



# FEBRUARY 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.*

## Principals Message

### February 2020 Newsletter

As the new decade is upon us, so the first semester ends here at Ajax HS. We had several successes in the first half of the year. Semester one exams were a success for all students and final report cards were distributed on February 10<sup>th</sup> in homerooms.

On the sports front, our girls' varsity basketball team took home the tier two championship in November. What a great boost and comeback for our program after being absent for two years. Way to go!

We have been heavily focused on preparing students for the Literacy test scheduled to take place on March 31<sup>st</sup>. Taking a whole school approach, each department developed subject specific literacy lessons for students in Grades 9 and 10 classes. These were delivered on two days in November. Feedback from teachers allowed us to focus in on specific skills to work with students on in the following months at our after-school literacy program. We have the highest enrollment in the program in our history with over 90 students participating each week. Together we have been working hard to ensure our students continued improvement in literacy.

As you look through the following pages please take note of all the activities that continue to keep our school moving forward. Please stay connected to all the happenings at Ajax using any one or all our forums – school website, Twitter, and school messenger.

We hope you enjoy the rest of the winter!

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:  
J. Blizzard 905-666-6110  
Trustee: Donna Edwards,  
905-426-7045,  
[donna.edwards@ddsb.ca](mailto: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](mailto:AjaxHS@ddsb.ca)  
[http://www.ddsb.ca/school/  
ajaxhs/](http://www.ddsb.ca/school/ajaxhs/)

## IN THIS ISSUE:

Set high expectations and provide feedback to ensure all students and staff reach their full potential every year.	<i>Success</i>	Page 2
Engage students, parents and community members to improve student outcomes and build public confidence.	<i>engagement</i>	Pages 3 - 5
Identify future leaders, actively develop new leaders and encourage them to support current leaders.	<i>leadership</i>	Pages 6-10
Reimagine learning and teaching spaces through digital technologies and innovative resources.	<i>innovation</i>	Pages:11
Create safe, welcoming, inclusive learning spaces to promote well-being for all students and staff.	<i>well-being</i>	Pages 12-15
Promote a sense of belonging and increase equitable outcomes for all by identifying and addressing barriers to success and engagement.	<i>equity</i>	Pages 16-19

## FEBRUARY 2019



**Set high expectations and provide support to ensure all students and staff reach their full potential every year.**

*Success*

## Greetings from Guidance!

### Course Selection Process for 2019-2020

Course selection presentations for the 2020/2021 academic year will take place during the week of Monday, February 3rd, 2020. Guidance counsellors will be holding seminars to assist students with their course selection options. Course selection instructions will be posted in each students' Guidance Google Classroom. Topics to be discussed will include:

- Graduation Requirements
- Mandatory Community Involvement Hours
- Compulsory and Elective courses (by grade level)
- Pathways
- Cooperative Education
- Summer School etc.

All course selection requests will be completed on-line using the Career Cruising website. The deadline for students to submit course requests is Monday, February 24<sup>th</sup>, 2020. In the spring, guidance counsellors will meet with every student who submits course selections to discuss individual, educational, and career planning.

### University Application Update

University applicants are reminded that an offer of admission may be extended at any time during the application process. Universities must make all offers of admission by May 27<sup>th</sup>, 2020. Students must view their offers and respond, by June 1st, 2020 through the O.U.A.C website at [www.ouac.on.ca](http://www.ouac.on.ca).

### COMMUNITY SERVICE HOURS

Students are reminded that they must complete 40 hours of community service in order to meet their graduation requirements. Completed forms may be submitted, at any time, to Ms. Mark-Henry in guidance.

### Parent-Teacher Interviews

Parent-Teacher Interviews will be held on Thursday, March 26<sup>th</sup>, 2020 from 1:30pm-3:30pm and 5:30pm-7:30pm. We hope to see you there!



