



applewoodheights.ca

School Council  
ahss.council@peelsb.com

Student Transportation:  
[www.stopr.ca](http://www.stopr.ca)

@applewoodhts on  
Twitter, Facebook and  
Instagram.

# Applewords

November 2019

## Principal's Message

Wow, I cannot believe we have handed out mid-term reports and that we are already past the halfway point of November.

Each year that I am here, the school year start-up is getting better and better, not because of me, rather because of the great staff and the great students we have here. There is a great positive vibe in the school this year and you can feel it in the halls, the classrooms and the gyms, its everywhere! When we have visitors from the community or from other schools come here they always comment on how great the school 'feels'!

Our school was under extensive renovations again this past summer. We have a freshly sanded, painted and finished gym floor in both Gym A/B and C. We also had our Main Office redone this summer so it is now a more inviting and friendly space. We continue to replace the old school desks that were probably here when all of parents were students and upgrade the blackboards to whiteboards. We also had new tile floor installed on all three floors at the north end of our building.

I continue to be impressed by the efforts of the dedicated group of teachers and support staff at Applewood Heights. They have worked hard to ensure an excellent beginning to the school year. I am also impressed with the involvement of the students in their own learning and the excellent programs and opportunities that exist here at AHSS. This is a great place to learn.

I am most impressed with our Student Leadership this year at the school. From our amazing Student Activity Council, to DECA, to Model UN and all other student groups. They are making this place their own and are giving so much of their time and effort to make AHSS such a great place to learn and work!

We have also been partaking in some great professional learning for staff this year. Staff are been working on learning about and using our new Gradebook program from Brightspaces. This is a difficult task and our staff are doing a great job in learning and implementing at the same time. I commend them for their work.

I am and will continue to be supportive of staff as they experiment with this new program.

The staff also continue to put our school's values of the Three Rs into action in ensuring equity and inclusion for all.

This year we continue to focus on Final Evaluations that are inclusive and are accessible for all students. We have worked on Culturally Responsive Pedagogy, Special Education supports, English Language Learning supports and Universal Design for Learning as they apply to Final Evaluations. This is powerful learning that will have an impact on student ability to demonstrate their learning.

We also continue to implement the PDSB vision for learning entitled, "Empowering Modern Learners". This year we are focusing on the Six Elements of; Learning Culture, Access to Technology, Learning Environment, Assessment, 21<sup>st</sup> Century Competencies and Models of Learning.

We have steadily been deploying more Chromebooks and expanding staff use of Google Classroom, D2L and other tools. We are also in the early stages of renovating an older computer lab and turning it into a Creative Learning Space. Stay tuned for the results of this work.

On behalf of Applewood Heights Administration Team, we are very pleased with the direction the school is going and look forward to continuing to support your students in their learning here at AHSS.

Take Good Care,

Greg Pearson  
Principal  
Applewood Heights Secondary School

**Respect – Responsibility - Relationships**

### INSIDE THIS ISSUE:

Principal's Message
Business, Technology
Art, Music, & Drama
Global Studies – Model UN
DECA
Guidance
Camera Ready Articles

## Business and Technology

The Business and Technology department is continuing to develop it's courses integrating new technological tools to enhance student success. More and more teachers are using new communication tools, such as My Class, Brightspace and Google Apps

for Education to boost student learning, both in school and at home. With our focus on Equity, Numeracy, Literacy, Climate and Technology we are educating the Modern Learner and preparing them for the future

## Business

The grade 10 Business students had the opportunity to combine their creativity with knowledge of ethics to complete their "Sustainable factory" ethics project focusing on the environment. Our Grade 9 ICT for Business classes are currently exploring Google Apps for Office including Google Docs and Google Sheets. They will be creating a home office highlighting the importance of Ergonomics as the semester progresses.

In our grade 12 International Business class students are exploring the effects of globalization and international interdependence. Our Accounting students are learning the basics of Financial Accounting and will be moving onto enhancing their knowledge of computerized accounting as they explore Wave Accounting.



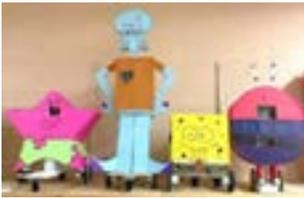
## Law

The law classes are looking forward to an exciting semester with a visit from Peel Police later in the month. The Canadian Civil Liberties Association conducted a workshop on the Charter of Rights and Freedoms allowing for some critical thinking about Government actions and our rights in Canada. As always the highlight of the semester for the Grade 11 Law class is the Mock Trial planned for the end of the semester.

## Tech Studies

The Transportation, Construction, and Computer Engineering classes have Mr. Campana, Mr. Sanger and Mrs. Cerovic teaching a variety of skills to the students. Many of the skills they learn will help them in various professions and trades after High School. Mr.Sanger's Grade 12 Construction class is preparing to build picnic benches for the school, while his grade 11 Communication Technology class are discovering the ins and outs of Illustrator and Photoshop.

Students learnt how to diagnose fuel injection systems, in Mr. Campana's Transportation Technology class. Our Computer Engineering classes had the opportunity to program Arduino robots. The students were inspired by Sponge Bob!



Programing



Fuel Injection System



Arduino Programed Robots

Arduino Robot before

## Computer Studies

The Computer Studies courses in Grade 11(ICS3U0) and Grade 12(ICS4U0) are helping to give students an understanding of computer science and prepare them for further study in college and university. Through a teacher's summer course at Harvard (sponsored by Microsoft) we have implemented some of the most forward teaching techniques available in the world of computer science to our computer students here at Applewood.

## Computer Club

The Computer Club meets every Thursday from 11:00-11:35 in Room 209. The purpose of the club is to allow all students interested in computer programming an opportunity to interact with others of like mind, and to practice their skills. No experience is necessary. Students have the option to prepare for computer competitions such as the [Canadian Computing Competition](#) held by the University of Waterloo. Other competitions include [Cyber Security](#) and many others.

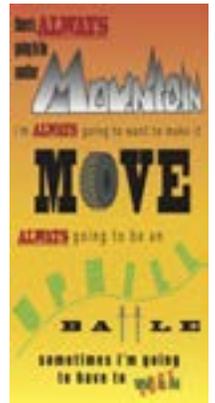


# The ARTS

## Grade 10 Media Art



We have had a great start to the semester learning Adobe Illustrator and the basics of Graphic Design! We are now moving on to Photography and learning all about digital imaging! (Living Letter design by Bianca, Ben, Ryan, Lucy. Musical Type by Selin, Siera)



## Grade 11 Media Art

The intermediate students have been working on a number of Graphic Design, Photography, and Video assignments as they further investigate technical and aesthetic concepts. We are toward producing portfolio-digital artwork! (Manual Photography - Alisha, Leone, Sarah Jane. Playing Cards - Ethan, Ann. Clones & Twins - Kathy, Ayesha)



working  
worthy

Emily,



## Grade 11 Photography



Photography students have been learning about the rules of composition as well as the basics of shutter speed and aperture. With this foundation of aesthetics and technical knowledge, we will be moving on to explore the genres of photography, including portraiture, still life, food, and landscape. (Colour Wheel - Sarah Jane, Descriptive Portrait - Minh, Nhi. Landscape - Conor, Omonele)



## Grade 9 Visual Arts

Grade 9s have been busy getting creative while considering project expectations in our Typography Unit. Through the creation of their name, nickname or surname, students have transformed letters into objects to create detailed designs; thinking about layout and pencil crayon techniques. Grade 9s have also explored Mandalas of Buddhist and Hindu cultures which inspired students to investigate the elements of design, focus on colour theory and apply a variety of watercolour techniques for their circular designs.



## Grade 11 Visual Arts



Through design exploration, students have explored the concept of multiple and used the elements and principles of design to create their pencil transformation drawings. The class then developed mixed media sculptures as a way to introduce themselves to the other members of the class. They explored a variety of materials and combined them in a unified matter to communicate their ideas with their audience. Some themes included pushing the boundaries of family traditions, loss of loved ones and also the concept of reuniting with family living afar in other countries.



## Grade 12 Visual Arts

Students have been busy extending their learning about to inform final works of art and the critical analysis process for project investigated the concept of 'series'. Students worked to distinct works of art, most choosing the media of paint. During students explored the stylistic development of individual artists concepts to new subject matter, the apple. The results were We are currently working on independent works of art using a variety of media.



process development viewing art. Our first create related yet our second project, and had to apply these varied and effective!



