



SEPTEMBER 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

September 2019 Newsletter

Welcome back to a new school year parents, caregivers, and students.

This past summer we had some upgrades to our facility which have added a warm and inviting atmosphere to the front foyer of the school and courtyard. The exterior cladding was upgraded to a concrete finish and the courtyard stones were replaced with stamped concrete with a high-quality finish. The windows along the east and north sides of the courtyard were replaced with high efficiency glass and stainless finish providing better insulation and increased light into those areas. Finally, the tiles of the main foyer were replaced with new tile and a ramp for accessibility.

We have been off the ground and running quickly this year. We have had some changes and additions to our staff as a result of increases and shifts in our overall enrollment. Our current population is approximately 1200 students. We continue our focus this year in the following areas: 1) equity and inclusion, specifically integrating relevant and responsive classroom practices that support engagement and achievement in the classroom; 2) creating classroom communities that are safe, welcoming and support well-being of our students; and 3) differentiated assessment practices that are personalized to the individual learning needs of students across the grades and disciplines. I encourage you to review the student agenda and our website for the highlights of our common commitments which guide our overall school improvement.

Connection between school and home is increasingly important for student success in secondary school. Speak with your teenager often about what is happening during classroom instruction. This year with ubiquitous access to technology due to the inclusion of Chromebooks from Grades 9 to 12, the window into the classroom is clearer with access to software tools in G-Suite, Google classroom, and Desire-2-Learn. This is a great way to fully engage in what is happening during the learning cycle rather than at midterm and end of semester.

We look forward to engaging in another fantastic year of success and growth together!

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
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SEPTEMBER 2019



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

Success

NEWS FROM THE GUIDANCE OFFICE

Timetable Changes

All students requesting timetable changes have been seen. A reminder that requests for **level changes only** will be considered, availability permitting, until October 31st 2019. Over the next few weeks counsellors will be meeting individually with every grade nine student to ensure that they are having a successful start to their high school career.

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 take place on Thursday, October 17th from 1:30pm-3:30pm and 5:30pm-7:30pm.

Ajax High School's 64th Annual Commencement Ceremony



will take place:

**Friday, June 28, 2020
10:00 a.m.**

**Iroquois Park Sports Centre, Rink 1
500 Victoria Street, Whitby**

Take Your Kids to Work Day

Grade nine *Take Your Kids to Work Day* is on Wednesday, November 6th. Guidance Counsellors will be visiting classrooms with registration forms and information packages.

Guidance Google Classroom Is Up and Running!

A reminder that all students are required to accept the email invitations to join their grade specific Guidance Google Classroom. Information will be sent to students, via their classrooms, regarding events such as course selection for next year, important date reminders, graduation, and university/college visits. If you are experiencing issues joining your classroom, please see Mr Farndon, or Ms Feeney, in Guidance.

Student Awards Assembly

We will be recognizing the accomplishments of our current Ajax H.S. students on Thursday, October 10th at 1:45pm in the cafetorium. Students that achieved honours, and/or subject award winners for the 2018/2019 academic school year, will receive an invitation in their homerooms. Parents/guardians of award winners are welcome to attend and celebrate their child's success!

University and College Information Sessions

University and College Information Nights were held in the Cafetorium, at Ajax High School. The University Information Night was held on Thursday, September 19th, at 7:00pm. The College Information Night was held on Thursday, September, 26th at 7:00pm. Thank you to all parents and students for attending!

A selection of Ontario universities and colleges will be sending representatives to Ajax High School in order to provide students with information about their post-secondary institutions. All university or college-bound students need to accept the invitation to join the Google Classroom for Guidance – Grade 12 to view a complete list of institutions, their visit dates and locations, and ensure that they have signed up to attend presentations. Students are also required to sign up for "Application Seminars" to prepare for the post-secondary application process.

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

engagement

Terry Fox Walk / Run

On Friday, September 27th Ajax HS held the annual Terry Fox Event. The Athletic Council set a goal of fundraising \$4000 to donate to the Terry Fox Foundation. All students were able to choose between a 5km run or 3km walk in the community. Following the event, all gathered for socializing, activities and food trucks. Thank you to the Ajax

community
for coming
together in
support of
such a
worthwhile
initiative.



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engagement

Math News

Grade 9 Day at Ajax H.S. saw students meet with the Mathematics department teachers in the morning and in the afternoon the Math and Tech departments joined forces as students took part in a straw and marshmallow tower building contest.



Ms. Fu's grade 10 enriched math class first day activities included building newspaper bridges to encourage and promote inclusiveness and teamwork all while having fun!

