



September 2023 - Newsletter Contents

President's Welcome Message
Meet Your Year Reps
PO Year End Gift to School
Bring your Spirit to A Day October 14!
Return of the UCC Puffer jacket
All parents invited to PO Advisory meetings
New Boarding Representatives on PO
WeChat for Chinese Parents
Teacher Appreciation Breakfast
Upcoming Speakers at UCC

September 2023 - Newsletter Contents

Dear Parents,

We hope that you and your families had a terrific summer and an enthusiastic and positive return to school. As a parent of a year 10 boy, it appears we're off to a great start! On behalf of the Parents' Organization, I'd like to thank UCC faculty and staff for their hard work and dedication over the summer in preparing for the students' return to school.

This year, the Parents' Organization (PO) marks its 38th year of service to the parent and school community. The PO's goal is to foster community engagement, support the College's strategic directions, and celebrate the camaraderie and spirit within the school and among UCC families. Throughout the year, we organize various social and informational events for parents both on and off campus.

Every year the PO has a highly capable group of committed volunteers to plan events. This year our [PO Advisory Committee](#) is 55 members strong and I thank them for their enthusiasm, dedication and support. There is a longstanding tradition of volunteerism within the school community at UCC, and the PO welcomes your involvement. If you are interested in participating, you can [volunteer here](#).

I extend a warm welcome to new families at UCC this year. Please don't hesitate to reach out to me directly, members of the PO Advisory or your Year Rep to say hello. We would be more than

happy to answer any questions you may have.

I wish you and your sons a wonderful school year.

Ann Katrusiak
PO President 2023-24



PO Advisory



Meet Your PO Year Reps

Year Reps are an important part of the PO Advisory and are there to welcome you and advise you of events for the school year. Please click on the Welcome Letter from your Year Reps below where you will find important information.

[Year 8 Welcome letter](#)

[Year 9 Welcome Letter](#)

[Year 10 Welcome letter](#)

[Year 11 Welcome Letter](#)

[Year 12 Welcome Letter](#)

One of the Parents' Organization's key goals is to build community at the College, by connecting parents/guardians with each other and the school. Your Year Reps will communicate via email throughout the year to provide information on PO-supported community building initiatives such as the year level coffee mornings as well as evening socials like the ones the Year 11 and 12's have scheduled in early October.

If you are in Year 11 or 12 and did not receive an invitation, please contact your Year Rep for details at yr11rep@uccpo.ca or yr12rep@uccpo.ca. A huge thank you to our very generous host families.

List of Year Reps and contact info:

Year 8: Yr8rep@uccpo.ca Jessica Browman, Denise Deng, Aa-Na Kwak-Tomovski

Year 9: Yr9rep@uccpo.ca Eric Hixon, Rajni Singhal

Year 10: Yr10rep@uccpo.ca Nadene Riopelle, Angela Yu

Year 11: Yr11rep@uccpo.ca Gillian Fripp, Sasha Sandler

Year 12: Yr12rep@uccpo.ca Edith Cheung, Sarah D'Souza, Cheryl Guilfoyle, Deirdre Horgan, Michelle Roth, Vivian Silverson



Year level coffee mornings - Year 11 (top left), Year 9 (bottom left), Year 8 (bottom right)

Year end gift to School

While our primary goal is to celebrate the camaraderie, unity and spirit of UCC and to promote our community, any funds raised from our initiatives allow us to give back to the College. Last year was a successful financial one for the PO, and we, after consultation with students and faculty wellbeing committees, were able to provide \$60,000 in the first year of a 3-year commitment to refresh the Lower Dining Hall. Over the summer, the “LD” was refreshed with white paint and new light fixtures. New dining tables and lounge seating are scheduled to be installed soon.



Lower Dining Room before (top), Lower Dining Room renderings (bottom)

A-Day is October 14 - Bring your UCC Spirit!

Association Day is just around the corner so make sure to mark your calendars for Saturday, October 14! Our annual reunion weekend is a whole family affair, featuring UCC sports team matches, a Silent Auction, revamped Kid Zone, live music and entertainment, UCC-crested items for sale, a barbecue and much more.

The New Family Breakfast , which includes families new to the Upper School, takes place at the Prep at 7:30 am. Register [here](#).

Please remember - parking is very limited, so plan accordingly.

A-Day officially kicks off at 8:30am as The Blue Army Generals, the school's beloved mascot ICE, and students from the Prep and Upper schools lead the opening walk from the Prep school to the front doors of the Upper School for the Opening Ceremonies. Events continue all day, ending with the Varsity football game at 2:30pm. A full listing of events and link to food pre-order tickets is accessible [here](#).



