

MAC NEWSLETTER

Principal: H. Vokas

Vice Principals: C. Morrison, L. Pagnotta



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Admin Team News

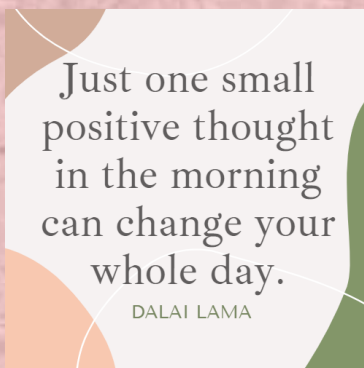
Welcome to May!

It's that time of year when we really start to enjoy the wonderful springtime weather. Our students are taking full advantage by getting outdoors at lunch, playing sports on the back field or simply going for a walk around the neighbourhood. With the literacy test and midterm report cards behind us, we have approximately eight busy weeks of school left. Spring athletics and intramurals are well underway as is planning for the prom and graduation. We invite all parents/guardians to our final School Council meeting on Wednesday, May 25th at 7:00pm. Hope to see you there, until then, enjoy our May newsletter.

CMHA Mental Health Week

This year, Mental Health Week occurs from May 2nd - 8th. If you or someone you know is struggling with mental health, we encourage you to seek out support and assistance from our Guidance department. They are here to help.

This year, the [Canadian Mental Health Association's](#) theme for Mental Health week is #Get Real about how to help. An awareness that empathy is what is most needed to help those who are struggling...be there, listen, see the world through their eyes.





Canadian Mental Health Association
Mental health for all



Association canadienne pour la santé mentale
La santé mentale pour tous



100 years of community
ons dans la communauté

CMHA Mental Health Week
May 2-8, 2022

La Semaine de la santé mentale de l'ACSM
du 2 au 8 mai 2022

#GetReal
mentalhealthweek.ca

#ParlerPourVrai
semainesantementale.ca



This is empathy.
C'est ça, l'empathie.

Valedictorian Nomination Process

Information about the Valedictorian nomination process has been posted in the Grade 12 Guidance Google classroom for graduates to access. The nomination window is open from 8:30am May 2nd to 3:30pm May 6th. Graduating students wishing to nominate a fellow graduate must follow the nomination process outlined. Updates will be made through the month of May regarding valedictorian speeches and voting. Graduates, stay up to date by visiting the Grade 12 Guidance Google Classroom.

Mrs. Pagnotta

Centre for Immigrant and Community Services (CICS)

The Centre for Immigrant and Community Services has several workshops available during the month of May for both parents and students. Check out their [May Calendar](#) for a listing of the various workshops offered in English, Korean, Dari, Russian, Ukrainian, Cantonese and Mandarin.

Mrs. Pagnotta

Music Night is Back!

Macdonald music students are excited to host the **Spring Music Concert** scheduled for **May 26, 2022** at **7pm** in the Macdonald Auditorium and the cost is \$5.00. Students have been practicing very hard by preparing an array of pieces. The night boasts performances from three string orchestras, the concert band, the choir, soloists and small groups. Students will perform music from multiple musical eras, such as Gustav Holst's "St. Paul's Suite Mvt. 1" and Lin-Manuel Miranda's "Moana". The music department is also hosting a book contest in collaboration with **HarperCollins Canada** who has kindly donated gift bags filled with popular books from their 2022 catalog. Students are excited to share their music with you and hope that you will join them for their exciting event in celebration of music at Macdonald.

This past month, students from the Music Council worked very hard to prepare for the "**Lucky Charms**" bracelet sale, which ran during lunchtime in the main hall. The Macdonald Music Council met regularly to make bracelets by hand. Students enjoyed creating the jewelry and are excited to donate the funds that they earned to the **MusicCounts Charity**, a music education charity that supports inclusive, sustainable and accessible music to youth across Canada by providing instruments, resources and equipment.



This past year, Macdonald students have performed for the Remembrance Day Assembly, Holiday Cheer Assembly and are looking forward to providing the music for our upcoming **Commencement** on **June 28, 2022**. The vocal class enjoyed putting on their very first Talent Show where students volunteered to share their musical gifts. They also enjoyed putting together a Secret Santa event.



Music students have persevered through the pandemic restrictions and are so excited to perform in a public setting once again. We hope to see you at our upcoming concert on **May 26, 2022** at **7pm** in the Macdonald auditorium.

Ms. Reeder

SAC News

We are finally entering the month of May - the second-last month of the school year, the month of spring, and hopefully a month of smiles at Mac!

