



AMHS Bulletin

Alexander Mackenzie High School
300 Major Mackenzie Drive West, Richmond Hill, ON, L4C3S3
School Website: www.alexandermackenzie.hs.yrdsb.ca
School Email: alexander.mackenzie.hs@yrdsb.ca
Telephone 905-884-0554
Principal: Krista Luks
Vice Principal: Themis Drekolias and Helen Ho

Important Upcoming Dates

- April 7 - Fire Drill
- April 7 - Sr. Badminton @ Thornlea SS
- April 9-11 - OSSLT
- April 9 - Lion witch and Wardrobe Trip
- April 9 - Course Verifications for 2025-2026 due (Email to follow on March 31, 2025)
- April 10 - School Dance 6:00 -9:30 pm
- April 10 - Music Trip Parent Information Session 5:00 pm
- April 10 - Sr. Badminton @ St. Roberts
- April 11 - Coed Volleyball @ Hodan
- April 14/15 - SHSM First Aid and CPR Training
- April 15 - Music Showcase Fanfare
- April 18 - 21 - Good Friday and Easter Monday (No School)
- April 22 - Sr. Badminton @ Pan Am Centre
- April 25 - Spring Market period 2-4

School Cash Online

- Graduation Ceremony
- School Dance
- Prom
- First Aid and CPR (SHSM)
- Spring Market

School News

Secondary School Vaping Update

The Ontario Ministry of Education released [Policy/Program Memorandum 128](#) in the fall of 2024, which included a directive to school boards to set out enforcement mechanisms to address the possession, use and provision of tobacco, electronic cigarettes, nicotine products, recreational cannabis, alcohol and illegal drugs. In support of a comprehensive approach, we are pleased to announce that in the coming months, vape-detecting devices will be installed at all YRDSB secondary schools.

Our schools continue to provide education and support regarding the harmful impact of these products. Please see resources listed below.

Resources for Families

QUASH

- [A Logical Plan for Quitting](#)
 - free smoking and vaping cessation app (co-designed by youth for youth)

School Mental Health Ontario

- [Vaping: What you need to know](#)
 - general information about vaping; outlines important facts, associated risks, and additional resources to support educators/families in having informed conversations with students

York Region Public Health (YRPH)

- [Vape Facts: What You Need to Know](#)
 - a website containing YRPH anti-vaping campaign videos and vaping facts
- [Vaping and E-Cigarettes](#)
 - a website continuing YRPH information on vaping and health risks

Canadian Lung Association

- [How to Talk to Your Child About Vaping](#)
 - a pdf guide for parents about talking with your child about vaping and the risks

Spring Market

Looking for a healthier option at lunch?

Support Athletic Council at Spring Market on April 25, 2025 with a Subway lunch. You have a choice of 4 sub varieties in a combo with pop/water and chips.

Students will pick up their pre-ordered Subs from the ProShop during the 2nd half of 2nd period, all of third or the beginning of 4th period. We will not be holding orders for 5th period lunches.

Mayo and Mustard will be available on the side when you pick up your combo

In order to pick up their food, students MUST bring their student card with photo ID before their order will be given to them. Students with period 5 lunch are asked to make arrangements with their period 2, 3 or 4 teachers to come down to pick their food up.

For \$10.00, you get a 6-inch sub, a water/pop and a bag of chips. Here are your sub choices:

- Option 1: 6" Veggie Combo (processed Cheese & lettuce, tomato, cucumber, green peppers, black olives)
- Option 2: 6" Ham Combo (processed Cheese & lettuce, tomato, cucumber)
- Option 3: 6" Cold Cut Combo (processed Cheese & lettuce, tomato, cucumber)
- Option 4: 6" Turkey Combo (processed Cheese & lettuce, tomato, cucumber)

Orders must be placed by April 17, 2025 on School Cash Online ONLY- orders will not be accepted after this date

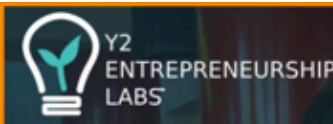
Student Access to School Building

Student safety is important to us, and students must have appropriate supervision when in the building. Unless directly supervised by a staff member for an extracurricular activity, students should not be entering the school before 7:30 am. Beginning at 7:30 am, there will be four doors opened for students to enter the building. These doors include the main office doors, the south doors adjacent to Trench Street (by the student parking lot), the centre doors at the north end of the building close to the field and the doors at the north-east end of the parking lot. All other entry doors will remain locked during the school day and are only to be used as exit doors.

Additionally, students should not be in the school after school hours unless directly supervised by a staff member. Students are asked to leave the building upon the completion of the school day.

OSSLT

Spring session of the OSSLT will be held on April 9-11. Students who will be writing the literacy testing will be notified by email. This is only for students who have not completed the OSSLT requirements in the Fall.



***SHSM - BUSINESS & ARTS
AND CULTURE***
**SPE - DESIGN THINKING
CHALLENGE**



TUES. MAY 20, 2025

**SIGN UP ON
SCO BY
FRIDAY, MAY
9, 2025**

In partnership with Y2 Labs and
Creative Genius Academy, join us
for your ICE challenge.

When: Tuesday, May 20, 2025

Where: Room 136

Cost: FREE!!!

