



## **FRIDAY FILE – Sept. 15, 2023**

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

***Follow us on X former Twitter @ZionTdsb***

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

**School Contact Information:**

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

Dear Zion HMS families,

Welcome to our first Friday File of the school year! For families new to the ZHMS community, the Friday File is our weekly school newsletter where we provide updates to students and parents as well as share photos of school events and student learning from the week.

As First Day Start-Up Forms were delayed this year, we will be sharing more photos of student learning as media release forms are collected from families. This week, we had our first successful fire drill and next week we will be starting Cross Country and Grade 8 Boys Soccer! Students can contact their homeroom teachers if they need more information.

On Monday, TDSB schools will be informed if our school will need to reorganize based on our actual student enrollment. At this point we do not anticipate a reorganization, however, when schools need to reorganize, we prioritize the following: 1) the least disruption to students and families and 2) the best programming.

Our ZHMS Curriculum Night has been set for Thursday, September 28th, 2023 from 6:00 PM to 7:15 PM. More information will be shared with parents/families next week. Also, more information on upcoming School Council Elections will be shared next week.

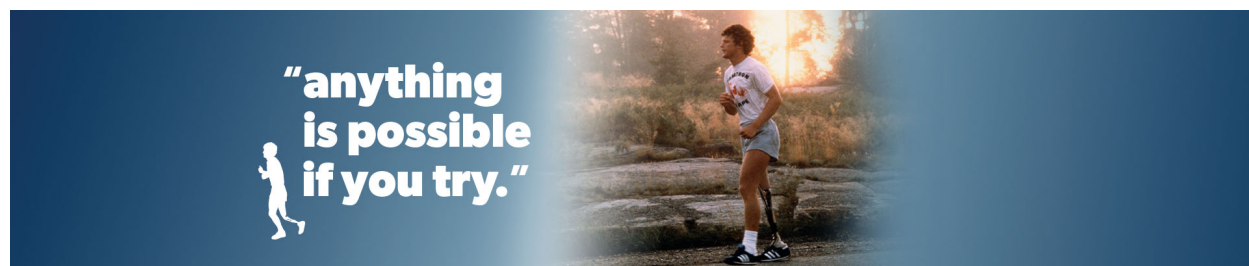
***We hope you all had a wonderful week of focused learning!***

***Chi Le  
Principal  
Zion Heights Middle School***

***Monica O  
Vice-Principal  
Zion Heights Middle School***

## **Zion Heights Middle School - IMPORTANT UPDATES:**

**Terry Fox School Run @ ZHMS: THURSDAY, SEPTEMBER 28, 2023**

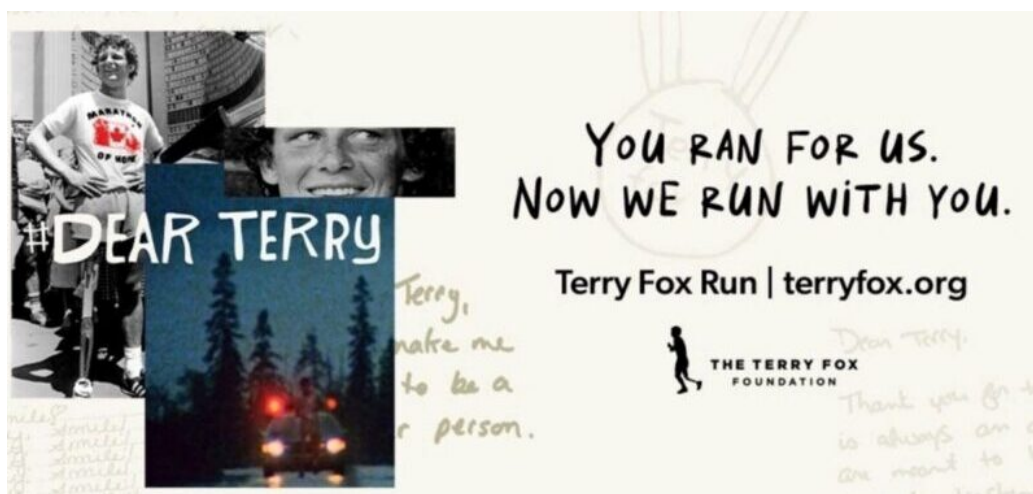


Our Terry Fox School Run is on Thursday, September 28th, 2023. The day is meant to promote Wellness, Empathy and Social Awareness for staff and students. We will spend time outside doing something to help others who have been affected by cancer while at the same time building community. Thanks everyone for doing your part!

Terry Fox said, **"Anything is possible if you try."** Inspired by his amazing example, our school is proudly taking part in this year's **Terry Fox School Run**. Please consider supporting us and help us raise much-needed funds for cancer research

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*Last year we raised over \$1300 to support cancer research, this year our goal is \$2000!*

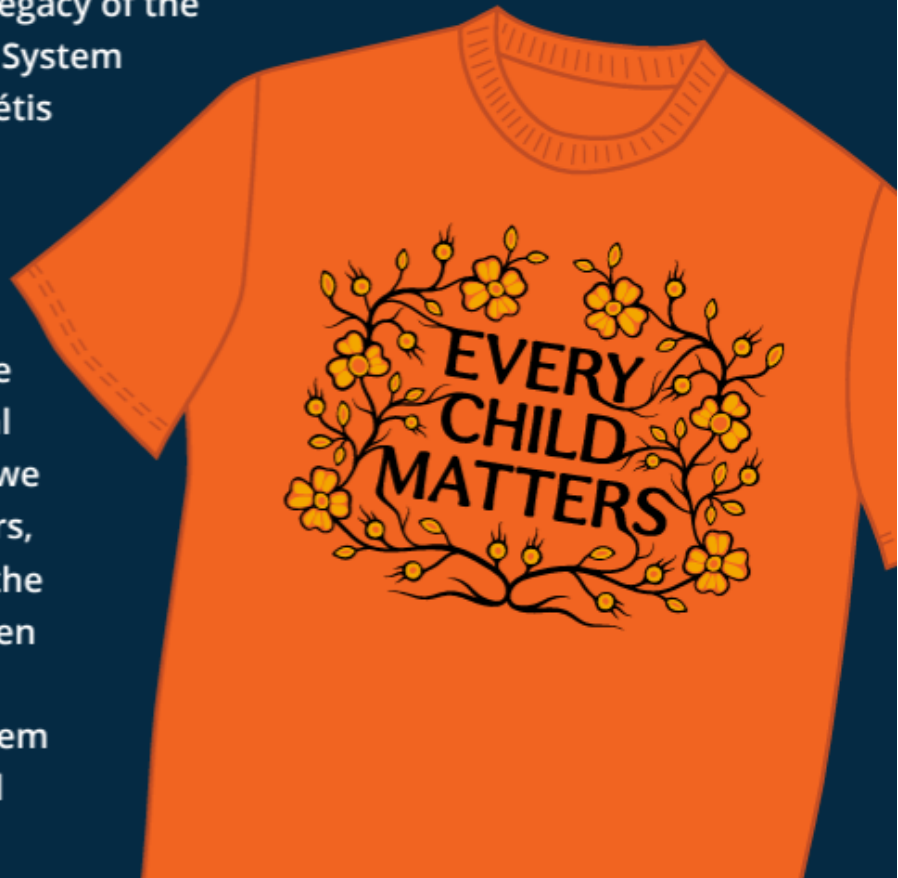


## ZHMS Recognizes Orange Shirt Day on September 29, 2023

Saturday, September 30 marks the 10<sup>th</sup> anniversary of Orange Shirt Day and the third annual National Day for Truth & Reconciliation. This year, the TDSB will be honouring this day on Friday, September 29<sup>th</sup>.

Established in 2013 by Phyllis Webstad, Orange Shirt Day recognizes the the legacy of the Residential Schools System for First Nations, Métis and Inuit families and communities.

By wearing orange, we acknowledge the truths of Residential Schools in Canada, we honour the Survivors, and we remember the thousands of children who died in these schools, many of them buried in unmarked graves.



## ***Paying School Fees / School Cash Online***

School Cash Online has been set up for parents to pay for school fees/supplies. School Agendas, Gym Uniforms and Locks can also be paid for on School Cash Online

<https://www.tdsb.on.ca/About-Us/School-Cash-Online>

## ***School Nutrition Program***



Our school nutrition program provides a daily snack to approximately 470 students at ZHMS. Please consider a donation towards supporting the Snack program at Zion Heights MS. Donations can be made on Cash Online.

Contact Ms. Barlas at [toula.barlas@tdsb.on.ca](mailto:toula.barlas@tdsb.on.ca) on how to register for Cash Online as well as how to access the Tax Receipt Donation Form.

## **SCHOOL COMMUNITY MESSAGES & UPDATES:**

*From Seneca Hill Chess*

***Happy Back to School!***

***The after-school chess program at Zion Heights is going to start on Tuesday, October 3, To see the details and information registration, please use [this link](#).***

***Thank you.***

***Corinna Wan***







*(Last year's chess tournament at ZHMS)*

## **Attention Parent Volunteers!**

***Vulnerable Sector Checks (VSS) by Toronto Police Services is now online***

***Toronto Police Services has moved its Vulnerable Sector Checks (VSS) application online. This will expedite the process of approving school volunteers!***

***The TDSB has been given a unique code that applicants will be required to use when filling out their application. A step-by-step process is available online as a PDF.***

***All applicants are strongly encouraged to apply online.***

***If you require any additional information, please email the Police Reference Check Office at [PoliceReferenceCheckOffice@tdsb.on.ca](mailto:PoliceReferenceCheckOffice@tdsb.on.ca)***

## ***Looking Ahead at Zion Heights Middle School***

Sept. 18 - Cross Country (all students) Begins

Sept. 18 - Boys Grade 8 Soccer Begins

**Sept. 27 - Photo Day!**

Sept. 28 - Terry Fox Bake Sale (AM) / Terry Fox Run (PM)

Sept. 28 - Curriculum Night (6:00 PM - 7:15 PM) - more information to come!


Sept. 29 - Orange Shirt Day - Indigenous Truth and Reconciliation Day


## **TDSB Mental Health Resources**


### ***Need Immediate Help?***


- **[TDSB SOCIAL WORK & SUPPORT FOR FAMILIES](#)**
- ***Telehealth Ontario at 1-866-797-0000***
- ***Kids Help Phone at 1-800-668-6868 or texting CONNECT to 686868***
- **[Mental Health TO](#)**
- **[211](#) – community supports such as food banks, housing and more.**
- **[Toronto Public Health](#)**

**Whenever you  
need to talk,  
we're open.**



 Call 1-800-668-6868

 Chat at [KidsHelpPhone.ca](https://www.kidshelpphone.ca)

 Text 686868

Kids Help Phone 