



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

June 2017



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## Message from the Office...

Another year has come to an end! Zion students stimulate your creative side over the summer. Explore. Learn. Rest.

Students at Zion will be out exploring and learning in their local and global communities. Perhaps they will read a book, take up a new hobby, or develop a new skill, maybe they will fulfill a personal goal. Who knows where their explorations will take them! Wherever you go and whatever you do we wish you a restful break!

We are and remain so proud of our Zion students!

## Arts in the Parks: Free Arts Events in a Toronto Park Near You

Toronto has become an international summer hotspot as our city buzzes with energy and culture during those blissful summer days and nights. For a second year, Toronto will be coming alive as never before with an exciting new initiative called Arts in the Parks. Think music, theatre and dance, film, arts installations and performance. Everywhere throughout the city from Etobicoke to Scarborough and North York to the downtown core. All of it completely family-friendly and free! It's the biggest, most inclusive arts initiative that Toronto has ever seen.

Visit [www.artsintheparksTO.org](http://www.artsintheparksTO.org) for full events listings, dates and details.



## Chess at Zion Heights!



The top school teams from elementary grades of Ontario and Quebec meet every year in Kingston for an inter-provincial Chess Tournament. This year, Zion Heights Middle School was one of the representatives in the K-6 section. Our team of Jonathan Zhao, Wing L., Eric W., and Mark S. came second in this prestigious inter-province chess tournament. Congratulations for a successful year!

**Go Team Zion !!!**



## Sports & Athletics

By: Zoë D. 8-5



June 19, 2017

Track and Field, Soccer, Co-ed Volleyball, and even a fashion show?  
How much better can it get!?

Zion always had a notable reputation for its athletics, but this year, we seemed to impress more and more throughout each season! The spring sports season started off as a huge hit with Co-ed Volleyball, one of Zion's most popular sports. Both grade 6 and 7/8 teams were able to win many sets against some of the city's toughest teams, thanks to weeks and months of practice with Coach Lew, Ms. Cattell, and Mr. Campbell. We learned many skills like overhand serving, and spiking, too. Congrats to all the athletes and coaches on an amazing season.

Up next, soccer, soccer, and more soccer! Both the girls and boys' soccer teams had awesome seasons. We had many practices, and sometimes even scrimmaged against each other! We had lots of fun while still being competitive, and that's how we helped each other get better. Pulling out all our best moves at our games, the girls team was able to earn 7 points, after making an amazing comeback to Highland during their last game of the season. The boys team scored incredible FIFA-quality goals, like goals from half and header goals like Ronaldo. After playing all their games, they were able to rack up 6 points! Thanks to Mr. Villa and Mr. Gardziejczyk for great coaching and a wicked season.

Unfortunately, the last sports season of 2016-2017 recently ended. However, we were pumped for track and field since September, which made us compete for unbelievable results. Many of our athletes placed in the top 8, and some placed in the top 6, advancing to Conference Finals. We even had three athletes place in the top 8 at City Finals! Zion's definitely on the "right track!" Congratulations to all the athletes on their amazing races, jumps, and throws. Special thanks to Ms. Cattell and Ms. MacArthur for fun and rewarding training this season!!



Good luck to all the grade 8s moving onto high school next year, we'll be cheering for you, we have no doubt that you will make the OFSAA Championships!

Last but not least, special shout-out to the Athletic Council run by Ms. Cattell, making all the sports events at Zion possible. Without it, we wouldn't have many fundraisers, house league sports, and fun events like track and field day and dances at our school. Not to mention the fashion show! At the orientation on June 8<sup>th</sup>, welcoming the new students currently in grade 5 and entering grade 6 at Zion next year, Athletic Council hosted a fashion show, featuring our newest comfy and stylish Zion gear. Sweatshirts, sweatpants, hats, gym clothes, custom buttons, jerseys, and even Zion Lion plush!

Congratulations to everyone on an amazing year! Way to go Zion!



### Thank-You Parent Council!!!

The Physical Education department would like to thank the Parent Council for the generous donation of sports equipment. The students will continue to enjoy throwing, catching, playing and using all of the fantastic gear. You are great supporters of our school! Ms. Cattell



## Strings Speak...



Through this year we have received some grade 6's who have learned quickly and many of them have joined a string club which was lead by the amazing Ms.Tam. Some of the String clubs were: **String Orchestra, Chamber I, Chamber II** and **Junior Strings**.

We have played so many pieces and everybody loved them. The Orchestra went on a trip to OSA (Ontario String Association) and luckily moved to the finals, although the amazing grade 8's were leaving, Ms. Tam considered taking the grade 8's and 7's of next year to the final, if, they are good enough. All the String clubs played in the Arts Nights. Chambers I and II went to Cummer Valley PS and played some fun and jumpy music and got to hear three other schools play.

I as an experienced player am impressed by the students who caught right onto string instruments.