## Music

What a team! The many amazing accomplishments of our talented and generous Music students has been so wonderful to hear. These first 2 months of the school year have been incredibly busy with 4 performance events by our Gr 11 and 12 students. The Senior Band has shown excellent commitment in their rehearsal preparation and in their brilliant performances for the Awards

Ceremony and the Open House evening. They worked tirelessly to learn the impressive processional “Fanfare and Flourishes” within only a few weeks of starting the school year, before moving on to the epic medley of spooky, Romantic-Era pieces known as “Band-o-ween”, which included such familiar tunes as Grieg’s “In the Hall of the Mountain King”.

Meanwhile, the Ambassadors have been honing their vocal skills with performances at Commencement and Taste of the Apple. A smaller group of very courageous and talented singers, accompanied by our dependable rhythm section had the rare opportunity of performing Mariah Carey’s “Hero” on the professional stage of the Living Arts Centre’s Hammerson Hall as part of this year’s Commencement ceremony. It was such a tender and inspiring moment as these 5 young ladies sang both solo parts and in 3-part harmony on a very challenging song. I couldn’t have been more proud of them all.

The entire Ambassadors group then came together to perform a medley of songs from the film La La Land on mics for the visiting Gr 8 students during our Music workshop for Taste of the Apple. Much teamwork was required to prepare for and execute the 5 sessions for that day which also included performances by the Senior Band as well as elaborate set up by the AV Crew and brass workshop leadership by Gr 12 students.

All-in-all, there is so much to celebrate with this year’s Music Department and the successful performances we have accomplished so far. Our newest members of the team, Gr. 9 students, have also been practicing their instruments and showing great promise as part of the Intermediate Band. Be sure to hear the, perform as part of the Sounds of the Season concert on Wed. Dec. 4 at 7:00 pm. Hope to see you there!



## Global Studies

### Model United Nations Team

Applewood’s Model United Nations club is back for our third year! We are so happy with the growth of our club, as the number of members has doubled since last year. We were well prepared for our first conference of the year. On October 24th to 25th, 33 delegates attended the annual Central Peel S.S. Conference. Three of our delegates won individual awards. A special congratulations to An Pham for winning an “Honorable Mention” certificate, and Raina Marcynuk and Eli Zima Luste for winning a “Best Novice Delegate” medals in their respective committees. We are so proud of all the hard work and dedication of our members. Keep up the efforts as we have many more events planned for the rest of the school year!

- The Exec Team: Faith, An, Rachel and Sarya



As we begin the second term of this semester, I would personally like to welcome all Applewood Heights DECA 2019-2020 participants as we prepare for this year's conferences.

Many of you are probably wondering what DECA is. For the last ten years Applewood has been a member and highly successful participant of a non-profit organization that promotes business excellence for high school students. DECA is an international organization that focuses on entrepreneurship, marketing and leadership skills. These skills are demonstrated in competitions that take place regionally, provincially and internationally. Over 185,000 high school students in 5,000 chapters, located in Canada, the U.S., Germany, Mexico, Puerto Rico and Guam participate in DECA. Competition may take the form of a written business proposal submission and oral presentation, role play and written test or a variety of online business simulations. Applewood students have found success not only nationally but, also on the international stage.

Our executive team for 2019 - 2020 includes: Maryam Sheikh and Keri Pushpakaran as Co-Presidents, Jack Lam, VP Marketing and Alex Trinh and Anastassia Stern VP HR. We are very excited to start this year with such an amazing team of executives. Each one of them brings a wealth of knowledge and enthusiasm to our Applewood DECA chapter. They have started the year strong by implementing a plan for marketing DECA Applewood, training DECA members and building team spirit.

On November 9<sup>th</sup>, 2019 Applewood students will be participating in the Regional Competition at North Park Secondary School. Students successful at this stage will qualify for the Provincial Conference in February of 2020. The provincial conference will be held at the Sheraton Centre over a two-day period. Further success will allow our students to participate at the international competition in April, 2020 at Nashville, Tennessee.

Applewood Heights DECA thanks everyone for their support, as we look forward to another exciting year of DECA competition.

Mrs. S. Khan, DECA Advisor

# Guidance Department:

Online course selection will occur for all students through [Myblueprint.ca](http://Myblueprint.ca). Online course selection opens Thursday December 5 and is to be completed by Monday December 16. All students will attend a course selection seminar on December 2, detailing the course selection process. Students are encouraged to begin planning their courses in [myblueprint.ca](http://myblueprint.ca) ahead of December 5<sup>th</sup>. Counsellors will be available at lunch time throughout the course selection process to assist students.

## Help your teen plan for grade 9 course selections for 2020-21

Soon, current grade 8 students will select their courses for grade 9. Before they do, we want to ensure that they have the opportunity to consult with their teachers, guidance counsellor, if applicable, and their parents.

As our partners, families are encouraged to help prepare their teens for course selection. We encourage you to become familiar with the process by creating a myBlueprint account.

Additionally, parents/guardians and students can review [Chart Your Course](#), the Peel District School Board's common course calendar, at [www.peelschools.org/students/commoncoursecalendar](http://www.peelschools.org/students/commoncoursecalendar). This guide will help you understand the course selection process and provide information on the courses and programs offered in Peel secondary schools.

You can also visit [www.myBlueprint.ca/Peel](http://www.myBlueprint.ca/Peel), an online planning tool that includes the following:

- high school planner for course selection
- goal-setting
- career spectrum for finding your learning style
- occupation planner for exploring careers
- post-secondary planner for opportunities after high school

The grade 9 course selection process will be open from Nov. 11 to Dec. 3, 2019. If you have questions or are looking for course suggestions, please contact your teen's teachers or guidance counsellor.

## Jump start your future with Explore High Skills



*Explore High Skills* is a Peel District School Board pathway program that allows secondary schools with Specialist High Skills Major (SHSM) programs to offer a unique specialized program choice for grade 9 and 10 students.

These sector-related programs are available to students in all skill levels and in all pathways. Specialized programs in grade 9, like Explore High Skills, provide unique learning experiences to engage students as they transition to high school. Students can focus their learning on an area of interest as they build self-confidence, learn essential skills, and develop a sense of belonging in school and in the community.

**To enroll in the Explore High Skills program, students will indicate their interest when selecting high school courses in the fall. For more information about the program and participating schools, go to [www.peelschools.org/ExploreHighSkills](http://www.peelschools.org/ExploreHighSkills)**

**How can I join the program at Applewood Hts SS? See Ms. Yen (guidance office) for an application sheet in December**

## COOPERATIVE EDUCATION



Our Co-op students have completed their in-school curriculum and are now working hard at their work placements out in the community. The Co-op program starts with 3 weeks of in-school work, before students' interview and begin working at a variety of jobs out in the community. Co-op encourages students to learn valuable new skills in a hands on" setting. Many of our students also attend college one or two days a week through the PDSB Dual Credit program which is only available for Co-op students. In this program, tuition and transit are free for over 40

different college classes including Psychology, Police Foundations, Construction and Electrician programs. Students participating in this program have the opportunity to earn 5 or 6 credits in one

semester! Co-op is a great way to earn credits, try out a college course and test drive a career all at the same time. Speak to Mr. Hallman in the Co-op office across from room 211 or ask your guidance counselor for more information.



Regional Learning Choices Programs offered by the Peel District School Board empower students by providing them with opportunities to develop and explore skills in a particular area of interest. Regional programs are open to all students who meet the criteria for acceptance. Students and their families are encouraged to attend the information night for the program of their choice to receive more information about the program and application details.



Transportation is not provided for students in regional programs. If students have been accepted into a regional program and they live within the school boundary, they are eligible for busing only if they meet the distance criteria outlined in the board's *Transportation Policy #39*.

All regional programs include annual fees, including a non-refundable \$40 application fee, except the Regional Skilled Trades and Transportation Engineering and Technology programs, which are offered at no cost. For more information about program information nights, busing, fees and the application process, visit [www.peelschools.org/RegionalPrograms](http://www.peelschools.org/RegionalPrograms)

**Important dates to note:**

	<b>Applications open</b>	<b>Applications close</b>
<b>SECONDARY</b>	Nov. 11, 2019 at 8:30 a.m.	Nov. 25, 2019 at 3 p.m.

**Celebrating Diversity at Applewood Hts SS**

## Islamic Heritage Month in October



During Islamic Heritage Month, schools across Peel will participate in a number of activities that recognize and celebrate the rich heritage, history, culture and contributions of Muslim Canadians as well as Muslim communities from around the world.

## Indigenous Heritage Month in November



Schools across Peel will participate in a number of activities in November to recognize, celebrate and honour the rich heritage, culture, contributions and diversity of First Nation, Inuit and Métis communities across Canada.

On June 19, 2019, as part of the board's commitment to equity and inclusion and to help better reflect student identity, trustees approved a motion to recognize and celebrate Indigenous Heritage Month in the month of November. This month includes several dates of significance, including,

Treaty Recognition Week, Indigenous Veterans Day, Louis Riel Day, and the Peel Community Cultural Indigenous Celebration and Pow Wow. Treaties Recognition Week was introduced in 2016 to honour the importance of treaties and to help Ontarians learn more about treaty rights and treaty relationships between Indigenous and non-Indigenous people. This year, Treaties Recognition Week will take place from November 4 to 8, 2019. The Truth and Reconciliation Commission of Canada (TRC) has issued 94 Calls to Action, which include calls for schools and communities to teach students about Treaties. Addressing the TRC's Calls to Action are embedded in Peel's commitment to achieve inclusion for all through continuous progress on equity. This commitment is captured in Peel's Plan for Student Success. The Peel District School Board is proud to support Treaties Recognition Week to help bring awareness to students and staff about their collective treaty obligations in Canada.

For resources and information on Treaties, please visit the [Government of Ontario website](#) as well as [The First Nations, Métis and Inuit Education Association of Ontario website](#).

## Hindu Heritage Month in November



During Hindu Heritage Month, schools across Peel will participate in a number of activities that recognize and celebrate the rich heritage, history, culture and contributions of Hindu Canadians as well as Hindu communities from around the world.

## Bus cancellation and closing schools due to bad weather

During the winter months, we may need to cancel buses or close schools because of inclement weather.

Information regarding details of cancellations or closures will be announced on radio, television stations and will also be available on Twitter @Peelschools, Twitter @STOPRinfo, Facebook at [www.facebook.com/peelschools](http://www.facebook.com/peelschools),

[www.peelschools.org](http://www.peelschools.org) and [www.stopr.ca](http://www.stopr.ca) or by calling 905-890-1010 or 1-800-668-1146.

## Peel Public Health shares tips to help prevent the flu

It's flu season and we want to make sure students stay as healthy as possible this year! Influenza (flu) spreads easily from one person to another and Peel Public Health has some tips to help reduce the risk of catching the flu and spreading it:

- **Get your annual flu shot:** The flu shot is your best defence against the flu. There are many locations across Peel where you can get your flu shots:
  - Family Doctors' offices
  - Pharmacies
  - Walk-in clinics
  - Peel flu clinics
- **Keep children home when they're sick:** If your child develops flu-like signs and symptoms (fever, cough, sore throat, body aches, headache, chills and fatigue), keep them home from school. Contact your health care provider if symptoms are severe.
- **Practice good hygiene:** Help your child get into the habit of covering their nose and mouth with a tissue when they cough or sneeze and throw tissues in the trash. Cough or sneeze into a sleeve or elbow, if they don't have a tissue. They should also avoid touching their eyes, nose or mouth. This is how germs are spread.
- **Wash your hands:** Encourage your child to wash their hands often with soap and water or use hand sanitizer, especially after they cough or sneeze.

For more information, call Peel Public Health at 905-799-7700 or visit [www.peelregion.ca/flu](http://www.peelregion.ca/flu).



After 18 years, the Peel District School Board is revamping its annual parent conference. After hearing from participants, we are changing the traditional full-day workshop model to a multi-evening speaker series focused on a specific subject, where parents and caregivers will hear from a keynote speaker followed by a panel who will take audience questions. We will also invite Peel board departments, groups and community partners to share their information in an exhibitor area.

The *Engage. Educate. Empower. Speaker Series* is co-presented by the Peel Elementary Teachers' Local. Without their support, this free learning event for parents/caregivers would not be possible.

Date and Time	Location	Topic and Speaker
Monday, Nov. 4, 2019 5 to 8 p.m.	HJA Brown Education Centre, 5650 Hurontario St., Mississauga	Digital citizenship and online safety featuring <a href="#">Jesse Miller</a>
Wednesday, Jan. 22, 2020	Chinguacousy Secondary School, 1370 Williams Pkwy., Brampton	TBA
Wednesday, Feb. 26, 2020	Mayfield Secondary School, 5000 Mayfield Rd., Caledon East	TBA

## chooseACTION on Bullying Awareness and Prevention Week



The Peel District School Board will recognize Bullying Awareness and Prevention Week, November 17 to 23, 2019.

