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### **PROM 2018**



This year the event was held at the Eglinton Grand. The theme of 'Vintage Hollywood' was echoed from the candy table and popcorn machine on the mezzanine, to the directors' boards designating table numbers, to The Wizard of Oz projected on the wall during the meal.

The 17 Whitby students and three dates all looked lovely, behaved appropriately, and a great time was had by all.



The venue



l to r: Mackenzie, Nikita, James, Jordan, Chelsea, Britney, Tierney and her date  
front: Hana



Noor (Gr.12), Vivianne (Gr.11) and Chelsea (Gr.11)



Da Boyz... James (Gr.12), Neel (Gr.12), Mr. Hancock (chaperone), Jordan (Gr.12)



Michaela, Victoria, Taylor, Chloe and Karly (all Gr.12)

## From High School to University: An interesting transition

By Anna S., Class of '17

Transitioning from high school to university is something both scary and exciting that thousands of students get to experience every year. 'Frosh' or 'Orientation' week is a week of great importance for new students. This is the week that you first start to meet new people, become familiar with your school's campus and ultimately become excited for the year to come. I personally did not live in residence, but I had quite a few friends that lived in residence. Orientation week in residence is exciting! You get to know all the people on your floor, in your room and in your building. Who you get to know throughout the year may be dependent on the kind of residence you live in but, you are bound to, at some point, make friends in your residence. No matter your housing situation in first year, making friends is also something quite stressful but in my experience, good friends kind of just appear out of nowhere when you least expect them. I made a lot of friends in my courses I was taking. This is easy to do because there are hundreds of people in first year classes because the courses are so general.



The first week of classes is very exciting as everything is unknown. You should try to have some sort of familiarity with your campus so that you don't get lost for 2 hours while looking for class, which I had the pleasure of experiencing. Be sure to access your school's online information data base in your first week as throughout the year, this will become your best friend. Look through your course outlines and write all the due dates on a calendar. You will greatly appreciate how much this small task will help you out later on. Throughout the first week, find out what textbooks your courses require, this information is usually found in the course outline. Buying textbooks will be the first real hit to your bank account if you haven't yet paid your tuition. Second hand textbooks are great! Look for used books and other course requirements on sites like *Kijiji* and *Facebook*.

Becoming 'friends' with your professor is sometimes not realistic. You don't need to be friends with your professor to do well though. Introducing yourself at the beginning of the semester isn't really necessary and I found it just made some professors annoyed. Your professor will get to know you when you go to office hours. Write down all your professor's office hours! If you really find your professor interesting and want to know more about what they do, just ask them, they all love to talk about themselves. Your TAs (teaching assistant's) are the people you really want to make a good impression on as they are normally the ones doing all the marking. In general, your TAs will spend more time with you and answering your questions than the professor. I found bringing your TA a coffee every now and then is a great way to keep them from being annoyed with your continual questions. Be sure throughout your first year that if you need help, you get it right away. It's not hard to get back on track after only one bad mark but getting multiple in a row makes things more difficult.

With regards to overall academic achievement in your first year, don't expect to do as well as in high school. This is not said to discourage you at all but said to encourage you if your grades do drop. Almost all students have a grade drop in the first year of university. It's not a big deal. With respect to all four years of university, it is very possible to do 'not so great' in your first year and still graduate with a great average. To put this in perspective a little, a 70 in your first year is awesome! Keep all of the above details in mind if your grades fall in first year but also remember that first year is the university's attempt at getting rid of the students who will not perform well in the years to come. Making sure you can find a balance between fun and studies

is very important for both success and mental health in first year. Meeting with your school's counsellor is a great way to talk through what your balance could look like. Doing this early in the year will make it easier to make appointments closer to exams.

Your first year will be a bit of a roller coaster ride but doing some of the things above will help keep you strapped in. To help you keep track of the things mentioned above, I have made a 'University Survival Checklist'. I know all of you are smart, capable young adults and I wish you all the best on your journey.

Best Wishes,

Anna

2017 Blyth Whitby Graduate

University of Guelph - First year survivor

### **University Survival Checklist:**

- Find place to live
- Make a budget
- Attend some orientation events
- Familiarize yourself with your campus
- Have school supplies (required things are often listed in your course outline)
- Buy textbooks
- Know your TA's and professor's names
- Meet with a counsellor
- Make friends
- Have a way to contact home (sometimes you just need to hear your mom's voice)
- Get a good alarm clock
- Remember to sleep
- Get help when needed
- Don't worry about one bad day/mark
- Ask questions!
- Study but also take breaks
- Have some fun (some)
- Join the school's gym (sometimes meal plans catch up with you a bit)
- Don't make excuses
- Always look for a positive
- Remember it'll all be ok!
- Be the best you that you can be

you can  
totally  
do this!

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MIDDLE SCHOOL'S COMMUNITY GARDEN  
By Teacher Miss Natalie Garcia



Middle School has formed a class community garden!

With the help of Miss Garcia the Grade 6,7 and 8s planted various foods and decorative plants from seed. Alongside are a few already sprouted plants; chives, mint and kale leaves are picked and eaten throughout the day and once tomatoes are in bloom they will be added to the "pick and eat" list.

Within four days the seedlings have already begun to sprout. There is a calendar with the students' names so they know when it's their day to take care of everyone's plants. The students are learning about plant care and understanding water and light requirements for each type of plant.

Students are also drying and bringing home the spices we are growing to try on their food.

We are currently growing the following plants:

- Nasturtium (edible flowers)
- Watermelon
- Wasabi Arugula
- Beans
- Peas
- Corn
- Onions
- Petunias
- Lettuce
- Tomatoes
- Pesto Basil
- Coriander
- Chives
- Asparagus
- Oregano
- Kale ( three varieties)
- Mint



Anise  
Pansies  
Mimosa (Sensitive plant)

We love seeing the students getting excited about watching plants grow, sampling new tastes, and becoming more aware of the process of food production. And there's nothing like getting your hands dirty at school!

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## LOOKING AHEAD...

### **Mon. May 14**

- Y2 Entrepreneurship program for Grades 7-9
- Grade 8 students following Grade 9 timetable - day starts at 8:20am at main campus

### **Wed. May 15**

- After-school soccer at Peel Park 4-5pm (weather-dependent)

### **Thurs. May 17**

- Y2 Entrepreneurship program make-up day for Grades 7-9 (to compensate for day missed due to inclement weather earlier in the program)

### **Fri. May 18**

- Treetop Trekking at Ganaraska Forest for students in Middle School, PPL10 (Mr. Reid's Gr.9 PE), PPL20 (Mr. Reid's Gr.10 PE) and PLF4M (Ms. Garcia's Gr.12 Rec. Leadership)
- \*Permission forms and waivers are due by Mon. May 14\*

### **Mon. May 21**

- School is closed for Victoria Day

### **Wed. May 23**

- After-school soccer at Peel Park 4-5pm (weather-dependent)
- Evening Information Session for prospective Middle School families from 6-7pm at 114 Dundas St E (entrance of Perry St.)
- \*Please tell anyone you know who might be interested in learning more about our Middle School program\*

### **Thurs. May 24**

- Blue Jays Day! Students who previously purchased tickets will be watching the Toronto Blue Jays play the Los Angeles Angels at the Rogers Center \*tickets are no longer available\*
- Evening Information Session for prospective High School families from 6-7pm at 209 Dundas St E
- \*Please tell anyone you know who might be interested in learning more about our High School or Summer School program\*

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STAY CONNECTED:

