

May MONTHLY NEWSLETTER

Blyth Academy Downsview Park



Online Learning

We congratulate all of our students for their continued dedication and hard work!

A Message from your Principal

- Adam Hurley

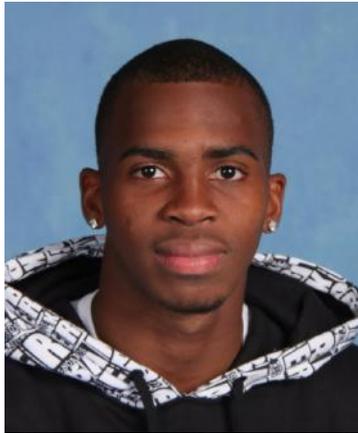
It seems like just yesterday our returning students and new students came together in our student lounge for orientation day! However, we are already in June with the end of the year in clear sight! While the end of this school year is not what we had originally planned for, we are excited to see it through and continue to offer an engaging and innovative experience for all!

Although we are in the homestretch this is no time to take the foot of the gas and coast. With a reward of two months off, our students must work hard right to the finish line and finish the year off strong! Remember to be the best you can be, be a leader and demonstrate strong character to finish the year off on a positive note.

As we look forward to next school year, we are excited to have so many of our current students returning and also to have many new students joining us! I'd like to thank all of our staff and families for your continued commitment and support. Without you, none of this virtual platform would be possible! Thanks to our teachers for your incredible accomplishment of converting your classes into a virtual setting and to our families for supporting the learning of our students at home! While I do look forward to being able to return to our traditional school model, I am incredibly proud of what we have been able to accomplish over the past few months to prepare our students for next school year!

Students of the Week

Well done to the students who stole the spotlight and showcased their work ethic throughout the month!



Taking Care of Your Health and Well-being

There is still a lot to adjust to within school, home and the world. During this time remember that your physical and mental health is still so important.

Make sure you're taking care of your body, make sure you get outside, take the time to understand how you're feeling, socially connect with others and set goals that will make you feel happy!

Continue to participate in Wellness Wednesdays when you can, continue with the tasks from mental health awareness week and ask for help when you need it!

We are all in this together and are proud to support one another through these challenging times.

Stay well, happy and safe!



“

The transition to online learning was proof that with the right motivation, students can pull off major transitions with great success!



Wellness Wednesdays

Emotional Dimension: We often keep things inside instead of expressing ourselves in a healthy way. We don't have to deny how we feel. We can tell people what we think while expressing ourselves in a constructive manner. Emotional wellness means understanding how we feel, accepting our feelings, and learning how to express and cope with our emotions.

Emotional wellness is a dynamic state that fluctuates frequently with your other six dimensions of wellness. Being emotionally well is typically defined as possessing the ability to feel and express human emotions such as happiness, sadness, and anger. It means having the ability to love and be loved and achieving a sense of fulfillment in life. Identifying the obstacles that prevent us from achieving emotional wellness and taking appropriate steps to cope with such problems is also important. Emotional wellness encompasses optimism, self-esteem, self-acceptance, and the ability to share feelings.

Tips for optimal emotional wellness:

- Tune-in to your thoughts and feelings
- Cultivate an optimistic attitude
- Seek and provide support
- Learn time management skills
- Practice stress management techniques
- Accept and forgive yourself.



Pathways to Career Success



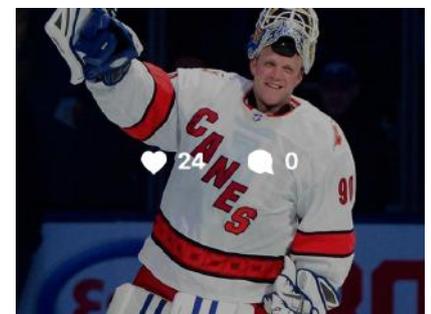
This month we had Jamie Casap and JP Michel, experts in the industry, speak to our students about future career pathways. Some key aspects we want you to take away from these sessions is that you need to find a challenge or problem that you want to solve in this world to help direct you towards a career. If you find something you want to change, it will inspire passion and then you can back track the process needed to get you into the industry that will allow for you to use your passion!

