

# Africentric Alternative School News

## Newsletter March 2024



Hugh Reynolds, Principal  
Kurt McIntosh, Superintendent  
Alexandra Lulka, Trustee

### School Council Co-Chairs:

Ria Clarke  
Norgie Williams  
Contact us : aas.vol@gmail.com

Email: [AfricentricAlternativeSchool@tdsb.on.ca](mailto:AfricentricAlternativeSchool@tdsb.on.ca)  
School Website: <https://schoolweb.tdsb.on.ca/africentricschool/>

1430 Sheppard Ave. W., North York, ON M3M 2W9, Phone: 416-395-5251



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## Principal's News

Dear Africentric Families,

We would like to thank you for your ongoing support throughout the school year.

Registration for TDSB Kindergarten program began in February. We look forward to welcoming you and your child. You may register by calling our school office at 416-395-5251. Please share this information with your close contacts who might have children who are looking forward to entering Kindergarten next school year.

Thank you to all our parents and caregivers who attended our Black History Month celebration on February 29<sup>th</sup>. This event was a success, and we look forward to your continued support for future school events.

Our Graduation Photo Day was on February 20<sup>th</sup>. This included graduation photos for SK and Grade 8 students.

Our school improvement achievement goal is focused on Literacy. You are encouraged to read with your child as often as you can. This will reinforce what is being done at school.

Mid-winter Break will be from March 11-15. It's important for both students and staff to take time to recharge and relax, ensuring we return with renewed energy and focus for the rest of the academic year.

Barilla Canada will be coming to our school on March 22<sup>nd</sup> for their exciting cooking demonstration. This interactive event promises to be both educational and

delicious, offering our students the opportunity to learn about culinary arts while exploring diverse flavors and techniques. We believe in the power of experiential learning, and this demonstration will surely ignite a passion for cooking among our students.

At Africentric Alternative School, we are dedicated to providing a holistic education that celebrates diversity and empowers our students to thrive academically, socially, and culturally. As we continue to navigate through the academic year, let's remain committed to our shared values of community, excellence, and lifelong learning.

Thank you for your ongoing support and collaboration. Together, we will continue to inspire greatness and make a positive impact in the lives of our students.

As we are still in the winter months, please remember that all students are to dress as the weather dictates. Dressing for the weather helps to keep us warm and can prevent hypothermia.

In Partnership, Hugh Reynolds

## Upcoming Events

- International Woman's Day March 7
- Jamaican Patty Day - Friday, March 8
- Daylight Savings - March 10
- March Break March 11-15
- March 22 - Barilla Cooking Demo - Chef Tim Returns!
- AAS Cooking Club - March 28
- Good Friday & Easter Monday - March 29 & April 1

Thank you to our School's Nutrition/Snack Program Supporters.

We would like to acknowledge and thank President's Choice for the President's Choice Children's Charity School Nutrition Grant (PCC). Our Nutrition Program is also supported by the Toronto Foundation for Student Success (TFSS), City of Toronto – Public Health, Ministry of Children & Youth Services and Parents and Community.



We are grateful for the support of the following:

**Afro Crush -**

Donated funds for the Nutrition Snack Program

**Augustine Asa Nte-Frempong -**

Donated Kente Strips/Sashes to the 2021/2022 graduating class

**Angus Systems -**

a very substantial donation to assist classroom technology needs

**Barilla Canada -**

donated cooking demonstration, pasta, and a very substantial financial contribution for Chromebooks and music program supplies

**Downsview Community Services Organization**

Donated funds for the Nutrition Snack Program

**House of Jua**

Donated funds for the Nutrition Snack Program

**Jays Care Foundation**

Donated winter wear

**MLSE - Maple Leaf Sports & Entertainment -**

Substantial donation towards school improvements in classroom and gym

**Moez and Marissa Kassam Foundation and TFSS -** (Toronto Foundation for Student Success)

Morning Meal/Snack Program Freezer donation

**Shutterstock -**

Donated books and puzzles created by black authors and illustrators

**Starbucks Coffee Canada -**

Employees donated hats, mitts, scarves, socks and a large quantity of school supplies

**Start2Finish -**

Donated backpacks and school supplies

**Taste of Life Restaurant**

Donation towards Grade 8 graduation

**Turner Consulting Group Inc. -**

Tana Turner, Principal Consultant generously donated books and resources for our library



On **March 22, 2024 at 1:00 p.m.** Chef Tim will do a live cooking demo for our students – details and recipe to come.

Another pasta donation will also be made from Barilla – look for details soon.  
See recipes on page 5 of this newsletter.



## Cellentani Mac and cheese

### Ingredients:

1 box      Barilla Cellentani  
 1 ½ cups    Heavy Cream  
 1 cup      Cheddar cheese, grated  
 ½ cup      Monterrey Jack cheese, grated  
             Salt & White Pepper to taste

### Directions:

Bring a pot of water to a boil and cook pasta according to package directions. Meanwhile, in a saucepot over low heat bring the heavy cream to a simmer. Whisk in cheese, seasoning to taste. Drain pasta well and mix with cheese sauce.

## Penne with zucchini, squash, cherry tomatoes, basil, & Parmigiano

Serves Four

Preparation time: 25 minutes

### Ingredients:

1 Box      Barilla Penne  
 4 Tbsp.    Extra virgin olive oil  
 1          Garlic clove, minced  
 2          Thyme sprigs, leaves  
 1          Zucchini, small dice  
 1          Squash, small dice  
 2 pints    Multi-color Cherry tomatoes  
 2 cups    Crushed Tomato  
 ½ cup     Fresh Basil, leaves  
 ¼ cup     Parmigiano, grated  
             Sea salt & Black pepper to taste

### Directions:

Preheat oven to 350°F. Place a pot of water to boil. Drizzle cherry tomatoes with 1 tbsp. of extra virgin olive oil, thyme, salt, and pepper. Place in oven and bake for 7-10 min. then set aside. In a skillet over medium heat add remaining extra virgin olive and garlic. Cook until soft, then add zucchini and squash. Cook for an additional minute. Add crushed tomatoes, season, and bring to a simmer. Meanwhile, cook pasta according to package directions. Drain pasta well and add to the sauce. Add reserved cherry tomatoes, half of the basil and mix well. Garnish with the remaining basil and Parmigiano.

## The Benefits of Being on Time - Punctuality

Punctuality is a habit of:

- Attending a task **on time**.
- Doing things at the **right time**.
- Not missing parts of the lesson and school routines
- Managing your work and personal life

Punctuality is one of the keys to a successful life.

The following are a few reasons that prove why punctuality is important for life:

1. Punctuality and time management **affects the process of learning.**
2. **A key to success...** Being punctual gives you a sense of stability, security and self-confidence.
3. **It shows your integrity and demonstrates respect for others...** being late affects those around you by interrupting other students and teachers in the class.



Dear Parents, Caregivers, Guardians, and Visitors,

### Please note the following:

1. To ensure a well-ordered and safe school please always start your visit at the school office.
2. If your child is late for school, please attend the school office immediately for a late slip. For safety and the prevention of attendance errors, all children need to obtain their own late slip.
3. If a parent, caregiver, guardian, or visitor wishes to meet with a teacher or other staff person, they are required to call or email to make this appointment ahead of time. Please do not interrupt a class at any point without express permission from the office. Teachers are busy with the lessons and interruptions affect the classroom routines.



**Ria Clarke - Co-Chair**

**Norgie Williams – Co-Chair**

**Lotoya Jackson - Secretary**

**Robert Griffiths - Treasurer**



## March Break Activities

<https://www.torontopubliclibrary.ca/programs-and-classes/featured/march-break.jsp>

<https://www.destinationontario.com/en-ca/articles/fun-march-break-activities-ontario>

<https://www.vrbo.com/en-destinations-ideas/vacation-ch-getaways-ontario>

<https://www.torontoondemand.ca/category/march-break>



Themes of the Month - March

# Honesty and Kujichagulia

## What is the power of honesty?

The power of honesty lies in its ability to build trust, promote personal growth, prevent conflicts, and inspire others. By choosing to be honest in our thoughts, words, and actions, we can create a more authentic and fulfilling life for ourselves and those around us.


# HONESTY


## SUPER SKILLS

**WHAT IS** **Honesty**, speaking and acting truthfully, is more than not lying, deceiving, stealing, or cheating. It entails showing respect towards others and having integrity and self-awareness. Honesty is the foundation for trust and key in social relationships;

*Honest children have strong self-management skills.*

it gives us hope, confidence, compassion and improves decision-making.





