

## Zion Heights Community...

### Raising a Good Student

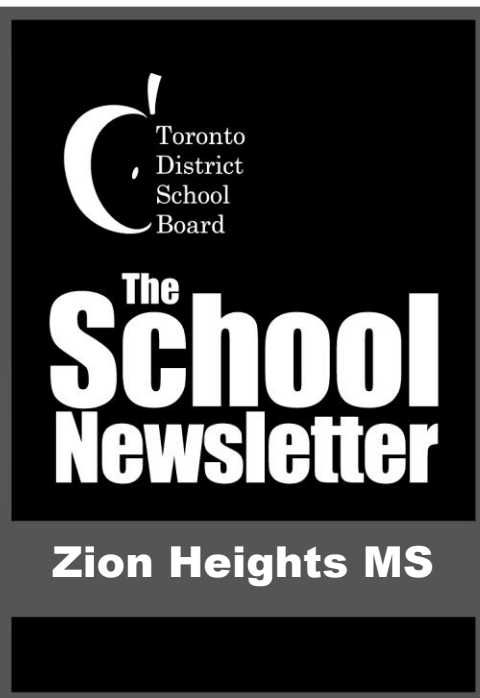
Catherine Rondina / City Parent

With a new school year children may be filled with anxiety over what the school year will bring, while parents ponder the challenges their children will face. One thing is certain - not all kids start the school year with a bang. Some children struggle with academic skills, while others try to deal with developmental and emotional issues. So how can you give your child a head start on doing well in school? Research indicates that your interest and involvement in your child's learning and education is the key to his or her success in school. The time you spend with your child away from school is very important. This time allows you both to relax and be together doing things that you both enjoy. Spend time reading together, doing home projects and just being a family. These family times help your child build self-confidence and self-esteem, in addition to building a strong relationship with you. To keep involved in your child's school life, visit the school on a regular basis and make yourself known to the teachers and staff. Attend parent/teacher interviews and request a meeting yourself if you deem it necessary. Make the most of your interview time with your child's teacher. Come prepared with questions you'd like answered and don't be afraid to discuss with the

teacher, how you can help your child do better in the classroom and set up a plan of action that you both feel will work for him or her. It's important to let your child know that you are in contact with the teacher and you're all working together to help him/her succeed.

Be open and honest with your child about their progress in school. If you have expectations for your child, make them clear.

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### Zion Heights MS Parent-Teacher Interviews:



Nov. 17  
6 – 8:30 pm

Nov. 18  
9 – 11:30 am

Regular parent-teacher communication is an important part of student learning. Parent-teacher interviews are scheduled throughout the year after report cards are sent home.

Zion Heights Parents are asked to make appointments with the electronic booking system which opens Nov.14 at 7pm:

<https://zionheightsms.schoolappointments.com/>

## High School Information Nights



To help you make an informed decision when choosing a high school, TDSB schools host information nights for parents and grade 8 students each year between October and January. Learn everything you need to know about our incredible variety of schools, programs and courses. The dates and times for all High School Information Nights are available online at

[www.tdsb.on.ca/highschool/goingtohighschool](http://www.tdsb.on.ca/highschool/goingtohighschool).



Director  
John Malloy

TDSB is committed to creating an equitable school system where the achievement and well-being of every student is fostered through rich, culturally authentic learning experiences in diverse, accepting environments where all are included, every voice is heard, and every experience is honoured.

Each school will determine a learning focus in three areas: equity, well-being and achievement. In addition to identifying the three focus areas, this process will include engaging in the learning to support student improvement in these areas, determining the evidence and data to be collected and monitoring progress.

<http://www.tdsb.on.ca/aboutus/directorofeducation>

## Dental Screening...



November 21-24<sup>th</sup>, 2016, Toronto Public Health will screen each of our 373 students at Zion Heights MS. Please encourage your children to eat healthy and brush regularly. For information on free clinics to access dental care, click on the link:

<https://goo.gl/EtWWRq>

Parents who would like to know more about supporting their children's dental health and nutrition might find these websites helpful:

<http://ow.ly/S09nc>

## Health & Wellness

### What is Mental Health?

The World Health Organization defines mental health as a "state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." (World Health Organization)

## CLUBS AND ACTIVITIES

This is the ideal toward which Zion Heights MS strives. To promote the social, emotional & physical well-being of Zion students are teachers are running clubs & activities in the morning, at lunch and afterschool:

Robotics \* Choir club \* Tech Club  
\* Planes, Trains and Automobiles\*  
\* Basketball \* Volleyball \*  
\*Student Council and much more!

November 2016



If you received a letter from Toronto Public Health, please update your child's immunization record with us using one of the following options:

- Phone: 416-392-1250
- [Online reporting](#)
- Fax: 416-338-2487

If your child does not have all the needed vaccines, please contact your health care provider.

416.338.7600 [toronto.ca/health](http://toronto.ca/health) | TORONTO Public Health



Zion Heights Middle School  
5900 Leslie Street, M2H 1J9,  
Toronto, Ontario  
Principal S. Sidlofsky, 395-3120  
Superintendent Elizabeth Addo  
Trustee Alexander Brown  
Blog:

<http://www.tdsb.on.ca/ward12/ward12.aspx>

School Website:

<http://schoolweb.tdsb.on.ca/zionheights/Home.aspx>

Toronto District School Board  
Website: <http://www.tdsb.on.ca>



The world's biggest sharks -- the basking shark and the whale shark -- are also among the least dangerous sharks.

When an armadillo gives birth, it almost always has four babies.

Baby camels are born without a hump.

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## Calendar Of Events

November 13 – 19, 2016 National Bullying Awareness Week

November 14, 2016  
Progress Reports Go Home

November 17 & 18, 2016  
Parent Teacher interviews

November 18, 2016  
PA Day – No Classes

November 30, 2016  
School Council Meeting 6:45 pm

December 2, 2016  
PA Day No Classes

December 23, 2016

Last Day of Classes

December 26, 2016 -  
January 6, 2017 Winter Break

January 9, 2017  
Classes Resume

January 25, 2017 School Council Meeting 6:45 pm

## Continuing Education - Community Programs

Register for Winter Learn4Life beginning November 16.

Take up a new hobby, learn a language, and meet people in your community. Put your hands to work and decorate and glaze your own pottery or sculpture. Take up a sport and stay active this winter.

Register at [www.learn4life.ca](http://www.learn4life.ca)  
[@TDSB\\_ConEd](https://www.facebook.com/TDSBLearn4Life)  
Classes begin Saturday, January 14, 2017.