

# HUSKY HIGHLIGHTS

DECEMBER 2018

## Character Trait - Kindness and Caring

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Incredible acts of kindness happen across the TDSB in our schools and communities every day. Kindness and caring are at the centre of everything we do and are the foundation for positive relationships between staff, students, parents and the community.

Schools across the board recognize kindness and caring in many ways, including assemblies, special events, fundraisers and many other initiatives.

What is kindness and caring?

- Showing understanding and treating others with compassion, generosity, and a forgiving spirit
- Being gentle, friendly, considerate, and willing to help
- Showing concern or sympathy for others and being sensitive to the needs of others
- Offering support and giving your time, talents, and resources to help others
- Talking positively about others
- Considering the needs of others, not just your own


What does kindness and caring look like?

- Doing something nice for somebody – a random act of kindness
- Smiling at those you know and those you don't know
- Saying "Good Morning"
- Reminding someone how special he or she is
- Volunteering time to help others in need or donating to a charity
- Asking "How can I help?" or "How are you?"

## Honours Assembly

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On Friday, November 23<sup>rd</sup> we had our annual Honours Assembly, celebrating the achievements of our Honour Roll students and subject award winners. Congratulations to all honourees and award winners. Well done.



**Humberside Collegiate Institute**  
280 Quebec Ave., Toronto, ON  
M6P 2V3

Kim McLaren, Principal  
(416) 393-8122  
Isabel Arias Lopez, Vice Principal  
Ext. 20012  
Robert Palmer, Vice Principal  
Ext. 20011  
Tracy Hayhurst, Superintendent  
Robin Pilkey, Trustee

Email: [humberside@tdsb.on.ca](mailto:humberside@tdsb.on.ca)  
Website:  
<http://schoolweb.tdsb.on.ca/humbersideci>

## OYAP – Ontario Youth Apprenticeship Program Information Session

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On Thursday, November 1<sup>st</sup>, two teachers from the TDSB came to speak to our students about the OYAP Program. If your son/daughter is interested in an apprenticeship, please speak to their guidance counsellor for more information.

### Remind

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Sign up for Remind to receive updates about late starts, early dismissals and other important events. Text this message: @hcistu to 705-805-4303

### School Advisory Council

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New parents are always welcome to attend. Our next meeting is scheduled for Monday, January 14<sup>th</sup> at 7:00pm in the Library Learning Commons on the main floor.

### Volunteer Over the Holidays!

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Currently, 50% of our potential graduates do not have their volunteer hours on record. 40 Hours of Community Involvement is a graduation requirement. Please consider ways that you can get your hours over the holiday season. Many organizations and charities require extra support at this time of year. Please visit [www.volunteertoronto.ca](http://www.volunteertoronto.ca) or visit the Guidance Office to find an opportunity that suits you!

Volunteer Hours can be tracked in your agenda book and authenticated by a signature or a letter from the organization that you volunteered with. Volunteering is also a great way for students to develop many job skills. See the link <http://www.tdsb.on.ca/Portals/0/HighSchool/docs/communityinvolvementform.pdf> for eligible and ineligible activities and complete the form to submit your hours. We are happy to put hours in the system before school, lunch time and after school. Please see your Guidance Counsellor for more details.

### Music Department

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Throughout the Fall season, our music students continue to be busy with a variety of exciting activities. The Music Council recently hosted an open mic lunch hour, offering students and Humber side staff a time to relax and enjoy the talents of HCI's musicians. Council also sold hot chocolate to raise money for the El Systema music program and much to our delight raised over \$100. We're so proud to make this donation to such a worthy cause. Bravo to Council members for their enterprising initiative!

The Symphonic Strings made their debut in fine style at the Honours Assembly, displaying sophistication and charm. They showed impressive skill performing as a chamber ensemble, without a conductor. Great initiative everyone, congratulations!

This year's Remembrance Day ceremony continued the tradition of thoughtful reflection. To help evoke the sentiments of WWI civilians and soldiers, three trios performed well known war songs from the time. Thank you to all the musicians, to the History Department and to Ms. Menard for presenting such a poignant tribute.

It's that time of year again! Humberside's Annual Holiday Concert takes place on Thursday, December 13th at 6:30pm in Lismer Hall. Students enrolled in advanced level Music courses will be performing at this fun-filled event. Tickets will be sent home with music students in the near future and will also be available to purchase the evening of the concert at the doors. We look forward to an entertaining evening of performances by Humberside's talented Band, Strings, and Vocal students.

Thank you to all of our Humberside community members for the ongoing support of music at HCI. We look forward to seeing you at our Holiday Concert on December 13th!

## Cross Country

The Cross Country Season finished off strong at the Hamilton OFSAA Provincial Championships on a cold Saturday on Nov. 3rd. Olivia Roussel ran in the senior girls race coming in 3rd, winning a bronze medal for Humberside CI in 23:18 minutes!! Congratulations to her for this excellent achievement. She has worked hard to earn herself this medal. Coach Tsanos would like to thank the team for a great season and to Coach Zaph for running with the team in the early mornings! See you all in Indoor Track in February 2019!





## Senior Girls Basketball

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The Huskies SR Girls Basketball team ended their season with a playoff game against the eventual west region champions, Richview CI, giving their best performance of the year. The girls gave it their all but unfortunately it fell short 50-34. Thank you to all our players who dedicated their time, effort and passion into a great season.

