

ALEXANDER ACADEMY

MONTHLY  
NEWSLETTER

APRIL 2020

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# CONGRATULATIONS TO OUR PROUD GRADUATES

*University Acceptances (To date)*

EMILY CARR

FLORIDA  
INTERNATIONAL

FRASER  
INTERNATIONAL  
COLLEGE

HULT SAN  
FRANCISCO

KING'S COLLEGE  
LONDON

KWANTLEN  
POLYTECHNIC  
UNIVERSITY

LANGARA  
COLLEGE

LASALLE  
COLLEGE

LONG  
ISLAND  
UNIVERSITY

OCAD

QUEST  
UNIVERSITY

RYERSON  
UNIVERSITY

UNIVERSITY  
OF ALBERTA

UNIVERSITY OF  
BRITISH  
COLUMBIA

UNIVERISTY  
OF CENTRAL  
FLORIDA

UNIVERSITY  
OF TORONTO

UNIVERSITY  
OF VICTORIA

UNIVERSITY  
OF WATERLOO

MCMASTER  
UNIVERSITY

WESTERN  
UNIVERSITY

COQUITLAM  
COLLEGE



# ALEXANDER ACADEMY

# SUMMER SCHOOL

SPEAK TO ADMISSIONS TO REGISTER NOW!  
[ADMISSIONS@ALEXANDERACADEMY.CA](mailto:ADMISSIONS@ALEXANDERACADEMY.CA)

Date: Monday, June 29 - Friday, July 31, 2020

Time: Morning Session\_9am -12pm

Afternoon Session\_1pm - 4pm

Courses Offerings:

Grade 10: Composition/Literary Studies 10, Math 10, PE 10,  
Science 10, Social Studies 10, Transitional English 10

Grade 11: Composition 11, Physics 11, Pre Calculus 11

Grade 12: English 12, Pre Calculus 12

Application Fee (Waived): \$100, Courses Fee: \$1600

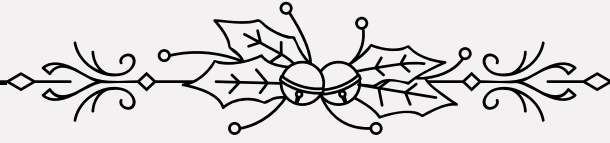
[Application Form](#)

[HTTPS://WWW.ALEXANDERACADEMY.CA/](https://www.alexanderacademy.ca/)





# *Virtual Graduation*



Dear Alexander Academy family,

I hope this newsletter finds all of you safe and well.

The COVID-19 crisis has made Alexander Academy modify not only its educational plans, but the extracurricular plans for the rest of this school year as well.

Although we now offer a full slate of extracurricular activities for our students online, some of our school-wide events have been cancelled due to their physical nature.

One of the events we have had to cancel is our graduation ceremony originally planned for May 28th. Despite this decision, we are determined to find another way to celebrate the incredible graduating class that will pass through our doors this June! We are currently exploring options to hold a virtual ceremony in June to commemorate this rite of passage. This will allow all family members from all over the world to observe.

We will have further details available for you in our next newsletter. We thank you for your continued support as we wrap up the remaining of the year under these unusual circumstances.

Sincerely,

Spencer Todd  
Head Teacher

# *Important Updates*

## **NUMERACY AND LITERACY ASSESSMENT UPDATE**

- January 2020 Numeracy and Literacy Assessment results have been released. The results can be accessed by students through their Student Transcript Service (STS) account at: [www.studenttranscripts.gov.bc.ca](http://www.studenttranscripts.gov.bc.ca)
- Please note that a BCeID is needed to access Student Transcript Service. If you do not have yet, please view the following video on how to sign up: <https://www2.gov.bc.ca/gov/content/education-training/k-12/support/transcripts-and-certificates/help>

## **TRANSCRIPTS & MIDTERM REPORT CARDS**

- Grade 12 parents and students are encouraged to check their Student Transcript Services to ensure the accuracy of all marks no later than May 1st, 2020. Any changes that need to be made will need to be done before this date.
- Semester 2 midterm report cards were published on April 20. They are available electronically through email or downloading via the MyEducatioBC family portal.

