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December 2021
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MALVERN C.I.

HAPPY HOLIDAYS TO THE MALVERN COMMUNITY!



Please enjoy our



Holiday Assembly



VIRTUAL WINTER CONCERT—ENJOY!

The music department is happy to have been able to produce some live music this year in cohorted groups. It was a great feeling for the students to be able to sing and play instruments together again. Please enjoy our Virtual Winter Concert featuring band classes, vocal classes, string ensemble, jazz band and girls choir.

We hope you enjoy and thank you for your continued support of the Malvern music program!

Winter Concert



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GRAD PHOTOS Jan. 10-14

Visit the [website](#).

JOB ID: M9011

GRAD ID: sVWduM4b

Use this link to access Malvern's [Calendar](#).

View the current issue and past issues of the [Malvernite](#), a magazine written and published by Malvern students.

We are regularly updating our [School Website](#).

RAPID ANTIGEN TESTS, PREPARING FOR REMOTE LEARNING & SEVERE WEATHER PROCEDURES

RAPID ANTIGEN SCREENING OVER THE WINTER BREAK

COVID-19 testing is an important public health measure because knowing who is infected with COVID-19 also helps to protect your family from further spread of this virus.

What to do if one of your family members has [COVID-19 symptoms](#) or has been notified that they have been exposed to COVID-19?

Individuals should go for PCR (Polymerase Chain Reaction) COVID-19 testing if:

- ◆ They have one or more COVID-19 symptoms, even if they are mild;
- ◆ They have been exposed to a confirmed case of COVID-19, as informed by public health or through the COVID Alert app; or
- ◆ Public health has asked them to get tested

PCR testing identifies genetic material from the COVID-19 virus and is the most accurate kind of COVID-19 testing. PCR tests are lab-based reports and results are generally available between 24-72 hours.

During the winter break PCR tests will continue to be available at COVID-19 [assessment centres](#). For additional information on COVID-19 testing, including a [map of COVID-19 Testing locations](#), we encourage you to [visit our website](#).

Rapid antigen screening will be available to all students for winter break period.

To support the safe return of students after the winter break, the Ministry of Education will be providing publicly funded schools in Ontario with rapid antigen screening kits for all students.

Every student has been given a rapid antigen screening kit that contains five tests. These test kits will support all students to complete voluntary screening at home prior to the return to the classroom in January.

Test kits were distributed at the school on Wednesday, Dec. 15. They are to be used on a voluntary basis,

Students should complete a test every 3-4 days over the winter break on every Monday and Thursday beginning December 23, until all five tests have been used

See here for a [video](#) and [information sheet](#) on how to use the test kit.

Rapid Antigen Tests are to be used for screening purposes for individuals who do not have COVID-19 symptoms.

If you have symptoms or are a close contact of a positive case of COVID-19, [get tested with a PCR test](#), even if you have used the Rapid Antigen Test

If the Rapid Antigen Test result is positive:

- ◆ [Get tested with a PCR test](#) as soon as possible and self-isolate while waiting for the PCR test result
- ◆ A PCR test is required to confirm the result because sometimes a Rapid Antigen Test can give a false positive result
- ◆ If the PCR test is positive, continue to self-isolate. Follow advice from public health

It is important to stay home if sick, [wear a mask](#), keep a [physical distance](#), and [wash hands](#) often. COVID-19 vaccination is strongly recommended for those who are [eligible](#) and who are not fully vaccinated. Appointments can be booked by visiting the [Ontario COVID-19 Vaccination Portal](#) or by calling the Provincial Vaccine Booking Line at 1-833-943-3900. Please see Toronto Public Health's (TPH) website for more information on [How to get vaccinated](#).

If you have general questions about COVID-19, please call our Hotline at 416-338-7600, Monday to Sunday 8:30 a.m. to 4:30 p.m. Interpretation services are available. If you need immediate health care assistance, please call Telehealth Ontario 24 hours a day, 7 days a week at 1-866-797-0000.

Thank you for all that you are doing to help reduce the spread of COVID-19 in our community.

TDSB ASKS STUDENTS TO BE PREPARED FOR THE POSSIBILITY OF REMOTE LEARNING AFTER THE WINTER BREAK

Letter to Parents from Craig Snider, Interim Associate Director:

As we prepare for the winter break, we are of course looking ahead to the New Year and what learning may look like as we return to school in January. As cases of COVID-19 continue to rise in Toronto, so too does the possibility of individual classes or schools moving to remote learning for a period of time. While we have received no indication from either the Ministry of Education or public health officials that schools will close, we do want to make sure we are prepared to implement any decision they may make smoothly and efficiently and continue to support our students' learning and well-being.

Out of an abundance of caution and to ensure your family is prepared for any shift to remote learning, be sure your child brings home all of their personal belongings such as shoes or clothing, and any tools or supplies they might need to pivot to remote learning. Also, ensure that the school has your correct email address and bookmark the [Student Virtual Learning IT Support page](#).

Your child will also be coming home with a [rapid antigen test kit](#) with five tests and printed instructions from the Ministry of Education on how and when to use these kits over the break.

Finally, please be sure to review the established [federal international travel policies](#) – including the [guidelines for unvaccinated, school-aged children](#). As of now, if the child/student is fully vaccinated they may be exempt from federal quarantine. If the child/student is not fully vaccinated, they are not to attend school/child care for 14 days, even if they traveled with a vaccinated companion. Please note that these policies may change, so please check the [federal website](#) for the most up-to-date information.

Thank you for your continued support. We wish your family a safe and healthy holiday. We look forward to seeing everyone in 2022.

SEVERE WEATHER PROCEDURES

The cold weather is already upon us and so is the likelihood of severe weather conditions. From time to time it is necessary to cancel school buses due to severe weather.

As you know, because of the need to maintain cohorts as a result of the ongoing pandemic, we are not able to combine classes, which is often necessary on days with bad weather because of reduced staffing levels.

As a result, this year, the TDSB has determined that **when buses are cancelled, all schools -- including both in-person and virtual learning -- will also be closed to staff and students.**

If schools are closed:

Students will not participate in live remote or virtual learning but teachers will provide voluntary class work through established online platforms for students who wish to continue their learning. Students may also work on previously-assigned work or spend time reviewing material previously covered.

Any scheduled events, such as tests or parent meetings will be cancelled and rescheduled.

STUDENT VACCINATION REQUIREMENT & WINTER SPORTS

HOW TO ATTEST TO BEING VACCINATED VIA APP ON YOUR SMARTPHONE

Log into the TDSB Health Screening App

Click on the "My Vaccination Status" menu item, followed by "Update Vaccination Status"

Carefully read each question and answer appropriately

Upload proof of vaccination* (vaccine dose administration receipts or equivalent documents)

Click on "Add Attachment" to upload proof of vaccination

HOW TO ATTEST TO BEING VACCINATED VIA HEALTH SCREENING WEB PORTAL

Access "Safe Return to School and Work" Portal via <https://tdsb.service-now.com/tswp>

Click on the "My Vaccination Status" button, followed by "Update Vaccination Status"

Carefully read each question and answer appropriately

Upload proof of vaccination* (vaccine dose administration receipts or equivalent documents)

Click on "Add Attachment" to upload proof of vaccination

DODGEBALL CHAMPS

The MSAA would like to extend a big thank you to all 280 students that signed up for and participated in our first Intramural of the year - Dodgeball!! After 4 weeks of round robin games, the top teams in each grade competed in a playoff bracket. Pictured here are the Grade 11 and 12 champions. Looking forward to seeing you back in the gym in the new year for our next activity. Listen to announcements for details on how to sign up.



MALVERN'S EXTRA-CURRICULAR ACTIVITIES

Malvern continues to add to the list of extracurricular activities available to students. We are introducing more opportunities for students to participate in non-competitive sports and physical activities, as well as many clubs.

Please check the extra-curricular website regularly for updates and added activities:

<https://sites.google.com/tdsb.on.ca/mci-Wextra-curricular/home>



WINTER SPORTS AT MALVERN

Malvern is pleased to be running 3 volleyball teams and 3 hockey teams for the winter season!

Special thanks goes to the teachers and volunteers who are coaching: Anne Tsukada, Janine Davies, Virginia Dawe, Tetyana Pytlova, Marc Rear-don and Rob Salvatore, and community coach,

Unfortunately, no spectators are allowed at games and practices (that includes parents).



Guidance Corner

MENTAL HEALTH, WELL-BEING AND COMMUNITY SUPPORTS

For a variety of resources and organizations to help support student mental health & well-being, see the links below for info and chat options. Connect with a Guidance Counsellor for support.

[TDSB Mental Health & Well-Being Resources Kids Help Phone](#) at 1-800-668-6868 or text CONNECT to 686868

[What's Up Walk-In® | Mental Health Counselling](#) - 1-866-585-MHTO (6486)

[Telehealth Ontario](#) at 1-866-797-0000

211 – community supports such as food banks, housing and more.

[Canadian Mental Health Association - Ontario Distress Centres of Greater Toronto](#) - 416-408-4357 or text 45645

[Assaulted Women's Helpline](#) 1-866-863-0511 or text #SAFE (#7233)

[Black Youth Helpline](#) - 416-285-9944

[Hope for Wellness - Indigenous Youth Helpline](#) - 1-855-242-3310

[Naseeha - Muslim Youth Helpline](#) - 1-866-627-3342

[Hong Fook Mental Health Association \(Youth and Family Service\)](#) - 647-619-9030

[Trans Lifeline](#) - 1-877-330-6366

[Lesbian Gay Bi Trans Youth Line](#) - 1-800-268-9688 or text 647-694-4275

IMPORTANT DATES AHEAD

[Ontario Colleges](#) applications: Now Open!

