

Administration

Aldrin Fernando, Principal

Joycelin Brown, V.P.

Antonietta Grieco, V.P.

Tel: 905.851.2843

Fax: 905.851.4120

Website:

<http://woodbridgecollege.yrdsb.ca>



February 2015

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@WC_YRDSB

WOODBRIDGE COLLEGE NEWSLETTER

Principal's Message:

It's hard to believe that our first semester has come to completion. It definitely has been an exciting year for staff and students at W.C. As you know, this semester we have hosted the staff and students from Tommy Douglass SS (TDSS), while construction was being completed on their building. Our guests will be moving to TDSS for the start of semester 2, February 3, 2015. The two schools have worked very well together to plan several opportunities for our students, such as college and university information sessions, intramural sports, guest speakers and other events. We wish TDSS all the best as they transition into their new home.

In 2014, the Ministry of Education released a document for all schools in Ontario called Achieving Excellence. There are four main areas this document talks about in terms of school improvement.

They are:

1. Achieving (academic) Excellence
2. Promoting Equity
3. Promoting Well-being
4. Promoting Public Confidence

At Woodbridge College, we have aligned our school improvement around these four main areas which are now also found within the Trustee's Multi-year plan, our Director's Annual Plan, and Board Improvement Plan.

A big focus for us as a staff this year has been around promoting the Growth Mindset for students. The concept of Growth Mindset is mainly based on the work of Professor Carol Dweck, who says that individuals are all works in progress and that the best way to motivate people is to praise them for their effort and not just their achievement. This may not come as a surprise to many of you because it is important for all of us to receive positive encouragement when we work hard and produce positive results. Our purpose at W.C. as a staff was to examine how we are praising students in terms of effort and achievement. More information about Dweck's work can be found at:

<https://www.youtube.com/watch?v=NWv1VdDeoRY>

Another focus for us as a staff has been on continuing to promote critical thinking skills in our students. As a staff, we have come together to gain a common understanding of what research says comprises critical thinking and how we can continue to provide rich learning tasks to students to help them develop in this area.

Mental Health is also a priority for us since it is estimated that 1 in 5 Canadians will suffer from mental illness. Our goal has been to promote positive mental health and reduce the stigma by creating a space where students can talk about factors affecting mental health with school staff. Students have also attended YRDSB conferences on mental health such as Talking About Mental Illness (T.A.M.I.) and Stomping Out Sigma and brought ideas on how to support our students.

This May we will be having our 2nd cultural fair, Global Woodbridge; an event where we celebrate many of the cultures represented at W.C. The event has performances a fashion show and foods from around the world. This is one of the many ways we promote equity within the school along with the work being done by teachers within each classroom to create a safe inclusive classroom.

As a parent community, I want each of you to feel confident in the work we are doing at W.C. to support your son or daughter. If you have any suggestions as to how we can work together to increase student achievement and well-being please contact me at the school.

Regards,

Aldrin Fernando

Looking Ahead...

Feb .13	Semi-Formal (6-10pm)
Feb. 16	Family Day
Feb. 17	School Council Meeting
March 6	Interim Reports
March 13	PA Day
March 16-20	March Break
March 26	OSSLT
April 3	Good Friday
April 6	Easter Monday
May 8	PA Day
May 18	Victoria Day
May 19	School Council Meeting
May 28	Prom
June 11/12	Math EQAO
June 17-23	Exams
June 24	Exam Review Day
June 23	Graduation
June 25	PA Day
June 26	PA Day

Message from our Trustee

I hope everyone has had a great school year so far and found opportunities to get involved with the life of the school. Partnerships with families are essential to student achievement and well-being, and to creating a caring and supportive learning environment in which students can thrive.

There are many ways for families to get involved – from volunteering with the school and getting involved with the school council to attending school events, communicating with your child's teacher and supporting learning at home. However you choose to get involved, know that you are making a difference.

Earlier this year, the Board of Trustees reviewed and revised our Multi-Year Plan, the plan which guides system direction. The plan continues to have a sharp focus on student achievement and well-being, the delivery of effective and sustainable educational programs and the stewardship of Board resources.