# Important Updates (Continued)

## POST-SECONDARY APPLICATION PREPARATION

- Grade 8 - 10 Students. At Alexander Academy, students as young as 13 years old are encouraged and guided by our teachers to explore our connections to the community. This sets a strong foundation for them to find out their passion and build upon it. Assessing their personality, interests and strengths are part of career education.
- Grade 11 students continue to engage in extracurricular activities to collect experiences and build their resume. Though they are doing their part in physical distancing, students can continue to collaborate virtually to plan for future projects, raise awareness for current issues and /or provide help or services virtually. Other than that, students should identify scholarships they are eligible for and start gathering preparation materials and documents.
- Grade 12 students. Congratulations to those who have received offers! Your hard work has paid off! It's important to know the conditions to maintain your offer. Remember to keep updating your post-secondary institutions your latest grades as they become available. Last but not least, most post-secondary institutions give applicants a deadline to accept their offers; remember to do so before this date!

## REGARDING B.C. MSP

If you have left Canada due to COVID-19, please note that you must inform MSP to cancel your account. MSP will continue to charge your monthly premiums if you do not inform them of your departure. Please call +1 604 683-7151 and provide them with your account number located on the back of your MSP card. Due to privacy reasons, Alexander Academy cannot cancel on your behalf. If you choose to return to B.C. in the future (such as for September 2020), you must REAPPLY as if you are a brand new student to Canada. We will help you to do this. Please note that there will be a 3 month waiting period before coverage begins.

# CAS at Alexander Academy



One of the things that IB schools around the world do is something called the Core program. It includes three elements: Extended Essay (EE), which is a research project, Theory of Knowledge (TOK), which looks at how we learn things, and Creativity, Activity, and Service (CAS). CAS is an element that is essential to the overall IB learning experience. As one IB student, Sophia Millar put it,

"CAS is a very important part of the IB Diploma programme, and one cannot pass their Diploma without it. It allows students to spend time managing their lives outside of immediate schoolwork and is a way for students to get credit and be acknowledged for the extracurricular activities they do in the sectors of creativity, activity, and service. . . . Incorporating these things into one's school life creates a well-rounded, balanced student, and it often leads you to think of things you normally wouldn't!"

The students in the CAS program are doing this for their diploma program and thus are motivated to do it, but we also try to extend this idea to the rest of the school. Some CAS related things we have had this year that have been wider school activities have been the Alexander Action Club, which is looking at environmental issues and seeing what we can do to help make the world a better place. They brought in a guest speaker from the Georgia Straight Alliance who talked to us about how the wildlife in the Georgia Straight are doing. The Club continues to examine ways we can continue through online means.

Our school has an art club, a music club, and a dance club, all online, where students can explore creative aspects of their lives. Also, an online yoga group has started which will help the students and staff keep healthy while staying at home.

Some other things the CAS IB students have been doing:

Sophia Millar: "Some of my most fun CAS projects include getting a Boater's License online, being a Crowd Pumper at WE Day, being in the Santa Claus Parade this Christmas, and playing Badminton with the school at the local community centre."

Ashima Panikar: "One of my favourite activities was the Christmas International Food Fair. In the food fair, I was able to plan it out from the beginning, which was a new experience for me. It was special for because we worked very hard on it and it was great to see it succeed. Through the food fair I learned about the people at school with me and around me. Overall, CAS has helped me do a lot of things I wouldn't have done otherwise. I have learned new things and met new people, became more sociable and learned more about myself."

Diba Zare Nejad: "One of my favourite activities was going to the soup kitchen. The interesting thing from being at the soup kitchen was it made me think bigger and maybe sometimes look around at society and as a human being help others."

Nicholas Stefanut: "CAS has really been a big motivation for me to exit my comfort zone of staying at home. A strong example are my experiences at the soup kitchen which I was able to volunteer at. It's something I honestly probably wouldn't have been able to get around to doing; and it's interesting since (I went) there once, I wanted to go back gain over and over. I've never really been this close to people who are seriously in need due to their unfortunate situations and it's fulfilling to know that I've done something which impacted someone's day."

The IB CAS students have tried many new things and have learned a lot from their experiences. The challenge for them now is what to do as we are staying at home. Some are doing online fitness programs. Some are doing yoga. Some are learning to cook. Some are learning new computer skills. Some are working on their musical skills. The possibilities are endless as we look with a fresh perspective.

