



Zion Heights MS strives to promote the social, emotional & physical well-being of Zion students. Teachers supervise clubs & activities in the morning, at lunch and afterschool:

Art Club
Choir
Tech Club
Planes, Trains and Automobiles Club
Basketball
Volleyball
Athletic Council
Chamber Strings
Junior Strings
Band



Susan Sidlofsky
Principal

Laura Jones,
Vice-Principal

Office Hours:
8:30 am - 4:30 pm
416-395-3120

Phouvieng Sackda
Sajulie Liscombe
School Council
Co-Chairs

Elizabeth Addo
Superintendent

Alexander Brown
Trustee



Zion Heights News



February 2018

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Message from the Office...

Grade 6s have adjusted to middle school. Walking through the halls, getting the appropriate materials for morning and afternoon classes and joining clubs and activities. The grade 7s are taking full advantage of extra-curriculars as a way to develop their interests and leadership abilities. Grade 7s can be seen participating in sports, artistic and academic orientated clubs. A large number of the emerging leaders from grade 7 have contributed to the writing, and editing of this issue of the newsletter. Finally, our grade 8s are taking leadership in our Athletic Council, planning the exciting events unfolding in our Houses. Our Houses keep school spirit alive through the organization of spirit events - most recently our valentines 'heart o grams'. Our grade 8s are also making decisions about which school they will attend in grade 9. To this end they are completing course selections in-consultation with their parents, teachers and Mr. Fuh our guidance teacher. The grade 8s are starting to think about the legacy they will leave at Zion as they approach the end of their middle school journey.

The middle school years are a time when students: mature - develop responsibility, take risks - learn to work collaboratively, and expand - acquire new interests and skills. They are growing, thriving and becoming more resilient. A lot is packed into these three years of middle school. The teachers, staff and administration at Zion Heights are so proud of our students! Way to go Zion!

By Priyanka B.

Mono Cliffs

This year, the grade 7 classes had been given the opportunity to attend Mono Cliffs Outdoor Education Centre. For 4 days, the students were whisked away to a winter wonderland, experienced to the fullest extent through beautiful nature hikes, cheesy songs by the light of the campfire, and everlasting bonds. Whether it was building a quinzee shelter out of snow, learning to survive pioneer style (device-free), or hunting down snowy clues in the woods with only the glow of the moon, there wasn't a moment that wasn't filled with anticipation and fun. Just ask

Mr. Miller and his new hat! Even though the delicious hot meals, bunkmate slumber parties, and hoof-print tracking detective work lasted just 4 days, the memories will last a lifetime!



Zion Heights M.S.



Choir at Zion Heights!

By Amaya H,

The Zion Choir has had another amazing and successful performance. We sang songs that touched the hearts of many. The choir has been working so hard show our school spirit and acceptance through our music. We have come up with our choir name, the Zion Kings. The name represents our school and dreams. Our songs symbolize our desire for hope and peace in the world. It's our protest against all the wars, poverty, greed and hatred. It's Zion's own powerful anthem. When we sing we have fun and enjoy ourselves while supporting our cause. In the choir we have made memories and friends that we will never forget. It's our way to be part of something bigger than ourselves, to bring hope to everyone who cares enough to listen. Ms. Cheung and Ms. Warford lead our choir and pick the spectacular music that we perform for our school. They are the reason for this choir, and don't get enough credit. We are thankful to have them here at the school to start such a powerful movement, and when we see how we have affected our crowd, we feel happy and fulfilled. We feel joy and satisfaction. In the beginning, we just have a song divided by parts. But each part is like a puzzle piece. By the end, we have a masterpiece that we look forward to sharing. We still have half a year left to have fun with our choir, and can't wait until April, when we can share our new and beautiful music, again.

-The Zion Kings

Zion on the Move!

Science Olympics at AY Jackson

By Jessie W.

