

Sir John A. Macdonald
 “We’ve Got You Covered.”

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 International Women's Day Grade 10 Career Vell All Week	10	11 IDC: Crisis Event Investigation Dive Credit/Co-op Lunch and Learn	12 Spring Conference	13	14
15	16	17	MARCH BREAK			21
22	23 International Day for the Elimination of Racial Discrimination	24	25	26	27 MACC MARCHES Talent Show Jazz Music/Chorus Lunchroom 1pm-2pm	28
29	30	31 IDC: Literacy				

#BellLetsTalk: How Confidence Can Affect Your Mental Health

Valerie Yao

“People are like stained glass windows. They sparkle and shine when the sun is out, but when the darkness sets in this true beauty is revealed only if there is light from within.” —E. Kubler-Ross

Last month, on the 29th of January, the Mac Mental Health Awareness Team, along with Guidance, hosted the #BellLetsTalk event at Mac to promote mental health awareness. For those unaware, BellLetsTalk day is an event promoting mental health awareness and treatment. During lunch, cohorts of Blackscots gathered in the main hall to participate in various activities: some wrote and drew on a paper wall to share positive messages; some captured memories with friends at the photo booth; and some found amusement in coloring and origami.

Jeffery Huang, a senior Blackscot, shared his thoughts on this event: “I hope it helped others to feel supported, included, and safe. One’s confidence is a sign of a mind that has good mental health. Lack of confidence is probably a symptom of being lost.”

Indeed, one aspect of mental health issues that is often overlooked is confidence: the internal cure. While it is important to seek professional help when you feel broken, Crystal Zhang, a senior who’s passionate about psychology, tells us that a psychologist’s job is not to change you, but to help you find a way to change yourself.

So how can someone improve their confidence? Molly Chen said, “I think one’s experience in extracurriculars can improve one’s confidence. Through volunteering I discovered my passion for event planning and empowering youth to become leaders. Also, DECA helped me to improve my public speaking and critical thinking skills. These activities allowed me to find like-minded people and increase my confidence.”

Though you might not be in any clubs or programs right now, don’t feel like you have to stay that way. A great place to start is the clubs within Mac. But don’t join clubs just for the sake of joining. Think about how that activity can change you. Personally, the Philosophy Club helped me to be more confident. I often had trouble expressing myself, but there, I could share my opinions freely and without consequence. It became great practice for communicating with others, thus giving me more courage to talk in daily conversations.

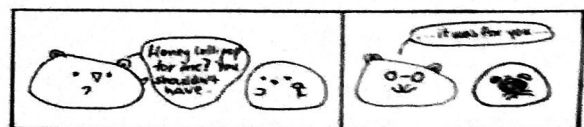
Besides external interactions, your internal strength also matters. You can improve your self-esteem by training yourself to become a master in a field that you love. Jesse June-Jack finds confidence from poetry: “Writing poetry has made me reflect on the diverse complexities of myself, thus giving me confidence that I can approach any situation the same way. A healthy balance of external and internal improvement goes a long way in a person’s life.”

In addition, you need to constantly try to understand and challenge yourself to grow. Aliyah Knestch reflected upon her changes throughout high school: “Upon entering high school, I only had some friends. I was the stereotypical ‘good’ quiet student. I unintentionally set myself apart and created situations where I had no one to talk to. Now, in Grade 12, I’m much more outgoing than I was. This is something I owe to being part of the choir. Singing in front of people, even in a big group, takes confidence. This year, I am performing at the Talent Show, something I would not have done in Grade 9.”

Like butterflies breaking out of cocoons, our highschool choices can take us on a journey of self-confidence and growth. As Taylor Swift sings in “The Archer”—I hated my reflections for years and years [...but now] I see light through me—hopefully someday you can sing this to yourself. me—hopefully someday you can sing this to yourself.

Honey lollipop Comic

Leilani Xue



TDSB Chinese Heritage Month

Nelosha Suganthan

The Toronto District School Board is proud to acknowledge February as the official Chinese Heritage month.

