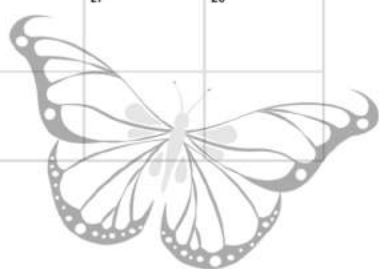


Macdonald C.I.  
 “We’ve Got You Covered.”



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18 Late Start	19	20	21
22	23 Victoria Day	24	25 Late Start School Council Meeting - 7pm	26	27	28
29	30	31				



## April Spirit Week

Jatin Taploo

This year, April Spirit Week began on the 12th of April. Over the course of three days, various event days were held by the Student Activity Council (SAC) to promote school spirit!

I sat down with Judy Zhang, President of the SAC, which collaborated with the Mac Association of Canadian Cultures (MACC) to plan the week: for the short week of three days, due to Credit Recovery and Good Friday, there was a spirit day event daily. Tuesday was White Lie Day, Wednesday was International Pink Day, and Thursday was Formal Wear Day.

Judy exclaimed, “Our April Spirit Week was created in hopes of bringing back the pre-COVID-19 nature of our school! The underlying goal was to provide students with consecutive enjoyable activities that anyone can participate in. Besides, spring is in the air. What better way to celebrate the new season than spirit day events? The SAC set up stations in the main hall to interact with the student body and take photos of everyone's outfits. We wanted to enter the long weekend on a happy note!”

April Spirit week was a very fun week. I enjoyed the various spirit days, and I hope you did too!



Photo Credits : Yilin Luan

## From MEAC

Show you care!



Be careful when recycling or putting things in the garbage:

- Used face masks and fast food waste belong in the **garbage**
- paper coffee cups also belong in the **garbage**

Friendly reminder for teachers to put out their blue bins on Wednesdays as well!

A message from MEAC

Also, thank you to all who participated in our “Upcycling Competition”. Congratulations to the winners!

## Easter at Mac

Afrah Atif

Easter is a religious festival celebrated by Christians to commemorate the resurrection of Jesus Christ. This year, Easter was held on Sunday, April 17th for Non-Orthodox Christians and on April 24th for Orthodox Christians. Most Christians celebrate this holiday by going to church services, spending time with family, giving gifts, and participating in easter-egg-decorating and scavenger hunts. But, what kinds of things do Mac students do for Easter?

A Grade 11 student, Eden Woldeyohannes, shared that she celebrated Easter as an Orthodox Christian. Her parents, who fasted during the Easter Fast, ate on Friday until Saturday from 3 am. to 9 pm. before Easter Sunday. For them, Easter officially began on Saturday at 3 am. Eden also shared that she prayed with her family, followed and enjoyed a meal together before going to sleep. When they woke up the next day, on Easter Sunday, they celebrated by spending time with their relatives.

Mac showed its Easter spirit through Art Council’s school-wide Easter Egg Hunt during the week of April 12th. They hid one egg every morning and posted a picture of it on their Instagram page (@macartcouncil) to provide students with clues for the hunt. The students who found the egg then brought it to Ms. Piperias in room 142 to receive a prize of chocolate. Thank you to our incredibly talented Art Council for running the event.

Eden Woldeyohannes is only one of the many students at Mac who celebrated Easter. We hope that those who did celebrate Easter engaged in rewarding experiences at Easter time.

## EQAO and OSSLT!

Vishva Sritharan

As the EQAO approached, the tension was palpable in the hallways of Mac. To those who do not know, EQAO, or the Education Quality and Accountability Office, is a provincial agency that assesses students in elementary and secondary school in literacy and mathematical knowledge. It is held for students in Grade 3, 6, and 9. The data that the EQAO collects helps the Toronto District School Board analyze the progress of students at a particular school and decide if it is necessary to allocate more resources, teaching staff, or learning activities to that school. This ensures that all schools are provided with the necessary resources to support their students.