**WHY HONESTY MATTERS**

Honesty can improve mental and physical health. On the other hand, dishonesty can increase blood pressure and heart rate and lead to other adverse health consequences.

Honest yet compassionate communication promotes openness and trust and is fundamental for functioning social and intimate relationships. (Self) honesty - to be truthful to ourselves - is essential in building confidence, integrity, and self-awareness. These are protective factors against substance use and other risky behavior.

Honesty is essential for social progress and development around the world. The truth lays the foundation for progress, while dishonesty contributes to greater problems.

There is a neurophysiological difference between deception and truth at the brain activation level, contributing to a stress reaction when we are dishonest.

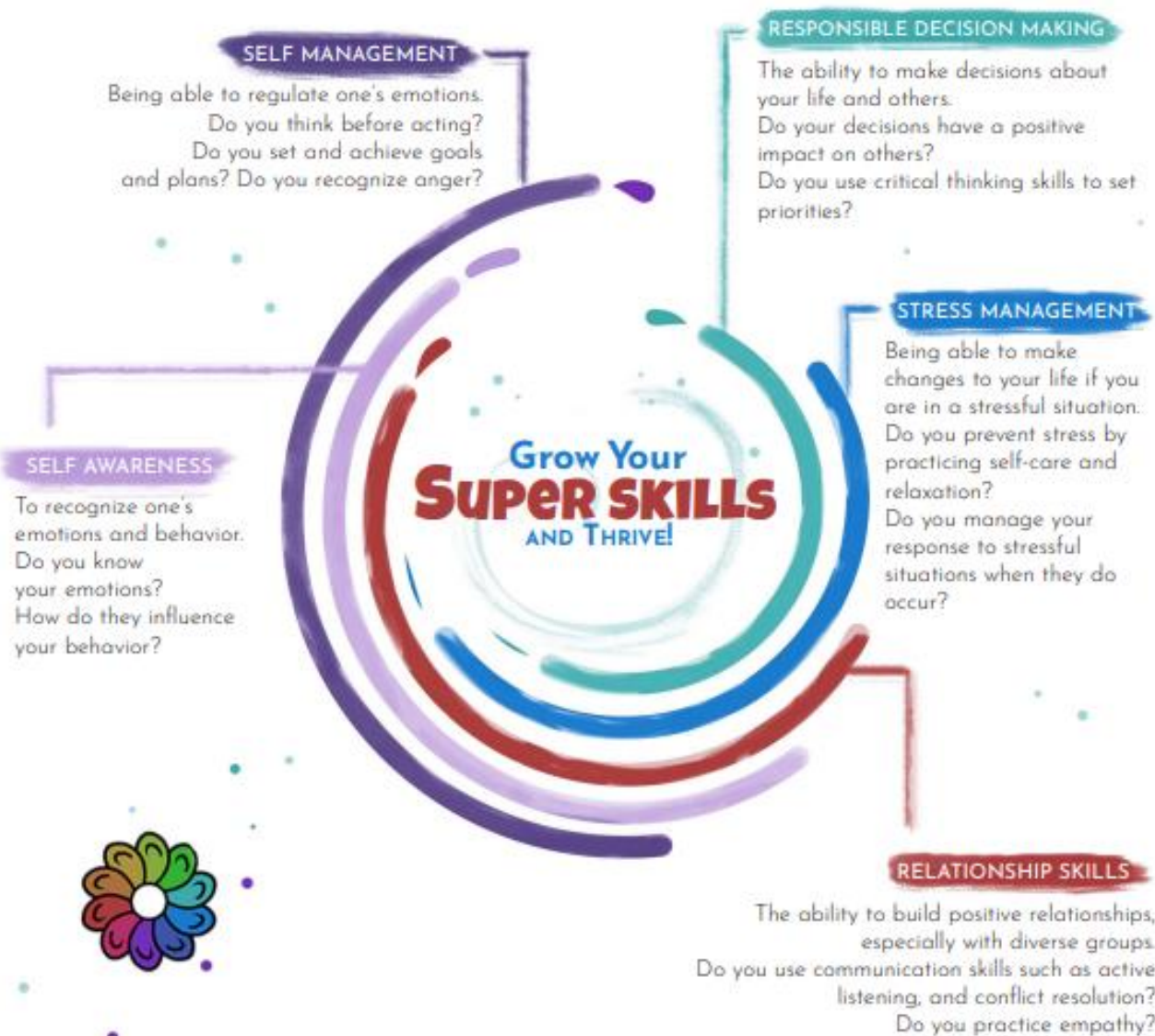
**Did You Know?**

Open communication, including active listening, is key to nurturing honesty in children and youth.