CAS is a great aspect of the IB school experience, and we hope it helps students to become lifelong learners.







# Health and Wellness Resources

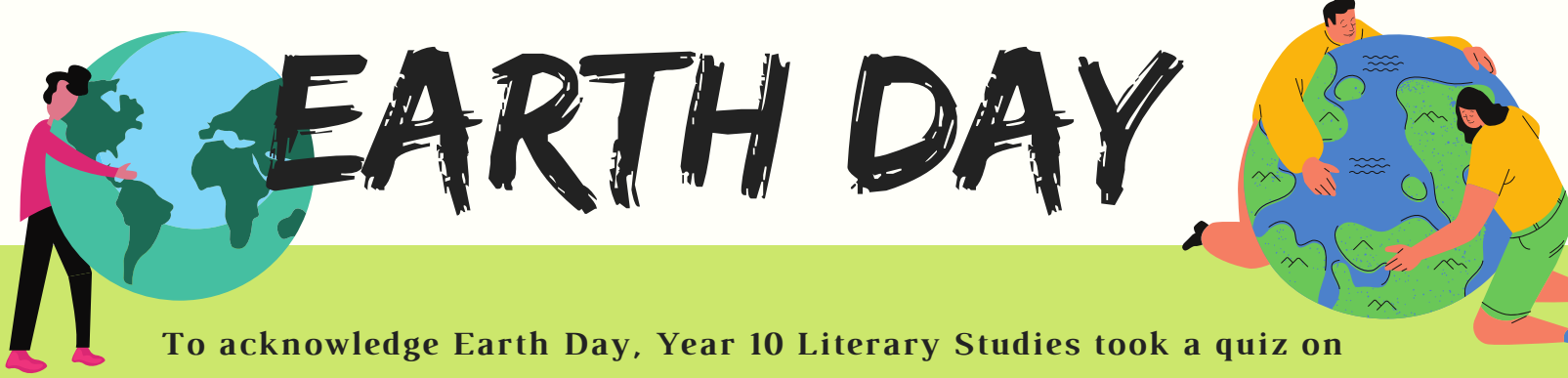
The Health and Wellness online workshop exclusively for Alexander Academy students was well attended. This is possible courtesy of Alexander College's Health and Wellness Counsellor Kerry Anne Holloway.

- Phone/text: +1 (604) 780-1799
- Email: [hollowaycounselling@gmail.com](mailto:hollowaycounselling@gmail.com)
- Office hour: Monday to Friday, 9:00am - 4:30pm

If you need to talk to someone outside of Kerry Anne's office hours, please text or call Kids Help Phone 1-800-668-6868, which is available 24/7.

keep.meSAFE student Support Program with 24/7 access to mental health resources will be available very soon! Licensed and trained counsellors will provide immediate and fully confidential support through chat and telephone in 30+ languages. These professionals will keep conversations confidential and speak to students in their preferred language.

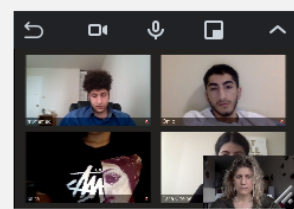
**Ms. Guan, our Student Services Manager is in regular communication with each student and their family. And of course, all teachers and staff are always here for our Alexander Academy family. If you ever have any concerns or worries, please do not hesitate to connect with us!**



To acknowledge Earth Day, Year 10 Literary Studies took a quiz on all things 'Mother Earth' related and tested their knowledge of our home planet. The questions prompted students to think about the value of our planet and one question in particular asked students to put a monetary estimate on the value of fresh air produced by our forests. Afterwards, students discussed the recycling policies, or lack thereof, in their home countries.

How much oxygen does an average 50 year-old tree produce?

