



FRIDAY FILE – Sept. 25, 2020

KINDNESS. RESPECT. PRIDE.

Follow us on twitter @ZionTdsb

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

School Contact Information:

5900 Leslie St, North York ON M2H 1J9

Phone: 416-395-3120 Email: zion@tdsb.on.ca

Dear Zion families,

I hope you are all keeping well as we wrap up week two of in-person school at ZHMS. As many of you can appreciate, re-opening our school this year was very challenging and I want to thank all of you for your patience, kindness and support in our daily efforts to keep our students, staff and community safe. Following health and safety procedures as outlined by Toronto Public Health are critical and we must remain vigilant.

One of the most important things we can do to help slow the spread of COVID-19 is staying home when we are sick or have had close contact with anyone who has tested positive for COVID-19. I want to remind you all families to continue conducting a [COVID-19 self-assessment](#) every day before sending your child(ren) to school.

The TDSB takes its direction from Toronto Public Health. Please see their new [Decision Guide](#) to determine what steps to take following the self-assessment.

If your child has a new or worsening symptom(s), they should stay home and not come to school. You should consult with a health care professional or Toronto Public Health as soon as possible.

If the test results are negative, your child may return to school if it has been 24 hours since their symptoms started to improve or if they have received an alternate diagnosis.

If the test results are positive, students are required to remain at home until Public Health has cleared for their return.

Thank you for your continued support and efforts in helping us keep everyone safe at ZHMS. We will most certainly get through this together.

Chi Le
Principal
Zion Heights Middle School

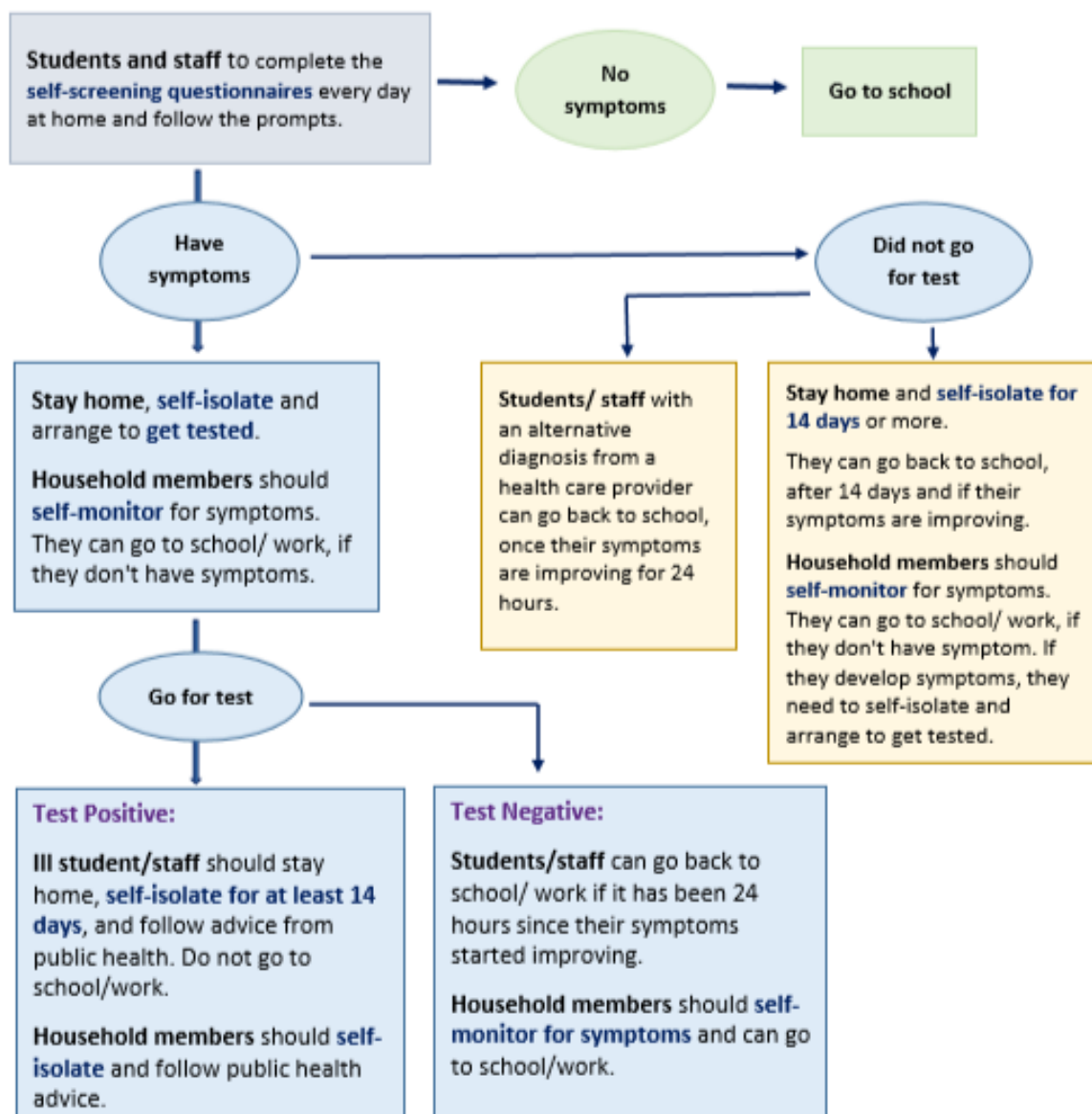
Chris Demakopoulos
Vice-Principal
Zion Heights Middle School

