

# R.S. McLaughlin C.V.I.

570 Stevenson Road North, Oshawa, Ontario L1J 5P1

Phone: 905-728-9407 Fax: 905-436-9541

E-Mail: rsmclaughlincvi@ddsb.ca

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## Principal's Message

June is an exciting time for our students. As we prepare for the end of year exams, class assignments, graduation, and the wrap up of our M.C.V.I. sports teams, the energy is high and the students look forward to completing another school year.

Many things have been happening here at McLaughlin. The drama department enjoyed presenting Mamma Mia and the audiences were delighted. Our actors brought the high-energy musical to life. As well, the music department performed several times throughout the year and competed in Port Hope at the National Jazz Competition!

We had great success at the Special Olympics, and our athletes came home with several medals. Our sports teams have worked together to create a team environment and have gained valuable experiences. Baseball, Ultimate Frisbee, Track & Field, Basketball, & Soccer Teams have all had a great year.

Our French Immersion students have written their DELF tests and are anxiously awaiting results. We are proud of their accomplishments and know that they have worked hard to attain their accreditation.

Leadership Camp 2019 was a resounding success and students developed great skills. Being exposed to new opportunities allowed them to expand their learning in many different avenues. Our Math Department has led our students to great success throughout the year. We have participated in Annual Math Contests and have received awards and accolades. Bravo to all of our achievers!

MCVI students have been exposed to several guest artists this year. We have made good use of our new addition and finished space. The new classrooms were much enjoyed by our teachers and students and our Community Hub was used to enrich learning! We look forward to continuing to share our new hub with community in the coming year.

Joyce Thomas  
Principal

### Inside this issue

Mamma Mia! .....	2
Personal Resiliency .....	2
Special Olympics .....	3
Communications .....	4
Baseball .....	4
Track & Field .....	5
Ultimate Frisbee .....	6
Library News .....	7
Mathematics .....	8
Events .....	9
P.C. Jackson .....	10
Eco Schools .....	10
Zoo Trip .....	11

## Arts



### Mamma Mia!

Our students have worked diligently to prepare a fantastic musical for all to enjoy! The classic story came to life as our actors presented with enthusiasm and skill. Congratulations on such a fabulous performance!

Left to right: Kiara Gaskin, Emmalyn Carleton and Arianna Fuke

## PERSONAL RESILIENCY

### THE BASICS OF SELF-CARE



**EAT** We all need to refuel. If we are under a lot of stress, be mindful of the foods you choose. Also, keep a healthy snack close by so that you can refuel easily and avoid being "Hangry".

**SLEEP** Aim to get seven to nine hours of sleep each night. Research has shown that getting five hours or less of sleep a night can create health problems. Getting enough sleep also helps you to better deal with the stresses of everyday life.

**DRINK** A lot of water and consider decreasing or discontinuing your caffeine intake as the latter creates a stress reaction in your body and can cause you to feel nervous or contribute to sleeping difficulties.

**MOVE** The positive effects of being physically active are astounding. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth, and even acts as an anti-depressant. You can achieve these benefits by as little as a 30-minute walk. Endorphin production following physical activity is nature's gift to you for stress management!

**CONNECT** Strong social connections are one of the most powerful influences on our mood. Those who are dedicated to spending time with friends, and family show the highest levels of happiness. If you can't see your loved ones every day, you can still send an email or make a phone call.

**PAUSE** Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in a gratitude journal, do a few stretches, take a brisk walk or do some other activity that helps you feel restored.

**ACKNOWLEDGE** Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet (see some suggestions below) to process your emotions and self-talk can lead to optimal self-care practices.

**REFLECT** Take time to reflect on what is important to you both personally and professionally. Your values and sense of purpose help you focus on what is meaningful for you. Taking time to reflect can assist you to intentionally and systemically make decisions in your life.

**REPEAT** Research has shown that trying a new skill/habit/routine for 21 days in a row will increase the likelihood of maintaining this new practice. It is recommended having an accountability partner during those first few weeks; it's a helpful strategy to enhance your success rate of maintaining your new practice.

