



AMHS Parent Bulletin

Week of May 18, 2020

Message from Admin

As you know, the Parent Bulletin has been on a brief pause since the school closure took effect, but it is back and looking to continue bringing our AMHS family community information and updates as they become available. We want to thank our students and their families for their patience and flexibility as we continue to navigate our new and evolving remote learning contexts together.

We recognize that our students, with the support of their teachers and support staff, have been adjusting to the "learning from home" reality through their teacher-led online platforms. Their commitment during this challenging time has been remarkable and commendable, as our Mustangs continue to make us proud by demonstrating personal resilience and academic successes.

It is hard to believe, but we are well into the month of May – and the Victoria Day weekend is already upon us! Hopefully, the recent unseasonable blast of snowy weather is behind us, and sunny skies and warmer weather are ahead. We wish you all the best for some rest and rejuvenation during the upcoming long weekend.



#Inspiring Mustangs



Inspiring Mustangs | Messages for Our AMHS Community

We miss seeing our students, and are sending them greetings and messages of encouragement during the school closure period. The AMHS Staff have compiled some favourite positivity sayings, quotations, and messages to share with our community through video.

To view, please click here: <https://bit.ly/AMHSPositivity>

Guidance Services

Summer School Information:

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

Post-Secondary Reminders:

For our Grade 12 graduating students - June 1, 2020 is on the horizon! June 1st is the date by which all Ontario high school students are required to respond to an Ontario university offer of admission, and to give a financial commitment (e.g., registration deposit, residence deposit, etc.). All other admissions-related elements, including scholarships, other forms of student assistance or financial incentives, and offers of residence are considered part of the offer of admission. Therefore, your child may accept these

other offers before June 1, 2020, but Ontario universities will not compel them in any way to make a decision earlier than this date.

If your child has applied to any college programs, please note that all college applicants had until May 1st to accept their offer, unless an offer was made to them after that day. (*Each college determines its own deadline on offers made after May 1.) If your child has decided not to attend the college program they have applied for, they may decline all offers by logging in to their account, clicking on "View Offers" and then clicking on "Decline All Offers". However, if they have changed their mind or received another offer that they prefer, they may change their acceptance as long as the offer has not expired. Any current acceptance will automatically cancel any previous acceptance.

If you have any questions do not hesitate to connect by email at lane.fisher@yrdsb.ca

Lana Fisher
Subject Head of Guidance and Career Education
Alexander Mackenzie High School

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 16th 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 12th** 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. Alternatively, leave her a voicemail with your name and number at **905-727-0022 x 4101** and your call will be returned. After completing the registration form, you will be sent an email receipt with information on how to access the live tour with a link to the live tour. The live tour is 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!



The flyer features logos for YRDSB, NESJL, CCSYR, and others at the top. The main title reads "VISIT THE MUSEUM OF THE JEWISH PEOPLE FROM THE COMFORT OF YOUR OWN HOME!". Below this is a photograph of a museum interior with various exhibits. The text continues: "FREE REGIONAL YRDSB FAMILY ENGAGEMENT: BEIT HATFUTSOT LIVE TOUR June 16th, 2020 | 10:00 AM – 11:00 AM FREE | REGISTER BY JUNE 12". It states "All ages and people of all backgrounds welcome! This opportunity is for YRDSB students and their families. The whole family is welcome to join!". Registration instructions follow: "TO REGISTER EMAIL [LEONORA.BUSKIN@YRDSB.CA](mailto:leonora.buskin@yrdsb.ca). ALTERNATIVELY, LEAVE A VOICEMAIL WITH YOUR NAME AND NUMBER AT 905-727-0022 x 4101, AND YOUR CALL WILL BE RETURNED. After registering, you will receive information on how to access the live tour with a link." A small globe graphic is at the bottom right.

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](#).

YRDSB – Podcast Launch!



YRDSB has launched a podcast called **Tune In YRDSB** as a way to inform parents and families in our communities. The most recent episode is called **Learning and Caring During COVID-19**. In this episode, Associate Director of Education Dr. Steven Reid speaks with Coordinating Superintendent of Student Services and Well-Being Kate Diakiw and Superintendent of Education, Curriculum and Instructional Services Heather Sears about YRDSB's Learning and Caring Plan and answers some common questions related to it.

All episodes are available on [Anchor.fm/yrdsb](https://www.anchor.fm/yrdsb), and you can subscribe on your favourite podcast platform to get future episodes as they are released.

YRDSB School Closure-Related Updates

Message from the Chair and the Director:

<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

School Council

Minutes

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

School Contact Information

School Website Information

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

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 – Krista Pummell

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

Telephone: 905-884-0554

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](https://twitter.com/amhsvisa)

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

Music Department

www.amhsmusic.ca

Moderns Department

Twitter: [@AlexModerns](https://twitter.com/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.