



FRIDAY FILE – Oct. 6, 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,

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



Please have a wonderful long weekend!

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

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

What's Happening at ZHMS...

It was a focussed day of RUNNING at Earl Bales Park this week! We also had the largest Cross Country team in recent memory with over 75 students competing. Thank you coaches and ZHMS staff for your dedication to ZHMS Athletics! Thank you to our PARENT VOLUNTEERS for supporting our team!



Way to Go ZHMS Cross Country Team!

We are so PROUD of our student athletes! The heart of the Zion Lion lives on!





This week we celebrated the important and lasting impact that our teachers have on our students and in our community - thank you teachers for all you do!



One of our students even stayed up late to bake a cake for teaching and support staff - thank you AM!

Looking Ahead at ZHMS

Oct. 9 - Thanksgiving Holiday - NO SCHOOL

Oct. 10 - Grade 7 Boys Soccer Tournament @ ZHMS

Oct. 11 - Grade 8 Boys Soccer Tournament @ ZHMS

Oct. 12 - ZHMS School Council Meeting - more info next week!

Oct. 17 - IEPs to be sent home digitally to parents/guardians

Oct. 18 - Cross Country Meet - Location TBD

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








Student Clubs / Extracurriculars Happening Next Week

- Library Helpers
- Cross Country
- Gr. 7 & 8 Boys Soccer
- Girls Basketball tryouts
- Seneca Hill Chess (after school)
- Volleyball (drop-in)
- Friday Basketball (drop-in)

Students, just a reminder to dress for the weather!

Next 7 Days




Sat 10/07	Sun 10/08	Mon 10/09	Tue 10/10	Wed 10/11	Thu 10/12	Fri 10/13
A mix of sun and clouds	Chance of a shower	Light rain	A mix of sun and clouds	Cloudy with sunny breaks	Rain	Light rain
						
15°	12°	10°	12°	15°	13°	13°

Zion Heights Middle School - IMPORTANT UPDATES:

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

Trustee Update

James Li • Ward 13: Don Valley North

Toronto District School Board

416-395-8787 • James.Li@tdsb.on.ca



Please see Trustee Li's update here: [Ward 13 Trustee Update: October 2023](#)

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

Islamic Heritage Month at the TDSB - October 2023

The TDSB proudly recognizes Islamic Heritage Month (IHM) during the month of October. This recognition follows the motion passed by the Board of Trustees on June 22, 2016. Our main theme for the month is Salaam: Joy, Excellence, Belonging.

Please follow us on Twitter: @tdsb_ihm

Somali Heritage Month at the TDSB - October 2023

The Toronto District School Board proudly recognizes Somali Heritage Month during the month of October. The TDSB has been marking Somali Heritage Month since June 2016, and we continue to

expand on the selected theme Educate. Elevate. Excel.

The Somali Heritage Month volunteer planning committee is planning on putting together a special project to spotlight Somali students! Stay tuned for more information!

Tamil Heritage Month - Invitation to Participate in Planning Committee

During the month of January, the TDSB recognizes Tamil Heritage Month and plans to celebrate this heritage are already underway. We need volunteers!

Join the Tamil 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.

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: Thursday, October 26, 2023 Time: 4:30 pm - 5:30 pm

Join on your computer, mobile app or room device [Click here to join the meeting](#)

Meeting ID: 282 038 167 407 / Passcode: AmWG48

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

Youth Participatory Action Research (YPAR) Conference

Youth Participatory Action Research (YPAR) Conference - The Centre of Excellence for Black Student Achievement in Collaboration with TDSB Research and Development Department , and The Jean Augustine Chair in Education, Community & Diaspora is hosting its second annual student-led and student-hosted Youth Participatory Action Research(YPAR) Conference: Creating Possibilities for Black Students in K-12 Education and Leadership at York University.

Join us on Saturday, October 28th from 9 a.m. to 5 p.m. for 16 exciting research presentations that focuses on:

- Black student experiences in K-12 education.
- Providing equity of access to learning opportunities for all.
- Transforming student learning.

- Creating a culture for student well-being.

To RSVP for this exciting event, [please view our RSVP Form](#). For additional information, [view our flyer](#)

October is ADHD Awareness Month

October is ADHD Awareness Month, for more information please visit the ADHD [Awareness Month website](#)

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](#)
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Top Five Study Tips

Review books

- Definitions, examples, practice questions



Study group

- Helps others and yourself study/prepare, more fun, feels less like work



Study at increments

- Space out studying, do one thing at a time, don't cram, don't procrastinate



Music

- More enjoyable, not complete silence, dance breaks



Study setting

- Study outside, fresh air, go to coffee shop, get out of house, limits distractions

