



## *AMHS Parent Bulletin*

Week of June 1, 2020

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### Message from Admin

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*The month of June in schools is always an interesting time, in that while it brings with it the hectic pace that comes with wrapping up the school year, it also tends to be a time of reflection – of looking backwards to plan forwards, in the interest of taking whatever we have learned from the past and using it to improve on what lies ahead. Although this year has certainly been like no other, it is still like any other in this respect.*

*On the cusp of the start of summer, we are all looking ahead with more uncertainty than ever before, wondering what the future holds for our schools, and life in general – work life, family life, social life. For our returning and graduating students in particular, we would love to be able to “roadmap” the journey ahead, but we know that past paradigms of what the start of the academic year has looked like will likely not be mirrored as we forge ahead. We concede that we have no control over circumstances related to a global pandemic – those are really beyond anyone’s control. But what we do have control over is not allowing what we cannot control to get inside our thinking and affect the best of us.*

*The past is fixed and unchangeable. And while the journey ahead is uncertain, it is still guided by hope, and propelled by the promise of fantastic possibilities. What we experience in our youth defines our values, and also helps define the way we define success. We have learned much from this unprecedented time, which has already begun to usher in a new way of thinking, doing and learning, and which will surely help our students re-define success in school and in life. For generations, youth has been taking their current reality and using innovation and resiliency to make things better. Our children will do this, as part of the next generation of trailblazers. And it will be exciting to anticipate their successes, and an honour to cheer them on as they pursue them.*

*As we forge ahead into this school year’s “home stretch”, continue to guide your children to reflect on their accomplishments, and look forward to the ones ahead. If they are feeling stressed or anxious about the future, remind them to focus on the present, and that they have power over the stories they are telling themselves about what is happening. We hope that this weekend, you and your teens can find the time to pause, take a breath, and notice the things that are good, inspirational, generous, kind, or even just okay, for right now.*



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### Student Retrieval of Personal Items / Return of School Items

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We know many of you have been wondering about when students might be able to access the school, for the purpose of retrieving personal items that have remained in lockers since before the school closure took effect. Families have also reached out to ask when and how school items might be returned to the school.

Please know that the Board is working with Public Health guidelines to develop a safe process to facilitate the purposes of items retrieval and drop-off. Stay tuned, as we expect that specific instructions will be shared with YRDSB school communities shortly. We appreciate your patience during this time.

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## Literacy Tip

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When possible, read together. Try choosing reading material related to interests or hobbies that you share, like about your favourite sports team, or about a place you have visited together. Ten minutes at a time, a few times a week will make a difference.

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## Guidance Services

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### Mental Health Tip of the Week

With isolation, social distancing, and the upheaval caused by COVID-19, practicing self-care has never been more important. Stick to a regular schedule to provide structure, and complete one task at a time.

### Volunteer Opportunity

This is a great opportunity for any student who has a few hours to spare during these challenging times.

Please check out this organization: <https://impactwithoutcontact.ca/>

### Graduation Awards

We are in the process of determining our Graduation Awards for the "Class of 2020". All graduating, non-international students can self-nominate, for up to two graduation monetary awards. To complete a nomination, please cut and paste the link below into a new window. The link to the nomination is:

[bit.ly/AMHSAwardsApplication2020](http://bit.ly/AMHSAwardsApplication2020). Please note, each self-nomination requires a new application.

The nomination process will close Wednesday, June 10 at 4:00 p.m.

### Valedictorian Nomination

This year, a self-nomination process will be used. The Valedictorian is a student who will represent the Class of 2020, and who will deliver a farewell address at the Graduation Ceremony in the fall of 2020 to all those in attendance. In order to be considered, a student must fill this form: [bit.ly/AMHS\\_Valedictorian](http://bit.ly/AMHS_Valedictorian). Please be aware that a student also is required to have three (3) teachers endorse their nomination. The nomination process will close on Wednesday, June 10 at 4 p.m.

Following the nomination process, three finalists will be determined. The student voting process will open on Friday, June 12, and close on Wednesday, June 17 at 4 p.m.

### YRDSB Youth Innovation by Design – IDC4U1 or IDC4O1: [Innovation Course at Yspace: IDC4U/4O](#)

A unique opportunity for current Grade 11 students to engage in a credit-bearing summer course, in collaboration with York University's Yspace. For more information, please visit:

<http://www.yrdsb.ca/schools/Repository/NewsEvents/Pages/BoardNews/Youth-Innovation-By-Design.aspx>

Space for this opportunity is limited. Click on the link above for more information and registration. Please connect with our Guidance Department for any additional questions.

