



# MAC NEWS

May 2024

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

SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4	5	6	7 MIA BBQ Friday Night Lights Wellness Day	8
9	10	11	12	13 Athletic Banquet - 6 pm	14 Library Books Due	15
16 Father's Day	17 Moratorium	18 Moratorium	19 Exam Day	20 Exam Day	21 Exam Day National Indigenous Peoples Day	22
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## Victoria Day Weekend

Jatin Taploo

After a long, tireless, and inevitable wait, the weather is looking up and the flowers are blooming yet again. During the month, we celebrated Victoria Day, the celebration of Queen Victoria’s birthday, on May 20th. The statutory holiday is celebrated on the last Monday before May 20th to honour her.

This year, Victoria Day was observed on Monday May 20th, 2024. Students at Mac were given the day off, and many students had a lot to say about what they did with their free time.

I spoke with Vishva Sritharan in Grade 11. He says he carried out multiple activities on this day: “I used Victoria Day as a catch-up day for all of my school work. While I did not finish everything, I still got plenty of work done. Near the evening, I hung out with my friends and we went biking, and once it got dark enough for people to put out fireworks, we watched at a nearby park.” He also set off fireworks and celebrated with his friends.

Victoria Day was the last long weekend in our school year. How was your Victoria Day Weekend, Mac?

## Orthodox Easter

Sophia Avakian

As children, we grew up believing that Easter meant egg hunts, chocolates, the Easter bunny, family feasts, and the occasional pocket money from relatives.

As many get older, they grow up to find and discover Christianity for themselves. Through this comes the understanding that Easter is not about the money or the amount of chocolate we receive, but the man who died for us thousands of years ago and was resurrected just days later, Jesus Christ.

Depending on one’s cultural and ethnic background, their practices leading up to Easter may vary; however, all Orthodox Christians fast for 40 days beforehand. The Orthodox fast is centred around what one can and cannot eat. For instance, Orthodox Christians are not supposed to eat meat and animal products, dairy products, or olive oil, while also abstaining from alcohol consumption. However, fruits, vegetables, grains, and shellfish are permitted.

Additionally, there are numerous church services leading up to Easter, particularly the week before, which is known as Holy Week.

Each service is meant to recreate key moments in Jesus Christ’s life before His death and resurrection. The final service, which takes place at midnight on Easter Sunday, is when Orthodox Christians from around the world gather to receive the Holy Light from Jerusalem. It is said that this Holy Light is different from natural fire as, for the first 33 minutes, it does not burn those who touch it.

When families and loved ones get together to celebrate Easter, there is normally a feast with specially dyed red eggs on the table. Orthodox Christians try to crack one another’s egg as one person says, “Christ has risen” and the other responds, “Truly He has risen.”

Overall, Easter is a reminder of God’s love for His children and our love for one another. It is a time of renewal, a time of forgiveness, and a time of celebration.

## University May Rounds

Brandon Feng

As May comes and goes, so does a time of eager anticipation from our 2024 graduating cohort. The last two weeks of this month have seen countless offers rolled out from various Ontario universities, many of which will make up the last official round of decisions for the future classes of 2028/29.

A recent poll asking where our Grade 12s were headed after graduation (involving 34 students) concluded with a rough estimate of 88% seeking to pursue a university education. With this number in mind, the vast majority of this year’s soon-to-be Blackscot alumni experienced a flurry of excitement and anxiety as they awaited their results.

To the Class of 2024:

On behalf of Mac News, I want to congratulate all of this year’s graduates for all the hard work and dedication you all put in throughout the school year. Without a doubt, the process sure wasn’t easy, but as we near the end of the second semester, we hope you have seen your efforts pay off.

It’s important to remember that we still have one more month of school before our high school careers come to an end. Keep working hard to keep your grades above the conditions outlined in your offers, but make the most out of your last weeks at Mac.

Looking forward, it’s important to remember to submit the correct information and to complete the required steps before their posted deadlines. Things such as residences, roommates, course selections, etc. are best done in advance to avoid technical issues and compromises. Wherever you end up, everyone at Mac News wishes

## SAC Annual Elections

Jatin Taploo

After tireless campaigning and competitive speeches, the votes are finally in! The SAC's election for their new Senior Vice President has come to a close. Sahra Omar, Grade 11, won the election and will be the new Senior Vice President next school year.

