



April 2008



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Editor: **Christine Clarke**

# Mac Link

***High school is the last time that we, as parents, will be able to take a firm hold as to what and where our children are at. Use this time to your advantage as it passes by very quickly.***

**Did you know that Mac parents were responsible for a resolution making bicycle helmets compulsory?** We are more than a fundraising group. Our newest resolution involves the New Curriculum *High School Textbooks in English* (Resolution 2007/02). These issues are taken directly to Ottawa and Quebec so **we can and do make a difference.**

Lately, the word "funds" has become a "four-letter" word. To be truthful, the funds are no longer available regardless of our solid efforts to raise them. Sadly, times are changing.

In the past, we have had the means to help buy dictionaries and books for both classrooms and Library, curtains to replace those in classrooms that were disintegrating before our eyes, musical instruments, book awards for grads, along with many "Wish-List" requests from teachers over the years to supply extra learning tools in order to help them with their curriculum.

Our many fundraisers such as Bingos, Craft Fairs, Caribbean Nights, Spaghetti/Auction evenings and our latest attempt, a Casino Night have all been attempts to continue to help the school. Although these evenings were thoroughly enjoyed by all attendees, we had hoped that the turnouts would be better. More importantly, we had hoped to raise much needed funds simply by having fun.

***New ideas for new times!***  
During our monthly group sessions we learn what is in store for the coming months and keep up-to-date on issues that involve our children.

**Your H&S is in great need of active members at this time.**  
If you had been a member in an elementary school, please do not stop now as a little bit of participation from a lot of people puts less on the few left behind considering that many parents continue to "graduate" and are no longer available to help.

Find out more about us.

Contact us on the school's website by clicking on [Groups and Committees](#). You can also e-mail me at

[betlin@videotron.ca](mailto:betlin@videotron.ca)

Linda Gibson  
Chair - Mac H&S

## **Congratulations!**

Congratulations to our very own MaLink Editor, **Christine Clarke**, for winning the **Quebec Federation of Home and School's Newsletter Award** for her out-standing MaLink publications. Christine will also receive a book for the Library during the Q.F.H.S.A.'s Annual General Meeting.

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To **Mr. Ted Duckworth** and the **Robotics Team: Awesome work!** Your efforts have made the school proud!

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Congratulations to the very deserving winners of the **H&S's UnSung Hero Awards, Linda Wood, Martin Silverstone** and **Allan Dornan**.

Linda, part of Mac's Maintenance team, has been extremely helpful to the kids and the school with her "above and beyond" work. Marty has been a gem supporting the kids in sports teams as well as Allan, for all of his work and contributions with the Robotics team.

They will also receive their awards during the Q.F.H.S.A's A.G.M.

Linda Gibson  
Chair - Mac H&S

*"I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do the something that I can do. "*

– Edmund Everett Hale

## **GRADS OF 2008!!**



# MACDONALD HIGH SCHOOL GOVERNING BOARD

Hello All,

Well, the school year is quickly coming to an end and the weather is finally starting to warm up. **We would like to remind everyone that you are welcome to our meetings if you have questions, worries, plans or projects that you would like to submit to the Governing Board.** (Remember that these cannot be child or teacher specific.)

The Governing Board has two more meetings before the end of the school year: **May 7<sup>th</sup> and June 4<sup>th</sup>**, all are welcome. These meetings are held **at 7p.m. in the library.**

I would like to take this opportunity to **thank Mrs. Lori Macdonald** for all her hard work **and dedication** as a member of the Governing Board and wish her all the best with her new baby.

I would like to **welcome Ms. Lindsay McGovern** to the Governing Board and I hope that her experience with us will incite her to join us next year.

The Governing Board will also be losing some valued members at the end of this school year. **Mrs. Allison Clarke and Mrs. Rickhey Margolies are both finally graduating from Macdonald High School** and moving on to other venues. **We wish you both the best** and may other organizations be as fortunate as we were to have you on their team.

