

Northview Heights S. S.



Principal: A. Ghazariansteja; Vice-Principals: C. Lee, A. Marshall, E. Winick; Superintendent: A. Morgan

550 Finch Ave. West, Toronto, ON M2R 1N6 Telephone: 416.395.3290

February 3 – February 7, 2025

<i>CURRENT WEEK</i>	<i>NEXT WEEK</i>
MON. February 3	MON. February 10
<ul style="list-style-type: none"> • Admin Meeting 9:30a.m • IST (afternoon) 	<ul style="list-style-type: none"> • Pd 2 – Expectations' Assembly (Grade 9/11)
TUES. February 4	TUES. February 11
<ul style="list-style-type: none"> • Last Day to submit Semester 2 Course Change Requests 	<ul style="list-style-type: none"> • ACL Meeting 7:45a.m • Pd 2-Expectations' Assembly (Grade 10/12) • School Council Meeting 6:30p.m • Course Selection Drop-in Support @ lunch in the library. • Guidance Counselors classroom visits for ESL and ISP programs
WED. February 5	WED. February 12
<ul style="list-style-type: none"> • Superintendent Visit 9:00-11:00a.m 	
THURS. February 6	THURS. February 13
<ul style="list-style-type: none"> • Arts SHSM-NHSS Ontario Skill Day • Course Selection Assemblies • Course Selection Fair 	<ul style="list-style-type: none"> • MyBlueprint Day • OUAC Transmission
FRI. February 7	FRI. February 14
<ul style="list-style-type: none"> • Course Selection Fair Period 1 Grade 11 • SHSM Lunch/Learn Period 2 Grade 9 	<ul style="list-style-type: none"> • P.A DAY (No School) • OUAC Transmission

Long Range Planning:

Feb 17 – Family Day (Holiday)

Feb 18-28 – Grad Photos

Feb 19 – Late-Start Day, 9:55a.m (PLC)

Feb 26 – Late-Start Day, 9:55a.m (Staff Meeting) / Pink Shirt Day

Mar 10-17 – March Break

Mar 25 – Parent-Teacher Interviews

2024-2025 Student Handbook

Please see the link below for the 2024-2025 Student Handbook:

[2024-2025 Student Handbook](#)

School Council Meeting

Parents, guardians, caregivers interested in attending the School Council Meeting *remotely* on Tuesday, February 11, 2025 at 6:30p.m are asked to [register in advance](#)

Online Code of Conduct

It has come to our attention that inappropriate content has been shared on the social media platform Instagram.

At Northview, students are expected to be responsible citizens digitally and in person and all students have the right to feel safe in school. We are asking for parent/guardian/caregiver support to speak to your child about appropriate behaviour online, and monitor their social media activity.

The TDSB's Code of [Online Code of Conduct](#) and our school Code of Conduct set out roles and responsibilities for students to help create a learning environment that is safe, nurturing, positive, and respectful for all. We want to remind students about good digital citizenship and school policies, and we ask for your continued support at home by ensuring that both you and your child have reviewed and understand both codes of conduct.

With your continued support we will work together to achieve a positive school climate.

Survey

Here is the link to the student workload survey for students to complete: <https://forms.gle/nrudsknBuy3dN6su6>

Hub

Students are not allowed to access the Hub during school hours.

Drop-Off & Pick-Up Zone

Please use the drop off and pick-up zone at Northview to drop off and pick-up your child.

DROP OFF



Important Reminders from Guidance:**Course Selection for 2025-2026:****1. Course Change Requests for Semester 2:**

- **Deadline to submit requests:** Tuesday, February 4th.
- **Note:** Classes are full, and waitlists are closed. Changes are only possible for:
 - Students who failed a prerequisite in Semester 1.
 - Grade 11 and 12 students changing pathways or missing graduation requirements.

Stay organized and ensure you meet these key deadlines!

TDSB Transition Support

The [TDSB Transition Support website for families](#) is a new resource designed to assist families (and educators) in navigating key transitions throughout a student's educational journey, from Kindergarten to Post-21. These user-friendly platforms offer valuable tools, information, and support tailored to ensure successful transitions for all students, including those with disabilities and special education needs. Whether transitioning to a new grade, moving to a different school, or preparing for life beyond secondary education, the website provides practical resources and guidance to help educators and families plan effectively and make informed decisions.



GRAD PHOTOS

DON'T MISS OUT!

2025 Grad Photos

The portal for Grade 12 students to book their grad portrait session is now open. Book your appointment **before** February 18th.

Book your portrait session at
BOOKMYGRAD.CA



#EdgeGrad25

Do Good & Get Rewarded!

Find out how you could win a bursary
Check out edgeimaging.ca/win
for details

Book your session today!

Grab your student card and go to bookmygrad.ca to book your Graduation Photo Session! Enter your school code and student number to get started.

SCHOOL CODE: NVH - Photos Start Feb 18

Attention Grade 10 students :

There will be a **SHSM Information Session** on :

Friday February 7th at lunch time
in the Auditorium.

Learn more about our 4 SHSMs in time for course selection.

- Arts & Culture SHSM
- Health & Wellness SHSM
- Hospitality & Tourism SHSM\
- Information, Communication & Technology SHSM

Join a Webinar from Community Living Ontario

[Join an empowering workshop](#) to discover how R4I's Youth Advisory Committee (YAC), a dynamic group of changemakers aged 13-29, is leading the way in disability advocacy in Ontario. Learn how youth are driving social change, advocating for inclusive communities, and collaborating with adult allies to create meaningful impact. Discover answers to questions such as:

- "What issues are youth advocating for today?"
- "How can adults effectively support youth-led initiatives?"
- "What steps can you take to foster inclusion and inspire future leaders?"

This session is perfect for community leaders, educators, and parents looking to support and amplify youth voices. Gain practical tools to drive meaningful change while exploring the power of youth-led advocacy.

Date & Time:

Tuesday, February 4, 2025, from 6:30-7:30 p.m. (+ extra 15 minutes for Q&A)

Affirming Muslim Identities & Addressing Islamophobia

TDSB Muslim Community Members, We Want Your Feedback


TDSB Muslim Community Members: We Want Your Feedback

The Toronto District School Board (TDSB) invites TDSB students, families and community members who self-identify as part of the Muslim diaspora to attend a community consultation. These consultations will support the development of a multi-dimensional strategy to affirm Muslim identities and address Islamophobia within the TDSB.

Attendees are encouraged to participate in conversations exploring the various ways the TDSB can nurture, affirm and support Muslim students, families and community members, while also understanding and addressing manifestations of Islamophobia.

Please see below for the date, location and time of the different community consultations taking place between January and February 2025.

Click or Scan the QR Code to Register!

Date	Time	Location	Intersection	Registration
Tuesday, January 28, 2025	5 PM - 8 PM	Daniels Spectrum Cultural Centre 585 Dundas St E, Toronto	Dundas & Parliament	 Accessible link: bit.ly/Consult2025
Wednesday, January 29, 2025	5 PM - 8 PM	International Muslim Organization (IMO) 65 Rexdale Blvd. Toronto	Rexdale & Islington	
Monday, February 3, 2025	5 PM - 8 PM	David & Mary Thomson CI 125 Brockley Drive, Toronto	Lawrence East & Midland	
Thursday, February 6, 2025	5 PM - 8 PM	Masjid Darussalam - Islamic Society of Toronto 20 Overlea Blvd, East York	Overlea & Millwood	
Monday, February 10, 2025	6 PM - 8 PM	Virtual via Zoom (TDSB Students Only)		



Parenting for Liberation – In Conversation with Trina Greene Brown

Join the Parent/Caregiver and Community Engagement Office in collaboration with the Centre of Excellence for Black Student Achievement for Parenting for Liberation – In Conversation with Trina Greene Brown. We invite parents and caregivers who identify as Black and/or are raising Black children to engage in a powerful storytelling experience. We will explore ways to amplify Black children’s voices and nurture joyful Black families.

Date: February 5, 2025

Time: 6:30 – 7:30 p.m.

Location: Virtual

[Registration link](#)

4 STEPS FOR SELF-PROTECTION

We all have a role to play to help reduce respiratory virus spread and keep our city safe.