On January 25 of this year, many Chinese-Canadians celebrated the coming of the new year with thrilling performances, delicious meals and lively family gatherings. However, this long held tradition has more to tell than what meets the eyes. Culturally, Chinese New Year is not an individual holiday but rather the height of a much longer celebratory period, commonly abbreviated as the Spring Festival, that welcomes the beginning of a new growing season. It is a time of new beginnings, reincarnation and birth. During this significant holiday, friends and family come together to bring in good luck and good fortune for the coming harvest. 2020 is the Year of the Rat, an animal that represents intelligence, wisdom, and ambition. During this month, the TDSB encourages everyone to celebrate the lively culture and traditions of the Chinese community among those around them.

At our school, MACC celebrated Chinese Heritage Month by hosting their Chinese Cultural Cafe on the 19th. The council invited people to drop by and try out traditional Chinese paper cutting, buy some delicious dumplings and spring rolls, and even listen to a live music performance!

Members of the Chinese community represent more than 9% of the total GTA population. During this month, we should all recognize and appreciate the hard work of people of Chinese ancestry for their contributions in making Canada great.



Photo Credits : Husnaa Ariff



Photo Credits : Husnaa Ariff

School Events

Oodles of Noodles: Noodle Soup to Drown your Sorrows

Gowsiga Srirahulan

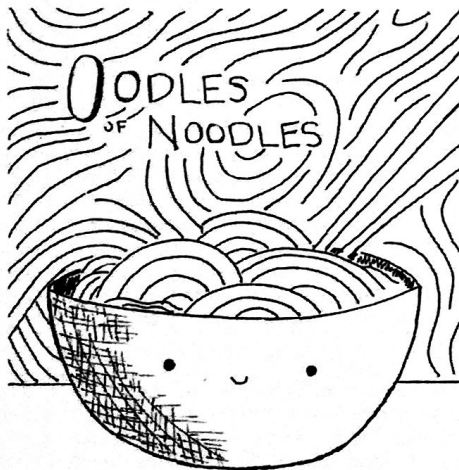
On February 3rd, 2020 — which many remember as the infamous Report Card Day — Music Council hosted another one of its famous Oodles of Noodles sales! Oodles of Noodles is an event run by the Music Council on each report card day to brighten what many deem to be a bleak day. This event is held for all students, from those who wish to celebrate their academic accomplishments to those who want to cheer up and forget about their report card grades. Oodles of Noodles provides a fantastic opportunity to snack and enjoy time with friends and classmates. There were many food items you could purchase, like instant noodles, pop, and even baked goods that were made by the very members of the Music Council! Many students were glad to slurp up those noodles and brighten up or celebrate their day with this amazing event. Be ready to liven up your next report card day by staying tuned for the Music Council's next Oodles of Noodles coming up in April!



Photo Credits : Darmiga Loganathan

Oodles of Noodles

Nikki Guo



Ontario Band Association

Ms. Reeder



Parent Teacher Interviews

Jesse June-Jack

The 13th of February was a particularly chilly day. As Toronto geared for an extreme case of freezing weather and snowfall, students at Sir John A. Macdonald C.I. prepared for a meeting of the minds as parents got to have one-on-one conversations with teachers during Parent-Teacher Interviews.

On Thursday, as school finished at 3:05 pm, the ever-reliable Mac Reps signed in with the council leaders and teachers and proceeded to lift countless numbers of tables and chairs to areas such as the cafeteria, the gym and the library. They also served as secretaries, preparing to welcome the multitude of parents and teachers warmly as 5:00 pm rolled around.

Parents then proceeded to their area of interest according to the subject of concern (or perhaps, for the lucky many, praise) and the time they booked their appointment. Teachers were welcoming in their demeanour and were articulate in outlining what students needed to do to be better in their academics. Translators were also on standby to demolish the language barrier and assist those for whom English is not their first language.