Thanks to your support and the hard work and commitment of our staff, students, families and community partners, we continue to move forward in achieving our goals. As an elected trustee and an advocate for high quality public education, I am committed to ensuring the highest quality public education possible for our students and their families.

Business Department

The business department is enjoying another busy and successful school year in 2014/2015.

The DECA business club competed at the Regional competition held at Seneca College and will compete at the provincial competition at the Sheraton Hotel in downtown Toronto. Twelve students have advanced to the provincial competition. We thank this year's DECA team for all their time and efforts and look forward to working with the DECA club for the remainder of the school year.

Business classes continue to participate in various cross-curricular activities that have allowed them to make practical connections to classroom learning. Field trips have provided students with the opportunity to analyze the business world from marketing, human resource and social responsibility perspectives.

Students who intend to continue with business studies at Woodbridge College and beyond should consider the Specialized High Skills Major Business program. This program provides the opportunity to complete several courses that will ultimately lead to a SHSM designation on the student's diploma.

The business department continues to issue certificates to graduating students who have earned five or more business credits throughout their high school career. These certificates make a great portfolio piece.

Drama Department

The Drama Dept. has had an exciting semester. For comedy lovers, there was the Improv Show "Mind Versus Muscle". The night was a lot of fun and kept the audience in stitches. For those who crave a serious drama the senior class created a magical Evening of Theatre that featured Go Ask Alice, Frankenstein, The Lottery and Babel Rap. Go Ask Alice is continuing on to compete in an Ontario wide celebration of theatre called the Sears Festival. Please join us on Feb. 24 2015 at 7pm at Maple High School for a magical evening of theatre.

Mathematics Department

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Mathematics

EQAO: Congratulations to all the Grade 9 mathematics students who wrote the province wide EQAO mathematics test on January 20/21, 2015. Results will be available early next school year.

MATH TUTORIAL LAB: Many students took advantage of the Math Tutorial Lab which was being run every lunch period Monday through Thursday for the entire semester. It will also continue to run during second semester. Parents, please encourage your children, as we do, to attend the Math Tutorial Lab as it is a great opportunity for obtaining extra help, asking questions or just doing homework.

MATH LITERACY COURSE: During first semester we offered an after school Math Numeracy Course to further reinforce math concepts for all Grade 9 students. We will be offering it again during second semester. It will run after school, two days per week from 3:30 pm to 5:00 pm. A minimum of 15 students must register for the course to run. If you have a child in Grade 9 please encourage them to register for the course if they find math challenging. Any Grade 9 math teacher can provide them with more details.

WATERLOO UNIVERSITY MATH CONTESTS: Registration deadline for writing of the Pascal (Grade 9), Cayley (Grade 10) and Fermat (Grade 11) math contests is **February 10**. All three contests will be written on February 24. The deadline for the Euclid (Grade 12) contest is **March 12**. The contest will be written on April 15. Please encourage your child to write the contest if they plan on attending university in a mathematics related area.

English Department

In semester one, the Department of English continued in its tradition of providing students in grade 9 and 12 the opportunity to experience Shakespeare's work live by taking a busload of eager students to Toronto's Winter Garden Theatre, where they enjoyed productions of *Romeo & Juliet* and *Hamlet*, performed by the Classical Theatre project. Following their performances the company of actors fielded questions from the audience, always a highly enjoyable and quite edifying experience for the students.

We remained committed to enhancing our in-school program with such field trips, bringing in guest lecturers, and providing students with opportunities to explore literature from many different platforms. We will continue to explore new and exciting learning opportunities in and out of the classroom, with a particular focus on strengthening and expanding our partnership with the library in semester two when Mr. Alex Filiputti takes on his duties there each afternoon.

In our efforts to meet the needs of today's technologically savvy students we focused on utilizing technology in the classroom on an almost daily basis to great success, with a particular focus on exploring and creating media: student activities ranged from creating Prezi powerpoints, making films and videos, to writing good old fashioned newspapers to enhance their novel study.

