

Sir John A. Macdonald

“We’ve Got You Covered.”

Calendar

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes: Good Luck with Culminating			1	2 Course verification forms due	3	4
5	6 Children's Mental Health Week	7	8	9	10	11
12	13	14	15	16 Spring Concert	17 Ultimate Frisbee Tournament	18
19	20 Victoria Day Holiday	21	22	23 Early Closing	24	25
26	27	28	29	30 Relay 4 Life	31	

Relay For Life

Darniga Loganathan

On March 4th, 2019, the Relay 4 Life Committee discussed the annual event that will be taking place on May 30th, 2019. The purpose of the event is to support and raise money for cancer research and cancer survivors will join our walk to promote the spirit of cancer research.

During the assembly, a guest speaker shared her experience with cancer and how it affected her life and those around her. She also encouraged students to be involved in Relay 4 Life as it is an excellent way to support cancer research and raise awareness in the community.

Registration has already begun in the cafeteria at lunch. For early bird registration, forms are due by March 29th, 2019 with a registration fee of \$20. For regular registration, forms are due by April 30th with a registration fee of \$25. Don't forget to register. Join the fight and help us fundraise up to \$40,000 for cancer research.



Mac In Action Applications

Valerie Yao

MIA applications forms are going to be available starting April 5th in the main office for various positions on the council. The deadline for these forms will be April 12. For those who don't know, MIA spreads awareness of global issues in the world and promotes a humanitarian spirit and volunteerism to students. MIA is a perfect council to join if you want to get more involved in the community and educate yourself on social issues.

Worried about volunteer hours? Fear not. MIA provides students with many volunteering opportunities at Mac throughout the year, including events such as the Oasis Zoo Run, the Waterfront Marathon, and the Race roster runoff.

The co-president of Mac In Action, Molly Chen, informed Mac News that, "MIA is partnered with WE, the charity organization. They send us resources to run events such as We Scare Hunger and Vow of Silence. The money raised goes directly to WE charity." These events enrich the lives of Mac students and help them to gain valuable experiences.

Kelly Seo, a junior student shared her experience in participating in Vow of Silence. She commented, "I learned that it's really difficult to be free without a voice, so I gave up mine for a day, and by that, I hope more people realize that many people aren't facing persecution yet they can't express themselves freely." She also adds that the event helped her understand the struggles that people from different parts of the world encounter.

Act now Blackscots. Let's all contribute what we have to make our society a better place for everyone. Join a team full of people who are passionate about making our world a better place. If you have any questions, the MIA office is at the end of the main office hall with members who are able to answer your inquiries.



International Day for the Elimination of Racial Discrimination

Nelosha Suganthan

The 21st of March each year is dedicated to the elimination of racial discrimination. On this very day in 1960, police opened fire at a peaceful demonstration against the Apartheid pass laws in Sharpeville, South Africa. This act resulted in 69 casualties and 80 people wounded that day.

Six years later, in 1966, the General Assembly of the United Nations declared March 21st as "International Day for the Elimination of Racial Discrimination". In the 53 years since the establishment of this day, much has changed; however, the struggle to end racial discrimination still exists. From local streets to schools, racism is still present everywhere around us. This day acts as a reminder that racism is still a part of societies around the world, and needs to be stopped.

As responsible students and citizens, we must lead others as examples through our good words and deeds, starting at our school. MAC has a very supportive community, consisting of a diverse range of racial backgrounds. Because the staff and students at MAC treat members of all cultures inclusively and fairly, we can all play a part in raising awareness around our city about this issue, and reduce the impact of racism — beginning with our classrooms.

Bake Sale



MEAC

Bessa Fan

Hey Mac! Did you know that our school is now the foster parent of two animals? If you don't know about it yet, read on to learn more about MEAC's recent accomplishments!

As you may have learned from attending MEAC's biodiversity jeopardy, the number of species and the population of animals are decreasing at an alarming rate. In February, MEAC set its goal to fundraise \$80 to adopt two animals from the World Wildlife Fund organization, one being a snow leopard and the other being a Canadian caribou. By symbolically adopting these animals, MAC helps to combat animal extinction.

We are excited to announce that we have reached our goal! In our last two fundraising events, we were able to raise a total of \$148 dollars. In addition, through our honey lollipop bake sale, we were able to raise awareness about the extinction of bees; and, through our battery bake sale, we were able to collect hundreds of batteries and properly dispose of them! A big thank you to all the MAC students who shared in our mission and participated in these events. We couldn't have done it without you!

The council's presidents, Esther and Kent, would also like to share their excitement with you!

"I am very proud of the council and am very happy that we managed to collect so many batteries that can now be properly disposed of. We've managed to raise even more money from the bake sale and will potentially be adopting three animals from the WWF." -- Esther Banahene.

"No words can explain how contented I feel about the battery bake sale's success! We collected an unexpectedly staggering number of batteries, which should mean more students have joined our fight to save the planet. The MEAC is doing a truly fantastic job and I credit all our success to the hardworking executive team. The team's hard work was especially important as we aspire to change the world for a greener tomorrow!" -- Kent Sim.

On March 15th, 2019, more than 1 million students around the world walked out to protest against the government's inaction towards fighting against climate change. Although not many students at Mac participated because it was during March break, it's heartwarming to see that students around the globe share the same vision as us and we hope to bring this spirit to Mac in the near future! As Esther has expressed, "I know that the protest has passed but I think it is a great cause and hopefully MEAC will be able to encourage students at MAC to take part in another act of protest against climate change in the future."

So, do not worry if you did not participate in this particular walk-out! You can still help a lot by participating in our fundraising events, recycling properly (join our Wednesday recycling crew!), or simply spreading the word about the MEAC and our mission! Let's work together to go green and keep the earth clean!!

Earth Hour

Saahithiya Sivakumaran

On Saturday, March 30th, the worldwide event called Earth Hour took place in hopes of making a positive impact on the environment. People are encouraged to save energy, reduce their carbon footprint, and limit waste. Want to get involved? Here are some ways you can help save our planet:

1. Raise awareness about recycling. Recycling plays a vital role in reducing the waste that harms our planet. MEAC is calling out for volunteers who can help them with recycling every Wednesday after school. The club meets in room 130 and those who volunteer will earn fifteen minutes each meeting.
2. Plant a tree. Although it is too cold to plant a tree during the winter season, you can plant one as soon as the weather gets warmer! Trees play a crucial role in our survival; one tree can provide five people with oxygen, store carbon, and stabilize the soil. Trees can help save our Earth, so get planting!
3. Read books to educate yourself regarding the environment. Both reading and caring about the environment is important, so why not jump into a book and become more aware of the world around you? If you're interested and don't know where to start you can always borrow one of the books at our school library and read away!

To further highlight the importance of the Earth, MEAC hosted 5 days of Earth-related events and activities from April 22 to 26. The MEAC also organized an event called the battery bake sale from March 19th to the 21st in which students exchanged their dead batteries for baked goods. The council's mission is to encourage the awareness and understanding of the environmental impact our personal actions have by hosting events that relate to current issues. It promotes a sustainable lifestyle by educating ourselves and the school about the relationship between humans and nature.

Paige Hulme, a grade 9 student said, "I think that Earth Hour is important because it lets us save energy and protect our planet." Lisa Khan, another grade 9 student, added, "Earth Hour helps us take time to save resources. For Earth Hour, I am going to use recyclable items and limit my screen time."

So, Blackscots, remember to switch off your lights, walk or ride a bicycle to school if you live close by, and put your waste products in the appropriate bins. Teach this to your friends, family and peers! Although these actions may seem trivial to you, if everyone puts in an effort to work together, we can save the planet!



Coffee House



Living with Purpose and Staying Motivated

Enosh Chen

When was the last you were enthusiastic about a project or job, but began to lose your motivation because you encountered difficult challenges or you couldn't see how your work has paid off? In this article, I hope to provide you with a simple and easy way to counter such an effect. Remember that the teachers and guidance counsellors at MAC are always supporting you along your journey.

A grade 12 student, Ryan Huang, shared, "I have two types of motivation. For my science courses, I really like science, so it is my passion for knowledge motivates me. For English, it is the stress that motivates me. The stress that I have to maintain my average in order to get into university."

Problem #1: repeating brainless routines

Performing the same task too often causes one to lose their sense of purpose. In other words, you begin to feel sick about what you are doing. When you don't feel that what you are doing is important, it is very unlikely that you are going to work hard at it.

Tip #1: Know the purpose of whatever you are doing

To avoid problem 1, it is wise to find meaning in what you are doing and focus on that goal. In fact, when you acknowledge the benefit that it reaps, you begin to feel a desire to accomplish that goal and subsequently improve your work. Ryan Huang also suggests that, "For those who lose their motivation, they should think about their goals. They need to acknowledge that the only way to reach the goal is by doing work."

Additional tips for setting goals:

Write out the goals and display them somewhere you will see them. You can use a bullet journal or create a vision board that you can revisit after each month to see if you are on the right track.

Don't set a deadline for each goal. You are improving every day regardless of whether you are taking big steps or small steps.

Problem #2: comparing yourself to others

It is in our nature to compare ourselves to others to see where we are. However, it is toxic to do so because we begin to do things for the sake of being better than others. As a matter of fact, it is a quick way to destroy one's motivation.

Tip #2: Doing it with a friend or someone close

Instead of comparing yourself and wanting to become someone who is talented, accomplish something with a friend or a loved one. This way, you will be more motivated to work because your friend or loved one will work with you even when it is tough. It is a way to encourage each other to continue to work hard and strive for the best.

Walk Out



Easter Coffee House

Sharika Khan

On March 7th, just two days before the March break, MAC's music students gathered together in room 130 to partake in the last coffee house of the year. Coffee House was only open to music students and Music Council members this year, but nevertheless, the room was quickly filled with people. There was hot chocolate, coffee, and a variety of delicious food for students to enjoy as they listened to amazing performances.

The Easter-themed Coffee House was a relaxed night where brave students signed up to perform their chosen songs by themselves or in groups. The atmosphere was casual, lively and energetic as almost everyone in the audience sang along to their favourite tunes. Christine Chen, a grade 11 vocals student, mentioned, "The experience I had at Coffee House was amazing because I got to listen to some live music by students and sing along with my friends." Carolina Lopez, a 12th grader and the president of Music Council, added, "In my years, we haven't had much trouble with people being disrespectful and I think that's what makes it so great. No one has to feel scared that they'll be made fun of because everyone is there to have fun, not to bash other people's singing or playing skills. I have not missed a single coffee house in my four years. It was where I could perform and develop as a musician, but also where I could appreciate the music made by my peers."

The night ended with an emotional performance by grade 12 students who were saying goodbye to their final coffee house. Carolina explained, "I put the group together about thirty minutes before we went on, but since most of them aren't as wild as me, they swayed in the background while Sulov and I made fools out of ourselves! Our song choice was meant to represent our years at MAC and the legacy we want to leave behind." Christine Chen commented on the performance saying, "My favourite part of Coffee House was when everyone sang along to the last song. It really brought everyone together and was a great way to end off the last coffee house of the year."

Music Council's next big event is the Spring Concert in May, so don't forget to drop by for some amazing performances!

#WeTheStudentsDoNotConsent

Nilamakal Srikanthan

On March 15, 2019, the Ontario Conservative government announced some drastic changes to the public education system. Some of these changes include decreasing OSAP grants and increasing loans, while simultaneously getting rid of the grace period you have prior to paying back those loans; increasing classroom sizes, thus cutting back on teaching jobs; and making online courses a mandatory requirement for all high school students. As you can imagine, these sudden changes were not well-received and caused an uproar amongst students all across Ontario -- whether they be students in post-secondary education, high school or even elementary school.

One such group consisted of Chaitri Shah, Nayya Ramnarain and Adrianna Prattas. These grade 11 students, with the help of their peers, were able to organize a successful walkout for March 20, 2019, in under 24 hours. The nervous energy and anticipation were high on the day of the walkout, and murmurs of students debating on walking out could be heard filtering through the halls. Then suddenly at 2:00 pm, a flood of students walked out of their period 3 classes, holding up posters and signs as a way to actively protest against these proposed changes. When the organizers were asked what they hoped this walkout would achieve, they replied, "All we can hope for is that the government can see that we're serious about our future."

Sure, in the grand scheme of things, one walkout is not going to cause the Ford government to suddenly change their new policies, but when has change ever happened overnight? We have to start somewhere, and idly sitting by, waiting for somebody to do something, is not going to get us anywhere. At the end of the day, we are the ones that are being affected. It is our education that is being compromised, and as such we should be advocating for ourselves and making our voices heard.

Email us at mac.news.now@gmail.com or DM us @macnews_sjam and let us know what you think about the implemented changes the Ford Government is making to our curriculum. Your voice matters, so let's have a conversation

Sports

Leilani Xue

New seasons mean new potential! When we see Mac’s long winning legacy, we know our players work hard each year to obtain it. In the spring, we will have ultimate frisbee, softball, soccer, and badminton teams.

In 1957, Wham-O toy company released a flying disc, dubbed a “Frisbee” — a well-recognized name, which is now a sport. The game of Frisbee is an eye-catching and popular game played by all ages. The sport of Ultimate Frisbee only came about a decade after its release at Columbia High School in 1968. During the co-ed tryouts, the participants ran laps, did cutting drills, passing, and warmups. There were co-ed juniors and co-ed seniors.

Softball is a variation of baseball, but with a larger field and larger equipment. There are three types: modified, slow-pitch, and fast-pitch. For these tryouts at Mac, it was slow-pitch. With around 20 females, there were 4 tryouts, and they were evaluated through in and outfield drills.

When a participant was asked about her opinion, she said, “The season is only 2 weeks; a lot shorter than volleyball, which lasts for 3 months. Therefore, softball is an alternative for those who are concerned about missing school.”

Soccer is known as the world’s most played sport. During the tryouts at Mac, about 30-40 female students participated. Students from grades 9-12 are eager to play and support athletics!

When Mariana Zapounidis was asked about her tryout experience, she said, “Girls soccer varsity tryouts were quite the challenge. All the girls have been incredibly supportive and friendly. There were about 30-40 girls of all grades, and everyone’s performance was outstanding. Before I decided to try out for a popular sports team like soccer, I thought of how many school days I would miss. Would I manage to keep up with the rest of the class? After long days of contemplation, I decided to be optimistic. Sports are fun; but before trying out, one should ask oneself if she/he would be able to complete and understand the missed work. If one can do that, then sports will be a suitable choice for him/her.”

Our rugby and badminton teams are in their seasons now! Our 8 division coed badminton team is better than ever! On Thursday 21st, they played George Vanier and won each game. On Friday 22nd (their long-awaited tournament), they made it to the finals in 5/8 divisions!! In the Girls Singles A category, Jennie Xu came home with a first-place medal. While Boys Doubles A, Boys Doubles B, Girls Doubles A, Girls Doubles B all won second-place medals. On Tuesday 26th, the Boys Singles A team (Brandon Wong and Henry He) and Girls Singles A (Jennie Xu) both won their categories against VPCI. The badminton team certainly never fails to surprise us!! The rugby team had and will have games. While the scores haven’t been released, with our fingers crossed, it is certain that they did well!



Talent Show



Why You Should Consider Competing in HOSA

Alisa Yan

Over the course of twenty strenuous weeks, approximately thirty-five students at Sir John A. Macdonald CI were hard at work, studying and preparing for the 2019 HOSA Spring Leadership Competition. On March 25th to March 26th, these students competed against other high school students from across Ontario at the Metro Toronto Convention Centre to showcase their knowledge, understanding and practical skills involved in the medical sciences.

Just like many other competitions (such as DECA, for example), students attending the Spring Leadership Conference are given the opportunity to demonstrate the knowledge and skills that they have gained over their months of preparation to several judges within a professional environment. All the information required for each event was provided to every competitor following registration. This included textbooks containing the needed information for the written examination portion of every event, as well as demonstrative videos for events that required a practical in the second round. Although these aspects of the competition may seem quite typical and rather mundane, HOSA possesses standout attributes which other competitions may not necessarily provide their competitors.

For starters, the Spring Leadership Conference not only consists of competitive events, but it also holds many workshops and networking opportunities related to the medical field. These workshops, taught by medical students, teach students additional information about various practices and provide hands-on activities to allow students to learn the practical skills involved. This year, some of the workshops that were available for the competitors to attend were suturing, IV injections, casting and drug testing to name a few. Students also gain very important skills that may benefit them in their future careers. Additionally, the workshops did not require any extra fees!

If students only wish to learn more about certain medical topics, or they do not feel comfortable and/or ready enough to compete in the Spring Leadership Conference, then that is a problem! Students could also register for an event and gain the resources without the need to compete. Not only will the cost be reduced, but students were also able to learn at their own pace. They did not have to feel burdened by the constant stress of needing to be prepared for a big, province-wide exam or presentation.

Finally, HOSA-FHP is more than just a competition – it can be the push to start your future. When I first came to MAC last year, I had no intention of joining any school clubs or councils. Yet, somehow, an impulsive decision caused me to join HOSA. Upon joining, I discovered that the use and advancements made in the field of medical technologies really fascinated me through reading the materials provided to me for my event. Shortly after, I developed a strong interest in the medical sciences in which I began to consider a possible career. After countless sleepless nights, the first day of the 2018 HOSA SLC arrived. Along with the first day came many guest speakers who were invited to talk about their career journeys, one being Dr. Mitesh Badiwala. As I listened to his story, I discovered the importance of involvement, rejection and perseverance when pursuing a career in the medical field. Since then, I’ve begun planning out the next steps that I need to take in order to achieve my goals.

The knowledge and skills gained from participating in HOSA have become incredibly valuable to me and many others who have competed in the past. Whether or not you have an interest in the health sciences, the opportunities that are available to you at HOSA are endless.



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Spirit Week

Spirit Week

Tammy Zeng

The month of April kicked off with Spirit Week where Blackscots were able to show their pride by participating in various spirit days and activities.

On Monday April 1, students were able to show off their hoodies, shirts, and other gear from the clubs and councils of Mac for Mac Wear Day. At lunch, there was Just Dance in the cafeteria and students were able to get their groove on to songs like 24 Karat Magic by Bruno Mars and How Far I'll Go from Disney's Moana.

If you thought you were seeing double on Tuesday, you don't have to worry about seeing a doctor for your eyesight. Tuesday April 2 was Twin Day where students dressed up identically to a friend or group of friends. Trivia was held in the cafeteria at lunch to see how well Mac students knew their friends. The winners were awarded friendship bracelets to commemorate their strong friendship.

Wednesday April 3 was Bright Colours and Sunglasses Day. The school was filled with bright colours - a representation of the potential found in each and every Blackscot for their future endeavours (the sunglasses were to protect our eyes of course!). Karaoke was held in the cafeteria at lunch and students were able to sing their hearts out.

On Thursday April 4, students paired up with one another to dress as opposites for Opposite Day. At lunch, students participating in the Oreo Challenge attempted to get an Oreo cookie into their mouths from their foreheads without using their hands.

Spirit Week wrapped up with Pyjama Day on Friday April 5 where students came to school in their PJs and onesies. A "Where's Waldo?" themed scavenger hunt took place at lunch where students had to look for 16 Waldo cut-outs hidden around the school. Congratulations goes out to the winners of the scavenger hunt, Elissar Fallaha and Diala Istanbelly, who won a \$20 Tim Hortons gift card.

Spirit week was truly a week for students at Mac to enjoy together. Lily Song, president of the Student Activity Council, commented on the SAC's last event of the year, "This past spirit week was very enjoyable as there was a great turnout for each spirit day. It was great seeing the school come together as a community."



Book Recommendations

Mariana Zapounidis

Our library has a plethora of amazing and interesting books that all have valuable stories waiting to be discovered. However, choosing a book from packed shelves can be overwhelming. Fear not, because I have two page-turner recommendations that will keep you busy for the next while!

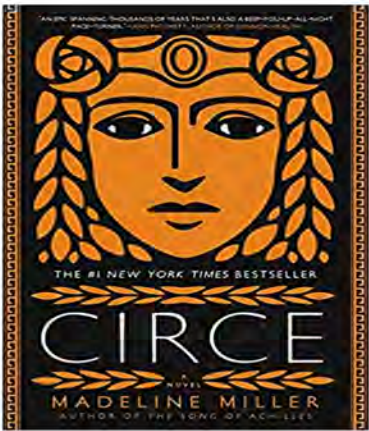
My first recommendation is *Circe* by Madeline Miller. This book is the retelling of the life of a character from Greek Mythology, Circe. The book describes Circe from a young age, up to when she becomes an old and powerful sorceress. Throughout the book, readers meet many famous characters from well-known myths, such as Odysseus, from *The Odyssey*, by Homer, and Daedalus and Icarus.

I would recommend this book to everyone because readers can understand Circe's perspective better and realize that she is beyond an evil enchantress who turns Odysseus's crew into pigs. Additionally, *Circe* incorporates many other Greek Myths. I find this book interesting because the reader gets to see Circe grow from a young nymph to an older enchantress. The author was able to seamlessly connect the time jumps with her whimsical writing style. This book gives younger readers insight into what it's like to be a mother. My favourite parts of this book were between Icarus and Circe. You could see how much Circe cared for him, and the pain she went through in keeping him safe. This can make younger readers more empathetic to their parents because they go through similar things.

Next, *Eliza and Her Monsters*, by Francesca Zappia is on the opposite end of the fiction spectrum. This coming of age and romance story starts with a quiet girl, Eliza, who has a secret online life. She is the illustrator of the popular webcomic, *Monstrous Sea*, which had accumulated fans from all over the globe. One day, people found out that a new student named Wallace writes fanfictions about the webcomic. As the two meet, their friendship becomes something more, all while Eliza tries to keep her online identity unknown.

I would recommend this book because I was able to connect with the plot. Eliza is a creative individual who always doodles in her sketchbook at the back of the class. Although I don't draw, I do like to write and create fantasies just like Eliza. Even for people who are not passionate about story writing and illustration, many readers can connect and relate to her desires for creation.

Both *Circe* and *Eliza and Her Monsters* can be found in not just in our school's library, but also in many public libraries. Happy reading!



Weather



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Talent Show

MACC Multicultural Talent Show

Tazeen Atif

On Friday, March 22nd, MACC (Sir John A. Macdonald's Association Canadian Cultures) held the annual Multicultural Talent Show with its first-ever Cultural Outfit Day! This day was filled with many exciting performances and a glimpse of the various cultures/traditions represented at our school.

The talent show consisted of dancing, singing, playing different instruments, a fashion show, and a special finale from all the performers and MACC members to support the theme of multiculturalism and diversity. It showcased languages or cultures such as Chinese, Japanese, Korean, French and so much more. Seeing the entire world being represented on one stage was definitely a highlight of the year.

The MACC council decided that it would be a great idea for MAC to finally have a cultural outfit day when students wear the clothing that represents or is a part of their culture, tradition, or religion. And, what better day to have it then the day of the Multicultural talent show!

The show could not have been so amazing if it were not for everyone involved: the talented performers, stage crew (who helped with lighting, curtains, music, and more), Ms. Jun, Ms. Asavedo, and Ms. Geary (who organized, helped, worked hard into making this possible), and the MACC members. They all spent countless hours and showed great dedication to put on a fantastic show for the school.

The response from the school seemed incredibly positive. Here's what some of the MAC students had to say about the talent show this year:

Sathya Walisundara said "I loved this year's talent show, but most of all I just loved the audience's enthusiasm. They were fully hyping up the people on stage and making them feel loved and appreciated and that's just the best representation of MAC spirit. The feeling of community."

Husnaa Ariff remarked "I've been here at MAC for 3 years and this year's talent show was by far my favourite! I loved seeing everyone together in the auditorium to cheer on their peers performing unique talents!"

Michelle Guan said "The talent show was a great way to both showcase the many different cultures in our school as well as revealing the hidden talents of the students! I enjoyed all the performances and I especially liked the ending where the performers and the members of MACC got together and the audience got to see all the people that made the talent show possible. It was an amazing experience."

The talent show this year was definitely something to remember at our school. I hope we get to see more phenomenal shows like this in the future years at MAC.



Winning logo design for MEAC



This beautiful logo was designed by Lenna Li, congratulations! Your amazing logo will be remembered for many years to come!

Battery Bake Sale



MIA Multicultural Luncheon



DECA: Provincials



Law: Mock Trials



Music : Spring Concert



HEYMAC!
Come by and see the
Spring Concert on
May 16th, 2019.
Tickets are \$5 per
person