Robert Hamel, chairman

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*"The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness."*

*Honore' de Balzac*

**Happy Mother's Day May 11!**

## **ENGLISH DEPARTMENT**

Ms. Jones' Grade 7 students will be working on a school **time capsule**. We will fill it with pictures and other items. Each student will have their own personal envelope which will include their experiences and future aspirations. The capsule will be opened when the students are in Grade 11. How much will things change in five years? We shall see!!



Ms. Jones' Grade 7 students

Our public speaking assembly took place on March 14. This was a showcase for the talents of the senior finalists who entertained and informed a very appreciative audience with their original speeches. The finalists were: **Alison Pitcairn, Julia O'Donoghue, Kyla Gilbert-Heany and Anisha Ferdinand-Dillon**, with Grade 11 student **Luke Deraiche winning with his speech on vegetarianism**. A special thank you to our judges: Sue Paquette, Sandy Davis, Lee Petford (now VP of Riverdale High) and CTV's Herb Luft and Maya Johnson.

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## **ART DEPARTMENT**

Welcome back parents and students to a world of creativity and exploration. The visual arts is back and off to an amazing start with projects surrounding anatomy, painting, package design and colour already completed.

**Stay tuned for the secret plans of Miss Ellah and her student artists for this year's school beautification projects . . . they include . . . oops . . . not telling!**

**You'll just have to keep your eyes peeled on the changing walls?!**

## PHYSICAL EDUCATION

It is hard to believe that we have entered term four. It seems like only yesterday that we started the school year. It has been an exciting term for the Department of Physical Education. All students at Macdonald completed a unit in volleyball. In addition, students in grades seven and eight completed additional units in soccer, hockey and basketball. Grade nine students finished units of handball and basketball. Grade ten and eleven students worked on units in



weight training, yoga, archery, basketball and low organized games. As the warmer weather approaches, students can expect to further their knowledge in soccer, lacrosse, football, softball, outdoor games, fitness, field hockey and power walking.

The spring brings our final interscholastic season.

**We are pleased to announce that Macdonald High will be fielding three boys rugby teams, one ladies rugby team, one ladies touch football team, a boys badminton team, outdoor track team and a cross country running team.** We look forward to your support during the season.



The Physical Education Department of Macdonald High School continues to focus on the development of your child. **Our program focuses on exposing our students to a variety of activities to foster a life-long love of physical activity and healthy living.**

Should you have any questions regarding your child's progress this term, please do not hesitate to contact your child's physical education teacher during school hours or via email.

Finally, our department wishes you and your family a safe and active summer. We look forward to seeing you next "season".

D. Joseph

## DANCE DEPARTMENT

Dear Mac Community,

The **2008 Dance Show** is almost here! The date **is set for May 15th and 16th**, that's a Thursday and Friday night. Each class will be presenting a spectacular dance either in lyrical, hip-hop, or jazz. Look for **Michael Jackson's "Thriller"** performed by our energetic Grade 7 dance class and **choreographer Christine Harrison's** hip hop opener with our hardworking dance troupe as well as techno jazz with the Grade 8's, prepare to be moved by our Grade 11's when they perform to the classical song of **"At Last"** and much much more. Come and join us for two wonderful evenings of dance.

Dance students have performed in the Mac Talent show and the Mac Fashion Show. The dance team along with the Grade 11 and 7's did a fantastic job of representing our dance program and school.

**On April 28th the dance team will be performing** once again to all the Grade 6 students who will be visiting our school **on Mac's Mini Day.**

If you would like more information about the dance show or would like to reserve tickets you can contact me by email at [mac\\_danceshow@yahoo.ca](mailto:mac_danceshow@yahoo.ca)

Yours in dance!

Sonia Barnes-Huggins



*"I do not try to dance better than anyone else. I only try to dance better than myself."*

Mikhail Baryshnikov

## Grads of 2008



evening. Our Advanced Math classes should be doing an hour of Homework and/or Study an evening.

### **M A Iammatteo**

*"Why are numbers beautiful? It's like asking why is Beethoven's Ninth Symphony beautiful. If you don't see why, someone can't tell you. I know numbers are beautiful. If they aren't beautiful, nothing is."*

**Paul Erdos**, Mathematician

## **MATHEMATICS DEPARTMENT**

Term 3 has flown by far too quickly! **The Waterloo Math Competition took place on February 19 – 2008.** Our Secondary III, IV and V students wrote respectively the Pascal, Fermat and Caylie versions of the cross Canada Waterloo Competition. Our Secondary I and II students will be writing the Waterloo Gauss in May.

With Curriculum Reform under way in Sec I, II and III, our Math teachers have been marking all students during Terms 3 and 4 in the three competencies: Situational, Reasoning and Communication.

The Parabola Projects were assessed at the end of February for our advanced Grade 10 students. **In Math 436, the winners are Katrina Wrobel and Sean Thomson and their poster's title is: "Parabolas in the Air". In Math 426, Marc Olivier Hamel and Tyler Prud'homme produced the poster "PARAROCK". Congratulations!**

The Conics Projects in Math 536 brought in a tie. **The two posters are: "SONICS CONICS" by Ryan Perrin and Erika Williston, "WHERE'S CONIX" by Rebecca McEwen and Cynthia Rocha.** Great Work!

A reminder to our Math Community that success in Math occurs with good work ethics. Our Regular Math classes should be doing a minimum of 30 minutes of Homework and/or Study an

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## **THE ESTEEM TEAM**

Members of the Esteem Team will be involved in **"Celebrating Mac Diversity" April 29, 30<sup>th</sup> and May 1<sup>st</sup>.** Students will listen to a series of guest speakers from different ethnic and religious backgrounds, will take part in lunchtime activities, and participate in the Mac world map background. **Do your children know their family background?**

As you read in the last *Mac Link*, we are now the proud owners of the Peaceful Schools International flag. The problem – **where to fly our flag?** With **many thanks to Thomas & Betts of Pointe Claire, and Sentinel Pole & Traffic Equipment of Brampton, Ontario**, we now have a new 25 foot flagpole. The next problem – we need to put up our new flagpole.



### **Parents – we need your help!**

If someone out there in the Mac community could help us with this project (once the snow melts and the ground defrosts) please email us at [macppo@gmail.com](mailto:macppo@gmail.com), or send a note to the office to the attention of the Esteem Team with your coordinates. We really want to fly our new flag!

## GRAD NEWS

We have had another exciting term of activities for the graduating class. Forty students attended our Annual Dinner and Bowling evening in March. It was an evening of great fun for the grads.



Graduating students can look forward to our final activities: a one night Grad retreat and of course **The Grad Ball**.

This year's Grad Ball will be held on **Thursday, June 26, 2008**. Macdonald High, after consultation with the Grad Class, has decided to keep the same format of the Graduation Ball from last year. This is our attempt to promote a "safe and friendly" night for all grads. The cocktail hour, reception and dinner will be held at the Grand Ballroom at the Centennial Building on the Macdonald campus of McGill at 6:00pm. Parents are invited to the reception and the cocktail. Following the reception, the Grads will be treated to a three

course catered dinner. Following the dinner, the grads will travel to Grey Rocks Resort via Deluxe coach to continue their evening of activities. The Grad Ball will conclude with a Farwell Grad Breakfast at Macdonald High. Parents can pick up their grad(s) anytime after 6:00am. An information package was sent home outlining the evening. Should you require any additional information or have any questions, please do not hesitate to contact me at Macdonald.



Our primary focus at this point in the year is to ensure that your child meets all requirements for high school leaving. Should your child require any extra tutorials do not hesitate to contact Mrs. Tuff in the community office as soon as possible.

D. Joseph  
Grad Class Advisor



## EUROPE TRIP

I would like to thank the parents for having entrusted us with their amazing children for thirteen days. My colleagues and I cherish the memories and the wonderful experiences that we shared together with the students. During our travels, we often received great compliments about the exceptional behaviour of our students. Words fail me in describing the magical and perfect journey that we undertook together.

