.com/site/wciguideance/graduation> for more information and resources. **#wcigrad**

Ontario College and University Application Process, Grade 12 Class Visits

November 2 to 5, 2020

The Guidance Team will visit all grade 12 classes to go over the post-secondary application process and other important information regarding graduation. <https://sites.google.com/site/wciguideance/home> **#wcigrad**

Ontario College and University Application Process, Grade 12 ZOOM Assembly Friday, November 6, 2020

The Guidance Team will have a zoom assembly for students at virtual school and students with a period 5 spare. Student my register in advance to attend.

<https://sites.google.com/site/wciguideance/home> #wcigrad



Ontario College & University Application Process

The Guidance team will be safely visiting Gr. 12 Classes to review the application process for Ontario colleges and universities.

Period 5, Rotation 4 (both cohorts): Nov. 2nd through 5th

For our virtual school grade 12 students, and grade 12 student who have a period 5 spare at Westmount, Guidance will have a zoom assembly

Friday, November 6 @ 11:45 a.m. to 12:15 p.m.

Student must register for the zoom assembly by e-mailing
cindy.pearlstein@yrdsb.ca

Grade 11 Check-in Class Visits – December 7 to 10, 2020

The Guidance Team will visit all grade 11 classes and go over what student need to begin thinking about and to prepare for their grade 12 year. **#wcigr11**

Stay connected and “in the Loop”

We will be relying more on our [Guidance Department's website](#) as an information platform. It will be updated with any relevant information you need to know. **Bookmark this page on your personal device or computer and check in every now and then.**

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.



School Council Meeting

Wednesday, November 11, 2020

7:00 pm—8:30 pm— via Zoom

Please join us on Wednesday to learn more about
Course Selection Process and Pathways

How do students choose courses?
What happens after my child chooses their courses?
How do you create the timetable?
What are the real impacts of taking Academic vs.
Applied courses?

*As well we are going to answer/address a number of
the questions and concerns that were raised through
our Parent Survey*

Our Guest Speakers will be the WCI Admin team—Ms.
Epstein, Ms. Caravella and Mr. Taylor

If you are interested in attending this very informative
session please send an email to
Westmount.ci@yrdsb.ca. Include your name and
zoom display name by noon
on November 11th. The
Zoom link will be sent by
3:00 pm that day!





WESTMOUNT WOLFPACK

Throw Me To The Wolves And I Will Return Leading The Pack

Our Pack Leaders are ready to Mentor!

Great News!

Westmount Wolf Packs have been formed and our Pack Leaders are ready to meet their grade 9 pups.

During the week of November 2nd our grade 12 Wolf Pack Leaders will be reaching out to their grade 9 student mentees via their GAPPS email account.

Pack Leaders have been assigned to students at Virtual School and Westmount period 1 classes. If you have a student in grade 9, they should hear from their Pack Leader by Friday, Nov. 6th. If they do not receive a "hello" email by then please have your student message

Mr. Conte in Guidance at roderick.conte@yrdsb.ca

This year our Wolf Packs will be ZOOM Packs. All mentoring will be done virtually. Your grade 9 student will have a senior student they can go to regarding anything school related.

We are excited to kick-off our grade 9 student mentorship program. We sincerely believe that our Pack Leaders will help our grade 9s navigate through this unprecedented and sometimes challenging year.

If you have any questions or comments regarding the Westmount Wolf Pack please reach out to Mr. Conte in Guidance at roderick.conte@yrdsb.ca

@WCIGuidance #wciwolfpack

Accelerated OYAP and Apprenticeship College Information Night

Join us on a night to learn about Apprenticeship Pathways and our Accelerated OYAP Program!
You should attend this information night if:

- you are a Grade 12 student who is planning on entering the Skilled Trades;
- you are a Grade 10 or 11 student who would like more information on this program to better prepare for this pathway, OR;
- you are the parent/guardian of a grade 10-12 student who is considering a career in the skilled trades.

Hear from these College training partners about the following skilled trades
pathway opportunities!



Cook and Baker



COLLEGE OF
CARPENTERS
AND ALLIED TRADES

Carpentry



Refrigeration and Air Conditioning (HVAC)
Service Technician



Automotive Service / Motorcycle Technician and
Truck and Coach Technician

Seneca

Child Development Practitioner (ECE)

When: Thursday, October 29, 2020 @ 7:00 pm via [Zoom Link](#) or
Tuesday, November 3, 2020 @ 7:00 pm via [Zoom Link](#)

REGISTER HERE! http://bit.ly/OYAP_OPENHOUSE

A confirmation of your registration and the Zoom link for the information night will be sent to your email address.