This semester we've been ably assisted in the department by Ms. Michelle Matson, LTO for Mr. Mark Matchen; her lively wit and generous spirit quickly made her a favourite with her students and the department staff alike. Along with Ms. Coreen Crawford, Ms. Matson raised donations from the WC staff for the annual Holiday Hamper sponsored by OSSTF and dedicated to assisting the Women's Centre of York Region. We are grateful for the time and energy they spent on behalf of this very worthy cause, and look forward to working with her in semester two. Also joining the department is Susan Romeo- welcome!

Finally, we would like to encourage parents, guardians and students alike to check out the latest works of great new authors at their local libraries – or use the following very useful site www.goodreads.com

Geography Department

What a great start to the 2014/2015 school year from the geography department. Mrs. Kristina Ricci and Mr. David Tetley are back working together in their final year as the Geo team as Mr. Tetley prepares for retirement. Stay tuned for retirement party details. We would like to extend a warm welcome to our newest member, Ms. Amanda Poulsson who has made a great addition to the department.

We are extremely proud of the grade 9s as they adapted very well to the school community and the implementation of the new geography curriculum. Not to mention the fun they had venturing to Toronto for the cultural and land use field study. The senior students have been working hard debating controversial issues and learning about travel. We wish the students the best of luck on their exams and a great semester two.

Mrs. K. Ricci
Mr. D. Tetley
Mrs. C. Bazzo-Spiteri



Guidance and Careers Department

It is that time of year again. **February is Course Selection month.** It is time to think seriously about your future, both for your career pathway and for your next year's courses. Class visits for Course Selection will begin on February 10th.

Course Selection forms are due to homeroom teachers on Monday, February 23rd. Choose carefully. There will be very few course changes made in August and September. Do not be disappointed. Think about courses you want, plan and select those courses. **Courses are only offered if the numbers warrant them.** See your **Guidance counsellors and teachers for assistance.**

To assist with pathway planning, we have a resource to assist students called "Career Cruising", which is an excellent educational and career planner. To access "career cruising":

1. Visit www.careercruising.com
2. Enter your username: yorkregion
3. Enter your password: 51000

Create a Portfolio – secure space to save your annual education plans, programs of interest and personal notes.

COURSE SELECTION WILL BE DONE ON LINE THROUGH CAREER CRUISING. Once you use the above username and password, you will be asked to enter your birthdate. Follow the format indicated. As well, make your Guidance appointments early for course selection and pathways planning as appointments fill up quickly. You may bring your parents to these appointments. PLEASE BE SURE TO MAKE YOUR APPOINTMENT WITH YOUR CORRECT ALPHA COUNSELLOR.

A - L – Mrs. Neally

M - Z – Mr. Gatti

Everyone should make use of this excellent Educational Planner and our Guidance Counsellors.

Students should remember that we have **Advanced Placement (AP) programs** in Biology, Chemistry and Economics and pre AP in Biology. We also have **Specialist High Skilled Major Programs (SHSM)** in Arts and Culture, Business (pre approved), and Health and Wellness. Students should read about all courses in the Woodbridge College Course Calendar listed on Career Cruising.

University applications were due January 14, 2015. Students have until February 3rd to make any changes (without penalty) to their application forms. College applications were due February 1st. Some colleges are still taking applications for programs that still have spaces available. Tutorial sessions were held for both applications during the month of December.

Congratulations to our students who graduated in January. A reminder to all students that our Graduation Ceremonies are on June 23rd this year.

Good luck for a successful second semester!

Health and Physical Education Department

HEALTH AND PHYSICAL EDUCATION DEPARTMENT IMPORTANT INFORMATION ON OBESITY AND INACTIVITY "1 out of 4 children will not outlive their parents!"

According to Statistics Canada, the percentage of Canadian children and adolescents who are overweight or obese has climbed considerably over the past 25 years. In fact, the situation is becoming so bad that 1 out of 4 children will not outlive their parents. In 2010, **30%** of children and adolescents aged 2-17 were overweight or obese based on the body mass index, compared with 15% in 1978/1979. This marks a **100% increase** compared with the 1978/1979 levels. The problem is particularly notable among 12 -17 year olds, where the combined overweight/obesity proportion more than doubled from 14% to 29%, and the obesity proportion **tripled** from 3% to 9%. Excess weight has become such a major concern that the World Health Organization has deemed obesity an "**epidemic**" and a leading cause of preventable illness and death in North America. The Heart and Stroke Foundation calls fat "the new tobacco".

