



Your Monthly News & Updates

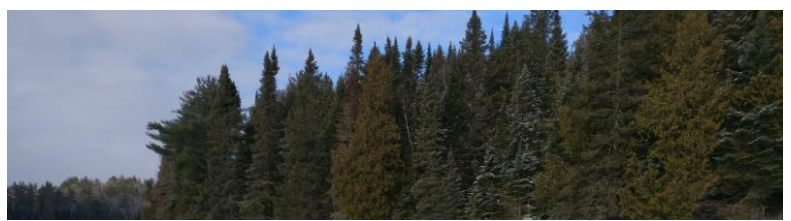
This week's newsletter includes Upcoming Events, Being Brilliant in Grade 12 Recreation Leadership, What You Never Knew About Mr Kwok, Coles Notes, Spotlight on Athletics, Exam Prep Study Tips, and Blyth Babble!

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Upcoming Events

- January 29th - Boys Basketball Game against Toronto Prep Spartans
 - February 1st and 2nd - Examination Days
 - February 5th - Turnaround Day (no classes for students)
 - February 6th - Beginning of Term 3 (Half Day) - Classes run 9:00 - 12:00
 - February 8th - Girls Volleyball Game against WillowWood Warriors
 - February 9th and 10th - Graduation Photos
-

**Being Brilliant in
Grade 12
Recreation**



Recreation Leadership!



The Recreational Leadership class recently went on a four day trip to Algonquin Park along with fellow students from the Thornhill campus.

We had a wonderful time being far from the city and amongst the beauty of the Wilderness Research Centre where we were based.

We tried our hands at various survival techniques such as fire building and creating shelter, tracking animals and identifying local plants, as well as proper ways to traverse frozen bodies of water in the winter time. The group definitely developed strong bonds and qualities of leadership during these few days, and it was difficult to say goodbye to our hosts Tim, Robin and Jamie, who graciously shared their time and knowledge with us.

--Mr. Andrew Ha

Spotlight on Athletics

The Wolves were on the hunt this past week and their prey were the other teams of the SSAF! The Boys U20 Basketball team had a dominating start to the season with wins over the WillowWood Warriors and Fieldstone Grizzlies, vaulting them to first place in the entire league. Their third game saw them face off against a tough Bond Academy Bearcats team that was also undefeated at 2-0 and, despite trailing by only one point at half time, your Wolves were unable to stay perfect and fell to 2-1 on the season. The

Wolves try to take a bite out of the Toronto Prep Spartans this week before getting some much needed rest for exams.

Our U20 Girls Volleyball team has also had a busy couple of weeks as well facing off against the UOG Knights, Linden School, and the Bond Bearcats. Despite having a fierce, never-say-quit attitude on the court, our girls have had a tough start to the season going 0-3. However, their sportsmanship, teamwork and grit have been their

calling card and they haven't made it easy on anyone. They pushed the defending champs from Linden to a tiebreak in the fifth and deciding set. Good luck to the girls as they enjoy their bye week in preparation for their next game against the WillowWood Warriors on February 8th.

Finally, a reminder of upcoming sports; U20 Co-ed Ice Hockey on February 13th, speak with Coach Makki for details; U20 Co-ed Curling bonspiel on February 23rd, see Coach Ebel for more info; U20 Co-ed Indoor Soccer March 1st, speak with Coach Makki or Coach Ha; and U20 Co-ed Bowling, speak with Coach Paterson.





What You Never Knew About... Mr. Kwok!

...that it took me 3 tries to finish Chemistry in university!

I look back now on it and laugh at how silly it all was, but at the time it was something that really

bothered me, to the point where I lost sleep and was constantly thinking about it every day. I was getting sick of Chemistry, but more importantly, I was getting sick of myself.

For a while, I considered dropping out, but instead of doing that I made a choice. I made a choice to change my personality and to change my habits. In the span of a year, I went from a person who skipped class to a person who timed myself to make sure that I was studying at least 5



hours a day. Every day. Even weekends.

This didn't happen overnight; it took months for me to change. I cannot begin to count the times that I would break a promise to myself or continue procrastinating on something that had to be done. But every time that happened I got back to the drawing board and I tried again, and again, and again. Until the very end of university when I got on the dean's list.

Although it's very embarrassing, I think it's unfair not to share this story. A lot of you may be going through the same thing and it's OK. It's OK to fail, and you're not alone. Deep down we all want to do well, but sometimes we just don't know how.

Even if you have no idea what you are doing, you need to keep trying. Your teachers can help you, your friends and family can help you. But none of that means anything if you do not help yourself. It's fine to fall, but just remember to never stay down.

How to Be Prepared for Exam Day

1. Sort out some good study notes

Go through all your notes from the units you have covered so far and highlight any important information. Then, you can take your highlighted sections and narrow them down even further by typing or writing out only the important information within those highlighted parts. Cross-referencing your study notes with unit tests or quizzes you have had so far is also a great way to ensure that your notes are thorough.

2. Make a study group

Studying with friends is a great way to practice because you can quiz each other and it is also a great opportunity to double check your notes to make sure you or your friends haven't missed anything important.



3. Practice tests

Practice tests are a good tool to see if you are prepared for your exam because you can see how well you know the

your exam because you can see how well you know the information without your notes. You can create your own practice test using unit tests, quizzes and textbook questions. Or you could ask your teacher if they had an old exam for that course that you could make a copy of.

4. Start studying early

Starting your preparation early is one of the best ways to make sure you are prepared for the exam. By starting early, you can eliminate the need to pull all-nighters or to practice any other extreme measures the nights leading up to the exam. Not only is cramming for an exam stressful, it is also not nearly as effective as being prepared.

5. Get a good night's sleep - and a healthy breakfast

Studies show that most teens require a minimum of 9 hours sleep to function at their best. A good night's sleep paired with a balanced breakfast of grains, protein, and fruit will help you focus much more than a cram session until 3 AM and a large double-double.

*--Emily O'Neil
Grade 12 Student*

Introducing - Blyth Babble!



Having some issues keeping up with 2018 already? Need a person to bounce some ideas off of? Maybe even ask for some advice? With no judgement included, because it is all anonymous!

Blyth is now offering an advice column! Whether it is school, family

Blyth is now offering an advice column! Whether it is school, family, or friends, Blyth Babble is here to help - no question is too big or too small. Contact Blyth Babble at blythbabble@gmail.com

[Text Link](#)

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