Ajax Breakfast Club



Ajax High School proudly runs breakfast club every morning from 8:00am to 8:50am located in the HUB Room.

Everyone is Welcome!

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

engagement



2019-2020

Ajax High School

Yearbook

**Will be sold exclusively online this
year.**

Please check School Cash Online.

\$45 per yearbook

**\$50 per yearbook with name
engraving.**

**They will be available until mid
October.**



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

Leadership

Ajax High Visits China!

This past summer Ms MCINTOSH, Mr Farndon, Ms Beaulieu, Ms Fu and Mr Dymont travelled to China for 18 days in August. In the first week our group facilitated a one week summer STEAM camp for 28 Chinese students. We engaged in building English communication skills and taught students about Canada it's values, land, and people. We visited a number of cities, met with various city delegates, administrators teachers and students. It was truly a pleasure participating and learning together. The hospitality was beyond our expectations and we were able to foster new friendships that continue to build valuable connections to encourage international exchange and partnership between Canada and China.



We Day

WE Day! Mme Charbonneau and 11 students from Ajax HS were among thousands of students who earned their ticket to participate in the Toronto WE Day celebration on Thursday, October 19. Last year, the MEtoWE group organised many school and community wide activities with a social and environmental impact. Their efforts were rewarded with these tickets to this big event. The WE Day "Superheros" included, among others, David Suzuki, Nav, Rupri Kaur and Emilio Estevez.

The mission of MEtoWE is to encourage and enable students to do good through every day choices. This year's group of students meet every MONDAY at lunch in room 124 to organise the up-coming events. NEW MEMBERS are always welcome. Our goal is to choose and organise one local or global event monthly so that we can encourage all students to make an impact. WE Scare hunger is our first event. We encourage all students to bring in NON-perishable food items that will be donated locally. This initiative will run now through till Friday, November 4th. Please help us help others - WE can do it together.



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

innovation



Music News



Musical Events 2019-2020

- **Concert Choir (all grades)** - Mondays 3:15—4:45pm
- **Concert Band (all grades)** - Tuesdays 3:15—4:45pm
- **Music Council**—Thursday @lunch
- **Grade 9 Welcome Party**—Oct 4 @3:15pm
- **Awards Assembly**—Oct 10 @1:45pm
- **Toronto Symphony Trip**—Oct 23
- **Remembrance Day Assembly**—Nov 11
- **Family of Schools Winter Concerts**—Nov 28 @10:00am—1:00pm
- **Music Department Holiday Party**—Dec 5 @3:15—5pm
- **Ontario Band Association Festival** - Feb (2nd week TBD)
- **Ontario Vocal Festival**—Feb (4th week TBD)
- **Kiwanis Music Festival**—March (TBD)
- **Family of Schools Spring Concert**—May 21 @10:00—1:00pm
- **Spring Concert**—May 21 @7:01pm
- **Wonderland Festival of Music**—May 29 @3:30pm



CONCERT CHOIR

The Concert Choir is a group of grade 9-12 students who meet once a week on Mondays, from 3:00-4:30pm to rehearse a variety of genres of music. Our first rehearsal was Monday, September 16. This groups runs throughout the school year and performs at nearly every assembly and all concerts, as well as at the Ontario Vocal Festival (OVF) (Feb). All are welcome to attend, learn, and enjoy making music together! Consistent attendance is required to attend concerts, trips and festivals.

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Music News



CONCERT BAND

The Concert Band is a group of grade 9-12 students who meet once a week on Tuesdays, from 3:15-4:45pm to rehearse a variety of genres of music. Our first rehearsal was Tuesday, September 17. This group runs throughout the school year and performs at all concerts, as well as at the Ontario Band Association festival (Feb), Kiwanis Festival (March), and Canada's Wonderland's Festival of Music (May 29). All grade 9's are welcome! Consistent attendance is required to attend concerts, trips and festivals.

MUSIC COUNCIL

The Music Council will meet THURSDAYS at lunch in the music room, starting SEPTEMBER 19. Any student involved in an extra-curricular ensemble is invited to join this group to help with all of the behind-the-scenes details that are essential to keeping the music department going strong!

TORONTO SYMPHONY TRIP

AHS's Music Department will be travelling to Roy Thompson Hall on OCTOBER 19 to attend another fabulous concert! Students will be eating lunch in downtown Toronto, and experiencing a professional concert, along with schools from across the GTA. **Permission forms** will be distributed to all band, choir, and music classes, and are due back by OCTOBER 11 (the same day as the music SWAG order forms). The cost is \$20.00. There are only 44 spots: first-come, first-served!

GRADE 9 WELCOME PARTY!

On Friday, OCTOBER 4, music students are invited to participate in our annual Music Department Grade 9 Welcome party: pumpkins, sugar, and fun! This is a chance for the grade 9's to meet and greet and have some fun along with our grade 10-12 musicians. This event is FREE for all grade 9's.

REMEMBRANCE DAY

The Music Department will be active again in AHS's annual Remembrance Day ceremony on Monday, Nov 11. The choir will perform to honour our troops past and present. Parents are invited to attend the event, which will run twice in the morning, at 9:30am and 10:30am.

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

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Music News



FAMILY OF SCHOOLS

Prior to each of our main concerts on Nov 28, 2019, and May 21, 2020, AHS's "Family of Schools" will be invited to watch our bands and choirs perform, and get a chance to win some great prizes to help get them excited about being involved in their future high school's Music Department! This year's grade 9 turn-out was phenomenal, and we can't wait to inspire more young musicians!

CONCERTS

We will soon be gearing up for our annual Winter Concert! The concert will be held on THURSDAY, NOV 28, and will begin promptly at 7:01pm. Prior to the concert, complimentary coffee and tea will be available. Parents, friends and family are encouraged to bring cash enter the raffles in support of the music department.

Admission to the holiday concert will be by donation of a non-perishable food item or unwrapped, new toy, gift card, or cash. All donations will go towards Ajax High School's massive food-and-toy drive initiative! The Arts department is proud to play a part in this worthy cause to support our community.

SWAG

All musicians are requested to perform in uniform. **Order forms** will be distributed and must be returned by OCTOBER 11 (the same date as the Toronto Symphony forms) to ensure students will have their uniform for our first concert performance! Any music student who placed an order for music 'swag' should be receiving their awesome polo, hoodie, or jacket by the first week of November.

FESTIVALS ARE COMING...STAY 'TUNED'! J

Thanks for making the AHS Music Department awesome!

Ms. J. Cresswell

jennifer.cresswell@ddsb.ca

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"I can't even follow him on Twitter."

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

well-being



DDSB
Ignite Learning

WELL-BEING. EVERYONE. EVERY DAY.

OUR VISION IS TO CREATE SAFE, WELCOMING, INCLUSIVE LEARNING SPACES TO PROMOTE WELL-BEING FOR ALL STUDENTS AND STAFF.

June 2019, Issue #7

Self-Care

Taking care of oneself is a **crucial** and **necessary** ingredient for those who care for others. This is especially true of those working in education. Self-care is just like the oxygen mask on a plane. We need to place it on ourselves before we can help others.

As the school year winds down, and educators are looking forward to the summer break, it's timely to offer a reminder to focus on your own well-being. Consider this your invitation to build into your daily practise the basics of your self-care.

PERSONAL RESILIENCY

THE BASICS OF SELF-CARE



EAT We all need to refuel. If we are under a lot of stress, be mindful of the foods you choose. Also, keep a healthy snack close by so that you can refuel easily and avoid being "Hangry".

SLEEP Aim to get seven to nine hours of sleep each night. Research has shown that getting five hours or less of sleep a night can create health problems. Getting enough sleep also helps you to better deal with the stresses of everyday life.

DRINK A lot of water and consider decreasing or discontinuing your caffeine intake as the latter creates a stress reaction in your body and can cause you to feel nervous or contribute to sleeping difficulties.

MOVE The positive effects of being physically active are astounding. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth, and even acts as an anti-depressant. You can achieve these benefits by as little as a 30-minute walk. Endorphin production following physical activity is nature's gift to you for stress management!

CONNECT Strong social connections are one of the most powerful influences on our mood. Those who are dedicated to spending time with friends, and family show the highest levels of happiness. If you can't see your loved ones every day, you can still send an email or make a phone call.

PAUSE Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in a gratitude journal, do a few stretches, take a brisk walk or do some other activity that helps you feel restored.

ACKNOWLEDGE Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet (see some suggestions below) to process your emotions and self-talk can lead to optimal self-care practices.

REFLECT Take time to reflect on what is important to you both personally and professionally. Your values and sense of purpose help you focus on what is meaningful for you. Taking time to reflect can assist you to intentionally and systemically make decisions in your life.

REPEAT Research has shown that trying a new skill/habit/routine for 21 days in a row will increase the likelihood of maintaining this new practice. It is recommended having an accountability partner during those first few weeks; it's a helpful strategy to enhance your success rate of maintaining your new practice.



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

well-being

School Information

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:

All drop off and pick ups are to take place at the back of the school in the appropriate lanes.

Only busses 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

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.

During drop off and pick up, take your time. Practice safety over convenience. This will help to keep our school community safe.



AJAX HIGH SCHOOL - REVISED BELL SCHEDULE SEPTEMBER 2017

Warning Bell	8:58am	(Music)
Period 1	9:05am	- 10:20am
Home Room (attached to end of Period 1)	10:20am	- 10:25am
Travel time	10:25am	- 10:30am
Period 2	10:30am	- 11:45am
Lunch	11:45am	- 12:30pm
Lunch warning bell	12:23pm	(Music)
Period 3	12:30pm	- 1:45pm
Travel Time	1:45pm	- 1:50pm
Period 4	1:50pm	- 3:05pm
Dismissal	3:05pm	

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

equity

September Dates of Significance

Below is a short list of the many celebrations and important dates for the month of September:

Ally Week 2019 is September 23-27

GLSEN's Ally Week is a student-led program where LGBTQ K-12 students and LGBTQ educators lead the conversation on what they need from their allies in school.



Franco-Ontarian Day: September 25.

The Province of Ontario officially recognizes September 25th of each year as Franco – Ontarian Day as well as the “contribution of the Francophone community of Ontario to the social, economic and political life of the Province and the community's importance in Ontario's society”.



September 30th Orange Shirt Day is a legacy of the St. Joseph Mission (SJM) residential school commemoration event held in Williams Lake, BC, Canada, in the spring of 2013. It grew out of Phyllis' account of having her shiny new orange shirt taken away on her first day of school at the Mission, and it has become an opportunity to keep the discussion on all aspects of residential schools happening annually. The date was chosen because it is the time of year in which children were taken from their homes to residential schools, and because it is an opportunity to set the stage for the continued creation of a safe, equitable and inclusive school environment as the school year begins. Orange Shirt Day is also an opportunity for First Nations, local governments, schools and communities to come together in the spirit of reconciliation and hope for generations of children to come.



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equity

October Dates of Significance

Below is a short list of the many celebrations and important dates for the month of September:

October 11—International Day of the Girl

Every year on 11 October, the International Day of the Girl, UNICEF works with girls to amplify their voices and stand up for their rights. This year, under the theme, “GirlForce: Unscripted and unstoppable”, we will celebrate achievements by, with and for girls since the adoption of the Beijing Declaration and Platform for Action.

In nearly 25 years, we have seen more girls move from dreaming to achieving. More girls today are attending and completing school, fewer are getting married or becoming mothers while still children, and more are gaining the skills they need to excel in the future world of work.

Girls are breaking boundaries and barriers posed by stereotypes and exclusion, including those directed at children with disabilities and those living in marginalized communities. As entrepreneurs, innovators and initiators of global movements, girls are creating a world that is relevant for them and future generations.



United Nations Day



October 24—United Nations Day

UN Day marks the anniversary of the entry into force in 1945 of the UN Charter. With the ratification of this founding document by the majority of its signatories, including the five permanent members of the Security Council, the United Nations officially came into being.

24 October has been celebrated as United Nations Day since 1948. In 1971, the United Nations General Assembly recommended that the day be observed by Member States as a public holiday.

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equity

Important Dates - 2019-2020 School Year

SEMESTER ONE

Oct. 9	Photo Re-Take Day
Oct. 10	Interim progress reports issued
Oct. 10	Junior Awards Assembly in Cafeteria
Oct. 14	Thanksgiving Day
Oct. 17	Parent/Guardian - Teacher Interviews 1:30-3:30 & 5:30-7:30 pm
Nov. 6	Term 2 Begins
Nov. 6	Take Your Student To Work Day
Nov. 11	Remembrance Day Assembly
Nov. 12	Midterm Report Cards Issued
Nov. 15	P. D. Day (No School)
Nov. 15	Semester One Midterm Marks sent to OCAS
Dec. 5	Grade 8 Parents' Night
Dec. 23 – Jan. 3	Winter Holidays (No School)
Jan. 6	Classes Resume
Jan. 14	EQAO Math Assessment for Grade 9
Jan. 15	Application Deadline for OUAC
Jan. 20-23	Grade 12 Exams
Jan. 22-27	Grade 9, 10 and 11 Exams
Jan. 28	Last day for Semester Two optional course changes
Feb. 1	Equal Consideration Date for Colleges

SEMESTER TWO

Jan. 30	Semester Two begins (Week 1 Schedule)
Feb. 5	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