20



Skip

5  
Answers

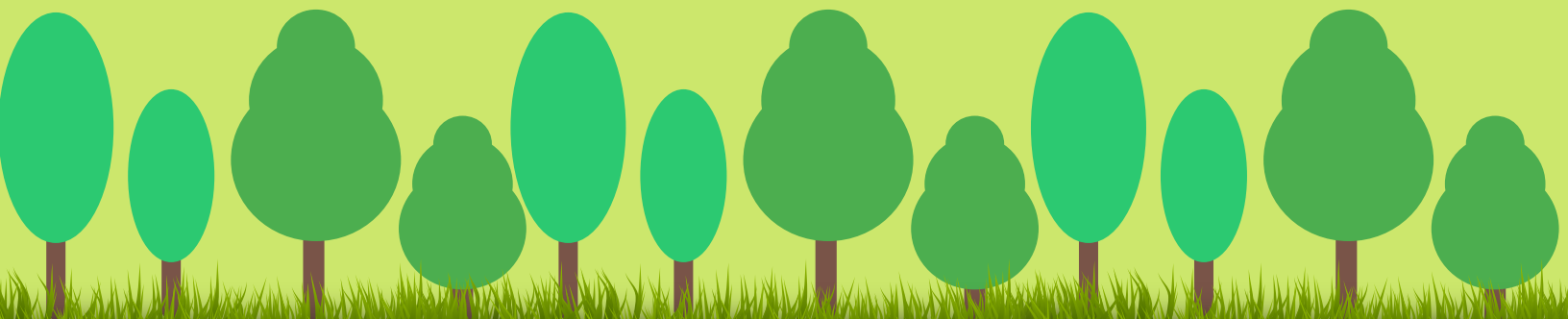
▲ 1,500 pounds / 680.4 kg (enough for 1 person/year)

◆ 6,000 pounds / 2721.6 kg (enough for 4 people/year)

● 12,000 pounds / 5443.1 kg (enough for 8 people/year)

■ 15,000 pounds / 6803.9 kg (enough for 10 people/year)

kahoot.it Game PIN: 6018702





ALEXANDER  
ACADEMY



International Baccalaureate  
World School

[www.alexanderacademy.ca](http://www.alexanderacademy.ca)

# *Alexander Academy Goes Virtual*

[CLICK HERE TO SEE OUR VIDEO](#)

[HTTPS://WWW.ALEXANDERACADEMY.CA/](https://www.alexanderacademy.ca/)



# FUN FRIDAY

Every Friday from 1-3 students and teachers are encouraged to meet together online and do some social activities together. We had students and teachers learning a new dance, showcasing their musical talents, and playing games together. Students use the school-wide Canvas page to sign up for activities and create activities of their own.

One of our students, Ashima Panikar, hosted one of these events and had this to say.

"During our first Friday activity day, I hosted a game of virtual Pictionary. The game was a great stress reliever after a long week of online classes. It was great to get to talk to my friends from school, and the game brought out a lot of laughter from us all. Its great that even though we are all stuck at home we can still meet our friends and have a good break from the schoolwork we are given throughout the week. I am definitely looking forward to other activities in the coming weeks."

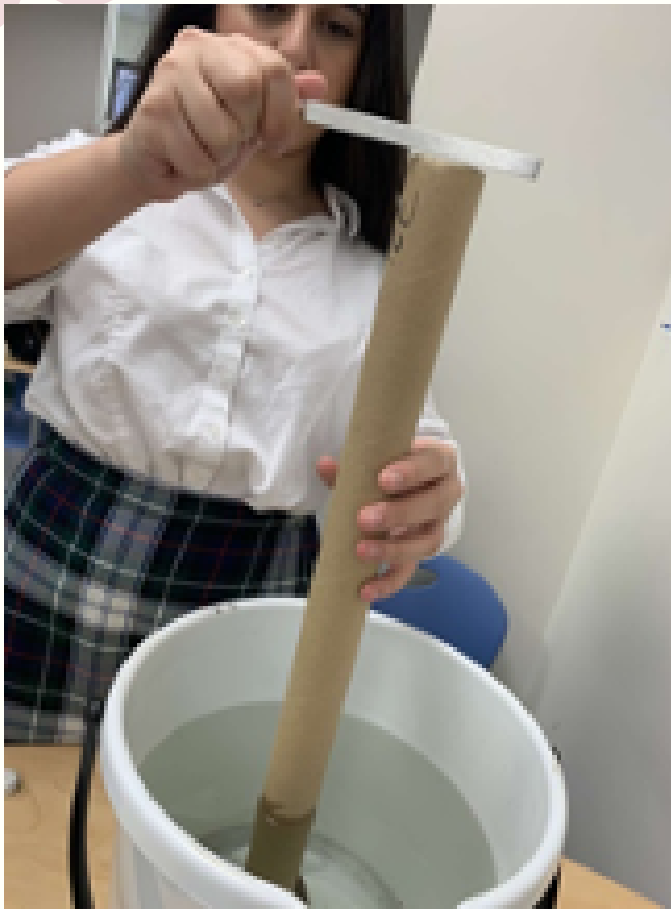
<b>Friday April 17th - Skribble.io pictionary game</b> Last post Apr 17, 2020	✓	💬
<b>Every Friday: 1-3pm Learn a New Dance</b> Last post Apr 17, 2020	✓	💬
<b>Every Friday, 1-3: Video Games</b> Last post Apr 17, 2020	✓	✓
<b>Every Wednesday and Friday: Alexander Action Club</b> Last post Apr 17, 2020	✓	💬
<b>Every Friday 1:00 pm: Music Time</b> Last post Apr 15, 2020	✓	💬
<b>Update: Yoga every Tuesday, Next week "Day 8: Heal"</b> Last post Apr 14, 2020	✓	💬

# IB PHYSICS CLASS

Experiments in science allow us to better understand the world around us in ways that are fun and engaging. Students practice the steps of the scientific method to draw conclusions and making sensible predictions based on their logical deduction and problem solving skills. So far this year, we have conducted the following labs according to IB course frameworks:

1. Finding the speed of sound (demonstrated in photo)
2. Finding the latent heat of ice
3. Investigating the Charles law of gases
4. Finding acceleration due to gravity.

Through experiments like these, students explore scientific theories that cultivate their curiosity about the world to become young scientists!



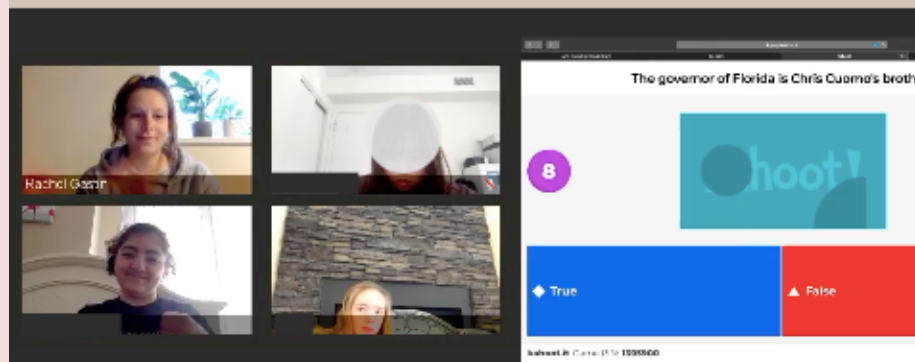
## VIRTUAL YOGA CLUB

Every Tuesday over four weeks we will be presenting all staff and students school-wide with an online Yoga session on the BlueJeans app.

The Yoga sessions provide a safe place to practice tuning into your body, calming your mind and connecting with the school community.

Our sessions video-share “Yoga with Adriene’s Home 30-day challenge.” Students and staff are welcomed to participate in the entire challenge or simply drop-in to the Tuesday sessions. We have completed two sessions and will continue to stage them over the next two weeks.

Mindfulness activities  
Alexander Action club  
Trivia and games  
Yoga  
& so much more!



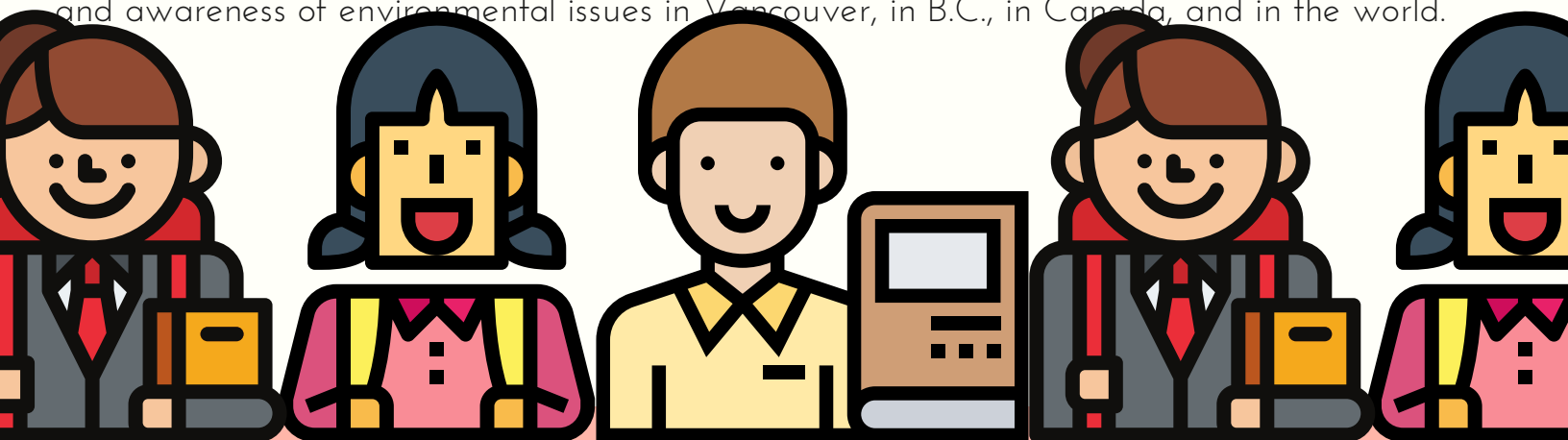
# ACTION CLUB

One of the goals of Alexander Academy is to be a school with a global outlook. We also recognize that we have local problems that touch on global issues. In looking at this, we decided to create a club to try and do something about these global issues at the local level. This group is called the Alexander Action Club.

The Alexander Action Club started meeting in November of 2019 and decided they wanted to tackle environmental issues. It was a group that has had 2 to 9 people taking part since then. They connected with a group called Georgia Straight Alliance and invited them to our school. They came and shared what they were doing and the JABC group raised money for them.

As the new term started the AAC decided we needed to continue to help this organization. We were planning to do a silent auction to raise money for them.

Then the virus hit. We continue to meet online and are working on two projects to help with this issue. We continue to work on hosting a silent art auction, although we will have to make it an online event. Also, we are working on preparing an informational newsletter to share with the school. It is hoped that, through these activities, we will be able to raise money for and awareness of environmental issues in Vancouver, in B.C., in Canada, and in the world.



# STUDENT COUNCIL

While we are all practicing social distancing, student council continues to meet. Every Monday, all interested students come together in Mr. Vicedom's virtual classroom and discuss student life. So far, we have started a student-wide canvas group to share information and discuss activities. We have also managed to dedicate two hours out of the school's schedule every Friday afternoon to school-wide extra-curricular activities. We will be playing online board games, have Netflix parties, meet for coffee, make music together, and much more! We are excited to keep our community alive, active and close – even when there is a physical distance between us.





# STUDENT COUNCIL (CONTINUED)

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Hi! My name is Luna Petersson, I am the president of the student council at beautiful Alexander Academy. I wanted to share my experience with our online learning. Personally, I really enjoy our new way to attend school. We get a lot of time to improve our skills and the opportunity to both meet our classmates through video and audio and have personal meetings with our teachers. I highly value the time with the teachers that always attend happily and are curious about how to help us with an assignment and other questions.

The school has done amazing work to get back to school, each class is about 3 hours long which gives everyone a chance to finish all work during that time and also ask for guidelines. If that time wouldn't be enough they also provided a way to book meetings with an optional teacher to talk about your mental health or shortly just get some help to solve a hard math question. All our teacher have truly been there for all students since the beginning. I am very grateful for having such happy and driven teachers at Alexander Academy, they care about every single individual and want the best for all of us.

I am currently back in my home country Sweden, which means that the time difference could be hard to stay connected with friends, especially those I don't have classes with. My way to stay connected, which I encourage any other student to do is to attend our Friday activities or club we in the student council provide from 1-3 pm. You can choose anything from our music club with Mr.Hildrebrand where you can play and show your new favorite song or likely play an instrument you like or play video games with Mr.Cook and more! This is a perfect way to stay connected with friends, pick one new activity each Friday and just socialize with your close ones.



**Click on this link to find out how other students feel about online learning:**

Stay safe and keep being positive, we are all in this together.

Cheers,

Luna Petersson