*Honesty is one of the Super Skills promoting Social and Emotional Learning (SEL).*

## THE SCIENCE OF SKILLS

UNODC's Listen First materials support the development of children that will grow to be happy, successful persons in their communities. Children who develop social and emotional learning and life skills can navigate the good days and challenges of life. They are also a part of an effective and evidence-based substance use prevention approach.







Odo Nnew Fie Kwan meaning...Love does not lose its way home. Those led by love always end up in the right place.



Adinkra symbol, in the Akan language, which means – None is greater than God, the Creator. The symbol is called Gye Nyame (pronounced Gee-Nah-May)



**Harmony**  
Adinkra symbol, meaning Love, Faithfulness & Harmony



Sinkofa: A symbol of the wisdom of learning from the past to build for the future.

Adinkra symbol, meaning adaptability



## Nguzo Saba

### The Seven Principles

 Umoja	<p><b>Umoja ▲ Unity</b> To strive for and maintain unity in the family, community, nation and race.</p>
 Kujichagulia	<p><b>Kujichagulia ▲ Self-Determination</b> To define ourselves, name ourselves, create for ourselves and speak for ourselves.</p>
 Ujima	<p><b>Ujima ▲ Collective Work and Responsibility</b> To build and maintain our community together and make our brother's and sister's problems our problems and to solve them together.</p>
 Ujamaa	<p><b>Ujamaa ▲ Cooperative Economics</b> To build and maintain our own stores, shops and other businesses and to profit from them together.</p>
 Nia	<p><b>Nia ▲ Purpose</b> To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.</p>
 Kuumba	<p><b>Kuumba ▲ Creativity</b> To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.</p>
 Imani	<p><b>Imani ▲ Faith</b> To believe with all our heart in our people, our parents, our teachers, our leaders and the righteousness and victory of our struggle.</p>

*Dr. Maulana Karenga*  
 Creator of Kwanzaa  
 ©1965

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**Africentric Alternative School  
2023-2024 Schedule  
Have a Happy Day!**

Entry Time	8:50 - 8:55 a.m.
Period 1	8:55 - 9:25 a.m.
Period 2	9:25 - 10:05 a.m.
Recess	10:05 - 10:20 a.m.
Period 3	10:20 - 11:00 a.m.
Period 4	11:00 - 11:40 a.m.
Lunch	11:40 - 12:30 p.m.
Entry Time	12:30 - 12:35 p.m.
Period 5	12:35 - 1:15 p.m.
Period 6	1:15 - 1:55 p.m.
Recess	1:55 - 2:05 p.m.
Period 7	2:05 - 2:45 p.m.
Period 8	2:45 - 3:15 p.m.



**Africentric Alternative School  
School Pledge**

Today I pledge to be the best possible me.  
No matter how good I am, I know that I can become better.

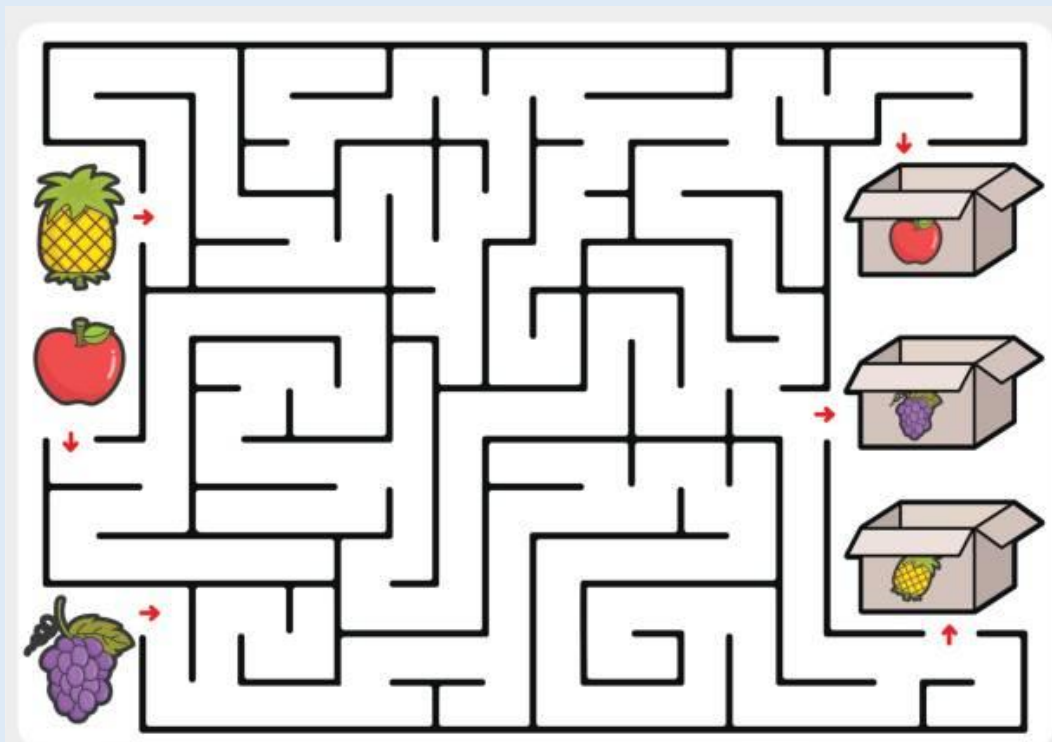
Today I pledge to build on the work of yesterday which will lead me into the rewards of tomorrow.

