

Macdonald C.I.
“We’ve Got You Covered.”



Even though it’s been almost 40 years since our first Black History Month in Canada, there is still prejudice and judgement in places like schools, where everyone is supposed to feel safe and welcome. Black History Month is a time to celebrate the history and cultural heritage of Black individuals and to acknowledge the many contributions and achievements they have made to society and communities not only in Canada, but all around the world.

Chinese Heritage

Alina Liu

With a lengthy history of around 5000 years, China has a rich culture that integrates ancient traditions passed down from numerous generations, with more recent beliefs and customs from the last century.

Ancient Chinese culture, legends, and mythology have been incorporated into modern media and entertainment for decades. However, there has been a drastic increase in the popularity of historical C-dramas in recent years with the rise of new celebrities. As a result, many young generations rewatch old classics. Original soundtracks from these dramas often use melodious elements reflecting traditional vibes, such as Fangs of Fortune’s “Heaven and Earth Are Unrivalled” by Yanan, further promoting ancient Chinese roots to younger generations.

Traditional Chinese opera is another critical element of Chinese heritage. With many people gradually losing interest, the government has attempted to encompass all forms of Chinese opera in the CMG New Year’s Gala every year, with at least one large portion of the show involving opera performances. Every household across China watches this gala during Chinese New Year reunion meals. In this way, younger generations are more exposed to Chinese opera, cultivating hope for the future of this form of entertainment.

Every Chinese holiday has distinctive colours and practices, constructing an integral part of Chinese heritage. This year, January 29th marked the start of Chinese New Year, the most notable holiday in China. This time of the year emphasizes the importance of reunion and family in Chinese culture. On Chinese New Year’s Eve, individuals from all over China share one common goal – returning home to their families to share a reunion meal, no matter how busy they are with work, life, or other responsibilities. Highway traffic is always an impressive sight during this time.

When it comes to Chinese New Year, numerous people think of red envelopes packed with money as they overlook the various traditions involved in the 15-day celebration, 16 including Chinese New Year’s Eve. Dumplings, fish, and chicken are essentials on the New Year’s Eve dinner table, though it often varies with each family’s customs. Even the emptiest streets are occupied by people with wide smiles, lighting up firecrackers that will resonate through the streets all night long. Cleaning is done on this day or a few days before the new year to avoid sweeping away good luck and fortune. Nails are cut and thorough showers are taken since these are prohibited on the first day of the new year. Consequently, New Year’s Eve is sometimes jokingly referred to as the national day of hair-washing.

On the first day of the New Year, wearing bright red, praying in a temple, and visiting other family relatives, especially seniors, are common traditions. The second day is for married daughters to return to their families, and most people choose to stay home on the third day because arguments are prevalent on this day. Worshipping the Kitchen God occurs on the fourth day when he descends into the human realm to protect families from household accidents. The next day, people worship the God of Wealth and clean the house. Many people discard old or dirty belongings and return to work on the sixth day, if not the day right after the new year. Soups, congee, noodles, and other foods are eaten on the seventh day for blessings.

Many people consider the eighth day the final day for Chinese New Year celebrations, though some regions continue performing ceremonies for the gods and goddesses until the tenth day. The eleventh day is tied to the second day, with the only difference being the daughter’s parents inviting their son-in-law over. The next three days are mostly preparations for the Lantern Festival on the fifteenth day, where many people solve riddles to win decorated lanterns. In ancient times, unmarried women were not permitted to leave the house often, so many took advantage of the Lantern Festival to socialize and meet new people.

China is a diverse country with countless regions, nations, customs, and beliefs. Traditions can widely differ depending on the area, making Chinese heritage even more unique and worthy of passing down to future generations. February celebrates Chinese Heritage Month, an excellent chance for everyone to acknowledge and appreciate the true beauty of Chinese culture.

Ask Angus

Angus Blackscot

Dear Angus,
Is there an effective way to balance school work, extracurriculars, and other responsibilities?

Dear Blackscot,
Aye, I’ll say this; get your priorities straight. Manage your time, and make a bloody schedule because time ain’t gonna wait for you, it’s only gonna pass! Y’all act as if it’s so hard to—as the new folks say, ‘lock-in,’—and that you need some magic old solution to fix everything’ for you. Guess what; back in my day, we didn’t have a solution, we just did the work. That was ‘cause of good old discipline. The point is— y’all focus on needing motivation way too much— you need to get started, use schedules and planners if you’re having trouble keeping track. Most importantly— STOP PROCRASTINATING ON THAT ASSIGNMENT— I KNOW YOU ARE—

Dear Angus,
Thoughts on mint chocolate chip ice cream?

Dear Blackscot,
... I don’t think I’ll understand people who like mint chocolate chip ice cream. I love chocolate, so why ruin the good old chips with something minty? Ice cream is supposed to be sweet— NOT MINTY! If I want to eat something minty, I might as well eat a whole buncha mints or... A TUBE OF COLGATE! Alright, alright, I’ll admit something though, as I said before, I like chocolate, especially if it’s good old dark chocolate. Oh, I love dark chocolate, it might be a little bitter but if you get the good kind, it’s just perfect. Anyway, I’ll take my Scottish tablet of ice cream, thank you very much!

Black History Month

Shivaani Thivakaran

The role of Black people and their communities in Canada has largely been ignored as a key part of Canada’s history. There is little mention of the many soldiers of African descent who made sacrifices in wartime as far back as the War of 1812. Black History Month is a time to learn more about the many important contributions that Black Canadians and their communities have made to the history and continued growth of Canada.

The first Black History Month in Nova Scotia was observed in 1988 and later renamed African Heritage Month in 1996. In 1993, the Ontario Black History Society (OBHS) successfully filed a petition in Ontario to proclaim February as Black History Month.

A student who wished to remain anonymous said this on their experience as a black teenager: “I’ve been profiled especially for being darker skinned. I hate living in a multicultural country, although everyone is of a different race it still feels like a war between black and white.”

PAGE 2

Club Activities

SAC Twin Day

Yuma Tamai

Twin Day is a popular spirit day held annually by the SAC where students, teachers, and staff at Mac are encouraged to twin with a friend or multiple friends. Many participants chose to wear matching outfits, similar colours, or the same hairstyle. This year, the SAC decided to hold Twin Day on February 20th.

I was delighted to see many twins here at Mac! I saw so many teacher twins dressing alike in black tops and blue jeans. There were also countless friends and couples with the same or similar outfits at school. One group even wore the same hats! I thought that was very creative and interesting.

My friends and I decided to twin with one another, wearing all-black outfits. Many others seemed to have the same idea because numerous individuals also wore all-black! Maybe we all collectively agreed on something simple and easy to coordinate with this year.

Twin Day always leaves me with fun memories, and I was happy to see our student body displaying our school spirit by twinning with each other. I can't wait to see more twins next year, Mac!



Photo Credits : Alphen Tan

Library Blind Date With a Book

Erica Dewey

This Valentine's season, book lovers at Mac celebrated the holiday by participating in the school's annual Blind Date With a Book event.

Blind Date With a Book allows students to choose a mystery wrapped book based solely on its genre. This event is a great way for readers to explore new genres and authors that they might not have considered otherwise. It adds an element of excitement and surprise, making it a fun chance to rediscover the joy of reading. Grade 11 student Zoe Karkas, a participant in the event, shared her positive experience: "It was a book I wouldn't have picked up on my own, but I really enjoyed it. I loved the element of mystery, and it exposed me to an unfamiliar genre and author that I wouldn't have discovered otherwise."

Running from February 1st to the 13th, the event was a huge success, encouraging students to step outside of their usual reading preferences while engaging in a fun school activity. Next year, we hope to see even more readers discovering new authors and stories through their own blind dates with books!

Valentine's Candy Grams

Diana Basarab

Here at Mac, students spread their love, kindness, and appreciation to those around them through Valentine's Day Candy Grams. From February 3rd to 11th, Mac Health Council offered students a unique opportunity to send a sweet treat with a heartfelt note to someone special for only 75 cents each or three for \$2.

With over 150 candy grams sold, it's clear that love and appreciation were in the air here at Mac! Whether for a close friend, favourite teacher, or loved one, those candy grams were a simple yet meaningful way to brighten someone's day.

Deliveries went out on Wednesday, February 19th, a sweet surprise after our much-needed long weekend. Keep an eye out for more exciting, engaging, and school-spirited activities coming your way from our very own Mac Health Council!

Course Fair

Aleezah Abidi

As another semester passes and the next school year approaches, high school students start considering which classes they will take for the following academic year. On February 6, 2024, staff and administration at Mac took the time to help set up a course fair.

Students in grades 9, 10, and 11 had the opportunity to visit different classrooms and teachers to get a taste of every possible course they could potentially take. Students considered various categories of the arts (visual, digital, drama, music), sciences (physics, biology, chemistry), technology (communications, computer, transportation, design), humanities (families, English, politics, world cultures) and co-op, with dozens of choices to choose from.

Along with all of these, students could check out stations prepared by staff in the gym. They had a chance to connect with teachers and ask questions about various courses.

By the end of the event, students had a clearer understanding of what was ahead of them. This day was not just a peek at the following year, it was an insightful dive into the future, a stepping stone to potential careers.



Photo Credits : Kun Hong

PAGE 3

Holidays

Valentine’s Day

Azan Hamid

Valentine’s Day is a very special day when people show love and kindness to those they care about! It happens every year on February 14th. On this day, people often give cards, flowers, chocolates, or even handmade gifts to their friends, family, and someone special to show how much they love them.

In schools, students sometimes exchange Valentine’s cards with their classmates or host fun parties with delectable treats! Here at Mac, the SAC offered students the opportunity to give their loved ones special Valentine’s cards. It’s a great opportunity to remind everyone how important love and friendship are.

Valentine’s Day isn’t just about romance – it’s also a time to show kindness to anyone you care about, whether it’s a parent, teacher, sibling, or friend. So, whether you’re giving a hug, drawing a picture, or simply saying "I love you," remember that it’s all about spreading happiness and love!



Photo Credits : Alphen Tan

Family Day

Vidhi Jaju

Family Day, celebrated on Monday February 17th, 2024, is a special holiday dedicated to spending quality time with loved ones. It’s a day for people to take a break from their busy schedules and enjoy activities together, whether indoors or outdoors. Many families use this time to relax, have fun, and strengthen their bonds by playing games, watching movies, or going out. This holiday is a reminder of the importance of family and to take time to appreciate those closest to us.

Many families take advantage of the long weekend by enjoying outdoor activities like skating, skiing, or simply going for a winter walk, just like mine! This year, my family and I made the most of the snowy weather by going snow tubing. It was so much fun racing down the hills and laughing together. Afterward, we warmed up with hot chocolate, making the day even more special.

The purpose of Family Day is to remind people to step away from work or school and spend quality time with their loved ones. It doesn’t always have to be with family, but with anyone important to you. With everyone’s schedules always being so busy, it’s easy to forget to slow down and enjoy time together. That’s why having a day dedicated to family is so important. Whether it’s going on a fun outing or just relaxing at home, Family Day is all about making memories and appreciating the people who matter most in your life.

Pink Shirt Day

Yuma Tamai

Occurring every year on the last Wednesday of February, Pink Shirt Day originated in Nova Scotia in 2007. It all started when David Shepherd and Travis Price decided to support a student who was dreadfully bullied for wearing a pink shirt. The two gathered to distribute pink shirts to students at their school, encouraging them to take a stand against bullying. Pink Shirt Day specifically aims to raise awareness of groups that experience bullying more than others, including the LGBTQ+ community.

On this day, the SAC encouraged everyone at Mac to wear pink to support anti-bullying. I saw some students and teachers wearing pink to support anti-bullying and create a welcoming, kind school community. Although there weren’t as many people wearing pink as I had hoped, I was happy to see the support throughout the school nonetheless. I hope to see more students wearing pink next year!

For more information, please visit:
<https://pinkshirtday.org.nz/about/history>

Freedom to Read Week

Amna Khan

Hey Mac! Have you heard about Freedom to Read Week? Are you passionate about books? If so, make sure to stop by Mac’s library and check out the Freedom to Read Week display.

Freedom to Read Week is a powerful, annual movement across Canada that typically takes place during the last week of February and the first week of March. Mac has decided to participate in this important cause by creating a thought-provoking display for students to explore academic freedom in reading! Freedom to Read Week doesn’t just celebrate an amazing collection of books; it’s also a form of protest to raise awareness of unfair restrictions placed on books and knowledge in our education system.

Mac’s display holds a selection of books, whose restrictions are being challenged. From our collection on Freedom to Read Week, Mac is demonstrating the valuable lessons students can learn from these novels. For instance, *The Giver* by Lois Lowry, may be banned for younger students, but Freedom to Read Week raises the question of: Why should curiosity be limited to certain ages? Why should students be discouraged from exploring society-challenging ideas? The display includes a variety of incredibly significant works, such as *The Kite Runner* by Khaled Hosseini to *The Handmaid’s Tale* by Margaret Atwood, all of which are known to be very meaningful and powerful novels that don’t deserve to be removed from our shelves. These books target important messages of society, broaden our views, and deserve to be accessible to all. As an avid reader, and library helper, Mac’s display is an amazing thing to see, showcasing that there should be no limitations to knowledge.

Take a look at these books, give them a read before February 28th, and check out the Banned Book Quiz for a sweet chocolate reward!



Photo Credits : Alina Liu



Recipe 1



Recipe 2



Recipe 3

Valentine’s Recipes

Hannah Emberley

This chocolate raspberry cake is the perfect recipe to make for a Valentine’s Day party. It’s the perfect mix of rich chocolate and sweet raspberry that everyone is sure to enjoy. This super moist cake pairs perfectly with the raspberry filing, certainly being a hit at any party. This cake recipe serves 12-14, takes 1 hour and 30 minutes of prep time, and 25 minutes of cook time.

Ingredients (Raspberry Filling):

- Water
- Corn Starch
- Raspberries
- Granulated Sugar
- Lemon Juice
- Pure Vanilla Extract

Ingredients (Cake):

- All-Purpose Flour
- Cocoa Powder
- Granulated Sugar
- Baking Powder
- Baking Soda
- Salt
- Espresso Powder
- Vegetable Oil
- Eggs
- Sour Cream
- Buttermilk
- Pure Vanilla Extract
- Hot Water
- Mini Semi-Sweet Chocolate Chips

For the full recipe, please visit:

<https://sallysbakingaddiction.com/chocolate-raspberry-cake/>

If you are looking for a perfect dinner to share with your partner on Valentine’s Day or even eating home alone, this recipe works perfect for both. This shrimp pasta will leave your stomach feeling comforted and loved. It is packed with flavour, super creamy, and a household favourite. It’s the perfect recipe for cuddling up under the blanket and watching a good rom-com. Another added bonus is that it only takes 30 minutes to make and serve 4-6 people.

Ingredients:

- Sun-Dried Tomatoes
- Tomato Oil
- Large Shrimp
- Rigatoni or Penne
- Ground Black Pepper
- Red Pepper Flakes
- Chicken Broth
- Heavy Cream
- Italian Seasoning
- Baby Spinach
- Parmesan
- Fresh Basil

For the full recipe, please visit:

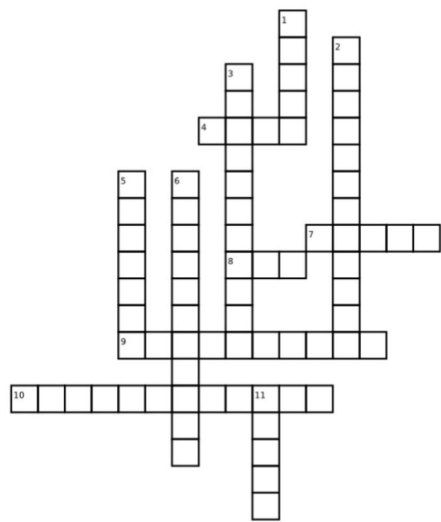
<https://www.delish.com/cooking/recipe-ideas/a63655841/marry-me-shrimp-pasta-recipe/>

My ultimate favourite thing to make on Valentine’s Day is heart-shaped pizza, mostly because I can customize it however I would like, so I tend to change it up almost every year. Pizza tends to be a comfort food for most people, so adding that extra special ingredient of love just makes it so much more comforting. No matter if you are spending the day with someone or finding time to appreciate yourself, this should be a must-make recipe on Valentine’s Day.

For the full recipe, please visit:

<https://www.howsweeteats.com/2015/02/you-totally-need-to-make-this-for-valentines-day-valentines-day-heart-pepperoni-pizza/>

Chinese Heritage Crossword



Down:

- 1. In Ancient China, Soldiers sometimes wore armour made for what?
- 2. Over how many languages and dialects are spoken in China?
- 3. China is home to a cluster of ancient rock pillars called what?
- 5. The Earliest chopsticks were used for what instead of eating?
- 6. Hong Kong has more of what building than an other city in the world?
- 11. What number is lucky in Chinese culture?

Across:

- 4. What number means death in Chinese Culture?
- 7. What animal is it for 2025 in the Chinese Calendar?
- 8. What colour envelopes are good luck in Chinese Culture?
- 9. What is the Chinese national animal?
- 10. Saturday, January 25, 2025 is what day in Chinese Culture?

Black History Month Word Search

Y	L	D	N	A	R	B	E	N	N	O	I	D	A
O	E	I	E	O	R	I	L	M	A	R	L	A	A
L	E	E	L	N	W	K	E	L	I	A	E	L	S
A	E	E	L	I	L	E	L	O	W	N	J	A	A
N	M	A	Y	A	N	N	F	R	A	N	C	I	S
D	O	I	E	A	R	L	E	E	N	A	S	M	N
E	A	R	D	A	A	N	F	N	A	F	I	N	E
J	I	A	A	D	C	N	L	A	A	A	L	N	M
A	R	N	A	E	R	E	L	G	N	L	N	C	N
M	L	C	H	N	R	L	N	A	K	O	B	A	E
E	N	I	D	A	N	I	E	L	I	G	A	L	I
S	L	G	E	T	S	E	B	E	I	R	R	A	C
L	E	S	I	E	D	U	G	Y	A	N	A	A	N
U	L	I	L	L	I	A	N	A	L	L	E	N	N

MAYANN FRANCIS
LILLIAN ALLEN
ESI EDUGYAN
DIONNE BRAND
LAWRENCE HILL
LORENA GALE
CARRIE BEST
YOLANDE JAMES
DANIEL IGALI
K'NAAN