



Your Biweekly News & Updates

This week's newsletter includes Dates to Remember, Being Brilliant in Grade 10 History, What You Never Knew About... Mr. Durnwald, Report on the Terry Fox Day of Movement, and Coles Notes.

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Dates to Remember

November 7th - Assembly

November 9th - Last Day of Term 1 Half Day Schedule

Period 1: 9:00 am - 10:00 am

Period 2: 10:00 am - 11:00 am

Period 3: 11:00 am - 12:00 pm

November 12th & 13th - Final Exams

Being Brilliant in Grade 10 History



Our Grade 10 Canadian History class was recently learning about the Great Depression and the "Dirty Thirties". In order for the students to have a small sense of what life was like back then, I enlisted the help of my grandmother's recipe for "Dandelion Soup". This was passed on down to her by my great-grandmother who used to eat it almost every day during the Depression. The Ebel-Deitrich recipe calls for: boiled cabbage, boiled dandelion, water, and a mix of spices that, like any good restaurant, is a family secret! The students enjoyed the soup with some bread, prior to learning about other ways that Depression Era Canadians passed their time. The feedback on the soup? In the most polite terms, there were plenty of leftovers!

-- Mr. Ebel

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



In 2009, while at Northern Michigan University, I had the opportunity to do half of my student teaching experience in New

Zealand. It was an absolutely amazing 6-month adventure. I traveled the whole country, met new friends, and experienced new things I'd never tried before. I spent several days in Queenstown, New Zealand, which is on the southern end of the South Island. One morning I woke up and decided that I wanted to try sky diving. I signed up, went to the airstrip, and jumped out of an airplane flying 5000 feet above the earth. After meeting up with some friends that afternoon, we decided to go snowboarding at Coronet Peak for the remainder of the day. On our way back into town we saw a sign advertising a bungee jump and we persuaded each other into bungee jumping off a bridge. I called my parents the following morning to inform them of my adventures, and needless to say they were not too pleased with my choices.

-- Mr. Durnwald

Blyth Academy's Terry Fox Run



On Tuesday, staff and students from four Blyth campuses came together for our annual Terry Fox run. We gathered at the Downsview Hangar athletic facility, and, after a barbecue lunch, witnessed a compelling presentation from Lisa Cole of the Terry Fox Foundation. Lisa helped us all reflect on Terry's incredible dedication and athleticism, adding to the impact of her words by showing us a working replica of Terry's 4 kg steel artificial leg. After the talk, staff and students participated in an afternoon of athletics to symbolically continue Terry's run. Some chose to jog laps of the track, while others played either football, soccer, or ultimate frisbee.



In the lead-up to this event, students were able to raise \$1,513 for the Terry Fox Foundation. Our pledge drive will continue until October 30 - if you have not yet donated, please click the link below and contribute to this excellent cause!

[Blyth LP Terry Fox Campaign](#)

Coles Notes: Terry Fox, Canadian Athlete

Before coming on board the good ship Blyth LP, I spent almost a year as a Schools Coordinator at The Terry Fox Foundation, and although some of the drives to remote Ontario schools could feel a bit bleak and long, I felt the presence of Terry as so many of us do. He is always available to us as a reminder of what we might actually be capable of; of how external events and conditions don't necessarily have power over us, as we can turn so many things into our teachers.

The drives were always worth it. I found that in every school community there were kids who'd listen so intently to Terry's story. And I found added inspiration in meeting Terry's siblings and getting closer to my hero. I felt, as many Canadians do, that I somehow knew him, and one thing struck me that gets missed among the many threads of his heroism and larger story. It is simply this: Terry as athlete.

We talk about Terry as running a long way, and in particular as running a long way for a guy with one leg. But how long? Maybe some have really examined this, but I'm not sure that enough have. A healthy adult who trains for and runs a marathon typically has a recovery plan of some days if not weeks. It is recommended that

even the most elite athletes leave weeks between marathons. And yet Terry ran an AVERAGE (a bloody average!) of 42km over 143 days. He ran the equivalent of Blyth LP to Lake Ontario, back to Blyth back to the lake, back to Blyth back to Eglinton...every day! One day after the other, after the other, after the other. It is a feat that deserves better than to be remembered as something amazing for a one-legged cancer fighter. I think we would do Terry's spirit more justice by pushing him into the conversations of Gretzky, Bailey, Laumann, Sinclair, Howe, Weir and other Canadian greats. Sure, Gretzky's 215 points in a season feels too much to be true; but no less does Terry's streak of marathons.

I am so grateful that Terry is one of our own, and that he lives in our school. It was fantastic to see so many of our students fully engaged in our Terry Fox event this week.

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