



FRIDAY FILE – Sept. 29, 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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Dear Zion HMS families,

My oh my, it was a busy week of focused learning at ZHMS! Our Terry Fox Bake Sale and fundraising events were successful thanks to our excellent staff and student leaders! We also want to thank everyone who came out this week to support our students during Curriculum Night at ZHMS. It was great to see so many parents and students out, and as usual, our cafeteria was near capacity for our final evening presentation. This week, our students also focused on Indigenous education and Truth and Reconciliation by engaging in learning throughout the week and welcoming Indigenous educator and knowledge keeper Ms. Veronica Johnny on Orange Shirt Day to share her story and wisdom with our staff and students. As we move into October, we are looking forward to our School Council Elections and our Cross Country track meet next week! October 6th will also be a Professional Activity Day and there will be no classes that day for students and the office will be closed.

Please scroll down to see more important updates on this week's Friday File!



Warm regards,

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

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

What's Happening at ZHMS...

Thank you coaches for your dedication to ZHMS Athletics!!!



Welcome to ZHMS Mr. Lapierre and Mr. Foo! Thanks to Mrs. Cattell and Mr. Gardziejczyk for your continued support & leadership!

Let's Run, Walk, Stroll or Roll for Terry and for a cure ZHMS!



*Thank you Mrs. Cattell
for helping to organize
Terry Fox Events for our
whole school community!*



*Fantastic Work ZHMS Student Ambassadors,
even when hiccups occurred you kept your cool to guide our
parents!*



*Thank you Mrs. Barlas and Ms. O for providing refreshments for
our ZHMS families!*

Parents if you missed your child's Homeroom Presentation please access it here:

 [Zion Curriculum Night Homeform Slides 2023-2024.pdf](#)



If you have any additional questions please feel free to contact your child's homeroom or subject teacher

If you missed our final presentation of the evening, you can watch our Grade 8 Grad Video here:

<https://youtu.be/7z-uzDsVm-s>

Parents and students were treated to words of wisdom and encouragement from last year's Grade 8 Graduates



Students, what will your goal be this year at ZHMS?

Zion Heights Middle School - IMPORTANT UPDATES:

My Child Is Sick... What Do I Do?

*Please see the following health suggestions from
Toronto Public Health*



Stay Home if You Have Symptoms

Screen yourself/your child for COVID-19 and other respiratory viruses using this questionnaire. If you answer YES to any of the questions, stay home and follow guidance provided.

September 1, 2023

Stay home (self-isolate) if you are sick:

Stay home until you have no fever and your symptoms are improving for at least 24 hours (or 48 hours if nausea/vomiting/diarrhea).

Anyone who is feeling sick or has any new or worsening symptoms of illness, including those not listed, stay home until symptoms are improving and seek assessment if needed.

Follow extra measures: For 10 days after the start of symptoms:



Wear a well-fitted mask in all public settings (including schools/child care, unless <2 years of age).



Avoid non-essential activities where you take off your mask (e.g., playing an instrument in music class or during sports or dining out).



Do not visit people or settings (e.g. hospitals, long-term care homes) at higher risk, including where there are seniors or those who are immunocompromised.

Masks – The TDSB continues to be a mask-friendly environment inclusive of all staff and students.

While the Ministry of Education and public health officials are not mandating the use of masks, Toronto Public Health strongly recommends wearing a well-fitting, high-quality mask, especially in indoor public settings.

The TDSB will continue to provide medical masks to students who want to wear one.



Toronto Public Health Updated Screening Form (Sept. 2023)



Stay Home if You Have Symptoms

Screen yourself/your child for COVID-19 and other respiratory viruses using this questionnaire. If you answer YES to any of the questions, stay home and follow guidance provided.

September 1, 2023

1. Do you have any of these new or worsening symptoms*? ☐ Yes ☐ No

A) One or more:



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



Cough



Trouble breathing



Decrease or loss of taste/smell

B) Two or more:



Sore throat



Headache



Feeling very tired



Runny nose/
nasal congestion



Muscle aches/
joint pain



Nausea/vomiting/
diarrhea

2. Have you tested positive for COVID-19 in the last 10 days and have symptom(s)? ☐ Yes ☐ No



If "YES" to Q.1 or 2 Stay home (self-isolate)



Follow extra measures

3. Do you have only one symptom from 1(B) OR any of the following new or worsening symptoms*?

• Abdominal pain • Pink eye • Decreased or no appetite ☐ Yes ☐ No



If "YES" Stay home until your symptom(s) is improving for 24 hours (48 hours for nausea/vomiting/diarrhea) and you do not have any new symptoms

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Avoid non-essential activities where you take off your mask (e.g., playing an instrument in music class or during sports or dining out).