Adrianna Georgiou-Prattas, a Grade 12 student and Macdonald's spectacular student council president offered some words regarding the event. "I think these events are important because it sets a time for parents to discuss matters concerning their child directly to teachers who are more than willing to help and impart advice on how to improve their child's development. As for the Mac Reps, it offers volunteer hours, an opportunity to give back to the community, and ample experience on how to deal with people in an official setting. The youngsters in the lower grades should cherish these opportunities; I know I do."

As the clock struck 8:00 pm, the remaining parents proceeded to leave and the Mac Reps began cleanup duty, working as tirelessly as ants in a colony. The event ended with chairs and tables back in their original locations and the chill of the night awaiting those on their way home.

Anti Valentines Day

Yushan Huang



Rose Sales



Comic Credits : Jenny Yu



Photo Credits : Darmiga Loganathan

Macdonald Sports

Leadership Ping-Pong Tournament

Marian Farra

During lunch on Thursday, February 13th, the Grade 11 leadership class hosted a Leadership Ping-Pong Tournament in the gym. All were invited to come out and compete (so long as you signed up beforehand)! The tournament was held with the purpose of raising awareness for Relay For Life which is coming up in May. The annual Relay For Life event run by the leadership students aims to raise both awareness and donations for the Canadian Cancer Society through a fun and memorable day.

The tournament consisted of about 50 participants who played one-on-one games to determine the greatest ping-pong player. If you won a round, you'd move on and compete against a winner of another game. This continued until one winner remained and was crowned the Mightiest Ping-Ponger, thus winning the grand prize of a gift basket! There were sore losers, happy losers, and one big winner. Despite this, by the end of lunch, everyone could agree that they had fun. One player, Tony Lin, was looking forward to winning the tournament, only for him to realize he still needs more practice. He went on to comment, "You know, I thought I had it in the bag, but it is what it is. I'm just happy I came out and played and got to show off my awesome ping pong skills. I can't wait for the leadership team to host more events like these; they're really fun."

If you're like Tony who finds joy in these events, make sure to tune into announcements and head over to the @macrelay2020 Instagram page to learn more about more upcoming events, how you can help raise awareness for the Canadian Cancer Society, and additional information regarding Relay For Life!

Rock Climbing

Sachi Taploo

Every grade 9 student had the opportunity on the week of February 10 - 13 to participate in a thrilling event: Rock Climbing! All the grade 9 gym classes got the chance to learn how to scale different types of climbs. There was giant's climb, ladders, inchworm climb, ziplines, flying squirrel, rope climb and regular rock climbing. The Rock Climbing event lasted 4 gym classes, beginning on February 10th. As a grade 9, I found the experience exciting but nerve-racking at the same time!

On the first day, the grade 9s met their instructors who are referred to as "tenzings." We learned about the different climbs and parts of the harness. The tenzings told us the rules and informed us of the safety precautions. We learned new terms such as carabineers, which are the metal clips on their harnesses.

During the next three days, everyone got to participate in different climbs. The first climb I attempted was the inchworm climb. It was pretty difficult and I couldn't take my feet off the ground. Meanwhile, some of my friends could climb without breaking a sweat! I got a lot of rope burn, but it was pretty fun trying to get off the ground. My favorite climb was the rope climb because I made it to the top without freaking out. It was really fun to hang up at the top and see the gym at a high level. The climb which scared me the most was giant's climb as the rungs of the ladder were huge and separated far apart. I managed to make it to the 3rd rung without falling and I felt accomplished! The fun part about rock climbing is belaying. Belaying is when 3 people pull on the rope to help the climber go up. I belayed for a lot of climbers and it was pretty easy!

The gym was separated into two halves on the 3rd day. One half contained all the climbs while the other half contained all the swings. I got to go on the zipline and it was pretty fun, but the most exciting part was the flying squirrel! It was quite scary because the belayers pulled me to the top and I had to pull a lever that caused the rope to detach- so I was suspended in air for a pretty long time until gravity slowed me down.

I had a lot of fun rock climbing and it was a great experience. I learned how to put on a harness and I learned so many new things! Rock climbing is definitely worth it!

