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February 2023  
 Volume 3, Issue 6  
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# MALVERN C.I.

## SR GIRLS' VOLLEYBALL TEAM - CITY FINALISTS!

After a long and dominant four months, the Malvern Sr Girls' Volleyball season has finally come to an end.

The team is proud to say that for a second year in a row, they not only came first during the regular season, but went on to reclaim the title of South Regional Champions.



After winning regionals, the team advanced to compete for Cities. The girls were successful in winning their semi final match allowing them to play in the City Championships held at Centennial College on February 24th.

After a hard-fought match, unfortunately, the girls came up short losing in the finals to a strong Richview team.

Making it to the City finals for a second year in a row is a huge accomplishment in itself and one that the team is very proud of.

A huge congratulations to the entire squad for another amazing season.

Go Black Knights!

*Jessica Collura, Coach*

### Tier 1 Team Members:

Jessie Hayes  
 Lauren Turner  
 Ryan Deverell  
 Renee Campbell

Bridget Deighan  
 Abby Keeler  
 Keely Lloyd  
 Evie Sharpe

Sarah Smart  
 Cassandra Keevallik  
 Ellie Porter  
 Tegan Carpenter

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### UPCOMING EVENTS:

March 9 —Semi-Formal

March 10—2:30 Dismissal

April 11 —EQAO Literacy

### COMMENCEMENT

Tuesday, June 27 at 1:00 p.m. at the Danforth Music Hall.

This date was changed from June 28.

### MALVERN REUNION

Malvern's Red & Black Society (MRBS) is collaborating with the school to hold a 120 year reunion on May 13. Malvern alumni are welcome to visit the school between 1:00—4:00 p.m. Please join MRBS on Facebook for updates and information on registering for pub nights that are being organized.

### IMPORTANT DATES AHEAD:

- ◆ Malvern CI Community Fair: **March 2nd**
- ◆ Semester 2 Marks Maintain After Date (Full Disclosure): **May 5th**
- ◆ [Ontario Colleges](#) applications: Still Open! Equal Consideration date for competitive college programs is **February 1st**, however applications are still accepted on an ongoing basis.
- ◆ Semester 2 eLearning: [Key Dates](#)
- ◆ Semester 2 Night School: [FULL CREDIT COURSES Key Dates](#)
- ◆ Semester 2 Night School: [CREDIT RECOVERY Key Dates](#)

### MALVERN COMMUNITY FAIR

On Thursday, March 2, 2023 from 9:00am-12:30pm, many of our community partners will set up a table in the cafeteria to highlight and promote the many employment and volunteer opportunities, programs, supports and services that are available to youth in our neighbourhood and greater community.

We are hoping this will be an opportunity for our students to make new connections and learn about what is out there for them, and also how they can contribute and give back.

Grade 10 and 11 classes will be visiting the fair in the morning, and presenters will stay over lunch for Grade 9 and 12 classes to visit as well.

We encourage all students to come prepared to ask questions and learn more about our local agencies and community groups!

### COURSE SELECTION 2023-2024

The 2023-2024 course selection process is now closed.

Over the past few weeks, Guidance has been busy meeting with students and supporting them with their questions and decisions about course planning for next year. The lunchtime sessions were well attended and students came with many thoughtful questions.

Thank you to teachers who presented course information at an engaging Course Option Fair, and to everyone who was involved in this process!

For students who missed the course selection deadline, please come see your Guidance Counsellor as soon as possible.

### ONE CITY SCHOLARSHIP

Attention Graduating students!

The ONE City Scholarship is awarded to remarkable students from TDSB schools who are heading to post-secondary.

Recipients receive either \$1500 or \$3000 paid over two years. In 2023, we will award 25 scholarships.

ONE City recipients are students who:

- ◆ Have experienced significant challenges in their life and yet have been successful in high school and have

a good chance of success in post-secondary.

- ◆ Are ambitious in their personal goals and demonstrate community-mindedness.
- ◆ Are in financial need.

May not have received recognition elsewhere and might really benefit from the support ONE City can offer.

ONE City applications close on April 11. Please visit this website for details and to apply: [www.onecityfund.com](http://www.onecityfund.com).

