

MAC NEWSLETTER

Principal: H. Vokas

Vice Principals: C. Morrison, L. Pagnotta



CONTENT

Admin Team News.....	1
Parent-Teacher Interviews	1
Attendance & Punctuality.....	1
Wellness + Guidance + Health.....	2
Mac PALS.....	2
Walk for Wenjack Fundraiser.....	3
Remembrance Day.....	4
Book Drive	4
Credit Rescue	4
Happy Retirement Ms. Bowman.....	4
Mark Your Calendars - Nov 19 th	4
Creativity Every Day	5
Art Portfolio Consulting.....	5
Sports Are Back.....	6
SAC News	6
Wonderful Things Happening	7
Healthy Competition in Phys Ed	7
Math Homework Club	7
From The Guidance Department	8
Debate Team.....	8
Literacy & Numeracy Club.....	9
Getting in the Spirit.....	9
November Calendar.....	10



Admin Team News

It's November, our students are fully engaged in their academics and now with the election of our new SAC members, our clubs and councils have begun. Thanks to our staff volunteers, extra-curriculars are on the go here at MAC as are athletics which include intramurals and team sports. Getting involved in these activities is important part of the high school experience, please click on the [link](#) to see the many opportunities available to our student body.

Please consider attending our next School Council virtual meeting on Wednesday November 24th at 7:00 p.m. At this meeting, our ACL of Guidance, Ms. Line Brassard will conduct a presentation on The Ontario Universities' Application Centre (OUAC) and The Ontario Colleges' (OCAS) application processes. Please follow the link [Virtual Tours and Post-Secondary Virtual Visits](#), for students who would like to hear more about their favourite post-secondary institutions.

Parent-Teacher Interviews

Parent-Teacher Interviews will take place on Thursday, November 11th from 1:30 p.m. - 3:30 p.m. and 5:00 p.m. - 7:00 p.m. Parent-Teacher interviews will be virtual this year. Information on how to book an appointment will be emailed to parents/guardians on November 3rd. Below is the modified schedule that students will follow for the day.

Modified Schedule	
Period 1	9:00 - 10:30
Period 2	10:35 - 12:05
Students dismissed for the day. There will be no cafeteria services.	

Attendance & Punctuality

Attendance and punctuality are key for success in a course. When students are absent or late, they are missing out on important learning. We wish to remind all parents & caregivers that classes run from 9:00 a.m. to 2:45 p.m. Our school doors open at 8:30 a.m. We encourage parents who are dropping off their child to do so by 8:45 a.m., as students must be screened at the door and need time to get to their first period class.

Wellness + Guidance + Health

Hey Mac! This year, Macdonald will continue to promote health and wellness at school. With that in mind, the Guidance Department, Athletic Department's Wellness Campaign and the Macdonald Health Council have come together to share and promote awareness on Instagram. Starting November 1st, the Guidance team, Athletic department and Health Council will introduce new wellness initiatives where various events such as "Mindful Mondays", "Tea Tuesdays" and "Workout Wednesday" will help students achieve mental, physical and emotional well-being.

"Mindful Mondays" takes place every other Monday after school in the Zen Zone. The event will be dedicated to helping calm yourself and re-engage with your surroundings. Students will be working on developing a practice that incorporates meditation, guided breathing, mindful eating, etc. Follow **@guidanceatmac** for updates!

"Tea Tuesdays" (before school) and the Health Council's general member meetings (after school), will be taking place every Tuesday - as they have been for the past 12 years! The Macdonald Health Council understands that a truly healthy school involves a holistic approach where the mental, physical and emotional health of all students is supported. So, come out and join us! Make new friends, find your Zen and help promote healthy habits to the students and staff at MAC! You can check out the Health Council's calendar or just follow us **@machealthcouncil** for all upcoming meetings and events.

"Workout Wednesdays" will be taking place every other Wednesday after school to motivate and encourage students to be active as a way to stay physically and mentally fit. Research clearly shows that a healthy, physically active child is more likely to be academically motivated, alert and successful in school, and is more likely to establish habits that will foster good health throughout life. Check out our Instagram page at **@macdonaldathletics** for more information.

Be well MAC and remember, *Health is Wealth!*

The Wellness Team



Mac PALS

Peer Assisted Leadership Support are a group of senior students that work one on one with students to support them in their studies. If you believe your child/ward would benefit from a peer tutor, please reach out to erin.mackay@tdsb.on.ca so that she can connect your child/ward to a Mac PAL.