Find what you want to fix, change or challenge, understand the jobs available and develop the skills needed for that job through post-secondary programs.



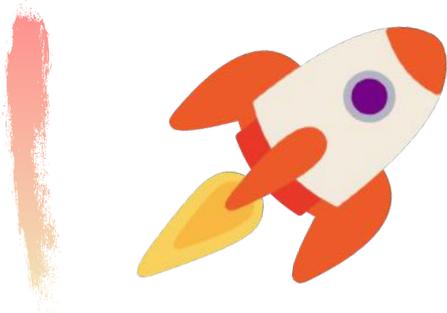
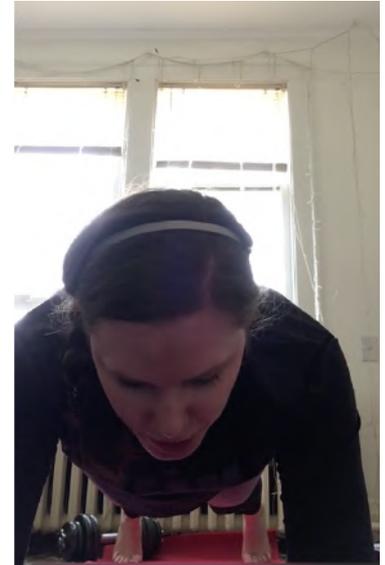
Amazing Guest Speakers from this Month

Joining us this month were a variety of guest speakers who helped bring new insights to sports, life and fitness. We are lucky to have words of inspiration on us daily from successful, experienced and engaging people!



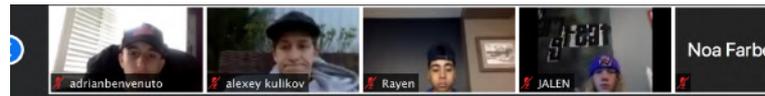
Weekly Challenge

A big shout out to everyone who continues to be involved with our fun Weekly Challenges!



Spirit Days

Over the next month we will be having a few more student Spirit Days! So far we had hat day and are excited to have some more fun on these days in the future!



Online Zoom Lessons



Our teachers have continued to work hard in providing quality online content for our students. We are so proud of our student's dedication to this years studies and preparing themselves for next year. Keep up the good work! We have about a month until summer!

19th-Century Imperialism

Using their **wealth, production, and technological advantages**, the **US and Europe began to take greater advantage of the world in the 19th century**

Their goal was one of **two nations**, depending on the region:

- Acquire territory for **raw materials** (Africa and Oceania)
- Acquire territory for **new markets** to sell manufactured goods (Asia)

To do this, Europeans and Americans **either took territory and controlled it directly (India), or forced foreign governments to do their bidding (China)**

The 19th century would see **US and Europe taking over or controlling nearly the entire world to take their resources or forcibly sell them their goods**

While these subjugated states were often not colonized or run directly by Western powers, Western companies and governments often influenced the native governments or colluded with their leaders for economic benefits; this practice was known as **imperialism** and continued well into the mid-20th century

HOW MUCH PHYSICAL ACTIVITY IS NEEDED FOR GOOD HEALTH?

75 - 150 minutes per week of moderate intensity aerobic activity

60 minutes per week of vigorous intensity aerobic activity

2 hours per week of muscle-strengthening activity

3 hours per week of any combination of moderate intensity aerobic activity and muscle-strengthening activity

MOTIVATIONAL FACTORS

| | |
|-------------------|--|
| Interest | lack of interest in politics |
| Knowledge | not knowing enough about politics |
| Cynicism | a belief that voting will not make a difference |
| Relevance | a belief that no party spoke to issues that youth care about |
| Civic duty | lower sense of appreciation for voting |

WHY VOTE?

QUIZZ

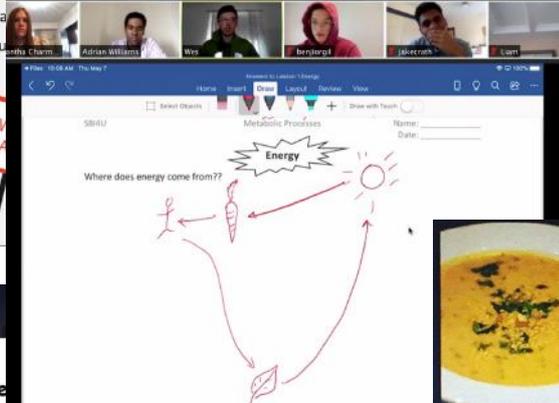
Score: 069 088

| Rank | Name | Points |
|------|------------------|--------|
| 1 | Thibaut MC? | 3360 |
| 2 | Adrian Benvenuto | 2540 |
| 3 | ... | 2500 |
| 4 | ... | 2360 |
| 5 | ... | 2280 |
| 6 | ... | 2230 |
| 7 | ... | 1770 |
| 8 | ... | 1480 |
| 9 | ... | 1030 |
| 10 | ... | 980 |

Activity:

- Make a short music video (1 minute) Liza Minnelli, Frank Sinatra, OR any of the song
- Try to show the theme of New York in the song.
- Not too complicated. It could be a... dance, lip sync and show pictures in the background via virtual screen, do a dance in the backyard and hold up pictures of key areas OR words that represent or talk about New York. BE CREATIVE AND HAVE FUN!

2019 **1977**



ENTRAIS

- LE MISIAKARI**: Soupe de viande, racine, vache, miel, oignons
- LES PLANTAINS POELES**: 4 tasses de plantain coupés en cubes, et frit à la perfection (Congo Oubang)
- LE MIAMBU NISUSU**: Une soupe savoureuse avec poulet, poisons, tomates, oignons, et beurre de cacahuète (Congo Oubang et Sources Quatre Cents)

LES PLATS PRINCIPAUX

- LE SAKA**: Soupe de poisson mélangée avec oignons et tomates, et servie avec du pain de maïs ou du pain de banane frite (Congo Oubang)
- LE FUMBWA**: Friture savoureuse au poulet et légumes dans une sauce de soja, oignons, ou tomates (Congo Oubang)
- LE POULET AVEC MORAMBÉ**: Poulet cuit avec tomates, courgettes, et oignons (Congo Oubang)

DESSERTS

- LA TARTE A LA PAPAYE**: Une délicieuse tarte de gâteau de papaye, vanille, et jus de citron vert (Congo Oubang et Congo/Cent)
- UN VITALEO**: Bouillon sucré (Congo Oubang)
- LE BARRE DU CONGO**: Barre de chocolat aux pépites de chocolat (Congo Oubang)
- UN JUS DE GINGEMBRE**: Un jus de racine fraîche de gingembre (Congo Oubang)

Zoom

franken

LES ORGANES

LARGE INTESTIN: Rectum, anus

SMALL INTESTIN: Duodénum, Small intestine: duodénum, Small intestine: jejunum, Small intestine: iléon

FOOD: Mouthpharynx, Large intestine, Small intestine: duodénum, Small intestine: jejunum, Stomach

Coordinate Plane

Points: $(3, 1)$, $(7, 6)$

coordonnée pair

Factoring:

$$1) \quad x^2 + 5x - 14 = 0 \quad \begin{matrix} -7 + 7 = 5 \\ -2 + 7 = -14 \end{matrix}$$

$$x^2 + 7x - 2x - 14 = 0$$

$$x(x+7) - 2(x+7) = 0$$

$$(x+7)(x-2) = 0$$

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