



## FRIDAY FILE – Nov. 6, 2020

***KINDNESS. RESPECT. PRIDE.***

***Follow us on twitter @ZionTdsb***

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

School Contact Information:

5900 Leslie St., North York ON M2H 1J9

Phone: 416-395-3120 Email: [zion@tdsb.on.ca](mailto:zion@tdsb.on.ca)

Dear Zion families,

We hope everyone had a fantastic week. Please see the following important updates:

### **Health & Safety Updates from Toronto Public Health:**

## **HELPING TEENS MANAGE STRESS**

					
Monitor changes in behaviour, e.g. trouble sleeping or withdrawn.	Be calm - check your own emotions before talking to your teen.	Listen & acknowledge their feelings. Comfort & reassure them.	Teach them coping skills like deep breathing or physical activity.	Find ways to help others. Doing good will make them feel good.	Encourage teens to reach out for more support if they need it.

TORONTO.CA/COVID19 



Zion Heights Middle School TDSB  
@ZionTdsb

...

Our school nutrition program is up and running!  
Special thanks to our phenomenal school support staff  
for setting up and organizing our daily grab-and-go  
snack program! @ZionTdsb @tdsb

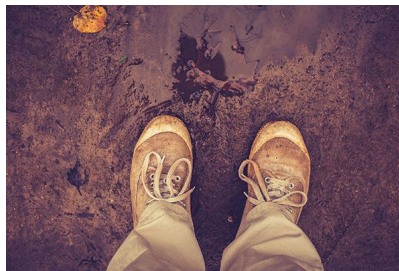


- **School Nutrition Program Update:** our daily nutrition program is up and running! Students who forget their lunch are also given lunch from our school nutrition program. Donations can be made to school cash online. Please see attached forms for instructions and tax receipt information.



- **LOCKER use for boots and winter jackets:** *As winter is approaching the use of lockers and coat rooms to store winter coats and boots can be permitted as long as physical distancing is maintained.*
  - *The use of student lockers to store personal belongings (coats and boots) can be permitted given the following principles apply:*
  - *The movement of students is staggered to allow for students in different cohorts to go to their lockers at different times. Ideally students should be physically distanced from other students when going to their locker. If this is not possible, then they can go with their cohort at an assigned time.*
  - *They must be physically distanced from any other student outside of their cohort.*
  - *During locker item retrieval or drop off, timing should allow for students to be physically distanced from others who are not part of their cohort.*
  - **LOCKER USE WILL BE ROLLED OUT NEXT WEEK, PLEASE REMIND STUDENTS TO BRING**

#### **INDOOR SHOES**



○

- **Parent/Teacher Conferences:** Parent/Teacher Conference forms will be sent out to families on Friday, November 13, 2020. P/T Conferences will be conducted via Google Meet, Zoom or telephone on Nov. 19 and 20th - times will be confirmed at a later date by homeroom teachers. An alternate time can also be arranged with your child's homeroom teacher. All parents will be granted an interview time with their child's homeroom teacher.



- **Grade 8 to 9 Transitions:** As we do not have an Elementary Guidance Counselor this year, ZHMS Grade 8 teachers, the school office team and TDSB high school guidance counselors will support this important transition. Please review the following resources that have been created by TDSB Central Guidance to help families navigate through this process (see below). All Grade 8 to 9 Transitions information is available at the following website:  
<https://www.tdsb.on.ca/High-School/Going-to-High-School>
- 
- **Choices for 9 Video:** <https://www.tdsb.on.ca/High-School/Going-to-High-School/Beyond-8>
- **Find Your School - For determining your Home High School:**  
<https://www.tdsb.on.ca/Find-your/School>
- **Virtual Open Houses & Info Sessions - all TDSB schools:**  
<https://www.tdsb.on.ca/OpenHouses>
- **Optional Attendance Form:**  
<https://www.tdsb.on.ca/High-School/Going-to-High-School/Beyond-8/Optional-Attendance>

## Important Dates

January 29, 2021: Optional attendance forms due at secondary school.

February 12, 2021: Deadline for parents/guardians to be informed of the status of the application request.

February 26, 2021: Course selection sheets due at elementary schools. (Student's Responsibility)

March 1, 2021: Course selection sheets due at secondary schools via myBlueprint

## **Your Grade 8 Transition Year – At a Glance**

November/December

- Secondary School Information Evenings start
- Information and resources re: Beyond 8 - Grade 8 to 9 Transitions shared

December

- Parent/Teacher interviews
- Secondary School Information Evenings continue

January

- Secondary School Information Evenings continue
- Optional Attendance forms due at secondary school

February

- Deadline for parents/guardians of students to be informed of the status of the application request - Secondary
- Course selection sheets due at secondary schools

March

- Parent/Teacher interviews

May / June

- Promotion, Transfer, Retention (PTR) decisions made

**Zion Heights Middle School Council:** ZHMS School Council had its first online meeting (via zoom) on Oct 22<sup>nd</sup> with a very good turnout. We had approximately 30 parents in attendance from both in-school attending students and those attending the virtual school.