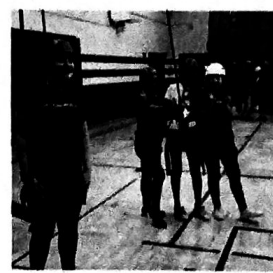


Photo Credits: Ms. Hunnisett

Winter Sports

Mariana Zapounidis

Athletes possess many qualities. They are full of talent, prowess, and unbreakable determination. Macdonald prides itself on its hard-working and astounding athletes, and they did not fail to deliver this winter season.

The Junior Girls Volleyball Team placed Mac as one of the top eight schools of the region after their win against Lawrence Park on January 28 in our home game. They lost the first set to their opponent with a final and very close score of Lawrence Park-23, Mac-25. Nevertheless, the girls shook it off, and won the last two sets by a landslide. The final score of the second set was Mac-25, Lawrence Park-19, and the final score of the third was Mac-15, Lawrence Park-12.

The girls, fueled by their victory, vigorously practiced for the quarter final match against Downsview Secondary School. The quarter final took place on February 5, and was once again hosted at Macdonald. The girls took this new challenge head on, and defeated Downsview in two sets. The final scores were Mac-25, Downsview-23 and Mac-25, Downsview-11.

On February 11, the volleyball girls faced a familiar foe, Lawrence Park, on our school grounds once again. Our team won the first set with a score of Mac-25, Lawrence Park-21. They lost the second set, with a close score of Lawrence Park-21, Mac-25. This did not deter the girls, and they won the last set with a score of Mac-15, Lawrence Park-13.

As of writing this article, the junior team is now in the finals, and one match away from becoming the North Region Champions. This exciting game took place on February 19, and their final opponent was the fierce York Mills. The dramatic climax to their intense season has finally come, and the girls were ready. The first set Mac lost, with a score of Mac-25, York Mills-27. The girls, still filled with determination to claim gold, gave it their all in the second set. Alas, after yet another intense set, the girls lost, Mac-19, York Mills-25. The junior girls volleyball team had a wonderful season, and their efforts were celebrated with a stunning silver medal. Congratulations to the team, you had an amazing season!

Curling is a strategic sport that requires a great amount of precision and coordination. The Girls Curling Team had a game against Victoria Park on February 19 at Bayview Country Club, and Macdonald Blackscotts were victorious! The girls worked hard and beat Victoria Park with a score of Mac-5, Victoria Park-4.

Some people may dismiss curling as an easy sport, but the girls on the team disagree with that notion. I asked Nicole Bian about things that took her by surprise when she was first learning the sport. "From afar," Nicole began, "it may seem like we are randomly sweeping the ice, but a lot of physics and strategy is involved. A lot of technique is involved in every position, and it is as physically straining as the next sport. Also the scoring is a little confusing, but I quickly got the hang of it."

Some may wonder why people chose to join the curling team. Katelyn Wood, a member of the girls curling team, gave her reasoning for joining the team, "I wanted to get more involved in Mac, and wanted to try out a new sport. I was already very interested in curling, and a lot of my friends were deciding to join, so, I decided to do it! I definitely do not regret it at all." Katelyn's statement holds true, as sports are a great way to get involved in Mac!

Laura Cockburn commented about the atmosphere about the team. She stated, "All of my teammates are so hardworking, and very friendly and kind! They're all wonderful people and always manage to encourage me at every game!"

Well done to the talented ladies on the curling team, who put their all into every match they play! Best of luck to all their future matches!

