



May 2021 Newsletter

Dates of Note

June 16: Virtual Assembly (Period 2)

June 17: Class of 2020 Virtual Awards Ceremony @ 3:30pm

June 22: Graduation Ceremony Class of 2021 @ 3:00pm

June 25: Last Day of Term 4 Classes!

June 28: Term 4 Exam Day 1

June 29: Term 4 Exam Day 2

June 30 : PD Day

Message from Student Council

Hello Blyth Etobicoke,

On behalf of Student Council, we hope that everyone is taking care of themselves and checking in on their friends and family. We recognize that health is wealth, and encourage everyone to prioritize not only their physical health in such a pressing situation, but their mental health as well. We want to continue to promote our weekly strategies for maintaining positive mental health and a clear mind created by a new Student Council member each week. We're not walking Blyth's halls admiring our posters up on the walls anymore, so we've taken to social media to do this. For students who have access to Instagram, we strongly encourage and ask that you take a few seconds to follow the account [@blythetobicokesc](#). This will be a much more personal experience for our council members and students. We are listening to your requests and using your feedback. This is also where you can find virtual campaigns such as our mental health movement. With an additional platform to connect with Student Council, your student reps, or your student council president directly, feel free to reach out if you want to see or do anything involving student life. Keep on working hard, Blyth! We're proud of you!

~ Blyth ET Student Council

Term 4 Virtual Club Schedule

Monday

Eco Club with Ms. Palumbo @ 1:30pm
Model UN/Global Affairs with Mr. Jay @ 6:00pm

Tuesday

Virtual Fitness with Ms. Lewis @ 8:30am
Social Outreach with Ms. Brissett @ 3:00pm
Yearbook Club with Mr. Culbert & Ms. Duong @ 3:30pm

Wednesday

Student Council with Mrs. Pace @ 12:45pm
GSA with Ms. Brissett & Ms. Duong @ 3:00pm

Thursday

Math Party with Ms. Duong and Ms. Tompkins @ 3:00pm



Guidance Corner

Our grade 12 graduates can attest to how quickly these four years have gone by and how much research is required to finding the right post-secondary option. This summer is a good time for our students to start researching options for Life after Blyth.

In order to apply to a university in Ontario students must have:

- 6 grade 12 U or M courses
- Prerequisite for all university programs is ENG4U
- Some programs require additional prerequisites (ex: Math and Sciences), depending upon the program
- Minimum average in the top 6 grade 12 U or M courses (could include prerequisites, dependent on individual university policy) should be at least 75% or more, depending on the program

In order to apply to a college in Ontario students must have:

- 30 credits
- 18 compulsory and 12 electives
- ENG4C or ENG4U

For more information, please look at these websites:

<https://www.ontariouniversitiesinfo.ca>
<https://www.ontariocolleges.ca/en/home>

I look forward to working with our students and exploring all of their options together.

Stay well,

Mrs. Pace



A Sweet Business

I've always been fond of baking. A full kitchen is the perfect comfort zone for me. These attitudes have been enhanced since the initial lockdown, where I found more opportunities to experiment with new recipes and started gifting them to my friends and

neighbours. Following this came my baking website, Delicate Delights. I started with a few staples recipes, and every time I received a request for something not already on the

menu, a new iconic dish was put on my website. My kitchen paradise serves my local neighbourhood of Etobicoke, and any friends and peers that may be outside that area. It would be lovely for anyone to check it out if you have a sweet tooth, whether it's something I've made before, or a special request. You can check it out using the link below!

<https://www.delicatedelightsdesserts.com/>

- Maia, grade 11

Send your Worries Away

A worry stone is a small, smooth stone (often made from a crystal or gemstone) that is shaped like an oval and has a thumb-shaped indentation. The purpose of worry stones is to rub the thumbprint back and forth as a way to calm the mind. There are a number of benefits to keeping a worry stone on hand, but the main one would have to be stress relief. For many people, worry stones are just an actual physical touch-point when they're dealing with stress and anxiety. You can use your worry stone while meditating, before bed, when you're feeling stresses, when you're out for a walk, etc.



~ Chantel, grade 11



Health for Life

Ms. Lewis's PPZ3C (Health for Life) class has come up with a list of resources for students who might be struggling a bit right now. Here is a little something that her class put together:

What is resilience? Why is it

important? Resilience has been described as recovering after difficult circumstances. Dealing with challenges can make us grow and can make us stronger. Rather than merely bouncing back, we're better prepared than we were before to face challenges that lie ahead. Resilience is not something with which you were born.

It is a set of strategies that can be learned to help us cope with challenges, respond to stress, and continue to move toward our goals as we face difficult situations in life. A person who has resilience is able to show empathy. Being able to understand others is very helpful when faced with conflict; it is useful for problem solving, as well. Developing skills that help you to be resilient when you are facing challenges is beneficial to your mental health and well-being.

The Health for Life PPZ3C class has put together a list of resources that each have their own valuable message and tips for you to read when you find yourself struggling in some aspect of your life. Though it may be difficult, times of struggle are the greatest opportunities to build on your resiliency.

