



FRIDAY FILE – Dec.15th, 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,

Can you believe we only have one more week of focused learning left until we head into 2024! We have not one, not two, but three ZHMS Spirit Days planned next week in addition to our Holiday Bake Sale and Winter Holiday Assembly, so make sure you come to school with your Zion Pride to the max (and INDOOR SHOES) every day next week!

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. 18 - ZHMS SPIRIT DAY - TWIN DAY

Dec. 19 - Gr. 6 Girls Basketball City Finals @ HOOP DOME

Dec. 19 - Holiday Bake Sale (new date)

Dec. 20 - ZHMS SPIRIT DAY - THIS OR THAT - Hot Chocolate (wear RED)
Vs. Milk & Cookies (wear GREEN)

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

Dec. 20 - Gr. 7 Boys Volleyball City Finals

Dec. 22 - ZHMS SPIRIT DAY - PAJAMA + HOLIDAY OUTFIT DAY!

Dec. 22 - Holiday Assembly (AM)

Dec. 22 - Last day of school before WINTER BREAK

Jan. 8 - Classes Resume at ZHMS

Student Clubs / Extracurriculars Happening Next Week

- | | |
|--------------------|------------------|
| Art Club | - Karaoke |
| - Chess Club | - Band / Strings |
| - Eco-Team | - Lunch Tutoring |
| - Robotics | - Debate Club |
| - Girls Basketball | - Volleyball |



What's Happening at ZHMS...

BREAKING NEWS!!!

After 30 years at Zion Heights Middle School Ms. MacArthur is RETIRING! We are all so incredibly happy for your next chapter but we are also saddened and heartbroken that you are leaving (hopefully you will come back soon as a retired teacher!)

If you would like to send Ms. MacArthur a farewell or congratulatory note, please leave one here:

[Thank You Ms. MacArthur!](#)



Ms. MacArthur



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

SCHOOL COMMUNITY MESSAGES

Virtual Learning 2024 - 2025

The TDSB will continue to offer students in Junior Kindergarten to Grade 12 the option for virtual learning in the 2024 - 2025 school year. Elementary Virtual Learning classes will continue to be hosted at local schools. Secondary students will attend Virtual Secondary School.

Regular programs and Intensive Support Programs (ISPs) depending on viable programming and where there is available space, will be offered in elementary and secondary Virtual Learning.

French Immersion, Extended French, LEAP, Alternative Schools, and Student Interest Programs continue to be available in-person only.

The TDSB recognizes that students who have chosen to learn virtually may wish to continue in this method of instruction.

Students currently in Junior Kindergarten to Grade 12 who are attending school virtually will automatically be enrolled in virtual for the 2024-2025 school year. There is no action required for students who are currently learning virtually and wish to continue in a virtual setting.

Current Grade 8 students in Virtual Learning will see Virtual Secondary School listed as their designated school by program. If a Grade 8 student in Virtual Learning wishes to return to their designated school by address for In-Person learning, they can submit the Google Form indicating their request. A webinar is taking place on Wednesday, December 13 for Grade 8 students in virtual learning to help explain the options available to them. Information about the webinar will be sent by the Host Schools.

Students who are currently enrolled in Virtual Learning who wish to return to their designated school by address for the 2024 - 2025 school year will need to complete a Google Form which will be available from Monday, January 8 to Friday, January 26th, 2024.

Elementary and Secondary students who are attending school In-Person will be able to request Virtual Learning for the 2024 - 2025 school year through the Out-of-Area Attendance process. Students will be able to select Virtual Secondary School as their desired school in the drop-down list of schools. While it is our goal to accommodate as many requests for virtual in the 2024 - 2025 school year, we cannot guarantee that all requests will be met.

Information will be shared at a later time regarding students who register with TDSB after January 26 for this school year or in advance for the 2024-2025 school year (e.g., students entering Kindergarten in September 2024).

Chinese Heritage Month at the TDSB: Poster Contest

The TDSB proudly recognizes Chinese Heritage Month in February each year. During this month, several learning resources and educational opportunities will be provided to our students and staff to further enhance their knowledge of Chinese heritage.

The Lunar New Year, also known as the Spring Festival, is one of the most significant holidays of Chinese heritage. The date is determined by the traditional lunisolar Chinese calendar and the celebration lasts 16 days. This year, the first day begins on Saturday, February 22, 2024.

Currently, we are inviting all students from grade kindergarten to grade 12 to participate in a Poster Challenge to celebrate the Lunar New Year. This year is the Year of the Dragon: Majesty, Brilliance, Confidence, Leadership.

Deadline: Monday, January 8th, 2024, by 5:00 pm.

Please see the [attached](#) document for further details that includes Poster Contest Eligibility, Guidelines, and Prizes. It also includes the submission information.

NCCM - Culturally Responsive Healing: Black Muslims

Join us as we explore [culturally responsive healing for Black Muslims](#) through engaging in critical learning and discussion around events that have a direct impact on the safety and wellbeing of students, staff, and families. The session will offer practical strategies, resources, and recommendations to support the creation of safe and inclusive learning environments that effectively support students and families who have been impacted by Anti-Black Islamophobia. By emphasizing the importance of self-reflection and self-care attendees will be encouraged to identify their own biases and explore how to engage in self-care practices to foster resilience in the face of challenging situations.

