



FRIDAY FILE – Nov. 17, 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,

Welcome to our early edition of this week's Friday File!

Just a reminder that Parent-Teacher Conferences are happening this week and the school will open until 8:00 PM this evening to receive parents. Most P-T Conferences will be held in our school cafeteria and our student ambassadors will be on hand to greet and help our ZHMS families. P-T Conferences will also continue tomorrow morning in-person at our school until 11:30 AM.

Tomorrow is also a scheduled PA Day and classes will resume on Monday, November 20, 2023. If you have any questions regarding scheduling a P-T conference please contact your child's homeroom teacher or the office - we are here to help!

Please scroll down for more updates.

Hope to see you all soon!

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

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

Looking Ahead at ZHMS

Nov. 16 - 17 - **P-T Conferences @ Zion Heights MS**

Nov. 17 - PA day - No School

Nov. 24 - Grade 6 Girls Basketball Tournament @ZHMS

Nov. 18 - Parent-Teacher Conferences - Morning 9:00 AM - 11:30 AM
(alternate times may be arranged with teachers)

Dec. 4-11 - Silent Voice Toy & Food Drive (ZAC)

Dec. 8 - PA Day - No School

Student Clubs / Extracurriculars Happening Next Week

- Art Club
- Chess Club
- Eco-Team
- Robotics
- Girls Basketball
- Volleyball (drop-in)
- Karaoke
- Pickleball
- Band / Strings
- Basketball (drop-in)



What's Happening at ZHMS...



Zion Heights Middle School TDSB

@ZionTdsb

Promote

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Progress Report Cards went home this week and Parent-Teacher conferences are a great way for teachers to share information about student learning and development with our @ZionTdsb families! Hope to see you there! @tdsb @MrLeTDSB @O775693910 @LC2_TDSB @marham99 @schan_tdsb



Zion Heights Middle School - IMPORTANT UPDATES:

Lost and Found - In front of the main office!

Our lost items will be donated at the end of the week. If your child has lost a water bottle, lunch bag or an article of clothing, please make sure you take a look in front of the office as we have lost items dropped off there daily!



Grade 8 to 9 Transitions

REMINDER - Central Student Interest Programs

Expressions of Interest must refer to or be directly connected to the Central Student Interest Program and the type of program(s) you have applied for.

Possible options include.

- Written submissions (Examples: blog, essay, opinion piece, poem, short story, script, etc.) that refer to the program(s) OR
- Text-based submissions (Examples: PowerPoint, Canva, Mindmap, etc.) OR
- Audio or video submissions contain student performance that is connected to the program(s) OR
- Photographs/ digital versions of student artwork or projects accompanied by a brief description of the work and/or its meaning.

All applicant submissions must adhere to TDSB policies regarding Human Rights, Discrimination and Hate. Submissions. Expressions of Interest that contravene these policies will be addressed and the applications will be deemed incomplete.

Incomplete applications will not be considered.

This information can be found on the [Elementary Expression of Interest website](#) and the [Secondary Expression of Interest website](#).

The online Central Student Interest Program application will remain open until 4:00 p.m. on Friday, November 24, 2023. There is no rush to apply. Interested students are encouraged to attend a variety of Open Houses to learn more about the specific program offerings.

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

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

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

SCHOOL COMMUNITY MESSAGES

Tamil Heritage Month @ TDSB: Poster Challenge

The month of January is recognized by the Toronto District School Board (TDSB) as Tamil Heritage Month. Did you know that Toronto has the largest Tamil population outside of the South Asian subcontinent, with thousands of TDSB students and staff members identifying as Tamil? The importance of celebrating Tamil heritage, creating a strong sense of identity, and

understanding one's own roots and stories are important objectives of the Tamil Heritage Month volunteer planning committee. The committee is also strongly dedicated to creating spaces and opportunities to teach and learn more about Tamil heritage.

This year's theme for Tamil Heritage Month at the TDSB is: Our Memories, Our Truths, Our Paths Forward: A Mosaic of Tamil Identity.

There are many educational opportunities underway to mark Tamil Heritage Month at the TDSB. All TDSB students from grades kindergarten to grade 12 are invited to participate in a Poster Challenge. The challenge is your opportunity to create one of three posters that will be shared across the system and posted to our TDSB websites (both internal and external) to represent this year's theme.

Please see the [attached](#) for further details that includes reflective prompts for each challenge grade categories.

Deadline for submission is Friday, December 8, by 3:00 pm. All entries must be submitted in .pdf or .jpeg format to the Tamil Heritage Month Planning Committee at tdsbthamilheritagemonth@gmail.com

[TDSB Mental Health Resources](#)



Coping Strategies During War & Conflict: Video Series and Culturally Responsive Resources

As war and conflict, on the global stage, continue to impact and have far-reaching consequences for many local communities we understand that it's crucial to find effective ways to manage our well-being. Our community is going through a period of unprecedented challenges, and we understand that it's crucial to find effective ways to manage our well-being.

This video series and related resources are designed to offer coping strategies to support the emotional and mental wellness of our students, parents/caregivers, staff, and the broader community.

Coping During War & Conflict Video Series

Coping Strategies During Challenging Times with Karlo Cabrera & Chris Leonard

Community-Specific Affinity Wellness and Coping Strategies:

- *For Black, African Canadians with Chris Leonard*
- *For the Jewish Community with Miriam Margles*
- *For the Muslim Community with Tarak Ahmed*
- *For the Palestinian Community with Marwa Mahmod*

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**](#)