### Clarification Regarding Summer School

YRDSB will be holding two programs: Summer School e-Learning, and Secondary Summer School.

Note that the traditional, in class face-to-face model for Secondary Summer School will move to a remote learning delivery model, as per Ministry direction. Teachers will be providing a synchronous model for all programs. The most up-to-date information regarding Secondary Summer School is linked here:

<http://www.yrdsb.ca/Programs/ConEd/Pages/Secondary-School-Summer.aspx>

As a reminder for those students who are planning on taking a Secondary Summer School course, registrations continue to take place through My Pathway Planner, up until June 26. Summer School e-learning course registration remains open as well, until June 25, and can be found on the Board's website, <http://www.yrdsb.ca/schools/e-learning/Pages/default.aspx>. All Summer School registration needs to be confirmed with Guidance.

If you have any questions, do not hesitate to connect by email at [ana.fisher@yrdsb.ca](mailto:ana.fisher@yrdsb.ca)

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## Supporting Online Learning in YRDSB

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While schools will remain closed for the rest of the school year, we will continue to support your child's learning and well-being. We know that learning at home looks different for each family. We have developed a number of resources and tips to help students and families, including:

- [How to log in and use online learning platforms](#), including Google, Edsby and D2L. Short videos are also available.
- [Tips for families to support online learning](#).
- [Student Tech Help form](#) for support with student technology provided by the Board and accessing online learning platforms.
- [Mental health](#) and [community resources](#) for students and families.
- [Resources for students with special education needs](#).

To learn more about our [Learning and Caring Plan](#), access these resources and more, please visit [www.yrdsb.ca/covid19](http://www.yrdsb.ca/covid19). Google Translate is available on our Board's website.

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## AEBS Scholarships

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The Alliance of Educators for Black Students (AEBS) is dedicated to the success of Black students African Canadian heritage in schools in the YRDSB. Unfortunately, AEBS had to cancel the 2020 Achievement Awards Ceremony due to COVID-19.

However, AEBS believes it is important for students to have access to funds to help pay for their post-secondary education. AEBS invites Black students from YRDSB schools who are graduating to apply for a scholarship online. The deadline to apply is Monday, June 15, 2020. See the link below: <https://sites.google.com/qapps.yrdsb.ca/aebsscholarships/home>

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## Black History Month 2021 – Voting on YRDSB Poster Finalists

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During the month of February, York Region District School Board held a student poster contest to determine our official Black History Month poster for 2021.

We received over 250 submissions, and a panel of experts has narrowed it down to four finalists. In order to determine the winner, the Board will be holding a virtual vote open to all YRDSB students and staff. Voting will take place via this [Google form](#) that will also be distributed over social media.

Voting is limited to one vote per person and will take place from June 3-5.

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## Ontario Principals Council (OPC) – Webinar For Parents/Guardians

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The Ontario Principals' Council is offering this 1-hour webinar to parents/guardians of Grades 7 – 12 students, on the topic of online and cyber-safety. It will feature guest speakers from these fields, to help advise parents and guardians on navigating the risks of cyberbullying and cyberviolence, building healthy online relationships and safe spaces for students, and on and using the internet for positive purposes.

Dates: Tuesday, June 9 - 2:00-3:00 p.m. or Thursday, June 11 - 7:00-8:00 p.m.

If interested, you can register here:

[https://us02web.zoom.us/webinar/register/WN\\_ZvtjFJ2iQR-u2J-dPEMhnA](https://us02web.zoom.us/webinar/register/WN_ZvtjFJ2iQR-u2J-dPEMhnA)

## International Pride Month

June is Pride Month around the globe. This month was chosen to commemorate the Stonewall Riots which took place in New York City at the end of June 1969. In YRDSB, we committed to recognizing and celebrating Pride Month by way of a number of initiatives, including the opportunity for schools to fly the Pride Flag at their school sites below the Canadian Flag. The Pride Flag is internationally recognized as a symbol of pride, hope and diversity. Gilbert Baker, a San Francisco artist, designed the Pride Flag in 1978 as a response to the need for a symbol to support the LGBT rights movement. Flying the Pride Flag affirms our Board's commitment to eliminating harmful biases and prejudice that lead to discrimination and exclusion, it signals our commitment to upholding the principles outlined in the Ontario Human Rights Code and the Canadian Charter of Rights and Freedoms which are reflective of Canadian values, and it aligns with the YRDSB Director's Annual Plan, identifying Equity and Inclusivity as a priority area in our Board.

