



March 2019 Newsletter

Upcoming Events

- April 1: Dogtopia Visit (Foundations Class)**
- April 5: Forum on Global Affairs Magazine - Submission Due Date**
- April 10: 5th Annual Toronto Schools Triathlon**
- April 11: BEST (Blyth Etobicoke Student Talent) Night**
- April 12: Ontario Science Centre Field Trip (Grade 9 & 10 Science classes)**
- April 15: Graduation Photo Day**
- April 17 & 18: Term 3 Exam Days**
- April 19: Good Friday (School is Closed)**
- April 22: Easter Monday (School is Closed); Earth Day**
- April 23: PD Day (No classes)**
- April 24: Term 4 Start (half-day schedule)**
- April 26: Trash Pick-Up Event for Earth Day**

Message from Student Council

This month, student council has been working hard to build a long-term plan for the rest of the school year. They have also been revising the school vision statement to ensure that it accurately describes our school community. There are a number of exciting Spring events that are coming up, such as the first BEST Night (Blyth Etobicoke Student Talent) as well as Earth Day activities. Additionally, the Student Council would like to thank everyone who donated to and bought from the bake sale before March Break. The funds collected will be donated to a women's shelter in our community.

Blyth ET Student Council

Legislative Assembly of Ontario Field Trip

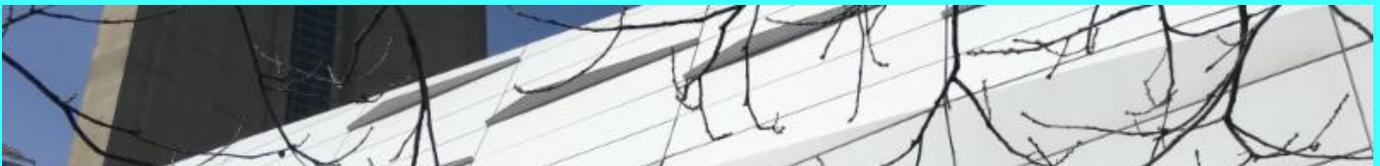




Students from Grade 12 Law, along with Mr. Jay, visited the Legislative Assembly of Ontario (LAO) on March 21. The purpose of the visit was to participate in the students' program on Question Period and to watch a question period from the gallery. The session led by the Legislative Aid from the LAO was informative and students enthusiastically participated in the discussions, asking a number of questions. At the end of the tour, Mr. Jay and the students took a group photo (seen above) at the main entrance of the LAO.

Ripley's Aquarium of Canada Field Trip

On March 20, the science and photography classes combined to embark on a field trip to Ripley's Aquarium of Canada. During their visit, they had time to admire the large range of aquatic species and take creative photographs of them. Photography students practiced using white balance to compensate for the blue tint of the water. The jellyfish exhibit seemed to be the favourite! In addition to the self-guided tour, students had the privilege of going behind the scenes at the aquarium, guided by a knowledgeable staff member. It was here that they learned about how the tanks are filtered, where the water is from, how the many species are cared for, and their origins.





Calling All Aspiring Musicians!

We are very excited to offer our students private music lessons in guitar, piano, drums, violin, and singing right here at our very own campus!

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For more info. contact Michelle Acres at info@neighbournote.ca, or call 416-533-7791.



Guidance Corner



It is hard to believe that we are already preparing for another set of exams. As a parent, it can be difficult to know just how we can help our children prepare for these exams. I hope that the following tips can assist in making exams a little less stressful for the whole family.

- Create a study schedule with your child. 30-45 minutes at a time with 15 minute breaks between each study session.
- Organize notes in advance. Create files for each subject. Cue cards are an excellent study tool and can be used to help quiz your child.
- Use previous tests and quizzes to help review material.
- Provide a quiet space to study with ample lighting, free from

distractions.

- Treat your child to some of their favorite snacks while studying.
- Keep technology to a minimum or out of reach while studying.
- Encourage and support them - let them know, "You Got This!"

Term 3 Exam Schedule

Wednesday, April 17th

Course	Teacher	Time	Room
MCR3U	Ms. Tabone	9:00 am - 11:00 am	Craigleith
ENG4U	Mr. Cimino	9:00 am - 11:00 am	Algonquin
HHG4M	Mr. Culbert	9:00 am - 11:00 am	Superior

SNC1D	Ms. Palumbo	9:00 am - 10:30 am	Voyager
BBB4M	Mr. Jay	9:00 am - 11:00 am	Tidewater
SNC2D	Ms. Ciampini	9:00 am - 10:30 am	Bon Echo

Thursday, April 18th

Course	Teacher	Time	Room
MHF4U	Ms. Leonard	9:00 am - 11:00 am	Craigleith
ENG3U-01	Mr. Cimino	9:00 am - 11:00 am	Algonquin
ENG3U-02	Mr. Culbert	9:00 am - 11:00 am	Superior
AWQ2O	Ms. Ciampini	9:00 am - 10:30 am	Voyager
CLN4U	Mr. Jay	9:00 am - 11:00 am	Tidewater
SCH4U	Ms. Tabone	9:00 am - 11:00 am	Bon Echo

Should you have any questions, please contact Mrs. Pace in Guidance.



Professional Youth Speaker Visit

On March 25, the Foundations class had the privilege of meeting Sam Demma, a 19-year-old TEDx speaker who has spoken to over 8,000 students in the past year.