1. Stay home & self-isolate if you are sick

2. Watch your distance

3. Wear a high-quality, well-fitted mask

4. Stay in well ventilated indoor spaces, or outdoors



Dr. Na-Koshie Lamptey
Acting Medical Officer of Health

Toronto Public Health
277 Victoria Street
Toronto, Ontario M5B 1W2

Dr. Michael Finkelstein
Deputy Medical Officer of Health
Health Protection

Tel: 416-338-7600
publichealth@toronto.ca
toronto.ca/health

January 13, 2025

Dear Parents and Guardians,

Re: Reducing the Spread of Respiratory Infections in Schools

At this time of year, respiratory illness can be more common as people gather indoors.

To help protect our school communities, staff, students, and visitors are reminded to:

- Check for [symptoms of respiratory infection](#) every day before going to school.
- Stay home when you have symptoms, even if they are mild.
- [Wash or sanitize your hands](#) often.
- [Cover coughs and sneezes with an elbow or a tissue](#).
- Get your [influenza and COVID-19 vaccines](#) at a participating pharmacy or your primary health care provider. These vaccines are the best way to protect against infection with influenza and COVID-19.
- Clean high-touch school surfaces often and when they are dirty.
- Consider wearing a tight-fitting, well-constructed mask in indoor public settings, especially if you are at higher risk of severe infection.

[What to do if you or your child are sick](#)

If you or your child have symptoms of a respiratory virus, stay home. This means:

- Stay home until you or your child have no fever and symptoms are improving for at least 24 hours (or 48 hours if you or your child have gastrointestinal symptoms such as vomiting and/or diarrhea).
- The Ontario Ministry of Health advises that for 10 days after symptoms start, an ill person should wear a well-fitted, high-quality mask when out in public, including in school and childcare.

Cover Your Cough



1. Cover your mouth and nose when you cough, sneeze or blow your nose.



2. Put used tissue in the garbage.



3. If you don't have a tissue, cough or sneeze into your sleeve, not in your hands.



4. Clean your hands with soap and water or hand sanitizer (minimum 70% alcohol-based).

Stop the Spread of Germs

Always Cover Your Cough

- Covering your cough or sneeze can stop the spread of germs
- If you don't have a tissue, cough or sneeze into your sleeve
- Keep your distance (more than 2 metres/6 feet) from people who are coughing or sneezing

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Hand Sanitizing



1. Apply sanitizer (minimum 70% alcohol-based).



2. Rub hands together.



3. Work sanitizer between fingers, back of hands, fingertips, under nails.



4. Rub hands until dry.

Stop the Spread of Germs

Always Sanitize Your Hands

After you:

- Sneeze, cough or blow your nose
- Use the washroom or change diapers
- Handle garbage
- Play outdoors