Ms MacKay



Walk for Wenjack Fundraiser

During some of the coldest days, students and staff at Macdonald CI braved the weather and walked the school track for our Walk for Wenjack Fundraising event which ran from October 18th - 22nd. Students experienced just a minute fraction of the elements of mother nature that Chanie Wenjack, a 12-year old Anishinaabe boy, had to endure while trying to escape residential school and attempting to reach his family 600kms away. Some students had the pleasure to witness a majestic hawk, which is a spirit animal to indigenous people, perched up high, watching over our students. A very symbolic moment to say the least. We walk to remember what Chanie, and other indigenous children faced while at residential schools.

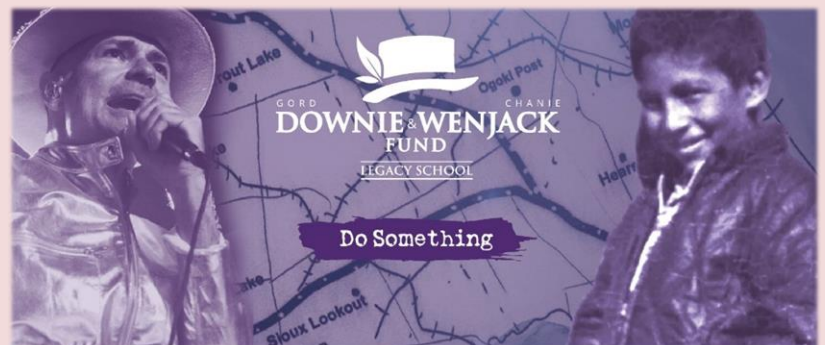
We are very proud to see our school community come together for such a worthy cause. As a school, we raised just over \$1100 and we helped the Downie Wenjack Fund surpass its goal of raising \$60,000 - \$100 for each of the 600kms Chanie had to walk to get home. Congratulations to Mrs. Mouratidis' class that raised the most funds/pupil. To learn more about the Gord Downie & Chanie Wenjack Fund, please visit www.downiewenjack.ca.



Photo taken by: N. Giannou

November is Indigenous Education Month at the TDSB and as a school we will continue the conversation about the history of residential schools and continue our learning about Indigenous people and their lived experience and answer Gord Downie's call to action, to **"Do Something"**. #DoSomething

Mrs. Pagnotta



Remembrance Day

The Macdonald community will be paying its respects to our veterans on November 11th with a virtual assembly. Remembrance Day is a time to honour those who served and sacrificed. It is also a time to ensure that youth appreciate the history and importance of remembering and honouring those who served their country.



Book Drive

For the month of November, we will be holding a book drive at MAC. Ms. Kibedi will be collecting books to send to a school in a rural area in Nigeria, Africa. The school is expanding, but they really need books! If you have any novels or children's books lying around the house that you don't need anymore, please send them to school with your child to drop off in the main office. Let's show our support and donate!

Ms. Kibedi



Credit Rescue

November 2nd and 10th are Credit Rescue Days. Credit Rescue Days are an opportunity for students who are in jeopardy of receiving a failing grade to resubmit work or catch up on work that hasn't been completed. If students are not in this situation, the day is for review of previously covered material or activities that support wellbeing.

No new material will be covered on these days. The regular school day schedule will be followed.

Ms. MacKay

Happy Retirement Mrs. Bowman

After seven great years of service as Office Administrator at Macdonald CI, Mrs. Bowman has retired to her new home in the Kawarthas. Mrs. Bowman will be missed for her kind and caring nature, but we know that she looks forward to spending time with her husband, children and many grandchildren. On behalf of the staff at Macdonald CI, we wish Mrs. Bowman all the best as she heads into retirement!



Mark Your Calendars - November 19th



Semester 1 midterm report cards will be distributed electronically on Friday, November 19th. Please take a moment to review your child(ren)'s report card.

As well, November 19th is a PA Day. There will be no school for students on this day. We look forward to seeing them back in class on Monday, November 22nd.



Creativity Every Day in 2021-2022

Paints, pastels, pencil crayons and Photoshop are being put to paper (and screens) in our Visual Arts and Digital Art classes this year...but it's our 2021-22 students creativity and skill that really makes their art so amazing! For more examples of what we're creating together, follow us on Instagram @artatmac.

