

# Central Technical School

## NEWSLETTER

March 6th, 2023



### Black History Month:

The theme for Black History Month at CTS was Black Joy. This month was a reminder that Black stories are valuable and need to be heard. Often, they are disregarded and not thought of as part of our history. Black History is Canadian History - Black History is World History. This month, I was inspired by our students, the events and learning sessions they hosted. We learned about Black men and women who are trailblazers in Toronto; we learned about the importance of Pre-Colonial History with Dr. Ledbetter. Logik, from Stolen From Africa, shared stories of Black resilience. Randell Adjei, Ontario's first Poet Laureate shared his stories and lived experiences through spoken word and spoke to how Race is a social construct. Students led workshops for their peers and teachers, hosted movie buy-outs and made delicious food for a cookout. I hope this Black History Month, CTS students took the opportunity to share, listen and acknowledge Black stories, as they are stories that need to be heard.

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## CTS Technology Programs featured on CBC News:

CBC news came to CTS to learn more about how skilled trades are offered and promoted to students as a pathway post secondary. In this particular piece, our Electrical Program was featured. Our students were buzzing with excitement and were able to showcase the skills they have gained through the incredible program our Tech teachers have created. Check out the article at this [link](#).

## CTS Athletics had an AMAZING WINTER SEASON!

### Swimming:

Over 2100 swimmers qualified across the province...

Over 100 coaches on a zoom meeting...

200-300 coaches at the venue...

4 pools, 40 lanes.....

3 days in Windsor...

William Reiner started CTS off on the first day of competition in the 100m breaststroke. Going into these championships ranked 3rd in Toronto, 14th in Ontario, he had to finish in the top 20 (out of 50) to secure a spot in the final race. He was able to do so with a time of 1:19.93. In the finals, he placed 16th overall in the province! Congratulations on a great season, William!



It was Tristan Monssen's turn on day 2. Ranked 3rd in Toronto, 9th in Ontario with a time of 1:00.98, Tristan swam the 100m freestyle prelims in 1:00.85 - good enough for a spot in the A Final. This kid just keeps getting faster! In the finals, Tristan challenged the top swimmers to finish 6th overall with a time of 1:00.54... a PERSONAL BEST! To be able to perform a personal best at OFSAA under such intense pressure is a great accomplishment. With this PB time, Tristan finished the day (and season) as the top TDSB swimmer at OFSAA for the 100m freestyle.

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Congratulations to William and Tristan and our coaches Arash and Ms. De La Cruz!!!

As well we should recap the amazing accomplishments of our students at Regionals:

- Jade Chopik finished 1st in the south in the 100m breaststroke with a time of 1:32.75
- Mia Tamburri finished 5th in the 50m backstroke, 43.49
- Estefania Espinal has qualified for the 50m backstroke
- Katalina Arias has qualified for the 50m backstroke
- Chidima Onwubuke finished 2nd in the south for the 50m breaststroke, 44.64
- AJ Ondaatje finished 50m backstroke in 44.49
- William Reiner finished 2nd in the 100m breaststroke with a time of 1:20.21 (silver and an OFSAA qualifying time!)
- William Reiner finished 2nd in 50m breaststroke, 36.82 - good for silver regional medal
- Tristian Monssen has qualified in all of his 3 races (placing in the top 10 in all 3, going for OFSAA time in 100m freestyle)
- James Jensen has qualified in all 3 of his races: 50m breast, 50m free, 100m free
- Adeline Chen has qualified in all 3 of her races: 50m free, 100m free, 200m free
- Both the Women and Men's 200m Freestyle Relays have qualified and will swim in the last races of the day against the fastest schools in the city!

### **Girls Volleyball (Junior and Senior):**

Started in October - now we're here! Through stormy weather that made them play better, both the junior and senior girls volleyball teams advanced to finals on Tuesday February 28, 2023. The junior girls were undefeated this season, learning rotations, positions, tactics and strategies on the court. The players learned to play more competitively, using their strengths to score with aces and kills. The senior girls volleyball team grew more cohesively building an unbreakable bond. From equipment malfunctions to team huddles filled with jokes and laughter, this team showed relentless spirit, amplifying their voices with cheers. Echoing off the walls and in the stands, anyone can hear, "Jack, Queen, King, Ace!" and "Sue!!!!" Please join us in congratulating the junior and senior girls volleyball teams on a successful winter season. Rounding out the season with one final



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win marks the junior girls as undefeated first place winners of Tier 2. The senior girls played a hard match and fought their way to 2nd place. Both teams walked away with gear - and another well deserved plaque for the school. Way to go, Blues!

### **Novice Boys' Basketball:**

The Novice Boys' Basketball Team had an outstanding season scoring 399 points in the regular season and finishing with a perfect 7-0 record. After finishing first in their division, they smoothly sailed through the Quarter Finals, had a challenging Semi-Finals, and ultimately left their hearts on the court with an exhilarating game against Forest Hill to squeeze out a 48-46 South Region Championship win.



Congratulations to all of our athletes: Toheer, Karmari, Thomas, Reuben, Koston, Marcus, Vova, Jordan, Marcellus and Simon and to Coach Duane for a fantastic season.

### **Junior Boys' Basketball:**

The Junior Boys' Basketball team worked hard all season which led to a very successful season! They practiced three times a week, which led to their steady improvement throughout the course of their season. Although they finished second overall in the South Region, they hope to continue their success into their first year as seniors next year. The boys would like to send a special thank you to Coach Duane!



### **Wrestling:**

In his rookie season, Joshua McKenzie earned a gold medal in the boys' 83-kg weight class at the regional wrestling meet. Joshua won all three of his matches. In his final bout, Josh was trailing 10-9 in points, but rallied by scoring a two-point takedown just before the buzzer sounded. Joshua



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qualified for the city finals; however, he was unsuccessful in earning a trip to the OFSAA championship.

## Spring Sports:

The following teams will be offered for tryouts, however the teams will either go or collapse based on the number of student-athletes who come to the tryouts.

- Baseball
- Cricket
- Flag Football
- Rugby 15s
- Soccer (Girls')
- Softball (Girls')
- Track & Field
- Ultimate (Co-Ed)
- Waterpolo

More information regarding coaches, tryout times, etc can be found (up soon!) on the CTS Athletics & Clubs Google Classroom (fd6jfmk).

## Reimagining Learning at CTS Update:



Our students involved with the Vision and Mission project at CTS, traveled to Microsoft in the CIBC Square building. The space inspired the students to be creative and innovative in their thinking. Up until now, they have led and engaged student focus-groups, facilitated ethnographic interviews - with some of the most well-known thinkers in the “education world”, and have taken on complex thinking and discussions to start to formulate the vision and mission. This month, the students used causal modeling to start to articulate our action plan. I am very excited to see what they come up with!

## Hospitality and Culinary Program!



The Hospitality Program at CTS was hired to cater the Envision Conference. The students made and bagged over 1000 meals! Congratulations team!



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## ESL/Moderns:

Over the past few weeks, our **ESL and French classes** have been examining their identities. Students considered what people assumed about them at first look, and if this were accurate or not. Then they identified aspects about themselves that people might not know but are important to their identities. We compiled simplified versions of these and a group of student volunteers designed and created an amazing visual representation which is now on display on the 2nd floor. We hope that everyone comes by to see it, afterall: *What You See is Just the Tip of the Iceberg*.



## Where are CTS grads now?

Each month we would like to feature graduates from CTS. If you, your child, a sibling or a friend is a graduate and want to be featured, please send information to:  
[centraltechnicalschool@tdsb.on.ca](mailto:centraltechnicalschool@tdsb.on.ca)

**Name:** Mike Pereira Medeiros

**Graduated class of:** 2010

**Program:** Automotive Tech

**What they are doing now:** Currently working my 10<sup>th</sup> season with the Toronto Blue Jays as a Senior Manager of Facility Services. Recently discovered new family (brother and sister from fathers side) and have been spending time with them and their families getting to know them and making up for lost time!

**Name:** Stephan Niron

**Graduated class of:** 2019

**Extracurriculars:** Wrestling

**What they are doing now:** Pursuing a degree in political science and teaching after finishing post secondary. Also I am wrestling at York University.

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## Guidance

### COURSE SELECTION INFORMATION

Deadline: **DUE** - March 3

- Visit: [www.myblueprint.ca/tdsb](http://www.myblueprint.ca/tdsb) to enter courses for next year
- [Course Selection Instructions](#)
- [myBlueprint Instructions](#)
- [Preparing for Grade 10 Presentation](#)
- [Preparing for Grade 11 Presentation](#)
- [Preparing for Grade 12 +Graduates Presentation](#)

### Scholarship Presentation

Tuesday, March 21, 12:00pm, room 214

Please use the link below to schedule the appointment for alpha counsellor:

Mr. Rassmussen		Ms. Ferrari		Mr. Cormier	
A - F		G - N		O- Z	

If an appointment time is unavailable with your alpha counsellor, please contact/see [dolores.douglas@tdsb.on.ca](mailto:dolores.douglas@tdsb.on.ca) in room 205 to set up an appointment. An extra guidance counsellor will be available.