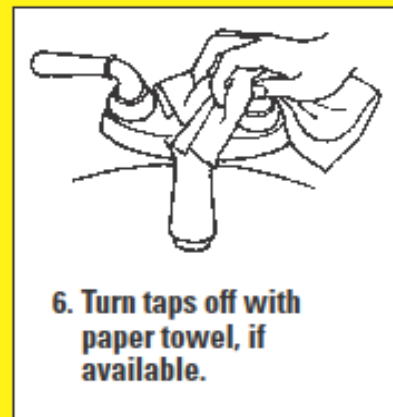
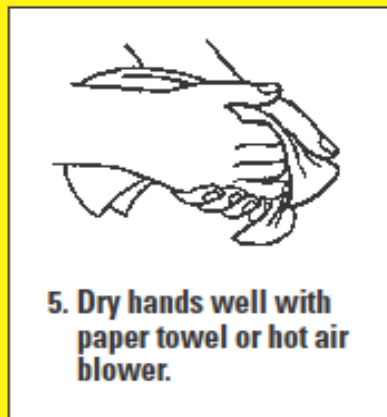
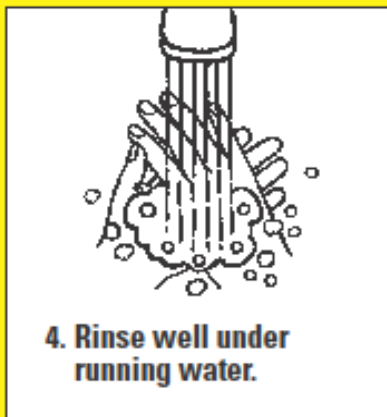
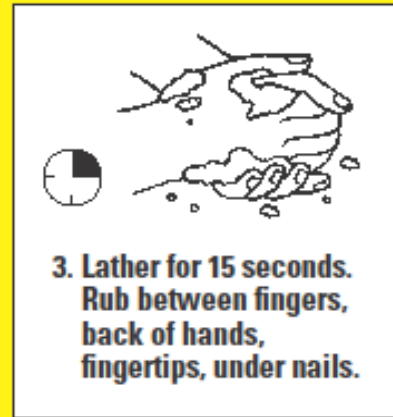
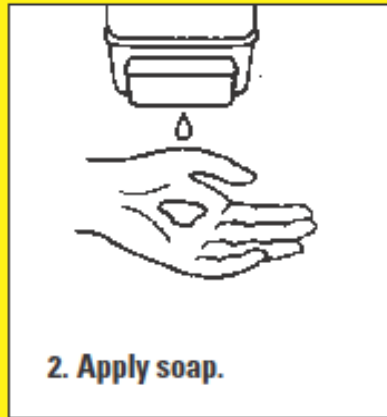
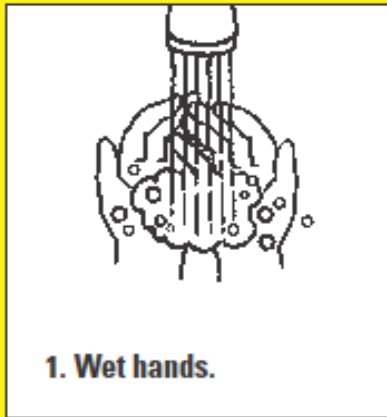
Before and after you:

- Prepare or eat food
- Touch a cut or open sore

If hands are visibly dirty use soap and water

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Hand Washing



Stop the Spread of Germs

Always Wash Your Hands

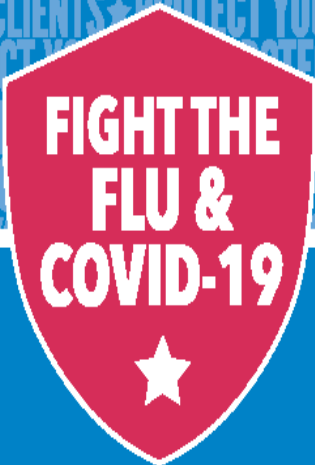
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Before and after you:

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- Touch a cut or open sore

PH13010300



STAY HOME IF YOU HAVE SYMPTOMS:



Fever $\geq 38^{\circ}\text{C}$ and/or chills



Cough



Trouble breathing



Sore throat



Headache



Feeling very tired



Decrease or loss of taste/smell



Runny nose/nasal congestion



Muscle aches/joint pain



Nausea, vomiting or diarrhea



Abdominal pain/decreased or no appetite



Stay home until your symptom(s) are improving for at least 24 hours (48 hours if nausea/vomiting/diarrhea) & you do not have any new symptoms.

HOW DO RESPIRATORY VIRUSES SPREAD?

Having close contact with someone who is contagious, even for short amounts of time.

Most contagious in the first few days when symptoms start.

Droplets from your nose & mouth when you breathe, talk, cough or sneeze can get in the air.

Aerosols are tiny droplets that can stay in the air longer.

Spreads easier when there are more people indoors, for a long time, with poor airflow.



ACTION: Keep a physical distance as much as possible.



ACTION: Stay home & self-isolate if sick. Get tested if eligible.



ACTION: Wear a mask indoors. Wash your hands often & cover your cough.



ACTION: Increase airflow & ventilation. Open windows & doors.



ACTION: Avoid indoor, crowded areas with poor ventilation.



HOW KIDS CAN HELP STOP THE SPREAD OF GERMS



Use a tissue to wipe & blow your nose.



If you don't have a tissue, cough or sneeze into your elbow.



Wash your hands often with soap & water.



Do not share cups, spoons, forks or toys.



Keep hands away from your mouth, nose and eyes.



Stay home when you're sick.