Agenda:

- 7:00pm Overview of OYAP Program
7:30pm Breakout College Session for specific Skilled Trade program
8:15pm Closing Session



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

groups & workshops

OCTOBER & NOVEMBER 2020

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

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.

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, October 13 | 7:30pm-9:30pm

THE JEWISH RAINBOW ALLIANCE

Join us for a support group for parents who are allies of LGBTQ+ individuals. Monthly meetings. **Pre-registration is required.**

Wednesday, October 14 | 7pm-9pm

MINDFULNESS; THE ART OF LETTING GO

Join us for a one session workshop providing the tools to successfully release negativity and begin to foster positivity, happiness and feelings of well-being. Topics include: becoming more self-aware; creating a gap between stimulus and response; learning to release negative thoughts and emotions; paying attention to the wisdom of the body and fostering positive emotions.

Sunday, October 25 | 9:30am-12:30pm

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.

Monday, October 26 | 7pm-9pm
OR
Tuesday, November 24 | 7pm-9pm

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.

Tuesday, October 27 | 1:30pm-3pm
OR
Thursday, October 29 | 1:30pm-3pm

ONE FAMILY, TWO HOMES

A six session series for parents experiencing separation and divorce. 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.

Tuesday, October 27 | 6:30pm-8pm

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.

Tuesday, October 27 | 1:30pm-3pm
OR
Tuesday, October 27 | 7pm-8:30pm
OR
Wednesday, October 28 | 1:30pm-3pm

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, October 27 | 7:30pm-9pm

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 along and loneliness; resources for a new lifestyle.

Wednesday, October 28 | 7:30pm-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.

Thursday, October 29 | 1:30pm-3pm
OR
Thursday, October 29 | 7pm-8:30pm

MIND BODY CONNECTION FOR MEN

Join us for this new 6 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.

Thursday, October 29 | 7:30pm-9pm

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.

Wednesday, November 4 | 7:30pm-9pm

SKILLS FOR EMPOWERED LIVING FOR WOMAN

A six session wellness group for women wanting to discuss relevant issues and wanting to make a change in their lives. Topics include: Time and stress management; building self-esteem; becoming more assertive and improving communication skills.

Wednesday, November 4 | 7pm-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.

Thursday, November 5 | 7:30pm-9pm

SUCCESSFUL STEP PARENTING

A four session group for step-parents wanting to reduce the isolation that can be felt in blended families. This group will support families through the challenges they are experiencing and provide information so parents have a more realistic understanding of their blended family. Topics include: the myths and realities of step families; blending your parenting styles; the role of discipline in a blended family; and how to build and maintain a strong couple relationship.

Thursday, November 5 | 7pm-9pm

THE JEWISH RAINBOW ALLIANCE

Join us for a support group for parents who are allies of LGBTQ+ individuals. Monthly meetings. **Pre-registration is required.**

Wednesday, November 11 | 7pm-9pm

WORKSHOP- MINDFULNESS; HOW TO LOVE YOURSELF

Join us for a one session workshop that will foster self-compassion and cultivate resilience and better self-motivation. Topics include; the theories, science and proven approaches to self-compassion; using meditation; and self-motivation using kindness rather than criticism.

Sunday, November 15 | 9:30am-12pm

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.

Thursday, November 19 | 7pm-9pm

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, November 10 | 7pm-9pm

MASTERING YOUR SEPARATION

Join us for a one session workshop to learn how you can be the master of your own separation. Topics include: understanding separation concerns; discovering your own emotional triggers; creating self-worth and self-awareness during the separation process; learning strategies for maintaining emotional control; differentiating between the legal separation and the emotional separation; becoming a better you and creating your own mindfulness tool box.

Sunday, November 29 | 9:30am-1:30pm



COMMUNITY RESOURCES & SERVICES IN YORK REGION

YOUTH PROGRAMS
&
STUDENTS/PARENTS
VOLUNTEER
OPPORTUNITIES

MONDAY, NOV 2ND, 2020

3:30 PM

ONLINE ZOOM MEETING
ENGLISH & TURKISH



For information please contact:

Fairouz Alatabeh; Phone: 416- 807- 8014

Email: falatabeh@ccsy.org

Ayse Yigit; Phone: 416-832-5937

Email: Ayse.yigit@yrdsb.ca

- Learn about important resources & services in York Region
- Learn about volunteer opportunities and youth programs
- Get involved in Building Your Community

Settlement and Education Partnership in York Region



A Partnership Program of:



Funded By/Financed Par:



Immigration, Refugees and Citizenship Canada

Immigration, Refugees and Citizenship Canada