Mr. Herman



Art Portfolio Consulting (for art school applications)

Post-secondary Arts schools have a February 1st deadline for portfolio submissions. Grade 12 Visual Art students, for all of Semester 1 are invited for portfolio tips and review with Mr. Herman. Email to arrange a time to meet together in Room 140 - michael.herman@tdsb.on.ca

Mr. Herman



Sports Are Back at Macdonald

We are excited to share that sports teams and intramurals are back at MAC, thanks to our amazing staff! Students are excited to have some semblance of normalcy via the athletic activities being offered at Macdonald. From sports clubs like Golf, Rugby and Fitness, to intramurals such as Flag Football and Co-ed Ultimate Frisbee, Co-Ed Volleyball and Co-ed Badminton to teams such as Girls Ultimate, Girls Field Hockey, Boys Soccer, Boys Volleyball and Girls Basketball...our gyms and fields are hopping with excitement!



Although we don't have our full complement of competitions occurring across the district, we are striving to give our students the best possible opportunities. You can see by the photos enclosed that our students are having fun and are excited to be active once again. We hope to have more sports teams, such as Boys



Basketball, Girls and Boys Ice Hockey, Jr/Sr Girls Volleyball, Indoor Soccer and Badminton. running in the winter season, but until then, we are glad to see our students participating in all athletics that we have to offer!

Mr. Karellas



SAC News

Hey Mac Students, Staff, Parents and Community members! The SAC (Student Activities Council) is excited to be back this year! This year's council is composed of seven members working alongside our staff advisor Ms. Georgiou:

President: Judy Zhang

Vice President: Sachi Taploo

PRO (Public Relations Officer): Pranav Arora

Grade 9 Rep: Jatin Taploo

Grade 10 Rep: Anthony Truong

Grade 11 Rep: Sachit Duphare

Grade 12 Rep: Saron Vamadeva

Every year, the SAC works to promote school spirit by organizing various engaging activities. In past years, we've hosted Pajama Day, Plaid Day, and integrated events into different holidays. Speaking of which, we commenced this school year with a Halloween Costume Contest! Students, both in-person and virtual, had the opportunity to display their creative and scary costumes throughout the last weekend of October. We hope to maintain this school spirit throughout the year, starting with the most comfortable theme of Pajama Day in November!



Evidently, although several activities are not feasible due to the pandemic, there will always be a plethora of activities to enjoy at MAC. Stay tuned for all the exciting events we have planned for 2021-2022!

Judy Zhang & Sachi Taploo

Wonderful Things Happening in GLE

Mrs. Howe's Grade 11 GLE students took part in a Mindful Walking exercise as a way of practicing different types of meditation and mindfulness. We walked a route we normally walk on our break time, this time making sure to pay more attention to our surroundings, through sight, smell, and sound. Nature helped make this exercise meaningful by showing us a hawk trying to catch a squirrel on the ground. The squirrel escaped to a tree, where it had a standoff with the Hawk. Eventually, the Hawk flew off and students were able to see the bird's beauty close up.

Mrs. Howe



Healthy Competition in Physical Education Classes



It has been great seeing our students engaged in physical activity on our fields, in our gymnasiums, in our fitness centre and virtually. We continue to adapt to new protocols and engage our students in ways that promote their personal safety and overall well-being.

PPL classes have been able to see changes in their personal fitness through playing various sports and competing in class tournaments for the M, K, Hunni, TJ, or Lewch Cups! Our fitness focus students have seen growth in their fitness through community runs, teacher led workouts, and using the equipment in our amazing fitness centre.

Students can follow us on Instagram for updates and upcoming activities: @sjam_phe and @macdonaldathletics

Ms. Hunnisett



Math Homework Club

Do you need extra help in math? Macdonald's Math Department is pleased to announce that the Math Homework Club is back! Thank you to Mr. Hung for providing this opportunity to our students. Extra help is always available with the student's individual teachers, but sometimes a different voice helps. If you need assistance, on top of the support you are receiving from your math teacher, this club is open to you. Math Homework Club is available Monday to Fridays from 8:30 a.m. to 9:00 a.m. in Room 225. Please check out this brief [YouTube](#) video from Mr. Addison.

MATH HOMEWORK CLUB



You can do it if you believe you can!

From the Guidance Department

Take Our Kids to Work - Wednesday, November 3 2021. Grade 9 students will participate in virtual workshops. They will hear from a range of workplaces and professionals. These workshops will be held during class time.

**TAKE
OUR KIDS
TO WORK**
IT'S NEVER TOO EARLY TO DREAM

New to Canada: If you are an immigrant, convention refugee, or a new permanent resident you can take free English classes in Toronto through Language Instruction for Newcomers to Canada (LINC). LINC is like English as a Second Language (ESL) class, but they provide childcare onsite at their schools.