Roberto Castillo Elizondo
Food Programs Coordinator
NeighbourLink North York

89 Centre Avenue
Toronto, ON M2M 2L7
647-360-8445
roberto@neighbourlink.org

Thank You for Your Support to our Food Bank!

January 15, 2025

To the community at Northview Heights Secondary School,

On behalf of NeighbourLink North York, our recipients and volunteers, we would like to thank Northview Heights Secondary School and its community for the support to our Food Hub this past December.

Because of your generous donations of toys and non-perishables, we were able to ensure that 150+ under-resourced families in the Willowdale community were able to enjoy full and wholesome holiday dinners. These types of distributions really make our recipients feel the warmth of the community around them, and these are just a couple of sentiments they shared with us: *"The community support cannot be described in words"; "Thank you to all the neighbours behind this initiative. I am grateful for the people who see our humanity and not our circumstances."*

We are tremendously thankful for all those who support our food bank and our ongoing work at NeighbourLink North York. It is important to note that we receive no fixed government funding, meaning that everything we do, we are able to do because of the generosity and care of neighbours such as yourself. Your contribution was invaluable to our program!

Our belief is that it takes a village for our community to thrive. Thank you for being part of our village!

We look forward to continuing to work with you all!

Warm Regards,

Roberto Castillo Elizondo
Food Programs Coordinator, NeighbourLink North York



tdsb | Occupational Therapy & Physiotherapy Services

would like to welcome you to...

Parent/Guardian/Caregiver

Drop-In Q & A with Occupational Therapy/Physiotherapy Staff

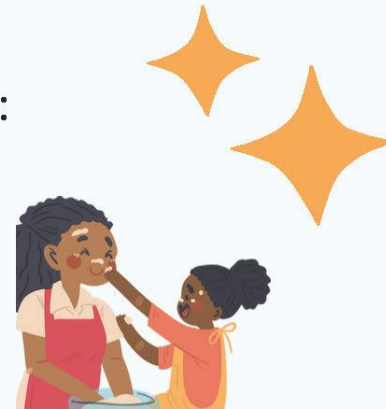
For Children who would benefit from:

- Sensory and/or Regulation supports
- Fine Motor and Printing supports

- Receive general OT/PT strategies for your child(ren)
- Chat with other parents/caregivers
- Ask questions

Monthly Virtual Drop-In Sessions:

- September 17, 2024 12:30 pm - 1:30 pm
- October 15, 2024 12:30 pm - 1:30 pm
- November 19, 2024 12:30 pm - 1:30 pm
- December 17, 2024 12:30 pm - 1:30 pm
- January 21, 2025 12:30 pm - 1:30 pm
- February 18, 2025 12:30 pm - 1:30 pm
- March 18, 2025 12:30 pm - 1:30 pm
- April 15, 2025 12:30 pm - 1:30 pm
- May 20, 2025 12:30 pm - 1:30 pm



[Scan or Click to Join us on Microsoft Teams](#)

If you require translation services or have questions regarding virtual drop in sessions, please email:

Learning Centre 1 - Rhanda Craig: rhanda.craig@tdsb.on.ca and Leslie Hopkins: leslie.hopkins@tdsb.on.ca

Learning Centre 2 - Anna Lin: anna.lin@tdsb.on.ca and Andrea Wiltsie: andrea.wiltsie@tdsb.on.ca



Winter Well-Being

We are excited to announce that the [Winter Well-Being Guide 2024-2025](#) is now available. The Guide is prepared by the Mental Health and Well-Being Committee, In collaboration with the Mental Health Leads and the System Leader for Mental Health and PSS. [The Winter Well-Being Guide 2024-2025](#) offers updated, culturally relevant, and responsive resources to support students and parents/caregivers/guardians in fostering mental and physical wellness during the winter months. It also includes specific supports tailored for students with disabilities and complex needs. To ensure accessibility for our diverse community, the guide has been translated into the top spoken languages within the TDSB. You can access it here: [The Winter Well-Being Guide 2024-2025](#). We encourage you to share this guide widely with students, parents/caregivers/guardians and your school communities, promoting well-being and continually building circles of care during the winter season. For any questions please feel free to email the mentalhealthandwellbeing@tdsb.on.ca. Wishing you all a wonderful weekend which is peaceful and restful. Thank you for all of the tremendous work you all continue to do to support students, families and your school communities!