- Kimiya M., Grade 6

## Musicians Laugh...

Music at Zion was completely different to what I had expected. It was **alto** great! At the beginning of the year, we got a chance to try out all the different strings and band instruments and had to make a choice for our instrument. With a lot of practice and being taught by Ms. Tam, we have definitely improved. It was a **major** development! The two Arts Nights were great experiences to perform to an audience. The Talent Show was brilliant too, and I enjoyed participating with all the other great acts. I can't wait until next year to get another chance to have these experiences. As long as there's no **treble**, it'll be great. Ugh, these jokes always fall **flat**. **Clef**-er, eh?

- Nima A., Grade 6



**Zion Heights M.S.**



## More Musical Reflections...

When I first decided I wanted to learn how to play the violin in 7th grade, I was unsure of what was to come. I had only seen pictures and videos of people playing the violin and I decided that it was interesting and the instrument for me. During the duration of the school year, I was able to improve my playing in a variety of ways from my elevated sense of rhythm to an overall increase in my playing abilities. Additionally, I gained many wonderful experiences during my time here at Zion. At first, I was reluctant about joining the many extracurricular groups that Ms. Tam had opened up, but soon after being peer-pressured into joining one, I scrambled at the chance to join the rest. Through my experience, I was able to discover what it was like to perform in front of a live audience, perform at the OSA Music Festival, and was even fortunate enough to have gotten advice from many professional orchestra players. The endless hours spent practising and showing up for practices was a priceless experience, albeit, an extremely tiring one. Moreover, the engaging environment and Ms. Tam's joyous or stern behaviour never made a single practice boring uninteresting. The competitiveness and camaraderie among peers and the friends that I made during the duration of the year as a result of the music program is something that I wish I could continue in high school. The songs we played were exciting and with the multitude of players of varying levels of experience. From **Pirates of the Caribbean** to **The Final Countdown**, and the co-ops we did with the band and other schools, I gathered a variety of precious moments with my friends and orchestra peers. One of the few regrets I bear is that I am only able to stay at Zion for a short 2 years. Ultimately, the feeling of satisfaction and euphoria after performing our pieces to the live audience was something unforgettable. The music program was something that I could look forward to and relate to with friends. It pushed me to strive to better myself in a way that I had never before experienced.

- Robert L., Grade 8



When I came to Zion, I was very excited to learn there was a strings program. I decided to play the cello, and this year, I elevated my playing ability by joining many extracurricular music programs. There was the chamber group, an auditioned ensemble that was split into 2 parts, chamber one and two, as well as the combined chamber. I was put into chamber one, and we played fun pieces like Intermezzo and A Mozart Mix. Apart from chamber, there were many open ensembles such as orchestra, which played exciting pieces such as Final Countdown. In the music program and ensembles, I found myself in a fast-paced competitive group with varying levels of playing skill, and I thoroughly enjoyed my experience. If there were one thing I could change, it would be to tell my past self to practice more and push myself to be better.

- Ching Z., Grade 8



Throughout my 2 years at Zion, I feel like I improved a lot in music and the violin. At the start, when I first laid my hands on the instrument in 7th grade, I could barely slur 2 notes. But now, through countless mornings devoted in chamber and orchestra practices, I learned how to play in a group. I also got to appreciate the violin. I even started playing the cello for a bit.

- Daniel N., Grade 8

**Zion Heights M.S.**

## Zion Schedule of Events

- Sept. 5 First Day of School!**
- Sept. 27 School Council Meeting**
- Sept. 28 Curriculum Night**
- Oct. 6 PA Day**
- Oct. 9 Thanksgiving**
- Nov 16/17 Parent / Teacher Conferences**

## The School Council wants... YOU!

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

## Next Meeting

**Sept. 27, 2017 6:00 pm**  
**In the Staff Room**

## The Nutrition Program

**Breakfast program will open again the 3rd week in September!**

**Regular Hours: 8:25—8:40 each morning!**

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

Parents interested in donating will receive information in September

Thank you for your kind **SUP-**



## Continuing Education – Summer Music Camps

Add to your child's summer vacation with music camp! Through three unique programs – **Summer Sounds**, **DownTown Summer Strings** and **Toronto Summer Music Camps** – the TDSB offers band, strings and orchestral experiences for students from Grades 3-9. Registration is open now.

For more information, please visit <http://www.tdsb.on.ca/AboutUs/Innovation/SummerPrograms/TDSBMusicCamps.aspx>

## Elementary Summer School

Elementary summer programs increase engagement and build self-confidence in our students. This summer, from July 5 – 28, we are opening schools across the city to help build reading, writing and math skills in students from K to Grade 8.

For more information, please visit <http://www.tdsb.on.ca/AboutUs/Innovation/ElementarySummerSchool.aspx>



**Geo-caching At Zion**, Zion students in Mr. Nini's class use hand held GPS units to locate GeoCaches, map the location of trees on the school property and create digital databases using ARC GIS.



**Be on the look out for cool graffiti art all over the City of Toronto!**

Geocaching Scavenger Hunt



Take part in a fun, free and interactive scavenger hunt! Visit over 40 library branches across the city to find a hidden geocache at each location.