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Friday, June 18, 2021

Next Week@ Birchmount Park Collegiate Institute

Monday June 21	Tuesday June 22	Wednesday June 23	Thursday June 24	Friday June 25
Day 1	Day 2 Peer Leaders present Info session for Future Grade 9s	Day 3 2021-22 Peer leader Meeting	Credit Rescue	Credit Rescue

Important Dates: [Click here for TDSB important dates in Secondary School](#)

From the Desk of the Principal

anton.skerritt@tdsb.on.ca



[Click here for a Schedule of Events for National Indigenous History Month June 2021](#)



Dave Fewson Promotion

Congratulations to my friend and colleague Mr. Dave Fewson, our former VP who was recently promoted to Acting Principal at the Virtual Secondary School. Mr. Fewson has now been promoted within the TDSB to Centrally Assigned Principal Secondary Virtual Learning and Programs.

Anton Skerritt Promotion

As shared in the most recent letter from Trustee Parthi Kandavel and Superintendent Liz Holder, I am being promoted within the TDSB to Centrally Assigned Principal at Caring and Safe Schools. I would like to thank you all for welcoming me to the Birchmount family. When I came to Birchmount a short time ago I planned to spend the next few years making Birchmount Park CI shine and show the rest of the city that it is the best school in the TDSB. I have run my short leg of the relay and now I pass the baton on to the staff, students and caregivers who will carry on to the finish line. I thought I would end my career here at Birchmount Park but my leadership journey has taken me in another direction. I hope to be able to continue to support the Birchmount Park community in my new role. Thank you.



[Click here for the video The Danger of a Single Story by Chimamanda Ngozi Adichie](#)

Managing Fear of Infection & COVID-19 Anxiety

Stay Informed but beware of the 24 hour News Cycle

Stick to the facts communicated by public health agencies and be mindful of the news cycle, as it can trigger and increase feelings of worry and stress.

- Always use reliable sources like the [World Health Organization](#), the [Public Health Agency of Canada](#), and local health authority websites.
- Be mindful of how often you are reading or watching the news and make sure to take breaks or unplug if you notice that it is contributing to feelings of anxiety.

Focus on the things you can control

There are many evidence-based [practices and procedures](#) that can prevent or reduce the risk of transmission of COVID-19. By now, many of us are familiar with practices like physical distancing, and wearing a mask.

As we prepare for the new routines that often come with the fall season, here are few other tips to keep in mind:

- Always wash your hands before you eat
- Carry a hand sanitizer to make cleaning of hands possible when you can't access soap and water
- Do not share food (example: snacks from packets or bowls that other are putting their fingers into)
- Regularly clean and disinfect commonly touched services and devices (like your cell phone and keyboard)

Ask for Help

If you are feeling overwhelmed or have trouble managing feelings of stress and anxiety, know that you're not alone!



[Click here for Birchmount Park School Council Facebook Link](#)

TIMETABLE

Guidance is currently working on 2021-2022 timetable conflicts. Please keep an eye on your inboxes for communication from guidance.



TDSB full credit program is ended. Credit Recovery courses are still available until June 29 @ Noon. www.creditprograms.ca.

The Catholic Board is still accepting full credit applications please see their [website for further details](#).



eLearning is still accepting registrations for August. They have also begun accepting registrations for Day school in September. [Please see their website for details.](#)

GRAD APPRECIATION SWAG PICK UP



We are so proud of our graduates and Grade 12 students. We have organized a small goodybag of Birchmount grad swag. [Pick-up instructions to follow.](#)

BPCI Library and Learning Commons



[BPCI Virtual Library](#)



[Read Watch Learn](#)

Ready Set.... Read!!!

There are many great books on the TDSB Virtual Library that families can access over the summer. Students can enjoy graphic novels, picture books, leveled books, and novels. Students can find their voice and connect with their passions by exploring ebooks, audio books, streamed videos or magazines in the TDSB Virtual Library.

BEAP News

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Congratulations to BEAP alumni Jennifer Cross

Long time member and now captain of Canada's National Women's Volleyball team. Jennifer helped lead Canada to three wins at the Nation's League tournament in Rimini, Italy. A warm-up tournament in preparation for this summer's Tokyo Olympics.

Student Success and Gifted

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Credit Rescue



Birchmount Park C.I.

As we near the end of the last quad of the school year I want to encourage all of our students to finish strong. I **hope** each one of you will dig deep and work hard. Your teachers will be offering you opportunities to complete and submit assignments that were previously missed. They want to get rid of those **zeros** in teachassist.

Someone recently asked me how I think **our students** would describe the past year - in one word. How would you answer that question? How would **you** describe the past year in one word? Based on all of the conversations and virtual meetings that I have had with our students, the most applicable word that I could think of was **DRAINING!** Nevertheless, I can confidently state here that our support team - Guidance, Special Education, and Student Success is already thinking about how we can **better** the learning and the social experiences of all of our students at Birchmount Park C.I. I know that members of our **B.S.A.** are interested in creating and presenting workshops in the area of **youth and mental health**. If you have any suggestions concerning other areas that we should consider, please reach out to me, Mr. DeSimas, Ms. Grundy, Ms. Munro or Ms. Singh.

Teacher Quote of the Week

"Don't compare your child to others. There's no comparison between the sun and the moon. They shine when it's their time."

Unknown