

# MACPHAIL NEWS

February, 2023



*Apprends aujourd'hui.....Leaders tomorrow!*



It is February and it looks like winter might be here to stay for a while! Please make sure your child comes dressed for the snow and cold temperatures.

February is Black History Month. During Black History Month, Canadians celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada a culturally diverse, compassionate, and prosperous country. Our Black Student Alliance has been busy organizing events and activities to continue to grow our appreciation for diversity. Our hallways now have displays that highlight the contributions of black people in our communities. We are also excited to be hosting motivational speaker, **Roland Acheampong**, who will share his message of empowerment and inspiration on February 23.

Macphail continues to be an active place to learn and grow. Our staff continue to offer a wide range of activities to enrich your child's school experience. Currently, students are participating in Black Student Alliance, Board Games Group, Theatre Group, Dungeons and Dragons Club, Student Council, Volleyball, Basketball and more. We will also be offering grade 7/8 skiing and snowboarding, skating for Junior grades and a Winter Carnival full of fun outdoor and indoor activities.

Report cards will be coming home on February 24th. This is an opportunity for you and your child to reflect on his/her progress to this point in the year. It is also an excellent time to set goals for the rest of the year. Please take the time to discuss your child's progress with them. There will be no formal parent-teacher interviews at this time. As always, if you have any concerns about your child's progress please contact his/her teacher to discuss your concerns.

We are no longer handing out disposable cups in the office. Please make sure your child comes to school with a refillable water bottle.

Warton Willie has predicted an early Spring so let's enjoy Winter while it lasts!

As always, if you have any questions or concerns, do not hesitate to contact us (After hours go to extension 527 for Mr. Strong, Ms. Russell extension 526.)

Eron Strong  
Principal

Lisa Russell  
Vice-Principal

## February Theme: Black History Month



### Events

- February 2 - Groundhog Day
- February 9 - Junior classes skating
- February 14 - Valentine's Day
- February 15 - SCC Meeting 6:30 p.m.
- February 16 - Junior classes skating
- February 20 - Family Day - No classes
- February 21 - Winter Carnival
- February 23 - Black History Month Assembly & T- Shirt Day
- February 24 - Pasta Day
- February 24 - Report Cards Sent Home
- Feb 24 - Grade 7/8 Ski/Snowboard trip to Beaver Valley
- March 6 - 10 - Mental Health Week
- March 9 - Grade 7/8 Ski/Snowboard trip to Beaver Valley
- March 13 - 17 - March Break - no classes
- April 7 - Good Friday - no classes
- April 10 - Easter Monday - no classes

### Professional Activity Days

- February 3, 2023
- April 28, 2023
- June 2, 2023
- June 30, 2023

### Switch Days

- Monday February 6 - Friday Schedule
- Tuesday February 21 - Monday Schedule
- Wednesday April 12 - Friday Schedule
- Thursday April 13 - Monday Schedule
- Tuesday June 6 - Friday Schedule



## BLACK HISTORY MONTH

**This year, Macphail is celebrating Black History, which is Everybody's History.**

Macphail is proud to announce the following events and activities for Black History Month.

- Black History assembly featuring guest speaker Roland Acheampong from the Sewing Studio, and special renditions of the songs "Follow the Drinking Gourd" and "Eh Soom Boom Kawaya" to welcome our special guest
- Celebrating Black culture daily with proverbs and music
- Many classroom initiatives celebrating Black History such as writing biographies on prominent Black Canadians, and a study of Black Canadian poets with *Poets in the Schools* program

### **Coming in March and April...**

- A *Canadian Multicultural Museum* exhibit of Black Canadian inventors and icons will be coming to Macphail
- *Get Real* lived experience and anti-racism workshops for grades 6, 7, & 8

Please stay tuned for more information regarding spirit days throughout the month celebrating traditional clothes on Fridays.

### **The Black Student Committee came up with a T-shirt idea.**

This will be made available through a local business, *madebymeant*, based out of Markdale. We have made T-shirts, hoodies and the likes from this vendor before. If you feel the products supplied by this vendor are of quality material and best value, you will work directly with the vendor to purchase merchandise. All purchases will be ordered and paid for through the company website: [www.madebymeant.myshopify.com](http://www.madebymeant.myshopify.com).

Here is the instruction on how to order: [www.madebymeant.myshopify.com](http://www.madebymeant.myshopify.com) visit home page, click on menu -> macphail tigers apparel -> black history tees OR copy and paste direct link <https://madebymeant.myshopify.com/products/macphail-black-history-tees>

Please order and make payments (\$20) before February 14th as we intend to put it on for our Black History assembly on February 23, 2023. Deliveries will be made to Macphail before February 23rd. Be sure to use the Macphail School address when checking out so you can avoid shipping costs. You can choose to ship directly to your home, but shipping costs will apply. The Macphail school address is: 49 Campbell Street Flesherton, ON NOC 1E0

If you have any questions, please reach out to: [ogunshe@bwdsb.on.ca](mailto:ogunshe@bwdsb.on.ca) Thank you, Mrs. 'Yomi/ Mme McGowan For: Black Student Committee



## Strong Start Volunteers Needed!



We are looking for volunteers to work with K- Gr.1 students on their letters sounds and words. Only a half hour 2 times a week could really help a child move ahead in their literacy skills. Training is provided. Please contact Mr. Strong to find out how you can make a difference.

## Board Game Club!

Ms. Metcalfe and Mr. Walker are inviting students in Grades 4 - 6 to join the Board Game Club. The club will get together on Fridays at second nutrition break.



## Basketball Teams!



Our girls and boys basketball teams are now practicing to get ready for friendly games and great competition. We wish all our players and our coaches Ms. Oikawa, Ms. Collins-Green, Mr. Taylor and Mr. Sturrock the very best! Go Tigers!

## Volunteers Needed!



Primary (English) classes are looking to reach out to parent volunteers who are willing to come in during the school day to sit and read one on one with students. We are open to any amount of time, it does not have to be on a regular schedule, we will even take last minute! We just need people to sit and listen to kiddos read! The more opportunities they get the better!

## Mental Health and Stress Management Workshops



Over the course of the next five weeks, one of our Board Child and Youth Workers will be facilitating weekly lesson plans that support the ongoing development of mental health literacy and stigma. These lessons were developed by education and mental health experts and are promoted by School Mental Health Ontario with the intention of teaching skills that support students to name and identify emotions, increase awareness and coping skills and teach general stress reduction strategies. These general strategies are evidenced based and “good for all” approaches that have been developed for younger students.

For more activities to try at home, check out this set of activity cards from School Mental Health Ontario: <https://smho-smso.ca/wp-content/uploads/2020/07/EDMH-ParentActivities-FINAL-EN.pdf>

You can also access Ophea’s Resource to Support Parents & Caregivers with Health and Physical Education at Home, and Ophea Open Class for recorded instructional videos and lessons with guided reflection questions related to social-emotional learning to support your learners at home.

We are looking forward to this exciting opportunity. Please don’t hesitate to reach out if you have questions.

## School Community Council

Our next meeting will be in person at school Wednesday February 15, 2023 starting at 6:30 p.m.  
All School Community Members Welcome!