



FRIDAY FILE – Dec. 8th, 2023

KINDNESS. RESPECT. PRIDE.

Follow us on X (former Twitter) @ZionTdsb

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

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Dear Zion HMS families,

We hope everyone had another week of joy, engagement and belonging at ZHMS! We also want to wish a happy Hanukkah to all our community members who are celebrating this week!



Toronto District School Board ✓
@tdsb

...

Happy [#Hanukkah](#) to everyone beginning celebrations this evening.
Wishing you a bright and happy festival!



Please scroll down for more important updates in this week's Friday File!

Have a lovely weekend!

Chi Le
Principal
Zion Heights Middle School

Monica O
Vice-Principal
Zion Heights Middle School

Looking Ahead at ZHMS

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

Dec 11 - StarLab Science Workshops (Grade 6 & 7)

Dec. 12 - Gr. 6 Girls Basketball Team @ City Finals!!!

Dec. 19 - Holiday Bake Sale (new date)

Dec. 20 - Student Internet Safety Presentation / Parent Presentation @
6:30 PM - 7:30 PM

Dec. 22 - Holiday Assembly (AM)

Dec. 22 - Last day of school before WINTER BREAK

Please Dress For the Weather When Coming to School



What's Happening at ZHMS...

*The winter weather is here and our Grade 6s are enjoying their outdoor Daily Physical Activity (DPA)
Students, make sure you come to school every day dressed for the weather!*



We Love Our House League! What happens when Carrots face off against Cucumbers? You get a spiked stew - LOL!



Friday Basketball Wraps

Up For The Year!

***Thanks to everyone who
attended this fall to shoot some
hoops with Mr. Le!!!***

We will be back in the New Year!



CONGRATULATIONS to the Grade 8 Boys Volleyball Team for winning their tournament this week and moving on to the Division 1 North Conference Finals!

You see? All that hard work eventually pays off!

LET'S GO ZION LIONS!!!



Thank you ZHMS School Council for decorating our foyer (as per our annual tradition) and serving the school pizza during our Pizza Lunch this week. Students, if you missed this one, our next Pizza Lunch is in January!





WE NEED YOUR HELP! Inflation and rising food costs have made things more difficult for families struggling financially. Please contribute to our **"Holiday Food & Toy Drive"** all donations will go to Deaf families in need during the holiday season.

WHAT TO DONATE:

Non-perishable food items, new unwrapped toys (children age 2-16), diapers (size 4-6), school supplies, toiletries & grocery gift cards.

You can also sponsor a family for \$300 or make a donation towards holiday hampers.

For more information or to arrange pick-up and drop-off details — please contact **Ken**, at: silent.voice@silentvoice.ca

Thank you for your generosity!

Deadline: Monday, December 11th by 3:00 PM



Silent Voice is a registered charity serving Deaf children, youth, adults and families, all in an American Sign Language (ASL) environment. You can find out more about our programs and services by visiting www.silentvoice.ca

Charitable Registration Number: 107980625RR0001

Zion Heights Middle School - IMPORTANT UPDATES:

Elementary Alternative Schools Online Application Process

The TDSB has a wide range of [elementary alternative schools](#) available to students. The application process is managed centrally and includes an online application form. Information about the online application process will be available on the [Alternative Schools website](#) on December 11, 2023.

The online application for admission for September

2024 will be open from Monday, January 8, 2024 at 9:00 a.m. to Wednesday,

January 31, 2024 at 4:00 p.m.

Elementary alternative schools will hold information

sessions and/or open houses for students and parents/guardians/caregivers in

December 2023 and January 2024. More information is available on the [Elementary School Open Houses and Information Nights](#) web page.

There will also be two Elementary Alternative Schools

live webinars, including one daytime and one evening session. Registration is required,

and a recording of the webinars will be posted on the website.

The registration link for the December 12 webinar, from 1 p.m. to 2:00

p.m. is: https://tdsb-ca.zoom.us/webinar/register/WN_hUaDVOo5SWOSyaGxRPT0g

The registration link for the December 13 webinar, from 6:30 p.m. to 7:30 p.m. is:

https://tdsb-ca.zoom.us/webinar/register/WN_yzjAeULCQg6ELcK0qBWxAA

HOT FOOD OPTIONS COMING SOON TO ZHMS...

Zion is embarking on a pilot project to offer individual, fresh hot lunches to students on a regular basis. Last week, we surveyed the students to find out their top choices of local food vendors. Student voices responded and said that they would like Subway and Harvey's. However, in efforts to provide more Halal options, we are going to offer Hero Burger instead of Harvey's.

Our pilot project will be open to all students (Grades 6-8). Families will be able to order in advance, online through School Cash Online. Methods of payment may be debit or credit cards. Twenty-five cents (\$0.25) from each order will come back to Zion as fundraising.

Look for more information about this in the upcoming weeks. The pilot project will start in January, 2024. If you have any questions, please contact Ms. O at monica.o@tdsb.on.ca

SCHOOL COMMUNITY MESSAGES

African Heritage Month - Call-Out Letter: KYW Black Elementary Empowerment Conference

Calling all Black-identifying students!

We are looking for interested Black-identifying students to join a committee of your peers to organize the first Know Your Worth Black Youth Elementary Empowerment Conference!

In celebration of your accomplishments and commitment to your success, we will be holding the first annual Know Your Worth Black Youth Elementary Empowerment Conference in the Spring of 2024 (Date and location TBA).

This is a conference on empowerment for Black-identifying elementary students, created by students and we want your input in bringing this unique opportunity to life!

The first virtual meeting will be on Tuesday, December 12, 2023, at 4:30 pm

Deadline: Monday, December 11, 2023 at 4:00 pm

Application form [attached](#).

Somali Heritage at the TDSB: Join Us! Presenter/Workshop Offering - Amani Omar

Somali Heritage Month is recognized and celebrated at the TDSB. Several opportunities are being organized for our students to further learn about Somali traditions and customs. At this time, we are pleased to invite all educators in grades 5 to 10 and their students to join a virtual presentation on the work of Amani Omar which is related to this year's continued theme of Somali Heritage Month at the TDSB: Educate. Elevate. Excel.

Amani Omar is a Somali Canadian author, spoken word poet, visual artist and creative arts entrepreneur based in Hamilton, Ontario. *Oceans Barwaago*, is her first collectively published book which focuses on Black Muslim representation, social justice, self-love, and Somali culture. She was recently awarded the 2022 GOG Award for "Innovation in a permanent collection" for *Breaking the Vault: Art and Poetic Liberty* (Art Gallery of Hamilton, 2021) with the collective Hamilton You Poets.

Educators interested in having their students participate in the virtual presentation with author/poet Amani Omar are asked to join by using the Zoom link below. Please use your TDSB devices and email address when signing on. No pre-registration is required.

Zoom webinar link: <https://tdsb-ca.zoom.us/j/97092859494>

TDSB Mental Health Resources

***NEW* Mental Health and Suicide Prevention Helpline 9-8-8**

The Public Health Agency of Canada (PHAC) through the Canadian Radio and Television Corporation (CRTC) has announced on November 30th, 2023 a national three digit Mental Health and Suicide Prevention hotline number, 988, will be in effect.

CMH's new role in leading the development of 988 service delivery in Canada builds on their experience delivering Talk Suicide Canada, previously known as the Canada Suicide Prevention Service. The Centre for Addiction and Mental Health (CAMH) has been selected as the organization to lead the coordination of service delivery for the national three-digit number.

In the face of increased demand for crisis services, 9-8-8 provides:

- A number that's easy to remember in a crisis situation.
- Support in English and in French, by phone and text.
- Quick access to support from trained responders, available 24/7/365.
- High quality, evidence-based, equitable suicide prevention and crisis support for everyone in Canada.

For more information about 9-8-8: Suicide Crisis Helpline, visit <https://988.ca>.

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**](#)

**2023
PRIME
MINISTER'S
AWARDS**

**Nomination
Deadline:
January 17, 2023
(11:59 AM Pacific
standard time)**

**NOMINATE AN
EXCEPTIONAL
EDUCATOR
TODAY!**

- Teaching Excellence
- Teaching Excellence in Science, Technology, Engineering and Math (STEM)
- Excellence in Early Childhood Education

[**Prime Minister's Award Info**](#)