### SCHULICH BUILDERS SCHOLARSHIPS

Schulich Builders are scholarships for students enrolling in an eligible, full-time skilled trades program at a participating college in Ontario.

- ◆ Ten colleges award a total of 100 scholarships annually. Each college will award ten scholarships:
- ◆ Five for one-year certificate programs
- ◆ Five for two-year diploma programs
- ◆ Valued at \$40,000 (\$20,000 per academic year), these scholarships support the costs of tuition, tools and living expenses.

Visit <https://schulichbuilders.com/> for more information.

### 55 DIVISION CPLC VALERIE MAH MEMORIAL SCHOLARSHIP

Each year, the 55 Division CPLC awards a number of \$500 bursaries to deserving students within the Division who demonstrate a commitment to the community, outstanding academic achievement, and a sense of leadership.

The Valerie Mah Scholarship Fund is a CPLC initiative that provides financial support for youth participating in school safety initiatives, volunteering in the wider community, and attending school in the community. This initiative is a partnership between local business, community agencies, TPS 55 Division and the 55 Division CPLC.

Applicants must be graduating in 2023 and must be accepted and enrolled in a post-secondary institution in 2023 to be considered for the award.

Applications are due on May 12th, 2023 at 3pm. Come to the Guidance office for an application package.

### 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.

You will:

- ◆ Explore health science education and careers through hands-on activities, experiments, lectures, and special projects
- ◆ Learn from and connect to a variety of health science faculty, professionals, and students
- ◆ Enjoy valuable mentoring experiences from a variety of professionals
- ◆ Earn a credit you can use on your University and/or College applications

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

## GRADE 12 REMINDERS:

### COLLEGE APPLICATIONS

[OntarioColleges.ca](https://www.ontariocolleges.ca)

College applications are ongoing, and many programs are still taking applications. Use the "Programs" search function to find one that is right for you.

[Confirming an Offer of Admission](#)

See this link for deadlines and instructions on how to confirm an offer of admission.

If you haven't received an offer, THAT'S OK! Many colleges send out offers in waves, and they will continue to send offers in the coming months. Come speak with a Guidance Counsellor if you want to discuss your program options.

### UNIVERSITY APPLICATIONS

[I've Applied to an Ontario University - What's Next?](#)

This document contains links to information about what's next in the application process and other important information, such as deadlines and how to respond to an offer of admission, plus transition and accessibility resources.

Every offer of admission from a university will be conditional - don't forget to read your individual academic conditions to maintain an offer carefully on any offer letters you receive. If you haven't received a conditional offer, THAT'S OK! Universities do not send out offers all at once (it goes out in waves), and MANY offers are sent out after the April mark submission.

[OUAC - Available Programs](#)

Some university programs still have space and are taking applications beyond the January 12 deadline. Search for programs on OUAC website - if the program has a clickable link and it does not say "CLOSED", you can still add an application!

[Tours and Events on OUInfo](#)

Ontario universities continue to offer their own virtual events and tours, webinars, chats and more.

### GRAD MERCH

Grad merchandise is now available to purchase at School Cash Online. A wide variety of items are available, including personalized hoodies, plain hoodies (logo only), track pants, T-shirts and long sleeve tees.



Don't miss your chance to buy a souvenir of your graduating year! All proceeds from the Grad Merchandise sale go to supporting the Prom.

The sales period ends on February 28<sup>th</sup>, 2023. Don't wait until the last minute to place your orders!



### CAPS & GOWNS FOR GRADUATION

Grade 12 graduating students must order and purchase their caps and gowns through School Cash Online by **Friday, March 3<sup>rd</sup>**.



### CONGRATULATIONS LISA LAI

Malvern's Lisa Lai submitted her design for the TDSB's poster contest for Asian Heritage Month.

Lisa's won 2nd place for her poster, which has been featured throughout the month of February on the TDSB's website. It's also featured in one of main display cases!

Well done, Lisa!



### CALLING ALL MUSLIM PARENTS/CAREGIVERS

I would love to hear from you.

I'd like to have a conversation about your/your child's experiences at Malvern and in the TDSB. Has your child had a positive experience? Has your child experienced Islamophobia at school?