[OUAC / Ontario Universities](#): Deadline to Apply via OUAC is January 13th

Semester 2 [TDSB Night School](#)

Now Open - ongoing enrolment until January 28th, 11am

Semester 2 [TDSB eLearning](#)

Now Open - limited availability, registration closes February 17th

TDSB E-LEARNING AND NIGHT SCHOOL - SEMESTER 2

There is limited availability in Semester 2 grade 11 and 12 elective courses at Malvern. Students anticipating a potential need for a timetable change are encouraged to meet with their guidance counsellor as soon as possible.

e-Learning and Night School courses provide an opportunity to enrol in a new course where there is not availability at Malvern.

These programs are for Grade 11 & 12 students who wish to take **ONE** class fully online through the TDSB, while maintaining the rest of their courses with Malvern.

e-Learning

Courses have some synchronous components, but are mostly asynchronous and best suited for independent learners. Courses available in Semester 2 are on the [e-Learning website](#). [Read more about e-Learning](#) and [REGISTER HERE](#). Please note that there is limited availability remaining for eLearning courses. If an eLearning course is full, students are encouraged to consider Night School as an option as the program will accept all students up until the registration deadline.

Night School: Courses are Mon/Wed or Tues/Thurs from 6:30-9:30pm with synchronous learning and mandatory attendance. [Read more about Night School](#) and register here: [TDSB Night School](#).

School sites are listed, but all courses are fully REMOTE.

NOTE: e-Learning Day School and Night School courses have been offered as an option for senior students for many years to supplement their course selections at their home school. Reach out to your Guidance Counsellor if you have questions. This is not an opportunity to sign up for fully Virtual learning.

WINTER 2021-2022 WELL-BEING GUIDE

[The TDSB Winter 2021-22 Well-Being Guide](#) has many resources for students and caregivers. The English version can be found here. This [guide](#) has been translated into 18 languages and we hope it can reach many students and caregivers. The translations for the 18 languages can be accessed [here](#).

PRIOR LEARNING ASSESSMENT AND RECOGNITION 2021-2022

Prior Learning Assessment and Recognition (PLAR) is the formal evaluation and credit-granting process whereby students may obtain credits for prior learning. Prior learning includes the knowledge and skills that students have acquired, in both formal and informal ways, outside secondary school. Students may have their knowledge and skills evaluated against the expectations outlined in provincial curriculum policy documents in order to earn credits towards the secondary school diploma.

The 2021/2022 PLAR Challenge process will kick off with a Virtual PLAR Information Session for Families on January 17, 2022. Please note that the PLAR is a central TDSB process and decisions are not made at the school level.

[PLAR Notice to Families](#)

[PLAR Information Session Flyer](#)

[PLAR website](#)

MALVERN COLLEGIATE COURSE SELECTION 2022-2023

The Guidance Department is preparing for the 2022-2023 Course Selection process. Beginning in February, students will have the opportunity to learn how to select courses in [myBlueprint](#) and hear more about what subjects and courses are available to them in the 2022-2023 school year. Dates and deadlines pertaining to course selection will be announced in the new year. We look forward to continuing to work with your students on their educational and pathway plans.

UNIVERSITY OF TORONTO SUMMER MENTORSHIP PROGRAM

The Summer Mentorship Program (SMP) gives high school students of Indigenous or African ancestry a chance to explore health sciences at the University of Toronto over four weeks in July.

Students can apply through [this website](#).

For more information, check out the [SMP Brochure](#) or contact nathalie.barsoumian@tdsb.on.ca.

CONGRATULATIONS MALVERN SCHOLARS!

Congratulations to all our Subject Award Winners and Honour Roll Students for the 2020/21 school year. See the program [here](#).

SUBJECT AWARDS FOR 2021/22

Subject awards for the 2021/22 school year will be selected in June according to the following criteria:

Subject awards are presented to the student in each grade who has demonstrated outstanding achievement in the course. In addition, the recipient regularly attends and makes valuable contributions to the learning atmosphere and builds a sense of inclusion and community through their participation, leadership, initiative, and collaboration with others.

HEARTS & MINDS—DECEMBER EDITION

Please see the attached newsletter from the TDSB's Psychology Dept for tips and strategies for well-being and supporting mental health.

[Newsletter](#)

BEST WISHES FROM THE GUIDANCE DEPARTMENT

The Malvern Guidance Department wishes all of our students and families a happy, healthy and restorative winter break. We look forward to seeing you back at Malvern in January



HOW TO REACH YOUR GUIDANCE COUNSELLOR

Sylwia Mlynarska (last names A-Go)

sylwia.mlynarska@tdsb.on.ca

Leeanne Larabie (last names Gr-M)

leeanne.larabie@tdsb.on.ca

Evan Grant (last names N-Z)

evan.grant@tdsb.on.ca

Malvern Guidance Instagram - follow us [@mcguidance](#) for updates from the guidance team! Useful links are found in [our bio](#).



HELPFUL RESOURCES

Speak to professionals you trust:

- Guidance Counsellor/Teacher
- School Psychology Staff
- Child and Youth Worker/Child and Youth Counsellor
- School Social Worker
- Family doctor
- Community counsellor

Numbers and Clinics



- MHTO (Mental Health T.O.) Call 1-866-585-6486
- Kids help phone: text 'connect' to 486868 or call 1-800-668-6868
- Telahelth Ontario: 1-866-797-0000
- Distress Centre Of Greater Toronto: 416-408-4357 OR text: 45645 (24/7 support)
- What's Up Walk-in Counselling Services: www.whatsupwalkin.ca
- Drop in Youth Counselling (ages 13-29): 501 Oakwood Ave. 647-798-0441
- East Metro Youth Services Walk-in Counselling: 1871 Danforth Ave. 416-690-1888
- Call 211 or text 21186 for community supports (food banks, housing etc.)

