

# NEWSLETTER

December 13, 2024

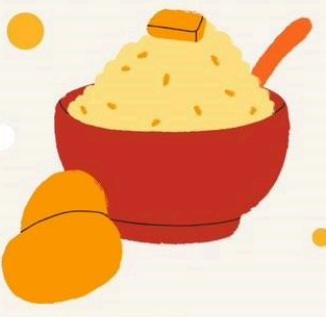
[WEBSITE](#)

[CLUBS, LEADERSHIP AND ATHLETICS](#)

**December 16 - 18**

**MCI COOKING CLUB**

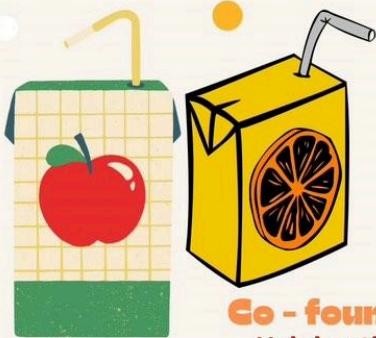
# **MENU**



**Tuesday**

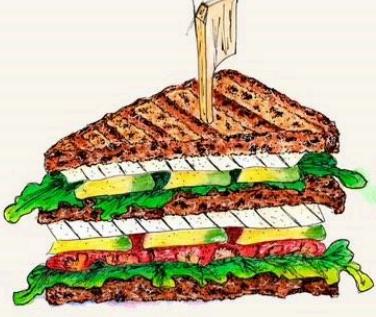
Jerk chicken sandwich  
Baked chicken sandwich  
Gluten Free Wraps available  
Coleslaw/ Green salad

**MEALS ON MONDAY AND TUESDAY WILL COST YOU \$6:50**



**Monday**

White Rice  
Mashed potatoes  
Stew chicken  
Green salad



**Wednesday**

Late Start - Waffles from 8:00 - 9:50 (\$2 Per waffle)  
Lunch - Pizza (\$3 per slice)  
Jamaican Patties

**Co - founded by BSA**  
Halal options available

**MCI Cooking Club**  
**Founded by the BSA**  
Ms. Gordon

Please note that our cafeteria will be closed next week. However, our wonderful Cooking Club, started by the BSA, will be serving some wonderful meals from Monday to Wednesday!

Please see image on the left for details!

# Winter Music Night

Thank you to our audience for coming out and supporting our 85 musical bears on December 12. Special thanks to the Parent Music Council for providing refreshments, and organizing the raffle sale that raised money for our transportation to Nationals in May.



## Risk, Learn, Grow Fund 2025

### BUY A GIFT AND MAKE A DIFFERENCE!

We have a goal of \$20 000 so we can make sure ALL of our grade 9 students can attend Leadership Camp next year.

We are starting at zero and we have nine months to raise funds. Our goal for December is \$2 000 and we are selling some retro MCI Merchandise to support Leadership. **Pick-up of Items is Wednesday, December 18 and Thursday, December 19 in the main office.**

Volunteers will be showing samples in the lobby at lunch before winter break and advertisements will be on our Instagram @mcileadership.

These are while supplies last only!

Here is a price list with links based on items:

[Beanie-\\$5](#)

[XL T-Shirt-\\$5](#)

[L T-Shirt-\\$5](#)

[M T-Shirt-\\$5](#)

[S T-Shirt-\\$5](#)

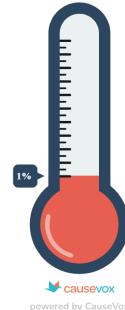
[Messenger Bag-\\$12](#)

[Retro Water bottle-\\$8](#)

[Decorative Mirrored/Sparkling Tree \(60 cm tall\)](#)

**\$10 or 3 for \$25**

GOAL: \$20,000



If you would like to make a donation only, please specify Leadership in the notes at the following [LINK](#) AND send Ms. Reid an email so we can thank you and track the donation.