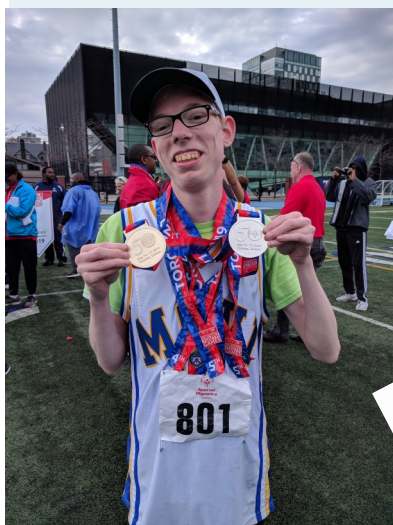


# Special Olympics Youth Games 2019

M.C.V.I participated in the Youth Games in Toronto in May and brought home several metals!



Left to Right: Maxx Chirrey, Eric Smalley, Christian Armour, Sarah Collins, Hannah Brightman, Mr. Protain



Five athletes from the PLP classes competed at the Special Olympics Youth Games held in downtown Toronto. They participated in Track and Field events showing amazing competitiveness, sportsmanship, and poise as they went on to win medals in the 50M, the 100M, 4x100m Relay, and Shot Put. It was a great experience for all as they attended the Opening and Closing Ceremonies! It was the first time away from home for 4 days for some as well! Congratulations, team! Awesome efforts!

Maxx won: 50m Silver; 100m Gold; Shot Put Silver; 4x100m Silver

Hannah won: 4x100m Silver

Christian won 100m Gold; 4x100m Silver

Sarah won 100m Silver; 200m Gold

Eric won 4x100m Silver

## Communication Students & Baseball Team Work Together!



Dom Scala, Ethan Krauss, Noah Kroeker, Cam Greenwood, Tyler Cullen, Nick Drazso, Jake Stevens, Nolan Morton, Quinten Bain, Noah Hawkins, Hunter Guard

Communications Technology students participated in their practical exams, completing three live recordings. Students hosted PUP Day participants, GSA members and our Boys Baseball team and conducted a multi-camera recording live to tape. Answers from the Press Conferences will be included in print form in our upcoming yearbook. Since our students were so successful with this pilot project, we hope to interview most clubs and teams next year!

### **2019 Varsity Boys' Baseball Team Report**

This past spring baseball season has been like no other in recent years. Four of our first five scheduled games were rained out due to poor weather and wet field conditions. Our 7 game schedule was quickly dropped to only 4 games, and we had to make the best of the circumstances. Our Trojans ended up with 2 wins and 2 losses going into the quarterfinals. We were defeated in our quarterfinal game to Pereyma SS by a score of 13 to 9.

This was a rebuilding year after losing 6 starting seniors from the 2018 squad, and the coaches will continue to work on pitching, hitting and improving run production for next season. Players representing the team this year were Dominyk Scala, Hunter Guard, Quinten Bain, Nolan Morton, Jacob Stevens, Noah Hawkins, Tyler Cullen, Griffin Michel, Liam Michel, Jake Murray, Ethan Krauss, Cameron Greenwood, Nicholas Drazso and Noah Kroeker.

Thanks for a fun season from Coaches Clark, Collins, Stevens & McCrae

# ATHLETICS

You have to expect  
things from yourself,  
before they can  
happen!

Michael Jordan

## TRACK AND FIELD

The Track and Field team was small but mighty this year. The team of 11 athletes competed at the LOSSA Championships this year at the Oshawa Civic Track. Of the 11 athletes, 7 qualified for the Central Regional meet. Also, at the Oshawa Civic Track, four athletes managed to qualify from there to the Provincial OFSAA Championships. Grade 12 student Daniel Johnson qualified in Senior Boys shot put (2nd - 14.66 m) and discus (3rd - 39.39 m). Grade 10 Trinity Miller qualified in the Junior Girls 100 m (1st - 12.69) and 200 m (1st - 25.63). Grade 9 Adam Klimek qualified in the Midget Boys 1500 m (3rd - 4:24.10) and 3000 m (2nd - 9:35.01). Grade 9 Emma O'Brien qualified in the Midget Girls triple jump (4th - 10.28 m). Emma's jump not only qualifies her for OFSAA, but also set a new overall school record!



From left to right: Hayden Ring, Adam Klimek, Rhain Duncan, Julian Rhoden

Wonderful news this month for our Track and Field Athletes at OFSSA: Trinity Miller – 2 years in a row – OFSAA Gold in the 100 m sprint (This young lady owns the Province of Ontario!) Trinity Miller – OFSAA Silver in the 200 m sprint/run

Adam Klimek - OFSAA Bronze in the 3000 m run (Endurance for sure displayed here!)

What an amazing way to finish off MCVI's Athletic Performances this year! So very proud of all our Trojans!

A huge congratulations to the entire team for a great season! Thank you to our athletes and coaches Ms. White, Mr. Archer, Mr. Bark, and Mr. Grepe.



Trinity Miller and her parents @ OFSSA.



Deb Smikle

# ATHLETICS

## ULTIMATE FRISBEE



TOP: Riley Wells, Kael Mizen, Aidan Milne, Oliver Morgan, Zachary Hettich, Joshua Bonchek, Spencer Shaw, Gregory Drake, Mr. Zimny

MIDDLE: Ashley Valentini, Brooklyn Mielke, Emma Jestratijevec, Claire Baggesen, Beth Thompson, Kate Puittinen

BOTTOM: Julia Nickerson, Maddie St. John

Ontario High School Ultimate Championships with a 3-1 record



**Fortis et Fidus**

# LIBRARY NEWS

## HOTDOCS for Schools at MCVI

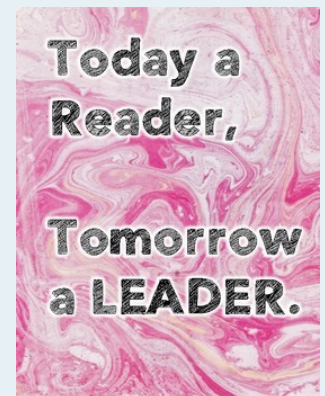
During the week of April 29 - May 6, 2019, MCVI students had the opportunity to view some quality documentaries, including *Standing Rock Parts 1 and 2*, *Turning Tables*, *Who Am I?*, *Fed Up*, *Souls on Ice* and *All the Time in the World*. Thanks to the Canadian International Documentary Festival for providing this opportunity to schools!

## White Pine Battle of the Books

MCVI readers joined students from high schools in Pickering, Ajax, Whitby, Oshawa and North Durham to attend this year's White Pine Battle of the Books on Thursday, May 9th at the Pickering Recreation Centre. After a full 6 months of reading and preparing, the team put forth a superb effort through two rounds of play.



Back Row: Avery Van Genechten, Rebecca Kemp, Aidan Quinney, Vickie Tse  
Front, seated at table: Emma Rudback, Emily Aldridge, Josephine Hunter, Elaina De Sousa, Julia Gorodilova, Megan Robertson



<https://ecdn.teacherspayteachers.com>



The Battle took place in the morning, followed by lunch and then a special Q and A with Vickie Grant, author of *36 Questions that Changed my Mind About You*. What a great celebration of reading!

Something very magical can happen when you  
**READ A GOOD BOOK.**  
~J.K. Rowling



# MATHEMATICS

## **MATH CONTESTS 2018 – 2019:**

Students from R.S. McLaughlin participated in two math contests this year; the Canadian National Math League (CNML) and the University of Waterloo math contests.

In the CNML contests which consists of six monthly papers of six questions each, the following are the school's overall top scorers in each grade.

Grade 12: Mai Lyn Puittinen

Grade 11: Ishika Vaid

Grade 10: Edwin Piette

Grade 9: Emma O'Brien

The Canadian National Mathematics League Overall School Team Award Winners 2019 in DDSB: Daniyal Kashif, Ella Carroll, Ben Hamen, Riley Wells, Rachel Deering

A number of our students wrote the University of Waterloo Math Contests. The following students had our school's top score in their respective contest.

Grade 9 – Pascal: Ashley Chung

Grade 10 – Cayley: Nawal Dbagh

Grade 11 – Fermat: Ella Carroll

Grade 12 – Euclid: Riley Wells

Congratulations to all math contest participants.

## **MATH CONTEST DATES FOR 2019 – 2020:**

### ***Canadian National Math League:***

Contest 1 - October 15, 2019

Contest 2 - November 12, 2019

Contest 3 - December 10, 2019

Contest 4 - January 7, 2020

Contest 5 - February 11, 2020

Contest 6 - March 17, 2020

### ***University of Waterloo Contests:***

Pascal Contest (Grade 9), Cayley Contest (Grade 10) and Fermat Contest (Grade 11):

Tuesday, February 25, 2020

Sign up and pay by Friday January 31, 2020

Euclid Contest (Grade 12): Wednesday, April 7, 2020

Sign up and pay by Thursday March 6, 2020

If you are interested in participating in these contests please speak to your math teacher or to Mme. Desrochers.