We have a full 14-member council this year. As for the Executive positions, Aaron Iravani continues to be the co-chair for the 2<sup>nd</sup> year of his term and June Leung has joined as the other co-chair this year. Our former co-chair, Key Kasravi is now our Treasurer as he completed his 2-year co-chair term. We would like to thank Key for his leadership, diligent contributions and dedication to our school over the past few years and welcome him in his new role. Jennifer Gillick has graciously volunteered to be the secretary. Thank you Jennifer!

**The voting members of this year's School Council are:**

- |                     |           |                      |
|---------------------|-----------|----------------------|
| 1- Aaron Iravani    | Co-Chair  | 8- Phouvieng Sackda  |
| 2- June Leung       | Co-Chair  | 9- Katherine Whang   |
| 3- Key Kasravi      | Treasurer | 10- Dickson Liu      |
| 4- Jennifer Gillick | Secretary | 11- Jean-Paul Ngana  |
| 5- Hilda Hosseini   |           | 12- Karen Yang       |
| 6- Banasha Shah     |           | 13- Gayathri Samaroo |
| 7- Karen Yang       |           | 14- Samson Chiu      |

**School Council Meeting Dates for this school year are as follows:**

- Meeting #2: November 18, 2020
- Meeting #3: December 9, 2020
- Meeting #4: January 13, 2021
- Meeting #5: February 17, 2021
- Meeting #6: March 24, 2021
- Meeting #7: April 21, 2021
- Meeting #8: May 19, 2021

The minutes of the meeting held on October 22<sup>nd</sup> will be approved at our next meeting and will be posted on the school website for the community to access and review. We encourage our parent community to attend as many of the meetings as they can in order to keep informed and contribute with their ideas.

We praise our parent community and our students that despite the challenges we all face today are actively participating and adapting rapidly and effectively to our 'new normal'. The School Council thanks every one of our school administrative and teaching staff for their continued dedication to our students' education, health and safety. Let's keep the momentum going and let's work together to ensure a safe and healthy environment for our students to learn in. Enjoy the record breaking warm and sunny weekend!

ZHMS School Council

## **LOOKING AHEAD @ ZHMS**

**November 11 - Remembrance Day Activities @ ZHMS**

**November 13 - Parent/Teacher Conference Form to be sent home**

**November 19 - Progress Reports Cards go home & P/T Conferences - 4:00PM - 8:30PM**

**November 20 - Parent/Teacher Conferences - 9:00 AM - 3:00PM (No classes today)**

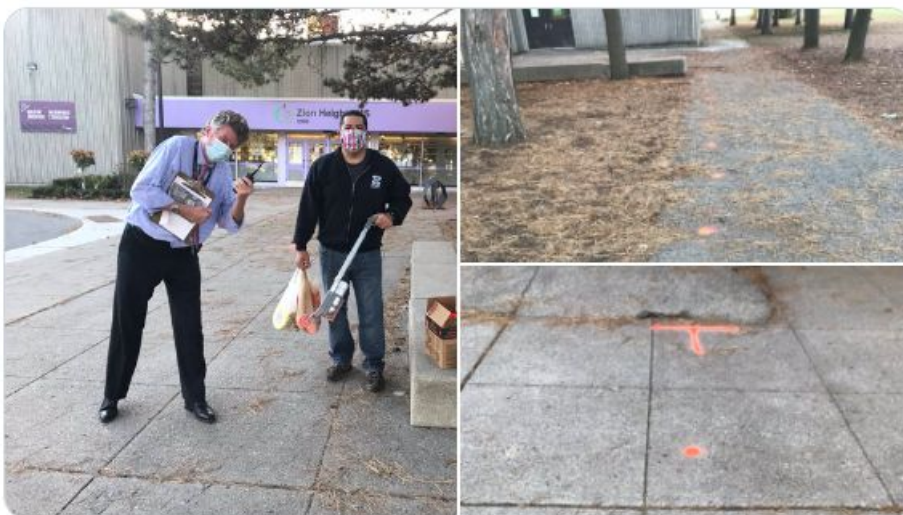
**November 27 - TDSB Character Trait Virtual Assembly - Empathy**



**Zion Heights Middle School TDSB**  
@ZionTdsb

...

During this pandemic we all need to stay united to ensure our loved ones stay safe. At [@ZionTdsb](#) we are very fortunate to have dedicated teachers, parents and students working together everyday to combat COVID19! [#InThisTogether](#) [@JamesX\\_Li](#) [@Elizabeth\\_Addo3](#) [@tdsb](#) [@TDSBDirector](#)



***Please stay safe!***

***Chi Le***

*Principal*

*Zion Heights Middle School*