In high school, there is both a Grade 9 mathematics EQAO and the OSSLT, which is typically assigned to Grade 10 students. However, due to COVID-19, Grade 10 and 11 students, as well as Grade 12s who are not graduating this year, had to complete the assessment. Due to the unusually large number of students to be tested, the preparation and organization for the OSSLT were especially demanding this year. Thanks to the hard work of Mr. Morrison and the many staff members who contributed their time and efforts, the OSSLT was a success despite all odds.

Students—like Jack Zheng, a Grade 9 student—say that they feel confident about this year’s up-and-coming mathematics EQAO, and believe that they’ll do great on it! However, other students like Alexander Katsoulis, another Grade 9 student, are a bit nervous and feel students should be given more time to complete the evaluation so that they do not feel rushed.

To those Blackscots who completed the EQAO, we hope you all succeeded in your evaluations!

# Sports and Events

## Boys Hockey Team

Todd Ash-Duah

For years, Mac has always prided itself as a great school, both in and out of the classroom. As you know, due to the pandemic, we didn't get to see any of our beloved sports teams in action last year, including our varsity boys' hockey team.

But, this year, our boys were back! And they were back in full force.

The boys played six games during March and April and demonstrated supreme talent, work ethic, teamwork, and leadership throughout their season. Many players on the team were super excited to play with their teammates and represent the school. One of these players was Ethan Johnson, a Grade 12 student-athlete who also plays hockey outside of school. He said, "It was good to be able to play with my school friends again and we had a lot of fun. It was a great season."

Ethan also gave a big shoutout to Mr. Wynn-Williams, who took over for Mr. Karellas as the head coach of the team: "Me and the guys are so grateful for Mr. Wynn-Williams for stepping in and coaching us this season, even though he didn't have to. We really appreciate everything he did for us."

Our squad was able to rack up wins, including a big 5-2 win over Agincourt Collegiate on April 4th, as they made a run all the way to the City semifinals. Although they came up just short, they displayed heart, resiliency, and faith in each other throughout the way.

Thank you to all of the graduates who represented Mac Hockey over the years and to Mr. Wynn-Williams for doing an excellent job coaching the team this year. And, to the freshman, sophomore, and junior players, thank you for your contributions and we can't wait to see you guys in action next year! Let's go, Blackscots!



Photo Credits : Todd Ash-Duah

## Waterloo Contests - What About Them?

Jatin Taploo

The month of April marked not only the beginning of Spring, but also the beginning of mathematics competitions. Every April, Pascal (Grade 9), Cayley (Grade 10), Fermat (Grade 11), and Euclid (Grade 12) math contests are hosted by the University of Waterloo. Each contest is named after a famous mathematician who brought major contributions to the world of mathematics.

I sat with Vincent Zheng, a Grade 9 student who took the Pascal contest. He said that the contest was "a great way for one to be challenged and to excel in mathematics." Vincent prepared for the Pascal by practicing past contests. He described that it felt "mildly stressful," and explained, "It was quite an experience as it was my first mathematics contest. The stressful part was the last five questions in Part C, as it was composed of complex equations and sentence structures."

Vincent said that he hopes to take the Cayley next year. He added, "Furthermore, it also looks great on my resume and allows me to challenge myself for the future years, allowing me to understand and comprehend mathematics better."

I interviewed another student, Arian Seddighpour, a Grade 12 student. His preparation style for the Euclid was slightly different. He said, "I did not prepare for this contest at all due to being overwhelmed with my other assignments and tests. In a way, my studying for my math test was sort of its own Euclid preparation. Though, I did look at a few questions the day before the contest."

His experience was also quite positive. He said, "I was not nervous at all even though I most likely had the least preparation among my friends. In general, I found the contest to be fun. The questions were new compared to what I have been learning and it felt like a breath of fresh air."

As a Grade 12 student, Arian recommended this contest: "One of the best pieces of advice I can give to the younger students is to participate in school activities as much as possible, be it clubs, councils or contests. [Contests] allow students to test their knowledge and learn a thing or two. Besides, it is just nice to have these contests in their application form for when they are applying to any university."

