



AMHS Parent Bulletin

Week of May 25, 2020

Message from Admin

It is hard to believe, but we have just completed Week 7 of teacher-led remote learning! We couldn't be more proud of our Mustangs for all their focus and dedication to their online studies, despite the difficulties that might present themselves as a result of not only our "learning from home" reality, but also our pandemic reality in general. And now, on the heels of this week's announcement from the Ministry confirming that the school closure will extend to the end of the academic year, we continue along this remote online learning journey together.

*(*The message to families from the Minister of Education, dated May 19th, is linked here: [letter to all families](#))*

Parents and families - we know you are steadily guiding and supporting your children from home, through the variety of emotions they might be feeling about such current realities. At times, your students may be feeling frustrated and exhausted by some of the challenges they have encountered. At other times, they might be feeling accomplished and empowered by some of the learning experiences they have been able to navigate successfully. And likely, every day will look and feel a little different, particularly because so many aspects of "normal" adolescent life have been profoundly interrupted – curricular and extra-curricular life, milestone celebrations, and face-to-face interactions with friends and extended family.

It might seem that we have very little control over our current circumstance. But we can still make critical choices about self-care that can help adapt this perspective. It is so important right now to encourage our students to engage in routines and practices that support mental health and well-being. Exercising, eating healthy and maintaining good sleep habits are essential considerations to a healthy mind and body. So are being deliberate about listening to our teenagers, and helping them maintain connections with friends and family, virtually.

Our students need to know that regardless of our physical remoteness from each other, their AMHS teachers and support staff are very much connected to them and their families, to listen, support, and to help. And our AMHS families need to know how much we value the patience and flexibility you and your children have shown in these extraordinary times.

Together, we will continue to strive to serve our children and their learning purposefully, and with care.



Mental Health Resources For Students and Families

To support students and their families with their mental health and well-being during these extraordinary times of uncertainty, the Board website has provided a number of links to reading and resources accessible through the YRDSB and the greater community. To see this list, please follow the link below:

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

#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

Mental Health Tip of the Week: Maintaining strong mental health is always important, but during this global circumstance where things feel they are beyond anyone's control, it is vital. Stay well-informed through traditional and credible media, but spend less time on social media, as it often amplifies bad news.

Summer School

With the Ministry's announcement this past week that school buildings will remain closed until September, we are awaiting updates with regards to Summer School offerings and how they will be facilitated.

In the meantime, we are sharing here a link to the YRDSB Website's Continuing Education page, which will bring you to updates related to Summer School E-learning opportunities: <http://www.yrdsb.ca/schools/e-learning/Pages/default.aspx>. All summer school registrations need to be confirmed with Guidance.

Online Dual Credit Courses

The board is excited to offer our students an opportunity to participate in Online Dual Credit courses this summer! Courses will be offered by Seneca, Centennial and Humber Colleges and will take place during the month of July. Course offerings, scheduling details and more information can be found in our flyer: <http://bit.ly/summerdcflyer>. If your child is interested in pursuing a dual credit this summer, please connect with our Guidance Department directly. Specifically, these courses are for students who are part of our SHSM and OYAP programs.

Scholarship Opportunity

The Public Property Assessment Network Scholarship in the amount of \$1000 is being awarded through the Ontario Public School Boards' Association. Scholarship recipients are students of strong character who care deeply about their communities and are furthering their education. All applicants are asked to explain in a maximum of 300 words their suitability for the scholarship requirements, and all applications are due by May 29, 2020. They need to be accompanied by two letters of reference. More information is available on our Graduation Google Classroom - the code to join is qs5gm3s.

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

AEBS Scholarships

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/gapps.yrdsb.ca/aebsscholarships/home>

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

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

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://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

May 19th 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

School Council

Minutes

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

[School Council Minutes](#)

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>

Community Events and Upcoming Opportunities (Continued)

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**, 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 SEPVR 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 exhibit with various synagogue models. The text in the center provides details about the free regional family engagement event on June 16th, 2020, from 10:00 AM to 11:00 AM. It states that all ages are welcome and that the opportunity is for YRDSB students and their families. Registration instructions include emailing leonora.buskin@yrdsb.ca or leaving a voicemail at 905-727-0022 x 4101. A small graphic of a globe with an airplane is in the bottom right corner.

FREE REGIONAL YRDSB FAMILY ENGAGEMENT: BEIT HATFUTSOT LIVE TOUR
June 16th, 2020 | 10:00 AM – 11:00 AM
FREE | REGISTER BY JUNE 12

All ages and people of all backgrounds welcome!
This opportunity is for YRDSB students and their families.
The whole family is welcome to join!

TO REGISTER EMAIL 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.

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](#).

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](https://twitter.com/Mustangsmove)
Instagram: [macpheathletics](https://www.instagram.com/macpheathletics)

Alexander Mackenzie H.S. On Twitter

Follow us on twitter [@AlexMackHS](https://twitter.com/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.