Creative Cancer

Sachi Taploo

At first I was able, at first I was healthy.
But when I saw you, I lost all my immunity.
I thought I was strong, but you made me feel so weak.
In every fool's dreams, it is love that they seek.
You were always there, but I never cared for you.
It was hearing your voice that made my feelings come true.
You were so talented and so alluring.
My love for you was slowly maturing.
Just like a flower my heart was blossoming.
My mind can't understand all this information it's processing.
My love for you was slowly multiplying.
I found ways to make you laugh, not to see you crying.
My head was spinning with thoughts and delusions.
Was this love real or only an illusion?
I told you my feelings, but you walked away disgusted.
Why did I listen to my heart? It was my mind I should have trusted.
I walked home alone and slowly cried.
My heart, like a flower, wilted and died.
I felt so sick and I felt so alone.
I thought love was something set in stone.
My love for you was like a lethal injection.
My pain was spreading like a fatal infection.
You left me and never spoke to me again.
I felt so lonely. My heart was broken.
I tried talking to you, but you couldn't hear my shouts.
My heart was in a cage desperately trying to get out.
I tried to let go, but that made me hold on.
I was in love's game. I was only a pawn.
I fell to my knees and I lost all hope.
Loving you was like walking on a tightrope.
I lost control and fell to the ground.
I tried to scream, but there was no sound.
I closed my eyes and started to cry by myself.
I only loved you and no one else.
My sickness consumed me and ripped me apart.
I fell into love's trap and it broke my heart.

Leap Year Comic

Nikki Guo



If you are born on Feb. 29th,
please go to Mr. Brown's room
(room 115) for a prize!

MACC Talent Show

Ivy Guo



Testaments Of My Skin

Jesse June-Jack

Tomorrow is uncertain. The testaments of my skin
are entrenched softly into the words I have written,
page after page, my ancestors lend me their energy
and I flow, smooth as cocoa butter rhythm,
they lend me their stories, varied and loving,
harsh and contemptuous, golden with life.

I will be judged, either by subconscious negativity,
eyebrows raised when I walk, they will ponder if I am
what the media has been known to portray,
hoodlum with unfit hair, menace and public enemy,
they will flinch with every miniscule fiber of being,
and I will do nothing but laugh.
For the testaments read
that a black person breeds limitless creativity,
and this is true, read Malcolm X and Dwayne Morgan when you have the chance,
watch Denzel do his thing on the silver screen
and Kobe shoot his threes,
we were born with the Mamba Mentality,
it's not a quote, it's a creed.
Pain is present, but never persistent,
we have learned to overcome, and if you must, then judge,
I'm only here to let you know there will always be more to us,
than imperialist thoughts.

Our sisters weave ferocious tapestries
and their voices grow louder, stop and listen,
one can only ignore a tornado for so long
before the winds of change batter the unholy rocks.
They are engineers, doctors, singers, authors,
and most undeniably, they are beloved
they will not be silenced, do not deem them crazy,
they will not let you touch their hair or shorten their names,
they will not let you raise a fist in anger. never again.
They will show the youth, the younger reflections the true beauty hidden
in every Beyonce, Michelle Obama, Toni Morrison, Michelle Jean, and Oprah.
They are more than bodies,
they are golden goddesses walking on land,
let's open our hearts to love them and listen

"But what about you?" they say.
What about me? I am a brother, friend, lover,
son, poet and scholar. I am defined not by prejudice
but by my decision to pick a pen and recreate the emotion left unsaid,
you may hate me for changing the world,
but why would I love you for leaving it the same?
did you think slavery and indoctrinated injustice was ok?
putting children in cages? letting them drown in ships?
it's bleak, I know, but someone's guilty hands did it.
the inhumane silence while my brethren were traded in the early days,
sorry, the "good old days",
the attempts to subjugate us to an unfathomable burden,
the constant desire to run us down to the bone,
just to play the unspoken hero,
it was not ok. this is not ok.
And although it has taken time, and many of us see the light,
I cannot let the testaments of my skin remain silent,
they scream to me, my ancestors,
they beg me to unleash the potential passed down not only by bloodline,
but by the culture,
the music, the passion, the drive, the nurture and nature,
the will to survive. they beg me to thrive.
and I will.
despite all, darkness will not win,
instead
darkness will simply envelop my bone and become its armor,
watch it shine under the radiant sun,
for it is nothing more than the testaments of my skin.