## Athletic Update

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Winter Teams are starting up & league play is scheduled to begin the last week of November. Humberside continues to offer a wide variety of teams, including;

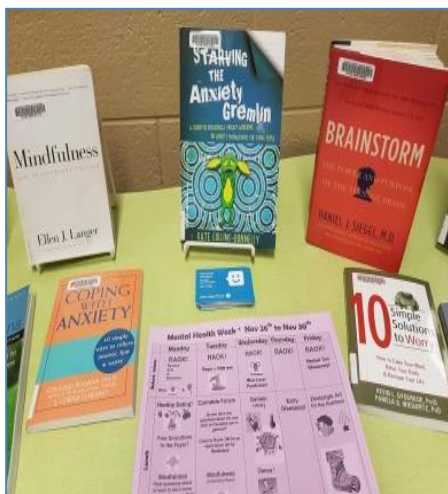
- Junior & Senior Boys' Basketball
- Non-Contact & Contact Varsity Boys' Ice Hockey
- Alpine Skiing (tentative)
- Coed Swimming
- Badminton
- Boys' / Girls' / Coed Curling
- Girls' Ice Hockey
- Boys' Indoor Soccer
- Junior & Senior Girls' Volleyball

Good luck to all teams, athletes & coaches!

## Well-Being Group – Just Breathe HCI

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During the week of November 26<sup>th</sup> to November 30<sup>th</sup> we held the first of our two 'Well-Being Weeks' at Humberside. Every morning during the week our group members kicked off the day right by doing Random Acts of Kindness (RAOK's) which included holding doors open for students and leaving positive messages on student lockers. There are many other events that ran including: yoga, smoothie give-away (promoting healthy eating), zentangle art therapy and board games at lunch to promote going 'tech free.'



## HEAT – Humberside Environmental Action Team

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**Green Market** - HEAT ran a successful campaign called the 'Green Market'. Students and staff donated used clothing for an exchange. The team members went through the clothing to ensure it was clean and in good shape and then students were able to come the next week to choose clothing they would like to take. Our environmental team hopes that they helped divert some perfectly good clothing away from landfills!

**Palm Oil** – Do you have any products with palm oil in your house? It is found in many products from soaps, greases and candles to a wide range of food products like non-dairy creamers and crackers. While it may be difficult to avoid, any reduction in use of this product is important for maintaining tropical rainforests, predominantly in Southeast Asia. The loss of this habitat due to increasing demand for palm oil is affecting a number of species including the orangutan, Sumatran elephant, Sumatran rhino and the Sumatran Tiger. Check out this valuable information on palm oil on the World Wildlife Federation's site - <https://www.worldwildlife.org/pages/which-everyday-products-contain-palm-oil#>

## Library Learning Commons

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### White Pine Book Club

Once again Humberside is participating in the Ontario Library Association's Forest of Reading. The Forest of Reading® is Canada's largest recreational reading program! This initiative of the Ontario Library Association (OLA) offers seven reading programs to encourage a love of reading in people of all ages. The Forest helps celebrate Canadian books, publishers, authors and illustrators. More than 270,000 readers participate annually from their School and/or Public Library. In high school, this is reflected by the books that have been nominated for the White Pine Award. These ten books showcase the best recent young adult fiction and non-fiction titles geared towards this age group. As in past years, HCI's library has purchased two copies of each of these excellent Canadian titles. To see the list and read descriptions of the books go to:

[http://www.accessola.org/web/OLA/Forest\\_of\\_Reading/Awards\\_Nominees/White\\_Pine\\_Fiction\\_Nominees\\_2019.aspx](http://www.accessola.org/web/OLA/Forest_of_Reading/Awards_Nominees/White_Pine_Fiction_Nominees_2019.aspx)

### Well-Being Room

The Library Learning Commons is also preparing to open a 'Wellness Room' for students that want or need a quiet, comfortable place free of technology and with low lighting to take a break. The room will provide mindfulness resources (calming music, guided meditations and various readings) as well as support and promotion of student well-being. We hope that students will be able to sign in and take advantage of this important space in the New Year.

## The Santa Project

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Each year the students of Humberside buy Christmas gifts for children and adults living in shelters. Last year 35 home forms decided to participate and fulfill a wish list for an individual from one of these shelters and we are hoping for the same this year. Individuals arrive at shelters with no possessions and they are very appreciative of the gifts that they receive. For many of them, the gift they are given from Humberside is the only gift they receive this holiday season. If you'd like to get involved, check with your son or daughter to find out what items are needed on the wish list that the students are trying to fill.

If you'd like to donate separately, there are a number of needy families that would appreciate gift cards for groceries and/or clothing. Please drop off your donation at the Guidance Office.

## Calendar

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### Upcoming Dates:

December 5	10:00 a.m. Late Start
December 7	Board-wide PA Day
December 13	Evening Holiday Concert
December 14	Holiday Concert Assembly for Students
December 18	2:30 Early Dismissal
December 21	Last Day of School for 2018
December 24, 2018 – January 4, 2019 (inclusive)	Winter Break
January 7, 2019	First Day of School for 2019

## Contact Us

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Website



<http://schoolweb.tdsb.on.ca/humbersideci>

Email



[humberside@tdsb.on.ca](mailto:humberside@tdsb.on.ca)

**HUMBERSIDE WISHES YOU A SAFE AND HAPPY WINTER BREAK**  
**December 24, 2018 to January 4, 2019**