April was a special month for the SAC; we hosted our annual Spirit Week! On Tuesday, April 11, we hosted White Lie Day. A white lie is a small, harmless and funny lie that you can tell about yourself. A station was set up in Main Hall for students to write white lies, which were then taped onto their shirts. On Wednesday, staff and students wore pink clothing to stand against bullying for International Pink Day. Finally, Thursday was Formal Attire Day. Instead of sweatshirts and sweatpants, we wore business casual clothing to school. We hope everyone enjoyed participating in Spirit Week as much as we enjoyed hosting it! Thank you for dressing up.

The SAC also worked with the MACC to recognize Hispanic Heritage and Sikh Heritage throughout the month. Bulletin boards in the school were filled with information and images regarding their history, culture, and contributions. In May, we will focus on Asian Heritage and Jewish Heritage. Stay tuned for our heritage announcements and the same bulletin boards to learn more.

To match the warm and classy feeling of May, the two spirit days we will be hosting this month are **Culture Day** and **Era Day**. Macdonald is proud of our diverse population and what better way to celebrate this than by dedicating a day to wear clothing that represents our own cultures? Era Day is also a unique spirit day that invites staff and students to style themselves as if they were from the 1990s, 1980s, 1970s...and so on!



Lastly, with the help of our staff advisors, we will be continuing Question of the Month to hear back from the student body. We are approaching the end of the school year, but the SAC will always have activities in store! Follow us @blackscotpride on Instagram to stay updated.

May the odds be ever in your favour.

*Judy Zhang
SAC President*

Guidance News

SUMMER SCHOOL

Are you still confused about the various summer school courses? Here is a [comparison chart](#) to help you.

CONTINUING EDUCATION SUMMER SCHOOL

Registration for Summer School in July (in-person and remote along with credit recovery) will open May 5. For more information click [here](#).

CONTINUING EDUCATION E-LEARNING SUMMER SCHOOL

Registration for July and August summer school opens Monday, May 2nd. For more information click [here](#).

GUIDANCE UPDATES

Information on scholarships, volunteer hours, and summer jobs can be found in the Guidance Google classroom.

Grade 9: nqyiv7b

Grade 10: wb7dazz

Grade 11: iissfu7

Grade 12: veucc2s

Ms. Brassard

Asian Heritage Month at TDSB

This year marks the 20th anniversary of Asian Heritage Month. It was formally recognized in Canada through an official declaration that was signed in May 2002. Subsequently, the Province of Ontario passed the Asian Heritage Act (2005), and the Toronto District School Board (TDSB) passed a motion to recognize Asian Heritage Month in 2007. This year's theme is *Continuing a legacy of greatness*. Macdonald will be celebrating Asian heritage month through our cultural display boards and daily morning announcements.

Jewish Heritage Month at TDSB

Since 2018, throughout Canada, the month of May is known as "Canadian Jewish Heritage Month. Jewish Heritage Month provides an opportunity to remember, celebrate and educate future generations about the inspirational role that Jewish Canadians have played and continue to play in communities across the country. At Macdonald, we will be highlighting Jewish Heritage month with our displays and announcements.

Vaccinations for Children and Youth

Toronto Public Health (TPH) is offering Hepatitis B, Human Papillomavirus (HPV) and Meningococcal vaccines for students in grade 7 to 12 who have missed starting or completing their vaccine series at schools due to COVID-19 disruptions

Hepatitis B, HPV, Meningococcal and COVID-19 vaccines will be available for students at a clinic at Macdonald on Saturday, May 14th from 12:00pm - 6:00pm. Students are highly encouraged to use the [appointment booking link](#) to schedule an appointment.

Please read the [TPH letter](#) that was sent to all parents/guardians on April 29th which provides further details about the clinic.



Don't Forget

Don't forget Monday, May 23rd is Victoria Day. Mark your calendars as there will be no school on this day.

Mrs. Pagnotta



A Mother's Love

Except from Helen Steiner Rice

"A Mother's love is something that no one can explain.
It is made of deep devotion and of sacrifice and pain.
It is endless and unselfish and enduring come what may.
For nothing can destroy it or take that love away."

Happy Mother's Day to all mothers in our Macdonald Community!!!

May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Children's Mental Health Week	2 Day 1	3 Day 2	4 Day 1	5 Day 2	6 Day 1	7
8 	9 Day 2	10 Day 1	11 Day 2	12 Day 1	13 Day 2	14 Vaccination Clinic 12pm - 6pm
15	16 Day 1	17 Day 2	18 Day 1 Late Start	19 Day 2	20 Day 1	21
22	23 	24 Day 2	25 Day 1 Late Start Parent Council Meeting 7pm	26 Day 2 Spring Music Concert 7pm	27 Day 1	28
29	30 Day 2	31 Day 1				

Nothing ever goes away until it has taught us what we need to know.
Pema Chodron