



FRIDAY FILE – Oct. 27, 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 had a wonderful week of joy, engagement and belonging! We had a lot to celebrate and be grateful for this week starting with acknowledging a few ZHMS students who competed in international competitions recently! Also, our own local Cross Country Team that wrapped up their season this week with some incredible results! ZHMS Spirit Days are also back next week and Volleyball team tryouts are starting on Monday, so get ready for another week of fun, engagement and focussed learning!

Please scroll down to see more important updates on this week's Friday File!

Please have a wonderful weekend!

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

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

Looking Ahead at ZHMS

Oct. 30-31 - ZHMS Spirit Days!

Oct. 31 - Halloween!

Nov. 1 - Immunization Clinic @ ZHMS - Gr. 7s & 8s

Nov. 1 - TDSB Grade 8 - 9 Transitions Presentation - 7:00 PM - 8:30 PM
register here: https://tdsb-ca.zoom.us/webinar/register/WN_-x4jbBRUSD-eW293v8c7jQ

Nov. 14 - Progress Report Cards Go Home









Nov. 17-18 - Parent-Teacher Conferences

Nov. 18 - PA Day - NO SCHOOL

Student Clubs / Extracurriculars Happening Next Week

- Girls Basketball
- Seneca Hill Chess (after school)
- Volleyball (drop-in)
- Karaoke
- Pickleball
- Friday Basketball (drop-in)

Students, just a reminder to dress for the weather!

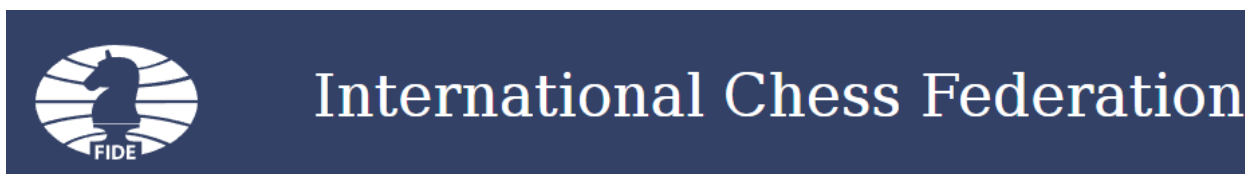
Next 7 Days								
	Sat 10/28	Sun 10/29	Mon 10/30	Tue 10/31	Wed 11/01	Thu 11/02	Fri 11/03	
	Mainly sunny	Light rain	Cloudy with showers	Mainly sunny	Snow-rain showers	A mix of sun and clouds	A mix of sun and clouds	
								
	13°	8°	7°	6°	6°	8°	10°	
Feels like	11	5	6	5	4	5	7	
Night	5°	5°	-1°	2°	0°	1°	3°	

What's Happening at ZHMS...

*Congratulations to our ZHMS students who competing internationally in **South America** recently!*



Congrats to Sunny Z (Gr. 8) for representing Canada at the 2023 ITTF Pan American Championships! Sunny played very well and showed her fierce determination and will to never give up! In the Pan American Championships in the Under-13 Girls Team event, Sunny and her team won the **bronze medal**. In the Under-13 Girls Doubles event, Sunny and her partner won the **silver medal**. Sunny is very happy and proud of her accomplishments and we are so proud of her too. Way to go SUNNY!



In the past week, Ryan Zhong (Gr.7) represented Canada and competed at the Pan-American School Chess Championships held in Lima, Peru. A total of 725 players from 14 countries attended this event. At this 9-round competition, Ryan played in the U13 Open Section, got 7.5 points, and won the Champion. He also won the FM (FIDE Master) conditional title from the FIDE (Federation Internationale des Echecs).

Bravo Ryan!



Way to Go ZHMS Cross Country Team!

We are so *PROUD* of our student athletes! You are all *CITY CHAMPS* in our books!

FINALISTS	PLACED @ The Finals
Elyse	38
Tianlang	108
Chelsea	18
Ethan	24
Alan	32
Bowen	33
David	44
Eunsung	47
Austin	58
Isaac	100
Grace	12
Ella	15
Nam	1
Simon	2
Samyar	79
Avin	108
William	126



Thank you to Mr. Foo and Mr. Gardziejczyk for the wonderful coaching and support! Special Thanks to our AMAZING parent volunteers for driving our students to the FINALS!



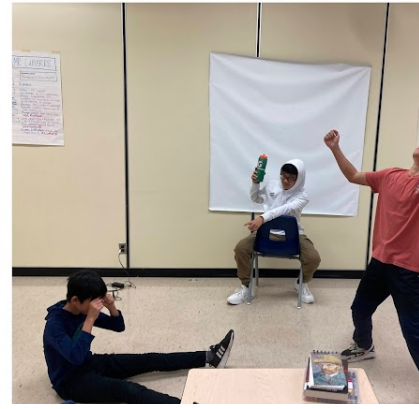
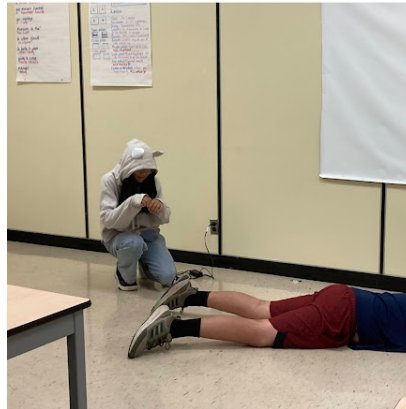
*Special mention to our Gr. 7 Boys Team that finished THIRD in the City and to Nam and Simon who finished 1st and 2nd place respectively among all Gr. 8 Boys
WAY TO GO ZION LIONS!!!*





What does student engagement look like at ZHMS?