Diverse Minds 2025

Calling all high school students, bring your words to life with the power of storytelling. Enter our Diverse Minds Creative Writing Competition for 2025! For more details or to enter the competition, click here: <http://diverseminds.ca>.



TDSB Learn4 Life – Winter Session :

Adults 18+ and Seniors interested in learning new skills and pursuing new hobbies are asked to see the flyer below for more information. Classes are offered at Northview Heights S.S



Learn New Skills • Pursue Fun Hobbies
Make New Friends • Contribute to the Community

Art | Business and Finance | Communications
Computers | Crafts Dance | Fitness | Food
Games & Hobbies | Handiwork
Health & Wellness | Interior Design
Languages | Music | Self-Development Sports
Theatre Film & TV



**SCAN TO VIEW
OUR COURSES**

To register, please visit us at www.learn4life.ca



@TDSB_ConED



@learn4lifetdsb



facebook.com/TDSBLearn4Life



COMMUNITY FRIDGE & PANTRY

Take what you need; Give what you can
FREE FOOD for EVERYONE

HOW IT WORKS

Community Fridge & Pantry (Fridge) is a neighbours-helping-neighbours initiative with no registration, no monitoring, judgment-free access to food for Bathurst-Finch residents and anyone who need items. Food is donated by local businesses, organizations and individuals. This Fridge is run by volunteers.

WHY COMMUNITY FRIDGE

Who's Hungry 2023 report says that 1 in 10 people in Toronto visited food banks to make ends meet. 2.53 million visited food banks in Toronto - a 51% increase from 2022 and the highest annual increase ever recorded. Meanwhile, tons of edible, perfectly good food are thrown away. About 60% of food produced in Canada is lost and wasted annually; 32% of that food is edible and could be redirected to food insecure people in our communities. This Fridge gives access to food and reduces food waste.

WHO WE ARE

Bathurst Finch Food Coalition (BFFC) is a grassroot/community network of residents, partners and stakeholders who lead access to healthy and affordable food in the Bathurst-Finch neighbourhood.

2 LOCATIONS

540 Finch Ave. West
 Bathurst-Finch Hub
 (back of building)
 OPEN Fridays, 10:30 am-12:30 pm

788 Sheppard Ave. West (First
 Filipino Canadian Adventist Church)
Coming Soon

**DONATE
 FOOD**

**VOLUNTEER
 with us!**

**SPREAD THE
 WORD**

CONTACT US: bffc.fridge@gmail.com Ask about ways to volunteer, what to donate to the fridge & pantry, opening days/hours & availability. We plan to open the fridge/pantry 24/7, eventually.

Funders, Partners & Donors





WEEKLY MENU
February 3 – February 10, 2025

Menu for the Week of Feb 3 - 7

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup \$2.50	Tomato Fennel	Miso	Creamy Butternut Squash	Lentil	Mushroom
Entree \$5 - \$8	Limited Selection Available	Limited Selection Available	Limited Selection Available	Limited Selection Available	Limited Selection Available
Sides \$2 - \$3	Selection of Rice Stir Fry, Pasta with Sauce or Potato available daily				
Dessert \$2	Tasty Selection of dessert treats available daily	Tasty Selection of dessert treats available daily	Tasty Selection of dessert treats available daily	Tasty Selection of dessert treats available daily	Tasty Selection of dessert treats available daily

<u>Cold Menu</u>	<u>Hot-Buffer Menu</u> <u>served from Student Servery Side</u>
<p>Tossed Salad \$3.50</p> <p>Sandwiches \$2.50 and up (individually priced)</p> <ul style="list-style-type: none"> - Ham & Cheese - Egg - Tuna Salad <p>Bagel with Cream Cheese \$2.50</p>	<p>portioned in 12 fl oz container</p> <p>Pasta & Sauce \$3.00</p> <p>Vegetable Stir Fried Rice \$3.00</p> <p>Potatoes \$2.50</p> <p>Beef Burgers (Halal) \$3.25</p> <p>Cheese Burger (Halal) \$3.50</p> <p>Soup \$3.00</p>