



January 17, 2020

Dear Parents/Guardians,

Welcome to this week's Parent Bulletin, full of useful information and upcoming events.

Upcoming Events

Monday, January 20, 2020	Guidance Presentation for Parents AMHS Cafeteria - 6:30 p.m.
Monday, January 20, 2020	ASYR Presentation (7:30 – 8:30 p.m.) School Council Meeting (8:30 – 9:00 p.m.) Room 122
Thurs., January 23 – Wed., January 29, 2020	Examination Week (*Students must attend all exams, as scheduled)
Thurs., January 23 – Tues., January 28, 2020	Arts Program Auditions
Thursday, January 30, 2020	Exam Review Day *Modified schedule: 8:40 – 11:20 a.m.
Friday, January 31, 2020	P.A. Day
Monday, February 3, 2020	First Day of Semester Two
Monday, February 10, 2020	Semester One Report Card Distribution

Principal's Message to Our AMHS Community

As the semester comes to a close, changes are occurring at AMHS. I will be moving into a new position of Principal of Education and Community Services at the end of January, and a new Principal will be coming to AMHS starting Jan. 31, 2020. I am very sad to say good-bye to the many people I have had the privilege of meeting and working with over the past eight years.

There is no doubt that AMHS is a vibrant place, full of opportunity. We are fortunate to have committed students, caring and involved parents, dedicated teaching and support staff and an excellent caretaking team. I feel very fortunate to have been part of the Alexander Mackenzie H.S. community and I will always cherish the time spent at this school.

It is my pleasure to introduce Krista Pummell, currently Vice Principal at Bill Hogarth S.S., who has been promoted to Principal of Alexander Mackenzie High School, effective January 31, 2020. Her wealth of knowledge and depth of experience will be invaluable as the school enrollment continues to grow. Please join me in extending a warm AMHS welcome.

I would like to thank you for the opportunity to work with you and your children. I am especially proud of our students and will always treasure the many fond memories of the students, parents, family members, and staff! I wish everyone all the best in the years ahead.

Otilia Olteanu
Principal

Final Examinations – January 2020

Exam Week is fast approaching! Please be aware of these important dates, indicated below. Parents and students are reminded to **not schedule appointments, trips, interviews, etc. that would conflict with scheduled examination dates.**

Thursday January 23	Friday January 24	Monday January 27	Tuesday January 28	Wednesday January 29	Thursday January 30	Friday January 31
Period 1 Course	Period 2 Course	Period 3 Course	Period 4 Course	Severe Weather Day	Exam Review Day	P.A. Day

Students received the Examination Schedule, as indicated above, this past week in their Homeroom class. Expectations / procedures outlined on this communication include:

- **Examinations and/or other final evaluations will start each day at 9:00 a.m.**
- An official Severe Weather Day will be declared if the school buses for **our** school have been cancelled; if an official Severe Weather Day is declared during the Exam Week, the missed exam / final evaluation will occur on Wednesday, January 29, 2020.
- Students must be present to complete each exam / final evaluation, on its scheduled day and time.

YRDSB Arts Camp Applications

Applications for York Region DSB's annual Arts Camp have opened! Interested students in Grades 7 – 12 are eligible to apply. Arts Camp provides a great enrichment opportunity for students to learn, grow, and build connections.

Please visit the link below for more information:

<https://bwww.yrdsb.ca/services/cis/arts/Pages/Arts-Camp.aspx>

Special Education

Refer to the schedule for Exam Week, above. Note that students with IEPs who require exam accommodations must speak to their classroom teachers and their SERTs in order to facilitate smooth access to applicable assessment accommodations during Exam Week.

IPRCs and Special Education Placements:

- 1) Our 2020 IPRC process is underway. Special Education Resource Teachers (SERTs) are communicating with parents / guardians regarding September 2020 Special Education Placements. Please feel free to communicate with your child's SERT and discuss any concerns or questions.
- 2) Please ensure you sign the IPRC paperwork that will be sent home with your child in the coming weeks, and return it to your child's SERT as soon as possible.

Please email sarit.abramovich@yrdsb.ca if you have any questions.