Bravo to Mr. Lapierre's French Class for working on their French presentations this week



Thank You 8D for bringing some joy over to our school from Galati's Fresh Market.
Thank you to Mr. Galati for his generous pumpkin donations.





PIZZA LUNCH

Dear School Parents, Guardians and Caregivers,

Our next school pizza lunch is on **Thursday, November 2nd**.
 Parents can pre-order their child's lunch through the School Cash Online at
<https://www.schoolcashionline.com> no later than **Thursday, October 26th**.

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

To sign-up, please go to: <https://www.signupge-nius.com/go/5080E4CACAF2BA1F58-45124355-oct>

Thank you for your continued support!

Zion Heights Middle School - IMPORTANT UPDATES:

REMINDER - ZHMS Mental Health & Wellness PARENT Survey

Zion Heights has entered a partnership with Common Compass to support the well-being of our students and members of our community. Last week, we asked all of our staff and students to complete a survey that was designed by Common Compass. We also value the voices and experiences of our Zion families. Parents, please take time this week to complete this short [Parent Survey](#).

After next week, Common Compass will work with our staff to analyse the results. We will use this data to help plan our school's action plan to support mental and physical well-being this year.

We appreciate you taking the time to complete the [Parent Survey](#).

If you have any questions, please do not hesitate to contact Vice-Principal O at monica.o@tdsb.on.ca

Preparing for High School Information Sessions for Grade 8 Families

To support our Grade 8 students and families, the TDSB will be hosting a series of Preparing for High School Information Sessions. The series includes:

- 1. [Grade 8 to Grade 9 Transitions](#): Taking place on November 1, 2023, this session will focus on the Top 10 Tips and Considerations in the Transition to High School. This presentation is designed to augment the work already taking place through secondary open houses and at the Grade 8 schools. For more information, visit the [TDSB Beyond 8 website](#).***
- 2. [Student Interest Programs](#): The TDSB offers over 50 programs with a particular focus. These programs are for anyone who demonstrates an interest and passion in the particular program area. On November 2, 2023, the Student Interest Program Webinar will provide more information about local programs, out-of-area admissions and applying to central student interest programs, including:***
 - o Application for these programs opens on November 6, 2023 and closes on November 24 at 4 p.m.***

To further support students and families with the application process, TDSB staff will be hosting two (2) Central Student Interest Program Application Support Sessions to answer questions that students or families may have about the application. Live, online support will be available on the following dates:

- November 14 from 4 to 5:30 p.m. ([Click here to join](#))
- November 22 from 7 to 8:30 p.m. ([Click here to join](#))

Staff will not be able to answer specific program and/or school-based questions.

For more information about the programs available at schools across the TDSB, attend the schools' [Open Houses and Information Sessions](#). To learn more about the central student interest programs, visit the [Central Student Interest Programs website](#).

Webinar Details:

The *Preparing for High Schools Series* webinar details, including the link to register and request an interpreter, can be found below. Requests for interpretation services can be made in the registration form and must be made no later than Friday, October 27, 2023. The recordings of these events will be available on the [TDSB Guidance site](#) and on the [PCEO YouTube Channel](#).

Preparing for High School Session	Date	Link to Register
Grade 8 to Grade 9 Transition	November 1, 2023 7:00pm - 8:30pm	https://tdsb-ca.zoom.us/webinar/register/WN_-x4jbBRUSD-eW293v8c7jQ
Student Interest Programs	November 2, 2023 7:00pm - 8:30pm	https://tdsb-ca.zoom.us/webinar/register/WN_ShpXlnI7Rvy3DdCUjJXlnQ
Virtual Secondary Alternative Schools Fair	January 10, 2024 7:00pm - 8:30pm	Link to register will be shared at a later date.

Grade 8 to 9 Transition Timeline

Please use the [Grade 8 Transition Year - At a Glance](#) to help navigate the Grade 8 to 9 Transition process this year.

Resources:

- To view the Secondary School Virtual Open Houses and Information Sessions, please visit <https://www.tdsb.on.ca/High-School/Going-to-High-School/Open-Houses-and-Information-Nights>
- For more information about transitioning from Grade 8 to 9 in the TDSB, please visit <https://www.tdsb.on.ca/High-School/Going-to-High-School/Beyond-8>
- For more information about the Central Student Interest Programs in the TDSB, please visit <https://www.tdsb.on.ca/csip>
- For more information about Alternative Schools in the TDSB please visit <https://www.tdsb.on.ca/alternativeschools/>
- [Grade 8 to Grade 9 Transition Information Session Flyer](#)
- [Student Interest Programs Information Session Flyer](#)

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

Guidance & Transitions Lead Teachers

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)

Toronto Public Health Reminders!

Reduce virus spread

- Stay home if sick or have symptoms of being sick, even if they are mild.
- Use the [TPH screening questionnaire](#) or the provincial [COVID-19 Self-Assessment Tool](#) before attending school or work if there are symptoms of illness.
- [Clean hands](#) often.
- [Cover their cough](#) or sneeze with a tissue or their elbow.
- Wear a well-fitted, high-quality [mask](#) in crowded indoor settings with poor ventilation, especially if at higher risk of getting very sick

Questions? Contact Toronto Health Connection at 416-338-7600 or PublicHealth@toronto.ca.

SCHOOL COMMUNITY MESSAGES

Settlement Worker Services @ ZHMS

Ms. Bing Liu, our school settlement worker is available to support our families in person on Mondays at Zion HMS. Please call ahead or drop by the main office between regular office hours.

Bing Liu
School Settlement Worker
Centre for Immigrant and Community Services



☎ 647-888-1494 ☎ 416-292-0388

📍 2330 Midland Ave. Toronto, ON, Canada, M1S 5G5

✉ bing.liu@cicscanada.com 🌐 www.cicscanada.com



TDSB Mental Health Resources

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**](#)