I had a wonderful time speaking with Vincent and Arian. I have now grasped how these mathematics contests work. If you, too, are interested or curious about taking them, registering, or viewing past contests (with solutions), please visit:

[https://www.cemc.uwaterloo.ca/contests/past\\_contests.html](https://www.cemc.uwaterloo.ca/contests/past_contests.html)

## Mac's Badminton Team

Megan Eng

Coached by Mrs. Hunnisett and Mrs. West, the co-ed badminton team put on a dominating performance against Emery Collegiate Institute, ending the day undefeated in all ten matches.

I was able to speak to a few players about their experience on the team and I first asked why they tried out for the team. Grace Whitley, a Grade 12 student, wanted to "improve [her] skills and meet other like-minded players." She said that participating in the badminton intramurals sparked her interest in trying out for the Badminton Team.

Grade 10 student Ben Whitley discussed playing with his sister, Grace, in preparation for the upcoming tennis season. He also added that "[his] father used to play badminton in high school, which encouraged [him] to try out."

When discussing moments in the season that stood out to them, both Grace and Grade 11 Janessa Rowe agreed that playing at Havergal College, a boarding school in North York, was one of the many highlights of the season. Grace said, "The school had amazing facilities and despite losing, our team played very well for our first match."

Grade 10 student Ricky Chen mentioned the early morning practices, recalling that "sometimes [he] finds [himself] looking more forward to the practices than the games themselves." He added, "It's fun to rally with friends and practice my badminton skills."

Aathirai Jeyamohan, a Grade 12 student, said that getting to learn new things every time she played was one of the best parts of being on the team. Ricky and Janessa added to Aathirai's comments, mentioning the "very friendly" environment, and that it was great to meet new people and improve their badminton skills.

I also got the chance to ask for a few pointers for those who have never played before. Janessa recommended "keeping the racquet up at all times." Grace discussed the importance of "staying light on your feet." She said, "By staying light and nimble on your feet, you will be able to respond faster to oncoming shuttles, particularly short ones."

As for next year, Saralyn talked about joining the team again because she enjoyed playing badminton this season and that it's "a great way to have fun during [her] free time." Ricky agreed, adding that "it's really been a pleasure to be a part of this team."

We wish the best of luck to all athletes!



Photo Credits : Saralyn Guo

# Five Days of Freedom: Part 1

## Mac In Action's Five Days of Freedom: Refugees and Homelessness

Jatin Taploo

During the week of March 28th, Mac in Action (MIA) organized the Five Days of Freedom event with four other councils at Mac to discuss and teach an important topic related to freedom. The first day was hosted by MIA itself. In this meeting, they discussed the heavy and very current topic of refugees and homelessness. In the wonderful and informative slideshow, the presenters discussed various topics surrounding homelessness and refugees.

In the first part of the presentation, they explained various elements of homelessness, such as chronic, episodic and transitional homelessness. They also discussed what Canada is doing to help the homeless, as well as the causes and effects of homelessness. After this section, I learned that Canada gives a lot of aid to the homeless and that close to 235,000 Canadians a year experience homelessness.

Moving forward, the second and last section was dedicated to refugees. Attendees learned about some terminology, such as refugee, asylum seeker and Internally Displaced Person (IDP), and discussed the refugee crisis in the last decade. In addition, participants followed along with a case study about a young man named Shahid from Aleppo, Syria. They discussed the real-life effects of war and the experiences of refugees.

The presenters also introduced a game of Jeopardy that wrapped up both sections of the presentation in a light and fun fashion.

Sachit Duphare, MIA's In-School Coordinator, shared how they chose the topic of Refugees and Homelessness: "Five Days of Freedom talks about social injustices all around the world. For this year's topic we looked into one that was affected the most by COVID-19, and one that is seen every day — but is not really talked about despite seeing it almost everywhere."

He also discussed the organization behind Five Days of Freedom: "The MIA senior coordinators called a meeting with the heads of the participating councils, which is where we all, as a group, decided which council would be presenting their selected topics. After the coordination meeting, the councils took the matters into their own hands, arranging their Five Days of Freedom Event for their specific day."