In grade 12, at the age of 17, he started a community initiative called PickWaste (<https://pickwaste.com>) that was featured in national news.

Due to his work, Sam was named one of Canada's top 25 environmentalists under age 25. What keeps Sam motivated is seeing other young people follow their dreams and gradually work toward making them a reality. His message is the following: small, consistent actions over an extended period of time lead to massive change.

The Foundations students found inspiration and motivation in his story and philosophy. They are looking forward to applying this theory to their own aspirations.

To learn more about Sam, check out his website: <https://samdemma.com>.

New Clubs Schedule

If you haven't yet seen the posters around the school, check them out! Blyth Etobicoke is now offering a variety of clubs to suit the wide range of interests of our student body.

Offerings include: student council, chess, Latin dance, yoga, global affairs/magazine, cubing, yearbook, and LA Fitness days!

If you have an idea for another club, please speak with Ms. Palumbo. We hope to see everyone participating in something!

STUDENT AND CLUBS ORGANIZATIONS



What's Up, Dog? Yoga, Demystified

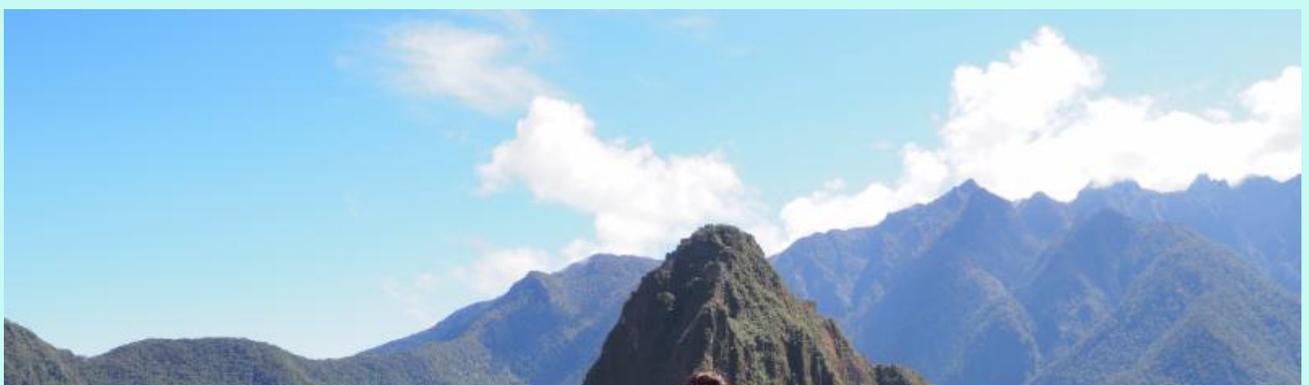
What Is Yoga?

The word "yoga", translated from its original Sanskrit, means "yoke; to join together". Through the regular practice of the approximately 6,000-year-old tradition, one's goal is to unite the body and breath to create harmony, a union. Using asana (physical postures), the yogi or yogini (female yoga-doer) challenges the physical being and learns about its connection to the mind and spirit.

Why Yoga?

The regular practice of yoga creates physical, mental, and emotional health benefits. Its integration of body, mind, and spirit emphasizes the importance of the entire being rather than focusing only on a single aspect of it. Yoga promotes strength, flexibility, and balance through numerous poses and breathing techniques. Its benefits can be recognized shortly after adopting the practice, which promotes a heightened state of self-awareness and mindfulness, qualities that are beneficial in all areas of life. Non-competitive in nature, yoga offers a channel through which transformation and growth can (and do) occur. We are thrilled to introduce weekly yoga at Blyth ET!

Meet Our Team...





Spotlight on Ms. Amanda Palumbo, Teacher & Director of Student Life

Ms. Palumbo has her BEd and BAH in Spanish, French, and Geography from Queen's University, where she completed the Concurrent Education Program. She then spent some time working with NGOs in environmental education before completing her Master of Sustainability at Brock University. She carried out her field work on food security and sustainable tourism on the Pacific coast of Nicaragua. Ms. Palumbo joined the Blyth Etobicoke team in November 2018, and is very excited to play a role in shaping our newest campus. In addition to teaching at Blyth ET, Ms. Palumbo is also the Director of Student Life, which involves organizing assemblies, clubs, field trips, and other engaging events for our students in order to enrich their high school experience. Fun Fact - Ms. Palumbo is a Certified Yoga Teacher, having completed intensive training in Costa Rica. During her free time, she enjoys Latin dancing, discovering new music, yoga, cooking, traveling, and spending time in nature. Come join her in the new Latin Dance and Yoga clubs!

Principal's Note

As I read through this newsletter, I am so pleased to see all of the amazing activities undertaken by our community this term! I really must commend our students for their willingness to try new things, participating in all planned activities and our teachers for creating opportunities for our students to grow and learn in a supportive and caring environment. Really great work, Blyth ET!

A massive thank you to Ms. Palumbo who recently took over as our Director of Student Life and has made a tremendous impact in her work in this regard already. Be sure to check out her student life chalk wall in the student lounge for information on upcoming events, helpful hints, and daily themes: Musical Monday, Travel Tuesday, Wellness Wednesday, Thankful Thursday, and Funny Friday!

We hope to see all of you at our first annual BEST Nite on April 11 so that you can see the fruits of our students' labours here this term. They've done some excellent work and can't wait to share it with you!

Laurie Foley

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STAY CONNECTED:



