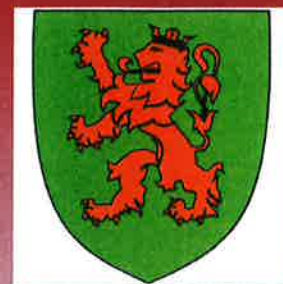




# CANADIAN MHS SECTION



AFNorth Monthly Newsletter

December 2020/January 2021

## HAPPY HOLIDAY TO OUR COMMUNITY!!!!

Principal's corner:

First and foremost, I would like to wish everyone a wonderful holiday and a safe and healthy New Year. It certainly has been an interesting and memorable 2020 that I am sure the children will speak about for years to come!

I would like to give a huge THANK YOU to our families, military communities and our teaching staff who have done a wonderful job keeping the school safe and COVID-free. We had prepared for all scenarios (and will continue to be diligent) but are grateful that school was able to remain open until this point!

Just a few reminders and requests for the next week:

- Christmas lunch – Christmas lunch is postponed until we return later in January. More information to follow upon our return to school in 2021.
- Holiday basket Raffle - Congratulations to the following winners:
  - Adults Baskets : Marie-Pier D., Marielle S., Rochelle R.
  - Kids Baskets: Alvaro G.A., Betsy K.
- In total we raised almost 500€ for MHS Clubs. Winners have been contacted and baskets have been delivered. A very special thank you to Mms Vallée who was key to organizing the baskets and their success!



...and lastly, the staff and I would like to wish you all a Happy Winter Holiday, a Merry Christmas,

and a Healthy New Year!

Mrs. Hughes, Principal MHS Canadian Section

### REMEMBRANCE DAY

This year, November 11th was very different from the previous years. We were not able to do our planned remembrance day celebration with the military, but instead we met virtually; Discussions and videos were shared to continue to remind us of all sacrifices that were made.

**WE SHALL REMEMBER THEM!!!**



### In This Issue ...

- Guidance desk
- News from classes
- CO-OP is back
- Grade 6
- Peter the Canadian Elf
- Calendar / New schedules A/B days
- Doors decoration contest

## Updates from the Guidance Desk ...

I have spent the last several weeks meeting individually with each of our grade 12 students and each of our grade 11 students. Our meetings have been focused on a few points:

- How are their courses going thus far this year? Any concerns?
- Where are they at relative to their graduation requirements?
- If they are returning to Afnorth next year, what courses do they want/need?
- What are their longer term goals once they have finished high school?
- If they are graduating in June 2021, what are their plans for next year and what can I do to assist them with this planning?

It is my intention to continue with these meetings into the new year, next with our grade 10 students followed by our grade 9 students. These conversations have been and continue to be inspiring and enlightening. Being new to Afnorth IS, I am amazed and impressed by the students we serve - their ambitions, their accomplishments, the languages they speak, their life experiences. It is indeed a privilege to work with them all.

As we settle into the new year, we will start to look at the 2021-2022 school year and our course offerings and timetables. This is always an exciting time as we make plans to celebrate graduates and set the stage for another year.



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## Mental Health and COVID

I came across some information regarding COVID-19 and some practical tips that might be of use to families as we move into the Holiday season. This information comes from the Anxiety Disorders Center at the Child Mind Institute in New York City (<https://childmind.org/article/holiday-during-the-pandemic/>).

1. **Don't wait to make plans** - the more predictability we can create in this uncertain time, the better for everyone. It is always healthy to have something to look forward to.
2. **Discuss rules in advance - EVERYONE has the right to feel safe** - inventory the rules that your bubble needs to consider (Netherlands, your home country, military) and then discuss with EVERYONE who you will be with this holiday season. It is important that everyone has a chance to express their concerns - masks inside the home? Hugging family from within your bubble? Agreement on guests into your home? Being clear and committed to these will help to reduce everyone's anxiety around COVID this holiday season.
3. **Structure, structure and more structure** - set up a schedule in your home for learning, personal grooming, exercising, chores, sleep and play. This is something you have likely already been doing so don't forget that this will also help to reduce anxiety over the holidays!
4. **Get Active** - Exercise is key ... a bonus if it is outside, in the fresh air! Get moving - walking, biking, hiking ... what you do is less important than ensuring you are doing something!
5. **Social Media: a time and a place** - Establish boundaries around the use of social media ... it needs to be appreciated as a tool for communication, not the ONLY form of communication! Using timers to cue you to turn off some form of media can be an objective way to set boundaries.



## **Terry Fox Run 2020 - UPDATE**

Through the annual Terry Fox Run, AIS students, faculty and staff raised over 3000 Euros for Cancer Research!

We also received a nice power point Presentation from the Limburg Health Foundation to demonstrate their they appreciation. Thank you for all the good work!!!!

A special thank you to Mrs. Ermanovics for all of her hard work and organization for this event!

### **WHEN PICASSO VISITED OUR SCHOOL**

After studying Picasso's life and work, grade 11 and 12 students let their creativity flow. Look at these masterpieces!



### **Grade 6—Puppet making**



## Cooperative Education is BACK at AFNORTH!

Have you ever wondered what it might be like to "test drive" a career option for the future? Cooperative Education is just that kind of "vehicle"! Students have the opportunity to explore "first hand" a future career direction and/ or gain valuable work experience in the world of work while earning high school credits along the way.

Thanks to the support of our principal, Mrs. Hughes and our guidance counsellor, Mr. Hemstreet, we have re-introduced Cooperative Education (Co-op) to AFNORTH at the senior level (Grade 11 or 12). This year, Eleonora Esposito and Mrs. Linda Hillier (Grade 1 teacher) have teamed up to participate in the Cooperative Education program.

Mrs. Hillier is a seasoned elementary teacher from Ontario who believes in experiential learning and supporting the development of students at all levels. Mrs. Hillier has had a host of co-op students under her supervision over the years and was keen to support the Co-op program at AFNORTH by having Eleonora join her classroom this year.

Eleonora is working as a *Teacher's Assistant with the Grade 1 classroom in order to learn more about education and the "in's and out's" of teaching but most importantly, she is gaining work experience to enhance her skill sets and overall learning.*

*"So far this experience has shown me that I am capable of doing what I set my mind to and be successful. In fact, it has given me motivation to do better in other aspects of my life as well, which is very positive and stimulating."* Eleonora



Co-op focuses on *personal goal setting, reflective learning and experiential and problem based learning.* The program runs as follows:

- Students are required to complete a comprehensive **pre-placement** period where they learn about job search skills, health and safety and employment standards, to name a few topics, in order to prepare them for their co-op placement and expectations of the workplace.
- During this timeframe, the Co-op teacher gains a greater understanding of the co-op student's work-related interests and seeks to match them with a co-op placement that would best suit the student's interests and abilities.
- Once this is completed, a formal interview is conducted with their matched employer to ensure that both the student and employer can work together.
- The **Work Term** runs for the remainder of the school year, whereby the co-op student then works with their respective employer / mentor to obtain a greater understanding of the job and the skills most needed to be effective in the field
- Co-op students maintain weekly log sheets along with reflective journaling and class based assignments to showcase their learning within their placement and to build on their overall learning throughout the year.

The results of Cooperative Education and this form of learning are countless. Students inevitably improve their communication skills, enhance skill sets specific to their co-op positions and walk away with both work experience and the self confidence to navigate the work world for the future.

If you want to know more about Co-op, please to contact Mrs. Hemstreet ([sue.hemstreet@afnorth-is.com](mailto:sue.hemstreet@afnorth-is.com)) or check out the **Cooperative Education Factsheet** <http://www.edu.gov.on.ca/extra/eng/ppm/factsheet.html> or <https://www.ontario.ca/page/prepare-apprenticeship> (for trades related co-op opportunities) for more details.



## Grade 6:

The past few weeks the grade 6 class has been busy preparing their cross-curricular drama productions. In teams they have been creating backdrops, designing their sock puppet characters and practicing their lines. Their final productions will be shared virtually via videos with the elementary classes during the last days of school next week. They have also been busy studying graphic novels and Newspaper articles. They have been composing serious, as well as more amusing, versions of seasonal events.

# CHRISTMAS NEWS

Candy Joy Cane

More News. More Xmas.

December 2, 2001

## Naughty List Mental Break Down

IN: Santas Tower BY: Candy.Joy.Cane



Santa Looking At Christmas List

December first was a catastrophe, this morning when Santa went to get his list to give to the working elves he screamed his head off! Over 1 simple night more than half of the kids of the world had gone to the naughty list.

November 30th lila was first in the nice list but today she was last in the naughty list! Later that day the elf headmistress Red C. Glitter found out that most of the children had gone to the naughty list because they were excited that their elves were coming the next day.

Santa and the elves didn't know what to do with all those presents already premade, for the kids who were on the nice list but now on the naughty list sama asked a mechanic elf to see if the list maker was broken. "Sorry sir but it is broken there's just a lot of kids on the naughty list" said baby the mechanic elf, all the elves had to do is wrap presents but with coal inside them.



2001 Christmas Presents

# Christmas News

Mr.Scrooge

NEWS

December 23, 2020

## Deadly Cookies and Gingerbread



Elves got food poisoning! Will they infect Santa?!

No elves. No Toys. Yesterday, Santa's workshop had a terrifying knock out. Candy Cane hospital is filling up! poisoned cookies and gingerbread! Reindeer cops suspect the grinch is up to no good once more, is this the case?



One Elf was confirmed that Santa got Infected! "I came into his office in the afternoon to mop the floors but he couldn't even reply because he was coughing so much!" Another suspect said "I saw my fellow mate go into the office with a mop, earlier that day I saw Mrs.Claus going in with a plate of cookies and milk." **NEW LEAD.** Is Mrs.Claus behind this tragedy?! Why would she do this?



## CAFETERIA

### Missing in action...

School Cutlery has gone missing from the cafeteria.... apparently they are missing close to 400 pieces. Please encourage your students (especially the ones who bring packed lunches) to return these to the cafeteria if they have accidentally gone home.



## Attendance—IMPORTANT

Be aware that the school is accountable for each student at AFNORTH for a security matters. If you child/children have to leave the school they have to be signed out by a parent (call or email sent to the Canadian office) approving an early departure. Regardless of the age.

Peter the Canadian Elf was with us for only a short time but he brought alot of Joy with him.

Last week we received the sad news, that Peter the elf was recalled to the North Pole to help Santa during COVID times. He wasn't able to play at our school any longer. Santa , however, agreed to let him say at the School for one extra day in the Canadian office to say a last Good bye .

He knew that students would be sad but that they would understand the situation. He wished everyone a wonderful time at Christmas and over the Holidays.

Maybe he will be back next year.....take care little elves!

This message was brought to you by the Canadian Section Student Council



## Early release dates /

\*\*Please note clubs will not be ran on the following dates / :

- ♦ Jan. 29th ,
- ♦ March,18th and
- ♦ May 6th .

**These are early dismissal days and school will end at 14:00h**

### Online Signup for Activity Bus

AFNorth-IS has developed an online activity bus signup sheet that can be accessed through the school website below.

Go to the below link in google to sign up:

<http://afnorth-is.com/activity-bus-mhs/>

**Students MUST be logged on to their Google School Account in order to use this form.**

This form only accepts input made ON THE DAY you need to ride the activity bus.

Sign up before 2 o'clock please. Later submissions will not be accepted. ONLY Matching Student Numbers, will be accepted.

***Please note: Only students participating in AIS school organized activities are permitted to ride the afterschool AIS activity busses home.***

### Dress Code

- No hats on in the building
- No clothing that includes profanity or promotes drugs, alcohol, or tobacco
- No exposed bellies
- Skirts/shorts must not sit above fingertips of extended arms placed at sides
- No low-cut or spaghetti-strap tops
- Jeans



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
27	28	29	30	31	1 New Year's Day <b>HAPPY NEW YEAR</b> 	2	
<b>WINTER BREAK</b>							
3	4 B Day	5 A Day	6 B Day	7 A Day	8 B Day	9	
10	11 A Day	12 B Day	13 A Day	14 B Day	15 A Day	16	
17	18 A Day RETURN TO SCHOOL	19 B Day	20 A Day Clubs at 1400	21 B Day	22 PD Day No School for Students	23	
24	25 B Day Beginning of Semester 2	26 A Day	27 B Day Dismissal at 1400	28 A Day Report cards GO HOME	29 B Day	30	
31	1 B Day						

# REVISED NEW A / B Days Schedule

## AFNORTH MHS Canadian Section

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JANUARY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

FEBRUARY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

MARCH						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL						
S	M	T	W	T	F	S
						3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY						
S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**KEY**

- Teacher Prep - Report cards
- Early Release Days - 2:00
- CSI days / International Days
- CCRS/ PD Days
- Parent Teacher Conferences
- Holiday- No School

- 12 Aug Teachers Report to sch
- 17 Aug Student Report Date
- 9 Sept International Day / CSI- No Students
- 30 Sept C day- No US Students
- 19-23 Oct Fall Break, No school
- 26-30 Oct Parent/Teacher conference- 1/2 days
- 9 Nov Knokke Heist- CDN
- 25 Nov CDN PD day
- Dec 9 C day- No US Students
- 15 Jan Q2 end-semester 1 end- No Students-teacher workday
- 15-19 Feb Carnival Break No School
- 24-Feb Q3 PD training CCRS- No students
- 10-Mar CDN PD day
- 18-Mar International Student Day- all sections
- 26 Mar C day- No US Students

**KEY**

- A Day
- B Day
- C Day-all (Periods 1-8)

Student days		
		180
Staff days		
		191

- 21-Apr C day- No US Students
- 13 May International/CDN PD Day- No Student
- 24 May Pentacost Holiday, No School
- 11 Jun Graduation
- 17, 18 Jun Teacher work day, No Students



## Christmas Decoration Doors Contests



Here are just some of our Students creations for their Classroom doors!



Wow, with much deliberation Mrs. Hughes and Mrs. Berard, our principals, have finally chosen our winners of the door decorating contest 2020!!!

They have both said it was an extremely difficult task as the level of ingenuity was outstanding!! Without further suspense....here are the winners!

- **Most creative door**--the winners are room B1.9, the nutcracker from the 'Fundamentals of art studio'
- **Most AFN spirit** - the tie for winners are 2.21....Mrs. Sillib's grade 6 'Latte drinkers' and Ms. Thibaults's HSP class in D3.4 with 'the Grinch'
- **Most recycled** - the winner is Mrs. Hamer's class D3.3 with 'the interactive snowflakes'

An outstanding job to everyone, we thoroughly enjoyed our door visits throughout the school!