We also congratulate Demetri Georgilas and Terry Li and thank them for their hard work and for joining the SAC. We look forward to working with them all and creating a memorable year for the student body to remember for years to come.

Further updates on the future SAC and current SAC spirit days can be found on our Instagram page, @blackscotpride, and can also be heard during our announcements every morning!

## Health Council's Detox Dinner

Vishva Sritharan

Cell phones have become an integral part of our lives. As a source of entertainment, a platform for instant communication, and a tool for productivity, they make our lives a lot easier. However, they also cause many problems in our lives. One key problem -- specifically for teenagers -- is cell phone addiction, and it's at an alarming high.

The National Institute of Health (NIH) stated that almost 95% of the American population owns a cellular device, 77% of which own smartphones. According to Statistics Canada, 85% of the Canadian population under 30 own a cell phone. Researchers discovered a directly proportional relationship with suicidal ideation, anxiety, and depression with cell phone usage. In addition, cell phone usage proved to have a negative correlation with academic performance.

To combat compulsive phone-use/addiction, the Mac Health Council hosted the Detox Dinner event. At the Detox Dinner, participants were placed into groups, where they played many fun games and tried to achieve the most points possible. The games consisted of cup stacking, yoga, pictionary, karaoke, and many more. At the end of the event, all of the participants went to the cafeteria. There, they enjoyed their choice of chicken souvlaki, pork souvlaki, or falafel for the main course with a delicious side of salad and watermelon! Afterwards, the participants gathered together to see who won the Detox Dinner event. A video was played showing all of the photos taken throughout the year in the Health Council. To conclude the event, a few mini-games were played with everyone.

So, how does this combat compulsive phone-use/addiction? Well, the key idea in Detox Dinner was the restriction of cell phone usage! Every participant and executive had to stash their phone in their bag. This made it so that participants were involved with the games and with their group members.

Interviewing participants, they seemed to have truly enjoyed the event. When asked what their favourite part of the Detox Dinner was, they shared the following positive responses:

"I found the games very fun and inclusive to all kinds of people. The number of games was perfect, without being too much or too little. Also, the food was delicious!" - Jatin Taploo

"Wow, what can I even say? This event exceeded everyone's expectations! I think a lot of people missed out by not coming. My favourite part had to be winning the Amazing Race with my teammate Brandon Feng. We were the underdogs, with only two people on our team, but we still came through with the win. S/O to Eftihia and Victoria and the hard work of the entire Mac Health council!" - Jacky Zheng

"The Amazing Race game was so fun, I hope we get to play again next year. It was so much fun to rush around and follow the clues. My favourite had to have been the karaoke clue, where we rushed to the auditorium and performed to an empty crowd. The Health Council exec cheered me on while I sang my heart out! I would totally do it again next year, and I recommend that everyone does as well. Well worth your money and time, I didn't think about my phone once!" - Sahra Omar

The Detox Dinner event was a thriving success. Thank you to the Mac Health Council for the wonderful event. We can't wait for another one next year! Health is wealth!

## Macdonald's PROM

Corina Neculau

As the school year draws to a close, excitement builds around the event every grade 12 student eagerly anticipates: Sir John A. Macdonald's prom. This year's theme, "Elegance Unmasked," promised a night of enchantment and mystery with its sophisticated masquerade theme, and it certainly delivered! The event took place on May 30th at Parkview Manor and was truly unforgettable.

As students arrived, they strutted down the red carpet and were welcomed by a beautifully decorated venue that perfectly matched the masquerade theme. The evening began with hors d'oeuvres and a delicious dinner as the class of 2024 reminisced about their past four years through heartfelt presentations and speeches. The rest of the night was filled with lively music and dancing, as students showcased their best moves on the dance floor. Laughter and joy filled the air as friends gathered for photos, capturing memories that will last a lifetime.

Ethiopia, a grade 12 student at Mac, expressed her enjoyment of the evening, saying, "The music and lights were perfect and set the tone for the rest of the night. Prom gave us a chance to let loose and have fun despite all the chaos that comes with being a grade 12 student."

This was definitely a night for the books, concluding a remarkable chapter for the graduating class of 2024. A special thanks goes to Ms. Georgiou and the Prom Committee for arranging this magical event.