

Email to the Community – April 6, 2018

**FHCI School Council Presentation-** Rebecca Higgins (see attached flyer)

Stress and Mental Health in Teenagers

Wednesday, April 25 from 7:00 – 8:30 p.m.

Please RSVP [fhschoolcouncil@gmail.com](mailto:fhschoolcouncil@gmail.com)

**OSSLT**

On Tuesday, April 10, students from across the province will be participating in the Ontario Secondary School Literacy Test (OSSLT). A great deal of preparation has been done with our student participants, including a mock test that was conducted on Wednesday in class. If your child is writing, please help them to get a good night's sleep, have a hearty breakfast and be at school by 8:45 a.m. Students who may be taking additional time are encouraged to bring snacks/lunch to their test location. Students will be dismissed upon completion of the OSSLT (starting at 12:15 p.m. depending on the time required by the student). Please ensure that your child does not have appointments that will prevent them from participating in this important test.

Students not participating in the OSSLT are invited to a workshop presentation on MyBlueprint and experiential learning opportunities (Coop and dual credits) in the auditorium from 2-3:15 p.m. Interested students should arrive through the front doors no earlier than 1:45 p.m. Students will not have access to their lockers as the OSSLT will still be underway for some students.

All staff are involved in the administration of the OSSLT – no tutorials or extra help will be available on this day. Classes resume on Wednesday April 11 (day 2).

**Dance Fashion Show**

Over 250 community members were on hand to witness this year's "Dancing through the Decades" Dance Fashion Show last night! The student led organization committee has been working for months in preparation for the fantastic show we watched. Thank you to the organizers, dancers, models, Production Crew and the volunteers from Cookies for a Cure who contributed baked goods. Over \$2500 was raised for Covenant House, in support of adolescents from across the city. Thank you to Mr. Russell and Ms. Homatidis for their mentorship and for making this possible for our students!

**Upcoming dates and events**

- Good luck to the Robo Sapiens, the FHCI Robotics team as they head to McMaster University this weekend to compete in the First Robotics Regional competition!
- For graduating students, the Prom information assembly will be running during period 3 on Monday, April 9. Permission forms and guest forms will be available and more details about the event and ticket sales will be shared.
- The Student Council election campaign will be starting in May. There is an information meeting on Monday April 9 after school, where interested students can learn more about the duties and responsibilities of the various roles on the Student Council and application packages will be available. Applications are due on Tuesday April 17 at 3:30 p.m.
- A reminder that Prefect applications are due to Main Office on Monday April 16 at 3:30 p.m. Online video submissions are due at the same time.

- Spirit wear is back! 2018 Spirit Wear will be sold from April 16 – 27. Payment can be made through KEV School Cash Online and samples will be available in the front foyer and the cafeteria during lunch hour during the sales period. Posters are more details are on the walls in the school!

### **Social Emotional Learning Resources for families**

The Faculty of Education at the University of British Columbia has developed a free online resource: The SEL Resource Finder (<http://www.selresources.com/>).

On the website, resources can be searched or browsed in different ways -- by age groups (early childhood, childhood, adolescents and adults), and focus (e.g., for SEL: self-regulation, mindfulness, bullying, social problem solving etc., for Mental Health: Anxiety, Autism, ADHD, Depression, Trauma etc).

On Tuesday, all students participated in a Social Media / Online conduct assembly presented by the Toronto Police. Parents/guardians are encourage to continue to dialogue with their children about the social media platforms they are using, strategies they can use to remain safe while online.

Wishing you a wonderful weekend!

Reiko Fuentes  
Principal  
Forest Hill Collegiate Institute