Thank you for all of your support. *Together, we can ensure that ALL MCI students have access to this opportunity.*



# MCI Mental Health Conference

## 2024/25

On December 12th, MCI's Allies in Wellness Committee hosted its annual MCI Mental Health Conference. Students engaged with our various in-school and community supports in the morning, including the George Hull Centre, Central Toronto Youth Services, RexPride, Yorktown Family Services, Victim Family Services and our own GSA, Guidance and Allies in Wellness committees. A number of classes also participated in various workshops offered by these community support groups. Topics covered included navigating teen relationships, tools for self-care and self-confidence, strategies to support growth during times of stress, online safety in a digital world and more. Thank you to all students, staff and community partners for sharing their experiences and resources. Remember that these resources and community partners are always available. Please see MCI' Allies in Wellness poster for a link that includes all community support contact information.



# MCI Mental Health Conference 2024/25



## Grad Photos

**Tuesday, January 7, 2025 – Friday January 10, 2025**

and

**Monday, February 10, 2025 – Thursday, February 13, 2025**

Please see the grad flyer for information regarding appointments.

**Please note we only open up 2 days at a time to book appointments.**

**YOUR GRADUATION PHOTO DAY IS HERE**

Graduation Portraits at your school will be starting on:

**JANUARY 7, 2025**

To book an appointment please visit:

<https://www.brightpics.ca/bookyourappointment>

Create an account and book an appointment using the JOB ID and GRAD ID provided below:

**JOB ID: Q9017 GRAD ID: ubrj4fMH**

Each student is required to pay \$35.00 Sit Fee to the Photographer on Photo Day. This fee includes digital proofs as well as an 11" x 14" composite of the Graduating Class.

Your digital proofs will be sent to the email address used to register for your appointment

Your Graduation Portrait session should be a memorable event. Please take time to look your best! We recommend all graduates wear a white collared shirt for the best results! Graduates may also wear a tie if they choose.

**Please be on time for your appointment!**

If you need to make a change or cancel your appointment please contact us at: [studio@brightpics.ca](mailto:studio@brightpics.ca)

  
**SCAN ME**



**brightpics.ca**  
SCHOOL PHOTOGRAPHY

# HEALTH & PHYS ED/ATHLETICS

Our Novice Boys Basketball Team placed First in the Central Toronto Academy Basketball Tournament! Congratulations to them! Shout out to Abdi Hassan for his exceptional performance.



## WINTER TEAMS UPDATE:

Our winter sports season is in full swing! Take a look at our latest results:

### Indoor Girls' Soccer

Current record: 0-2-1  
0-3 loss against Silverthorn

### Junior Boys' Indoor Soccer

Current record: 3-0  
5-2 Win against York Memo

### Senior Boys' Indoor Soccer

Current record: 2-1  
6-0 Win against ESA  
9-2 Win against WTCS

### Varsity Hockey

Current record: 2-1-1  
6-6 Tie against ECI  
0-3 Loss against Humberside  
5-3 Win Western Tech

### Junior Girls' Volleyball

Current record: 0-1  
0-2 loss vs Richview

### Senior Girls' Volleyball

Current record: 0-1  
0-2 loss vs Richview

### Novice Boys' Basketball

Current record: 2-1  
38-37 Win against YMCI

### Junior Boys' Basketball

Current record: 2-1  
56-31 Win against NACI.

### Senior Boys' Basketball

Current record: 3-0  
68-44 Win against NACI

## UPCOMING GAME SCHEDULE

**Tuesday, December 17** - Girls Volleyball Double Header Vs. Western Tech, Girls Indoor Soccer Vs. Richview C.I., Varsity Swim Team meet at Weston C.I.

**Wednesday, December 18** - Varsity Hockey Vs. Richview C.I.

We encourage all students to come out and support our Boys' Basketball and Girls' Volleyball teams in the gym for their home games. Follow @martingrovebac for the latest home game announcements.

A reminder that only MCI students can attend MCI home games. All spectators must put backpacks in lockers and show their Student ID card to be let in.

# Post Secondary Application Deadlines Approaching!

The deadline to apply for equal consideration for all Ontario university programs is January 15.

The deadline to apply for competitive programs at Ontario colleges is February 1.