## Community Events and Upcoming Opportunities

### Citizenship and Adult ESL Classes

For updated information regarding Citizenship Classes during the school closure period, please go to: <http://www.yrdsb.ca/Programs/ConEd/Pages/Specialized-Programs-Citizenship.aspx?from=DigestNotification&e=brOKtaMmOU-L4d8mM1Xmeg&at=9>

### Beit Hatfutsot Live Tour – Open to Families

You are invited to join a unique and **FREE live tour from Beit Hatfutsot, The Museum of the Jewish People**, on **June 16<sup>th</sup> from 10:00 AM to 11:00 AM**.

Please see the flyer for more information. The tour explores synagogues from diverse Jewish communities around the world including from the Caribbean, Egypt, Ukraine, Germany, India, Ancient Greece, Italy, and Poland. You will have the opportunity to view Beit Hatfutsot's world-renowned collection of synagogue models and their associated original artifacts.

This opportunity was coordinated for mid-June, following the month of May designated as Jewish Heritage Month, as a way for interested YRDSB families and parents to take part in learning about Jewish culture and heritage.

If you are interested in this opportunity, **please register using the [online registration form](#) by June 12<sup>th</sup>** to book your spot for the live tour on June 16th. This opportunity is made available for free to YRDSB students and their families. If you would like additional information about the tour and have any questions, please email YRDSB's Community Partnership Developer [leonora.buskin@yrdsb.ca](mailto:leonora.buskin@yrdsb.ca), or you may leave her a voicemail at **905-727-0022 x 4101** and your call will be returned.



The flyer features logos for YRDSB, NESJL, CCSYR, and SEPR at the top. The main headline reads "VISIT THE MUSEUM OF THE JEWISH PEOPLE FROM THE COMFORT OF YOUR OWN HOME!". Below this is a photograph of museum exhibits. The text specifies the event is a "FREE REGIONAL YRDSB FAMILY ENGAGEMENT: BEIT HATFUTSOT LIVE TOUR" on "June 16<sup>th</sup>, 2020 | 10:00 AM – 11:00 AM", with a "FREE | REGISTER BY JUNE 12" deadline. It states "All ages and people of all backgrounds welcome!" and "This opportunity is for YRDSB students and their families. The whole family is welcome to join!". Registration instructions include emailing [LEONORA.BUSKIN@YRDSB.CA](mailto:leonora.buskin@yrdsb.ca) or leaving a voicemail at 905-727-0022 x 4101. A small globe graphic with an airplane is in the bottom right corner.

Are you bored at home? Wish you can get out and see something new?  
Well, together we can visit Beit Hatfutsot, The Museum of the Jewish People!

Together, we will virtually travel to four different continents while learning about Jewish communities from different parts of the world including from the Caribbean, Egypt, Germany, India, Ancient Greece, Italy, Ukraine and Poland!

\*Ontario's Arts Curriculum encourages students to learn about a variety of works of art and artistic traditions from diverse communities, times and places.

After completing the registration, you will be sent an email receipt with information on how to access the live tour with a link to the live tour, made available through the ZOOM video platform.

You do not need to download ZOOM to participate. To ensure privacy, the primary video footage presented during the live tour will be of the tour guide and the tour itself, and participants' videos will be disabled and muted. This set up is to ensure privacy of our participants. You will be able to ask questions during the live tour through a chat box feature. For a small group, it may be possible for participants to ask questions unmuted; however, the chat box will nevertheless be used as the primary method for asking questions. Thank you for taking the time to read about this opportunity!



### Tips for Families to Support Online Learning



Teachers strive to work in partnership with home to support student learning and well-being in culturally responsive ways. Parents and families know their children best; as we transition to this new online learning context, please find some considerations below for supporting your child(ren) from home.

#### Establish and Maintain Routines

Help your child(ren) set regular hours for their school work using a calendar or checklist of required tasks per day. Expectations for daily tasks are important but do not have to be rigid and need to work for your family context. Customize your child(ren)'s schedule to fit their needs, as well as those of your family. Routines such as bedtime, nutrition, hygiene and physical activity are important. Establish these parameters from the beginning to build habits of success. At the end of the week, review which routines worked well and which may need to be adjusted moving forward.

