



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

Girl’s Basketball

Amna Khan

Two months into the school year, Mac students are fired up and ready to demolish the sports scene!

Mac’s Girls’ Basketball team kicked off tryouts on Tuesday September 10th, and the energy was electric! The gym buzzed with tension and excitement, as many hopeful players showcased their talent, each athlete eager to represent Mac and be a part of the school’s athletic legacy! The team list was posted shortly after – not an easy decision with all the astounding athletes at Mac! After careful consideration, the final decision included the following sports stars: Alecia Walters, Aquila Sinivasan, Alexiss Turnquest, Aima Jamshaid, Ayesha Qureshi, Brooklyn Basler, Cameron Cheam, Marie Arslanian, Malak Ibrahim, Marwa Shirzay, Maidina Xiaokaiti, Sofia Komi, and Zianna Muhammad.

Our team’s journey began with a thrilling first game against George S. Henry on October 1st where they claimed victory with a score of 57 over 37! This was just the start as they took to the court again on October 8th in a tournament at the PanAM Centre, where once again they reigned victorious. In an intense whirlwind, the team had another game only a day later, on October 9th, where they had their first setback against Lawrence Park. However, they were sure to rebound quickly with an amazing win of 55-37 in the exciting home game against George Vanier. On October 21st they were sure to keep their momentum with a 50-27 win against Earl Haig. Most recently, the team put up a strong fight against Don Mills on October 25th, narrowly losing 32-41, and another unfortunate loss on October 29th. Still, with their unwavering dedication they’re already gearing up to bounce back for their highly anticipated November playoffs.

Each game has been a rollercoaster of adrenaline, bringing the Mac community together in ways that only sports can. Our home games see packed borders along the gym, as students leap at the opportunity to support the team and witness their plays on the court. School spirit runs high, with the crowds erupting in cheers, chanting support, and celebrating each point that brings Mac closer to victory.

I had the opportunity to speak with three of our talented Grade Nine players, Marie Arslanian, Zianna Muhammad, and Malak Ibrahim, who shared their thoughts on joining the team in this new school environment and representing Mac on the court. Their excitement is contagious, and they bring fresh energy to the team, setting the stage for a season filled with determination, teamwork, and school pride.

Amna: Hi! Thank you so much for joining me today, Malak, Marie, and Zianna! Do you guys want to give a quick introduction?

Malak: Hello, my name is Malak and I play point guard on our Mac Varsity Basketball team!

Zianna: Hi, my name is Zianna. I play small forward and point guard on the Mac Varsity Girls Basketball team!

Marie: Hi, my name is Marie Arslanian, and I also play small forward on our Mac Varsity Girls’ Basketball team!

Amna: Perfect! Thank you so much! The first question I have is, how do you feel about the basketball season so far? Any feelings or experiences you would like to share?

Malak: As a point guard, I love having opportunities to lead the team on the court or even set up plays, and it’s great how our team has strong chemistry and everyone is pushing themselves to improve. We faced some tough teams, but that is just making us stronger and I’m looking forward to our next season!

Amna: Thank you so much, and I agree! It’s quite something to see the flawless flow players have on the court, working like a machine! I’m sure Mac students are looking forward to future games as well – many students loved watching you guys this season, it was so exciting! If there was one moment in this season that you would go back to, what would it be?

Marie: If I could go back to one moment from this season, it would be the day our team had an all-day tournament at the PanAm Centre. It was a really exciting experience to compete in such a large recreation center from early morning, allowing us to face different schools throughout the day. Between games, our team also had the chance to bond and make unforgettable memories, especially with our senior players who are graduating this year. I’m looking forward to creating even more memories and celebrating many victories with our team in the years ahead!

Amna: I love that! Team bonding is so important for the way people play and enjoy playing their sport, whether you’re a new or senior player. That’s great to hear!

Amna: This next question is something I wanted to ask, as a fellow Grade Nine student, to get an idea of what your basketball adventures are like. How has this basketball team differed from your experience on teams in the past?

Zianna: This team is different from other teams because there is more energy and competition, which can push you and make you work harder for what you want. I noticed that when other people have energy in a team, everyone’s energy rises, which is better for a team environment. I hope that I can bring people’s energy up and work harder in the following years.

Amna: Absolutely! That’s great, and I love the team spirit I’m hearing from you! How are you guys working to bring this school spirit to Mac through the basketball team? How can other Mac students do this too?

Marie: I’m working to bring school spirit to Mac by playing hard every game, supporting my teammates, and encouraging the crowd to get involved. Mac students can join in by coming to games, cheering us on, and spreading excitement about our team around the school. When everyone shows up and shows pride, it makes a huge difference!

Amna: I bet it does! I love being there to support, and I know everyone else does too! Thank you so much for your time today and good luck with playoffs!

Follow @macathletics for more sport updates!