On February 2nd, the grade 8 students of Zion Heights participated in the Science Olympics at A.Y. Jackson. Going up in a friendly competition against Highland Middle School. Zion's teams showed true leadership and collaboration skills while engaging in various activities ranging from chemistry to biology. The demonstrations conducted on stage by A.Y. Jackson students aroused the curiosity and interest of countless students. Students worked together as teams for every event to uncover mysteries, build the tallest towers, create balloon powered cars, and analyze different cells. We are proud to say that while we placed second, the Science Olympics was definitely a huge inspiration for the students of Zion to pursue their love for science!

Lego Robotics

By Priyanka B.

Among Zion's many prides, we have the First Lego League (FLL) Robotics Teams. FLL is a competition generally centred around science and discovery. The teams come together to construct and program an original robot to complete tasks that lead them to the regionals competitions. This year's theme was "Hydrodynamics", a project centred around reducing human water consumption. The two Zion robotics teams worked hard over the span of three months to formulate their innovative ideas as a team to save water. The first team, the Zion Lions, developed an original Smart Water Metre to prevent water leakage in the household, or on an industrial level. The second team, the Zion Noiz, worked towards an inventive "Ultimate Shower System" to reuse and purify shower water to reduce water wastage in the household. Both teams came through with creative presentations that wowed the judges at the regional FLL competition. The Zion Noiz came home with an honoured award for "The Most Innovative Solution"! Zion and our very involved staff, hope to return with the Lego robotics program next year, stronger than ever! Thank-you to Ms. Manu, Ms. Tsoy, Ms. Rafiq, and Mr. Tong!

Zion Heights M.S.

Extra-Curricular Activities at Zion

It's a typical Monday afternoon at school and everybody's looking anxiously at the clock, counting down the seconds until 3:05pm. Only, most of them aren't counting down to go home. They're counting down the seconds until they can finally run the cross country course, until they can put that finishing touch on the art mural, until they can tweak that program to make their robot run flawlessly. Welcome to extracurricular life at Zion Heights Middle School, where we have the perfect club for every kind of personality and passion. So no matter whether you're a budding social activist or an articulate speaker, here at Zion, you're bound to find the perfect club.

My name is Anushka, and I believe that innovation is what will drive our future forward. That's why I tried out for Zion's First Lego League (FLL) Robotics Team. With a combination of robotics, engineering, creativity, problem solving, and core values such as gracious professionalism, it's the perfect way to practice many skills that will be valued in the workforce of tomorrow.

But not all of the programs here are focused on mathematics and engineering, we also have many programs in the arts category!

Hi, Nili here. From the many string and band ensembles that I wake up early for in the morning, eager to learn, to choir, where I can express myself through my voice, every minute of these extra-curriculars are filled with music, excitement, and a ton of FUN! With these music programs, we have a couple of showcases, our Arts Nights, throughout the year, where parents and students can purchase tickets and watch the concerts come alive, while our art club features their murals for the concert, that truly bring the show to life. We also have a couple of writing programs, such as debate club, and story writing club, to open up your imagination.

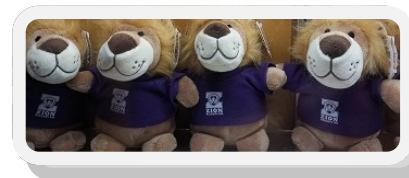
Are you more the athletic type? Like to work up a sweat and work as a team? Well our sports programs will keep you working hard and strong. Whether you're a fast runner, or a sleek basketball player, or heck, you just love dodgeball, here we welcome and encourage all students, with a variety of physical skills and interests, to try out for our sports teams and participate in our House Leagues.

We believe it's important to keep yourself involved in the school, so you can wake up everyday looking forward to your favourite clubs and teams, knowing you have a group of friends you can share your hobbies with. And trust us, every single day at Zion gets even better when you get involved in some terrific extra-curriculars that you're passionate about.

- Anushka T. 7/8 & Nili P. 7A



Thank-You Zion Teachers!



Sports & Athletics

Angela X. 7B



Some are spiking, some are running, others scoring, and others dunking...

