



FRIDAY FILE – Oct. 20, 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

Dear Zion HMS families,

All IEPs were sent digitally to families this week. If you did not receive your child's IEP, please contact your child's homeroom teacher or the office.

Progress Report Cards will be sent home on November 14th, and Parent-Teacher Conferences will be held on November 17th and 18th - more information to come!

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

Build Strong Relationships 	Strategies to Prioritize Student Mental Health <small>www.thepathway2success.com</small>	
Daily Emotions Check-in 	Conference Individually 	Practice Coping Skills
Give Brain Breaks 	Daily Morning Meeting Time 	Teach Positive Self-Talk

Please take good care!

Chi Le
Principal
Zion Heights Middle School

Monica O
Vice-Principal
Zion Heights Middle School

What's Happening at ZHMS...

Congratulations to our Cross Country Team for competing at Earl Bales Park this week! 17 students made it to the City Championships - way to go ZHMS!

Bravo to our Grade 8 Boys for playing their best at our Division Finals today - our boys came home with a Division Banner - Well Done LIONS!



Zion Heights Middle School TDSB @ZionTdsb · 1h

...

Way to compete today Lions 🦁 We are so proud of you for representing our school with RESPECT, KINDNESS & PRIDE @ZionTdsb



Zion Heights Middle School TDSB @ZionTdsb · 1h

...

Drop-in basketball is back 🏀! Come by and get a run in! @ZionTdsb





Zion Heights Middle School TDSB @ZionTdsb · 1h

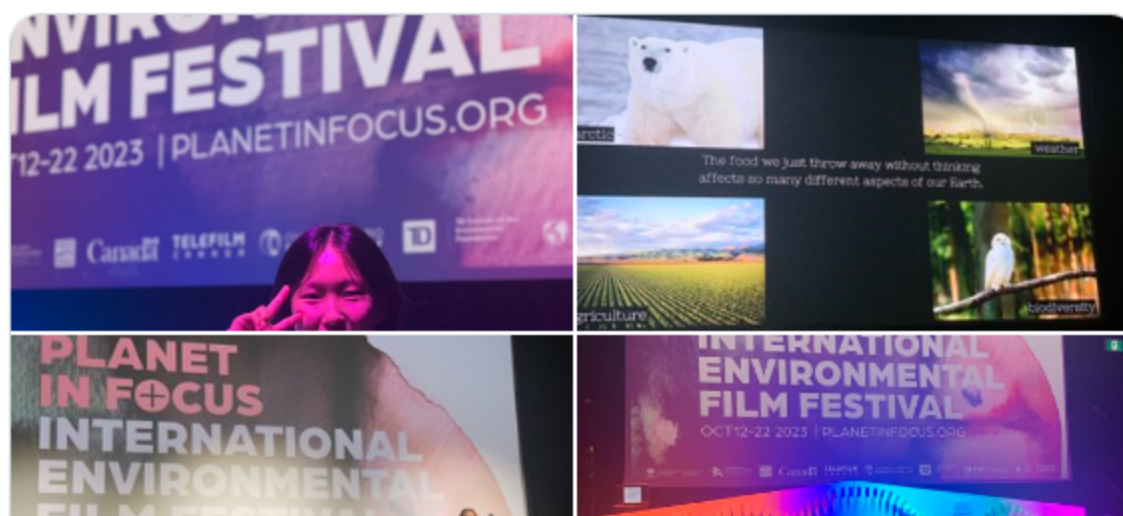
Karaoke 🎤 lives here 🐵! Thank you Mr. Vaughan for letting us sing our ❤️ out 🌟🌟🌟 @ZionTdsb



Nicole Gonsalves

@ndanielle_cg

Thank you @PlanetinFocus for showcasing @ZionTdsb's very own Somyung Hong and her winning film from @EcoSchoolsCAN YRE competition. Thank you also for sharing the inspirational work of eco-hero Miyawata Dion Stout. @MrLeTDSB @tdsb @EcoSchoolsTDSB @O775693910 @Baabi99Ahmad



Looking Ahead at ZHMS

Oct. 31 - Halloween

Nov. 1 - Immunization Clinic @ ZHMS - Gr. 7s & 8s

Nov. 14 - Progress Report Cards Go Home

Nov. 17-18 - Parent-Teacher Conferences

Nov. 18 - PA Day

Student Clubs / Extracurriculars Happening Next Week

- Library Helpers
- Cross Country
- Girls Basketball
- Seneca Hill Chess (after school)
- Volleyball (drop-in)
- Eco-Team
- Karaoke
- Band
- Friday Basketball (drop-in)

Students, just a reminder to dress for the weather!

Next 7 Days



Sat 10/21	Sun 10/22	Mon 10/23	Tue 10/24	Wed 10/25	Thu 10/26	Fri 10/27
Cloudy with sunny breaks	A mix of sun and clouds	Mainly sunny	Cloudy with sunny breaks	A Few showers	Light rain	Cloudy with sunny breaks
12°	9°	12°	15°	17°	15°	14°

Zion Heights Middle School - IMPORTANT UPDATES:

ZHMS Mental Health & Wellness Surveys

In TDSB, our mission is to enable all students to reach high levels of achievement and well-being, and to acquire the knowledge, skills and values they need to become responsible, contributing members of a democratic and sustainable society.

Zion Heights has entered a partnership with Common Compass to support the well-being of our students and members of our community. This week, we asked all of our staff and students to complete a survey that was designed by Common Compass. We also value the voices and experiences of our Zion families. Please take time this week to complete this short [Parent Survey](#).

After next week, Common Compass will work with our staff to analyse the results. We will use this data to help plan our school's action plan to support mental and physical well-being this year.

We appreciate you taking the time to complete the [Parent Survey](#).

If you have any questions, please do not hesitate to contact Vice-Principal O at monica.o@tdsb.on.ca

Halloween 2023: Cultures Are Not Costumes

Each year, Halloween is marked in a variety of ways in school communities across the TDSB. Students can choose whether or not to participate in Halloween related activities.


As TDSB schools prepare for this day, there are often questions and concerns about Halloween costumes. To support safe, welcoming, and dynamic learning spaces, educators are encouraged to engage students in critical conversations about cultural appropriation, stereotypes, and caricature. This includes reminding students and staff that certain costumes are viewed as offensive, inappropriate and/or discriminatory to many different cultures/peoples, and as a result can cause harm to members of that community and the TDSB community.

Additionally, school communities are reminded that it is important to be aware of the potential negative and triggering impact violent images and/or scenarios can have on students and families with varying lived experiences and backgrounds.

Attention Parent Volunteers!

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

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

Toronto Public Health strongly recommends wearing a well-fitting, high-quality mask, especially in indoor public settings.

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



SCHOOL COMMUNITY MESSAGES

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

Parents volunteering on a class trip and School Council events are not required to have a VSS; parents who would like to volunteer at the school on a regular basis (ex. parent coach) would require a VSS

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.](#)

If you require any additional information, please email the Police Reference Check Office at PoliceReferenceCheckOffice@tdsb.on.ca

Italian Heritage Month - Invitation to Participate in Volunteer Planning Committee

During the month of June, the TDSB recognizes Italian Heritage Month and plans to celebrate this heritage are already underway. We're calling all volunteers for your contributions!

Join the Italian Heritage Month volunteer planning committee for the 2023-2024 school year as we begin to plan and discuss the development of system-wide educational opportunities for our students, staff, and community members.

For inspiration, please take a look at past educational offerings provided to our students, staff and TDSB community that are listed on our Heritage/History Month website <http://tdsbweb.tdsb.on.ca/equity/Heritage-History-Months/2022-2023>

We work with our TDSB Professional Library who provide resources to all educators on this heritage.

Virtual meetings are scheduled through Microsoft Teams Meets. Please see the details of our meeting below. We hope you will be able to join us!

Date: Monday, October 30, 2023

Time: 4:15 pm - 5:30 pm

Microsoft Team Meeting Link: Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 264 755 216 63

Passcode: TwNXkJ

Throughout the school year, the TDSB formally recognizes 14 Heritage/History months. For a complete list please visit the Heritage and History Month webpage.

Hindu Heritage Month at the TDSB - Invitation to Participate in a Reading from Author, Zenia Wadhwani

Hindu Heritage Month (HHM) is recognized and celebrated at the TDSB during the month of November. Hindu dharma is one of the oldest living religions which have flourished for over 10,000 years. It is an occasion to recognize and celebrate the rich tapestry of traditions, teachings and values that are integral to Hindu dharma and practiced by millions around the world today. November is an opportunity to celebrate the Hindu way of life, examine its impact and contributions to the world culture, and recognize values which promote compassion, peace, and inclusion.

As part of the celebrations to mark Hindu Heritage Month during the month of November, all TDSB students from grades 1 to 5 are invited to attend a virtual presentation with author Zenia Wadhwani. We are thrilled to welcome back Zenia Wadhwani once again to the TDSB as this occasion will provide students with an introduction to Diwali and this year's theme of Vasudhaiva Kutumbakum: The World is One Family. Further it will provide an opportunity to hear the author read her delightful book, 'Twas the Night Before Diwali.

Educators interested in participating in the virtual presentation with author Zenia Wadhwani with their students are asked to please register using the link below. Please use your TDSB email address when registering your classroom. The zoom webinar link will be forwarded to you directly,

Registration link: <https://forms.gle/aExLKwBHDUwTgqWf6>

Tuesday, November 7, 2023

1:00 pm - 2:00 pm

Essential Skills Upgrading Open for Registration

Free classes to upgrade adults' foundational skills, such as reading, writing, numeracy and digital literacy, are still open for fall registration! Essential Skills Upgrading, operated by the Board's Community Services Unit, welcomes adults (19+) seeking to further their education, improve their job opportunities, and reach their personal goals. We offer our classes and workshops in multiple locations across the city. Please visit www.upgrademyskills.ca to learn more about the program.

Settlement Worker Services @ ZHMS

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](#)