COVID-19 School Decision Guide

Updated September 24, 2020

For all situations listed in the flow chart below:

- If the student or staff has symptoms and has been in close contact with a person who has COVID-19, the ill student/staff will need to self-isolate for 14 days. Their household members will need to stay home and self-isolate until COVID-19 is ruled out.
- Anyone who has travelled outside of Canada is required to self-isolate for 14 days. Their household members do not need to self-isolate if they have not travelled, if they don't have symptoms and they are not a close contact of a positive case.



WHO IS A CLOSE CONTACT AT SCHOOL?

CLOSE CONTACT

You were within a 6 feet, or 2 metres distance for more than 15 minutes.



Someone in your class, on your school bus or in your after school cohort.



You had close physical contact with the person, such as a hug.



A person who accidentally sneezed, or coughed on you while talking in close proximity.



NOT CLOSE CONTACT

You maintained a 6 feet, or 2 metre distance.



Goes to the same school, but is not in your cohort.



You were briefly in the same room together but kept your distance.



You passed a person quickly in the hall, or at recess.





COVID-19

**Do you have any
of the following (new or worsening):**



Fever



Cough



Difficulty breathing



**Sore throat,
trouble swallowing**



**Runny nose or
red eyes**



**Loss of taste or
smell**



**Not feeling well,
tired or sore muscles**



**Nausea, vomiting,
diarrhea**



Have you been in close contact with someone who has confirmed COVID-19 in the past 14 days without wearing appropriate PPE?



Have you returned from travel outside Canada in the past 14 days?



If you answered YES to any of these questions, go home & self-isolate right away. Call Telehealth or your health care provider, to find out if you need a test.

Additional Zion Health & Safety Reminders/Updates:

- Parents are welcome to review our ZHMS Safety Procedures Student Presentation with children: [ZHMS Student Safety Presentation Link](#)
- ZHMS staff welcome-back video for students to promote student safety at ZHMS: [ZHMS Welcome Back Video for Students link](#)

TDSB VIRTUAL SCHOOL UPDATE:

The next deadline to request a change to the Virtual School is **September 30, 2020** and a request can be made using the following online form:



[Zion Heights MS - Request for VIRTUAL SCHOOL link](#)

Community introduction from our school Settlement Worker:

Hi, this is Sophie Zhang, the Zion HMS School Settlement Worker from Centre for Immigrant and Community Services. I speak both Mandarin and English. If you and your family is new to Canada and Toronto, I am here to help you with your adaptation and integration to Canadian society and accelerate your settlement process; at the same time, I can also help you're your child's transition to the Canadian education system by providing cultural and language support and bridging the conversation between school teachers and families.

If you need any help with settlement services including health, employment, social benefit, language learning, and so on, or any help with your kids' success at school, feel free to contact me. My work phone is 6478881494, and my email is Sophie.Zhang@cicscanada.com. My work time is 8:30am-4:00pm, Monday to Friday. I am looking forward to talking to you soon.

Regards, Sophie



Sophie Zhang | SEPT Worker

Centre for Immigrant and Community Services

2330 Midland Avenue, Toronto, ON M1S 5G5

647 - 888 - 1494

www.cicscanada.com | [Facebook](#) | [Twitter](#) | [Instagram](#) | [LinkedIn](#)

(translation in Chinese below)

各位家长好，我是华咨处Zion HMS学校安居辅导员Sophie，张女士。我讲普通话和英语。如果您和家人是加拿大新移民，我可以为您提供安居服务，帮助您和您的家人快速融入加拿大社会，适应加拿大的生活。同时，我也可以通过提供文化和语言支持，以及协调学校老师和家长之间的沟通，帮助您的孩子在新学校的适应过程。如果您对于健康，就业，社会福利，语言学习等其他方面，或是对于您的孩子在学校的学习和生活需要得到帮助，都可以和我联系。我的工作电话是6478881494，[我的邮箱是 Sophie.Zhang@cicscanada.com](mailto:Sophie.Zhang@cicscanada.com)。我的工作时间是周一到周五的上午8点半到下午4点。

LOOKING AHEAD @ ZHMS

September 29 – Yearbooks & Class Photos - Please note that your grade 8 class composite and yearbooks are available at Zion heights MS. If you ordered one or both please come by the school on Tuesday between 3:15-3:30 and line up at the front of the school to retrieve it. If this time doesn't work for you please call the school to arrange a time.