If you are willing to speak with me about any other issues/experiences, please send me an email or phone me. We can arrange a meeting or phone conversation: [Sandy.kaskens@tdsb.on.ca](mailto:Sandy.kaskens@tdsb.on.ca)

Thank you,

Sandy Kaskens, Principal

## THE MALVERN CUP – IT'S NEW AND EXCITING AND EVERYONE CAN PARTICIPATE!

In April, our school community will participate in the inaugural *Malvern Cup*.

It will be a competition between teachers and students. Student groups and staff advisors will prepare friendly competitions between the teachers and students.

At the beginning of May, we will announce the winning *team*. We will be using this community-building opportunity to do fundraising for cancer research and education (since April is cancer-awareness month).

How can *you* participate?

Sponsor a team by donating to School Cash online in

April.

Find a few extra loonies or toonies for your child to participate in a bake-off, sing-off, gamer tournament or in whatever activities come up in April.

Soon, we will have a website and logo, prepared by Malvern students, to share with you. Stay tuned for more information!

Questions?

Send an email with *Malvern Cup* in the subject line to Jo-Anne (Madelle) Cortes at [Jo-Anne.Cortes@tdsb.on.ca](mailto:Jo-Anne.Cortes@tdsb.on.ca)



## Grade 11 Physics Contest

### OAPT PHYSICS CONTEST

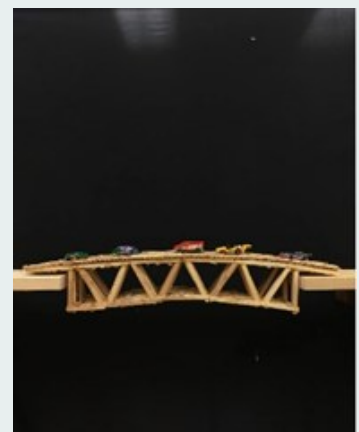
The annual online physics contest open to ALL grade 11 and 12 physics students will be occurring on May 23, 2023.

The cost is FREE thanks to generous support from the Faculty of Applied Science and Engineering at the University of Toronto! This is intended to be a FUN contest and in no way impact your physics mark! Please email or speak to Mr. Hang if you'd like to sign up!

### MALVERN'S PHYSICS CLUB

We're back! The Malvern Physics (and Engineering) Club has resumed our weekly meetings every Wednesday at lunch in room 203!

New members are always welcome. The current design competition is to build a popsicle stick bridge that maximizes strength while minimizing mass! Here are some photos from previous years!



## CYBER-SAFETY & CONSENT

In February, Grade 9 & 10 students attended a presentation from T.E.A.R.

The T.E.A.R.™ Volunteer Youth Leadership Program builds on the basic learnings of the T.E.A.R.™ workshop and enables youth to further analyze root causes of gender-based violence, by exploring historical and manifestations of sexism, racism, homophobia and other forms of systemic discrimination and oppression which perpetuate the cycle of violence.

Youth Leaders to deliver T.E.A.R.™ workshops, develop innovative forums for dialogue on healthy, unhealthy and abusive relationships, violence against women, and gender equity within their schools and the broader community.

The presentation at Malvern included a focus on Project Safe S.P.A.C.E..

This was developed as a Toronto-based systems-wide response to identify, prevent and address cyber-violence.

<https://victimservicestoronto.com/resources/#safety-planning> - please take a look at the website for additional resources that can be used to prepare students for the assembly/presentation.

The presenters also spent time talking about Consent.

## PARENTS: TALK TO YOUR TEEN ABOUT CONSENT

The following video was shared with grade 9 & 10 students at the T.E.A.R. assembly.

While the grade 9 Health Curriculum covers Consent, it's important for students to be reminded (over and over) what Consent really means.

Please take a moment to watch it with your teen to open up discussions about consent.

[Consent Video](#)



## TEENS' (OVER) USE OF THEIR PHONES AND THE WASHROOMS

The washrooms continue to be a place where students tend to gather, and the phone continues to be a constant distraction in the classroom.

When we ask students why they gather in the washrooms, their answer is no different than what we would have said back in the day: "It's the only place private place in the school where I can meet my friends." It could be for emotional support, a good laugh, a break from class, a bit of gossip, or sometimes just to vent. Quite simply, it's something to do.

We are trying to encourage them to go elsewhere for emotional support. We remind them that the washrooms are full of yucky germs. We tell them that gathering there is not fair for those who actually need to "go". We visit the washrooms regularly. We are working on, and will continue to work on it.

We're also engaging in conversations with students about the effects of screen time, and how the constant distractions from their phone and social media may negatively impact their learning.

Stay tuned for more updates about our "Reduce the Use" campaign.

Please see the following page for posters that can be seen throughout the school.

The following posters can be seen in classrooms throughout the school (as well as cyber-bullying posters):

Signs of Problematic Phone Use	Steps to Curb your Use
<ul style="list-style-type: none"> <li>⇒ Trouble <b>completing tasks</b> at school or at home.</li> <li>⇒ Trouble <b>sleeping</b> (checking your phone throughout the night).</li> <li>⇒ Constantly <b>distracted</b> by thoughts of checking your phone, even when it is put away.</li> <li>⇒ Excessive use characterized by loss of <b>sense of time</b>.</li> <li>⇒ Needing or wanting <b>more</b>: newest phone, more applications, or increased use, more "likes".</li> <li>⇒ <b>Difficulty having "real" conversations</b> without checking your phone.</li> <li>⇒ <b>Isolation</b> from family and friends.</li> <li>⇒ <b>Concealing</b> your use.</li> <li>⇒ Feeling <b>worried or anxious</b> if you don't get an instant reply to texts.</li> <li>⇒ Having a "fear of missing out" (<b>FOMO</b>) if you aren't constantly checking your phone.</li> <li>⇒ Feelings of <b>anger, tension, irritability, restlessness, anxiety or panic</b> if you leave your phone at home or if you lose it (<b>nomophobia</b>—fear of being without your phone).</li> </ul>	<ul style="list-style-type: none"> <li>⇒ <b>Remove time-consuming apps</b> from your phone and access them through a device you don't carry with you.</li> <li>⇒ Ask your friends for <b>support</b>—suggest that everyone put their phone away when you're together.</li> <li>⇒ Consider <b>Journaling instead of posting</b>—reduce your online presence.</li> <li>⇒ <b>Change your settings</b> to eliminate push notifications and other disruptive alerts.</li> <li>⇒ <b>Set your screen to gray scale</b> to keep it from waking you at night.</li> <li>⇒ <b>Place barriers around your phone use</b> (add lock screen questions, like "Why now?" or "What for?")</li> <li>⇒ <b>Keep your phone out of sight</b>. Charge your phone somewhere besides other than your bedroom.</li> <li>⇒ <b>Replace the games &amp; social media apps</b> with hands-on, real-world activities.</li> <li>⇒ <b>Adopt a growth mindset</b>. Brief relapses, adjustments, and withdrawal symptoms are part of a journey toward healthier phone use. Don't expect to get it right immediately. Expect some setbacks, and learn from each experience.</li> </ul>

**JOIN THE MOVEMENT, MALVERN. REDUCE YOUR USE.**

### 8 Tips to Curb Disruptive Smartphone Habits

These strategies may help you break smartphone addiction.

 Prioritize self-care through mindfulness	 Exercise, like going for a run or walk	 Schedule no-screen time daily	 Turn off social media notifications
 Take a digital detox	 Spend time with family	 Use apps that limit screen time	 Learn new things, or take on a hobby

**Join the Movement, Malvern!  
Ditch the Device During Class Time.**

## WASHROOMS HAVE TO BE A SAFE SPACE FOR THOSE WHO GOTTA "GO"!



### 5 Tips TO HELP TEENS COPE WITH STRESS

- GET SOME SLEEP**: Sleep is essential for your brain and body. Aim for 8-10 hours of sleep each night.
- FOCUS ON YOUR STRENGTHS**: Focus on what you are good at and proud of. Celebrate your successes, no matter how small.
- DO THINGS THAT MAKE YOU HAPPY**: Engage in activities that bring you joy and relaxation, like reading, listening to music, or spending time with friends.
- ENGAGE IN PHYSICAL ACTIVITY**: Exercise helps reduce stress and improves your mood. Find an activity you enjoy, like walking, dancing, or sports.
- TALK TO SOMEONE**: Don't be afraid to reach out for help. Talk to a friend, family member, or a professional counselor.

### WASHROOMS ARE NOT SPACES FOR SOCIALIZING OR FOR PEER SUPPORT

*If you need a quiet space or if you need to speak with someone, please go to Guidance, the Main Office, or Room B1*

## GOOD REASONS to put down your PHONE

@POSITIVELYPRESENT




**Join the Movement, Malvern!  
Ditch the Device During Class Time.**

# put your phone away

Please

**Join the Movement, Malvern!  
Ditch the Device During Class**

# STARVE YOUR DISTRACTIONS. FEED YOUR FOCUS.




**Join the Movement, Malvern!  
Ditch the Device During Class**

# SPECIAL EDUCATION & STUDENT SUPPORT

## TDSB WORKSHOP: TUESDAY, FEB. 28

- ◆ Learn about Special Education and Inclusion
- ◆ Identification, Placement, and Review Committee (IPRC)
- ◆ Reviews
- ◆ Transitions

See Flyer Below; To access the zoom link, please use the link below:


Special Education  
and Inclusion

*presents*

Parent/Guardian/Caregiver Session #2

Tuesday, February 28, 2023 from 7:00 PM to 8:00 PM  
LC1 and LC4

If you require a language interpreter, please send in your request by Mon., Feb. 20th to [SpecialEd@tdsb.on.ca](mailto:SpecialEd@tdsb.on.ca).

**Learn about Special Education and Inclusion**


- Identification, Placement, and Review Committee (IPRC) reviews
- Transitions

**Zoom link:**

Please click the link below to join the webinar:

<https://tdsb-ca.zoom.us/j/91218058327>

For any concerns around personal accommodation, please contact [SpecialEd@tdsb.on.ca](mailto:SpecialEd@tdsb.on.ca)



# Student Support Room

Room B1 (basement - across from the Cafeteria)

Who We Are	What We Do
<ul style="list-style-type: none"> <li>★ Student Support Teachers:</li> <li style="padding-left: 20px;">Block A - Ms Bourgard (Math/Science)</li> <li style="padding-left: 20px;">Block B - Ms Kuang (Math/French)</li> <li style="padding-left: 20px;">Block C - Ms Cowper (Math/English)</li> <li style="padding-left: 20px;">Block D - Ms Girgis (NAC/History)</li> <li style="margin-top: 10px;">★ Kristen Bloodworth-Feeney, CYW</li> </ul>	<ul style="list-style-type: none"> <li>★ Tracking and Monitoring of Students</li> <li>★ Credit Recovery</li> <li>★ Social/Emotional Growth (CYW)</li> <li>★ Academic Support/ Extra Help</li> <li>★ Assistive Technology</li> <li>★ Alternative Setting for A&amp;E</li> </ul>

A&E in the Student Support Room will primarily be for students having an IEP with 'alternative settings' in Assessment Accommodations BOOKMARK THIS!

Space is limited! Please ask students to sign up using the form <http://bit.ly/MCIB1> in advance of the evaluation



You can reach us at 4002 on the house phone

# MALVERN'S TUTORING AND REVIEW PROGRAM FOR MATH

Did you know?

- ◆ All teachers are available to students for extra help. Students, if you need extra help, please let your teacher know. If you're not sure which day(s) and time(s) they are available, ask.
- ◆ Malvern also offers Math & Science tutoring. These classes are open to EVERYONE, so bring a friend!
- ◆ Math teachers have said that the biggest "jump" in terms of understanding more complex math concepts is from grade 10 to grade 11 Math.
- ◆ Students, if you are taking math now, take advantage of these extra help sessions to make sure you have a solid understanding of grade 10 Math.
- ◆ If you took grade 10 Math in Semester 1, be sure to attend the "Pre-Grade 11 Math" sessions, which will be review of grade 10 concepts and skills that are essential for grade 11 Math.
- ◆ Registration is not necessary. Classes end mid April!

## Math & Science Tutoring Sessions

- ✓ **Get extra help from your teacher, or from a different teacher.**
- ✓ **If you took Math last semester, get a refresher to prepare for next year.**

	Monday	Tuesday	Wednesday	Thursday
<b>Grade 9 Math</b>	Mr. Matthews Lunch Room 208	Ms. Parmar 3:15 Room 203	Ms. Pytlovana 3:15 Room 108	
<b>Grade 10 Math</b>	Ms. Katai 3:15 Room 109	Ms. Thomas-Reynolds 3:15 Portable 3	Ms. Kuang Lunch Room 305  Ms. Katai 3:15 Room 109	Ms. Thomas-Reynolds 3:15 Portable 3
<b>Pre-Gr 11 Math</b> (for students who took Grade 10 Math in Sem 1 and want to prepare/review for grade 11)			Ms. Kuang 3:15 Room 305	Ms. Parmar 3:15 Room 203
<b>Grade 11 Math</b>	Ms. Barsby Lunch Room 103		Ms. Barsby Lunch Room 103	Ms. Pytlovana 3:15 Room 108
<b>Grade 12 Math (Calc)</b>	Ms. Barsby Lunch Room 103		Ms. Barsby Lunch Room 103	
<b>Grade 10 Science</b>				Ms. Dawe 3:15 Room 216



## MALVERN STUDENTS HONOUR BLACK HISTORY MONTH

February was a very busy month for our clubs and councils who have been organizing and running various initiatives for African Heritage Month.

Throughout the month, SAC played music written and performed by Black musicians and multiple clubs such as MGSA and Conseil Francais honoured Black leaders and innovators- doing “fun facts” and teaching students over the announcements every morning.

Many of our showcases were filled with celebrations of Black art and culture.

On February 16th, an educational charity organization called “I Am Compelled” came to the school to give an interactive presentation about the story of Africville, advancing Canadian history and heritage by examining a darker event in our past. Many of our students were shocked that such a thing had happened in Canada.



Then, on February 21st, we had another guest speaker, Curtis Carmichael, present to all Malvern students. He talked about his experiences growing up in Scarborough and how poverty, racial profiling and systemic racism affect the Black community.

After his presentation, Curtis stayed for the entire day in the Malvern library, with scores of students coming by to talk with him. He offered advice, told stories, and for some students connected them to a coach, mentor, employer, or someone who aligns with the student’s interests and goals.

Malvern has purchased a downloadable copy of Curtis’ book *Butterflies in the Trenches* for every student.

If your teen has not yet downloaded their copy, they can go to the website below and enter a discount code.

<https://www.curtiscarmichael.ca/proud2payebookstudentsenglish>

Discount code:  
malvernstudents



### ABOUT ME

Curtis Carmichael is an award-winning social entrepreneur, technologist, STEM and hip-hop teacher, computer programmer, and the former Director of a Code Ninjas franchise. His cross-Canada cycling tour Ride for Promise raised funds for Toronto Community Housing afterschool programs and was featured in an award-winning documentary. Curtis has been published in CBC National News, Global News, City News, The Tyee, USPORTS, and TEDx. In his spare time, he is a Team Canada Duathlete for the 2021 Multisport World Championships. Curtis grew up in Scarborough, Ontario, and has dedicated his life to advocating for Black and racialized youth in low-income communities in the City of Toronto and across Canada.



## MALVERN STUDENTS HONOUR BLACK HISTORY MONTH—CONT'D

The music council created a wonderful slideshow which highlighted various Black artists both past and present. This was sent to all classroom teachers to enjoy with their own students. This presentation, with links to music, is simply too good to not share with the community. You can enjoy this presentation [here](#).

Many thanks to our Music Council for this contribution!



The Malvern Library celebrated Black History Month by inviting teachers to bring their students down to watch various documentaries and then participate in a variety of activities connected to celebrating the month.

Students viewed *A Canadian Slave Story* and had an opportunity to learn about a Canadian connection to Black History.

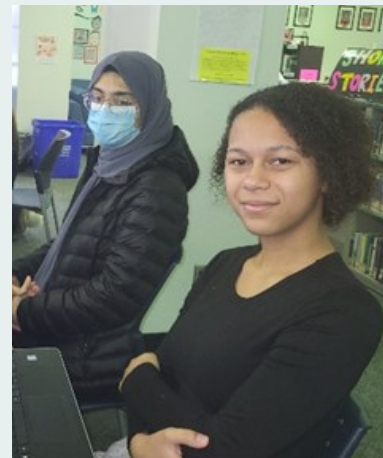
Further to that, they engaged in some art therapy and created posters that highlighted a significant Black Canadian and their contributions to society.