Guidance Services

Course selection for the next academic year is quickly approaching. Our course calendar can be accessed by visiting the AMHS website, using the link below:

<http://www.yrdsb.ca/schools/alexandermackenzie.hs/guidance/Pages/default.aspx>

Choosing the right courses is very important – especially because students are prompted to think about their career aspirations and acquire new skills and knowledge through a variety of elective courses that we offer at AMHS. Guidance recognizes that choosing courses may be stressful for you and your child, and we are available to answer questions and help with this process. We will be running an

evening presentation for all parents **“Course Selection - Questions & Answers”** on **Monday January, 20 at 6:30 p.m. in the AMHS Cafeteria**. This session is part of our Guidance Parent Series.

We encourage all parents to review courses and our offerings; this can be a great point of conversation with your child. To support our students with course selection, Guidance department will be facilitating working sessions with classes in the library during the two week period, February 10-24. Students will be able to begin locking their courses on February 10 and all course selections must be completed by Monday, February 24, 2020.

As a reminder, that exams will begin on Thursday January 23, 2020 at 9:00 am. Guidance counsellors are available to help your child prioritize/organize their schedule and help them cope with exam pressure.

What is happening inside our head?

Working memory, housed in the prefrontal cortex, is what allows us to do calculations in our head and reason through a problem. Unfortunately, it is a limited resource and one that is directly impacted by feelings of anxiety. If you are writing an exam - which requires you to retrieve concepts and facts from memory - but at the same time you are worrying about failing, then suddenly you won't have all the brainpower you need.

Strategies

Mimic test day situations - become accustomed to the types of stressors you are going to feel when you have to get it right. Give yourself timed quizzes - and don't allow yourself to look at your notes for answers.

“Dump” your worries - If you feel anxious, take 2 minutes before your exam and write down all your worries and any negative thoughts you may have. Research shows us that this is beneficial, as it allows your working memory to focus on the task at hand.

Self Talk - Before the exam, envision yourself answering questions calmly and with confidence. Combat self-doubts, such as “I am bad at math”, by reminding yourself of personal strengths and skills.

Reframe the situation - Imagine yourself in a situation you find challenging and invigorating. Switch the mental image to the exam room and imagine yourself feeling the same way. Use physiological reactions such as a beating heart or sweaty palms to motivate yourself to perform better.

Don't Forget to Breathe - Shallow breathing is a typical stress response. Breathing deeply oxygenates our cells, including our brain and is a natural stress reliever.

As a reminder for students applying to university, application online should be completed by January 15th. This is an equal consideration date. Students applying to college should apply before February 1st.

Important dates:

Equal consideration University Application deadline (OUAC) – January 15, 2020

Equal consideration College Application deadline (OCAS) – February 1, 2020

- **Book an appointment with a guidance counsellor if you require assistance with your application**

Upcoming Events

A presentation for all parents “Course Selection - Questions and Answers”

Monday January 20, 6:30 p.m. in the AMHS Cafeteria

Lana Fisher, Head of Guidance and Career Education

Alexander Mackenzie H.S.

Lana.fisher@yrdsb.ca

Tel: 905 884 0554 Ext. 422

From The Literacy Desk

OSSLT Lesson 5 was delivered this past week in all Grade 10 Period 1 classes. Please take some time to ask your child about their new learning. It is also suggested that you review the lesson at home using your child's workbook.

Please continue to access our OSSLT website at rebrand.ly/ossLt. Your child will need to access the site for you using their GAPPS login credentials. The site includes videos and practice tests you can review with your child.

You can also find additional practice materials [here](#).

All eligible students will write the OSSLT on its scheduled date of Tuesday, March 31, 2020. Practice at school and at home will support your child's success. Our school site includes videos and practice online materials that students can complete to test their skills.

You can email any questions you may have to our Literacy Resource Teacher: susan.romeo@yrdsb.ca. Please also follow us on Instagram @AMHSLiteracy.

YRDSB – Free Adult Non-Credit Programs

English-as-a-second-language courses for adults are being offered as day, night and weekend offerings, at various locations throughout York Region. For registration and more information, please call 905-731-9557 or 905-305-4122.

Courses for upgrading employment skills are also being offered, through flexible class schedules with individualized support. Learn how to use email, Google Suite, Microsoft Word / Excel / PowerPoint / Outlook, OneNote and more. Math, reading and writing classes are also available. If interested, call 905-731-9557 to book an appointment.



