



Macdonald Collegiate

• Newsletter •

September, 2023



A Message from Student Success

Welcome back, MAC! We hope you had a positive transition back to school. September is always a busy month as we readjust from the relaxing summer break. Here in Student Success, we encourage all students to focus on tips and strategies that will help everyone succeed and reach their academic goals this year. Parents, please share these tips with your children to ensure their achievement and overall well-being:

Be organized!

One way to reduce confusion and stress is to use tools and even technology to help you organise your busy schedules. Set alarms, use calendar reminders, digital agendas or planners and make priority lists to help you keep track of your academic and social lives. Make sure to download the **MySchoolDay** app to receive important updates, announcements and upcoming events at MAC!

Sink into a routine!

Routines provide structure and consistency, which helps tremendously with organization, time management and stress management.

Routines also encourage accountability, independence and positive habits.

Set aside an ideal time for homework and studying each day, whether it be after school or after dinner - be consistent!

Communicate & be a self-advocate!

Have actual conversations with people, especially with your teachers.

Let your teachers know if you are having difficulties in your classes, to ask for clarification, to express your needs and to ask for support.

Use your voice to empower yourself and your learning.

Sleep!!

Sadly, summer break is over, as well as the days of waking up at noon (or later!).

Your sleep, specifically getting enough sleep, is directly connected to your energy levels, focus, attention, comprehension and concentration in class. Make sleep a priority and part of your daily routine. Social Media will be there when you wake up!

DOWNLOAD MY SCHOOL DAY APP
Don't miss another event or update!

Students:
Stay connected, view timetables, add notes, sync to your calendar with the app.

Parents:
Get instant access to school links, keep up to date with school notifications, have easy access to important forms and documents!

Simple as 1,2,3.

Canadian & World Studies Department

September 30th is National Day for Truth and Reconciliation, also known as Orange Shirt Day. It is a day for all Canadians to recognize and acknowledge the injustices that Indigenous Peoples have endured, and continue to experience today. The wearing of orange shirts was inspired by residential school survivor Phyllis Jack Webstad, who shared her experiences from St. Joseph Mission Residential School in British Columbia. Here at MAC, all staff and students are encouraged to wear an orange shirt on Friday September 29th.

Wearing an orange shirt represents the suffering of Indigenous People, as well as the continued learning and healing that must be done in order to reach reconciliation. As a nation, we must all work towards a more inclusive, safe and informed society, so that these atrocities are never repeated again.



Terry Fox Run

Terry Fox started his Marathon of Hope in 1980. Our annual Terry Fox Walk will be occurring on Friday September 22, 2023 to show our continued support of Terry's dream of a world without cancer. This year's run theme is #DearTerry. Visit www.terryfox.org to share your message via a handwritten note, drawing, painting, or art piece or to donate. We also invite you to bring in a Toonie for Terry on the day of the walk!



Library Update

Welcome Back from the MAC Library Learning Commons!
-M. Katrivanos (Teacher Librarian)

The library is a central hub of the school that is a warm and welcoming environment for all. It is a favourite spot for many of our students.

Hours of Operation:

Our library is open from 8:30 in the morning, during lunch and after school until 3:45. We are closed for period 1 and period 3 from 1:00-1:50.

Books are available to sign out!



Athletics Update

Macdonald Athletics is excited to be back up and running for Fall Sports. Please follow along on our Instagram page for all Athletic and Intramural information, scores, pictures and highlights throughout the year.

IG Link: [@macdonaldathletics](https://www.instagram.com/macdonaldathletics)



Welcome Back

It has been great seeing our students engaged in physical activity again on our fields, in our gymnasiums, and in our fitness centre. PPL classes will be improving their personal fitness throughout this semester by engaging in various sports and competing in class tournaments for the K, Hunni, TJ, Howe, or Lewch Cups! Our fitness focus students will be working on their fitness through community runs, teacher led workouts, and using the equipment in our amazing fitness centre.

EMA

If you wish to try-out for any teams this year please create an account on TDSB Excursion Management Application. Once your account has been created please select the team you wish to try-out for and follow the on screen steps. If you have any questions please contact the Physical Education Department.

Link to EMA: [EMA Parent Log In](#)



MAC Wear Clothing

If you wish to purchase any Macdonald apparel please click on the link below. We have a wide variety of options available and our site is open 24/7 365. Get MAC Wear today and represent our school with pride!

Online Store Link: [MAC WEAR](#)

Guidance

Students are assigned a counselor when they arrive at Macdonald Collegiate based on the first letter of their last name.

Counselors are available to support students with interpersonal conflicts, educational planning and career exploration.

Ms. Line Brassard Surnames A - I, Z line.brassard@tdsb.on.ca

Ms. Bhanuja Hardeo Surnames J - Ra bhanuja.hardeo@tdsb.on.ca

Mr. Matthew Sheehan Surnames Rb - Y matthew.Sheehan@tdsb.on.ca

Booking a Guidance Appointment

To book a guidance appointment, students are asked to complete the following: [Booking an Appointment](#).

Guidance Google Classroom:

We ask that all students please join their grade appropriate Guidance Google classroom.

Grade 9 class code: [iqd3cns](#) Grade 10 class code: [nim6caw](#)

Grade 11 class code: [nqyiv7b](#) Grade 12 class code: [wb7dazz](#)

Continuing Education - Night School

The [TDSB Continuing Education Secondary Credit Programs](#) offer Night School, Summer School and Saturday International Languages credit courses under the OSSD curriculum guidelines. **Key Dates**

Current day school students must have their course request approved by their day school Guidance Counsellor. Students under the age of 18 also require Parent/Caregiver/Guardian consent. The Parent/Caregiver/Guardian consent form is attached to your course request email.

Math Homework Club

Extra help is available to all students on a first come, first served basis by Mr Hung everyday between 8:25 and 8:55 in Rm 225!



English Department Update

New Course(s): NBE3U & NBE3C

NBE3U/C- English: Understanding Contemporary First Nations, Métis and Inuit Voices

These courses are replacing the ENG3U & ENG3C as the compulsory Grade 11 English credit. The courses are intended to prepare students for the compulsory Grade 12 English courses.

These courses explore the themes, forms, and stylistic elements of literary, informational, graphic, oral, cultural, and media text forms emerging from First Nations, Métis, and Inuit cultures in Canada, and also looks at the perspectives and influences of texts that relate to those cultures. In order to understand contemporary text forms and their themes of identity, relationship, and self-determination, sovereignty, or self-governance, students will study the use of text forms by Indigenous authors/creators from other periods in expressing ideas related to these themes. Students will also create oral, written, and media texts to explore their own ideas and understanding, focusing on the development of literacy, communication, and critical and creative thinking skills necessary for success in academic and daily life.



Business Department Update

It's that time of year that MAC gets back into the DECA action! We will be hosting our kickoff meeting on Wednesday, September 20th after school in Room 130.

DECA is a competition-based club that prepares emerging leaders and entrepreneurs in the fields of Marketing, Finance, Hospitality and Management. Choose from a variety of events that best fits your career interest and skills. New and returning members are welcome, no prior experience is required.

Together, we can prepare emerging leaders for university, college and careers.

Parent Council Meeting! - Wednesday, October 4th, 7pm - Macdonald Collegiate Staff Room