As you can see, the organization of the event(s) itself was a meticulous process. Overall, the presentations and presenters were wonderful; hopefully, you can attend MIA's insightful Five Days of Freedom presentation next year!

## GSA's Five Days of Freedom: Hardships Faced by the LGBTQ+ Community

Vishva Sritharan

During Five Days of Freedom, Mac's very own Gay-Straight Alliance (GSA) taught and informed students about the hardships that members of the LGBTQ+ community encounter. Their presentation was incredibly informative and engaging, even grasping the interest of participants by incorporating a "Kahoot!" at the end.

The presentation brought up several issues that LGBTQ+ people have faced in the past, such as the conviction of approximately 100,000 gay men between 1933 and 1945 by the Nazis. They forced these men to wear pink triangles to represent and mock their sexuality.

Additionally, we learned about the raids and protests which occurred with the LGBTQ+ members, such as "Operation Soap", a raid led by Toronto policemen against four gay bathhouses. They also discussed the Stonewall Riots, a series of protests that took place on June 28th, 1969 in response to a police raid on a gay club named The Stonewall Inn. These protests served as the foundations of many gay civil rights acts.

Something that was shocking to hear about was the practice of Conversion Therapy, which is the attempt of converting a person's sexuality. What is

important to note is that this practice was used until recently! In fact, the practice was banned in Canada in 2021 — just last year!

The presentation also brought prominence to Marsha P. Johnson, who was an African-American transgender woman and gay liberation activist. She was an instigator of the Stonewall Riots.

Near the end of the presentation, a "Kahoot!" was held to test our knowledge of the information presented. The game was very competitive and created a great opportunity to reinforce the content of the presentation!

We thank the GSA committee for compiling a wonderful, informative, and interesting presentation for the students at Mac for the Five Days of Freedom event! Remember, always respect a person's identity and preferences!

## Mac News' Five Days of Freedom: Freedom of the Press

Selena Sarwari

Mac News' Five Days of Freedom event was called "Freedom of the Press", which surrounds the notion that people from around the world have the right to share news and opinions without government manipulation or censorship. This topic is so important because it allows people to access accurate information and allows citizens to hold governments accountable.

When asked why Mac News chose this topic, Karen Mitro, Sr. Editor-in-Chief of Mac News, stated, "Freedom of the press is an important topic for students to learn about because we are very immersed in media. The media is such a powerful tool with major influences on our perspectives, actions, and decisions. As we develop and make our way into the world, we need to be increasingly aware of our rights to accurate, unbiased information through freedom of the press."

Mac News members held two games during their hour-long online seminar. They began with a brief informative slideshow introducing the club and freedom of the press. During their presentation, a Mentimeter activity enabled students to interact and answer questions related to the presentation. Students who attended the event were able to enjoy themselves while also learning more about freedom of the press.

The second game was called Codewords. Similar to Battleship, participants were split into two groups. During this game, each team's "Spymaster", who knew which words would earn their team points, gave one-word hints to help their team choose a certain word and earn a point!

Students enjoyed Codewords immensely. It increased participation among the students and helped them understand key terms related to Mac News' "Freedom of the Press" event. In addition, it also allowed students to experience a lack of freedom of the press and restricted communication, as they are only given a one-word hint.

Samuel Ajoboye, a Grade 9 student, says he thoroughly enjoyed the games, especially the team-based ones. He found them to be very interesting and a great way to learn during the Five Days of Freedom event. He thought the games allowed students to interact with each other as well as learn more about Mac News as a whole.

Overall, Mac News' Freedom of the Press event was a highly enjoyable and informative seminar. Students agree as a whole that the event was fun and interesting. Mac News' Editors-in-Chiefs were proud of the presentation, saying it was a success with "a lot of people, a lot of engagement, and a lot of interest from participants!"