This fall, lots of talented players participated in Zion's sports teams. They were trying their best, but most of all...having fun!

Near the start of the school year, our cross country runners ran their hardest until the finish line, with lots of people making it to the North Conference Finals and then eight runners making it to the City Championships!. Not long after, the soccer teams played their best in every game, running under the sweltering sun, all while scoring many goals along the way. From then on, our hardworking girls basketball and boys volleyball teams woke up early before school to practise their best for upcoming games. They did a great job despite losing the gym for floor construction. Thanks to the teachers and community coaches for their dedication to Zion Athletics.

Keep up the great work Zion! We have the whole winter, spring, and summer seasons ahead of us!

Last, but not least, special shout-out to the Athletic Council run by Ms. Cattell, making all the sports events at Zion possible. Without it, we wouldn't have many fundraisers, house league sports, fun events like track and field day or dances at our school. Not to mention the fashion show! At each Zion Orientation the Athletic Council welcomes the new students currently in grade 5 and entering grade 6 at Zion next year, by hosting a fashion show, featuring our newest comfy and stylish Zion gear. Sweatshirts, sweatpants, hats, gym clothes, custom buttons, jerseys, and even Zion Lion plush!



Cross Country City Championships

Congratulations to everyone on an amazing year so far! Way to go Zion!





Athletic Council—House System



This year, the Athletic Council introduced a new and exciting way for students to show their school spirit. Mrs. Cattell and the members of the Athletic Council put together a school House System. The students and teachers were divided into four different houses- red, orange, green, and blue. In these houses, the students participate in various activities earning points. After the activities, Athletic Council tallies up the points to see which house has the highest number of points.

This new system has been a great experience for everyone from the very beginning. Earlier in the school year, the council hosted an assembly introducing the new idea. Our actors performed a short skit on how the House System works. After the presentation, the eager students and teachers were split into their houses and moved into different areas of the school to create a house cheer. All the houses had unique cheers and were awarded 500 points each.

So far, we have had a House Colour Day. Students and teachers dressed in red, orange, green, or blue depending on their house to earn points for their team. The Blue house won and was awarded 500 points. In second, the red house was awarded 300 points. Followed by green with 200 points and orange with 100 points. In addition, Zion is known for giving back to the community and showing compassion to those in need. Athletic Council started a hats and mitts drive with the help of the Parent Council. Students and teachers donated new or gently used hats and mittens/gloves. For every item brought in, a point was awarded to his or her house. Staying in holiday spirit, the last day of school before the break was a lot of fun. Zion had a Pajama Day. Staff and students wore their comfiest pajamas to school. Points were tallied up for everyone wearing their attire. Finally and most recently, the grade sevens on the Athletic Council organized a Zion Colour day. Almost everyone wore black, white, or purple showing their school spirit. Prizes were given to everyone who showed their Zion spirit.

In the very near future, there will be a Spirit Week in March. Each day of the week will have a different theme. For example, jersey day or twin day. This will be a big opportunity for everyone to earn house points and to have fun participating. Finally for all the volleyball enthusiasts, Zion will be having a Volleyball Spectacular. Participants can sign up with a friend and the Athletic Council will put everyone on different teams. Everyone who signs up will be awarded a point. The final winner will play against a team of teachers with the school watching!



So Zion, gather your friends and get ready for an exciting rest of the year!

Written by: Ryann C. and Nelly B.



Thank-You Parent Council!!!

The Physical Education department would like to thank the Parent Council for the generous donations to athletics at Zion. The students will continue to enjoy throwing, catching, and playing.

You are great supporters of our school! Ms. Cattell



Music with a Purpose...

Mr. Miller’s band classes engaged in an amazing musical challenge this term. The classes were tasked with creating a musical track to accompany a video game. Here are a few of the many original pieces Zion Heights students created using various musical instruments, garage band and their own voices. Mr. Miller tells his students, “Strong melodies stick in our hearts and minds.” From Star Wars to Raiders of the Lost Ark and Pirates of the Caribbean. Who knows? The next creator of a memorable melody may be a student from Zion Heights!