From the beginning of the trip, we worked as a team. Every single person managed to shine in a special way. The girls were always smiling and excited about the trip. The boys were



perfect gentlemen and helped in many ways. **Richard Vani** exceptionally went out of his way on many an occasion. Nobody will forget **Kevan Mulvaney's** Disco experience. **Samantha Goudreau** and **Richard Vani** won the Fashion Show Contest. **Alannah Ferreira Morris** found the licence plate with the smallest number in Switzerland. **Everyone was so helpful that our Tour Director, Lala Rasulova, often remarked, "You are so great!"**

**M A Iammatteo**

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## **Switzerland, Italy, Monaco and France** **Travel Class Commentaries**

I had an amazing time whilst in Europe. It was very worth it and I'd highly recommend it to all of the upcoming grads. Excellent tour director, tour guides, bus driver and the experience was a once in a lifetime opportunity. Many thanks to everybody involved and to Ms. Iammatteo for organizing the trip!

**Cameron Bowers**



The trip was incredible. To be with your friends traveling around, it can't get much better than that. It was the trip of a lifetime.

**Timothy Lazier**



Europe: One of the most amazing experiences of my life. It gives you a taste of Europe at its finest. I suggest that everyone consider going on this trip. The memories were made on this trip are truly some of the most cherished memories. I feel greatly privileged to have gone on this trip and to have seen all the amazing things that we have seen.

**Katrina Shea**



The Europe trip was amazing! It was one of the best experiences of my life. It was definitely worth every penny.

**Luke Deraiche**

This Europe trip was the greatest experience of my life. Just being half way around the world with a group of friends was absolutely unbelievable. My best memory was probably the Eiffel Tower at night and meeting the other school. If you have the chance to go to Europe, do not miss out.

**Vanessa Bérubé**



My 2008 Europe trip so far has been the highlight of my life. Touring around Europe with your friends and getting the chance to meet so many new people from the other school is something that you don't want to miss if you get the chance.

**Kim Noble**



Europe has been the best 13 days of my life. Walking into the Coliseum in Rome was one of the best moments of the trip. The best thing of all is that I got to know the other students that went on the trip and also making friends with the other school. I recommend Europe to everyone, if you get the chance - you must go. It's a wonderful experience. You will make many memories.

**Rebeka Migneault**

This was the trip of a lifetime, and I would do it again in a heartbeat. I would recommend it to anyone because it is definitely an amazing experience. From the new friends we made and the amazing memories that we will never forget, it was really superb. Over all, the whole trip was great but my favorite moment was when we walked out of the metro in Paris, turned the corner and saw the Eiffel Tower glistening. It was spectacular. I would recommend this trip to anyone in a heartbeat. It is definitely worth every penny.

**Alannah Ferreira Morris**



The best thing about the Europe trip was experiencing the European culture with my friends. My favorite moment was standing on the tip of Mount Pilatus, feeling so free. Not to mention Rome's indescribable beauty. I highly recommend this trip. You will not regret it.

**Devina Persaud**

Fantastic Experiences:

- Disco- dancing to the music in Florence.
- The Eiffel Tower- lit up at night in Paris.
- Swiss Alps- On the top of Mount Pilatus.
- Gondola ride going through the Venetian Canals.

**Kevan Mulvaney**

**Europe 2008 Students:**

***Vanessa Berube, Cameron James Bowers, Laura Buchanan, Heather Cutts, Tchad Delisle-Rind, Colleen Dempsey, Luke Justin Deraiche, Frances Luzille Doria, Alannah Licia Ferreira Morris, Cynthia Gaudreau, Samantha Goudreau, Timothy Lazier, Rebeka Migneault, Kevan Mulvaney, Kimberly Noble, Devina Persaud, Cynthia Rocha, Katrina Shea, Sarah Staples and Richard Vani***



**EVERYTHING YOU NEED  
TO KNOW ABOUT GRAD BALL**

Date                   **THURSDAY, JUNE 26, 2008**

Time                   6:00pm (*reception*)

Location              **Reception – THE GRAND BALLROOM** (*Centennial Building, McGill - Macdonald Campus*)  
                            21 111 Lakeshore Rd. Ste-Anne-de-Bellevue

