



## **FRIDAY FILE – Nov. 03, 2023**

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

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

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

**School Contact Information:**

5900 Leslie St, North York ON M2H 1J9

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

Dear Zion HMS families,

We hope your child(ren) brought home stories filled with joy and excitement this week! Our students had a wonderful experience during our Halloween Spirit Days this week! Our first TPH Grade 7 Vaccination Clinic also went smoothly thanks to our TPH community partners. We also had our first ZHMS School Council Pizza Lunch this week and the pizza from Pizza Nova was hot and delicious!

Progress Report Cards are coming home soon and we will have more information next week regarding how to schedule Parent-Teacher Conferences.

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

***Please take good care!***

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

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

## ***Looking Ahead at ZHMS***

Nov. 9 - ZHMS School Council Meeting @ 6:30 PM

Nov. 10 - Remembrance Day Assembly @ 10:20 AM

Nov. 14 - Photo Retake Day (AM)

Nov. 14 - Progress Report Cards Go Home

Nov. 17 - Parent-Teacher Conferences - evening

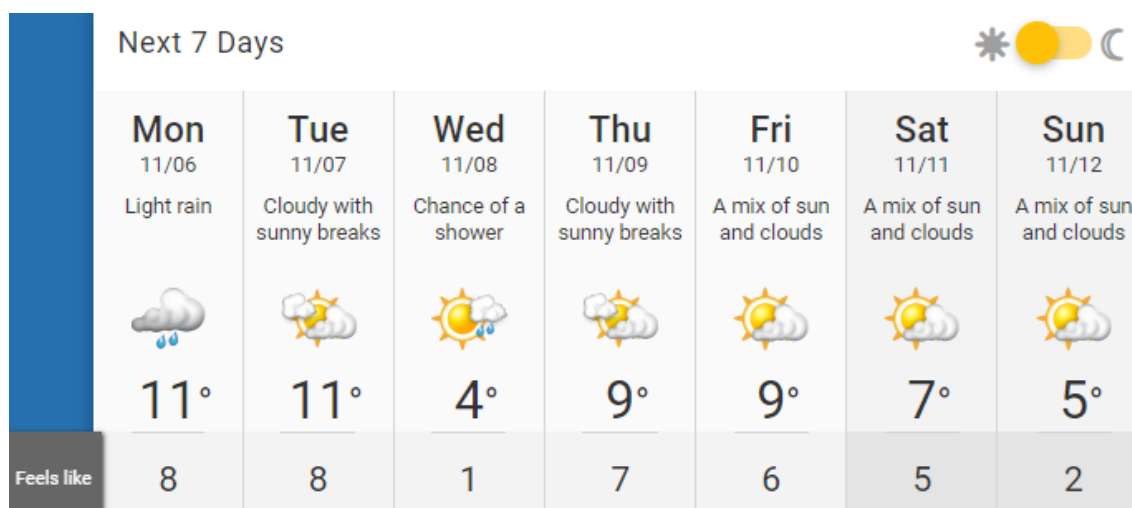
Nov. 18 - Parent-Teacher Conferences - morning

Nov. 18 - PA Day - NO SCHOOL

### ***Student Clubs / Extracurriculars Happening Next Week***

- Girls Basketball
- Seneca Hill Chess (after school)
- Volleyball (drop-in)
- Karaoke
- Pickleball
- Friday Basketball (drop-in)

***Students, just a reminder to dress for the weather!***



# What's Happening at ZHMS...

*ZHMS teachers never miss an opportunity to join in on the fun!*



*Our ZAC Pumpkin Carving Event is kind of a big deal...*





*Did we mention that we like to dress up for Halloween?*



*Thank you to ZAC for organizing the pumpkin carving activity. Special thanks again to our community friends at Galati Fresh Market for donating pumpkins and treats to our students!*





*Several classes have partnered with our Teacher-Librarian Ms. Fernandes to participate in a Book Tasting featuring Canadian authors! Thank Ms. Fernandes for organizing library events this year!*



*Thank you to all our parent volunteers who helped with this event and to ZHMS School*

*Council member Ms. Jenny Zeng for organizing our pizza lunches this year!*

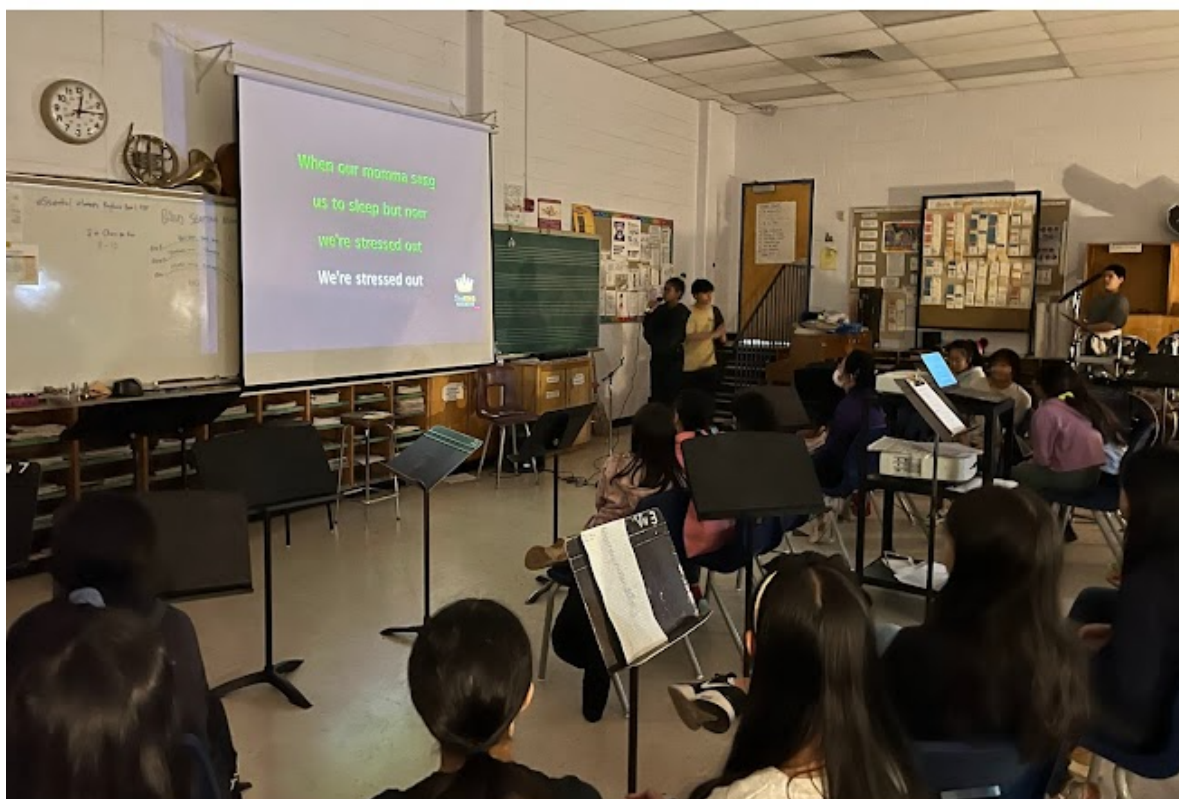




*We had another great turnout for Pickleball! Thank you Ms. Wang and Mrs. Cattell for organizing this wonderful lunchtime activity!*



*Thank you to Mr. Vaughan for letting us experience some joy during Karaoke Club Fridays! We can't wait for the concert!!!*





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

### ***Hindu Heritage Month at the TDSB - November 2023***

The TDSB is proud to recognize Hindu Heritage Month during the month of November because of a motion passed in April 2018 by the Board of Trustees.

The Hindu Heritage Month Act of 2016 states that Ontario is home to a large and vibrant Hindu community. Since the first Hindu immigrants arrived in Canada at the beginning of the 20th century, Hindu Canadians from across Ontario have made significant contributions across all fields: science, education, medicine, law, politics, business, culture, and sports. Hindu Canadians have helped build Ontario into the multicultural success story that it is and have helped to build this province into the best place to live, work and raise families. They continue to help foster growth, prosperity, and innovations throughout Ontario.