Do not visit people or settings (e.g. hospitals, long-term care homes) at higher risk, including where there are seniors or those who are immunocompromised.

This tool is consistent with [provincial self-assessment tool](#).

*If the symptom is from a known health condition that gives you the symptom, select "No." If the symptom is new, different or getting worse, select "Yes." If there is mild tiredness, sore muscles or joints within 48 hours after a COVID-19 or flu vaccine, select "No."

ZHMS School Council Elections

will be held in person on Tuesday, October 3rd, at 6:30 PM

We are looking for **up to 15** voting parent/guardian representatives to be on the School Council that will sit for a term of one year. All parents/guardians with children in our school (virtual and in-person) can be elected to the School Council. Voting representatives will then elect the following:

- the Co-Chairs (two positions)
- a Treasurer
- a Secretary

Members of the School Council must attend school council meetings. A person employed at the school or employed elsewhere by the Board cannot be a member of the School Council unless they take reasonable steps to inform people qualified to vote in the election of parent members of that employment.

School Councils are a way to **improve student achievement and enhance the accountability of the education system to parents** (Reg.612/2.1) through active parent engagement.

We are looking for parents/caregivers who wish to contribute to cultivating **a positive school climate and influencing school achievement**. Our School Council will thrive from having **enthusiastic, collegial, optimistic and equity-minded School Council members**.

If you are interested in nominating someone or yourself, please use this form:

[ZHMS School Council Nomination Form](#)

The nomination form/bios are due on **Tuesday, October 3rd at 4:00 PM**. Only parents/guardians of currently registered children attending Zion Heights Middle School may participate in the voting process.

If needed elections shall be by secret ballot on Tuesday, October 3rd at 6:30 PM. We encourage all parents interested in joining our school council to attend the [PECO workshop](#) that will be held on Sept. 28th at 6:00 PM. This will be an informative session on School Councils. Should only 15 names be brought forward, those individuals will be acclaimed and elections for voting members will not be required.

Only parent/guardian representatives may then vote for executives on the School Council.

Your School Council Elections

How School Council Elections Work

All parents/caregivers of students registered in the school are invited to attend meetings and events, help out and participate in their school community. They are also eligible to become Voting Members or Executive Members on the School Council if they are nominated and elected.

What is a Voting Member?

Voting members are the parents/caregivers elected on election day. They form the new council together with school staff, student (where applicable) and a community rep (appointed by the new Council). They vote on items through-out the year and are encouraged to be active in meetings and help coordinate events and initiatives.

What is an Executive Member?

Once the Voting Members are elected, they decide on roles like chair/co-chair/vice-chair, secretary, treasurer and any other position approved by the Council's Bylaws. These Executive roles hold the same power as Voting Members but take on more organizing responsibilities.



September



Election date is announced and nominations begin

- Election date is announced publicly at least 14 days before the election
- You can self-nominate or nominate someone to be included on the ballot in the vote for Voting Members*



Election Day

Every parent/caregiver gets one vote for every position available, as stated in Council Bylaws

Everyone Votes!



Your School Council

Day 30

An election will be held within the first 30 days of school.



Looking Ahead at ZHMS

Oct. 3 - ZHMS School Council Elections @ 6:30 PM

Oct. 5 - Cross Country Races @ Earl Bales Park - parent volunteers still welcome!

Oct. 5 - World Teacher's Day

Oct. 6 - Professional Activity Day - NO SCHOOL - ***Please note that the office will be closed today as all teaching and support staff will be engaging in Ministry-mandated compliance and violence prevention training***

Oct. 9 - Thanksgiving Holiday - NO SCHOOL

Oct. 10 - Grade 7 Boys Soccer Tournament @ ZHMS

Oct. 11 - Grade 8 Boys Soccer Tournament @ ZHMS








Student Clubs / Extracurriculars Happening This Week

- Library Helpers
- Cross Country
- Gr. 7 & 8 Boys Soccer
- Girls Basketball tryouts - more info on Monday!
- Afterschool Volleyball (drop-in)
- Friday Basketball (drop-in)

Students, just a reminder to dress for the weather!

Next 7 Days



Sat 09/30 Sunny	Sun 10/01 Sunny	Mon 10/02 Sunny	Tue 10/03 Sunny	Wed 10/04 Sunny	Thu 10/05 A mix of sun and clouds	Fri 10/06 Mainly cloudy
						
21°	24°	24°	26°	25°	25°	21°

KEY DATES - SCHOOL YEAR CALENDAR 2023-2024

The official school year calendar for the Toronto District School Board runs from
September 1, 2023 to June 30, 2024, inclusive.

