

Humans of Milne Valley

Meet Roula... kind, considerate, energetic,

I was born right here in Toronto. My full name is Stavroula but most people know me as Roula. And my nickname is Roulz. I love watching Green House Academy and eating pasta. The special person in my life is my Mom. She can make me feel good in an instant. She is the life of every party and can always make me laugh. One day I hope to become a Special Education teacher. I want to encourage kids to do better. I have had teachers in my life help me through my challenges. I would love to help kids reach their fullest potential. If I could I would take all the anger and worries away from our world.




THE MILNE MESSENGER

Know What's Happening....

We All Keep Calm and Learn On

By Ishaq K.

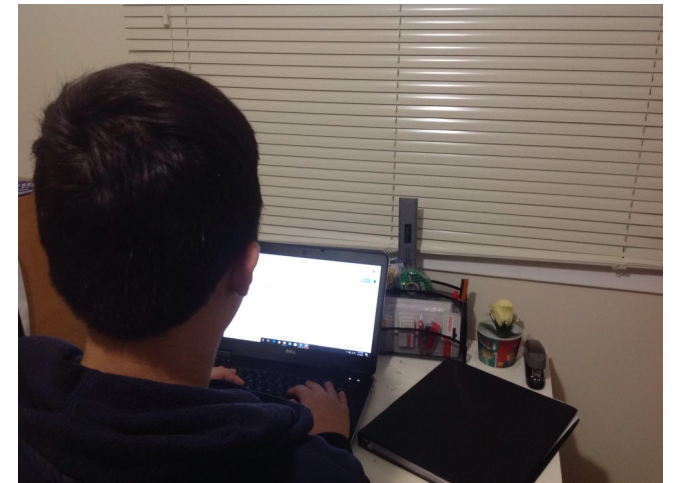
On Tuesday, March 31st, 2020, Premier Doug Ford and Minister of Education Stephen Lecce announced due to the emerging threat of COVID-19, effective immediately, they have extended the order to close publicly funded schools past May 4th. They've also extended the closure of private schools and child-care centers for at least another two weeks. Ford said to the public on March 31st, "As I've told you before, the situation continues to change day by day, hour by hour, and to protect our children, I'm prepared to extend these closures even further if we have to." So, what does this mean for students? The answer is - online learning!

E-learning has been around for 21 years, since 1999. It started when the word was used at a CBC systems webinar. The word "e-learning" slowly evolved into the words "online learning" and "virtual learning". These days, it has evolved to virtually, and we need it more than ever. Compared to the usage right now due to this COVID-19 pandemic, online learning was occasionally used. Now, public schools, private schools, colleges, universities, and classes like Zumba class have all moved online. And a big online platform? Zoom.

Zoom was a small company with few participants. Because of online learning, it has tripled its revenue and had a drastic jump of participants. Zoom is a service that offers meetings and webinars and provides content sharing and video conferences. People use it to have "real-like" meetings on a virtual screen where you can talk and have presentations or you could give lectures and lessons to your classes. But the best part about Zoom? It's free for individuals, while companies purchase their licenses for added privacy and security.

Zoom isn't the only virtual platform that companies and schools are using. Google and Brightspace (Desire to Learn - D2L) are two major players in virtual learning. The TDSB will be using both of them to convey online learning. Google has a vast amount of apps like Google Meets, Hangouts, and classrooms where teachers can convey their messages through an online platform. Much like the Google apps, Brightspace is a platform where you can access lesson videos, worksheets, and even submit your homework. Teachers will be using technology to support e-learning where possible but will take an open-minded approach towards supporting some students who might not have access to the internet.

On Monday, March 30th, 2020 the TDSB said that they are prepping and getting equipment ready for online learning starting on Monday, April 6th, 2020. John Malloy, TDSB director of education said the board is contacting families to determine if they require devices for their child(ren) so that they can participate in the online platform. He said they want to make sure students have a computer or similar



The New Classroom of TDSB Students

device, as well as have internet access. Malloy said the board is still waiting on the Ministry of Education in terms of how assessments will be handled.

