



Use this bitly to access the school website [bit.ly/BPCIWeb](https://bit.ly/BPCIWeb)

Friday, Mar. 12, 2021

### Next Week@ Birchmount Park Collegiate Institute

Monday March 15	Tuesday March 16	Wednesday March 17	Thursday March 18	Friday March 19
Day 4	Day 1	Day 2	Day 3	Day 4

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

## From the Desk of the Principal

[anton.skerritt@tdsb.on.ca](mailto:anton.skerritt@tdsb.on.ca)

March is Greek Heritage Month



[TDSB Greek Heritage Month Site 2021 bit.ly/GHM TDSB](https://bit.ly/GHM_TDSB)

### Quad 4 Learning Switches

Please complete the [survey](#) by March 23, 2021 to request from in-person learning to virtual. TDSB Virtual Secondary School students must contact the BPCI guidance department prior to March 23, 2021 to determine if your current quad 4 schedule can be accommodated to in-person learning.

### Birchmount Alumni Speak

Check out the guidance section below for information about our BPCI Alumni speaking about their post-secondary experiences.



## Mid-Quad Reporting

As shared previously, and consistent with Ministry guidance, there continues to be no mid-term report cards for the quadmester. Teachers will communicate the mid-quad marks the week of **March 22 - 26, 2021** to students and families. This will give Grade 11 and Grade 12 students 5 days to drop courses before Full Disclosure on **April 6th**, and without the credit appearing on the students' transcripts. Secondary schools will flag all grade 12 students for OUAC and OCAS Transmission 4 on **April 22, 2021**.

Similar to quadmester one and two, for the third quadmester, there will not be formal parent/guardian-teacher conferences. During the time period of March 29 - April 1, 2021 parents/guardians and teachers who would like to connect to discuss student progress in a course will set up a mutually-convenient time to do so. In order to allow greater access and opportunity for parents/guardians to speak with teachers (given the different structure of the daily schedule in secondary schools), teachers may use up to two afternoon "synchronous" periods to schedule these opportunities with families and asynchronous learning will occur during this time.

As always, teachers are reminded that they are expected to provide regular communication to students and parents/guardians and special consideration should be given to students who are not yet meeting minimum course expectations and who are at risk of not earning a credit.

At the end of each quadmester, Ministry Report Cards that include final marks, one comment and learning skills will be completed by teachers for courses that students have completed during that period.



YouTube

[Most Beautiful Moments of Respect and Fair Play in Sports](#)

**From your School Council Team**

At the core of the mind-body connection, mindfulness has enjoyed a tremendous surge in popularity in the past decade, moving from a mostly obscure Buddhist concept founded about 2,600 years ago to mainstream psychotherapy. Scientists have discovered that mindfulness techniques can help improve physical health in several ways, including relieving stress, treating heart disease, lowering blood pressure, reducing chronic pain, improving sleep, and alleviating gastrointestinal difficulties

The term mindfulness can be defined as a moment-to-moment awareness of one's experience without judgment

The goal of any mindfulness technique is to achieve a state of alert, focused relaxation.

Some examples of activities that may allow you to be more mindful.



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

Super excited about our posters featuring our Alumni sharing their wisdom to our students.

Here is a sneak peak!

**BIRCHMOUNT PARK COLLEGIATE**  
*Alumni Advice*

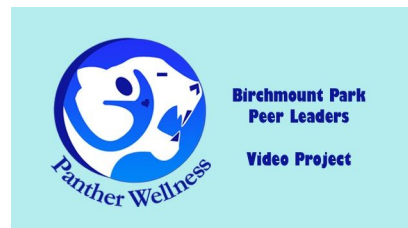
When you think you fully understand something in class, help someone who is struggling. This is when you REALLY figure out if you understand.

When solving problems and answering questions, focus less on the final answer and focus more on the process you took to get the answer. You can replicate it in future questions.

Join clubs and sports!  
You will meet people of all grades and they will help you.

**Robin Kitazono**  
Class of 2020

The Peer leader Video Project continues



Check out some of our latest videos

<https://youtu.be/xAUiE4sQuul>

[https://youtu.be/UwogS\\_9FJWo](https://youtu.be/UwogS_9FJWo)

Submit your video and receive community hours for each submission

Peer Leaders are also busy planning Spirit Week...coming soon...