**Prom – GREY ROCKS RESORT**

Price                   **\$165.00 per person**

- *Parents and other family members are invited to the reception at **THE GRAND BALLROOM (no cost)**.*
- *There will be a professional photographer at the reception. 5X7 pictures will be taken at a cost of \$10.00.*
- *Grad Ball Tickets will go on sale at the beginning of May for two weeks.*
- *There is an area to leave bags, change of clothes etc. during the dinner*

**\*\* We will be holding a PARENT INFORMATION SESSION on April 8, 2008 at 7:30pm.\*\***

For more information please contact Mr. Joseph at (514) 457 3770 or email [djoseph@lbpearson.ca](mailto:djoseph@lbpearson.ca)

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**GRAD BALL**

6:00pm – 7:00pm	<i>Reception</i>
7:00pm – 8:00pm	<i>Speeches, dances, video presentation, special presentations</i>
8:00pm – 9:30pm	<b>Dinner</b> ( <i>in the GRAND BALLROOM</i> ))
9:30pm – 11:00pm	<i>Travel via Deluxe Coach to <b>Grey Rocks Resort</b></i>
11:00pm – 4:15am	<b>PARTY!!!!</b> <i>Sumo wrestling, Rock Climbing, Hot Tubs, Foam Party, Ultimate Games and much more!!!</i>
5:45am	<b>FAREWELL BREAKFAST</b> -hosted and catered by the staff of the Macdonald High School. Parents are welcomed to join or you can simply pick up your Grad at School anytime after 6:00am.

# Mac Robotics Update

Congratulations to the Macdonald High School robotics team that participated in the CRC Robotics Competition February 21-23 at College Laval.



The students on the team have been working very hard since September, putting in several hundred hours of work to produce a robot, display kiosk, and bilingual video, website and journal for the major cross-curricular project. They started their year with various courses on electronics, fabrication techniques and welding. They then put their skills into practice by constructing a permanent kiosk and practice robots before starting construction on their robot.



This year's challenge required the robot to be able to pick up a beanbag, drive up ramps and throw the beanbag onto a wall with rotating panels in order to make the panels turn to their team colour. The Mac high team responded with a tracked, welded steel tank that was very competitive with robots produced by colleges and private schools who participated in the competition, showing them what Mac pride is all about.

The students have every reason to be proud of their efforts and are already planning for next year. Wish them luck!

## SCIENCE DEPT.

by

Ellen Gauthier



The Sevens are learning about ecosystems involving water and are now starting to get their atoms in order. **Notice; be on the lookout for the hot air balloon launch at the end of May.**

The Eights are working on their heat transfers and some are working with their bots. **Notice: be on the lookout for the bottle rockets launch.**

The Nines are researching their senses.

The Tens are finished getting their wires crossed in parallel circuits, and are finding out how much energy they waste in their homes and what common household materials are either acids or bases.

The Grade Ten advanced Biology class have just given science lessons to two elementary schools and are now preparing for their New Brunswick trip and learning about marine life. **Be on the lookout for enviro-ribbons on sale to celebrate Earth Day, April 22.**

The Elevens, so close to raising the temperature, are increasing their concentrations, maintaining their equilibrium, following their pipette dreams and bending light.

Despite being up against many private schools in the **Bell Montreal Regional Science Fair**, our group had a fine showing. **We had a total of three projects entered and came home with 1 silver medal, 2 bronze medals and 2 McGill \$100.00 prizes!!** We should be very proud of **Jennifer Ashfield, Sarah Staples, Graham Stellema and Alexandra Nudo.** They represented Mac well!



## Science Fair Winners 2007/2008

### Secondary I

#### 1st Place:

**Cleaning using Natural Ingredients instead of Harsh Chemicals by:** Brittany Boyle and Alexandra Boyd  
**Smell and Taste by:** Samantha Deeley and Samantha Martin

#### 2nd Place:

**Vitamin C by:** Clare Fogarty  
**How Does Caffeine Affect your Body? by:** Mathew Zanti

#### 3rd Place:

**Les Minéraux by:** Maude Vinette  
**C'est dent-tastiques! by:** Julian Kane, Austin Beauchamp and Bryan Glasgow

#### Honourable Mention:

**Les Empreintes Digitales by:** Ariah Leroux  
**Combien de Bicarbonate de Soude est trop? by:** Nicole Parmentier  
**Why do Lobsters Turn Red when Cooked? by:** Jesse Zidle



## **Secondary II**

### **1st Place:**

**Ecospheres** by: Graham Stellema

**Chaudes ou froides?** by: Dario Armas, Andrew Gaudreault and Jacob Stillwell

### **2nd Place:**

**To Clean or Not to Clean, that is the Question!** by: Alexandra Nudo

**L'Aéroglesseur** by: Nick Auger, Kevin Brown and Matthew Good

### **3rd Place:**

**Vitamine C** by: Jonathan Vatcher-Alaei and Oliver Rind

**Avez-vous Peur?** by: Laura Heather, Lara Jenkins and Vicky Brauer-Rochette

### **Honourable Mention:**

**Friction** by: Carlo Cefaloni and Julian Mye

**Survival of the Fishest** by: Justin Adam, Keith Champaux and Harry Cross

**Le Grand Prix des roues** by: Phipip Pare-Langevin

**Fruitisious** by: Theodora Matsoukas and Kelsie Rae Sloan





## **LEADERSHIP – STUDENT LIFE**

All good things must come to an end and that unfortunately is so for Grade 11 student leaders. Each year is the same story, our grade 11 student leaders end up graduating to other pursuits. I want to thank them and wish them all the best. It is now time to fill in the gap with our younger students. Thus, it is time to make a call for any and all student leaders in grades 7 – 10 that want to join leadership. This is the time to get involved. We are now making plans for the 2008 – 2009 Student Council and Leadership Team and we need great students to fill the big shoes that are leaving us shortly.

To expose students to the world of leadership we have some amazing experiences that are coming up:

**1 - Mac Camp** is for our student council and student leaders to get focused and working together as a team. The torch gets passed from our Grade 11's that are leaving us to the next generation. Mac Camp is designed to empower next year's students and get them off to a great start.

**2 - LBP Camp** is for our student leaders to join with other student leaders in other high schools for 3 days of leadership training, great speakers, fun and idea swapping.

Both of these camps as well as our regular meetings, leadership classes, Mega Day, Provincial Leadership Conference and CSLC (the Canadian Student Leadership Conference) are open to any Mac High Student that wants to make a difference in the school.

**The final FYI** – We are registered again for the CSLC 2008 in P.E.I. and will be sending 3 amazing student leaders to this 6 day conference in Sept. 2008

Leadershiply yours,

Mr. J. Roberts

## **The following is a “Why Should You” Top 9 to being a student leader:**

**1** – *You get to **make a real difference** in the school on a big scale. Think Hockey Game, Think Talent Show, Think Dances, Think Guest Speakers, Think Attitudes, Think Change.*

**2** – *You join a positive leader team and work at influencing Mac High towards great things.*

**3** – *You get invited to Mac Camp, Mega Day, LBP Camp, Provincial Leadership Conference and National Leadership Conference. (CSLC)*

**4** – *You get to be in a leadership class that gives you time in your schedule and gets you marks for doing great stuff.*

**5** – *You get to hang out with Mr. Roberts on Wednesdays at lunch.*

**6** – *You make your school a better place which, in the end, makes it good for you too.*

**7** – *You get **POWER** to make decisions on things – Think uniforms, Think school events, Think policies, Think rules, Think speaking to the Principal. You even get a vote on the Governing Board.*

**8** – *Because it is in you – you bleed **GREEN** and smell like a **BULLDOG** (and leadership will come out one way or another. **If you have read all the way down to this point → You most likely already are a student leader.**)*

**9** – **Because you are being asked.**

## COMMUNITY OFFICE

Well, this is it, the home stretch.

Each time I submit an article to the Link, I am truly in awe of the passage of time. Must be my age! Speaking of age, your young students have been non-stop and they are growing into lovely responsible young adults. Here are just a few of the things they have taken on in the last few months.

