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## Experiential Learning Spotlight: HFC3M Grade 11 Food & Culture

Every year we try to add new course offerings for students. This year, we are excited to be running HFC3M: Grade 11 Food & Culture for the first time.

**Course Description:** This course focuses on the flavours, aromas, cooking techniques, foods, and cultural traditions of world cuisines. Students will explore the origins of and developments in diverse foods traditions. They will demonstrate the ability to cook with ingredients and equipment from a variety of cultures, compare food-related etiquette in many countries and cultures, and explain how Canadian Food choices and traditions have been influenced by other cultures. Students will develop practical skills and apply social science research methods while investigating foods and food practices from the world.



**Calum and Lizzie enjoying a  
Filipino meal**

This term, six students are exploring the glorious world of food and culture under the leadership of Ms. Joelle delaPaz. On the first day of class, Ms. delaPaz treated her students to a Filipino feast of lumpya (spring rolls), pancit (noodles with shrimp), and calamansi juice, with banana ketchup on the side. The students compared the tastes and textures with more familiar foods and enjoyed a delicious meal.

Every Friday, the class will prepare a dish from a particular country or culture. The first challenge had students preparing a Canadian dish: Calum and Kyra made cherry clafoutis, while Britney made maple sugar cookies. This week they are working on Chinese dishes and we are looking forward to sampling spring rolls, fried rice and a noodle dish.

In the coming weeks the students will have more opportunities to learn about food and culture by taking a walking and eating tour of Toronto's Chinatown in early December, having some guest speakers visit the class, and taking as many opportunities as possible to try local food offerings from other cultures.



Lizzie, Chloe and Britney learning to knead dough



Calum learning the fine art of chopping herbs

## SUPERSTAR STUDENTS: November Edition

### BRITNEY GOODFELLOW - Grade 11

Submitted by Ms. Little

For her grade 11 physics ISP, Britney created her own experiment: she created an electromagnet using a large iron nail, electric wire, and a car battery. To measure the strength of the magnet, she attached the magnet to the metal handle of a bucket of water and using a fishing scale weighed the mass of water that the magnet could hold. She was able to demonstrate that the strength of an electromagnet IS directly proportional to the number of wire coils around the magnet. She really thought outside the box (or bucket) and seemed to have a fun doing the project!



### AIDAN GILL

Submitted by Miss Banks

Aidan has a tremendous passion for History and demonstrated excellent growth in using his knowledge to analyse historical events throughout Term 1. Aidan

was able to show these skills with great success in his final History exam where he answered several long answer questions with clear and detailed evidence, focused on the exact question at hand and offered thorough explanation as to the significance of different historical events. A near perfect mark on his final exam, and sustained passion and effort throughout the course has made Aidan a Superstar Student!



### **RENEE KACHRA - Grade 12**

Submitted by Mr. Judge

Renee has shown a tremendous work ethic in International Business surrounding our online business simulation.

Renee has been in control of hundreds of decisions surrounding the operation of an international running shoe company in competition with myself and the other students in class this term. On more than one occasion, Renee has achieved the best overall performance for her company

(including beating me!) as we process a new year each week. Upon examining results of our simulation on a worldwide scale, Renee has performed in the 97<sup>th</sup> percentile for Human Resources Management. This is an extraordinary feat as this spans across more than 300 students in 18 different schools across 9 countries around the world. Most of these students are senior undergraduate business students and some are even graduate business students! Excellent work Renee, this is truly an accomplishment to be proud of.



### **LIZZIE BROWN - Grade 11**

Submitted by Ms. Hnidec

On the first day of our math class, Lizzie entered with trepidation towards the algebra and trigonometry that most certainly were in her future. On the last day, Lizzie left with confidence that she could find the vertex of the parabola, the equation of a line, and the unknown angle of a right-angle triangle. Lizzie is an excellent example of a Blyth Superstar because she chose to have an attitude of perseverance when faced with a challenge. She attended class every day, advocated for her own learning when she did not understand a concept, and tackled every homework question! We tell our students that it's the journey that often matters more than the goal, and while Lizzie learned more math than she probably wanted to, she continued to build skills such as determination and courage that will definitely serve her well in her future aspirations.



### **RYAN O'ROURKE - Grade 10**

Submitted by Principal Kim Hacker

Student, athlete, ... model? Ryan O'Rourke is all of the above. Like his brother Ethan before him, Ryan is one of our elite athletes, combining Minor Midget AAA hockey playing for the Vaughn Kings with his regular academics. Ryan was recently invited to model the new 2018 Canadian Winter Olympic hockey jerseys as part of the media launch, and we expect that four years from now, he'll be donning another Olympic jersey - this one with his name on the back - as a member of Canada's Olympic hockey team. Blyth Academy Whitby is very proud of Ryan and his athletic accomplishments.



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## **MEET THE TEACHERS**

### **Meghan Armstrong**

**Science/PE/Math teacher**

**Orange House Leader**

**Joined: September 2016**

**Please describe your teaching/employment experience prior to joining us at Blyth Whitby.**

This is my second year at Blyth Whitby where I am teaching science, physical education, health, and math to the middle school students.