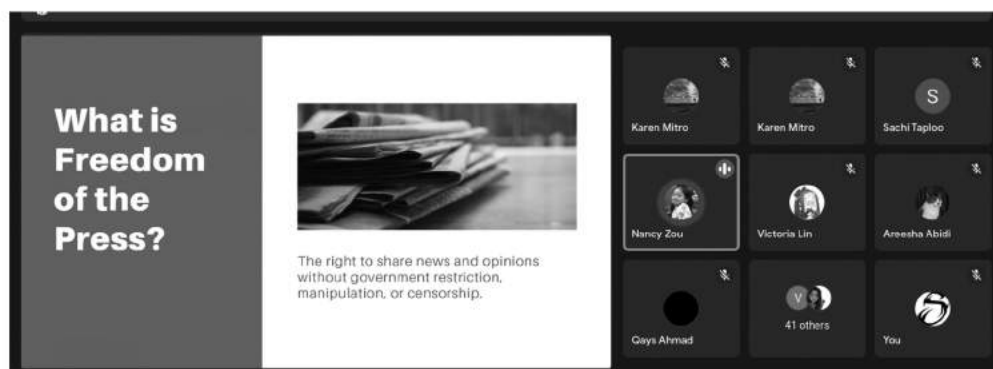


Photo Credits : Selena Sarwari

# Five Days of Freedom: Part 2

## MACC's Five Days of Freedom: Oppression Against Indigenous Peoples

Todd Ash-Duah

Over the last few decades, Canada has become extremely well-known for its multiculturalism. Hundreds of thousands of people from around the world come to Canada every year to seek a better life for themselves and their families. Unfortunately, there's a group of people who have been targeted here in Canada for many decades and are still discriminated against to this very day despite living here for centuries.

On the fourth day of Five Days of Freedom, the Macdonald Association of Canadian Cultures (MACC) put together a presentation showcasing the many problems that Indigenous people still face on a daily basis. During the presentation, students learned about how Indigenous people are oppressed and how the odds are constantly stacked against them.

### Mental Health and Suicide Rates in Indigenous Communities

Photo Credits : Todd Ash-Duah

One of these problems is the water crisis. Many First Nations communities have been deprived of clean drinking water, as the water is usually often contaminated, hard to access, or at risk due to faulty treatment systems. The number of water-borne infections in First Nations communities is 26 times higher than the national average. The Council of Canadians, a non-profit organization in Canada, has made efforts to counter this and help bring clean drinking water on First Nations reserves.

Another topic that the MACC shed light on is the mental health and suicide rates in Indigenous communities. In a survey done in 2020, six out of ten Indigenous participants reported that their mental health had worsened since the start of physical distancing. Furthermore, MACC shared that, in another study, research revealed that the suicide rate is 35 per 100,000 for First Nations females, which is shockingly high compared to 5 per 100,000 for non-Indigenous females.

Thank you to MACC for spreading awareness on the topic of Indigenous oppression in their informative presentation. MACC discusses many similar subjects about multiculturalism, so if you want to learn more about issues like this and stay updated on future MACC events, be sure to follow @maccdiversity on Instagram.

#### Sources:

<https://www150.statcan.gc.ca/n1/pub/45-28-0001/2020001/article/00035-eng.htm>

<https://storymaps.arcgis.com/stories/52a5610cca604175b8fb35bccf165f96>

<https://www.culturalsurvival.org/publications/cultural-survival-quarterly/combating-suicide-amongst-indigenous-peoples-interview>

## Mac Health Council's Five Days of Freedom: Friday Bowling

Lia Sayegh

Mac In Action hosted a marvelous week of raising awareness for pressing problems with Five Days of Freedom, and Mac's Health Council certainly ended things with a bang. When predicting what the seminar would be about, never in my wildest dreams would I have thought it would involve interactive bowling incorporating an ingenious twist.

Friday's event brought attention to the inequality of opportunities and accommodations within our society. Before participating in the event, students were given a "handicap" which presented certain rules they would have to follow. The handicaps and their corresponding rules were as follows: working-poor meant bowling with your non-dominant hand, being a Senior citizen meant bowling blindfolded, living in Northern Canada (specifically as an Indigenous person) meant bowling at a farther distance, and living in a third world country meant bowling backwards.

