



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

Friday, Mar. 19, 2021

Next Week@ Birchmount Park Collegiate Institute

Monday March 22	Tuesday March 23	Wednesday March 24	Thursday March 25	Friday March 26
Day 1	Day 2	Day 3 White Pine Book Club @ 3:15	Day 4	Day 1

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

From the Desk of the Principal

anton.skerritt@tdsb.on.ca

March is Greek Heritage Month



Greek Heritage Month



March 2021

1821 - 2021

Freedom and Unity - Ελευθερία και Ενότητα

[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.

**TOGETHER WE CAN STOP THE SPREAD OF
COVID-19 VARIANTS**

- Viruses often change, making new variants.
- Some variants spread more easily, and make people sicker.
- Vaccines can protect against variants.
- Wearing a mask, keeping your distance, and staying home except for essential trips will help stop the spread.



TORONTO.CA/COVID19  **Toronto** Public Health

[Click here for Covid -19 Presentation for Parents/Caregivers](#)

Congratulations Cezar Hirsescu!



Congratulations to Cezar Hirsescu

He is awarded a Certificate of Distinction for his score on the Canadian Computing Contest hosted by Waterloo University. This is an amazing achievement! Well done Cezar!

From your School Council Team

Your well-being is paramount. If we do not look after ourselves how can we begin to look after our families. Traditionally when we think of health we tend to focus on Physical, however there are so many other areas that are equally as important such as Emotional, Social, Spiritual and Professional.

If you are looking for support for yourself or your child please go to the following link for resources.

<https://www.tdsb.on.ca/In-Person-Learning/Resources-During-Covid-19>

Please also note we will be holding a Webinar about Substance Abuse on Tuesday April 13, 2021 6:30pm. Special guest speaker John Westland, Social Worker Substance Abuse Program, Hospital for Sick Children. Watch for Web ex link in upcoming newsletter.

TAKING CARE OF YOURSELF AND EACH OTHER



Physical	Emotional	Social	Spiritual	Professional
<ul style="list-style-type: none">- Deep breaths- Stretching- Healthy eating- Exercise- Sleep well- Yoga- Walks- Relaxing bath	<ul style="list-style-type: none">- Routines- Be kind to self- Moderate news intake- Unplug- Music/reading- Acknowledge feelings- Gratitude	<ul style="list-style-type: none">- Be kind to others- Physically distant walk- Make time to socialize with family/friends- Volunteering	<ul style="list-style-type: none">- Meditation- Mindfulness- Nature/outdoors- Faith/Spiritual community- Calming strategies	<ul style="list-style-type: none">- Connection with colleagues- Modify special activities and traditions- Ask for help- Remember meaningful aspects of work



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

Mini Health Series - Sleep Hygiene Monday, March 22 @ 7pm [Click here for the Zoom link for the Mini Health Series Session](#)

Did you know that 78% of people say they are more excited to go to bed if they have fresh-smelling sheets?

Join us as we meet with sleep expert Dr. Sophia da Silva-Oolup who will teach us about the importance of sleep and give us tips on sleep hygiene.



Be safe and stay well.

Guidance Corner

jo-ellen.grundy@tdsb.on.ca



Spirit week is coming up in 2 weeks! The Peer Leaders have been busy planning the week's activities.



Stressed about your plan for after high school? Do not panic! Contact us instead!

It is normal if:

- ~ You have not heard anything back from your applications
- ~ You are not sure which school/program to choose from
- ~ You are not sure what to do because COVID may be ruining your plans for next year
- ~ You need advice

These are all reasons why we are here. Call us or email us in Guidance :)

BPCI Library

vanessa.vila@tdsb.on.ca

Search the BPCI Virtual Library Digital Resources



[Finding Digital Resources on the Virtual Library](#)



Search Catalogue

Search by keywords, titles, or authors to find what you love to read

Refine search to **ebooks** or **audiobooks** to find books to read and listen to online

[Featured audio book](#) **[Dear Martin](#)**



"Writing letters to the late Dr. Martin Luther King Jr., seventeen-year-old college-bound Justyce McAllister struggles to face the reality of race relations today and how they are shaping him." A thought provoking audio book with skillful narration by Dion Graham.

BEAP News

tin-gee.wong@tdsb.on.ca glenn.duncan@tdsb.on.ca

Thank you to all who tuned in to Thursday's Nutrition Lecture with Kyle Byron, "Fats Simplified. Some important things to know". Great information to help our students and their families improve their nutrition in pursuit of athletic excellence.

Mini Health Series - Sleep Hygiene

Monday, March 22 @ 7pm [Click here for the Zoom link for the Mini Health Series Session](#)

Did you know that 78% of people say they are more excited to go to bed if they have fresh-smelling sheets?

Join us as we meet with sleep expert Dr. Sophia da Silva-Oolup who will teach us about the importance of sleep and give us tips on sleep hygiene.

Identification Placement Review Committee (IPRC)

IPRC meetings will be held virtually using Google meet. We will be contacting students and parents/guardians with details about the process and meeting dates. Watch your Inbox!

The information will be emailed to parents and students. Please take a few moments to respond to the email as soon as possible. Your participation in the IPRC process is important, and your input is always appreciated.

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:

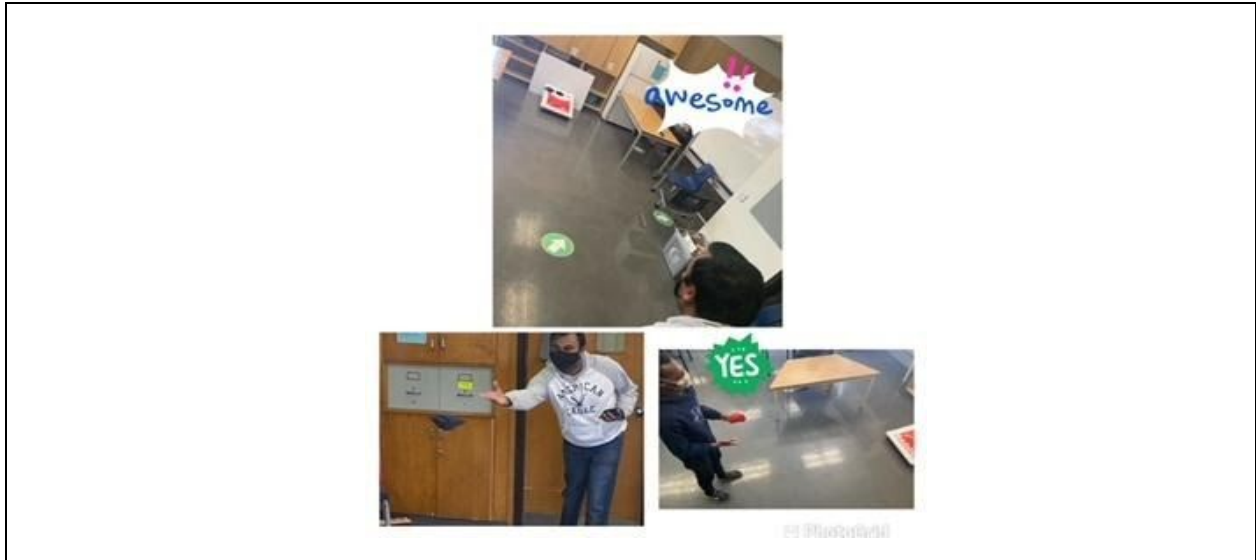
- 8:45 AM - 12:30 PM
- 2:00 PM - 3:15 PM

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.

Fun Friday: The students are enjoying a game of Bean Bag Toss.

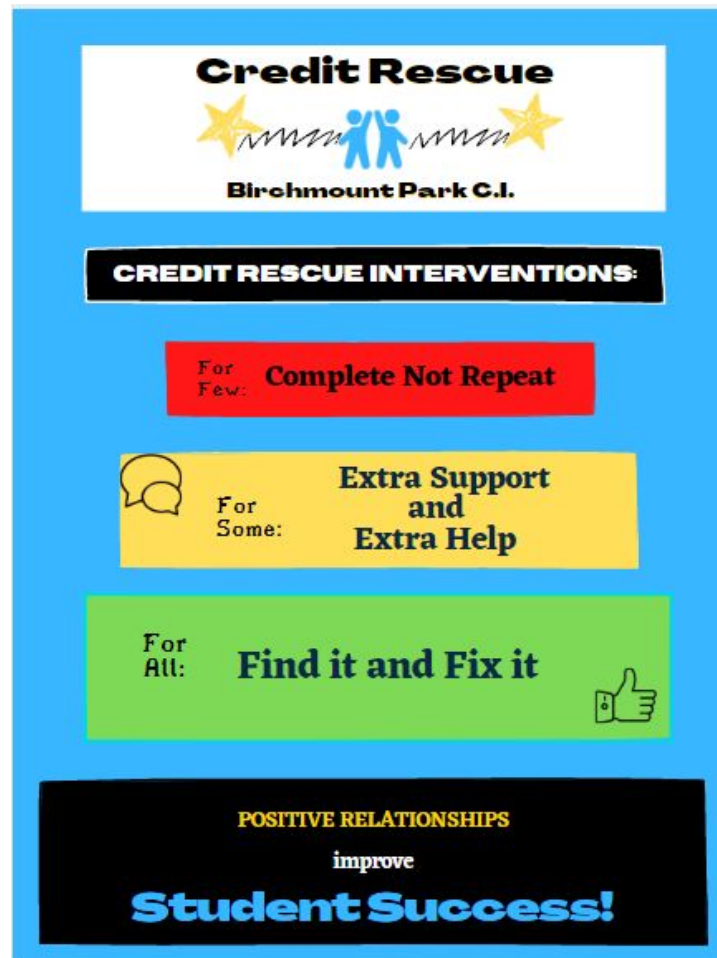


Student Success and Gifted

andrien.pargassingh@tdsb.on.ca

We continue to support teachers in their attempts to connect and encourage students to engage in the learning process both in-person and online. Teachers are dedicated to the Credit Rescue intervention and are regularly offering students multiple opportunities to illustrate their learning.

One thing that we have been working on is a **Credit Rescue poster**. Here is a sneak peek:



Some parents and staff members have been meeting to plan and prepare “Career Chats”. We are focussing our efforts to create a number of mini-presentations on various careers. Please stay tuned, as more information regarding this idea will follow.

Our Gifted student and their family members are preparing to participate in the IPRC process. Mr. P. will be reaching out to families to invite them to a specific meeting date and time for their child.

Teacher Quote of the Week

“Human behaviour flows from three main sources: desire, emotion, and knowledge.”

Plato