Students also watched documentaries that pertained to the marginalization of Black women in Beauty Pageants and discussed the impact that these decisions have on the community and individuals when inclusion is denied.



Finally, we wrapped up the week by watching *Patty vs Patty* which showed students the challenges of starting your own food business under the restrictive parameters of the Canadian government and how one business fought to preserve the name associated with the delicious food we all know and love - the Jamaican Patty!



Thank you to all of the teachers and students who participated in the Library's initiative to celebrate Black History month!  
Nalini Graham, Teacher-Librarian



## MALVERN OFFERS A SHSM PROGRAM

Are you interested in a career in the Health and Wellness industry?  
Do you love sports and physical activity?  
Then the Malvern Health and Wellness SHSM program is for you!

SHSM is a specialized program that allows students to customize their timetable with credits and experiences that prepare them for a career in Health and Wellness.

There are 4 components of the SHSM program:

- ◆ A bundle of credits related to Health and Wellness
- ◆ Certificates and training related to your future post-secondary program
- ◆ Career Exploration and Reach Ahead opportunities
- ◆ Cooperative Education

This year students had the opportunity to learn how to play Adapted Sports at Variety Village. They will also be learning how to lead the Phys Ed classes through fitness testing, become certified in Athletic Taping, attend a Blue Jays game and other FUN activities to come!

If this sounds like something you are interested in please complete the Google Form below or email Mr. Brand at [korey.brand@tdsb.on.ca](mailto:korey.brand@tdsb.on.ca).

[Malvern Health and Wellness SHSM Application 2023-2024 School Year](#)



## CAPTIONS & POETS WORK WITH MALVERN LEADERS

In other news, our grade 11 council leaders have begun a four-week training course through Captions and Poets. This course will help them recognize and hone their individual leadership skills. Although we are only one week into the program, our students are very engaged. More on this and other initiatives coming very soon!



# HOW TO MANAGE ANOTHER'S ANXIETY

In this online webinar, we will discuss ways to help your child manage their anxiety and stress in healthy ways. Learn to create safety in communication with your kids through empathy and attunement, so they will come to you when they need your guidance.

**Tuesday, February 28, 2023 | 7:00pm**

**To register, click here:**

**[Centre for Family Initiatives](#)**  
**[Webinar Series](#)**



**[REGISTER HERE](#)**

## MALVERN'S SCHOOL COUNCIL

Minutes from our first meeting of 2023 (on February 7) are available on the [school's website](#). Our next meeting is March 7 at 7PM (hybrid - in-person and online) and everyone is always welcome to join!

Our **Red & Black** online fundraiser is now available via [School Cash Online](#). Please help to fund a Nutrition Program, Scholarships, and Student/Staff Well-Being initiatives. Right now, Council is still well short of the amount needed to fund all of these initiatives which were requested by the school and approved by Council. This event is the only Malvern School Council fundraiser for the remainder of the year, so please consider giving.

If you have any questions or concerns that you would like raised at upcoming Council meetings, you can DM us on [Facebook](#) or email us at [malvernschoolcouncil@gmail.com](mailto:malvernschoolcouncil@gmail.com)

Looking forward to seeing you on March 7! An email with the agenda will be sent by Sandy Kaskens a few days prior to the meeting.

Angie Law & Adrienne Scott

Malvern School Council Co-Chairs

## WHAT ARE YOUR TEACHERS READING?

Need inspiration about what to read next?

Stop by the library and check out the display featuring books some teachers have read, love and highly recommend. There is a fantastic and eclectic selection including mystery (Ms. Barsby's favourite), historical fiction (suggestions from Ms. Bugelli, Ms. Hunnisett and Ms. Cortes), some non-fiction including an interesting book about habits and how make the best of everyday (two thumbs up from Ms. Larabie), new popular fiction (great suggestions from Ms. Collura and Ms. Smolkin) a few biographies, some French options from Mr. O'Mara and everything in between (see Mr. Patterson's box).

Come take a look. We are open every morning, at lunch and Tuesdays after school. See you soon!