Free Websites and Apps

Websites:



- AnxietyCanada.com
- <https://kidshelpphone.ca/get-info/anti-black-racism-support-for-black-people-and-allies/>
- www.tdsb.on.ca/Remote-Learning/Resources-During-Covid-19

Apps:



- Mindshift CBT
- MyLife
- Breathe (Apple only)
- Calm
- Apple version
- Smiling Mind
- Self-help for Anxiety Management
- Apple version
- Headspace

How do I know when to reach out for help?

Anger, worry and sadness can be a problem when:

- I feel this way almost everyday
- I feel overwhelmed and very upset
- It stops me from doing fun and important things
- It affects my sleeping and/or eating
- I use alcohol/drugs and/or other problematic strategies to avoid how I am feeling
- It affects my relationships with others

More Info: 'No Problem Too Big or Too Small'

COPING TOOLS & STRATEGIES

- REACH OUT TO A CAREGIVER, TEACHER OR FRIEND
- LISTEN TO MUSIC, EXERCISE, DANCE, CREATE ART OR MUSIC
- PROBLEM SOLVING (CBT)
- PRAYING/CONNECTING WITH SPIRITUAL LEADER
- MINDFULNESS
- BREATHING EXERCISES
- PROGRESSIVE MUSCLE RELAXATION
- VISUALIZATION
- POSITIVE SELF-TALK
- JOURNALING



WHAT WILL HELP ME HAVE A SUCCESSFUL SCHOOL DAY?

- SET A DAILY SCHEDULE
- SCHEDULE IN TIMES FOR STUDYING/ASSIGNMENTS AND CROSS OFF COMPLETED TASKS
- GIVE YOURSELF SOME TIME OFF - BREAKS ARE NECESSARY!
- PRACTICE, PRACTICE, PRACTICE IS THE ONLY WAY TO MAKE A ROUTINE STICK

- STAY PHYSICALLY ACTIVE
- LIMIT SCREEN TIME BEFORE BED
- MAKE TIME TO CONNECT WITH FRIENDS OR OTHER SOCIAL SUPPORTS
- SPEAK UP FOR YOURSELF AT SCHOOL AND HOME
- BE KIND TO YOURSELF, DON'T WORRY IF YOUR DAY DOESN'T GO AS PLANNED



HOW TO IMPROVE MY SLEEP

- ▶ LIMIT CAFFEINE INTAKE, ESPECIALLY 6 HOURS BEFORE BED
- ▶ GET DIRECT SUNLIGHT EVERY DAY
- ▶ TURN OFF ELECTRONICS AT LEAST 30 MINUTES BEFORE SLEEP
- ▶ LEAVE ELECTRONICS OFF DURING THE NIGHT
- ▶ LIMIT NAPPING
- ▶ MINIMIZE BRIGHTNESS AND NOISE; WHITE NOISE APPS
- ▶ TRY GETTING UP AND GOING TO BED AT THE SAME TIME EVERYDAY

If I still have trouble sleeping...

- WRITE YOUR THOUGHTS DOWN IF YOU WAKE UP WORRYING IN THE NIGHT
- READ A BORING BOOK
- MAKE SURE YOU GET OUT OF BED - DON'T LIE AWAKE IN YOUR BED
- DO NOT GO ON TECHNOLOGY



Builds Confidence

Improves Attitude

Allows for Taking Risks

The Power of Positive Self-Talk

Promotes Self-Love

Encourages Motivation

Helps Cope with Stress

Helps Work Through Challenges

MINDFULNESS EXERCISE

THREE THINGS...

- Name 3 things you see
- Name 3 things you hear
- Name 3 things you feel in/on your body

Repeat the same sequence with 2 things and then 1 thing

Be forgiving of yourself. This is hard!

WHAT WILL SCHOOL LOOK LIKE IN SEMESTER 2?

Many of us are hoping to a return to 75 minute classes, and 4 periods a day, but we are still waiting for the official announcement and the go-ahead from Toronto Public Health.

ATTENTION STUDENTS: SHARE YOUR VOICE!

Ms. Kaskens is looking for a group of students to provide input and suggestions for Malvern's School Improvement Plan. If you're interested in being involved in this, please contact Ms. Kaskens after the winter break.

A meeting with interested students will be arranged during the week of January 10.

SCHOOL SAFETY

Please see our [School Website](#) for our policies and procedures with respect to lockdowns and school safety.