SHSM Credential(s): Reach Ahead
and SPE- ICE

**Snacks and lunch will be
provided throughout the event**



Summer School 2025

YRDSB Summer School information has been updated on their website. Sign-ups occur on myblueprint and will start on April 15th. Online courses go quick so be sure to set a reminder to register. Attached is the [site information](#) and the [registration instructions](#).



Canadian Mental Health Association
York and South Simcoe
Mental health for all



APRIL Newsletter

APRIL IS STRESS AWARENESS MONTH

Things to know about stress...

Effects on your body 
Fatigue, sleep problems, headaches

Effects on your mood 
Anxiety, restlessness, feeling overwhelmed

Effects on your behaviour 
Social withdrawal, exercising less, angry outbursts

CMHA YOUTH PROGRAMS LINK

Scan this QR code for more information about CMHA!



PHYSICAL HEALTH TIP

Earth Day and National Exercise Day occur this month, here are some tips to get active outside:

- Check out local hiking trails and plan an afternoon with friends and family
- Ride your bike or walk to school instead of taking transit
- Organize a group of friends to clean up local parks and streets on April 22

MENTAL HEALTH TIP: MANAGING STRESS

The four A's of stress management:

AVOID. Stress can often be avoided by planning ahead, rearranging surroundings and carrying a lighter workload

ALTER. When stressful situations cannot be avoided, behaviors, communication, and time management may need to be altered.

ACCEPT. Many times, acceptance is the best way to avoid stress.

ADAPT. Adapting often involves changing expectations, which in turn, lowers stress levels.

SPRING CLEANING FOR THE MIND

- Spend time in the sunshine
- Stay hydrated and active
- Create a bedtime routine
- Surround yourself with people who make you happy
- Clean and declutter your space
- Revisit goals and make new ones
- Try journaling or other relaxing activities



Questions? Please see your guidance counselor about when MOBYSS will be visiting your school. ??



Board News

The Markham African Caribbean Canadian Association (MACCA) will be awarding scholarships of \$1,000 to selected recipients. Deadline is June 30, 2025.

2025 Scholarship Application Package

Please see the [flyer](#) for more information or visit the MACCA website.

A flyer for the 2025 Scholarship Requirements. The background is dark blue with yellow brushstroke accents. On the right, a smiling Black male graduate in a black cap and gown with a red stole holds a rolled diploma tied with a red ribbon. In the top right corner is a small logo for the Markham African Caribbean Canadian Association (MACCA).

2025 SCHOLARSHIP REQUIREMENTS

ELIGIBILITY:

- ✓ Must be of Caribbean or African Heritage.
- ✓ Applicant must reside and attend school in York Region or volunteered at a MACCA Program for at least two years.
- ✓ Applicant must be accepted and enrolled in full-time studies at an accredited Canadian college, University trade school/ apprenticeship program during the 2025-2026 academic year.
- ✓ Applicant must provide proof of community involvement and extra-curricular participation.
- ✓ Applicant must have an overall academic average of B+ or above.

Visit **Macca1987.com**
to download and fill out
the scholarship application today!

Understanding and Navigating the Education System



presented by
**THE CENTRE FOR
BLACK STUDENT EXCELLENCE**

Families of YRDSB Black Students Monthly Information Session

**Monday, April 28, 2025
6:30 - 7:30 p.m.**

Families, parents, caregivers, please join us for our monthly virtual meeting where families with Black children come together to learn about resources and upcoming programs for Black students in both elementary and secondary schools.

Agenda:

- Welcome and Engagement Exercise
- Presentation on Black Affirming Resources to Support the Curriculum
- Upcoming Programs and Events
- Question and Answer Session



Please register ASAP.

A Zoom meeting link will be sent after registration.

Let us come together to empower our students and build a stronger community.

We look forward to seeing you there.



[Register now.](#)

If you require further information, please contact
BlackStudentExcellence@yrdsb.ca



Celebrating Student Excellence

We are delighted to invite you to our event Celebrating Student Excellence. This will be a special celebration showcasing the outstanding achievements of our Black Student Alliances across the York Region District School Board. This event will also feature a performance to highlight Caribbean carnival celebrations rooted in African and Indigenous traditions.

April 16, 2025, 6:00 to 8:00 p.m.

Maple High School 50 Springside Rd, Maple

Please join us to celebrate.

Your presence will make this event even more special!

To Register

Kindly RSVP via this [registration form](#) no later than April 10, 2025.

If you have any further questions, please contact:

blackstudentexcellence@yrdsb.ca



Budget Survey and Consultations

YRDSB is inviting staff, families, and community members to participate in the annual budget consultation process taking place until April 18, 2025. These opportunities for staff and public input provide the Board with important information about how staff and the broader community would like the budget to be allocated to continue supporting student achievement and well-being in York Region.

Survey: The [online survey](#) will be available until April 18, 2025.

Public Consultation Date: In addition to the survey, a virtual consultation session will take place on Monday, April 7 at 7:00 p.m.:

- For listen only, telephone access to the webinar, dial 647-497-9385 and enter access code 732-589-625; or,
- [Register for online access to the consultation session.](#) After registering, you will receive a confirmation email containing information about joining the webinar.

Student Attendance

General inquiries and student attendance information can be sent directly to the AMHS attendance email address at alexandermackenziehs.attendance@yrdsb.ca.

You may also call the school Main Office directly at 905-884-0554.

If your child is arriving late to school due to an appointment or another reason, please ensure that you confirm their late arrival with a call or email to our attendance office. Thank you.