Run!

Creative Title: Run!

Developers: Tristan and Thomas 6/7

What is your game objective? Mike, the main character is trying to head back to his base.

Mike slides under trailers and over cars trying to avoid the radioactive people. He’s also trying to stay clear of the smashed cars and trucks on the highway. If Mike gets tagged by the radioactive people he turns into one of them and dies. Then the game is over.

This game is possibly in development. The experience allowed us to mix programming with our passion for music. We really loved it!



TRAPPED

Creative Title: Trapped

Developers: Nicholas C. 6-1, Joseph L. 6-4, and Fatima U. 6-2

What is your game objective? Characters Emily, Alice, Josh and Mike are friends trapped in a Mansion in the forest. The aim of the game is to survive in spite of the dangerous threat pursuing them.



Dancing Bawlerinas

Creative Title: Dancing Bawlerinas

Developers: Samuel H. 7A, Erik T. 7A, Sunny S. 7B Robert Z. 7A

What is your game objective? This game is a platformer. The objective is to get the golden point shoes. Players do dance moves to get points. Every

time you complete a level you get more points. To get through a level you have to perform different dance moves. The dance moves make you stronger and give you the chance to upgrade your shoes. When you complete all the levels you get the golden point shoes. These point shoes will make you the best ballerina in the world. But there are obstacles all along the journey from Litty, the main bad guy in your path who tries to stop you from getting the golden point shoes.

More Musical Creations...

Un-Named



Creative Title: Un-Named

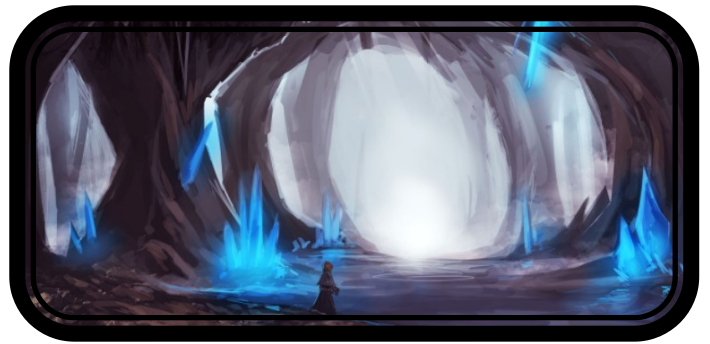
Developers: Justin H, Ronald Y. and Gary Q.

What is your game objective? To find as many clues and facts to solve the mystery within in a given amount of game time. Players visit games, parks, library. Each player has a week to solve the mystery. The average game time is 8 hours. Each player has an inventory of five slots to keep game items that you find such as evidence you gather from the lab. Your aviator in the game is wearing a black trench coat with a Sherlock Holmes hat. You enter the game as you fall through a library in London, England. Other characters will show up throughout the mystery in different locations for example the lab. Although the game starts in London, England you travel around the world as you solve each new mystery.

Creative Title: Double OO's

Developers: Marie K, Amy C. & Carrie C. 61

What is your game objective? In this video game two runners have to jump on musical notes to get to the next level. The game takes place in an underground cavern and you have to go through all the levels to get to the final portal and win.



DEEPER

By: Nathan L. and Justin L.



~ This started as another thought, but within a week this had become half the class' obsession.~

The cool new technology. The thing that makes everybody turn their heads. One of the latest releases in the tech industry. The drone.

Of all the tech devices seen at the school, this drone, the Pathfinder, was probably the most eye-catching. After all, the sleek, dark gray design seems to be taken from a future time period. However, instead of just flying, this drone has another purpose: to film.

The film, shown at the end of the House League Assembly, started as a far-fetched idea from one of our ambitious group members to raise awareness of the Can Drive fundraiser for OLI, an organization that tries to better the lives of Aboriginal peoples.