Date: Thursday, December 14, 2023

Time: 4:30 - 5:30 PM

Format: Virtual

Audience: TDSB Families & Caregivers

Call-out: Latin-America History Month Volunteer Planning Committee Members

Throughout the school year, the TDSB recognizes 14 Heritage/History months. A list of all Heritage/History Months that the TDSB recognizes can be found at the public website (link:<https://www.tdsb.on.ca/Community/How-to-Get-Involved/Heritage-and-History-Months>)

**Latin-America History month is recognized at the TDSB during the month of April. A volunteer planning committee is comprised annually to fulfil the mandate which includes planning educational opportunities for our students, staff and TDSB community to further learn about Latin-America History and to enrich the curriculum resources. The current members of the volunteer planning committee are looking for additional individuals to join them in implementing this mandate and organize system-wide educational opportunities. For some inspirations of what activities were planned and executed in the past, please take a moment to review the Latin-America History internal webpage link:
<https://tdsbweb.tdsb.on.ca/equity/heritage-history-months>**

Please see below for virtual details of the Latin-America History Month Volunteer Planning Committee meeting.

Date: Monday, January 8, 2024

Time: 5:30 pm - 6:30 pm

Microsoft Team Meets Link: Join on your computer, mobile app or room device

Click here to join the meeting: [Click here to join the meeting](#)

Call-out: Sikh Heritage Month Volunteer Planning Committee Members

Throughout the school year, the TDSB recognizes 14 Heritage/History Months that the TDSB recognizes which can be found at this link:

<https://tdsbweb.tdsb.on.ca/equity/heritage-history-months>

Sikh Heritage Month is recognized at the TDSB during the month of April. A volunteer planning committee is comprised annually to fulfil the mandate which includes planning educational opportunities for our students, staff and TDSB community to further learn about the Sikh Heritage Month and to enrich the curriculum resources. The current members of the volunteer planning committee are looking for additional individuals to join them in implementing this mandate and organize system-wide educational opportunities. For some inspiration of what activities were planned and executed in the past, please take a moment to review the Sikh Heritage Month internal webpage:

<https://tdsbweb.tdsb.on.ca/equity/heritage-history-months>

Please see below for virtual details of Sikh Heritage Month Volunteer Planning Committee meeting:

We hope you'll be able to join us!

Date: Thursday, January 11, 2024

Time: 4:30 pm - 5:30 pm

Microsoft Team Meets Link: Join on your computer, mobile app or room device

Click here to join the meeting [Click here to join the meeting](#)

African Heritage Month at the TDSB: Poster Challenge

The month of February is recognized by the TDSB as African Heritage Month. While learning of the contributions of Africans should be embedded and represented in the everyday fabric of our school curriculum, this month of significance reinforces and highlights Black communities of African descent.

Together, we can build awareness of the importance of celebrating and honouring the historic leaders of the Black community, highlight the best of Black history, and provide education about African culture through self identity and understanding of our roots.

This year's theme for the poster design challenge is: Our BLACK Is...

We are currently holding a Poster Challenge. The eligibility and prizes information are noted below and attached.

Eligibility and Prizes;

- Grades 4 - 12 students who self identify as Black in the TDSB
- The two (2) winning students will each receive a \$50 gift card
- One winning entry will be taken from the Elementary panel and the other from the Secondary panel to represent African Heritage Month 2024
- Selected images submitted will be featured on the TDSB TV monitor at the TDSB Administrative Building

Deadline: All entries must be received no later than Friday, January 12, 2024 by 4:00 pm

Please see the [attached](#) for:

- Poster Challenge Guidelines
- Submission information
- Rubric details

Call-out: Hispanic Heritage Month Volunteer Planning Committee Members

Throughout the school year, the TDSB recognizes 14 Heritage/History month. A list of all Heritage/History Months that the TDSB recognizes can be found at this link:

<https://www.tdsb.on.ca/Community/How-to-Get-Involved/Heritage-and-History-Months>

Hispanic Heritage Month is recognized at the TDSB during the month of April. A volunteer planning committee is comprised annually to fulfil the mandate which includes planning educational opportunities for our students, staff and TDSB community to further learn about the Hispanic Heritage Month.

Please see the details of the virtual meeting below:

Date: Thursday, February 1, 2024

Time: 4:30 pm - 5:30 pm

Microsoft Team Meets Link: Join on your computer, mobile app or room device

Click here to join the meeting: [Click here to join the meeting](#)

Registration [here](#) or at <https://bit.ly/3GzikKU>

For more information contact, jeffrey.caton@tdsb.on.ca , Centrally Assigned Principal, or lindsey.marshall@tdsb.on.ca , Program Co-ordinator, Centre of Excellence for Black Student Achievement.

TDSB Mental Health Resources

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**](#)