Professional Activity Days	October	November	December	January	February	April	June
Elementary Schools	6	17	8	19	16	19	7
Secondary Schools	6	17			1, 16	19	27, 28

Designation of Professional Activity Days	
Elementary	Secondary
1. October 6, 2023 – Professional Development 2. November 17, 2023 – Parent Teacher Conferences 3. December 8, 2023 – Assessment 4. January 19, 2024 – Assessment and Reporting 5. February 16, 2024 – Parent Teacher Conferences 6. April 19, 2024 - Professional Development 7. June 7, 2024 – Assessment and Reporting	1. October 6, 2023 – Professional Development 2. November 17, 2023 - Professional Development 3. February 1, 2024 - Professional Development 4. February 16, 2024 - Professional Development 5. April 19, 2024 - Professional Development 6. June 27, 2024 - Professional Development 7. June 28, 2024 - Professional Development

EQAO: - The following dates have been established:

Gr. 9 Math: TBD

Gr. 9 Math: TBD

OSSLT: TBD

Primary/Junior EQAO: TBD

Dates to Remember - School Year Holidays (as per Ministry of Education)	
Labour Day:	September 4, 2023
Thanksgiving:	October 9, 2023
Winter Break:	December 25, 2023 – January 5, 2024
Family Day:	February 19, 2024
Mid-Winter Break:	March 11 - 15, 2024
Good Friday:	March 29, 2024
Easter Monday:	April 1, 2024
Victoria Day:	May 20, 2024

SCHOOL COMMUNITY MESSAGES



Trustee James Li
Ward 13, Don Valley North

Trustee James Li invites you to a virtual Ward Forum to provide your input into the TDSB's renewed Multi-Year Strategic Plan.

TDSB is Renewing its Multi-Year Strategic Plan



All members of the TDSB school community are invited to ***Have Your Say!***
We encourage you to take advantage of the opportunities to contribute to the conversation.

Here you will find the [Ward 13 MYSP Virtual Ward Forum flyer for parents to register](#).
This Virtual Ward Forum for parents/caregivers and community members will be held on
Thursday, October 19, 2023, Time 6:30 PM to 8:30 PM via ZOOM.



James Li
Trustee, Ward 13, Don Valley North
Tel: 416-395-8787 E-mail: James.Li@tdsb.on.ca

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>

Attention Parent Volunteers!

Please complete this Google Form if you are interested in volunteering at ZHMS this year: [ZHMS Parent Volunteer Form](#)

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

International Languages Elementary and African Heritage

Open to all students from Kindergarten to Grade 8, the International Language Program offers language learning with engaging activities like games, songs and dance. Activities will be focused on building students' abilities in oral communication, reading and writing and no language background is necessary to participate. The African Heritage Program connects students, from Kindergarten to Grade 8, to the contributions of people of African descent, their histories, cultures and traditions, through inquiry and experiential learning.

[Visit our program page for more information including registration details.](#)

Learn4Life – Adult General Interest Community Program

Fall registration is still open for our Adult General Interest Program with courses in business, languages, art, music, sports, dancing, and more! Open to adults 18 years of age and seniors, the Learn4Life program offers a unique and valuable opportunity for individuals to pursue their interests, expand their knowledge, and engage in lifelong learning with a wide range of courses and activities designed to cater to diverse interests and passions.

Visit [Learn4Life's program page](#) for more information.

New Parent/Caregiver Focussed Digital Citizenship Workshop:

The TDSB is offering a free online digital citizenship workshop ([flyer](#)) for parents/caregivers developed in partnership with Civix. We have 300 spots reserved for parents/caregivers to participate in 1 of our free online sessions via Zoom that will be offered as follows: Thursday, October 12th from 6:30 - 7:30PM or Wednesday, October 18th from 6:30 - 7:30PM Registration is required at: <https://CTRL-F-TDSB.eventbrite.ca>

TDSB Virtual Community Fair: For Parents/Caregivers of Children with Special Needs

Come meet with our very own TDSB Professional Support Services and Special Education and Inclusion Consultants who will discuss crucial support at your child/youth/young adult's school. When: Monday, October 16th, 2023, from 9:30 am to 12:00 noon and the same information will be repeated on Monday, October 23rd, 2023, from 5:30 pm to 8:00 pm. ([flyer](#))

Ms. Bing Liu, our school settlement worker is available to support our families in person on Mondays at Zion HMS. Please call ahead or drop by the main office between regular office hours.



New to Canada?



Get Information on:

- Schools and education
- Learning English
- Finding a job
- Housing for your family
- Health care
- The law
- Immigration
- Other issues



Bing Liu
 School Settlement Worker
 Centre for Immigrant and Community Services



☎ 647-888-1494 ☎ 416-292-0388

📍 2330 Midland Ave. Toronto, ON, Canada, M1S 5G5

✉ bing.liu@cicscanada.com 🌐 www.cicscanada.com



[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](#)