The Parents' Organization, Blues Booster Club (BBC) and Arts Booster Club (ABC) will be represented in tents at the top of the Avenue where they will be selling the popular UCC and Blue Army crested wear. The PO is looking forward to handing out a small giveaway to the first 200 people who stop by to visit.

Upper School Puffer Jacket Sale Returns!



The Parents Organization is excited to offer two fantastic outerwear options for purchase this fall. The much admired UCC-crested puffer jacket returns for sale at \$110. The PO has also added a zip front fleece vest for \$65. Both the puffer and fleece vests are available in a full size range in both grey and navy. They can be purchased through [UCC Marketplace](#). The order deadline is October 16. Delivery is expected for early November with the option of Arena pickup or domestic mailing for \$20. All funds raised from jacket sales go to the Parents' Organization and its efforts to help enrich the experience of UCC Upper School students.

Join us at PO Advisory Meetings

All parents are welcome to attend PO Advisory Meetings. Come early and enjoy a coffee with other upper school parents and enjoy guest speakers from UCC. Please RSVP to secretary@uccpo.ca. Meetings take place from 8:30-10:00 am in the Wilder Arena Lounge.

The next meeting dates are:

- Tuesday, October 17
- Tuesday, November 21
- Tuesday, January 23
- Monday, February 12
- Tuesday, April 23 (AGM)

PO Boarder Parent/Guardian Representatives

This year the PO has added a new portfolio to represent the Parents and Guardians of UCC Boarding Students. Earlier this month a survey was created and sent to all parents/guardians of boarders. We hope the results will guide us in providing a more robust UCC opportunity for boarding families. Please connect with PO Boarder Parent/Guardian Representatives Houda Benjelloun, Olga Tchertvernyk and Carolie Zhang please contact them at boarderreps@uccpo.ca.

Chinese Parents Chat Group

UCC 家长微信群

There is a WeChat group that has been self-organized by UCC Chinese Parents to support the Chinese speaking parent community, though everyone is welcome. School communications are translated into Chinese, to facilitate understanding. Please email the UCC Chinese WeChat group at uccchinesewechat@gmail.com to join this welcoming community.

Teacher Appreciation Breakfast October 5

The PO is hosting a special Appreciation Breakfast October 5 for all UCC staff on behalf of the parent body. As parents, we are very fortunate to have such talented and dedicated teachers guiding our boys through the Upper School. This breakfast is just a small token of our gratitude.



Upcoming Special Events:

"They're Exhausted But Don't Want My Advice": How To Help Your Teen Sleep Better

Nov 8, 2023 07:00 PM 45 minute Zoom talk with 15 minutes for Q&A.

Dr. Cara Ooi, Sleep Physician, Youth Psychiatrist, Creator of the Decode Insomnia Program,

fellow of the Royal College of Physicians and Surgeons of Canada, (Lecturer) Department of Psychiatry, University of Toronto.

Dr. Cara Ooi will cover key teen sleep concepts so that you can help your teen sleep better. By the end of this workshop, you will have a framework to better identify and understand common teen sleep problems, a practical roadmap to help your teen sleep better, and a toolkit of resources. Interested teens can also attend but it will be geared towards parents. Resources will be available for teens after the session.

- Learn why the teen years are a perfect storm for sleep deprivation, sleep timing issues and insomnia
- Learn why teens require a different approach to get sleep on track
- Learn a realistic strategies to address sleep deprivation, sleep timing issues, and insomnia

Casey Fellow

Casey Fellowship UCC Community Event with Sonja Lyubomirsky

November 27, 2023 at 7 pm, Upper Canada College Campus

This year's Casey Fellow, Sonja Lyubomirsky, is a professor in the Department of Psychology at the University of California, Riverside and author of multiple NY Times bestseller books. Dr Lyubomirsky's *The How of Happiness* was published in 2008 and explores the premise that 50 percent of a human's long-term wellbeing level is genetically determined, 10 percent is affected by life circumstances, and 40 percent is subject to self-control through life skills. Professor Lyubomirsky will talk about how parents and guardians can develop these life skills that lead to wellbeing in themselves and in their children.

Thank You from the Parents' Organization

A big thank you to UCC parents for supporting recent PO initiatives. PO volunteers have generously contributed their time over the last few months, and we'd like to thank them for their support. Volunteers have welcomed new upper school parents, organized used book and uniform events, run TUBS sales, organized sports teams, supported the , ordered merchandise and hosted year level events . We invite you to view all PO volunteer opportunities and sign up [here](#)!

Useful Quick Links

[Bluenet Resource Board](#)

[School calendar](#)

[UCC Family Handbook](#)

[UCCPO.CA](#)

Username: UCCPO

Password: Blue&white1829

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