Obesity in adolescents is defined as having more than 27% of your body weight being comprised of fat. Obese children have increased health risks during their youth: Glucose Intolerance, High Blood Pressure, Respiratory Disorders, Orthopaedic complications as well as issues concerning social acceptance, body image and self-esteem. According to Statistics Canada, even more serious health conditions await them as adults, since childhood obesity is associated with Diabetes, Heart Disease, and some forms of Cancer.

The reasons for obesity and excess weight are largely the result of a sedentary lifestyle (television, computers, and video games), poor nutritional habits and most profoundly the lack of physical activity. Overweight kids are at a higher risk of being obese as adults! Only 15% of teenagers exercise enough to have health benefits. Adolescents should be active for at least 30 -60 minutes daily or at least 3 – 4 times per week. They can decrease their risk for lifestyle related disorders by increasing their physical activity level to acceptable standards. Health and Physical Education (HPE) courses address the need for physical activity and wellness by promoting lifelong healthy active living through courses in Fitness and Strength Training as well as Sport and Health Education (Healthy Active Living). Furthermore, HPE courses provide students with the appropriate information and tools to cope with the many needs of mental health and stress reduction as well as making sound nutritional decisions for healthier eating.

Physical activity improves quality of life. Research reveals that a fit body has increased Immunity, enhanced Cardiovascular Fitness, decreased feelings of depression, relieves stress and tension, improves muscle tone, sleep, youthful appearance and enhances overall physical well being. Students who take part in Physical Activity courses perform better in school. The evidence for higher achievement as a result of physical activity is well documented. **Movement Maximizes Brain Potential!**

In conclusion, the benefits for physical activity are too strong to ignore. Physical Activity courses will help students to achieve better marks, increase their self-esteem, increase their energy level, decrease their risk of lifestyle diseases and enhance their general well being. The benefits date back to ancient Greece and the great Greek philosopher Plato who asserted that everyone should embrace "**a sound mind in a fit body**".

It's all up to you! Take the first step towards the road to wellness. **During course selection time, take a HEALTHY ACTIVE LIVING course. "An ounce of prevention is worth a pound of cure"!**

HEALTH AND PHYSICAL EDUCATION

RECREATION AND FITNESS LEADERSHIP CLASS (PLF4C1) NEWS

During semester 1 the HPE Leadership class was responsible for the planning, organizing and implementation of numerous school events. These special events promote school spirit, teamwork and the building of an effective school community. In addition, the students also belong to the Leadership Council which is responsible for mentoring and welcoming the grade 9 students to Woodbridge College through events such as the Grade 9 Orientation and the Green Acres Camp (BLAST).

The Leadership class also hosted various Intramural events to raise money for worthwhile charitable causes such as The Catherine Tran Foundation and Sick Kids Hospital.

The Health and Physical Education Leadership class was involved with the following events:

Grade 9 Orientation Day

BLAST

Grade 8 Welcome Day

Grade 8 Information Night

Terry Fox Run

Intramurals :

3 on 3 Basketball, Catherine Tran Badminton Memorial Tournament,

Indoor Soccer, Hoop-a-thon, Dance Competition, Table Tennis,

Minute to Win It, Wii Dance and Sports and The Amazing Skill Race.