THE PURE  
MATHEMATICIAN, LIKE  
THE MUSICIAN, IS A  
FREE CREATOR OF HIS  
WORLD OF ORDERED  
BEAUTY.

BERTRAND RUSSELL

<https://famous-mathematicians.com/wp-content/uploads/2015/08/8.png>

## EVENTS

June 3—Musical @ 7 p.m. Tickets: Adults \$15, Students \$10  
 June 4—Boys' Baseball Playoffs—11 a.m., Semi-final 2:30p.m.  
 June 4—Musical @ 7 p.m.  
 June 4—Mr. Cliff—Outdoor Education—Nonquon all day  
 June 4—Ultimate Ontario Championship  
 June 5—Credit Rescue Day—9/11 A.M., 10/12 P.M.  
 June 5—Ultimate Ontario Championship  
 June 6—OFSSA Track and Field—Guelph, Ontario  
 June 7—Prom—Ajax Convention Centre  
 June 7—PLP Prom—Port Perry H.S. (9:30 a.m. to 1:50 p.m.)  
 June 7—OFSSA Track and Field—Guelph, Ontario  
 June 11 – Athletic Banquet  
 June 12 – EQAO Grade 9 Math  
 June 13 – Locker Cleanout  
 June 17 – Depart. Head Meeting  
 June 19 – Formal Exams – Period 1 Exam  
 June 20 – Formal Exams – Period 2 Exam  
 June 21 – Formal Exams – Period 3 Exam  
 June 24 – Formal Exams – Period 4 Exam  
 June 25 – Formal Exam Review (a.m.), Credit Completion (p.m.)  
 June 26 – Promotion Meetings  
 July 4 – Report Card Pick Up  
 Sept. 3—Grade 9s Only  
 Sept. 4—All Grades—start up.

- **O.S.S.L.T. results will be available with the student final report cards!**
- **Students are reminded that 40 hours of community service is an O.S.S.D. requirement and reinforces the importance of civic and community involvement!**

*SCHOOL IS  
SOON OUT FOR  
SUMMER!*



## P.C. JACKSON AND M.C.V.I. SPECIAL EVENTS



We have been very fortunate to have P.C. Jackson with us this year. She has led the students in many different ways. Building strong character, leading by example, and educating our students in community commitments and responsibilities are values that we all strive towards.

Thank you P.C. Jackson for your commitment to enriching the lives of our students!

Laser Quest Event:



ONTARIO  
**ecoschools**  
**écoécoles**  
de l'ONTARIO

***Eco school certification recognizes our commitment to:***

*Ecological Literacy, Waste minimization, Energy Conservation, School Ground Greening, Curriculum—Learning in/about/for the Environment, environmental Stewardship—School Wide Initiatives.*



Congratulations to the R S McLaughlin C.V.I. Eco Team on another fantastic year full of eco-achievements and successfully completing GOLD level for Ontario EcoSchools. Way to rise up to the challenges of conserving energy and minimizing your waste through effective and consistent communication as seen in a number of areas of your Eco program this year. Upcoming School Ground Greening projects will benefit students, staff, the community and local biodiversity for years to come! It is also impressive to see how involved students have been in all aspects of the project. Congratulations on your continued success in the Ontario EcoSchools program!

Mr. Gilbert and Ms. Matchim would like to give a special thank you to all students who bring down recycling and for the PLP and ME classes who help sort the blue and red bins. Also, thank you all staff and students who participated in school wide events such as Wacky Sweater Day, Earth Hour, Earth Day, Community Outdoor Schoolyard Clean Up Days, etc.

## CLASS EXCURSIONS



Nicolas Attieh



Science classes participated in conservation and restoration discussions at the Metro Toronto Zoo on Wednesday, May 1<sup>st</sup>, 2019. Grade 9 students were actively involved with their Sustainable Ecosystem Studies, and the grade 11 Environmental Science students investigated restoration projects, including the new Wildlife Health Centre.



Noah Hunter, Sage Graham, Nora Lilleoja, Zoey MacLean



Nora Lilleoja, Zoey MacLean, Sage Graham, Noah Hunter



Nicolas Attieh



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