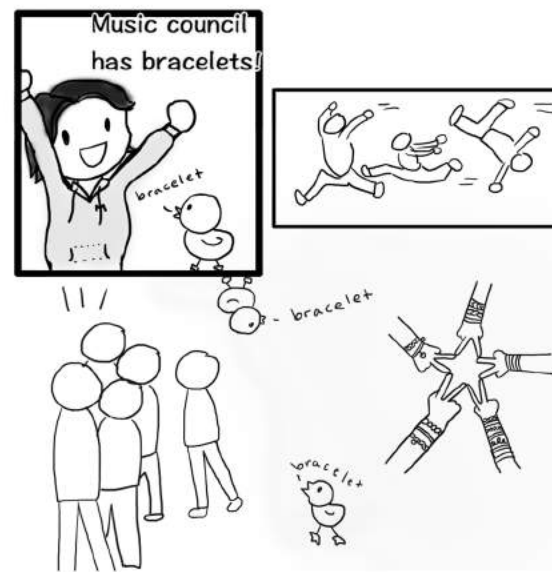
When students were given their handicaps, they experienced many failures. Due to the difficult conditions, it was rare to see students knock down even one

pin. But, the activity did not stop there. The pins that the students targeted were all labeled with essential nutrients for the body. The pins knocked down represented the nutrients that they hypothetically consumed, but the pins still standing were the ones they hypothetically lacked. This created a strong representation of the inequalities many people face and are not accommodated for. For example, the students who had to bowl from a distance were lucky to even knock a few pins down. This directly translated into the real world, as it is difficult for First Nation Peoples to get the nutrients they need.

After witnessing this powerful seminar, I asked some of the participants their opinions on the matter. Grade 9 student Nicole said, "It was a way for students to learn about nutrients that we don't usually get to know about". Ella, who is also in Grade Nine, responded that "they portrayed handicaps very well. You were able to see what it feels like to have these disabilities". Melina Smilis, the president of the Health Council, also shared, "We really wanted to show the imbalances in the world and how nutrients affect people."

The participating students were handed ballots to enter in a draw to win gift cards. This entire seminar was done exceedingly well with a great amount of enthusiasm and participation, bringing awareness to the real challenges that people face. This final event left the Five Days of Freedom participants with a strong reminder that there are people less fortunate than us and that it is our responsibility to advocate and increase awareness about them.

## Music Council Bracelet Sales



Comic Credits : Victoria Lin



Photo Credits : YiLin Luan

## Sikh Heritage Month

Brandon Feng

Approximately 600 years ago, Sikhism was formed and derived from the existing religion of Hinduism. Its origins can be traced back to modern-day Pakistan. For over a century, Sikhs have made significant efforts to help Canada as a country develop in several fields. In honour of these contributions, the Toronto District School Board (TDSB) was the first board in the nation to dedicate a month to Sikh heritage. This April, schools across Toronto celebrated TDSB's 6th annual Sikh Heritage Month, a board-wide event of commemoration and acknowledgement of the Sikh people.

Every year, the board adopts a different theme for the Sikh Heritage Month event. Last year, the theme was Growing our Future: The Legacy of Sikh Farmers. This year, Come to Learn, Go to Serve; the Goal of Education Is to Serve Humanity was chosen as the theme.

For many Sikhs, education is considered a fundamental aspect of individual development and the concept of perfection. It is viewed as a tool that brings out the best in one and aids in one's progressive development through life.

The TDSB put together many projects surrounding Sikh Heritage Month. Weeks of informative events were rolled out by members of the board, including artwork, presentations, contests and more – which can currently be found on the TDSB website! Here at Mac, we helped to spread awareness and appreciation of Sikh heritage through our bulletin board that depicted a number of contributions made by Sikhs to Canadian history.

For more information, please refer to the Sikh Heritage Month Twitter account run by the board: @TDSB\_SHM.