BPCI Library and Learning Commons is happy to support all readers in person and virtually.

### In Person: Curbside Pick Up

The library is offering **safe** curbside pick up for students.  
The library strictly follows all TDSB Covid library protocols.  
Use the [BPCI Book Request FORM](#).

Click on the [BPCI Library website](#), or [Library Google classroom](#)  
(class code k4fpeje)

### Virtual: Featured Digital Access

[Destiny Discover](#) provides access to digital resources, including eBooks, audiobooks, and interactive books, as well as free and paid subscription databases.

Password needed, check the library google classroom !

[Library Google classroom](#)  
(class code k4fpeje)

# BEAP News

## "Fats Simplified. Some important things to know"



**Kyle Byron, Nutrition Coach, BSc Human Nutrition, Pn2**

Our next **Zoom Nutrition Lecture with Kyle Byron** is **Thursday at 7:00 pm**. This month's lecture is entitled, "Fats Simplified. Some important things to know". Students and parents are encouraged to tune-in.

## Identification Placement Review Committee (IPRC)

The annual IPRC process has begun for our students with exceptionalities. IPRC meetings will be done virtually using Google Classroom or Zoom. We will be contacting students and parents/guardians with details about the process and meeting dates. Watch your Inbox!

Note: if we don't have your email address, then email us.

## Resource Program

The hours to the Virtual Resource Room (VRR) have been changed to provide support to students for in person learning, asynchronous/independent learning and synchronous/virtual learning.

Click the link [Virtual Resource Room](#) and use access code: **2yyda47** to join our Google Classroom. Students can access VRR daily from:

- 8:45 AM - 12:30 PM
- 2:00 PM - 3:15 PM

Students are also encouraged to email us directly if they are unable to access VRR.

## DD Program

Some of the students in the DD program have chosen Virtual School and a number of them have returned to in person school. For families/students who have chosen Virtual learning, the DD Team will continue to provide instruction and support by email, Google Classroom and phone calls. Parents are encouraged to connect with their child's teacher if they need additional information or support.

**Special Education Experiential Learning (SPEEL)** for students in the DD program will continue. A new group of students will start their program on March 8 and it will end on March 19th.

**IPRC meetings** will be held virtually this year. For students attending Virtual School the information will be emailed to parents and for students attending in person school the information will be sent home with your child. Please take a few moments to respond to the email or complete the form and return it to the school as soon as possible. Your participation in the IPRC meeting is important, and your input is always appreciated.

## Student Success and Gifted

[andrien.pargassingh@tdsb.on.ca](mailto:andrien.pargassingh@tdsb.on.ca)

### **Sos: Supporting our Students**

It continues to be an exciting venture partnering with our classroom teachers to connect with our students in need of support.

Special Education, Guidance, and Student Success continue the collaboration to identify ways to best serve our in-person and virtual students. We are in the process of creating a plan to virtually meet with individual students and their family members to discuss individual needs for success.

### **Black Student Association (B.S.A.)**

Our **Black Student Association**, also referred to as **S.E.E.N. - Stereotype Eradication in Every Nation** will be hosting a *Spoken Word, Poetry and Art Event*. It is scheduled for Friday March 19, at 4:00 PM. If you are interested in participating in this event to share your written pieces of art please reach out to Mr. Pargassingh at (416) 396 - 6704 extension 20041 or [andrien.pargassingh@tdsb.on.ca](mailto:andrien.pargassingh@tdsb.on.ca).

### **Career Day**

We are in the process of recruiting some of our own students to work alongside some of our parents to deliver a series of virtual conversations about careers. Guest speakers will be invited to share their individual experiences and journeys that endured in order to be where they are today. If you know anyone who is willing to share their fascinating story about their career please reach out to Mr. Pargassingh at (416) 396 - 6704 extension 20041 or [andrien.pargassingh@tdsb.on.ca](mailto:andrien.pargassingh@tdsb.on.ca).

## Teacher Quote of the Week

**“ The ancient Oracle said that I was the wisest of all the Greeks.**

**It is because I alone, of all the Greeks, know that I know nothing.”**

**Socrates**