Today I pledge to feed my mind knowledge, my body strength, and my spirit faith.  
Today I pledge to take my education seriously and I will always do my best, at school, at home, and in my community.

Today I pledge to be focused, self-disciplined and ready to learn

Today I pledge to believe in me.

Ashe



Name.....



# GENERAL HOUSEKEEPING ITEMS



## NO SMOKING

TDSB Policy PR502 prohibits smoking on school property. Please help us keep a healthy learning environment that is free from smoking.



## Student Pick up and Drop off

We are reminding you that the bus loop at the front of our school should not be used for student drop off or pick up. To ensure the safety of all students, please park in the designated parents'/visitors' parking area at the side or back of the building. Thank you for helping us to keep our students safe.



## Access to Building

Reducing the number of people in the building is crucial to our success during this critical time. Only students and staff may enter the building. Essential visitors (i.e., maintenance) will be allowed into the building during the school day; however, parents and visitors will not be permitted in the school. Any parent meetings will take place virtually or over the phone. Please call the school if you would like to schedule an appointment with administration or staff.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# truth and honesty

B W P A T I E N C E  
 M O T I V A T I O N  
 X K Q G T R U T H H  
 D H O P E A U R G O  
 V L L O V E E U M N  
 T S M I L E E S E E  
 T R Z R C W P T N S  
 H A P P Y N U X J T  
 X G S Q A X R K O Y  
 P E A C E E E A Y M

pure  
 enjoy  
 smile  
 love

motivation  
 peace  
 patience  
 truth

hope  
 trust  
 happy  
 honesty

## 14 Punctuation Marks

Punctuation Mark	Name	Usage	Example
.	Full Stop (in British English) or Period	It is used at the end of a sentence or at the end of the short form of a word.	I like football.
,	Comma	It is used to separate parts of a sentence showing a slight pause, or to separate the single things in a list.	I want to eat meat, bread and tomatoes.
;	Semi-colon	It is used between two parts of a sentence, usually when each of the two parts could form grammatical sentences on their own.	John drives a Ferrari; Mary drives a Peugeot.
:	Colon	It is used especially to introduce a list of things or a sentence or phrase taken from somewhere else.	We have two choices: work hard or fail.
?	Question mark	It is used at the end of a phrase or sentence to show that it is a question.	Where is the bank?
!	Exclamation mark	It is used immediately after an exclamation.	What an exceptional child this is!
...	Ellipsis mark	It is used in writing to show where one or more words have been intentionally left out.	You went to the restaurant. And...?
” “	Quotation marks	It is used to indicate a word or phrase to show that someone else has written or said it.	“I want to do it,” she said.
'	Apostrophe	It is used to show when a letter or a number has been left out, as in I'm (= I am), or that is used before or after s to show possession, as in Sarah's house.	This is Steven's car. We're ready
/	Slash	It is used in writing to separate letters, numbers, or words.	and/or, 05/10 (October 5), 2/3 = two-thirds