Different deadlines may apply for supplemental applications, portfolio submissions, auditions, video interviews, etc. Students must read carefully the correspondence they receive from colleges and universities about any additional information required for their applications.

Many grads have already completed their applications, but we know that some are still researching options and making decisions about colleges and universities. If students have any questions, Guidance Counsellors are happy to help with research and with applications. We recommend that applications be completed during the Winter Break to avoid any last minute technical issues.

<https://www.ouac.on.ca/guide/undergrad-guide/>

<https://www.ontariocolleges.ca/en>

## Semester 2 TDSB Night School Courses

Registration for TDSB semester 2 Night School is now open. Students can register for full credit courses or for remedial / credit recovery courses.

The lists of courses are posted here:

<https://schoolweb.tdsb.on.ca/conedsecondarycreditprogram/Course-Offerings>

Guidance Counsellors are happy to discuss Night School options with students and parents / guardians - please reach out!

## Martingrove MLL Students - MMUN Execs



jfiaaph



Martingrove's Model United Nations:

- 2 days conference
- Group of 4 students representing a country
- General Assembly + Specialized Agency (Environmental, Security, Health, Economic and Social Councils)
- Fun way to learn about how the United Nations works
- Debates on global issues, dress up, and meet new people
- Improve public speaking, teamwork, and leadership skills



Registration close December 20th.



Our conference is on **February 18 and 19 2025!**



MMUN 2024 Secretariat Team!

## TDSB Winter Wellness Guide

The TDSB's Winter Wellness Guide has just been posted. You can find information about supports and resources for your child(ren). The Guide is available in 25 languages.

<https://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-and-Well-Being-Professional-Support-Staff-PSS/Well-Being-Guide>

# Counselling Supports in West End

**Help Ahead-What's Up Walk-in:** **1-866-585-6486.** (9:30AM-7:00PM, Monday-Friday). They have access to all the What's Up Walk-in across the city and can help access single session counselling sessions very quickly (by phone or video-conferencing and in-person).

**Victims Services:** **416-808-7066**

**Family Navigation Project:** **1-800-380-9367** is a free service designed to provide expert navigation of the mental health and addictions service system for youth aged 13-26 and their families, who are living in the Greater Toronto Area (Durham, Halton, Peel, Toronto and York). It is a phone-based program that is run out of Sunnybrook Hospital.

**Your Family Doctor** is often a great resource and referral to support

**Rexdale Community Health Centre:** **416-744-0066 x1**-Counselling support for youth and adults.

**What's up Walk-in (Lumenus Community Services):** 647-272-8482 200 Ronson Drive, 4<sup>th</sup> Floor (Martingrove and Dixon Rd area.) Call (Intake Department). Excellent service and free of charge, for youth and families and if required they will see you on an ongoing basis.

**Yorktown Family Service-What's Up Walk-in:** **416-394-2424 x2010** Eglinton Avenue West, Suite 300 (West of Dufferin). Provides the same service as Lumenus (see above).

## Emergency Services

**Call 911 or go to your local hospital emergency room**

Safety at Martingrove C.I is of utmost importance and thus, please note during the month of October we will be practicing Emergency Procedures so that all Students and Staff know how to respond in a real emergency. In Sept. we practiced a Fire Drill and a Lockdown Drill. This week we practiced a Fire Drill and it is expected we practice another Fire Drill before the end of Semester 1.

[Suicide Crisis Helpline](#) Call or text 988

## National Services

**Kids Help Phone** at **1-800-668-6868** or texting CONNECT to 686868 or go to *Kids*  
<https://kidshelpphone.ca/>

**Inuit and First Nations Hope for Wellness Line:** **1-855-242-3310**

**Trans Lifeline:** **1-877-330-6366**

**LGBTQ Youth Line:**

**Text or Live Chat: Sunday to Friday, 4 PM – 9:30 PM, at 647-694-4275 or [youthline.ca](http://youthline.ca)**

**Distress Centre:** **416-408-4357**

# Contacts

## Principal and Vice Principals

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Child and Youth Worker: N. Hankey [Catherine.Hankey@tdsb.on.ca](mailto:Catherine.Hankey@tdsb.on.ca)