Girls’ Ultimate Frisbee

Aleezah Abidi

Two months into the school year, we’ve already begun experiencing many sports games — at least, that’s what the frisbee team has to say. I had the honour of interviewing a couple of players from the Girls’ Ultimate Frisbee Team here at Mac regarding this exciting sport: Nicole Casado, Megan Chao, Oviya Ajanthan, Beulah Santhakumar, Deborah Badejo, and Deema al-Hasan. These athletic stars were more than happy to record their experiences and share some tips for anybody interested in Ultimate Frisbee!

Through my interview, I discovered how Ultimate Frisbee is an extremely active sport, with certain designated positions, like the midfielder or the runner. I learned the skills these girls developed through playing on this team, such as a better throwing arm and increased stamina.

So far, the Girls’ Ultimate Frisbee team has played several games against George S. Henry Academy, York Mills Collegiate Institute, and Lawrence Park Collegiate Institute. No matter how many games the team has lost, the girls celebrate their victories and continue to work hard. While doing this interview, they shared: “To us, joining this team is more than the game itself, it’s about the connections and friendships made along the way!” Mac’s Girls’ Ultimate Frisbee team continues to show the importance of endurance, teamwork, and sportsmanship to our school community!



Photo Credits: Victoria Patellis

Sports Column

Senior Boys Soccer

Mac 2 : 0 York Mills
Mac 2 : 0 AYJ
Mac 2 : 0 Vanier
Mac 4 : 3 NBSS
Mac 2 : 0 WLM (QUARTER FINALS)
Mac 3 : 0 NBSS (SEMI-FINALS)
Mac 7 : 0 AYJ (FINALS)

Junior Boys Soccer

Mac 5 : 2 York Mills
Mac 0 : 1 AYJ
Mac 5 : 0 Vanier
Mac 6 : 0 Westview
Mac 2 : 3 LP
Mac 1 : 0 WLM
Mac 1 : 2 Earl Haig (QUARTER FINALS)

Varsity Girls Basketball

Mac 56 : 37 Henry
Mac 41 : 52 Lawrence Park
Mac 55 : 37 George Vanier
Mac 50 : 27 Earl Haig
Mac 32 : 41 Don Mills

Junior Boys Volleyball

Mac 1 : 2 Earl Haig
Mac 2 : 0 Don Mills
Mac 2 : 0 Vic Park

Senior Boys Volleyball

Mac 1 : 2 Earl Haig
Mac 2 : 1 Don Mills
Mac 1 : 2 AY Jackson

Varsity Girls Field Hockey

Mac 2 : 0 Thompson
Mac 3 : 0 Bethune
Mac 5 : 0 Satec
Mac 4 : 0 Wexford
Mac 2 : 0 Mowat
Mac 0 : 1 Birchmount

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School Events

SAC Spirit Assembly

Vishva Sritharan

The 2024 Spirit Assembly was a great success! It featured many amazing performances from our lovely Macdonald bands and showed what Mac is all about – being the best you can be!

Every year, the Student Activity Council and the Heads of Councils work together to welcome the new Grade 9s to Macdonald by hosting the Spirit Assembly. This assembly consists of performances by each club and council as a way to invite new students to join and to advertise themselves. Each year, the Spirit Assembly has a different theme. This year’s theme was the decay of school spirit – how students are no longer participating in school spirit – and it was the job of the SAC and the HOC to ensure school spirit does not fade away.

Two weeks prior to the Spirit Assembly, participants came to school around 7:00 am every day to practice their performance. It certainly required a lot of commitment from everyone, and we’re proud of all of our participants for taking the time to come to school early, even if it impacted their regular schedule.

Jatin Taploo, the President of the SAC, commented on how successful the event was: “Through all the challenges and obstacles we experienced, the spirit assembly was a great success! I’m honoured to be a part of such a resilient, creative and positive bunch of people. I’m very excited about how our next big event, the Holiday Cheer Assembly, will go!”

We hope the spirit lives on in the years to come! Let’s get involved, Mac!



Photo Credits : Tithi Padhiar

Fall Fun

Hannah Emberley

Hey Mac! I don’t know about you, but fall has to be my favourite season by far due to the countless enjoyable activities to be participating in. One of my favourite fall activities is to go apple picking. Dixie Orchards in Inglewood not only offers apple picking but also has a gorgeous pumpkin patch, sunflower fields, corn mazes, wagon rides, hazelnuts, and a huge shop with various goods. Jams, honey, maple syrup, and candy apples are some goods you can find in the shop. Tickets are on sale for only \$6 per person, and any other picked items have an additional charge.

The Halloween Haunt at Canada's Wonderland in Vaughan is another must-see attraction during the fall season for \$44.99 per person. With seven scare zones, multiple haunted mazes, live shows every night, monsters hiding all around the park, and most rides up and running, Halloween Haunt is perfect for a night out with friends or family.

If you are looking for the perfect fall photoshoot moment, a walk through High Park is the perfect time to do it. As the leaves change colours and the weather gets chilly, this is a great way to have an adventure for free.

I hope to see you outside this fall, Mac!



Photo Credits : Kun Hong

Orange Shirt Day

Shivaani Thivakaran

Orange Shirt Day, celebrated every September 30th, is a reminder of the painful history of Canada’s Residential School System and its effects on Indigenous communities. This day encourages everyone to think about the past and how we can participate in reconciliation alongside Indigenous Peoples.

The recognition of this day started with Phyllis Webstad, a residential school survivor. When Phyllis was six years old, she wore an orange shirt on her first day at residential school. It was from her grandmother. Sadly, her shirt was taken away and this act now symbolizes the loss of identity and culture that many Indigenous children experienced during their time in the Residential School System.

Phyllis’s story inspired the creation of Orange Shirt Day in 2013, with the message that every child matters. Across Canada, communities held various events this year, including cultural ceremonies, educational workshops, and gatherings, all aimed at raising awareness about the legacy of residential schools. Engaging with these topics helps foster empathy and knowledge. Indigenous leaders emphasized that while acknowledging this history is vital, it's just the beginning. "Recognition is only the first step," one leader said during a local event, "We need to move toward real reconciliation that addresses the needs and rights of Indigenous Peoples."

As we commemorate Orange Shirt Day, it's a powerful reminder of the resilience of Indigenous Peoples and the importance of healing. Wearing orange not only honours survivors, but also shows our commitment to remembering the past and supporting a better future built on respect and understanding. We hope you showed your support by wearing an orange shirt on September 30th!



Photo Credits : Alphen Tan

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School Events

Post-Secondary Fair

Vishva Sritharan

The Post-Secondary Fair is a new annual fair at Macdonald C.I. where students have the opportunity to talk with representatives from different universities and colleges across the country, and ask any questions they may have. On October 21st, 2024, students had the opportunity to talk with representatives from various universities and colleges, such as the University of Waterloo, University of Toronto, Seneca College, Queen's University, McMaster University, and so many others. Additionally, a presentation was given in the auditorium regarding different pathways students can take, and whether college or university would be a better choice for each individual.

As a soon-to-be graduating student, I found this event extremely helpful for my post-secondary questions, as I was perplexed by the thought of post-secondary education. I had so many questions in regards to fees, residence, program options, co-op, and other details, so being able to talk with a representative from the universities I wanted to go to helped me clear these nagging questions.

Hannah Emberly, also a graduating student, found the event to be extremely helpful to her. When asked about her opinions on the Post-Secondary Fair, she stated, “I found it very useful as I was able to have a lot of time talking to the people at each university and a lot of my questions were answered.”

The Post-Secondary Fair provided many students with more confidence about their pathways after high school, whether they are graduating this school year or not. If you missed the Post-Secondary Fair this year, be sure to attend next year's. You won't regret it!

Parent Teacher Interviews

Yuma Tamai

Parent-teacher interviews can be nerve-wracking for students, as their parents and guardians come to school to discuss their progress and behaviour with teachers. The thought of a meeting focused on them can make any student a little anxious. On the day of parent-teacher interviews, students get to leave school early, while teachers stay behind to meet with parents and guardians and, in some cases, students who choose to join them.

I spoke with a Mac Rep who assisted with these interviews to get a sense of the work involved. Alphen Tan, a Grade 11 student, shared, “I helped set up and made sure everything was prepared for the interviews so everything could run smoothly. I also acted as a secretary, ensuring that parents and guardians checked in at the right time, organized the teachers' meetings, and confirmed that everyone with an appointment had the opportunity to speak with their teacher.”

It must have been a long night for the teachers, Mac Reps, parents, and everyone who stayed behind to make the evening a success. What a team effort!

Grade Nine Curriculum Night

Amna Khan

With October in full swing, it's difficult to believe two months of school at Mac have already flown by! The start of this school year has brought a variety of emotions for students, especially our new Grade 9s, who are plunging into high school life with a mix of excitement, curiosity, and a hint of nerves. This blend of feelings was felt palpably during our Grade 9 Curriculum Night, held on Tuesday October 1st, 2024.

Families and students began arriving at Mac by 6:30 pm, gathering in the auditorium for a warm welcome. As they settled into their seats, the room buzzed with anticipation, as parents and students took in all the new faces and surroundings. Shortly after, our dedicated Mac teachers took to the stage and presented essential information for students embarking on their high school careers. Each teacher introduced themselves, sharing their subjects for the semester and offering a look into the curriculum, setting the foundation for the year ahead.

As teachers presented, they walked students and families through the grading system, explaining the breakdown: around 70% going towards students' work and assessments throughout the year, while the remaining 30% is based on any culminating exams or assessments. Students listened rapturously, taking in details that will be shaping their new learning journey.

Following the information session, students and their families enjoyed touring the school and exploring classrooms where Grade 9s would be creating memories and engaging in valuable learning experiences. Parents enjoyed viewing the many display boards to see what Mac offers and exploring the hallways alongside their kids, before the night ended at 8:30 pm. For many, it was a perfect way to begin their connection to the Mac community.

This year's Curriculum Night truly felt special, a moment that felt like the peak of a roller coaster, showing that we Grade 9s have reached the start of an exciting journey. The evening left a lasting impression with students, parents, and teachers alike, showering in the enthusiasm of a



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