2020 March Break - Youth Engagement Program

Who is Suitable for this Program?

- This program is geared to mature students in Grade 9 – Grade 12 who may be interested in Policing or working within a Police service (not mandatory).
- This program is very structured and has a physical fitness component which all participants will be involved in.
- This program is designed to assist students in gaining self-confidence, self-discipline, self-awareness and resiliency.

Students Must Be:

- Residents of York Region
- Between the ages of 15-18 years old
- Currently in Grade 9 – Grade 12
- Currently attending a York Region Secondary School
- Complete an essay and submit with the application
- All students must have their own transportation to this program – public transit is not an option.

Our Goal:

- To have a week of learning and to experience a small portion of what the recruitment process may be like when applying to York Regional Police
- To enable you to get to know yourself better, your strengths as well as areas you can enhance
- To have you meet other students with similar goals and form lasting friendships
- To have you interact and work with Officers who will continue to mentor you during this week.

How to Apply:

- Interested applicants please email csv@yrp.ca requesting a copy of the application
- Applications must be completed digitally and emailed back to csv@yrp.ca

For more information or further questions contact:

Debbie Robinson #5459, Supervisor, Community Safety Village, York Regional Police by email at csv@yrp.ca

School Council News

Next Meeting:

Monday, January 20, 2020 in Room 122

Guest Speaker Presentation: Addiction Services York Region (i.e. ASYR) from 7:30 – 8:30 p.m.

School Council Meeting (to follow) from 8:30 – 9:00 p.m.

Minutes

School Council minutes can be accessed through the AMHS school website by clicking on the link below:

[School Council Minutes](#)

Parking and Ticketing

Ticketing at AMHS began on Tuesday, September 3rd. All students and visitors are required to display a valid parking permit in their vehicle at all times in order to park on school property. Any vehicle parked on AMHS property without a valid parking permit will be subject to ticketing. It is your responsibility to ensure that a valid parking permit is clearly visible to our parking enforcement officers. Be sure to request a parking pass when you sign in at the Main Office - all visitors to the school must begin their visit there.

Parking is on a first-come, first-served basis, and availability cannot be guaranteed.

Dropping-Off and Picking-Up Students

If you are in the habit of dropping-off or picking-up your child at school, you have probably noticed the high volume of traffic that builds up in the parking lot / driveway loop at the front of the school, facing Major Mackenzie Drive.

In an effort to alleviate the traffic congestion and keep traffic flowing smoothly, we ask that drivers **only turn right** when exiting from the school driveway onto Major Mackenzie Drive, both in the mornings and the afternoons. Thank you.

School Notifications



School Cash Online

Since September 2015, our school has been accepting online payments through School Cash Online. Payments for school-related expenses such as the Student Activity Fee, field trips, fundraisers, sports teams, yearbook, Graduation, Prom, etc. can be made online with a credit or debit card. Please use the following link to register for this convenient payment method: <https://yrdsb.schoolcashonline.com/>

More Events and Information

School Contact/Website Information

Superintendent- Michael Cohen
Phone: (905) 884-4477
cec.central@yrdsb.ca

Trustee-Corrie McBain
(416) 219-7426
corrie.mcbain@yrdsb.ca

Alexander Mackenzie High School

Principal – Otilia Olteanu
Vice-Principal – Yula Nouragas (A-L)
Vice-Principal – George Ellinas (M-Z)
Telephone: 905-884-0554
Fax: 905-884-4694

Special Education

Twitter: [@AlexMackSpecEd](https://twitter.com/AlexMackSpecEd)

Arts Mackenzie

<http://bit.ly/ARTSMackenzie>

Arts & Culture:

Instagram: [#amhsartscouncil](https://www.instagram.com/amhsartscouncil)

Visual Arts Department

Twitter: [@amhsvisa](#)
Instagram: [#amhs.studio](#)

Music Department
www.amhsmusic.ca

MAC Health, Physical Education & Athletics

For information about our programs, please follow us:

Twitter: [@Mustangsmove](#)
Instagram: [macpheathletics](#)

Moderns Department

French resources for parents and students

Twitter: [@AlexModerns](#)

Alexander Mackenzie H.S. On Twitter

Follow us on twitter [@AlexMackHS](#)

If you do not wish to receive this Newsletter please notify Alexander Mackenzie High School by email.