Teachers and administrators have been working tirelessly with the government to work around this COVID-19 pandemic. They've been finding different ways to meet the needs of their students. In response to this COVID-19 pandemic to education, Premier Ford said: "We are working closely with the school boards to find ways to help students complete the school year so that they can earn credits and graduate." They later said that students in Kindergarten through Grade 6 will receive five hours of work per week, students in Grades 7 and 8 will receive 10 hours of work per week and secondary school students will get three hours of work per week for each course they are enrolled in.

Therefore, has this pandemic taught us something? Though this pandemic may have a lot of downsides like infecting, killing and building anxiety in people, it has some perks. This pandemic has taught us resiliency and innovation on how to work through tough situations creatively, and learn how to use online learning. It has accelerated the revolution of technology because sooner or later, we would have to start doing online learning as the world is becoming more virtual by the year. This means that students will know how to use online learning early since in high school we may have to do two mandatory online courses to graduate. As Becca Fitzpatrick wrote in her book "Crescendo", "Sometimes bad things have to happen before good things can."

What Do You Value Most?

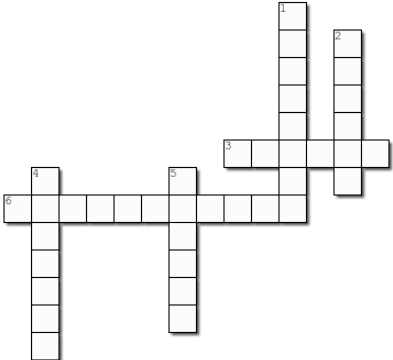
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 A L I C K F U F R X H U I S K C U L D G
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 T K P D E R U H P P I W M H A X S L O L

FAMILY HEALTH TIME FRIENDS RESPECT EDUCATION COMMUNITY

Who's the Family Member?

Complete the crossword puzzle below

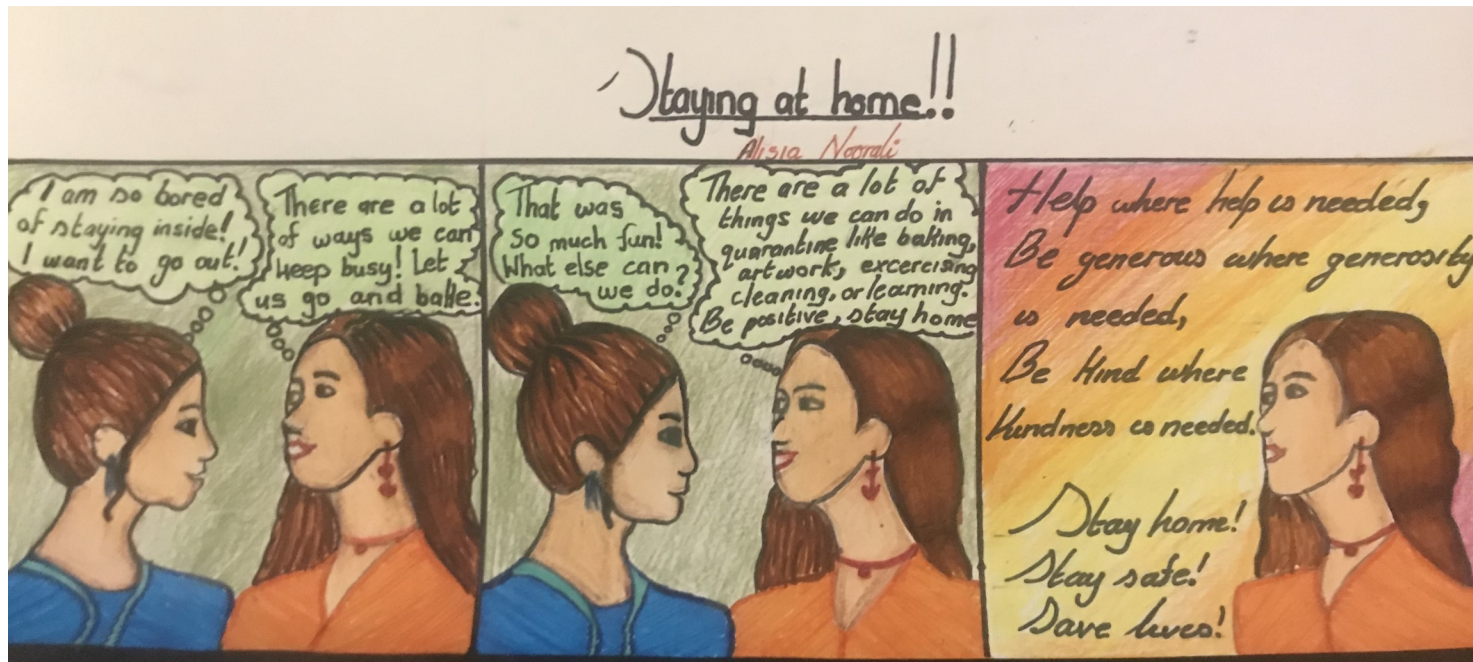
Name: _____



Created using the Crossword Maker on TheTeachersCorner.net

Across
 3. He is called 'Papa' in French.
 6. The woman who gave birth to your mother or father.

Down
 1. She is your female offspring.
 2. She is your female sibling.
 4. He is your male sibling.
 5. She/he is the child of your aunt and uncle.



| | |
|---|---|
| We All Keep Calm and Learn On | 1 |
| A Message from Ms. Moore and Ms Harvey Kerr | 2 |
| Spread the Word to End the Word | 3 |
| The Rise of COVID-19 | 3 |
| The Power of Good Character | 4 |
| How This Pandemic May Change Us for the Future | 4 |
| Staying Active While Keeping Close to Home | 5 |
| How to Continue Learning During Self Isolation | 5 |
| Global Achievements: Making A Difference in the World We Live In! | 6 |
| Ways to Stay Positive During Self Isolation | 6 |
| We Can Support Each Other While Keeping Our Distance | 7 |
| How To Keep Yourself Busy During The COVID-19 Quarantine | 7 |
| Photography "Alphabet: Photos | 7 |
| Humans of Milne Valley | 8 |
| Puzzles | 8 |
| Comic | 8 |

Message from Ms Moore and Ms Harvey Kerr

Hello Milne Valley Students!

We hope that you, your friends and family are doing well. The Friday before March Break feels as if it was so long ago. It has been a busy three weeks, since finishing March Break as teachers, support staff, Ms Harvey Kerr and I work together to help our students with their learning at home. With most of you engaging in remote learning these past few weeks with your teachers, as the postings fly by, things seem to be moving at a little faster pace. Since Sunday, April 5, there have been over 600 posts a day coming through Google Classroom alone. That is amazing! We are encouraged by reading the positive messages you are sharing in your Google posts about how you are keeping safe. We have been trying to read through as many as we can each day. It has been nice to see how some students have been getting caught up in work that was due before the break and are now submitting it. Keep up the good work and the connections in any way and at any time you can.

We know that many of you are connecting with your friends and family in different ways and we're sure there have been countless interactions through chats, text messages, actual phone calls, and other postings. Please make sure you are following all of the rules around social distancing - <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/social-distancing-infograph/social-distancing-infograph-eng.pdf> every day. To keep track of how long to wash your hands, you can sing Happy Birthday or get this song stuck in your head that Mr. McLean shared - <https://youtu.be/L89nN03pBzI>.

