



Blyth Academy Cawthra Estate Campus April 2019 Newsletter



- April 3: Open Morning - For New and Prospective Families
- April 3: Project Positivity: DIY Mindfulness Box
- April 10: Therapy Dogs on Campus
- April 10: Project Positivity: Ari & Kat Talk - Stress Relieving Techniques
- April 18: Term 3 - High School Final Exams for Period 2 Classes
- April 19: Good Friday - School is CLOSED
- April 22: Easter Monday - School is CLOSED
- April 23: PD Day - School is CLOSED
- April 24: Term 4 Begins for High School!
- April 24: Project Positivity: Game Day / Tournament
- May 1: Project Positivity: Mrs. Jaffer Talk - Importance of Self Care

[CLICK HERE FOR A COPY OF OUR CALENDAR](#)

A message from our Principal...

Greetings Blyth Families,

Spring has finally sprung and the flurry of activities continues at Cawthra Campus. In early March we had the privilege of attending the Mayor's International Women's Day Breakfast; please see below for our writeup. A group dedicated of Grade 10 girls worked hard on preparing a 6-week wellness series called Project Positivity. For the next 6 Wednesdays, the whole school will be engaged in wellness activities thanks to their expert planning and preparations. The grade 10 class worked diligently to prepare for the Ontario Secondary School Literacy Test and wrote it this past week - thank you to Ms. Mahabir for your efforts and expertise! And finally, the whole high school team completed a community cleanup, and collected 8 bags of garbage from the surroundings of Cawthra Estate - Thanks Ms. Jiwani and students for your caring actions.

Please have a read of our new sletter and review the calendar for exam dates and holidays.

Wishing you all a wonderful weekend and a happy April!

With best regards,

Julia Puodziukas

Freshii Friday is Back @ Cawthra!

As we continue to search for new and exciting lunch options, we have decided to continue our Freshii Friday Lunch Program for the remaining of the school year.

Freshii is very passionate about nutrition and their mission is to make healthy food convenient and affordable - especially for the next generation of eaters.

They offer meals that are flavourful and exciting, but also packed with nutrients. Which is exactly what growing bodies and minds need, now more than ever!

Students will have the option of choosing fresh wraps, bowls, or salads for the price of \$6 for a half size portion (additional \$1.25 if you want to add chicken, tofu, or Falafel) or \$10 for a full size portion (additional \$2.50 if you want to add chicken, tofu or falafel).

Freshii can accommodate any dietary needs such as Gluten-free, dairy free, and vegetarian options. You can note any special instructions on the order form.



We ask that you please fill out the order form and submit it on THURSDAY's if you wish to participate. *Only accepting Cash payments.

Happy International Women's Day 2019



Photo (left to Right) Asma M. Gr. 10, Abby C. Gr.12, Arne J. Gr.12, Mayor Bonnie Crombie, Breanna S. Gr.10, Ms. P.



On March 8, 2019, I had the pleasure of accompanying 4 young women from Blyth Academy Mississauga Campus to Mayor Bonnie Crombie's International Women's Day Breakfast at City Hall in Mississauga.

Mayor Bonnie Crombie put a call out to women across the city including students, their educators, public servants and elected officials. She charged us with the task of generating discussion on how we can continue to close the gender gap in the boardroom, in politics, in sports, and the community. She shared her fearlessness with us all and encouraged us to raise one another up as women.

We were graced with the presence of keynote speaker, the Honourable Jean Augustine. She inspired the room as she talked about her journey from Grenada all the way to the House of Commons. Jean encouraged the women of the room using the words of her grandmother, and all of her life's experiences to simply say - GO FOR IT GIRL! She implored us to equip ourselves with the highest levels of education possible, and to put ourselves forward for every opportunity.

I was so proud of the Blyth girls for getting up early, and coming out to join this important delegation!

Julia Puodziukas
Head of School

Project Positivity: Youth for Change Student Initiative



Project positivity is a six-week program organized by Grade 10 Students. Events will be happening every Wednesday for the next six weeks. This initiative focuses on helping students to become more mindful and learning how to cope with daily stresses. Taking care of our mental health here at Blyth is important in order for us to be the best versions of ourselves! The project's aim is to help improve your negative mood and behavior into a positive and happy mood, by partaking in these stress-relieving activities and learning new ways to cope with everyday stress.

Please see below for more details.

Dates:
Wednesday March 20 - Yoga
Wednesday April 3 - DIY Mindfulness box

Wednesday April 10 - Ari/Kat talk + therapy dogs
Wednesday April 24 - Game Day /tournament
Wednesday May 1 - Mrs. Jaffer Talk: Importance of self-care
Wednesday May 8 - Nature Walk/ scavenger hunt
** All events will take place from 2:10-3:10 pm**

Yoga:

Yoga teaches us self-awareness and helps to develop inner strength, personal insight, and the ability to move through life from a place of connectedness. Equipping students with the tools to know and recognize how to calm or energize oneself, when to ease up or get centered, how to de-stress and build confidence, are all self-regulation skills for life. Homemade smoothies will also be available after the session.

Mindfulness Box:

A mindfulness box is a box full of items and de-stressing activities to re-center our mindsets to calming and positive ones. We encourage every one to bring in a shoe box so that they can decorate it and create their own mindfulness box. We will be decorating these boxes and filling it with calming snacks, coloring pages, and slime! These items will serve as stress relieving things to calm your nerves in stressful situations, or just for fun!

Ari and Kat talk about Stress Relieving Techniques + Therapy Dogs on Campus:

Ari and Katerina (our grade 10 students) will be talking about stress relieving techniques from CBT/DBT programs.

Therapy dogs will also be coming in for the last half hour of the presentation. For more information about the Therapy Dogs, please check Edsby.

Game Day/Tournament:

Game Day will consist of a series of competitive games between the students at the Carmen Corbasson community center. Games will include soccer and dodge ball

Mrs. Jaffer's talk - Importance of Self-Care:

Mrs. Jaffer will be coming in to talk to every one about the importance of self-care. This includes the importance of sleeping, eating and communicating with others regularly. Self-care helps you maintain a healthy relationship with yourself and produces positive feelings and boosts your confidence and self-esteem.

Nature Walk/scavenger hunt:

The students will be able to take a nature walk in the forest with their peers. So often we get caught up in the busyness of our lives. unplugging for a bit can help the mind refocus and perform better later on. There will be an optional scavenger hunt available for adventurous seeking students. This encourages collaboration and problem-solving skills outside of the classroom, and for fun!

Foundations Workshops

We are excited to introduce our new Foundations Workshops which will be implemented for the remainder of this year for Grade 9 and 10 students. We will be using the first hour of Foundations each day to support student success using workshops developed through a holistic approach. Given the wealth of skill and knowledge amongst the Blyth staff, we will be using the new structure to encourage students to develop skills for success in both academic and non-academic settings. The Foundations workshops will focus on developing the below skills:

- Organization and Learning Strategies
- Critical Thinking
- Personal Wellness
- Community Engagement
- Academic: Math
- Academic: Language

Brain Challenge

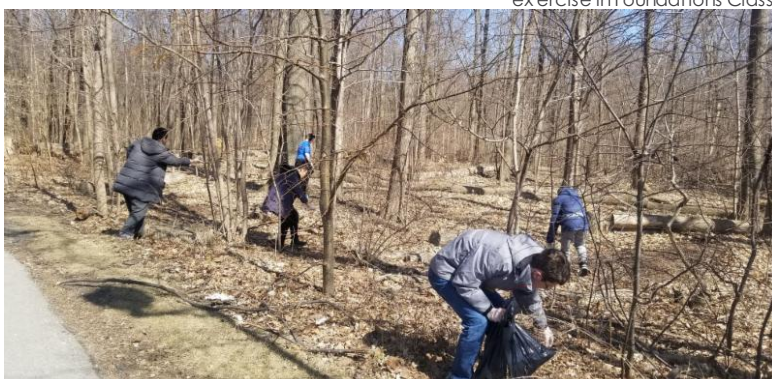
The brain challenge is one of the workshops held in Foundations Class. This activity challenged the students to use their critical thinking skills and think of ways to protect their egg from cracking when being thrown out the window. The students worked together as a team to create the best contraption to save their egg from cracking.





Community Clean Up

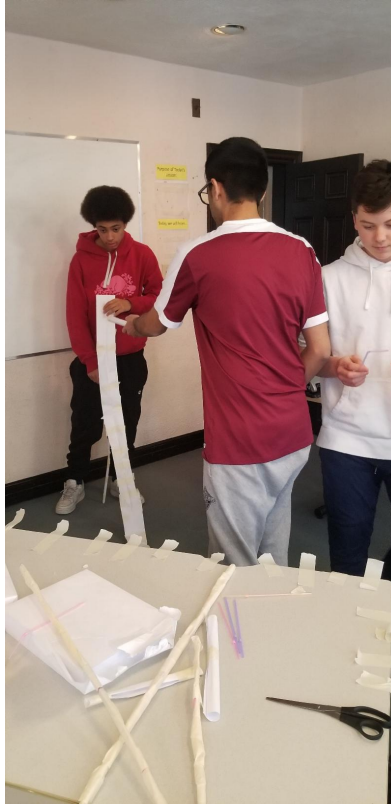
Students helped pick up garbage around our school as part of their Community Engagement exercise in Foundations Class.



Busy in Business

Leadership and Teamwork Roller Coaster

Ms. Jiwani's Grade 9 and 10 Business class learned about leadership styles and tested out their teamwork skills as they competed to make the best roller coaster in 45 minutes.



Making Deals in Monopoly

In Ms. Jiwani's business class, students played a game of Monopoly. Students learned all about buying and selling property and learned how to handle their money wisely.



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Stay connected:

