



NEWSLETTER

We would like to acknowledge that we are on the traditional territory of the Mississaugas of Scugog Island First Nation and in the territory covered by the Williams Treaties.

AJAX HIGH SCHOOL

Principals Message

Greetings to our Ajax High School Community. I hope that you are doing well in these unparalleled and uncertain times. As we shift from the Winter to Spring season, I often consider this a time for reflection, inspiration and growth. We are all venturing into uncharted territories these days in education and together we will support each other and provide the best possible learning we can for all students. As a staff we continue to work tirelessly to shift gears for what this temporary way of school will look. I am aware of the anxiety that a shift to a distance learning model can create for both students and teachers and we want you to know that we are here to support everyone as we explore this new model of learning. Let's take it slow, try new things, build confidence in our skills, and grow from there. Staff are here to respond to concerns and needs as they arise. Please reach out to us. We will communicate digitally using our website, email, school messenger and social media to share important messaging. We encourage you to explore these modes so that you can stay connected. We miss you and we are thinking about you. We are truly stronger together...even when we are apart!

Until we see each other again, stay well!

E. McIntosh, Principal
R. Davidson, Vice-Principal
A. Russell, Vice-Principal

School Community Council:
Carolann Bell Prue
Superintendent: Margaret Lazarus 905-666-6379
Administrative Officer: D. Fitchett, 905-666-6366
Trustee: Donna Edwards, 905-426-7045, donna.edwards@ddsb.ca

105 Bayly Street East
Ajax, Ontario
L1S 1P2
Tel: 905 683 1610
Fax: 905 683 0856
E-mail: AjaxHS@ddsb.ca
<http://www.ddsb.ca/school/ajaxhs/>

HOW CAN I KEEP MY TEEN MENTALLY WELL DURING THE COVID-19 PANDEMIC?

Provide reassurance.

If they express concerns to you, listen to their concerns and try to provide reassurance. You can talk about how measures are in place to keep people safe, how you've prepared as a family, and how life will return to normal. For teens who are concerned about lost class time and completing courses, reassure them that school staff understand and appreciate their concern. Tell them more information will come and you'll work through it together.

Talk about how measures are in place to keep people safe

DDSB Your Well-Being Matters Stronger together, even when apart WELL-BEING EVERYONE EVERY DAY

HOW CAN I KEEP MY TEEN MENTALLY WELL DURING THE COVID-19 PANDEMIC?

Encourage balance.

Some teens may turn to Netflix, social media or gaming as a distraction from the day-to-day reality of social distancing—this is to be expected and you may also find you're looking for distractions yourself. Taking breaks from screen time is helpful. Plus, too much social media exposure can have a negative impact on mental health. It's a good idea for all of us to prioritize wellness as much as possible at this time. Try to encourage regular sleep habits. You could invite your teen to get outside for daily walks with you, or to do some cooking together.

Encourage regular sleep habits

Go outside for walks

DDSB Your Well-Being Matters Stronger together, even when apart WELL-BEING EVERYONE EVERY DAY

Guidance

Greetings from Guidance!

Community Service Hours for Graduating Students

The graduation requirement to complete 40 hours of community involvement is suspended for the 2019-2020 school year. Community involvement hours that have been completed will be reported on the final report cards of graduating students. Graduating students may still complete their hours where the health and safety of the student can be assured.

University and College Application Update

The application process for universities and colleges are still proceeding! A reminder that all university and college bound students must check the OUAC and OCAS websites in order to view any offers of admission and to accept/decline any offers presented by the universities and colleges.

May 27th, 2020 is the latest date all high school applicants can expect a response from an Ontario university. This includes an offer of admission; a refusal; or a deferral, once additional information is received. June 1st, 2020 is the earliest date an Ontario high school student may be required to respond to an Ontario university offer of admission and give a financial commitment. A student may accept these other offers before June 1st, 2020, but Ontario universities will not compel a student in any way to make a decision earlier than this date.

The confirmation deadline to accept an offer of admission from colleges is May 1st, 2020. You must confirm your offer by this date unless the offer is made to you after May 1st.

2020/2021 Timetables

Timetabling for the 2020/2021 academic year is underway! Staff may be contacting students and/or parents in the upcoming weeks, via email and telephone, to clarify options and preferences.

Summer School

2020 Summer School will be running! Information for summer school is posted on the Durham Continuing Education website at www.dce.ca. May 1st, 2020 is the first day to sign up online. Please check your Guidance Google Classroom for additional information as we approach the enrollment date.

Check your Guidance Google Classrooms!

All students should already have joined their grade specific Guidance Google Classroom at the beginning of this school year. Important information from Guidance will continue to be posted in these classes for students throughout the rest of the year. Students are encouraged to check their Guidance Google Classroom for information and updates every week. If you have yet to join your grade specific Guidance Google Classroom, please do so. If you are not a part of one of these guidance classes and you do not have a Guidance Google Classroom to join, please email Mr. Farndon (scott.farndon@ddsb.ca) in order to receive an invitation to join.

Your Guidance Team:

Mr. Pakosta: brett.pakosta@ddsb.ca

Ms. Feeney: Valerie.feeney@ddsb.ca

Mr. Farndon: scott.farndon@ddsb.ca

Mr. Taylor: david.taylor@ddsb.ca

Mr. Cooke: paul.cooke@ddsb.ca

Library

Our Ajax High School library has resources available 24/7. Visit the school's [library page](#), to access school online databases and [board databases](#). Usernames and passwords are available through your student's classroom teacher. In addition, eBooks are available for research on the [school library page](#) and on the [Board's page](#). Sora (Overdrive) offers audio and eBooks for research needs and pleasure reading.

Do not forget the Ajax Public Library! They have adapted to serve you during this time. You can now [apply online](#) to get an eLibrary card that will give you access to all of their online resources.

Math

Here are some of the online resources the math department uses:

[Knowledge Hook](#) (website to create mission for students in grade 9 and 10)



[Desmos](#) (Online graphing calculator & activities)



[Khan Academy](#) (online tutorials)



[University of Waterloo Courseware](#) (Videos and questions based off Ontario curriculum)



Physical Education

Please keep checking Google Classroom for our up to date resource recommendations!

In the meantime, you can check out these great sites to help you keep moving:

1. [You tube](#) (home workouts)
2. [CBC \(www.cbc.ca\)](http://www.cbc.ca) - [Health articles](#)
3. [ParticipACTION](http://www.participaction.com) website (www.participaction.com)
4. [OPHEA](#)

Inclusive Student Services

Recommended Resources Inclusive Services Department

Talking to Teens about Covid and Social Distancing:

Agency: Kerry's Place - Autism Services

Videos, social stories, funding models and visual schedules to support children during these unprecedented times. <https://www.kerrysplace.org/covid-19-resources/>

What to do with your children for the next three weeks amid social distancing for Covid-19?

Agency: Lakeridge Community Services

This website provides great ideas of how to keep your children busy, positive and engaged. Also highlights the importance of routines and schedules. <https://www.lrcss.com/blog/what-do-with-your-kids-during-covid-19-social-distancing>

Essential Durham Resources for Families - Quick Reference Guide

<https://www.ddsb.ca/en/family-and-community-support/resources/Documents/Student-Family-Supports/COVID-19-Essential-Durham-Resources-for-Families-Quick-Reference-Guide.pdf>

Student Self Care - Poster

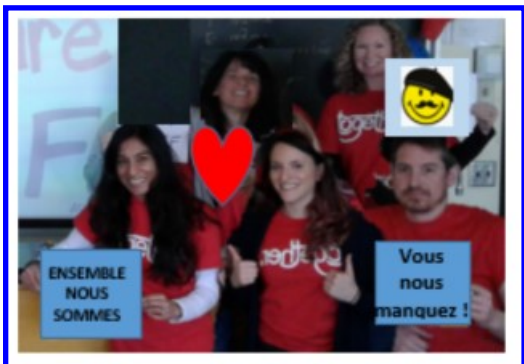
Agency: School Mental Health Ontario

A great resource for families to encourage the well-being of their children, emphasis placed on taking time to do things that feel good and recharge. <https://www.ddsb.ca/en/family-and-community-support/resources/Documents/Your-Well-Being-Matters/Student-Self-Care-101.pdf>

Modern Languages

French Immersion and Modern Languages Department

The teachers in the French Immersion and Modern Languages department have been working tirelessly preparing, researching and providing resources for all our students. We have posted on our Website (<https://sites.google.com/ddsb.ca/moderns/home>) a list of different resources organized by our French facilitator. We will continue adding to this list, so please consult it often. Most importantly, all Moderns teachers are posting the important assignments to their individual Google Classrooms. Please make sure you access these classrooms to stay current with all the lessons, assignments and projects.



We wish all our students best wishes in staying healthy both physically and mentally during this time. We are here for you if you need academic help or if you are looking for direction in other areas. Vous nous manquez. Bonne santé à tous nos élèves et leurs familles.

Science

The Science Department hopes that our students and their families are doing well and staying safe. The Science Department is using the following resources for online learning;

Electronic Science textbooks

[TVO ILC](#)

[Virtual Lab Bench](#)

[Gizmos](#)

Puzzle

A Special Message

The Staff of Ajax High School wanted to send you a Special Message.



#stafesafe

#stayhealthy

#youaremissed

