



## **FRIDAY FILE – Dec. 22, 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 want to take this opportunity to wish everyone a holiday season filled with joy and peace during the Winter Break. Merry Christmas and Happy Kwanzaa to families that are celebrating! We have had an incredible four months of learning and will keep the positive momentum going into the New Year!

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



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

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

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

Jan. 8 - Classes Resume at ZHMS

Jan. 11 - ZHMS School Council Meeting @ 6:30 PM - 7:30 PM

Jan. 16 - Term 1 Report Card Cut-off Date

Jan. 19 - Professional Activity Day - No Classes

Feb. 13 - Term 1 Report Cards Go Home

Feb. 15 - 16 - Parent / Teacher Conferences

Feb. 16 - Professional Activity Day - No Classes





Seasons Greetings

WISHING YOU PEACE, JOY & BEST WISHES  
THIS HOLIDAY SEASON

*Zion Heights Middle School  
Toronto District School Board*



## What's Happening at ZHMS...

***Congratulations to our Volleyball and Basketball teams that competed in Conference / City Finals Tournaments this week!***

***All our student-athletes played their hearts out and we are all so proud of you!***



**Zion Heights Middle School TDSB**

@ZionTdsb

...

Congrats to our Gr.6 girls 🏀 team on their 🏆 place finish at the @TDESAA\_TDSB @tdsb City Finals! 🎉 We are so proud of this incredible achievement 🥰 🥳 ❤️ Remember to thank your parents for helping you reach new heights (and driving you 2) 🏆 photo credit: Mrs. Mody @MrLeTDSB



Thank you to IT Cybersecurity Expert Mr. Paul Davis for helping us stay safe online at our Internet Safety Presentation this week! Mr. Davis also came back in the evening and presented for our ZHMS parents as well. We are changing our pa\$\$words right now!

@MrLeTDSB

@O775693910



*Here are more online safety tips from Mr. Davis:*

*In the News (current)*

*Niagara*

<https://www.notlocal.com/local-news/cyber-safety-expert-paul-davis-to-talk-about-kids-safety-on-the-internet-7977218>

*CTV - Canada*

<https://www.ctvnews.ca/canada/here-s-what-parents-and-youth-can-do-to-prevent-or-deal-with-sex-tortion-1.6669337>

*New York*

<https://cnycentral.com/news/local/online-safety-expert-do-not-stay-silent-if-you-think-youre-the-target-of-a-sex-tortion-scam>

*Our Spirit Week and Holiday Assembly was a blast! Thank you to ZAC and all the staff and students who helped make this week magical & memorable for all!*







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



## **Road Safety**

### **Traveling to and from School**

*There are many ways children can travel to and from school including walking, wheeling (e.g., bicycle, scooter or mobility device), taking public transit or a school bus; and/or, driving/taking a ride to school. Whatever option you and your family choose, please remember to be careful and share the road with other road users.*

*Together, we can keep school zones safe!*

### **Walking to School**

*The TDSB encourages active transportation to and from school whenever possible. Walking to school can be safer than driving and have a positive impact on students' mental wellness and academic success.*

*Here are some safety tips from Toronto Public Health:*

- *Practice good role modelling by walking with your child and showing them road safety rules so that they can develop good habits.*
- *Wear bright, reflective clothing or accessories in cloudy or dark conditions so drivers can see you better.*
- *Teach your child to use their eyes and ears. Always stop, look and listen, even if there is a crossing guard or traffic signals.*



**BE ALERT  
SLOW DOWN**



- *Stop and check that cars in every lane can see you and make eye contact with the drivers. Wait until drivers have stopped before crossing the road.*
- *Look left, right and left again. Teach your child to cross the road only when the way is clear, or all the cars at the crosswalk or intersection have come to a full stop. Children shouldn't cross the road between parked cars or mid-block.*
- *Listen for oncoming traffic and be alert. Pedestrians shouldn't use headphones or cell phones when walking, especially when they are crossing the road. Distractions, even talking while walking, can put children in danger.*
- *Walk, don't run, while crossing the street. By running, you risk tripping and falling in the middle of the road.*

## *Driving to School*



*A child struck by a car travelling at 50 km/hr is eight times more likely to be killed than a child struck at 30 km/hr. Children 10 and under are most at risk for pedestrian-related injuries. Therefore, if you are driving your child to or from school, it is important to be alert and slow down as children are smaller and harder to see. In addition, it might be difficult for children to determine the direction of sound and judge distance or speed.*

*Here are some safety tips from Toronto Public Health:*

- *Follow the school zone safety traffic rules.*
- *When possible, park legally on a side street or in school-designated areas and walk your child to school to avoid adding to the traffic in front of or near the school.*
- *Stop at crosswalks and intersections. Allow children and other pedestrians to fully cross the road before continuing on.*
- *Enter and exit school zones and driveways slowly and carefully. Watch for children on and near the road, particularly in the morning and after school hours.*
- *Have your child exit the car on the right side nearest to the sidewalk.*
- *Do not speed.*

## **SCHOOL COMMUNITY MESSAGES**

### **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 including Poster Contest Eligibility, Guidelines, and Prizes. It also includes the submission information.*

### **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 the 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 prize 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**

## ***TDSB Mental Health Resources***

The [2023-2024 Winter Well-Being Guide](#) is filled with activities, games, wellness tips, identity affirming resources and community agencies to support wellness for all students, caregivers/guardians, families, and school communities over the winter months!

### **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\*\*](#)