This lofty goal was achieved through many dedicated hours of planning and filming. We were constantly discussing, editing, tweaking our scenes, altering the timing of sound effects and trimming to the music, right up to when we had to present it. Our members frequently gave up free time after school and during weekends to reach this high bar. Multiple takes of a scene were filmed at once, and sometimes it would take even more reshoots.

Which begs the question: Why use a drone, of all things, to film? The answer is simple. Because it tends to shudder with the wind during mid flight (as it is frequently lighter than the force of the wind), it includes a gimbal, or a camera stabilizer, that cancels out the minute movements. This tool helps us keep the shots stable, and proves incredibly useful while moving and filming.

Drones are great tools we can use to help tell our story, but, ultimately, they are just that: tools, and though they are a marvel in and of themselves, the story here is a tale of dedication, initiative, and action. This started as another thought, but within a week this had become half the class' obsession. ~

Members: Justin L., Nathan L., Jamie K., Rolf M., Justin H., Evan W., Arman H., Aria F., Kalan S., Raymond M., Kelly W., Aava S., Samuel C., Ethan W., Gary C., Eric C., Justin Z., and Sunny F.
Special Thanks to: Mr. Nini, Pathfinder (the drone), and the early critics.

Zion Heights M.S.

Zion Heights on the Move!

Strings Music Symposium

By: Bonny C.

On February 9th, over eighty grade 6, 7 and 8 students from Zion Heights Middle School Strings Program came out to participate at a Music Symposium. The Music Symposium includes students from strings groups at other schools. In the morning, the grade 6 and 7's from Junior Strings worked on the song "Dragon Slayer." The song Dragon Slayer is exciting and adventurous — it's a strong, powerful, tempestuous song. When the group played the piece, it sounded really amazing! After the group warmed up with some scales, and ran through the Dragon Slayer as a large group, the strings split up into sectionals, violins with violins, violas with violas, cellos with cellos and bases with bases. The individual groups worked on steps to strengthen the song, through the use of dynamics such as: mezzo piano, forte and mezzo forte. Ms. Tam and the other strings teachers worked with groups to help them improve. Later, the sectionals came back together to play the piece again. It was phenomenal to see the improvements made to this performance afterwards!

After lunch, it was the Senior Strings turn to play, the Senior Strings group is a group with more advanced players. The Senior Strings played a song called "Goblin Boogie." The song has a lyrical tune to it and it's upbeat. Again, once they played the song as a group, they split up into smaller groups to practice. Once they came together again to play the piece, we could really hear the improvement. Many people really enjoyed the song "Goblin Boogie." This fantastic Music Symposium could not have happened without the help of our fellow teachers, Ms. Tam, Ms. Jones (our VP), Mr. Yeon and Ms. Patel and also the parent volunteers. The Music Symposium was a great learning experience and it was a ton of fun!



Reflections: from a budding musician

By Grace W.

I personally think that the trip to the Music Symposium was a great experience. It really helped me to play better than before. The Senior Strings (the group I was in) performed in the afternoon joined by another school. The song we played was "Goblin Boogie".

Before we played the song, the Conductor asked us to play scales as warm-ups and he made us play the same type of scales but with a different rhythm which I think sounded amazing!

After trying out the scales, we started playing "Goblin Boogie", which is a very interesting song that is exciting and grabs your attention. The Conductor wanted us to work on certain sections in the song. We worked on what dynamics to incorporate into our playing, like crescendo or decrescendo, to make the piece even more exciting. We also worked on the rhythm because for some of the parts the violinist, cellist, bassist, and violist weren't playing together. Sometimes the conductor would even ask specific instruments like the violins and the violas, or the cellos and bassists to play certain parts.

After practicing some of the bars together the Conductor asked the other teachers that play a certain instrument to help the students that play the same instrument in another room, so we can play certain bars better. Our individual teacher was really nice and helped us a lot. He taught us when to play a part louder or softer so then it would grab the audience's attention.