**Valentine's Day** was a great success. Over 800 chocolates and messages were delivered to the entire student body! We followed that up with the **sale of Heart and Stroke items at Pincourt Mall** for the entire weekend.

Great job to all who volunteered! Next up was **skating at the Bell Center**, and of course the outstanding contribution by our students to the **St.**



**Patrick's Day Parade.** We had **Mitchell Cuillerier** open the St. Anne's Junior Hockey Tournament singing both the Canadian and American national anthem. **You made us proud Mitchell!** Later in the month a small group of students **visited the Lakeshore Hospital** with great hopes of pursuing a medical career. Good Luck to all! **"Clean up Ste. Anne's Day" is April 18**, sixty of Mac's finest will be out helping the town make Ste.



Anne's spic and span clean after a very harsh winter. Our **Vocational Ed. Outreach Tours** was a great success and **Driver's Ed.** has started its spring session. Mac staff helped out the **Canadian Cancer Society** by buying **500 daffodils** and **Denim Day will be May 13.**

A short but heartfelt **Thank You to Mrs. D. Macdonald, Mrs. St. Amour and Mrs. Cardinal** for helping out with the vaccinations in February...we really appreciate your time, energy and commitment to our school!

Our students have been applying for scholarships over the last few months; keep your fingers crossed for some positive results. **The students have given a lot of their time to these awards and are all winners no matter what the outcome!** A note to parents, we still have

some tutors available, if you think your child needs a bit of help heading into the last of the year, give me a shout.

Again, time has passed quickly; I won't close without mentioning our **Multi-Cultural Food Court, being held on Thursday, May 1.** It's always great fun and even greater food! Thanks to all who have made all the above possible and even more thanks for making it all so enjoyable!

Sue Tuff

*"Generosity is not giving me that which I need more than you do, but it is giving me that which you need more than I do."*

Khalil Gibran (1883 - 1931)





## **News from your Parent Participation Organization**

Several years ago we were approached by parents about introducing a school uniform, and this finally came to a vote in mid February of this year. We did not get the 70% approval that the Governing Board had requested so there will be no change to the dress code for the next school year. We would like to thank you for taking part in our vote and participating.

**It is never too late to get involved.** New members are always welcome to our group. Being informed is half the battle. If you can't attend meetings, try to get out to one of our free **Family Matters workshops. We hold them twice a school year.** Check out "groups & committees" on the school website to see what is happening at Mac.

Cathy Hart-Noble  
PPO Chair

[www.macppo@gmail.com](mailto:www.macppo@gmail.com)  
[www.macdonald.qc.ca](http://www.macdonald.qc.ca) ,

"Groups & Committees".

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## **Cyber-Bullying Tips for Parents**

Submitted by Mrs. Carsley

- ❖ Become computer savvy. Kids are more technologically advanced than most adults. Take a computer class to educate yourself on terminology and how to navigate a computer.
- ❖ DO NOT ALLOW your children to have a computer in their room or other isolated area.

If they utilize laptop computers, set guidelines for where they can use it and length of time they may be on the computer. Always keep home computers in family rooms, kitchens or other rooms that everyone spends time.

- ❖ Be aware of the online activities that your child participates in. The Internet has many positive purposes; however it also makes access to inappropriate sites very easy:
  - Hang out with your child while on the computer and talk specifically about cyber-bullying. Ask your child if they have ever been cyber-bullied or would they tell you if they had and if they had cyber-bullied someone else. Remember your response to their answers will either buy you more time with them or cut them off completely.
  - Educate yourself and your child on cyber-stalking, or other illegal or troublesome on-line behaviour. Ask your child if they know of anyone who has been the victim of such behaviour.
  - Define for your child the affects of cyber-bullying and that it is unacceptable. Talk with your child to come up with a family plan for responsible choices and consequences for irresponsible Internet use.
- ❖ Inform your child that you will respect their privacy while on the computer, however that their safety is most important and that you will intervene if you feel it is necessary.
- ❖ Inquire about filtering and parental control programs to install on your computer. There are great programs but do not rely on them to be your only protection against cyber-bullying or other predators.