While this is a new way of learning for all of us, I want to thank you for doing your best to adapt and move forward. Please keep all of your interactions online respectful, always following the TDSB Online Code of Conduct - <https://www.tdsb.on.ca/About-Us/Policies-Procedures-Forms/Online-Code-of-Conduct> and making sure you are only connecting online in safe ways with others. Here is a quick list from Toronto Police Service for you to keep in mind:

- NEVER give out any personal information such as your address, telephone number, parents' place of work or their phone number, or the name and location of your school
- NEVER agree to get together with someone you 'meet' online without first checking with your parents
- NEVER send anyone your picture - Don't accept any pictures either
- NEVER respond to any messages that make you feel uncomfortable
- NEVER lose your common sense while online - Remember, you are talking to a stranger. The people you are talking to may not be who they say they are
- NEVER send an insulting or rude message to anyone online. 'Flaming' is not good 'Netiquette'
- Use a 'code name'
- Report any harassment or inappropriate messages to your online service and to the Police
- Set your browser to say NO to 'cookies'

(<http://www.torontopolice.on.ca/crimeprevention/internet.php>)

This is a challenging time and we do not know how long we will be learning at home. Ms Harvey Kerr is trying to focus on the encouraging events she experiences each day. She is enjoying the time she has with her daughter as she learns to drive and the conversations she has with her college age son now that he is home more often. She gets to cook more for her family, giving Mr. Kerr a break from his regular routine. She looks forward to her daily walk with the dog each afternoon.

Ms Moore is spending time outside preparing the garden and inside with seeds started for when the weather is warmer outside—check out the progress here—<https://twitter.com/lorimoore674>. She also enjoys taking the dogs out for a walk at the end of the day.

Try to appreciate a small moment each day. We look forward to when you all can tell us about those moments in person. BE WELL!

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Art

Alisia N.

How To Keep Yourself Busy During The COVID-19 Quarantine

By Jasmine P.

There are numerous ways to keep yourself busy and learn at home. During this pandemic, we may feel restricted to daily activities and routines. It is always important to make sure you are keeping yourself engaged and occupied without having your phone constantly in your face.

TOP 20 THINGS TO HELP KEEP YOURSELF BUSY DURING QUARANTINE TIME:

- Facetime or call friends and family
- Go biking
- Learn something new
- Get work done/ homework
- Read
- Workout and exercise daily
- Write a letter to your future children about this pandemic
- Paint
- Write a summer bucket list
- Clean your room
- Walk around your house
- Feel fresh and new by reorganizing your space
- Create a collage wall
- Binge watch Netflix
- Study about different topics
- Play a solo sport
- Clean out your school backpack
- Do some chores
- Learn a new language
- Learn a new instrument/ play your instrument

Quarantine can get very boring, so you should definitely try these activities out!

We Can Support Each Other While Keeping Our Distance

By Ellie A.

During the past few weeks a lot has happened due to this pandemic called Coronavirus/COVID-19. This virus has led us to self-isolate ourselves and keep our distance from each other in order to keep it from spreading. We have been told to stay a minimum of 2 meters from each other, but health officials mainly recommend staying at home, as there is a less likely chance of the transmission of COVID-19. This has resulted in the cancellation of many major events, shops, malls, and schools globally.

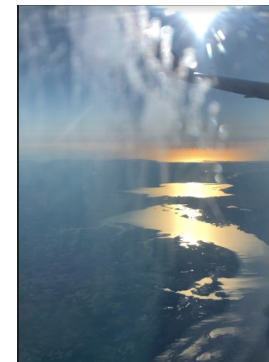
Here are a few tips on how we can support each other while keeping our distance:

1) You can still interact and support each other by virtual applications such as Facetime, text, or by calling. These are the best ways to interact while simultaneously performing good social distancing.

2) Check up on people through phone calls who you think might need the extra support. Reaching out will make a huge difference in their daily lives.

3) Connect with your classmates and teacher through your google classroom. There will be many other students who are in the same situation who would love to chat.

Make sure to keep these tips in mind during this period of time!



Sophia S.



Joanna X.



Lily B.



Elizabeth R.



Kyriaki A.



Dean P.

Photography "Alphabet" Photos

GLOBAL ACHIEVEMENTS: MAKING A DIFFERENCE IN THE WORLD THAT WE LIVE IN!

By Alisia N.