#### Monitor Communications from your Child's Teacher(s)

Consider logging into online classrooms regularly to see announcements and lessons/activities posted by your child(ren)'s teacher and continue to communicate with the teacher as needed. Students are to do their best to complete work on time and meet deadlines and can connect with their teacher during the teacher's scheduled office hours when they need support.

#### Encourage Physical Activity and/or Exercise

Research shows that increased physical activity has a positive effect on cognitive functioning, health, well-being and learning. Remind your child(ren) to move and exercise. Take breaks from the learning when needed and get outside if possible. Consider an online physical challenge and/or exercise class.

#### Start/End Each Day With a Learning Check-In

Regular check-ins with your child(ren) will help them to process instructions, organize their work and proceed with the learning for the day. Engaging with your child(ren)'s learning can help support learning skills and work habits needed for successful online learning.

#### Find a Physical Space for Learning

We encourage families to help their child(ren) find a space(s) to work that supports sustained concentration, reading/listening/viewing and where they can check-in with them (consider using headphones where possible/appropriate). It is also important to remember that many children benefit from a 'flexible learning space,' meaning one where they can rearrange things or move to a different space depending on the type of work they are doing (e.g., move to a couch or beanbag chair for reading).

#### Remain Mindful of How your Child is Feeling

Online learning is new for everyone, so it's important to monitor and support your child(ren)'s well-being in this new context. Children may need help managing the worry, anxiety and range of emotions they may experience. Access [mental health and community support resources](#) as needed.

#### Support Digital Citizenship

Keep your child(ren) connecting online socially but be aware of their online interactions and the total amount of time they spend online. Monitor and set parameters for your child(ren)'s use of social media and the platforms they use. Remind your child(ren) that the rules of the classroom apply online too. They must be respectful and appropriate in their online communications. Online interactions should continue to align with the board's Digital Citizenship policy. Follow the [YRDSB Guidelines for Acceptable use of Technology](#).

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## School Council

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### Minutes

School Council minutes can be accessed through the AMHS school website by clicking on the link below:  
[School Council Minutes](#)

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## YRDSB School Closure-Related Updates

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**May 27<sup>th</sup> – Learning and Caring At Home Survey, and**

**May 19<sup>th</sup> - Letter to Families from the Board Chair and the Director of Education:**

<http://www.yrdsb.ca/schools/Repository/NewsEvents/Pages/BoardNews/Coronavirus.aspx>

**FAQs for Families Regarding Student Learning, Mental Health Supports:**

<http://www.yrdsb.ca/schools/Repository/NewsEvents/Pages/BoardNews/Coronavirus-FAQ.aspx#CommunityandMentalHealthSupport>

**York Region Public Health Updates:** [www.york.ca/covid19](http://www.york.ca/covid19)

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## School Contact Information

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### School Website Information

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

**Superintendent-** Michael Cohen

Phone: (905) 884-4477

[cec.central@yrdsb.ca](mailto:cec.central@yrdsb.ca)

**Trustee-**Corrie McBain

(416) 219-7426

[corrie.mcbain@yrdsb.ca](mailto:corrie.mcbain@yrdsb.ca)

### Alexander Mackenzie High School

Principal – Krista Pummell

Vice-Principals – Yula Nouragas (A-L), George Ellinas (M-Z)

Telephone: 905-884-0554

### Special Education

Twitter: [@AlexMackSpecEd](#)

### Arts Mackenzie

<http://bit.ly/ARTSMackenzie>

### Arts & Culture:

Instagram: [#amhsartscouncil](#)

### Visual Arts Department

Twitter: [@amhsvisa](#)

Instagram: [#amhs.studio](#)

### Music Department

[www.amhsmusic.ca](http://www.amhsmusic.ca)

### Moderns Department

Twitter: [@AlexModerns](#)

### MAC Health, Physical Education & Athletics

For information about our programs, please follow us:

Twitter: [@Mustangsmove](#)

Instagram: [macpheathletics](#)

### Alexander Mackenzie H.S. On Twitter

Follow us on twitter [@AlexMackHS](#)

*All Parent Bulletins are posted to the school website (\*see web address, linked above).*

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