



FRIDAY FILE – Jan. 8th, 2021

KINDNESS. RESPECT. PRIDE.

Follow us on twitter @ZionTdsb and Instagram @ziontdsb

School Website Link <https://schoolweb.tdsb.on.ca/zionheights/>

School Contact Information:

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Dear Parent(s)/Guardian(s),

January is a time for new beginnings, and we certainly have started the 2021 year with a unique twist by transitioning to synchronous learning. With the COVID-19 virus still very much a part of everyday life, the provincial government has made the decision to move our in-school learners online until **Monday January 25th, 2021**. Our teachers have been working really hard at supporting all their students to ensure that learning can continue as best as possible given the circumstances. Zion teachers have been spending time preparing to ensure students have access to the high quality education Zion is known for. Your support, patience and cooperation as helped our school adapt to ensure that students are continuing to learn, be engaged, participate and be supported.



**Follow us on
Instagram**

[@ziontdsb](https://www.instagram.com/ziontdsb)

Zion is now on Instagram. We will be using two social media platforms - Twitter and IG to highlight, curating content and share Zion's exciting experiences by posting pictures/videos of learning, brief virtual stories and using #hashtags. Our social media online communities will help create and provide fast and efficient ways to spread important announcements, as well as create a feeling of belonging and pride. As this is a time where families can not enter the building, Zion will bring and share evidence of learning and events through our various postings. Postings will consist of student work, the classroom and school environments, events and announcements. In the Fall, media release consent forms were signed by parents and guardians. Students who do not have permission, will not be captured in any pictures or videos that will be posted.

Thank you for all the warm welcome this week. I look forward to next week's learning Zion!

Andrea Gillard

Principal

Zion Heights Middle School

LOOKING AHEAD @ ZHMS

January 13 - School Council Meeting

January 18 and 20 - IPRC Reviews

January 25 - School Wide Anti-Racism Workshops for all classes

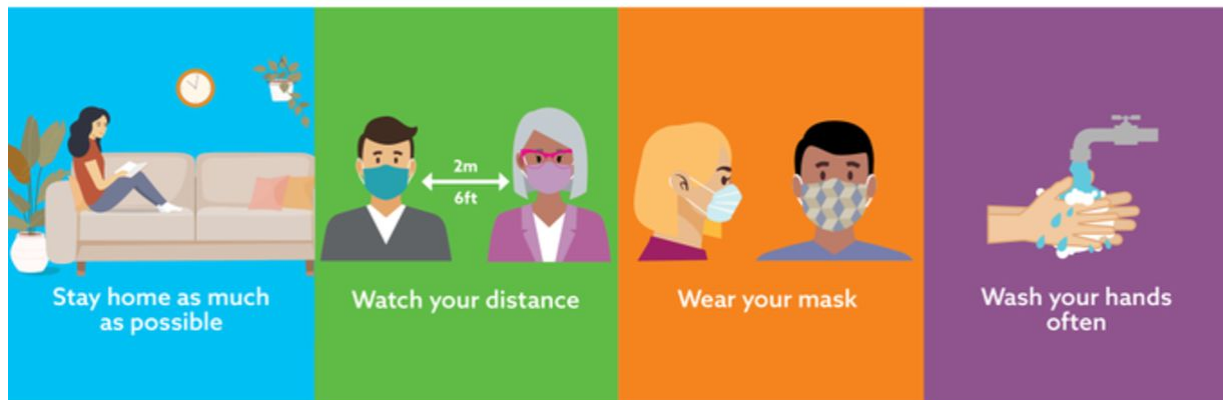
February 9 - Elementary Term 1 Report Cards sent home at the end of the day

February 11 & 12 - Elementary PA Day for Parents - Teacher Conferences

TDSB Health & Safety / Return to School Update:

4 STEPS FOR SELF-PROTECTION

We all have a role to play to help reduce COVID-19 spread & keep our city safe:



TORONTO.CA/COVID19

 **TORONTO** Public Health



TDSB Supporting Your Mental Health and Well-Being

There is no question that during COVID-19, mental health and well-being is just as important as physical health. Zion recognizes that there is a lot of screen time for everyone. For some, remote learning is hard to navigate for long periods of time. If your child is finding it overwhelming, take a short break, communicate this with the classroom teacher. Mental well-being is so important and parents know what is best for your child.

There are a number of well-being and supports on the TDSB website
<https://www.tdsb.on.ca/In-Person-Learning/Well-Being-and-Supports>.

Takes breaks when you need to... encourage physical activity - and during breaks get outside if possible to be able to refocus.