### College Application Update

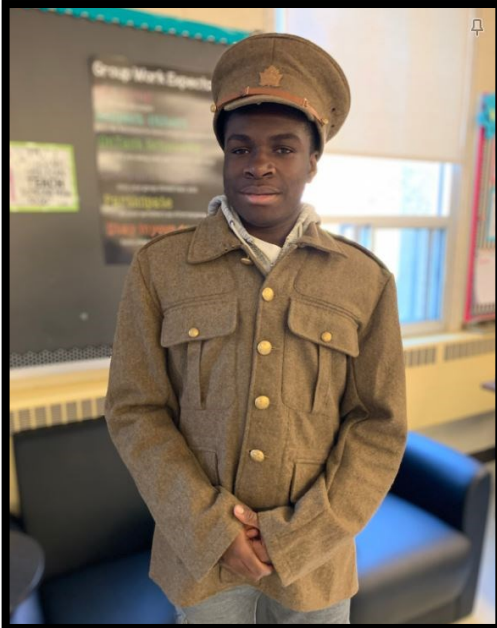
Students may receive e-mail offers of admission any time after February 1<sup>st</sup> 2020. Students must confirm their acceptance by May 1<sup>st</sup>, 2020 using the Ontario Colleges website at: [www.ontariocolleges.ca](http://www.ontariocolleges.ca). For further information, please contact Mr. Cooke in the Guidance Department.

### Commencement

Commencement will be held on Friday, June 26<sup>th</sup>, 2020 at 10am at the Iroquois Park Sports Centre, pad 1. In December, the first assembly was held for potential graduating students. In April, a second assembly will be held to review specific dates and protocols.

Engage students, parents and community members to improve student outcomes and build public confidence.

# engagement



Ajax High School History has been busy this semester! Students in the Grade 10 Canadian History and the Grade 11 Indigenous Studies courses have had many opportunities to 'ignite' their learning through field trips, guest speaker presentations, workshops and hands-on activities.



## World War I comes to Life!

Students had the opportunity to explore World War I artifacts during a hands-on activity in the classroom. The artifacts, on loan from the Canadian War Museum allowed students to explore real and replica items from World War I. Items included a helmet, nursing apron, gas rattle, officer's uniform, maps and shrapnel. Students had a great time making predictions and drawing conclusions about how items were used.

## Casa Loma trip - October 25th

This semester, 88 students had the opportunity to take part in the Casa Loma trip. Students spent the day exploring the Castle and learning about the history of Toronto during World War I. While visiting, students also got to take part in a Team Challenge Scavenger Hunt and were able to see the Castle 'dressed up' for the haunted Halloween event.



Engage students, parents and community members to improve student outcomes and build public confidence.

# engagement

## LACROSSE WORKSHOP

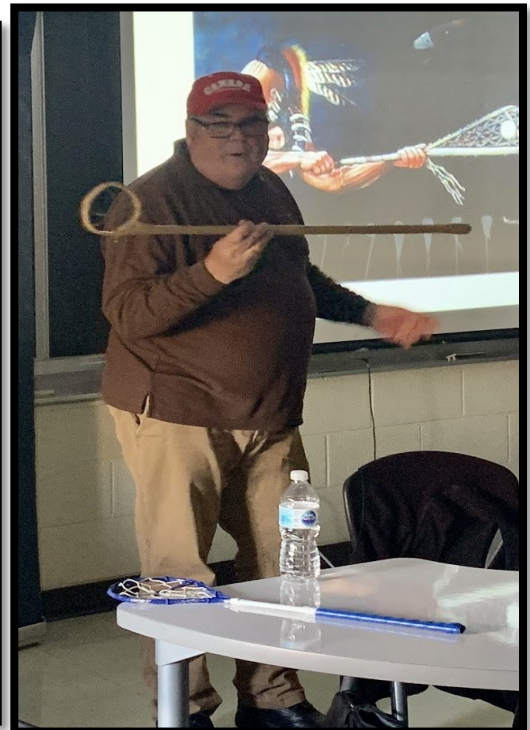
### Lacrosse Workshop - October 23rd

This semester, Grade 11 students in Ms. Ireland's Indigenous Studies class had the opportunity to learn more about the game of Lacrosse, its origins and connection to Indigenous Communities. On October 23rd, students participated in a half-day workshop that allowed them to learn more about the 'ancient game' and the development of Lacrosse. Students were introduced to various First Nations' interpretations of the game and various ways the game could be played. After their in-class learning, students had the opportunity to learn new skills and play a few games of Lacrosse in the gym.



### Guest Speaker Presentation - Mitch McFarlane November 7th

Students were treated to a presentation from Mitch McFarlane, member of the Canadian Armed Forces, who shared his experiences about his time serving in Afghanistan. Students also had time to reflect on what Remembrance Day means to them how it impacts many of our Veterans. This was a valuable experience for all of our students and the feedback from many of them has been indicative of the positive impact the presentation has left on them.



Engage students, parents and community members to improve student outcomes and build public confidence.

# engagement

## NONQUON TRIP



### Nonquon Trip - November 4th

On November 4th, Grade 11 students in Ms. Ireland's Indigenous Studies class visited Nonquon Outdoor Education Centre, located on the traditional territory of the Mississaugas of Scugog Island First Nation. Despite the rain, students had a positive attitude and enjoyed their time outdoors. In the morning, students learned more about the Medicine Wheel and Indigenous connection to the land. Some students were lucky enough to feed Chickadees during the hike!



Identify future leaders,  
actively develop new  
leaders and responsively  
support current leaders.

# Leadership

## STUDENT SPOTLIGHT



### Athletes Of The Month

Athletes of the month for January are Caitlyn Brown and Mekhi Gibson.

Caitlyn Brown is the setter for the JR Girls' Volleyball team and has played a prominent role in orchestrating the offence which has contributed to a successful season thus far. She was voted MVP of the GL Roberts Invitational tournament where the JR Girls won the championship.

Mekhi Gibson has lead the JR Basketball team in minutes played thus far. He has dominated his opponents, eluding the defence on many occasions, recently earned 38 points versus a very formidable O'Neill team.

Identify future leaders,  
actively develop new  
leaders and responsively  
support current leaders.

Leadership

## News From The Math Department

### NEWS FROM MATH DEPARTMENT

Ajax High School has competed in its first ever Waterloo Intermediate (CIMC) and Senior (CSMC) Math contest. More than 50 students signed up and the results have been posted. The top 5 students from AHS are:

CIMC - Xinyang Gu, Umaid Mohammed, Xander Chanthavon, Emalee Fannin, Austin Korpan, Dwayne Burton

CSMC - Jin Cai, Rosetta Li, Jessica Marinos, Kyla Toshack, Samantha Barnes, Daniela Castro, Aidan Macdougall

We are so proud of the student's hard work, efforts and passion for mathematics. More contests are scheduled in February and April so we encourage even more students to participate. Interested students should talk to their math teacher or see Ms. Fu or Mrs. Kos in the math office.

Ms. Fu's grade 10 and 11 Enriched Math classes experimented with motion sensors discovering and implementing numerous mathematical applications. They also created a user manual affectionately titled, "The Dummies Guide to Using Motion Sensors." Fantastic effort and results.

The grade 9 math classes have also been using these SONAR based motion sensors to explore motion graphs. It was great to make connections between information provided by a graph and the physical activity that was happening in real-time. Next steps involve using these motion sensors to run exploration based learning activities to model both linear and quadratic relationships. Authentic learning has never been so much fun!

CONGRATULATIONS!



Identify future leaders,  
actively develop new  
leaders and responsively  
support current leaders.

# Leadership



Ajax High School is proud to announce the results of the DECA Ontario Regional Competition 2019/2020.

Congratulations to the entire team representing Ajax High School. Your hard work, effort and dedication have been inspiring. Thank you Mrs. Crooks and Ms. Fu for your supports at the Regional Competition. In the Team Event Alexia Economou and Stefania Vlasie have placed in the top 10. In the Individual Competition **Azeem Mohammad** placed first and won the Gold medal for Ajax High School.



Identify future leaders,  
actively develop new  
leaders and responsively  
support current leaders.

# Leadership

Queen's University Kingston Ontario hosted the 19<sup>th</sup> annual Queen's Conference on Education, January 11-12 2020. (QCE2020)

The QCE is a professional development conference for post-secondary students who share an interest, and passion, in the field of education. This event aims to provide an opportunity for students to network, grow and learn about what is new and needed in education.

Ajax High School Math Department Head Ms. Yan Fu was invited again this year to the Queen's Conference on Education 2020. Ms. Fu successfully designed and held a workshop for University students interested in becoming future Educators. She also took part in the very popular panel discussion answering questions and giving insights to University students from across Canada interested in the Education field.



Ajax High School students raised  
\$2500 for the legion this year.



## Google Classroom

The Ajax High School Math Department has created a "Google Classroom," utilizing the 21<sup>st</sup> century technology to foster our passion toward mathematics and to promote excellence in conjunction with our elementary family of schools.



Identify future leaders,  
actively develop new  
leaders and responsively  
support current leaders.

Leadership

## STUDENT SPOTLIGHT

### Allison Kivi Wins National Logo Design for 75<sup>th</sup> Anniversary of VE Day!

It is with great excitement that we share the fantastic news that Allison Kivi was announced the winner of the national logo design contest that was promoted by Explorica Canada. In the fall Allison submitted her logo design and was announced the winner in late November. Her logo was chosen from submissions that came from all across the country and will now be worn on tour sweatshirts by 1000's of students travelling to Europe to commemorate the 75<sup>th</sup> Anniversary of the Liberation of the Netherlands. Ajax High School will have 36 students travelling to take part in official VE ceremonies and is one of many schools from across Durham region and the country who will also be there as well. Congratulations Allison! We are very proud and excited for you!

Ms. Callis



Reimagine learning and teaching spaces through digital technologies and innovative resources.

*innovation*

## Music News for FEBRUARY, 2020

Thank you all for your support of our students for Monday's festival.

Please congratulate our musicians on earning our highest award (since I've been here), a "silver plus", and an invitation to the MusicFest National competition! They are over the moon, and it is well deserved.

Jen Cresswell

### *Opportunity Alert !!!*

If you are in grade 10 and interested in a career in the field of Business or Health & Wellness, then the [Specialist High Skills Major](#) program is for you.

Students will have the opportunity to pick a major in one of these areas of study and be a part of an exciting program that includes experiential learning, sector-recognized certifications and training, reach-ahead experiences and more. Successful completion of the program leads to the Ministry of Education Red Seal upon graduation.

Please see Ms. Clark or Ms. Andrews for information on the Health & Wellness Specialist High Skills Major, or Ms. Beaulieu, for information on the Business Specialist High Skills Major. DO NOT miss this amazing program!

Brigitte Beaulieu  
Teacher-Librarian  
Ajax High School



Create safe, welcoming,  
inclusive learning spaces  
to promote well-being for  
all students and staff

well-being

### Stress Management

#### \*Its Ok To Ask For Help\*

Stress is real and it impacts all of us differently. Its important to know what is causing us stress and how to manage it.

Both students and teachers go through stress.

A certain amount of stress is normal and desirable. It is by learning to handle the little difficulties that we are able to develop the strength and coping skills to take on the bigger challenges. Here are some of the factors to consider:

- **Know Thyself:** Identify what triggers stress. Write a list of the things that make you feel pressured or upset.
- **Identify Stress:** Identify changes in your body and emotions for example changes in vision, breathing, rapid heart beat, tense muscles, feeling sad, frustrated, irritated, angry or being hyper-sensitive.
- **Rest:** Consider your diet and sleep. Eating healthy and getting a restful sleep. Five of fewer hours of sleep can lead to health problems. Take breaks if you have to.
- **Prioritize:** To avoid feeling overwhelmed, prioritize your time. By taking on too much can create unnecessary stress and health problems and you may not be able to finish everything on time.