# Spring Word Search



N Q F I P F S D R I B L S B F Z R  
 J V P X X O X S B G P I S R E P S  
 T D X M R A W S N P T R R F S Q E  
 N M Z B G T E A E O Z P E N J M O  
 Y D B M P G A R N I X A W A J E U  
 G S Y C T X S G I U R V O T N V V  
 G I S N Q E T X H V U L H Q X Q C  
 E V P F J V E K S Y U S S Z B Y L  
 V D T L C P R E N A P R E E Q M I  
 K D W O R Y D R U M B R E L L A W  
 M R G W D Z B A S E B A L L L R Q  
 R R T E Q W Q Y V T J D L A H C E  
 M B H R M W D Q T W W Q R Q X H U  
 M F M S E R J F N O T T A G S H E  
 N G N I R P S X X B G A I S I V W  
 E R H I I I L M G R E E N Y L T R  
 Y R W D M L G Q T T I A O A F F B

SPRING  
 MAY  
 GREEN  
 WARM  
 UMBRELLA



MARCH  
 FLOWERS  
 GRASS  
 SHOWERS  
 EASTER



APRIL  
 BASEBALL  
 SUNSHINE  
 RAIN  
 BIRDS





**Africentric Alternative School**  
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## PATTY DAY

**Friday, March 8, 2024**

### Order Form

See below for options. You can order your child's Patty using the form below and paying cash or through the TDSB Cash On-Line – <https://tdsb.schoolcashionline.com/Home/SignIn> (please see reverse of this page for instructions).

**PLEASE REMEMBER:** There are no refunds or substitutions if your child is absent on the day of this Patty Day. Thank you for your understanding.



## **DEADLINE for ordering: Wed., March 6**

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Teacher: \_\_\_\_\_

Item	Select X	Cost	Selection Cost
2 Beef Patties NO DRINK		\$5.00	
1 Beef Patty NO DRINK		\$3.00	
2 Veggie Patties NO DRINK		\$5.00	
1 Veggie Patty NO DRINK		\$3.00	
1 Beef Patty with COCO Bread		\$5.00	
1 Veggie Patty with COCO Bread		\$5.00	
<b>TOTAL ENCLOSED</b>			
<small>Please total the amounts in the last Selection Cost column</small>			

**PARENTS: if you can volunteer** for any of the following – counting money, tabulating orders and/or dishing out patties on “the day”, we would welcome your help. Thank you. This is a school fundraising event. Funds will be used for school trips cost offset, graduation, and volunteer recognition. Suggestions would be welcome. We strongly recommend that students drink water as it is a healthier choice.

## SchoolCashOnline

The Toronto District School Board is launching School Cash Online, an easy to use, safe and convenient way for parents and guardians to pay for their children's school fees, including agendas, yearbooks and class trips. To register for School Cash Online, please follow these step-by-step instructions.

**NOTE:** If you require assistance, select the **SUPPORT** option in the top right hand corner of the screen.

### Step 1: Register

- If you have not registered, please go to the School Cash Online home page <https://tdsb.schoolcashonline.com/> and select the **"Get Started Today"** option.
- Complete each of the three Registration Steps  
\*For Security Reasons your password, requires **8 characters**, **one uppercase** letter, **one lowercase** letter and a **number**.



### Step 2: Confirmation Email

A registration confirmation email will be forwarded to you. Click on the link provided inside the email to confirm your email and School Cash Online account.

The confirmation link will open the School Cash Online site prompting you to sign into your account. Use the email address and password just created with your account.



### Step 3: Find Student

*This step will connect your children to your account.*

- Enter the School Board Name
- Select the School Name
- Enter Your Child's First and Last Names
- Enter Your Child's Date of Birth
- Select **Confirm**
- On the next page confirm that you are related to the child, check in the Agree box and select **Continue**
- Your child has been added to your account

### Step 4: View Items or Add Another Student

If you have more children, select **"Add Another Student"** option and repeat the steps above. Five children can be added to one parent account.

If you do not wish to add additional children, select **"View Items for Students"** option. A listing of available items for purchase will be displayed.

**Stay connected!** Be sure to select the option to receive email notifications when new items become available, selecting **"Yes"**.

- I want to receive email notifications for new fees assigned to my student and updates on school-related activities.

**Add Student**

1. Type in the school board name and select one from the list  
Toronto District School Board
2. Select a school
3. Make a student introduction  
 Student Number:   
 First Name:   
 Last Name:   
 Birth Date:   
Date format: mm/dd/yyyy