Go to: [LINC](#)

Elder Dr. Duke Redbird - See him speak at the biggest environment conference in the world: A COP 26 UN Environmental Conference Event. Hear Duke Redbird in discussion about the fate of "Our Mother the Earth" November 9, 5:00PM. <https://conferenceofthebirds.net/>



Graduation updates:

- Full disclosure date is November 26, 2021 for all semester 1 courses.
- Literacy requirements have been waived for 2021-2022 graduates this year
- Community involvement hours have been reduced from 40 to 20 hours for graduates this year. Visit [Ontario Volunteer Centre Network](#) or [Volunteer Toronto](#).
- In class presentation on OUAC and OCAS application process on November 17 and 18. To learn more about apprenticeship and speak to an OYAP teacher, drop into OYAP office hours Monday through Friday, 11:30 am - 12:30 pm or 3-4 pm.. For more information go to: <https://oyaptdsb.com/>
- If your grade 12 student child/ward did not receive a Credit Counselling Summary, please ask them to see guidance.
- Every Monday in October and November connect with **Ontario College Recruiters**. These sessions are designed to give you the chance to meet with College Representatives from across Ontario and get the information you need to get ready for college!

College Mondays run from October 4 until November 29 - [register now!](#)

[College Recruitment | ontariocolleges.ca](#)

Debate Team



Hey MAC! The MAC Debate Team is back and ready for another year. Are you interested in participating in discussions and debates, learning about their structure, and/or want to improve your public speaking skills? Then the MDT is for you! If you're interested in joining, please email Ms. Cap at vicky.capogiannis@tdsb.on.ca Our sessions take place virtually every Monday at 3:40. See you there!

Ms. Capogiannis

Literacy & Numeracy Club

At Macdonald CI, we believe that all students can achieve success in school. At times, students need to be provided the tools and support to reach these goals. We have the following supports beginning the week of November 8th.

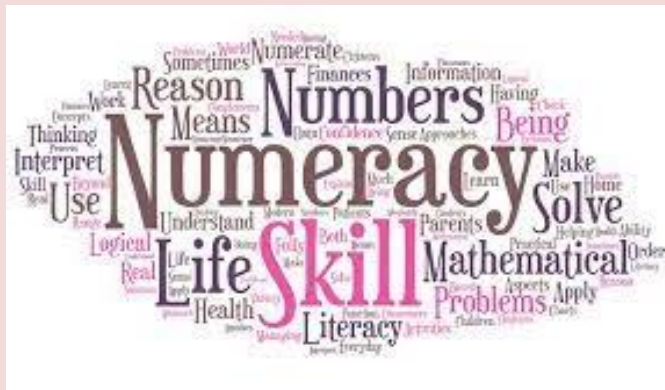
Literacy Club

The goal of this program is to work one on one with grade 9 and 10 students to support them in their studies. The classes are active remedial programs focusing on fundamental concepts. The foundational teachings will support students and give them the skills to be successful in English. The literacy support program will run on Wednesdays with Ms. Jhutti from 3:00 p.m. - 4:00 p.m.



Numeracy Club

The goal of this program is to work one on one with grade 9 and 10 students to support them in their studies. The classes are active remedial programs focusing on fundamental concepts. The foundational teachings will support students and give them the skills to be successful in Math. The numeracy support program will run Tuesdays with Ms. Kim and Ms. Amirthalingam from 3:00 p.m. - 4:00 p.m.



For more information and registration, please contact Erin MacKay at erin.mackay@tdsb.on.ca

School Settlement Workers

Thank you to our School Settlement Workers for joining us at our October School Council meeting. They are here to support newcomers to Canada. They provide services by connecting families with the school and other community resources, while also working closely with staff and teachers at school. Please see their [flyers](#) regarding upcoming workshops for students and parents.

Mrs. Pagnotta

Getting in the Spirit - Health Council

Thanks to the members of the Health Council for decorating our main foyer. Their creativity showed with their pumpkin carvings in time for Halloween. The display made for a perfect backdrop for photos!



NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hindu Heritage & Indigenous Education Month Day 1 All Week →	1	2 Credit Rescue Day	3 Take Our Kids To Work Day	4	5	6
7 Daylight Savings Time Ends Day 2 All Week →	8	9	10 Credit Rescue Day	11 Remembrance Day Parent-Teacher Interviews	12 Late Start Day Photo Retake Day	13
14 Day 1 All Week →	15	16	17	18	19 PA DAY Report Card Distribution	20
21 Day 2 All Week →	22	23	24 Late Start Day	25	26	27
28 Day 1 All Week →	29	30				

*Love and compassion are necessities, not luxuries.
Without them, humanity cannot survive.
~Dalai Lama*