WELL-BEING  
EVERYONE  
EVERY DAY

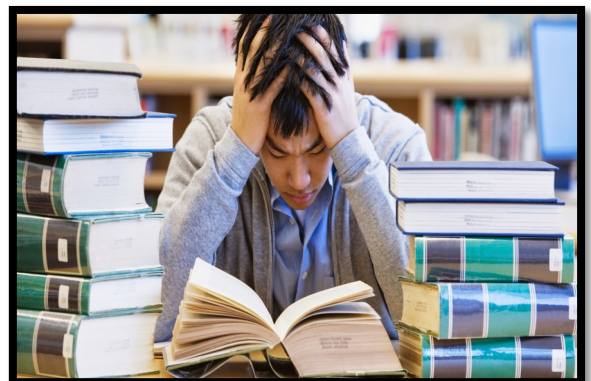
### Student Success

The Student Success room (Room 106) is open at lunch for extra help for all students. Teachers on supervision will provide homework help.



### Did you know

Responding to stress is essential to our survival. But a poorly controlled stress response that is activated too often for too long can be harmful to anyone's health and well-being.



Create safe, welcoming,  
inclusive learning spaces  
to promote well-being for  
all students and staff

*well-being*



The Organizer UK's

# Self-care Cheat Sheet

## *Under 5 minutes*

- 5 minutes deep breathing
- 5 minutes lying down.
- Paint your nails
- Read a magazine
- Sit outside
- Do nothing

## *Under 15 minutes*

- Go for a walk
- Have a shower
- Read a book
- Walk the dog
- Meditate
- Stretch

## *Under 30 minutes*

- Call a friend
- Read a book
- Do some yoga
- Have a bath
- Meditate
- Have a walk

## *An hour or more*

- Go to the gym
- Go for a run
- Go for a swim
- Go for a coffee
- Eat some lunch
- Meet some friends
- Have a brisk walk
- Take a nap
- Have a massage

[www.theorganizeruk.com](http://www.theorganizeruk.com)

Create safe, welcoming,  
inclusive learning spaces  
to promote well-being for  
all students and staff

well-being

# Regional SCC

February 25, 2020

7:00 p.m.

Education Centre - Boardroom  
400 Taunton Rd. East, Whitby

WELL-BEING  
EVERYONE  
EVERYDAY

## Raising Healthy Happy Children

### Agenda

7:00 p.m.	Welcome and update by PIC Co-Chairs
7:05 to 7:20 p.m.	Well Being Strategic Plan presentation by Steffanie Pelleboer
7:20 to 7:50 p.m.	Session One - Promoting mentally Healthy Communities by Steffanie Pelleboer
7:50 to 8:00 p.m.	Break
8:00 to 8:30 p.m.	Session Two - Promoting Healthy Habits in Youth by Dan Hogan
8:30 to 8:45 p.m.	Presentation by William Dunbar and Pierre Elliott Trudeau SCC
8:45 to 9:00 p.m.	Connect and Share

Steffanie Pelleboer, M.Div., RP Mental Health Leader

Dan Hogan, Substance Abuse/Violence Prevention Co-ordinator - Safe School

Each School will receive a resource package.

Great opportunity to connect and plan parent engagement initiatives.

You can also join via Livestream on YouTube <https://youtu.be/beYtXd7Mui0>

This is an option to view the Regional SCC during the session or later.

**\*\* Childcare is available\*\***



Please contact Manon Laplante at [manon.laplante@ddsb.ca](mailto:manon.laplante@ddsb.ca)  
Include the number of children as well as their names and age.  
(3 years of age or older)



Create safe, welcoming,  
inclusive learning spaces  
to promote well-being for  
all students and staff

*well-being*

## Drop Off and Pick Up Safety

Ajax High School understands that some people must drop off and pick up students using vehicles. If you are driving, please consider the following to keep our students, staff and community safe:

- 1) All drop off and pick ups are to take place at the back of the school in the appropriate lanes.
- 2) Only busses and office staff are permitted entry to the lane at the front of the school between the hours of 8:30am-9:05am and 2:30pm-3:05pm.
- 3) At no time, are cars permitted to stop in the public transit bus lane at the front of the school. This is a traffic offense and you are at risk of being ticketed.
- 4) During drop of and pick up, take your time. Practice safety over convenience. This will help to keep our school community safe.

With care and patience, these times of heavy traffic can be a safe place for both pedestrians and other drivers. Thank you for your support.



Promote a sense of belonging and increase equitable outcomes for all by identifying and addressing barriers to success and engagement.

*equity*

## February Dates of Importance

### *Black History Month*

BLACK HISTORY MONTH 2020

MOIS DE L'HISTOIRE DES NOIRS 2020

**CANADIANS OF AFRICAN DESCENT: GOING FORWARD, GUIDED BY THE PAST**

**CANADIENS D'ASCENDANCE AFRICAINE : GUIDÉS PAR LE PASSÉ, MARCHONS VERS L'AVENIR**

canada.ca/black-history-month

canada.ca/mois-histoire-des-noirs

Canada



Promote a sense of belonging and increase equitable outcomes for all by identifying and addressing barriers to success and engagement.

*equity*

February 14th Valentines day

♥ **HAPPY**

*Valentine's*

**DAY** ♥



Promote a sense of belonging and increase equitable outcomes for all by identifying and addressing barriers to success and engagement.

equity

## February Dates of Importance



### Maha Shivaratri Day February 21st

Maha Shivaratri translates as 'the Great Night of Shiva' and the annual festival is held as part of the Hindu calendar, although the date of its initial origins is unknown. Lord Shiva is the focus of the festival, who is part of the Hindu trinity which also includes Brahma, who created the universe and Vishnu, who preserved it. Shiva is also known as the destroyer, and he is seen as someone who protects and transforms the universe. The festival is celebrated with street performances, colourful masks representing Shiva and colourful paints and lights. It also sees worshippers fast, pray and sing hymns to Lord Shiva.

## Random Acts Of Kindness Day February 17



Promote a sense of belonging and increase equitable outcomes for all by identifying and addressing barriers to success and engagement.

*equity*

## Important Dates - 2019-2020 School Year



### SEMESTER TWO

- Jan. 30 Semester Two begins (Week 1 Schedule)
- Feb. 6 Semester One Final Marks sent to OUAC/OCAS
- Feb. 10 Semester One Report Cards Issued
- Feb. 14 P. D. Day (No School)
- Feb. 17 Family Day (No School)
- Feb. 24 Course Selections for 2018-2019 due
- Mar 11 Interim Reports Cards Issued
- Mar. 13-20 March Break
- Mar. 23 Classes Resume (Week 1 Schedule)
  
- Mar. 26 Parent/Guardian - Teacher Interviews
- Apr. 3 P. D. Day (No School)
- Apr. 10 Good Friday (No School)
- Apr. 13 Easter Monday (No School)
- Apr. 16 Term 2 Begins
- Apr. 21 Semester Two Midterm Marks sent to OCAS/OUAC
- Apr. 23 Midterm Report Cards Issued - Semester 2
- May 1 Last Day for College offer to Admission
- May 18 Victoria Day (No School)
- May 27 Last Day for University offer to Admission
- June 9 EQAO Math Assessment for Grade 9
- Jun 15-18 **Grade 12 Exams**
- June 17-22 Grade 9, 10 and 11 Exams
- June 25-26 P. D. Day (No School)
- July 6 **Semester Two Report issued for pick up, starting at 10 am**