Milne Valley, like many other schools, encourages its students to think globally and act locally. Often we read about students who take action to help improve the lives of others. It is inspiring. One crisis the world is currently facing is the novel coronavirus pandemic. COVID-19 is a new disease that has not been previously identified in humans. It has been devastating, not only doing economic damage, but illness and even death. Due to this disease, many countries have gone into lockdown while others are temporarily closing schools and other businesses. To date, this disease has affected more than a million people in the world, taking the lives of over 76,000 people as of April 7th 2020.

In the past, different kinds of bacterial viruses have been a threat to human health. For example, the bacteria *Klebsiella*, like the Coronavirus (COVID-19), is spread from person-to-person via contaminated surfaces. This caught the attention of technology student Rayvon Stewart who decided to do something to reduce the spread of diseases. He focused on the most common places where bacteria and viruses could easily be left by one person and picked up directly by another. Rayvon came up with what he calls 'Xermosol' - a simple-to-install device that

automatically disinfects door knobs and handles after each use.

Laboratory testing has validated Xermosol's efficiency in killing more than 99.9% of deadly germs. In addition to health facilities, Rayvon hopes it could help reduce the transmission of germs in other public spaces such as schools and businesses. Tests showed Xermosol destroys bacteria and viral cells such as the influenza virus. The coronavirus lives up to two or three days on stainless steel and metal, and several hours on fabric depending on factors such as temperature and humidity. This is a huge step in the fight against microorganisms and offers new ways of thinking around combating viral cells such as Coronavirus.

(<https://thecommonwealth.org/media/news/young-jamaican%E2%80%99s-invention-could-help-tackle-spread-viruses-covid-19>)

It's your turn. What initiative can you take to support a cause you believe in or maybe something you want to take a stand against? How can you make the change?

Think globally and act locally!

WAYS TO STAY POSITIVE DURING SELF ISOLATION

By Zipporah M.

For some of you, like me, you may sometimes find it hard to stay positive during this time, especially when we are self isolating. Here are my top tips to help keep your mood lifted:

- 1) Chewing gum has been known to calm people down including me! :)
- 2) Listening to a style of music you love.
- 3) Everyday think of 5 things you are grateful for. Try not to make them the same thing each day if possible.
- 4) Play with pets if you have any because they are always there to bring joy!
- 5) Talk to someone about why you're upset

and think of some positive memories.

6) If you have a hobby, do it until you're relaxed. (drawing, writing, dancing)

7) Some people find going somewhere in their home just be alone helps, and there's nothing wrong with that.



P.S: When in doubt, think of this quote:

“Be happy with what you have, be excited about what you want.” -ALAN COHEN

Spread the Word to End the Word!

By Khaviyaa S.

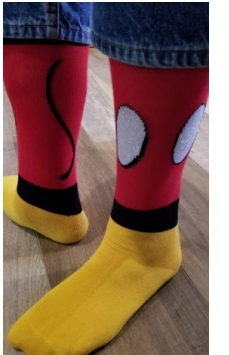
From March 11th to the 13th Milne Valley students and staff participated in signing a pledge to terminate the use of the “r” word. The “r” word is an exclusive term used to offend and represent negative stereotypes about those with disabilities. This word is derogatory, implying it portrays a diminishing and depreciative attitude towards something or someone. This term shouldn't be used in any circumstances. It is hurtful towards a group of people. Just like any other swear word, it should never pop up in any day-to-day conversation. As Milne Valley students and staff signed the pledge, they promised to stomp out the “r” word from their vocabulary and add a new word, “respect.”



The “r” word can be used to offend people with disabilities, but has hurt many people with intellectual impairments, including people with Down Syndrome. Down Syndrome is a chromosomal disease wherein an individual inherits an extra (full or partial) copy of chromosome 21. An individual with Down Syndrome has characteristic facial features,

growth delays, and more. However, this does not define who they are as an individual. They can go to school, have meaningful relationships, have a career, and contribute to society in many wonderful ways. Ms. Moore commented, “As a school in the TDSB, we believe that inclusive education provides more opportunities for all students. It is important that our whole school community understand the different kinds of learners who are in our classrooms so that they may be valued and supported as individuals to reach their full potential.”