<https://www.linkedin.com/pulse/10-rules-ride-your-life-posted-jon-gordon-kenneth-l-gavranovic>

<https://everydaypower.com/best-life-advice-i-have-ever-received/>

<https://www.nytimes.com/2020/06/18/health/resilience-relationships-trauma.html>

<https://news.sap.com/2016/07/radical-resiliency-5-essentials-to-cope-with-most-anything/>

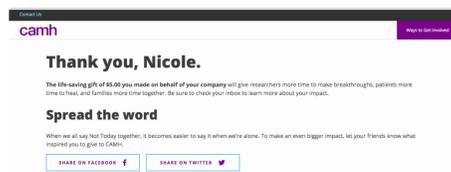
<https://positivepsychology.com/what-is-resilience/>

<https://parade.com/1205821/kaitlin-vogel/how-to-build-resilience/>

<https://www.lifehack.org/articles/communication/17-things-emotionally-strong-people-dont.html>

Be well,

Ms. Lewis and The PPZ3C Class



CAMH Fundraiser

Hi Blyth ET! From Tuesday, May 25th to Friday, June 18th, ***the Social Outreach team is hosting a donation drive for the Centre for Addiction and Mental Health (CAMH).*** All you need to do is have you/your parents/guardians donate to the Centre at camh.ca (donate button is in the top right corner of the home page) and send a screenshot of the confirmation to your

second period teacher over e-mail. Check out the picture to the left to see what your screenshot should look like. ***The period 2 class that donates the most will receive a special prize to be revealed soon!***

~ Aidan, grade 12

Applying for a Job

Hello, my name is Kaden and I'm a grade 10 student here at Blyth Etobicoke. This term, one of the classes that I am taking is Business. For one of our assignments in Business we had to create a cover letter, build our resume, as well as go through the process of a job interview. I chose to apply for a position at a mechanic in my area due to my passion for cars. I thought this was a good assignment because it helped me get a sense of what applying for a job is really like and helped me prepare myself for a real job interview. In this article I am going to briefly describe what it was like creating a cover letter and building a resume.

For the first part of this assignment, I went over my resume, as I already had one. I fixed it up and tried to update everything. I decided I should start with my resume because I could use it to later help me write my cover letter. When I was going over my resume, something that I found helpful was grouping certain ideas, such as volunteer hours and past job experience, so that way I knew I didn't miss anything important that would be of value to the position/job I was applying for. Once I had done this, I added any missing things to my resume.

The second part of the assignment was creating a cover letter for the job I wanted to apply for. I used my resume to help me write the cover letter. I found my resume helpful in writing the cover letter because it contained strengths and skills that the company I am applying to would value. When I was writing my cover letter I made sure to include what position I was applying for and why, and how my past experiences and skills would help fit the position. Lastly, I let the company know that I would like an interview to talk further about the position and what I can bring to the table.

~ Kaden, grade 10

Spotlight on...Summer

Goodbye for now Blyth ET!

I am heading off on my 12-month maternity leave, and most looking forward to first time motherhood. I am going to miss all the wonderful people in our Blyth ET community and the little conversations and jokes by my front desk. I will miss the phone calls and e-mails home, and the students smiling through their masks. Thank you all for making this an unforgettable school year!

~ Summer

We are very grateful for Summer's time with us and wish her all the best on her new journey as a mom. Here are some comments and anecdotes that the team wanted to share about Summer:

I loved working with Summer. She was so on top of everything she knew what I was going to ask before I even asked. My favourite memory of Summer is her eating her goldfish behind her desk every day. Little did I know she was eating them to help with her morning sickness. Good luck with the baby and we can't wait to meet him!

~ Mrs. Pace

Summer, I wanted to thank you for being the best administrator! We don't say this often, but you are brilliant at your work and the nicest person to keep all of us in order. More than anything, you are a great friend!

~ Mr. Jay

You will be missed, Summer! Thank you for your kindness and support this school year. We can't wait to meet your little one. You're going to be an amazing mother.

~ Ms. Brissett

*"Though she be but little she is fierce." -William Shakespeare
This is a quote that comes to mind when I think about Summer. I will always smile when I recall the situations we shared laughs over, like the morning when our faculty welcomed students to school with a serenade of 80s songs by her front desk. Summer is a gentle, wise, kind soul, and always went out of her way to support our community. Her baby is one lucky little boy!*

~ Ms. Palumbo

Summer has been a wonderful addition to the Blyth ET admin team, and we will certainly miss her during her leave! Don't be fooled, her role is one of the most demanding in the school, though she always brings a sense of calm professionalism and kindness to each task and interaction. She very quickly learned the ropes and made the role her own. We've been made richer for the opportunity of working with her. I wish Summer the very best in her new roles as mom and (selfishly) look forward to her return already!

~ Ms. Foley

Principal's Note

Dear Blyth ETers,

May has drawn to a close, Term 4 is half-way over, hard to believe though it is, and as I write this, we still don't know if we will be returning to our building before the end of June. I remain hopeful for a return and for us to be able to close out this year together as a community, in-person, particularly for our graduates.

That said, I want to take a moment to commend the Blyth ET community for your resilience and for working so hard to maintain our sense of community and our connection to one-another during our multiple shifts between virtual and in-person learning.

I'm extremely proud of and thankful for our teachers. Their nimble pivots between the two learning environments - switching up lessons, methods of instruction, and assessment and evaluation plans in order to meet the needs of our students has been remarkable. Professionals that they are, they make it look easy, but I know that it has been anything but.

I'm beyond thankful for our connected parent community, who supports on the home front with getting their students online each day, reaching out to us when there is struggle and for acting as de-facto tutors and therapists while also juggling work, parenting, life, (the list goes on) as students pined for in-person instruction. We see you, we appreciate you, and we couldn't have done this without you.

That brings me to our students. You all pop my socks off. Seriously. Your ongoing commitment to learning, your efforts to stay engaged day in and day out, your desire and willingness to participate in school clubs and activities outside of class time, and your kindness and genuine care for one another over this year has been nothing short of astonishing. While I'm sure we'll be studying negative the effects of this pandemic for years to come, I see some positive effects in you already - chiefly, your resilience and your deep understanding of the importance of human connection. These will remain with you and serve you well for the remainder of your lives, I hope.

Thank you all for making this year the very best it could be.

~ Laurie Foley