Prior to working as a teacher here, I lived in Toronto where I worked at an ESL program for international students who came from around the globe. Immediately before accepting the job at Blyth in 2016, I was

working as an education coordinator and teacher at an Oxford Learning Centre.

**What hobbies and interests do you have?**

I love playing and watching all sports! My favourite teams to cheer for are the Toronto Maple Leafs and the Toronto Blue Jays. I also love a good book, binge-watching Netflix and spending time with my family and friends!

**What are you most excited about this year?**

I am so excited for our growing middle school! We are settling into our new space and are having a lot of fun. I am looking forward to continuing to build awesome memories with all of my students and fellow teachers!

**If you became famous, what would it be for?**

If I became famous, it would be for my life-long, unwavering commitment to the Toronto Maple Leafs! GO LEAFS GO!



**Meghan Armstrong**

## Kim Kupovics

**English/Humanities/Co-op Teacher**

**Green House**

**Joined: February 2014**

**Please describe your teaching experience prior to joining us at Blyth Whitby.**

After completing my Master of Arts Degree in English Literature at the University of Toronto I made the decision to follow my dream and become a teacher. In 1996, I earned my Bachelor of Education Degree from Queen's University.

After a short time working in the Adult Education school at the now closed Kingston Penitentiary, I accepted an English teaching position in Tokyo, Japan. What began as a quick way to pay off mounting student debt became one of the most amazing experiences of my life. While in Japan, I worked for a very prestigious Japanese Junior and Senior High school teaching English to International students.

I left Japan in 2001 (now with a new addition to our family) and continued to work for the Waterloo Board of Education teaching in the IB Program, then for the Simcoe Board of Education working in the Georgian Bay area and finally in 2006 made the move to Nova Scotia (with another new addition) where I taught both English and Family Studies until 2013.

My Blyth Academy career began in February 2014. Since then, I've had the privilege of working with some of the most amazing and talented educators I've ever met. All of that and working with great students! In 2016 in addition to my classes I became a Blyth International Summers Ambassador spending the summer of 2016 in Costa Rica, and this past summer on a tour of Western Europe. It's hard to believe that this year marks my 21<sup>st</sup> year of teaching.

**What hobbies and interests do you have?**

When I am not travelling and working I enjoy spending time on the beach reading a great book!

**What are you most excited about this year?**

This year, I'm really pleased to be teaching both Grade 9 and 10 English. I love bringing stories to life in the classroom! These foundation years are so important for future academic success and it is such fun being part of this process of learning and supporting students to reach their fullest potential. I always love a challenge and this year is no different. I'm continuing to develop the Gender Studies and Equity course as well as encouraging as many students as possible to take part in the Cooperative Education Program.

**If you became famous, what would it be for?**

Like all English teachers I'd love to be famous for writing a novel. In fact, when I was a child I used to pretend that I was a famous author and pretend that I was being interviewed on TV! I still



**Kim Kupovics**

have a couple of best-selling ideas and if there is one thing I've learned over the years it's that you never know what the future will hold!

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## BLYTH GIVES BACK: Winter Food Drive

By Campus Administrator, Sarah Oakley

It's the most wonderful time of the year... The food drive, of course!



Each year, our students and staff show just how generous they are by donating non-perishable items to support the Salvation Army. This year's food drive will run from Monday, November 27<sup>th</sup> until Tuesday, December 19<sup>th</sup>. Each donation will earn House Points. This year, points will be awarded as follows:

**3 points:** pasta, canned meat/fish, peanut butter, canned beans/legumes, powdered milk, canned vegetables, healthy cereal/oatmeal, baby items (diapers, food, formula), personal hygiene items

**2 points:** tinned fruits, pasta sauces, child-friendly cereal, honey, jam, soup

**1 point:** any other non-perishable food item

To ensure your points are awarded, please bring your donations to Sarah if you are at the Main Campus, or either Ms. Armstrong or Mrs. Judge if you are at the Middle School Campus.

I can't wait to show Whitby how kind and giving we are.

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## LOOKING AHEAD...

### **Mon. Nov. 27**

- Winter Food Drive starts - running until Tuesday December 19
- Middle school trip to Leisure Lanes for PE class

### **Tues. Nov. 28**

- extended lunch for high school students due to Staff Meeting - student lunch will run from 12:30 - 1:30 today

### **Thurs. Nov. 30**

- Trip to Toronto to view the Classical Theatre Project's performance of Macbeth for all English classes (Ms. Kupovics' ENG2D, Miss Banks' ENG3U and Mr. Hancock's ENG3U/4U)

### **Tues. Dec. 5**

- Blythwide Prom Committee meeting at Head Office in Toronto - two Blyth Whitby students will attend as campus representatives

## **Save the Date!**

### **Tues. Dec. 19**

- Term 2 Parent-Teacher Interviews for high school families (further information to come by email)

### **December Break (Dec 23, 2017 - Jan 7, 2018)**

- We will be closing at 1pm on Friday December 22 so that our staff can enjoy a meal together before starting our vacation.
  - School will be closed and phone/email will not be monitored during this time.
  - We will resume on Monday January 8, 2018.
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