After the Violinist finished teaching us all the things we had to know, all of the strings players went back into the cafeteria and we all played it together, from the beginning to the end, and it sounded awesome!

The Music Symposium was an amazing experience. I would love to go again in the future!

Zion Heights M.S.

Zion Schedule of Events

- Feb. 12 Term 1 Report Go Home**
- Feb. 12 Book Fair Opens**
- Feb. 14 Cultural Luncheon**
- Feb. 15 Parent / Teacher Conferences 6:00—8:30 pm**
- Feb. 16 PA Day—No Classes Parent / Teacher Conferences 9:00—11:30 am**
- Feb. 16 Book Fair Ends**
- Feb. 19 Family Day— No Classes**
- Feb. 21 Marlies Game—Grade 8s**
- Feb. 28 Pink Day**
- March 13 March Break Begins**
- March 20 School Resumes!**

The School Council wants... YOU!

- ◆ Attend meetings
- ◆ Meet parents
- ◆ Have your voice heard

Next Meeting

**April 25, 2018 6:00 pm
In the Staff Room**

The Nutrition Program

**Regular Hours: 8:30—8:40
each morning!**

Milk, carrots, celery, and fruit are always available daily.

Parents interested in donating please contact the school office.

Thank you for your kind



Ms. Jones would like to thank the members of the Newsletter Club: Amaya H., Nili P, Priyanka B., Bonny C., Grace W., our many guest contributors and our Editor, Anushka T.

Thank-you to Parents and Guardians for your support and generous donations to the **Please Give Program**— we raised \$4,100 through this event. The money collected will go towards enhancing school programs and supporting school initiatives such as: technology improvements and resources, school competitions, the Zion House system, our ZAG day event, and the Grade 8 graduation ceremony.

Also, a big thank-you to our Council Members and volunteers who organized and helped make the following events possible and successful; the Please Give Program, the Bake Sale, the Halloween Pizza Lunch and the After School Math Club.

Lookout for our upcoming events: the Cultural Lunch, the Toastmaster sessions, the Air Powered Drag-Race Car Competition, the Parent Mentoring session for our Grade 8 students and the Zion 50th Anniversary celebrations!

Sincerely,
Phouvieng Sackda & Sajuli Liscombe
Co-Chairs
Zion Heights MS—School Council



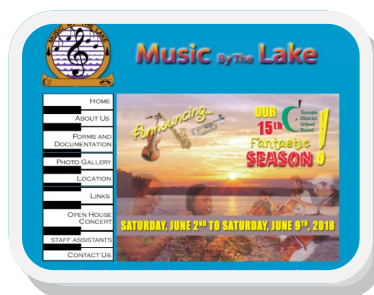
Stay Healthy During Flu Season

Flu season is here again. The Ontario government is encouraging Ontarians to avoid getting sick this flu season by getting their annual flu shot.

Toronto Public Health is recommending that whenever students and staff experience flu-like symptoms, they are sent home and do not return to school until they are no longer infectious to others. Therefore, ill students and staff should be symptom-free (especially from vomiting and diarrhea) for at least 48 hours before returning to school.

The primary concern is for the health and safety of all students and staff. For more information, please visit the Toronto Public Health website www.toronto.ca/health, contact your family doctor, or Telehealth Ontario. 1-866-797-0000.

Music by the Lake



Music by the Lake (MBTL) is an eight day overnight instrumental and vocal camp for TDSB students in grades 6 - 8. It will take place Saturday June 2nd through Saturday June 9th, 2018. Programs include band, stage band, strings, vocal, guitar and steel pan.

<https://sites.google.com/a/tdsb.on.ca/music-by-the-lake/>

Recess During Cold Weather

Elementary school students are kept indoors for lunch recess times for a number of weather conditions such as rain, lightning in the area, extreme winds and extreme cold. When temperature and wind chill measure -28C or lower, students are kept indoors. Lunch recess may be shortened if the temperature and wind chill reading is between -20C and -28C.