Bullying is a form of harassment. The World Health Organization says, "Bullying...demands the concerted and coordinated time and attention of health-care providers, policy-makers and families." (Prevention of Bullying, 2010) Bullying is a relationship problem, with relationship solutions.

Each year, across the Peel board, students, staff and families engage in learning and programming opportunities focussed on actively disrupting bullying, by creating positive and safe Climates for Learning and Working, built on a foundation of healthy relationships.

This year the Peel board community will '*#chooseACTION to STOP hate*' in their classrooms, offices, schools and communities, in order to make these spaces better places for everyone.

Establishing and maintaining a positive Climate for Learning and Working requires all of us to actively intervene on assumptions, stereotyping, bias, discrimination and

hate. We must proactively act and speak in ways that are inclusive, accepting of others and values difference.

Throughout the week, we will be highlighting the importance of being an upstanding bystander by acting to stop hate:

Step 1: Stop the Action

Step 2: Name it

Step 3: Explain the impact/harm

Step 4: Ask the person causing the harm to change their behavior

Step 5: Support the person harmed.

The Peel board would like to hear about the big and small actions, pledges, and promises our Peel community values, and ask that you take a moment to share your *#chooseACTION to STOP hate*" moments on social media.

Bullying Awareness and Prevention Week is one of the key items contained in Bill 13: *The Accepting Schools Act*, that came into effect on Sept. 1, 2012. For more information, visit [www.peelschools.org/aboutus/safeschools/bullying](http://www.peelschools.org/aboutus/safeschools/bullying) or [www.edu.gov.on.ca/eng/safeschools/prevention.html](http://www.edu.gov.on.ca/eng/safeschools/prevention.html).



# Healthy Relationships Bolster Mental Health and Resilience

From the PDSB Mental Health Resource Team

When it comes to mental health, connectedness - the sense of caring for others and being cared for - is one of the most powerful protective factors. A positive 'environment of relationships' is essential for healthy brain development, which forms the foundation for lifelong outcomes such as interpersonal skills, academic performance and mental health and well-being (1).

Caring adults are key to building the skills, attitudes and habits that promote child and youth mental health. Here are some tips for families to help build strong, caring relationships:

- Comfort your child when they're upset. They won't feel alone with their big emotions and it helps to strengthen your bond with them.
- Give your child love and affection - this helps your child feel loved and valued.
- Have fun together!
- Listen attentively to your child's feelings, thoughts and ideas. Help to label and identify your child's emotions (e.g. scared, frustrated, angry, sad). Try to see things from your child's point of view.
- Build in quality time. Spend some time together each night around the dinner table.
- Show your children how to solve problems that arise through your modelling, and collaborating with them to help solve their own problems when they arise.
- Be a role model by taking care of your own mental health and modelling healthy coping strategies. Talk about your feelings. Make time for things you enjoy.
- Ensure your home is an emotionally and physically safe and secure environment, where children are protected from harm.
- Nurture caring relationships between your child and other important people in their lives, like family members and friends, neighbours, teachers and members of cultural and faith communities. Research suggests that the short-term intervention of even a single caring adult can make a profound difference. This also widens a child's network of support, and makes it easier to reach out for help when needed.

At the heart of it, we are in the business of human development. We are helping children and youth discover their strengths, build skills and knowledge, develop positive attitudes and habits, and find their path. We need to know our children and youth. We need to show we care. We need to inspire hope. We need to model the power of positive relationships.

For updates and to follow along with the work of the PDSB Mental Health Resource Team, find them on Twitter @MHRTPeel.

## References:

1. National Scientific Council on the Developing Child (2004). *Young Children Develop in an Environment of Relationships: Working Paper No. 1*. Retrieved from [www.developingchild.harvard.edu](http://www.developingchild.harvard.edu).
2. Ontario Ministry of Education (2010). *What Works: Research Into Practice - Bolstering Resilience in Students*. Retrieved from [www.edu.gov.on.ca](http://www.edu.gov.on.ca).
3. Search Institute (2016). *The Developmental Relationships Framework*. Retrieved from [www.search-institute.org](http://www.search-institute.org).