# MALVERN'S SEMI-FORMAL

## OPEN TO ALL MALVERN STUDENTS

**Semi-Formal Info**  
 Parkview Manor  
 Thursday, March 9th  
 Doors open 6:00

Doors close at  
 7:00 & dance will  
 end at 11:00

Tickets are \$60  
 & available  
 online

Reminder that semi is  
 only open to Malvern  
 students.  
 This means no guests  
 and no exceptions!

Malvern Collegiate Waiver for Malvern Students to Attend Malvern's Semi-Formal	
<b>Part A: To be completed by Malvern Students Attending Semi-Formal</b>	
First and Last Name of Malvern Student: _____	Student # _____
<small>NOTE: Non-Malvern students are not permitted to attend semi-formal.</small>	
<small>As a Malvern student attending Malvern's Semi-Formal I understand that I am expected to:</small>	
<input checked="" type="checkbox"/> Respect all those in attendance and follow the directions/rules of Malvern's staff. <input checked="" type="checkbox"/> Not be under the influence or possession of drugs or alcohol. <input checked="" type="checkbox"/> Leave the event immediately if held by a staff member. <input checked="" type="checkbox"/> Abide by Malvern's & the TDSB's Code of Conduct. Smoking/vaping is not permitted at any time inside the venue. <input checked="" type="checkbox"/> Abide by the No In-and-Out privileges.	
<small>I also understand that:</small>	
<input checked="" type="checkbox"/> Tickets are non-refundable and non-transferable. <input checked="" type="checkbox"/> Upon entry, neither at any time, I may be subject to search procedures as deemed necessary by hired security, including a search of all bags, backpacks, purses and jackets. <input checked="" type="checkbox"/> I will be denied entry or required to leave if I am under the influence, or in possession of, alcohol or other drugs. <input checked="" type="checkbox"/> I will be denied entry or required to leave if I am disrespectful towards guests, security, the venue staff or Malvern staff. <input checked="" type="checkbox"/> All bags/backpack/jackets must be placed in the coat check until my departure.	
By signing below, I confirm that I have read, understood and will abide by all the conditions/rules outlined on this form.	
Student's Signature: _____	Date: _____
<b>Part B: To be completed by the Parent/Guardian (or by student if 18 yrs)</b>	
<small>I also understand the following:</small>	
<input checked="" type="checkbox"/> Students may leave the semi-formal at any time and are no longer under the supervision of Malvern staff. Malvern staff do not monitor or track the times that students leave the semi-formal. <input checked="" type="checkbox"/> Students are responsible for their own transportation to and from the venue. <input checked="" type="checkbox"/> I will not be contacted if my child is denied entry or asked to leave (unless my child is under the influence of drugs or alcohol and requires a parent to pick them up). <input checked="" type="checkbox"/> If I (or 18) my child is under the influence of drugs or alcohol and Malvern CI is not able to contact me (or the designated emergency contact) at the number listed below, I (or 18) my child will be sent home as a taxi at my expense. <input checked="" type="checkbox"/> Refunds will not be provided if my child has been denied entry or required to leave. <input checked="" type="checkbox"/> Doors open at 6:00 p.m., no admission after 7:00 p.m. Event ends at 11:00 p.m. sharp.	
I have read all the conditions/rules on this form and give permission for my child to attend Malvern CI's Semi-Formal at Parkview Manor on Thursday, March 9, 2023.	
Parent/Guardian Name: _____ (or name of emergency contact if student is 18)	
Phone number of parent/Guardian: _____ (or phone number of emergency contact if student is 18)	
Signature of Parent/Guardian: _____ (or signature of student if 18)	

After purchasing a  
 ticket, students must  
 sign a code of  
 conduct form

Students also need a  
 signature from a  
 parent or guardian  
 (unless over 18)

Hand in your forms  
 to SAC at one of our  
 booths next week

Be sure to coordinate  
 who you'd like to have  
 at your table during  
 the dinner!

Have ONE person from  
 your table fill in the  
 google form provided at  
 the booth  
 Tables seat 10 - make sure  
 you have a full group!

Download a copy of the Permission form [HERE](#).  
 Hard copies of the permission form are available in the front office.

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