The following poster is in every classroom and office:

MALVERN EMERGENCY PROCEDURES

In The Event of an Evacuation (Due To Fire or Other Emergency)

- ◆ Teachers will direct students to use a designated exit route in an orderly fashion.
- ◆ The student who arrives at the classroom door and exterior door should hold it open for other students.
- ◆ Students should walk in an orderly fashion to the exit doors and leave the building. Students should bring valuables (purse, wallet), but leave knapsacks in the classroom.
- ◆ Teachers will close all windows, take their attendance list, and close (not lock) the classroom door as they exit.
- ◆ Teachers should endeavour to keep control of their class and ensure that they move as a group to a location well away from the building: at least 15 metres away from the building.
- ◆ If it is a real emergency, attendance should be taken and the names of any missing students should be reported to an Administrator or designate.
- ◆ Once the situation is safe to return to the school, the all clear bell will sound or be announced.

In the Event of Shelter in Place (Due to External Environmental Threats)

- ◆ Staff and students will be notified as follows: **"Due to a situation in the community, Malvern is now in "Shelter in Place" mode. All staff and students may travel from one class to the next but must remain in the building until further notice"**.
- ◆ All staff and students remain in the building; close all exterior windows and curtains/shades; caretaking will close air vents.
- ◆ Staff will follow a supervision schedule that ensures that every exterior exit is monitored, allowing students and staff to enter the building, but not exit. Phys. Ed classes must remain indoors.
- ◆ Students and staff may travel to classes and go about business as usual, but may not exit the building until an "all clear" is announced.

In the Event of a Hold and Secure (External Threat to Safety or Medical Emergency)

- ◆ Staff and students will be notified as follows: **"Due to a situation in the community, Malvern is now in a "Hold and Secure" mode. All staff and students may travel from one class to the next but must remain in the building until further notice"**.
- ◆ Staff and students remain in the building and close all exterior windows and shades/curtains. ◆ Staff will follow a supervision schedule that ensures that every exterior exit is monitored, allowing students and staff to enter the building, but not exit. Phys. Ed classes must remain indoors.
- ◆ Students and staff may travel to classes, and go about business as usual, but may not exit the building until an "all clear" is announced.

In The Event of a Lockdown (Threat to Safety that is in/near the Building or Medical Emergency)

- ◆ Staff and Students will be notified as follows: **"This is a Malvern emergency. The school is now in Lockdown. Please respond accordingly."** *There may be more information about the emergency.*
- ◆ If the fire alarm sounds, **DO NOT EVACUATE** unless you are given specific instructions to do so, or unless you smell/see evidence of a fire.
- ◆ Usher students from the hall into the nearest classroom/office. Outdoor classes may be ushered indoors or to a neighbouring school depending on the situation.
- ◆ Staff and students are to remain quiet and in LOCKED classrooms/offices.
- ◆ Turn off lights if your room has windows.
- ◆ Attendance is to be taken in each room.
- ◆ Everyone should stay away from windows and doors where possible.
- ◆ Close windows and shades/curtains, and cover any interior window.
- ◆ No one is to leave the classroom unless directed to do so by the principal/designate or the police. ◆ Do not use the phone/PA system or cell phones in classrooms, except to call 911.
- ◆ Call 911 with vital information or if there is an emergency in your room.
- ◆ Everyone should lie on the floor if gunshots are heard.
- ◆ Do not call the office.
- ◆ Only open doors when an "All Clear" is announced or an all-clear bell, or at the request of police.

THE TDSB IS LOOKING FOR STUDENTS TO SPEAK UP

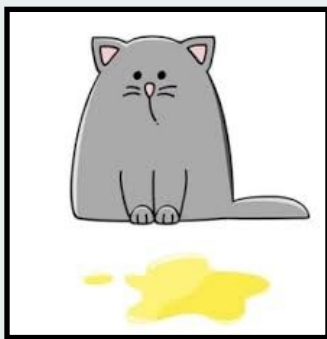
The TDSB is launching a [Student Equity Collective](#), an initiative centred and led by students to address injustices, racism and hate in our school communities. We cannot make meaningful, focused and sustained change without their voices at the table. All voices are important when dealing with issues around racism and hate and students are a critical part of the solution.

The Collective is a new type of leadership opportunity here in the Board and we are excited about its potential. This is an opportunity for students to not only sit at the table, but to design what the table looks like, drive the conversation, and bring ideas, solutions and recommendations forward that address what *students* want to address.

All students Grade 7 to 11 are invited to [apply](#). We're looking to hear from a variety of diverse voices and identities from all across our system. Students don't have to have any previous leadership experience, only have a voice and an interest in sparking change to address injustices and eliminate racism and hate.

For more information, see the website: www.tdsb.on.ca/studentequitycollective

UNDERSTANDING URINE



This month, students in Mr. Escobar's grade 12 Biology classes have been learning all about urine! From how blood gets filtered in the kidneys, to the processes by which essential molecules are re-absorbed back into the bloodstream, to the final urine that is excreted, students have gained a strong understanding and appreciation of just how much our kidneys do for us!

Students also completed a urinalysis lab in which they analyzed synthesized urine from three different "patients". As a part of the analysis, students were testing for the presence of glucose, proteins, and calcium to identify potential disorders.

Happy Holidays from the entire Science Department!



View the current issue and past issues of the [Malvernite](#), a magazine written and published by Malvern students.



DUAL CREDITS

Are you in Grade 11 or Grade 12 and wanting a unique way to earn an elective credit? A Dual Credit might be for you! When you take a Dual Credit you are signing up to take a FREE College Course through either Seneca College, George Brown College, Centennial College or Humber College. The courses available through Dual Credits are pretty fun and interesting. For example:

- ◆ Sports Journalism through Seneca College
- ◆ Sociology of Food through Humber College
- ◆ Pop Culture through George Brown College
- ◆ Professional Police Standard through Centennial College

[Click here for the full link of available courses](#). Most of the courses are offered online from end of February to the end of May.

You might be wondering why it's called a Dual Credit? This is because successful completion of the College course will earn you a College credit to use for later AND a Grade 12 elective credit to use towards your high school graduation. Did I mention that it is FREE?

[For more information, watch this promotional video](#). If you have more questions or are interested in signing up, please email Ms Bourgard at li-sa.bourgard@tdsb.on.ca

Morning announcements are now posted on the

[School Website](#)



Malvern's School Council

MALVERN SCHOOL COUNCIL NEWS

ALEXIS DAWSON TALKS RACISM WITH MALVERN PARENTS

Malvern parents participated in a compelling workshop by Alexis Dawson on November 30. As an anti-racism trainer and public education advocate, Alexis shared data specific to Malvern and the community.

The workshop focused on what we can do, individually and collectively, to promote anti-racist education and to understand more fully the impact of systemic barriers on racialized youth.

Thank you to all the parents that attended this incredible workshop. The Malvern School council is looking forward to working with Alexis more closely through a book club, and through our involvement in the School Improvement Plan. Stay tuned for more information.

[Learning pods article](#)

["Blackened Out History"](#)

[Hidden Figures clip](#)

[Kendrick Sampson reads Antiracist Baby](#)

[Boston Public Schools Set the World Map Straight - GREAT one to watch with your kids!](#)

[TDSB Learning Opportunities Index](#)

[Supporting Black Student Achievement and Dismantling Anti-Black Racism in the TDSB](#)

ENCOURAGE YOUR CHILD TO SHARE THEIR VOICE

The TDSB is launching a [Student Equity Collective](#), an initiative centred and led by students to address injustices, racism and hate in our school communities. We cannot make meaningful, focused and sustained change without their voices at the table. All voices are important when dealing with issues around racism and hate and students are a critical part of the solution.

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All students Grade 7 to 11 are invited to [apply](#). The TDSB is looking to hear from a variety of diverse voices and identities from all across our system. Students don't have to have any previous leadership experience, only have a voice and an interest in sparking change to address injustices and eliminate racism and hate.

Please share the website -- www.tdsb.on.ca/studentequitycollective -- widely with your students. We appreciate your support.

UPCOMING WORKSHOP

Join Malvern parents and school staff for an informal discussion about "life after high school" (see flyer on next page). This annual parent event has parents sharing experiences and opportunities for your child once they move on from high school. Wednesday, January 19.

EVERYONE IS WELCOME TO JOIN OUR COUNCIL MEETINGS!

Join Zoom Meeting

<https://tdsb-ca.zoom.us/j/94146749402?pwd=TUordFJBNVlTb2QrWWZGZFNXWjhqOT09>

Meeting ID: 941 4674 9402 Passcode: 883494

January- Wednesday January 12th
February – Wednesday February 9th
March – Wednesday March 9th
April – Wednesday April 13th
May – Wednesday May 11th
June – Wednesday June 8th

COUNCIL MEMBERS

Co-Chairs

Laura Beaune & Angie Law

Treasurer

Nancy Mallins

Co-Secretaries

Adrienne Scott & Andreea Gasca

COMMITTEES

Any parent is welcome to join any of these committees – just get in touch with us and we will connect you with the Committee Chair.

- ◆ Graduation: Pam Anderson , Marnie Proud
- ◆ Fundraising: Jacqueline Grossman , Catherine Boyd, Karen McMullin, Nadia Athenea , Wanda Srdoc
- ◆ Social Justice/Safe & Caring: Andreea Gasca
- ◆ Communication: Jacqueline Grossman, Adrienne Scott
- ◆ Parent Engagement: Karen McMullin, Nadia Athena, Adrienne Scott
- ◆ Ward Council Representatives: Diane Montgomery & Stephanie Simms

UPDATES FROM OUR DECEMBER SCHOOL COUNCIL MEETING

Our School Council meeting took place on December 8. The minutes can be [found here](#).

HOW TO FIND US

The Malvern School Council can be a helpful resource as you and your teen (s) navigate high school! Follow our [Facebook page](#)

Visit the [School Council section](#) of the Malvern website

[Email us](#)

Malvern's School Council Presents

LIFE AFTER HIGHSCHOOL

**A VIRTUAL PARENT CHAT TO DISCUSS THE
OPPORTUNITIES FOR YOUR CHILD AFTER
HIGHSCHOOL**

***JOIN US TO HEAR ABOUT THE DIFFERENT
PATHWAYS THAT ARE AVAILABLE AFTER
MALVERN***

Date: Wednesday, January 19

BY ZOOM

***INVITE WILL BE SENT OUT CLOSER TO THE
DATE***

***SPONSORED BY THE MALVERN PARENT
COUNCIL***

Pre-COVID Malvern's School Council organized and hosted several fundraisers to support the school. Since we cannot hold these events again this year, we are asking parents to support the school community by making a donation.