This year's theme is Vasudhaviva utumbakum: The World is One Family.

During the month of November, several Hindu HM educational opportunities are being organized for all TDSB students to further learn about Hindu traditions. These offerings include primary students having an opportunity to engage in an author reading and various workshops.

### ***REMINDER - ZHMS Mental Health & Wellness PARENT Survey***

Zion Heights has entered a partnership with Common Compass to support the well-being of our students and members of our community. Last 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. Parents, please take time this week to complete this short [Parent Survey](#).

After next week, Common Compass will work with our staff to analyze 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](mailto:monica.o@tdsb.on.ca)

## **Preparing for High School Information Sessions for Grade 8 Families**

**Student Interest Programs:** The TDSB offers over 50 programs with a particular focus. These programs are for anyone who demonstrates an interest and passion in the particular program area. On November 2, 2023, the Student Interest Program Webinar will provide more information about local programs, out-of-area admissions and applying to central student interest programs, including:

- o Application for these programs opens on November 6, 2023 and closes on November 24 at 4 p.m.

To further support students and families with the application process, TDSB staff will be hosting two (2) Central Student Interest Program Application Support Sessions to answer questions that students or families may have about the application. Live, online support will be available on the following dates:

- November 14 from 4 to 5:30 p.m. ([Click here to join](#))
- November 22 from 7 to 8:30 p.m. ([Click here to join](#))

Staff will not be able to answer specific program and/or school-based questions.

For more information about the programs available at schools across the TDSB, attend the schools' **Open Houses and Information Sessions**. To learn more about the central student interest programs, visit the [Central Student Interest Programs website](#).

### **Webinar Details:**

<b>Student Interest Programs</b>	November 2, 2023 7:00pm - 8:30pm	<a href="https://tdsb-ca.zoom.us/webinar/register/WN_ShpXlnI7Rvy3DdCUjJXlnQ">https://tdsb-ca.zoom.us/webinar/register/WN_ShpXlnI7Rvy3DdCUjJXlnQ</a>
----------------------------------	-------------------------------------	---

## **Grade 8 to 9 Transition Timeline**

Please use the [Grade 8 Transition Year - At a Glance](#) to help navigate the Grade 8 to 9 Transition process this year.

If you have any questions regarding Grade 8 to 9 Transitions, please contact our Guidance and Transitions Teachers or your child's Grade 8 homeroom teacher

### **Guidance & Transitions Lead Teachers**

For classes 7/8A, 8A, 8B please contact Mr. Singh ([Rakesh.singh@tdsb.on.ca](mailto:Rakesh.singh@tdsb.on.ca))

For classes 7/8B, 8C, 8D, 8E please contact Mrs. Cattell ([Cory.cattell@tdsb.on.ca](mailto:Cory.cattell@tdsb.on.ca))

## **SCHOOL COMMUNITY MESSAGES**

### **School Council Innovation Grant (SCIG) Deadline Extension**

Due to a recent technical error with the School Council Innovation Grant application link, we are extending the deadline for the SCIG to Friday, November 3, 2023. To submit your application, please visit <https://www.tdsb.on.ca/Community/How-to-Get-Involved/Grants-for-Student-Need/Applications>

For any questions, please contact [shadi.mousavizanjani@tdsb.on.ca](mailto:shadi.mousavizanjani@tdsb.on.ca).

### **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.*

**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](mailto:bing.liu@cicscanada.com) 🌐 [www.cicscanada.com](http://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*

**FIGHT THE FLU & COVID-19**

**Protect yourself against the flu & COVID-19**

-   
Get vaccinated as soon as you are eligible
-   
Wear a mask in crowded indoor spaces
-   
Stay home if you are sick
-   
Clean your hands often

**Test for COVID-19 if you feel sick & get treatment if eligible**

[toronto.ca/immunization](https://toronto.ca/immunization) 