September 29 – Terry Fox - Classes will be given a time slot to do an outside activity to celebrate the 40th Anniversary of the Terry Fox Marathon of Hope

September 30 – Orange Shirt Day – Come to school in something Orange to raise awareness of the history of Residential Schools in Canada.

September 30 – Deadline for Requesting a change (In-school/Virtual school)

- **Start of year forms to be sent digitally to all parents via school email**

October 12 – Thanksgiving – No School

October 13 – First day of Virtual School for new students

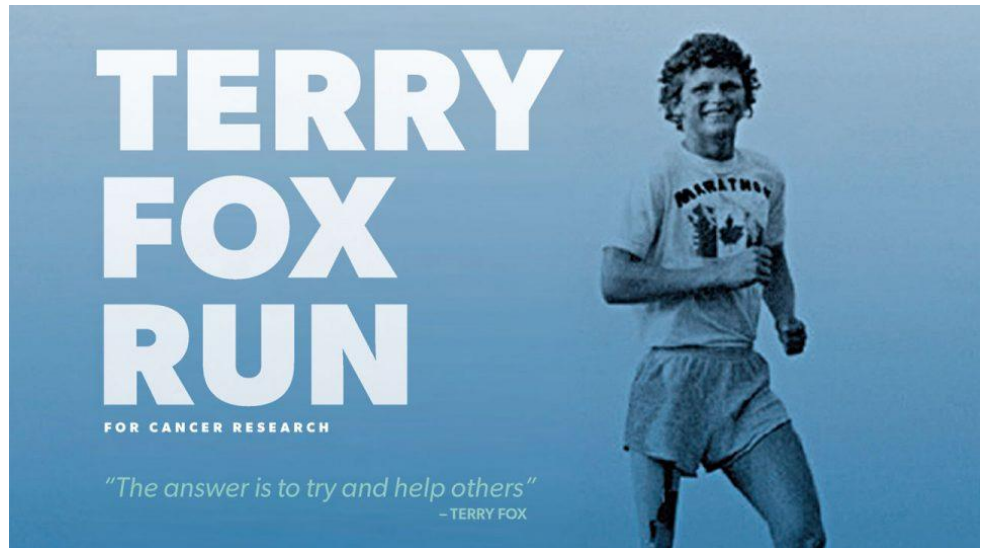
October 21 – School Council Elections – More information to come

Terry Fox Activity @ ZHMS

This year is the 40th Anniversary of Terry Fox's Marathon of Hope and Zion Heights Middle School is proud to be continuing the legacy of one of our greatest heroes. Please join us and support this wonderful cause by donating to:

[Zion MS Donation Page.](#)

Together, we can all make a difference!



Orange Shirt Day

Orange Shirt Day is an annual event established in 2013 to recognize the legacy of Canada's Residential Schools for First Nations, Métis and Inuit families and communities. It is a show of support and acknowledgement regarding the damaging history of the Residential School system and its continuing impact on many First Nations, Métis and Inuit families today.

Orange Shirt Day 2020 falls on **Wednesday, September 30th**. By wearing orange on that day, we have an opportunity to bring awareness to the history of Residential Schools and to stand up against other injustices that may impact our children/students. The phrase, "Every Child Matters" reminds us that children are so very important and integral to our communities—they are our future.





Carlene Jackson
@TDSBDirector



Please remember that the pandemic is weighing heavily on many people in different ways, so we must remember to display compassion, patience & kindness to one another as we are all in this together and have the same goal – to keep students, staff & our TDSB community safe.

WHAT PARENTS NEED TO KNOW IF SOMEONE AT SCHOOL TESTS POSITIVE FOR COVID-19



Parents will be notified but the person's identity will not be shared.



Not all students are at-risk if there is a positive case at school.



Public Health will follow up with close contacts, likely including the class cohort.



Close contacts will self-isolate for 14 days, monitor for symptoms & get tested.



Other people at school will monitor for symptoms but don't have to self-isolate.



Public Health will continue to monitor & notify parents/staff of risk as needed.