



Zion Heights MS strives to promote the social, emotional & physical well-being of Zion students.

Teachers supervise clubs & activities in the morning, at lunch and afterschool:

Art Club
Choir
Tech Club
Planes, Trains and Automobiles Club
Basketball
Volleyball
Dodgeball
Student Council
Chamber Strings
Junior Strings
Kids. Now
After School Math



Susan Sidlofsky
Principal

Laura Jones,
Vice-Principal

Office Hours:
8:30 am - 4:30 pm
416-395-3120

Kay Song
Phouvieng Sackda
School Council
Co-Chairs

Elizabeth Addo
Superintendent

Alexander Brown
Trustee



Zion Heights News

February 2017



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Message from the Office...

We have now entered into our second term. This is a very busy time of year with report card interviews on February 16 & 17. Zion Heights Parents are asked to make appointments with the electronic booking system which opens Feb. 13 at 7pm: <https://zionheightsms.schoolappointments.com/>.

Students at Zion are busy participating in the various clubs, intramurals and activities. We are so proud of our Zion students! We will continue to work hard to support their intellectual, physical and social-emotional development!

February is Chinese Heritage Month

The Toronto District School Board is proud to recognize February as Chinese Heritage Month for the first time. During this month, we celebrate the energetic culture and traditions of the Chinese community with students, staff and community members.

The Chinese community is integral to the growth and success of the City of Toronto and Canada. As we celebrate Canada's 150th anniversary this year, Canadians remember and appreciate the Chinese workers who helped build the Canadian Pacific Railway that united our country.



Robotics Team

Over the past months, we have endured countless hardships. Our practice tournament wasn't great, yet we practised endlessly. When the time came for the qualifying tournaments, we were more ready than ever. In the beginning we thought that winning was everything. Only later on did we realize that working as a team was the most important part. We ended up doing amazing in the qualifying rounds to then reach the Provincials.

We started and ended our journey together. We thank our mentors and coaches, Ms. Tsoy, Ms. Thompson, Ms. Manu, and everyone else who has supported us along the way.

Jessie W., Justin L. and Ronald Y.

February is African Heritage Month

African Heritage Month is an opportunity for the experiences, contributions and achievements of African Canadians to be affirmed.

This year's theme is "Celebrating 150 years of African Heritage." The month will focus on the contributions peoples of African descent have made to the fields of Science, Technology, Engineering and Math (STEM), and the Rites of Passage Process.

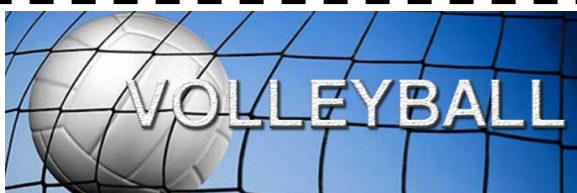


Zion Apparel p. 4

Zion Heights Athletic Council

Rachel Ma, 82

Zion Heights Athletic Council is composed of a group of lively, volunteer-based grade 8 students, who dedicate their time to organizing fun-filled activities with the thoughts of our fellow Zioners in mind. Working together every week, our dedicated team has arranged a variety of spirited events, from candy-cane-o-grams to house league sports. With uplifting and supportive attitudes, our council demonstrated individual responsibilities for the first time this year during candy-cane-o -gram sales. Every member put in maximum effort, individually and as a team. After pre-discussed roles - such as announcers, poster creators, and tag artists - the council put in the time and effort to cooperate and manually put the tags and candies together. Successfully selling hundreds of candy cane-o-grams, the proceeds were donated to the Right to Play Foundation, in hopes to promote physical fitness and fun outside of the school environment.



Congratulations on the grade 7-8 Boys Volleyball Team for such an amazing season!

Everyone worked very hard, practicing for months. Throughout the season, everyone played very well, defeating Lester B. Pearson and Cummer Valley Middle School, earning 10 points in the first round. Going into the Quarter-Finals, every player was much more confident, which led to the overall success of the team. In a heated battle, Zion came out on top, earning a spot in the Semi-Finals. Zion continued to fight hard, losing in an extremely close game against Don Mills. The team made Zion very proud. Zion would like to thank all of the players on the team:

- | | |
|-------------------|----------------------|
| * Fred Min | * Ali Shagagi |
| * Frick Wu | * De Angelo Hinckson |
| * Isaac Bae | * Averey Lew |
| * Jonathan Peters | * Joshua Kang |
| * Mason Gillick | * Arda Utku |
| * Amin Paltoo | |

Also, special thanks to Coach Lew and Ms. Del Sole for coaching the Volleyball Team. Zion thanks you for your assistance!

Grade 7&8 Girls Basketball

Zoe Dukas 85

You may not believe me, but I have news about Zion Girls Basketball: good news, and better news.

With a minute left on the clock...

The score is tied!

The girls basketball team wins their first game against Windfields after scoring a three-pointer with only a few seconds left to the buzzer.

The girls continued to have a great season, crushing teams throughout. However, the girls took a tough home game loss to returning city champions, Glenview. They were just one win short of making it to playoffs. Big thanks to Coach Clairemont, Mr. Gardziejczyk & the Team for an amazing season. Gooo Zion!



Cross Country Team - Mickey Lai 85

What do runners do when they forget something? They jog their memory! Get it? Jog? Well, October was the month of jogging along with wet and muddy shoes. However, even though it was chilly and cold, Cross Country ended up as a huge hit. Many grade 6, 7, and 8 student athletes trained and trained for about a month before the first meet. It was definitely a fun and exciting season, but also a messy and tiring one. We pushed ourselves to wake up in the morning and go for training or stay after school instead of hanging out with our friends. From there, the race began and some of us made it round after round to the City Finals. Thanks to Mrs. MacArthur and Mrs. Cattell for training us hard! We wouldn't have been able to do it without you guys. Congratulations to the girls grade 8 team who came third at the regional meet, with their whole team qualifying to Conference Finals. We also had 13 runners run at the City Championships. Congratulations to everyone who was a part of the cross country team!

What's in a Name?



Can you figure out each word?



Zion Art Room



Zion Heights M.S.

Schedule of Events

- Feb. 15** Zion Cultural Luncheon
- Feb. 16** Parent / Teacher Conferences
6:30—8:30 pm
- Feb. 17** Parent / Teacher Conferences
9:00—11:30 am
- Feb. 20** Family Day School Closed
- March 13** March Break Begins
- March 20** School Resumes



Zion School Apparel !!!

Zion Heights MS has a NEW re-branded school logo. The new look is of a lion's head forming a shield that is guarding and protecting the letter Z which is our school. Together they form a school crest that is powerful, dynamic, brave and contemporary — reflecting our students and staff, academically and athletically.

With this new logo — we are excited to launch an entire line of school apparel for students, staff and parents. Although purchasing is optional — we encourage our school families to take part in buying the new school apparel which supports fundraising efforts for the school. By wearing the branded apparel we can: boost school spirit and pride, project a more modern image and promote awareness of Zion Heights MS in our community.

The School Council wants... YOU!

- ◆ Attend meetings
- ◆ Meet parents
- ◆ Have your voice heard

Next Meeting

April 26, 2017 6:45 pm
In the Staff Room

Breakfast Blast!

Breakfast is the fuel that children need to get ready for their day. It is important for children's learning as it helps them focus better at school. A balanced breakfast includes food from at least 3 or 4 food groups from Canada's Food Guide.

Try these quick and easy breakfast ideas:

- ◆ Ready-to-eat cereal (e.g., multigrain, wheat or oat) topped with sliced banana and yogurt
- ◆ Cheese on whole wheat toast, pear, 100% fruit juice
- ◆ Veggies and cheese wrapped in a whole wheat tortilla
- ◆ Whole wheat bagel, hard boiled egg, orange, chocolate milk
- ◆ Baked beans in whole wheat pita pocket, milk, a piece of fruit

The Nutrition Program

started this school year has been hugely successful, with over 100 students benefitting from this program every day. Ms. Sidlofsky has expanded the program to offer hot items too! Please consider bringing food donations to the school in support of the Nutrition Program. There is no need to sign-up anymore. Parents can drop-off food donations at the office or send it with their child. Better yet, come into the school and see the program in action!

Breakfast program is open
8:25—8:40 each morning!

Monday — *Cereal*
Tuesday — *Grill cheese*
Wednesday — *Waffles*
Thursday — *Egg Muffin*
Friday — *Samosas*

Milk, carrots, celery, and fruit are always available daily.

The most needed items are eggs, cheese and fresh fruits and vegetables, but all donations are welcome.

Thank you for your kind **SUPPORT!**