We received hundreds of signatures from students and staff showing their empathy towards those with Down Syndrome and they pledged to remove the “r” word from their vocabulary and replace it with the new “r” word, “respect.” On March 21st it was World Down Syndrome Day and Rock Your Socks Day. On this day, you would wear bright and mismatched socks to signify the extra copy of the chromosome people with Down Syndrome carry. Due to school closures, Milne Valley students and staff rocked their socks at home. Come on Milne Valley, let's see how you will spread the word to end the word!



Ms. Moore Rocking her socks!

The Rise of COVID-19

By Shana G.

Hey Milne Valley! Hopefully everyone is safe and healthy during these difficult times. As we have all heard, the COVID-19 pandemic needs to be taken very seriously, especially as the numbers keep rising. The United States, China and Italy have some of the highest amount of COVID-19 cases in the world. Ontario is forecasting 3000-15000 deaths with public health measures and have also projected 100,000 deaths without public health measures so it is very important that we take every action to keep this number low.

These numbers are increasing and constantly changing, but we must remember to stay calm. The pandemic is severely impacting every part of the world and if we all do our part by washing our hands, practicing social distancing, quarantining and taking all the other safety measures laid down by the government, we can help

Know the Symptoms

Basic protective measures against coronavirus

Fever

Cough

Shortness of breath

Headache

Sore throat

Wash hands frequently
Wash your hands regularly with soap and water or use an alcohol-based hand sanitizer to kill viruses that may be on your hands.

Respiratory hygiene
Cover your mouth and nose when you cough or sneeze. Dispose of the used tissue immediately.

Avoid touching eyes, nose, & mouth
Hands touch many surfaces and can pick up viruses. Avoid touching your eyes, nose, and mouth where possible.

Maintain social distancing
Keep at least one metre between yourself and anyone who is coughing or sneezing to keep yourself safe.

slow the spread of COVID-19. Please keep up with the information given by health officials and the government. Stay safe!

The Power of Good Character

By Alisia N.

Milne Valley strongly believes in developing individuals that are not only academic achievers but also good citizens in the real world. It encourages its students to develop positive learning skills and reinforces TDSB character traits that will help us cope with various challenges we may face later in life. These traits also help us, as individuals, to become responsible members of local, national and global communities. They let us learn with enthusiasm. Each month our school focuses on different character traits.



The character trait for the month of April is Cooperation. Cooperation is when two or more people work together to achieve results or people helping each other out to achieve a common goal. For cooperation

to work, everyone has to be an active member of the team and do what they agree to do. Examples of cooperation include sharing materials or personal belongings with another person, cordially working together to create a presentation or report, agreeing to compromise when a conflict or disagreement arises and including all members of a group in a discussion or team meeting. In the present time when the world is at war with COVID-19 we need to use this character trait to help stop the spread of this virus. We need to cooperate with the Government order of "Stay at home". By staying at home we are reducing the spread and minimizing our own risk in catching this virus and setting an example to our families and the community at large.

The character trait for the month of May is integrity. Integrity is being honest and having strong principles. Having integrity means doing the right thing in a reliable

way. Some of the ways we can show integrity are by taking responsibility for our actions, putting others' needs above our own, offering to help others in need, choosing honesty regardless of the situation or consequence, showing respect to all, being able to put themselves in other peoples' shoes, and conveying true kindness. In these unprecedented times with the world facing the challenge of trying to control and diminish the spread of COVID-19, we as students need to act with integrity. We need to take the responsibility of helping and supporting our families and communities by making them aware of the importance of physical distancing, emphasizing the importance of practicing personal Hygiene. We can also offer moral support by calling family and friends and inquiring about their health and well being. We can reflect on immediate community needs and brainstorm ideas on ways we can help. At all times we need to be aware that physical distancing is important.