Congratulations to the following Leadership students for your valuable contributions to the Woodbridge College Community:

Emmanuel Afful-Quansah, Lawrence Ball, Priscilla Banh, Trisha Heath-Campbell, Ali Choksi, Erica Deacon, Olga

Derevyanchenko, Shawn Gonsalves, Sergei Ivancenco, Kejean Jackson, Mhonique James, Ameer Jeddi, Vashti Maharaj, Aphrodite Marrelli, Kamau Mendez, Suyen Fonseca- Morris, Juston Navaratnarn, Tara Raman, & Krissa Verna

2014 Catherine Tran Tournament Summary

This year's Recreation and Fitness Leadership Class hosted the 5th Catherine Tran Badminton Memorial Tournament on December 4th, 2014. We would like to thank all of the tournament participants, volunteers and of course Ms. Nicolaou, for helping to make the night a huge success. The tournament had an amazing turn out with approximately 40 teams, 120 students and teachers in attendance. The event was filled with great sportsmanship and friendly competition. In the championship game the team of Vincent Nguyen and Randy Dang managed to overcome the persistence of Tommy Lam and Robert Nguyen to win this year's badminton title. Overall the tournament managed to raise a remarkable amount of \$700 that has been donated to the Catherine Tran Charity Fund. The Charity helps underprivileged children around the world.

Special thanks to the following tournament sponsors:

Chorus Music Academy
Sofia's Delightful Cakes
Mr. Tran

Igor Derevyanchenko
Sportschek
Woodbridge Bowl

Mcdonalds
Tim Hortons

Rudy Prashad
Twin Dragon North

History Department

EMPLOYERS WANT YOU TO STUDY HISTORY!

Did you know that the FOUR SKILLS most sought after by BUSINESS employers are the main focus of all HISTORY and SOCIAL STUDIES courses??

CRITICAL THINKERS know how to sort and organize information, as well as evaluate its importance

High quality written and oral COMMUNICATION should explain your ideas, but also make them easy to understand and be convincing

CREATIVE THINKERS know how to think outside the expected and present ideas in new and exciting ways

Did you know that WC teachers are educating your students for jobs and careers that don't even exist yet! What better way can there be to acquire the skills necessary for succeeding in the twenty-first century -- critical thinking, problem-solving, careful reading, energetic researching, analytical writing, and effective communicating -- than to choose history and social studies courses in which all of these are emphasized? History and social studies graduates gain so many transferable skills that employers in business, politics, and law are often keen to recruit them.

Good COLLABORATORS work well in a team, while using their reasoning, persuasion, and communication skills to keep that team going

A common myth is that a business degree is necessary for a job in business and industry. It's not. Most corporations want independent thinkers who know how to find information and apply it to the tasks at hand. Many want people who have knowledge of other countries and other cultures. What better major than history to prepare a student for all of these opportunities? Corporations will train their employees in the nuts and bolts of how the business works--this includes business majors as well as others--so it is not absolutely necessary to have that training going in the door. History is an excellent discipline for those interested in business.¹

WC offers several courses at the grade 11 and 12 level that will help your students develop these 21st century transferrable skills and "exercise" the brain with thought-provoking concepts and ideas that will serve as a solid foundation for life as a global citizen in the modern age. For next year's grade 11s, why not consider Ancient History or Introduction to Anthropology, Sociology, and Psychology or even Studies in World

Religions? How about grade 12 History or Philosophy or even Society: Challenge and Change (sociology)? See Ms Neale or Ms Bazzo in Room 212 with any questions.

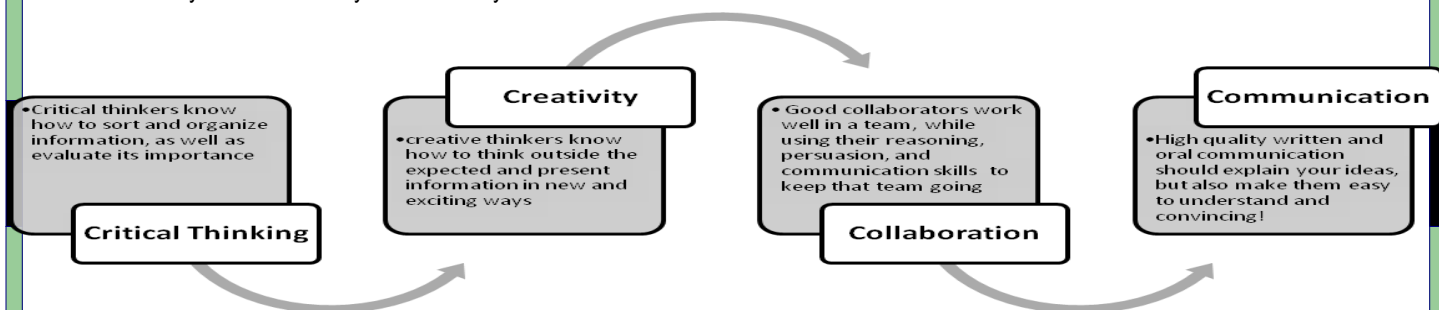
95% of executives said these skills were important in growing their organization.

76% of executives said it's these skills that will become more important in the next three to five years...²

Yet 57% of employees do NOT excel in these skills...²

Consider this list of careers currently held by History graduates: political leaders, researcher, policy advisor, manager, research analyst, editor, lawyer, marketing officer, planner, policy analyst, records manager, information officer, sales representative, insurance agent, lobbyist, and banker. History graduates possess high levels of literacy and critical thinking abilities, so are often suited to careers in communications, particularly advertising, marketing and PR as well as journalism with newspapers or as broadcast journalists.³

The future has many possibilities for your teen; most of which are still ideas waiting to become reality. History and social studies will help make sure that your child is ready for that reality.



¹ Dr Robert F. Pace, "Careers for History Majors" McMurry University 2010 <http://www.mcm.edu/newsite/web/academics/cas/history/career.htm>

² "The Four Skills that give you the Advantage in Today's Business Environment" American Management Association 2013 <http://www.amanet.org/training/21st-Century-skills/> (29 January 2013).

³ Alec North, "Careers for People with History Degrees" Alec North Limited 2013 <http://www.alec.co.uk/free-career-assessment/careers-with-a-history-degree-or-history-major.htm> (15 January 2011).



Library Department

School life began very differently this year as we shared the school with Tommy Douglas Secondary School. The Library has been a busy place as we accommodated the two schools.

Grade 9 students participated in a Library orientation. They met the Library staff, learned about the Library's policies and programmes, and completed an assignment to help them become familiar with the Library's resources.

Students were busy conducting research using both print and electronic resources to complete assignments. Our electronic databases can be accessed from home.

The Red Maple and White Pine recreational reading programmes support our goal of focusing on literacy. Presentations were made to students to inform them of these programmes. They have been well received.

New novels have been purchased. Initial purchases included several genres, such as mystery, fantasy and adventure.

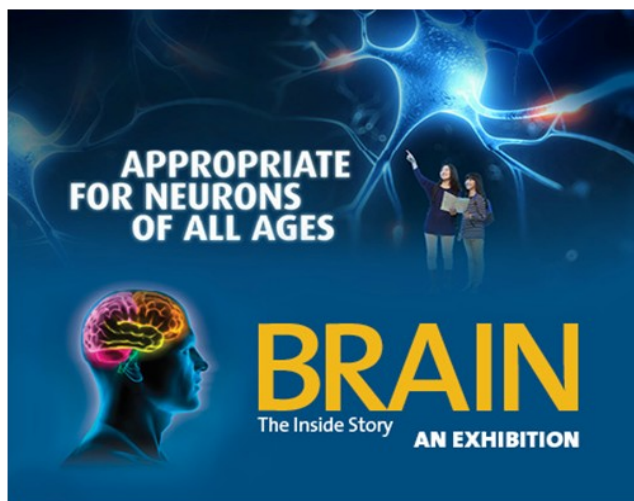
Students had the opportunity to enter several contests. The WC Reads contest challenged students to read as many books as they could. There was a best costume contest at Halloween and students had to dress up as their favourite literary character. The Leap Into Autumn contest asked students to describe a book they had read. Prizes were awarded for each contest.

Students had the opportunity to join the Scrabble and Library Clubs.

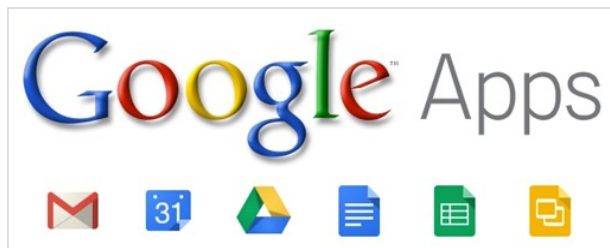
Woodbridge College will be welcoming the French Immersion programme for grade 9 students next school year. The Library staff have been busy preparing. Various consultations have been made about acquiring resources. New French language signs have already been displayed and more will be added as the school year progresses.

Ms. Jang, our Library technician, has created many creative displays this year. They included Welcome Back, High School Survival Guide, New Books, Happy Halloween, Harvest Time, Remembrance Day and Happy Holidays.

Science Department



Hands-on Activities:



On January 6th, WC Grade 9 and 10 students as well as Ms. Mackay, Mr. Body, Mr. Douglass, Mr. Bivji, Ms. Yurman and Mr. Patel visited the Ontario Science Centre. Grade 10 students tested their knowledge of Climate Change in an interactive workshop and completed an assignment in the exhibit halls. Grade 9 students made cosmic connections, voyaged to the planets and explored the Universe with infrared eyes in the Planetarium. One of the most interesting current exhibits is all about the brain! Many thanks to Ms. Mackay for organizing this fun and educational trip!

In December, WC Grade 11 and 12 Biology students were scheduled to visit the new Ripley's Aquarium in Toronto. Unfortunately the weather did not cooperate and heavy snow led to cancellation of school buses and field trips. This trip will be rescheduled during semester two. Many thanks to Ms. Moshrefi for arranging this trip.

WC science students have enjoyed many hands-on activities. Grade 10 Science classes completed a frog dissection (virtual for those who preferred not to use the real thing!). Did you know there is a Frog Dissection App in the iTunes store?!

Grade 11 and 12 Biology students have done various dissections. Students looked at anatomical similarities and differences between animals from different classes including sharks, rats, starfish and frogs. Students compared actual anatomy with that seen in a virtual dissection.

WC Science teachers and students are continuing to use Google Apps as a collaboration tool. Google Apps allow several people to work on the same document or presentation simultaneously all while in different locations. All work is saved in the cloud. This is a great tool for student group work as well as teacher collaboration. Each student has their own Google Drive and students hand in work by sharing access with their teacher. Google has many new Apps and teachers are learning about Google Classroom.



WC is in the second year of a Health & Wellness Specialist High Skills Major program for Grade 11 and 12 students. Health and Wellness SHSM students have completed certifications in CPR, First Aid and Infection Control. SHSM students enjoyed completing training at Second City in Toronto during semester one. Workshops in Leadership, Communication, Personality Inventory and Conflict Resolution are planned for semester two at the YMCA Cedar Glen Outdoor Centre.



Grade 8 Open House: Many thanks to the student volunteers who helped with Grade 8 Open House!

The Science Department hosted a Teacher Candidate from the University of Ontario Institute for Technology (UOIT) during semester one. Ms. Edwards worked with Mr. Douglass and his students.

The end of semester one brings time to say goodbye to the staff and students of Tommy Douglas SS. WC Science teachers have enjoyed sharing the school and their lunch time with the Science teachers of Tommy Douglass SS. We wish Ms. Choudhury, Ms. Hoover and Mr. Park well in their brand new home.

York University Faculty of Science 50th Anniversary Physics and Astronomy Night:

On November 26th, 15 WC Physics students along with Mr. Body, Mr. Biviji and Mr. Patel attended a showing of the movie *Interstellar* at the Colossus Vaughan Cinemas hosted by York University's Department of Physics and Astronomy. Free dinner, free popcorn & drink and a free movie followed by a Q&A session on the Physics concepts in the movie with York professors...what could be more fun?! Black holes, worm holes and relativistic time dilation were some of the Physics concepts discussed. *Interstellar* is set in a future world where climate change has left the earth uninhabitable and astronauts are searching for a new home. A stimulating and fun time was had by all!

Anna Kendrick's Cups: Grade 12 Physics students showed off their singing talent and had fun performing Anna Kendrick's cup song at the holiday assembly!

Science Rules!

