




Use this bitly to access the school website bit.ly/BPCIWeb

Friday, June 25, 2021

Next Week@ Birchmount Park Collegiate Institute

| Monday June 28 | Tuesday June 29 | Wednesday June 30 | Thursday July 1 | Friday July 2 |
|--|--|-------------------|---|--|
| | GRAD APPRECIATION SWAG PICK UP: Tuesday, June 29 1-3 | | CANADA DAY HOLIDAY SCHOOL CLOSED | |
| BRING BACK CHROMEBOOKS AND OTHER MATERIALS 9-3 | | |  | BRING BACK CHROMEBOOKS AND OTHER MATERIALS 9-3 |

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

From the Desk of the Principal

anton.skerritt@tdsb.on.ca



Welcome and Goodbye

Goodbye to Karen Ireland our Vice-Principal

I would like to congratulate Ms. Karen Ireland who has been promoted to Vice -Principal at Wexford CI beginning September 1, 2021. Ms. Ireland takes her passion for students and staff with her as she moves into another role in her leadership journey. All the best Ms. Ireland!



Welcome to Melissa Spencer our new Principal

I would like to congratulate and welcome Ms. Melissa Spencer who is coming to us from Cedarbrae Collegiate. Ms. Spencer brings her a wealth of knowledge about community engagement, supporting teachers and equity that will take Birchmount to the next level. Welcome Melissa and all the best!



Congratulations to our 2021 graduates!

You are indeed a special class in that you made it through more than a year of one of the most difficult academic challenges that we have all ever had to face. And look at that, you made it. We missed a few opportunities to get to know each other better, to share stories of success, to cry on each other's shoulder, study into the wee hours of the morning together, to cheer for each other on the field or court. But we all had opportunities to grow in new areas. We managed to learn new skills, how to overcome challenges, how to communicate without being in the same room, how to give and take instruction over the airwaves and most of all how to succeed in spite of all the challenges we faced.

I am looking forward to a bright future for you all filled with some of the things that we all missed in the past few months. You all will have stories to tell about the time when we could not hug your family and friends, wore masks and washed your hands every few minutes. Look forward to post-secondary education and a life's work filled with improving conditions for all people. ONE BPCI - no matter where we come from before we get to Birchmount, when we get here we are all ONE! Please do not forget the wonderful staff that have supported you in your journey here. We all wish you well and hope that you continue to learn and grow. We are confident that you will all go on to become exemplary citizens of the world.

Please take care of yourself, your families and loved ones and have a fantastic safe summer and a wonderful future.

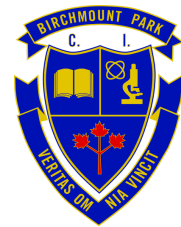
Mr. Skerritt

 **NE**  **BPCI** 

$$215 + 751 = 966$$

And that is **966** children too many.

Please keep the families of our Indigenous brothers and sisters directly impacted by these atrocities in your thoughts.



How is your relationship with food?

Tips on managing one of our favorite / least favorite / most complex relationships

The past months have been full of change and uncertainty. Between disruptions to our personal and professional lives, social isolation and feelings of stress and anxiety- many of us are struggling to establish healthful and balanced eating habits.

Add more nutrient-rich foods.

Instead of focusing on what not to eat, focus on adding more nutrient-rich foods to your meals and snacks. Try to include lots of vegetables, fruit, and good quality protein in your diet. These wholefoods provide important vitamins, minerals, fibre and phytochemicals which will keep you healthy and full of energy.

Plan ahead.

Try to make a menu and plan your meals a week ahead. This will help you make better choices at the grocery store and save you from substituting dinner with snacks or ordering takeout at the last minute.

Get creative and have fun!

Eating well doesn't have to be boring! Try finding new ways to have fun in the kitchen: buy a new piece of seasonal produce, try using a new spice or make cooking a weekly family activity.



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

How to snack less while in lockdown

| | | |
|--|---|---|
|  |  |  |
| Drink more water or herbal tea | Distract yourself with a game or call a friend | Do some quick exercise; at home or outside |
|  |  |  |
| Plan to cook proper meals and take time to enjoy | Plan your shop and don't stock unhealthy foods | Know your cravings and prepare healthy snacks |

Congratulations to all our graduates

We are so proud of our graduates and Grade 12 students. We have organized a small goodybag of Birchmount grad swag.

GRAD APPRECIATION SWAG PICK UP: Tuesday, June 29 1-3



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 has 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](#).

BPCI Library and Learning Commons

Special Thank You,

This has been an incredibly challenging, and also an innovative year. Many of my own students shared that reading was a fun achievable goal to keep themselves learning and motivated during this unique year.

So, keep on rocking, and of course, **keep on reading!**



[BPCI Virtual Library](#)



[Read Watch Learn](#)



Drop off books at the main entrance up until July 9th

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. Click on the links above to explore!

Rob Pacas Award**Top Female and Male Grade 9 B.E.A.P. Student:****Female: Charlotte Kopyto****Male: Cameron Sailsman****Paul Charters Award****Top Female and Male Grade 10 B.E.A.P. Student:****Female: Charlotte Cloutier****Male: Brandon Jahoor****Scott O'Dwyer Award****Top Female and Male Grade 11 B.E.A.P. Student:****Female: Giordan Peck****Male: Connor Jewell****Ivan Pintaric Award****Top Female and Male Grade 12 B.E.A.P. Student:****Female: Laura Berry****Male: Eric Capuano**

Special Education/DD

rudy.desimas@tdsb.on.ca lakhwattie.singh@tdsb.on.ca

Thank you In-school Support Team, or IST: Anton Skerritt, Debora Ferrari, Karen Ireland, Jo Grundy, Lakie Singh, Andrien Pargassingh, Jennifer Munro, Rudy De Simas, staff and teachers for your tireless work this school year to support our students. Your commitment and dedication to our students is appreciated and valued.

The Special Education Team is working on June Reviews and closing out this year's IEPs.

Have a wonderful and restful summer break.

Be safe. Be kind. Be well. And, see you in September!

Student Success and Gifted

andrien.pargassingh@tdsb.on.ca

We made it! What a year it has been.

Congratulations to all of our students who were able to focus and who found hope in their resilience to complete their course work which led to their academic achievement. Many of my colleagues have shared with me the good news of students who worked hard and took full advantage of Credit Rescue opportunities that were presented to them. Well done!

I hope that you take some time over the summer to rest, relax, and recuperate.

Bless up and see you all in the 2021-2022 school year.

Teacher Quote of the Week

"I am not my struggles, I am not my pain, they are just roadblocks proving how far I came" **Randell Adjei**