It is our responsibility as students to ensure that we demonstrate these different character traits and be responsible for our actions and influence the global world in a positive way. Currently, COVID-19 is a challenge faced by people throughout the world. Students need to reflect on how we can use the character traits of integrity and cooperation to help support people around us. How are we going to use these character traits to help reduce the spread of this virus? Let us all commit to demonstrate these character traits as we are all Global citizens.

How This Pandemic May Change Us for the Future?

By Lily B.

We know that there is a deadly virus among us, but there are also some great things that are changing the world and our future! Studies have shown that air pollution levels all over the world have dropped since this virus has arrived. Everyone is staying at home, worrying about not catching the virus which leads to less carbon dioxide com-

ing from our cars. The canals in Venice have finally cleared up and wildlife have returned. These canals have not been clear for years due to the pollution from motor boat taxis, transport and tourist boats. Wildlife in many countries have benefited. The virus has put a spotlight on the global wildlife trade that may have our society moving in the right direction. Hopefully we can



Recent photo of a Venice canal

make some of these changes permanent for our planet.

Staying Active While Keeping Close to Home

By Khaviyaa S.

The COVID-19 pandemic introduces various challenges and complications to maintaining a physically and mentally active lifestyle. As the transmission of COVID-19 is spread by droplets it is very crucial to social distance ourselves from one another, sanitize and wash our hands frequently, and one that has been frequently requested by health officials, stay at home. Staying at home for a long period of time can become tremendously boring, but it is something that is very important to do during this period of time. Staying at home is the best way to prevent the spread since you will not have personal contact with those who may be infected.

For all of us, the young and the elderly, regular performance of physical activity is key to staying healthy. Compared to being sedentary, moderate to intense physical activity is linked with stronger immunity. Likewise, daily performance of physical activity is associated with lower levels of anxiety and stress, which a number of us are feeling right now. During these days of isolation, it can get very boring and challenging to stay physically active.

Here are some activities you can do while staying close to home:

- 1) Put some music on and have a small walk/dance in your house.
- 2) Jump rope/Jumping jacks.
- 3) Learn from an exercise video instead of watching videos on social media or Youtube all day! Or if you are going to go on YouTube- make it for an exercise or yoga video.
- 4) Use home cardio machines if you have them.
- 5) If watching TV, get up regularly during the commercials. Do a lap around your home or an active chore. For example, throw some clothes in the laundry, do the dishes or take out the garbage. Feel productive after just one show!
- 6) Download a strength workout app and perform the exercises promoted daily.
- 7) Meditate when you wake up to have a good start on a new day.
- 8) Clean/organize your house: clean up your cupboard, get up and clean your tables, chairs, and even floors!
- 9) Stand up when cooking: e.g. when cutting food items.
- 10) Find ways to do simple muscle strengthening exercises around your house such as:

- Squats or sit-to-stands from a sturdy chair.
- Push-ups against a wall, the kitchen counter or the floor.
- Lunges or single leg step-ups on stairs.

How To Continue Learning During Self Isolation

By Elizabeth R.

Self-isolation can be very boring, so here are some ways to keep your mind busy at home. Try asking a parent or an older sibling to write down a few math questions a day to review or learn something new. Check your homeroom google classroom to see if your teachers have posted any links for you to use or, find your own. Pick up a book and read. It will help keep your mind alert. Watch a documentary or a brain teaser show to keep you thinking. There are lots of great math games you can try using like Knowledgehook or Prodigy. Review your French on



Duolingo. Go on Youtube and look for a tutorial for a new skill like Cal-



igraphy or a new recipe. Update your handwriting or learn or improve your cursive. A lot of museums and attractions are doing online tours. Try tuning in.

Here are some links to try ↓

<https://ago.ca/collection/browse>

<https://humanrights.ca/stories/all-stories>

<https://www.louvre.fr/en/visites-en-ligne>

<https://www.prodigygame.com/>

<https://www.tdsb.on.ca/Elementary-School/Supporting-You/Health-Active-Living/Coronavirus/Learning-Resources>

<https://www.ontario.ca/page/learn-at-home>

<https://cemc.uwaterloo.ca/resources/cemc-at-home.php>