Thank you for your support!



Malvern Collegiate is requesting funds to support:

Scholarships
Commencement
Student & Staff Well-Being
Student Equity Bursaries
Lunch/Snack Program

Give via School Cash Online: www.schoolcashonline.com

1. Sign in and select your Malvern student.
2. Choose this item: **2021-2022 MCI School Council Fundraiser**
3. Select your dollar amount(s) and submit payment. If you would like to contribute additional dollars, you can do so by increasing the "Quantity".

Thank You for your gift - your support is very much appreciated!

Community Information for Testing, Vaccines and Boosters

from Dr. Janine McCready, Michael Garron Hospital

Dear East Toronto families,

As we head into the holidays here is some information from Michael Garron Hospital on rapid antigen test results, vaccination clinics for all ages, COVID-19 PCR testing and vaccination information and resources. Wishing you all a safe and happy holiday season!

Rapid Antigen Tests reporting page

Each student who attends in-person school is being provided with rapid antigen tests from your school to do over the holidays.

We recommend you administer a rapid antigen test to your child:

When you return from international travel

Before holiday gatherings

Before visiting an immunocompromised relative

When you are concerned or think you may have COVID-19

Before returning to in person school

If your child tests positive on a rapid antigen test, please get a PCR test to confirm the result as soon as possible.

If your child **has symptoms** but tests **negative**, this does NOT rule out COVID-19. Please get a PCR test to confirm the result as soon as possible.

Please report positive results on a rapid antigen test to a secure reporting page at [Microsoft Forms](#). The Michael Garron Hospital Infectious Diseases team will be notified of your result and will do our best to contact you to help to ensure you have the information you need to manage the infection and prevent further spread.

Vaccine clinics for ALL eligible individuals, including children aged 5-11, AND first, second and third (booster) doses

Mobile school clinics

- Children aged 5-11 in East Toronto are welcome to attend any school clinic to get vaccinated against COVID-19.

- The students do not have to attend the host school in order to come and get a vaccine.

There are multiple clinics planned each day over the next week and throughout the holidays. See tehn.ca/VaccinePopUps for all upcoming clinics.

Starting Monday, December 20, the school clinics will also offer third (booster) doses to adults 18+ in the local community, including parents and teachers, and first and second doses to anyone 12+.

Vaccine clinic flyers for now until January 16, 2022: [Download and share neighbourhood-specific and/or individual flyers for outreach and promotion in your communities.](#)

Thorncliffe Park Community Hub clinic

This is a family-friendly clinic that features private vaccination areas, toys and activities, Child Life Specialists and more. [Learn more.](#)

Starting today (Thursday, December 16), this clinic is also offering first, second and third (booster) doses to all eligible individuals.

Book an appointment at covid-19.ontario.ca/book-vaccine/ or call 1-833-943-3900.

There are also a limited number of walk-ins every day from 8:15 a.m. to 8 p.m. We encourage you to visit as early in the day as possible if you are not making an appointment in advance.

[Download a flyer to help promote our COVID-19 vaccine clinics.](#)

Other ways to book a vaccine appointment:

Book an appointment at a [local pharmacy](#).

Contact your primary care provider or paediatrician to confirm if they are offering the vaccine for children aged 5 to 11.

COVID-19 PCR Testing

COVID-19 Outreach Centres

Our COVID-19 Outreach Centres offer walk-in and child-friendly COVID-19 testing, assessments other supports. See all locations and hours: tehn.ca/CovidOutreachCentres.

Children who visit these sites receive [an oral-nasal swab](#), which is less invasive than the traditional NP swab. Physicians and nurses are available to answer your questions and concerns.

Take-home COVID-19 test kits provided by MGH can be picked up and dropped off at these sites.

Our COVID-19 Outreach Centres in Flemingdon Park and Taylor-Massey also offer flu assessments to local residents experiencing cold and flu symptoms, with or without a health card.

Starting today (Thursday, December 16), vaccines will be temporarily unavailable by walk-in at our COVID-19 Outreach Centres.

Take-home COVID-19 test kits

MGH is distributing take-home test kits to schools, child care centres and families to make COVID-19 testing as easy as possible.

Take-home COVID-19 test kits provided by MGH can be picked up and dropped off at the COVID-19 Assessment Centre at Michael Garron Hospital or at our [COVID-19 Outreach Centres](#).

[FAQ about MGH's take-home test kits.](#) The FAQ is also available [online](#).

Take-home test kit instructions in [Amharic](#), [Arabic](#), [Bengali](#), [French](#), [Pashto](#), [Slovak](#), [Tigrinya](#) and [Urdu](#).

Pick up and drop off of the take-home COVID-19 test kits will also be available at [our school clinics](#) over the holidays.

COVID-19 Vaccine Resources

[Community Q&A on the COVID-19 Vaccine for Children Aged 5-11](#) (Michael Garron Hospital)

[FAQ about the COVID-19 Vaccine for Children Aged 5-11](#) (ETHP)

[Information about the COVID-19 vaccine and fertility](#) (Michael Garron Hospital and ETHP)

[Why Should My Child Get the COVID-19 Vaccine?](#), available in 15 languages (Women's College Hospital and partners)

[COVID-19: Information About Children and Vaccines](#) (Toronto Public Health)

[Comfort Positions for Vaccinating Children](#) (ETHP)

[How to Prepare Your Child for Their COVID-19 Vaccine](#) (ETHP)

[Tips for Easing Children's Fears About Getting the COVID-19 Vaccine](#) (Toronto Public Health)

[Reduce the Pain of Vaccination in Kids and Teens: A Guide for Parents](#) (Immunize Canada)

[COVID-19 Vaccine Consult Service](#) (SickKids)

[How to Call the Province to Book a Vaccine Appointment](#), available in multiple languages (Ministry of Health)

Additional multilingual resources from [Women's College Hospital](#) and [City of Toronto](#).

Janine McCready, MD, FRCPC

Director, Antimicrobial Stewardship Program

Associate Director, Infection Prevention and Control

Lecturer, Department of Medicine, Division of Infectious Diseases, University of Toronto

[Michael Garron Hospital | Toronto East Health Network](#)

825 Coxwell Avenue | Toronto, ON | M4C 3E7

YOUR GRADUATION PHOTO DAY IS HERE!

Graduation Portraits at your school will be starting on:

JANUARY 10, 2022

To book an appointment please visit:

www.brightpics.ca/bookyourappointment

Create an account and book an appointment using
the Job ID and Grad ID provided below:

JOB ID: M9011 GRAD ID: sVWduM4b

Each student is required to pay a \$35.00 Sit Fee to the
Photographer on Photo Day. This fee includes a set of photo proofs
as well as an 11" x 14" composite of the Graduating Class.

Your Graduation Portrait session should be a memorable event.
Please take time to look your best! We recommend all graduates
wear a white collared shirt for the best results!
Graduates may also wear a tie if they choose.

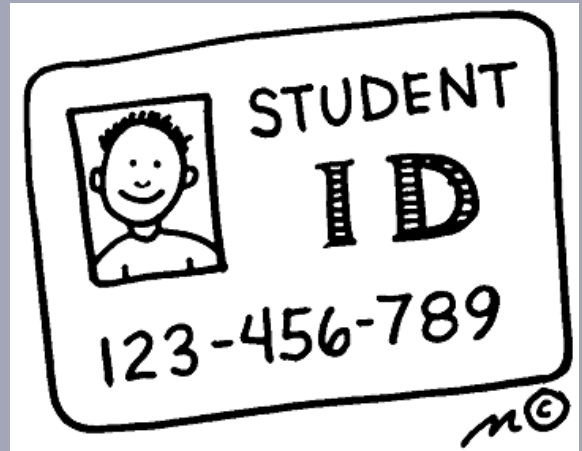
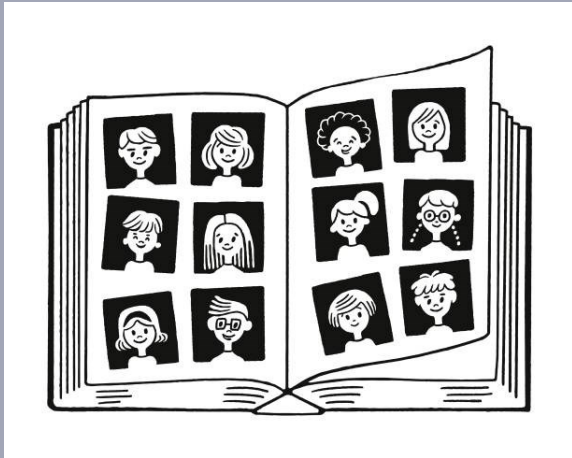
Please be on time for your appointment!

If you need to make a change or cancel your appointment
please contact us at: studio@brightpics.ca

My Grad
Portraits
by BRIGHTPICS

Don't forget to Pay the School Activity Fee

\$45.00 through School CashOnline
Covers yearbook, student ID card, and much more!





Staff Contacts

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[Mai Anasis](#) Main Office

[Karen Ash](#) Visual Art

[Tino Barkas](#) VP (L-Z)

[Liz Barsby](#) Math **ACL**

[James Bencze](#) Law/Civics

[Kristen Bloodworth-Feeney](#) Youth Worker

[Lisa Bourgard](#) Student Success **ACL**

[Ingrid Buchinger](#) Attendance/VP Office

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[Jo-Anne Cortes](#) Ext/Imm CIV/CAR/APS

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[Brant Drewery](#) History/Geography

[Jeff Eschle](#) Math

[Raf Escobar](#) Science /Biology **ACL**

[Mike Falla](#) Instrumental Music/Band

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