## **Suggestions and Tips for Parents**

- Spend time with your child. Have a special time together either at meal time or bed time to talk and be there for him/her.
- Be consistent about discipline. Hold your child responsible for negative or hurtful behaviour, not through put-downs or punishment but through his/her understanding the consequences of his/her actions.
- Know your child's friends. Allow kids to gather at your home, chaperone trips, and provide transportation for your children and their friends.
- Help your child see other points of view and develop empathy for others. Take time to ask: "Who did you help today?" When watching a TV show or movie that involves bullying and relationships, explore the different roles and perspectives.
- Be a positive role model. Actions speak louder than words. Try positive gossip at the dinner table – looking for the good in people.
- Involve children in activities outside of school so that they are exposed to different groups of people.
- Encourage relationships with adults and other peers who appreciate them for who they are.
- Always be available to listen and talk to your child about what is going on in his/her life. Don't downplay the importance of an incident; empathize with your child when he/she shares something seen as important.
- Teach kindness and model this behaviour. Be aware of your own inadvertent aggressive behaviours in relationships.
- Closely monitor TV, computer activities and music. Be aware of all of the influences in our society for some may not be in agreement with your value system. In addition, too much media involvement and too little "real life" social interaction and engagement stifle the development of social skills necessary to relate in a caring, responsible way.
- Remember that while your child may tell you about being the victim of an incident, they often won't tell you about being the aggressor. Talk to your child about both sides of the issue.
- If your child is the "girl/boy in the middle", firmly but lovingly encourage him/her to take the high road and support the victim, or at least not take part in the aggression.
- Encourage your child to keep a journal of what happens, who is involved and if any actions were taken. This may help schools act if needed.
- If needed, seek professional counselling.

## **NOTES (🎵) FROM THE MUSIC DEPARTMENT!**



Senior band performed at Edgewater & St. Pat's elementary schools

### ***Only a couple of weeks to go before our Music concert!***

The evening on **Wednesday April 30<sup>th</sup>** 2008 has been reserved for this year's music concert. All three Music classes will be performing songs they have worked hard to learn and perfect throughout the year. Although student participation in the concert is mandatory and will be graded, the real reason we will all be on stage is to celebrate the wonderful times we have had together this year and the great music we have made!

**The concert will start at 7:30pm.  
Tickets will be on sale at the door for 5\$.**

Hope to see you all there!

### ***The music room has been inundated with great original pieces!***

Music students have handed in their compositions! Each student has written a 32 measure AABA form piece for an instrument of their choice. The ice is now broken! Next year senior students should be writing a minimum of three pieces, each exploring a different form and style.

### ***Annie Get Your Gun***

The Music department is still involved with the Drama Department's production of this year's Musical, Irving Berlin's ***Annie Get Your Gun***, set to be performed on April 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup>. Come hear some great singing!

Have a great end of year!

**S. Crête**

## **INTRODUCING CLASSIFIED ADS**

Macdonald High School Home & School is pleased to introduce a new **Classified Ads Section in the *Mac Link***. Parents, staff and students alike are invited to submit ads for the next edition.

We accept advertising from businesses, from students who are available for summer employment, birthday wishes, anniversary wishes, garage sale notices, items for sale and more.

Please support your Home & School by e-mailing *Mac Link* editor Christine Clarke at **cmclarke03@yahoo.ca**, for our classified **prices**, the **date of the next issue** and to **place your ad**.

We have the right to refuse any ad which is deemed not to be in conformity with the policy rules and regulations of the LBPSB, Macdonald HS and the Home & School.

**Dear businesspersons,**

**Promote your product or service to the Macdonald High School community!**

**Every issue of the *Mac Link* newsletter is circulated among faculty and support staff, and goes home to each Mac High family. This is an excellent way to reach the English-speaking market of the western West Island and Ile-Perrot. What's more, your accountant will remind you that advertising is a deductible business expense.**

**So place your ad, and become a business leader while helping to support the Macdonald High Home & School's many activities!**

**Best regards,**

**Christine Clarke**



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