### Guidance Google Classroom links

- Grade 9/10 <https://classroom.google.com/c/MzUwNzA1MTc0MjM2?cjc=6hdk43k>
- Grade 11/12 <https://classroom.google.com/c/MzcxNDIzMjQ2OTcy?cjc=rzzv44l>

### Volunteer Opportunities

- Join the CTS Guidance google classroom to receive information about the latest volunteer opportunities advertised by the guidance office.
- Grade 9 and 10 classroom code: 6hdk43k
- Grade 11 and 12 classroom code: rzzv44l

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### Help and Distress Lines

- [Kids Help Line](#)
- [What's Up Walk In](#)
- [Mental Health TO](#)
- [Black Youth Helpline](#)
- [LGBT Youthline](#)
- [Naseeha](#) - Mental health hotline, resources, workshops, web therapy and more for Muslim and non-Muslim youth and individuals.
- [Indigenous Youth Help Line](#)
- 911

### Free Math Help - Grade 6 - 11

- <https://www.tvomathify.com/students>

## **Late Start Schedule**

March 22nd, 2023	March 29th, 2023	<b>Schedule on these days:</b>  <b>P. 1: 9:55 am - 10: 55 am</b> <b>P2: 11:00 am - 12:00 pm</b> <b>Lunch: 12:00 pm - 1:05 pm</b> <b>P3: 1:05 pm - 2:10 pm</b> <b>P4: 2:15 pm - 3:15 pm</b>  <b>*** We ask that your student does not come to school until 9:45 am.</b>
April 1st, 2023	April 26th, 2023	
May 24th, 2023	May 31st, 2023	

## **From our Trustee, Deborah Williams:**

Please find the meeting notice for the next Ward 10 Forum below (link to view online)

[Ward 10 Forum](#)

## **From Cecil Community Centre:**

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**Youth Drop-in Program** – Monday to Friday from 3:00pm – 6:00pm. It's a place where youth can come in, relax, work on homework, get advice, play video games, learn about volunteer & job opportunities, play sports, ping pong, be mentored and snacks are provided.

**Cecil Tutors** – Are you looking for a tutor or want to be a tutor? Join Cecil Tutors! Earn volunteer hours as a tutor or get help on your homework or certain subjects at school. Youth interested can email me at [adam@cecilcentre.ca](mailto:adam@cecilcentre.ca) for more details and to sign up.

**Youth Drop-in Basketball** – Every Wednesday from 6:00pm-8:00pm. Youth can drop-in at Ryerson Public School Gym at 96 Denison Avenue to play basketball.

**Youth Drop in Ping-Pong/Badminton** – Every Monday from 4:00pm-5:00pm. Youth can drop in and play ping pong or badminton at Cecil Community Centre.

**Seeing Ourselves in Symphony Program** - The Toronto Symphony Orchestra is hosting a new program at Cecil Community Centre. Composer Daniel Bartholomew-Poyser & Kevin Lau will be hosting the program starting in January 2023 for the program starting in January 2023. Learn from the Toronto Symphony Orchestra, build musical community connections, learn about music, work with Orchestra musicians, and more. To register for the program and for more information email [adam@cecilcentre.ca](mailto:adam@cecilcentre.ca)

**SOCirC Program** - Social Circus Organization led by professional circus artists trained in social circus approaches. They work alongside community workers to create community and space to build artistic voices, communication skills, self-esteem, relationships, and creativity. All of this is achieved while engaging the artistic expression and movement of circus skills. This is a free community program for youth ages 15-29, every Thursday, from 6:00pm to 8:30pm. The evening includes a free meal at 6:00pm for all participants. Email ([rachel@socirc.ca](mailto:rachel@socirc.ca)) for more information to register

**Below are some summaries of current and upcoming volunteer programs we have available at Cecil. Have a great day!**

**Cecil Tutors** – Are you looking for a tutor or want to be a tutor? Join Cecil Tutors! Earn volunteer hours as a tutor or get help on your homework or certain subjects at school. Youth interested can email me at [adam@cecilcentre.ca](mailto:adam@cecilcentre.ca) for more details and to sign up.

**Youth Event Planning Committee** – Between the ages of 13- 19 and interested in leading in planning fun event in the community? Join the Youth Event Planning Committee to plan out

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youth events, develop leadership skills, while building your professional resume. Limited spots available. Those interested can email me at [adam@cecilcentre.ca](mailto:adam@cecilcentre.ca) for more information

**Youth Program Planning Committee** – Between the ages of 13- 19 and interested in leading in planning fun programs in the community? Join the Youth Program Planning Committee to plan out youth programs, workshops, develop leadership skills, while building your professional resume. Limited spots available. Those interested can email me at [adam@cecilcentre.ca](mailto:adam@cecilcentre.ca) for more information

**Girls Workshop/Event Planning Committee** – Are you a girl between the ages of 13- 19, interested in leading in planning workshops and events for girls in the community? Join the Girls Workshop/Event Planning Committee to plan out workshops and events for girls. Develop leadership skills, while building your professional resume. Limited spots available. Those interested can email me at [adam@cecilcentre.ca](mailto:adam@cecilcentre.ca) for more information

**Youth Outreach Assistants** – I am looking for Youth interested in helping with Outreach. As a Youth Outreach Assistant you will earn volunteer hours while handing out posters for youth programs in the school year. Youth interested can email me at [adam@cecilcentre.ca](mailto:adam@cecilcentre.ca) for more details and to sign up.

**Cecil Kids Volunteers** – Do you enjoy working with children and want to earn volunteer hours? Cecil's Children's Program is looking for volunteers. Those interested can email [adam@cecilcentre.ca](mailto:adam@cecilcentre.ca) for more information about volunteering.