



FRIDAY FILE – Nov. 24, 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,

We hope everyone stayed warm and dry this week! As the winter weather arrives, please ensure your child comes to school dressed for the weather! We have been reminding students all week that they need to come to school with a winter jacket. We have two home tournaments this week so please wear our school colours on Tuesday and Thursday - GO LIONS! Our Scholastic Book Fair returns next week and will be held in the Drama Room. All proceeds will go towards enriching our school library. Please continue reading below for more important updates and reminders in this week's Friday File!

Have a wonderful weekend!

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

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

Looking Ahead at ZHMS

Nov. 27 - Dec. 1 - ***Scholastic Book Fair***

Nov. 28 - Gr. 8 Boys Volleyball Tournament @ ZHMS

Nov. 30 - Gr. 7 Boys Volleyball Tournament @ ZHMS

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

Dec 7 - ZHMS School Council PIZZA LUNCH

Dec. 8 - PA Day - No School

Dec. 22 - Last day of school before WINTER BREAK

Student Clubs / Extracurriculars Happening Next Week

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

No one cares how much you know, until they know how much you care.

~ Theodore Roosevelt, 26th president of the United States from 1901 to 1909.

HOW TO BEST DRESS FOR COLD WEATHER



1 Base Layer

Baselayers should fit snugly to keep your body dry and warm. Merino wool is a good fabric choice.



2 Mid Layer

Mid-layers purpose is insulation, so think fleece, down feathers or down alternatives.



3 Outer Layer

Outer layers should protect you from precipitation, so you want a jacket & pants that are waterproof, but breathable.

Next 7 Days



	Sat 11/25	Sun 11/26	Mon 11/27	Tue 11/28	Wed 11/29	Thu 11/30	Fri 12/01
	A mix of sun and clouds	Mixed precipitation	Wet snow	Cloudy with sunny breaks	A mix of sun and clouds	A mix of sun and clouds	Mixed precipitation
	3°	4°	3°	0°	0°	3°	4°
Feels like	-1	2	-2	-5	-4	-2	3
Night	-2°	0°	-3°	-5°	-2°	-1°	-1°



PIZZA LUNCH

Dear School Parents, Guardians and Caregivers,

Our next school pizza lunch is on **Thursday, December 7th**.
 Parents can pre-order their child's lunch through the School Cash Online at
<https://tdsb.schoolcashionline.com/> no later than **Thursday, November 30th**.

The cost is **\$6.00** for:

- ONE JUMBO slice
- Choice of Pepperoni or Cheese and chips



Or



&



PARENT VOLUNTEERS NEEDED on the day of the event!

We need 8 volunteers from 10:50 AM – 12:00 PM on Thursday December 7th.

To sign-up, please go to: <https://www.signupgenius.com/go/5080E4CACAF2BA1F58-46332163-dec>

Thank you for your continued support!

*Parents can pre-order their child's lunch through the School Cash Online at
<https://tdsb.schoolcashionline.com>*

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What's Happening at ZHMS...

Grilled cheese was a hit this week! Thank you to Ms. Francis for joining our nutrition club and to Ms. Francis and Ms. Barlas for their continued efforts to keep our students well fed!

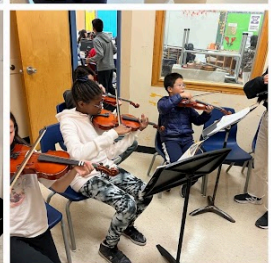
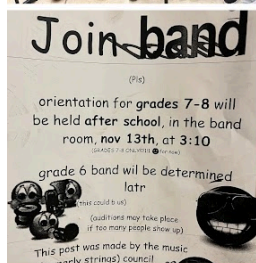


Hooray for student ambassadors! If you missed your chance this time, make sure you let your homeroom teacher know if you want to help out during Term 1 Report Card Parent-Teacher Interviews!

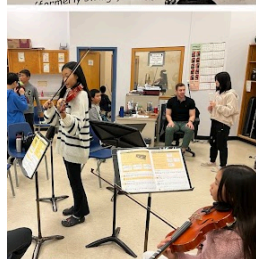


Let's go ZHMS Chess Club!

*Thank you to Mr. Foo for
running the Chess Club this
year!*



*Thank you to Mr. Vaughan for
running our Band/Strings club this
year!*



*All the world is a stage unless
you are debating! Thank you
Mr. Dafos for running our
debating club this year!*



Zion Heights Middle School - IMPORTANT UPDATES:

SCHOLASTIC BOOK FAIR!!!

Zion is happy to be hosting the Scholastic Book Fair this year. The fair will be running from November 27th - December 1st. Students will have an opportunity to purchase books, posters and other fun gadgets during their scheduled class visit to the fair as well as after school until 3:30.

If you have any questions, please contact Ms. Fernandes.

SCHOLASTIC BOOK FAIR
All prices include tax.

NEW! **ESCAPE FROM STALINGRAD** by ANDY MARRING
A city caught between an enemy army and their own brutal government.
\$10.50
Some mature content.

NEW! **HOCKEY SUPERSTARS 2023-2024**
Discover today's greatest hockey stars!
\$10.50

NEW! **NIGHTMARE KING** by DAWA HERMON
When Shane falls asleep, he's pulled into a dark world where the evil Nightmare King reigns.
Hardcover Retail \$25.99
PAPERBACK EXCLUSIVE! \$10.50
Some mature content.

NEW! **Bubble Trouble** by Wendy Wan-Long Shang
How many problems can a delicious cup of bubble tea cause?
Hardcover Retail \$24.99
PAPERBACK EXCLUSIVE! \$10.50

NEW! **SONIC THE HEDGEHOG**
Sonic and Tails duel a duo of dastardly doppelgängers in the series' landmark 50th issue!
\$21.00

NEW! **ANIME AND MANGA MEGA HANDBOOK**
Become an anime and manga expert with this must-have, 100% unofficial guide!
\$21.00
Some mature content.

NEW! **HIDDEN GEMS**
Mine 5 real

NEW! **THE BABY-SITTERS CLUB** by RALPH BISHOP
The Baby-Sitters take on NYC, but will the big city pull the group apart?
\$17.75

NEW! **THE GREAT BEAR** by DAVID A. ROBERTSON
The second book in the Narnia-inspired Indigenous fantasy series!
\$13.50
Some mature content.

NEW! **SCHOOL TRIP** by JERRY CRAFT
Grab your passports! It's time to go on a school trip to Paris!
\$18.00
NEW! MEDAL AWARD

NEW! **MIXED UP** by GORDON KORMAN
The middle schooler who can't stop

NEW! **ZOMBIE SEASON** by JUSTIN WEINBERGER
From zombie to zombie

NEW! **NUGLY** by M.C. ROSS
Love is never ugly

Grade 8 to 9 Transitions

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

Greek Heritage Month @ the TDSB: Multi-Media Contest 2024

One of the highlights for Greek Heritage Month 2024 this coming March will be the TDSB Greek Heritage Month Multi-Media Contest, featuring original student & staff work in three creative categories:

- 1) Be graphic! Design a Poster!*
- 2) Sharpen your pencil! Write something!*
- 3) Let's get digital!*

This year's theme: Greek Thought and Civilization: From Myth to Logos

Please see [GHM Multi-Media Contest 2024](#) for contest details!

Free Parent/Caregiver Online Workshop - November 29th from 6:30 - 7:30 PM

It can be challenging to sort fact from fiction online, and an increase in hate speech, alongside ChatGPT and other artificial intelligence tools, have made it even harder. This [virtual workshop](#) is designed to help parents and caregivers learn simple skills for spotting misinformation in the context of social media platforms and AI.

To register, visit: www.ctrl-f.ca/en/TDSB

Registration is free and will be limited to 300 spots.

This session is a repeat of the April and October 2203 sessions.

ASD After School Skills Development Program – Fall 2023 Session

Fall sessions of the ASD After School Leisure Program which will run from November 28, 2023– February 27, 2023, in-person and virtual. The program is available to students in Grades 4-10 who have been diagnosed with Autism Spectrum Disorder. This program provides an opportunity for students to develop, build and enhance their social-communication skills through either weekly in-person or weekly virtual sessions.

Please forward the [attached letter](#) which includes the link for registration to the parents of Grades 4 – 10 students with ASD in your school. The registration period will remain open until Friday, November 24, 2023.

Tamil Heritage Month @ TDSB: Poster Challenge

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!

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**](#)