

ALEXANDER ACADEMY

# *Monthly Newsletter*



MAY  
2020

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# ALEXANDER ACADEMY

## COVID-19 PHASES OF LEARNING

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Dear Parents and Students,

First off, please let me wish you well, as I know all of you have in some way been impacted directly or indirectly by the sudden changes brought about by COVID-19.

Just like many organizations, Alexander Academy has had to rapidly adapt to the ongoing changes of the events around us. Our adaptations will likely continue for a number of months going forward and we wanted to share some of these different "Phases of Learning" that we will be moving through.

Please note that these different stages are responses to directives from the Ministry of Education and the Provincial Health Organization about when schools should open, and the appropriate safety measures that we need to follow.

Do not hesitate to contact the school if you have any questions about any of our plans.

Stay safe!

Spencer Todd  
Head Teacher

# ***CONTINUED***

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## **Phase 1 Remote Learning (March 13 - May 31, 2020)**

### **Health and Safety Support**

- Online mental health and well-being tools, including: Keep Me Safe Program and Kids Help Phone
- Over the phone and video calls with our clinical counselor
- Weekly Check-in Survey

### **Academic Learning Support**

- Schedule modification - two classes/per week/per subject of a longer duration, more one-to-one support for students in class
- Free access to online tools, such as:
  - BlueJeans - Collaborative videoconferencing platform that ensures teachers and students meet virtually allowing for physical distancing
  - Microsoft Office 365 - Programs include Word, Teams, Excel, PowerPoint, OneNote, Outlook.
  - Zoom - Cloud based peer-to-peer software platform
  - Canvas - Course management system that supports online learning
- Learning Center provides outside of class educational support via scheduled tutorials, extra teacher/student one-to-one learning opportunities or peer tutoring

### **Extracurricular Support**

- Both new and adapted: Student Council, Art Club, Action Club, Gaming Club, Movie Club, Music Club

## **Phase 2 Blended Learning (June 1 - Beyond)**

### **Health and Safety Support**

- All health and safety support in Phase 1 remains available to students
- WorkSafeBC procedures in effect in school, including
  - respiratory etiquette and hygiene training for students
  - extra spacing in shared areas
  - desks separated in classrooms
  - different break times to promote distancing
  - no sharing of food or personal belongings
  - access to hand sanitizer and soap
  - a full-time cleaner present to disinfect surfaces
  - PPE face-masks available to students at no cost
- Administrative staff will provide cleaning support as necessary.

# *CONTINUED*

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## **Academic Learning Support**

- Continuation of all remote learning classes and activities mentioned in Phase 1
- School campus open for 20% of the time - staffed by teachers in each major academic discipline

## **Extracurricular Support**

- Continuation of all extra-curricular and activities mentioned in Phase 1

## **Phase 3 Full Return to School**

### **Health and Safety Support**

- All health and safety support in Phase 1 remains available to students
- WorkSafeBC procedures from Phase 2 continue to be in effect
- Possible usage of up to 40,000 square feet currently unused by Alexander College that ensures sufficient spacing
- Mandatory 14-day quarantine for students who have recently arrived from abroad (see our special document)
- Daily communication with families/homestay/custodians regarding student attendance and absences

### **Academic Learning Support**

- Continuation of all remote learning classes and activities mentioned in Phase 1 and 2
- Possible continuation of blended learning

### **Extracurricular Support**

- Full extracurricular program featuring the following clubs: Student Council, Fitness, Photography, Art, Action, Volunteer, World Scholar's Cup, Debate, Badminton, Volleyball, Table Tennis and Swordfighting.

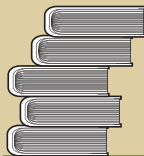


# ***MONDAY MINDFULNESS ACTIVITIES DURING HOMEROOM***



As we experience this uncertain time in history, it can be stressful for some students. To help reduce stress and anxiety during this time, Alexander Academy students practice mindfulness on Mondays during block A. Students do a short mindfulness activity (body scan meditation, breathing technique, check in with their senses or even a short yoga sequence) and practice paying attention to their own feelings at the moment. They then reflect on their feelings before and after the activities to reconnect with themselves. The goal is to give students tools to take care of their mental health. For information on the topic Mental Health, go to the Mental Health Awareness section in this issue.





# UNIVERSITY PREPARATION

## Grade 10 and 11

Students should be looking into opportunities and plans for the summer. While some students use the upcoming summer to take a well-deserved break, others use this time to catch up or preview courses for the upcoming year. Staying on top of academics is one way to prepare students for university applications, another avenue is to gain as much experience as possible by volunteering. Students are encouraged to look for ways to volunteer virtually. Our volunteer club and Action club have joined forces and have been looking into ways to contribute virtually to the community amid the current global pandemic.

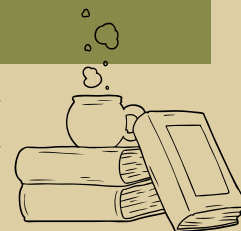
## Grade 11

Students have been meeting with Ms. Guan in various classes to start finalizing their university research and start preparing for their scholarship applications. Course selection continues to be a key topic as students make sure that they have selected all courses required for their post-secondary school. For students who need write standardized tests like IELTS, TOEFL, SAT and/or ACT, they are encouraged to do so in the summer to avoid stress in the fall.

## Grade 12

Students should pay attention for fees and deadlines from post-secondary institutions as they approach in this time of the year. Take advantage of transition programs or events from universities to help new students with their transition.

## VIRTUAL UNIVERSITY FAIRS AND EXAM PREPARATION



Even though students have been attending classes virtually, we manage to stay closely connected with universities. Alexander Academy students had the opportunity to attend university fairs such as EducationUSA and received the most up-to-date directly information from university and college representatives.



Some of our grade 11 students have also used their time productively and attended a 5-day virtual SAT Boot Camp offered by EducationUSA. Our students had the opportunity to meet with an advisor to write a practice SAT exam and receive professional feedback on each section of the SAT and tips to raise their score!

# Updated Promotions

ALEXANDER  
ACADEMY IS  
ALWAYS  
HERE FOR  
YOU.



## University Foundation Program

[CLICK HERE TO SEE INFORMATION](#)

## Free Virtual High School Semester

[CLICK HERE TO SEE INFORMATION](#)



# KEEP.MESAFE MENTAL WELLNESS STUDENT SUPPORT PROGRAM

Alexander Academy has launched the keep.meSAFE Program for students to access free 24-hour mental health support through their phone via the My SSP app. Support is available in over 30 languages, and students are able to call or chat with a counsellor directly from their phone for any school, health, or general life concern at no cost.

keep.meSAFE is completely confidential within the limits of the law, so no one—including your family, friends, or professors—will ever know you used the program unless you choose to tell them.

Get help and advice about:

- Stress, sadness and loneliness
- Balancing work and school
- Difficulty adjusting to life in Canada
- Being successful at school
- Practical issues while studying
- Relationships with friends and family
- Language and cultural barriers

Download the My SSP app to call or chat to a counsellor 24 hours a day, 7 days a week: [Apple App Store](#) | [Google Play](#)

Once downloaded, complete your profile set-up and read the disclaimer. You can also access the service 24/7 by calling 1-844-451-9700. Outside of North America, call 001-416-380-6578.

[Visit our webpage](#) for more information

# CONTINUED



Download the My SSP app: [Apple App Store](#) | [Google Play](#)

Telephone and Chat Support: [Download PDF for information](#)

keep.meSAFE provides Alexander Academy students with immediate and/or ongoing confidential, 24-hour support for any school, health, or general life concern at no cost to students. You can call or chat with a counsellor directly from your phone whenever, wherever you are for a range of concerns.

keep.meSAFE support is available in over 30 languages and their counsellors have experience supporting the unique challenges students face. Ongoing support is available over the phone, via video and in-person. Immediate support is available over the phones and chat.

Get help and advice about:

- \*Being successful at school
- \*Practical issues while studying
- \*Relationships with friends and family
- \*Language and cultural barriers
- \*Stress, sadness and loneliness
- \*Balancing work and school
- \*Difficulty adjusting to life in Canada

Call or chat for 24/7 support

Download the My SSP app today to get started.

Once downloaded, complete your profile set-up and read the disclaimer. Using the My SSP app, you can call or chat with a counsellor anytime. You can also access the service 24/7 by calling 1-844-451-9700. Outside of North America, call 001-416-380-6578.

Both calls and chat can be initiated through the My SSP app.

# Mental Health and Well-being

## *Managing your mental health during the COVID-19 pandemic* - by Kerry Anne Holloway, MA, Registered Clinical Counsellor

The COVID-19 global pandemic has disrupted our daily lives and ways of being in ways that are unprecedented. Our normal way of living has shifted quite suddenly and it's understandable if you are struggling with this adjustment. It's difficult to stay home, but by physically distancing ourselves from others in the community, we are helping slow the advance of this deadly virus and supporting our health care system. By staying home, we are coming together to act in the best interest of ourselves, our loved ones and our communities.

Isolation and change in our regular routines may have some effect upon our mental health, so let's break down some of the things you might be experiencing and some coping strategies.

### **Boredom**

It's going to creep in if it hasn't already. We often try to avoid it because that's when some of our more complex feelings can surface, but it can bring a deeper awareness to the parts of ourselves that need attention. Try to use this as an opportunity to cultivate new hobbies and interests, finish projects around the house, binge watch Netflix without guilt, or experiment with new recipes (granted you can find your ingredients). You may be experiencing a lot of stress right now, so avoid putting pressure on yourself to become fluent in a second language or achieve your peak of fitness.

### **Anxiety**

You may notice there are times that you have switched from "living" to "survival mode". The uncertain effects of this virus on finances, our health, and even access to basic supplies at the grocery store may lead to feelings of being on edge, or a constant state of hyperarousal.

People often respond to anxiety by trying to control the situation; however, ultimately all we can control are our own thoughts and actions. Although they seem like small gestures, you are doing much to stem the spread of the pandemic by practicing social distancing, washing your hands with soap and staying home as much as you can.

If you find yourself ruminating or having "what if" thinking, try to distract yourself with an activity. Reduce the time you spend on social media or news sources that kick your stress response into high gear. It can be helpful to talk to others about COVID-19 in order to process what's happening but if you find it overwhelming, it's okay to tap out of a conversation or change the subject.

You can also deal with the physical symptoms of anxiety with practices like meditation, mindfulness, and grounding exercises. Search YouTube for instructional videos on these practices or download apps like Headspace or Calm to help you feel more centered.

# Continued

## Depression

Being stuck indoors, particularly if the weather is bad, can lead to feelings of lethargy, low energy and sadness. If you are feeling down, don't judge yourself. It's normal to experience what we call a "situational depression" through this so take things day by day and remind yourself that your feelings are temporary, and this situation will pass. If you find your feelings of depression are significantly interfering with your life and ability to function for a period of two weeks or longer, seek help from a counsellor or a medical professional (many are offering services online).

It is okay to find ways to bring yourself joy in the midst of all this illness and chaos, but it's also understandable if that's going to be really hard sometimes. To deal with depression, try moving your body. Do what you can handle. Go for a (socially distant) walk or a bike ride. Set an alarm for every 60 minutes and do 10 reps of squats or sit ups. Journal your feelings. Pay attention to your thoughts. Are they harmful or helpful? Connect with others. It's been shown that social connection and a sense of belonging are actually antidotes to depression. Also, if you're feeling overwhelmed, understand that you may not have the emotional resilience to hold space for others in that moment, and that's okay.

## Other considerations

Your physical environment also affects your mood. It will help if you're working in a space that's clean and organized. If possible, put your school-related stuff away at the end of the day so you can relax without being reminded of your work. Structure and having somewhat of a routine will also benefit your sense of well-being. Waking up at the same time daily, making your bed, showering and still getting ready to "go to school" can help maintain a sense of normalcy. Schedule in regular times for meals and accept that some days you may have a third breakfast or a second lunch. On that note, schedule in regular times for exercise! And lastly, be grateful for that extra bit of sleep you're getting now that you don't have to commute to school. Very importantly, be easy on yourself if you're not living up to your own expectations. Our self-worth can be so wrapped up in our accomplishments; however, it is okay to do nothing, and just "be". Other Considerations This is an opportunity to take care of ourselves and each other. Remind yourself of what and who you are grateful for. And let's stay connected. From a distance.





# A MESSAGE FROM STUDENT COUNCIL

Student Council at Alexander Academy is doing a lot to keep students connected. It is very important to us to strengthen the school community even if we are not able to see our classmates in person.

In order to still contribute points to our houses, we play an online trivia (Kahoot) with the whole school every Wednesday. The best three students of each round collect points for their houses. At the moment, House Suzuki is in the lead with 80 points. House Atwood is second with 70 points, followed by House Fox with 50 and House Carr with 45 points. All of our trivia games are created by the students and the feedback has been overwhelmingly positive. Students love to compete and certainly don't mind the 20 minutes of chit-chat and entertainment to get started every Wednesday morning.

In addition to that, Student Council has started Fun Fridays. We were able to convince our principal to make space in our schedules every Friday from 1 p.m. to 3 p.m. so teachers and students of our school can get together and have some fun. Over the course of the last weeks, many different activities have been offered. There has been music with Mr. Hildebrand, dancing with Ms. Gastin, video games with Mr. Cook, Pictionary with Ashima Panikar, a Netflix-Party with Diba Zarenejad, Animal Crossing with Eva Huang,



# UBS PHYSICS AND ASTRONOMY OUTREACH PROGRAM

## SAIPRASAD DHODI

Our grade 9 student Saiprasad has been participating in the At Home Challenge by the UBC Physics and Astronomy Outreach Program, and the second challenge was to build a musical instrument!

He made a tissue box guitar and explained that "the strings vibrate to create sound, and their sound is made louder by the tissue box through resonance. Moving the pens closer or farther apart will change the notes played by the strings." Well done Sai! 🎸

We can't wait for the next challenge!





**1** 1. Go to [www.treering.com](http://www.treering.com)/validate  
2. Enter your school's passcode:  
1015875926423659

**2** Enter your information

Name: \_\_\_\_\_  
 Password: \_\_\_\_\_  
 Confirm Password: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Parent: \_\_\_\_\_  
 Add School Year Details: \_\_\_\_\_

**3** Add school year details

School: \_\_\_\_\_  
 Grade: \_\_\_\_\_  
 Teacher: \_\_\_\_\_

**1** Navigate to Shared Photos in the left navigation.

**2** Select Shared Photos and choose a folder.

**3** Add Photos from Google Drive, Facebook, Instagram, Dropbox & more.

Where are your photos?

Google Drive, Facebook, Instagram, Dropbox, etc.

Sign In or Create an Account to Upload Photos:  
Must be a parent or student 13 years or older.

- 1 Go to [www.treering.com](http://www.treering.com)/validate
- 2 Enter our school's passcode: 1015875926423659

**1** 1. Go to [www.treering.com](http://www.treering.com)  
2. Enter our school's passcode:  
1015875926423659

**2** Click Build Custom Pages on the right side of the screen.

**3** Add Photos

**4** Add Memories

**5** Click the Build Pages in the top, right side of the screen.

**6** Add photos and memories by the deadline to ensure they print in your copy of the yearbook. No need to sit pages to Print Ready!

Deadline: May 7

TreeRing

TreeRing

TreeRing

# PHOTOGRAPHY CLUB

The photography club was working hard on the yearbook prior to Spring Break and the school closure due to COVID-19. This has, of course, thrown a wrench into what we were planning for the yearbook.

In normal times, we would have completed the yearbook and ordered it for delivery to the school by now. However, this isn't normal times, with students and staff not being present at the school. After a long search for yearbook alternatives, the photography club found the website [treering.com](http://treering.com). We have been working hard to complete the yearbook for you since.

Treering.com allows students and parents to order their yearbook and have it shipped directly to their homes, within North America. This gets around the principal issue of this year: not being present with each other.

Also, [treering.com](http://treering.com) gives students an opportunity to do something which our previous yearbooks didn't: greater customization. If students and parents wish, they can create 2 custom pages, with their own pictures, messages and greetings. These pages will be inserted near the beginning of the book.

To join [treering.com](http://treering.com), create your custom pages and order your yearbook, please follow the attached pdfs. The yearbook will be completed by May 28, and shipping will begin shortly after. If you have not completed your yearbook pages you will still be able to order afterwards, at your convenience.

## Create Your 2 Free Custom Yearbook Pages For Alexander Academy



**1** Add Photos

Add your favorite photos from your phone, computer, Instagram, Facebook, Google or Dropbox accounts, and have them printed in your copy of the yearbook.

**2** Sign Books

Make your friends smile by sending them a message (you include a photo or sticker that they can add to their custom pages or add them to send you one!)

**3** Add Memories

Answer questions about your year and capture your very best moments. You can even include a photo to go along with them. You can add more pages!

**4** Design Your Page

Add all of your memories to your two free personal pages that will be printed in your online copy of the yearbook. Need more room? You can add more pages!

To purchase & customize your yearbook:  
Must be a parent or student 13 years or older.

- 1 Go to [www.treering.com/validate](http://www.treering.com/validate)
- 2 Enter your school's passcode:  
1015875926423659

Yearbook Price: \$10.08  
 Shipping & handling: \$10.00  
 Deadline: May 7

Need help? Contact [www.treering.com/help](mailto:www.treering.com/help)

TreeRing

## Get a Copy of The Alexander Academy Yearbook Delivered to Your Home

Buy Your Copy Online  
& We'll Deliver it to You

- Includes 2 free pages to personalize with your own photos.
- Add photos from your computer, Facebook, Instagram, Google Drive & more.
- You can purchase and personalize in minutes!

TreeRing

To Purchase & Customize  
Your Yearbook:

- Must be a parent or student 13 years or older.
- 1 Go to [www.treering.com/validate](http://www.treering.com/validate)
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1015875926423659
- Regular Price: \$10.08  
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 Shipping & handling: \$10.00  
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## Capture Your Memories in This Year's Alexander Academy Yearbook



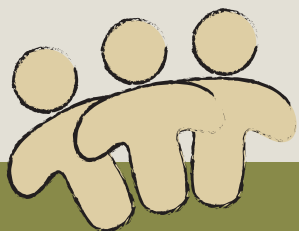
Customize Your 2 Free Pages

- Add photos from your computer, Facebook, Instagram, Google Drive & more.
- Answer fun Memory Questions to help remember the year.
- The 2 Custom Pages are FREE and are printed ONLY in your book. Want more pages? Each additional 2 pages is just \$5.99.

To Purchase & Customize Your Yearbook:  
Must be a parent or student 13 years or older.

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  - 2 Enter your school's passcode:  
1015875926423659
- Regular Price: \$10.08  
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TreeRing



# 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.

Since the Action Club has moved online, we have combined with the Volunteer Club to try to mobilize more students, especially those looking for volunteer hours. We have had a good response the last few weeks and the newsletter on environmental issues is being prepared by a large group of students. The student leaders are hoping to have it ready for May 22.

Another activity being worked on is an online silent auction. We have put a call out to students for works of environmentally themed art that they would like to donate. Some has started to come in already. It is being curated and worked on by a couple of student leaders.

Overall, the Alexander Action Club is becoming more active and more vibrant than ever. Good work Alexander Academy.



# CAS



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.

Our IB core students are also working on CAS and have been adjusting to online aspect of it for the last few weeks. Some of things that they have been working on include doing baking and cooking as part of the creativity aspect. They set a goal to learn how to make a dish and then document the steps they take to do it. Some turns out good, and some not so good. The learning is the important thing.

On the action side, the students are doing workouts and yoga at home. They set a fitness goal for themselves and then document their steps along the way.

One area that they are struggling with is the service part. Some have started tutoring students at school online. Others are working on a podcast about current issues. They are a creative bunch, so ideas are out there.

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



# 2020 UNIVERSITY ACCEPTANCES

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  
UNIVERSITY

QUEST  
UNIVERSITY

RYERSON  
UNIVERSITY

UNIVERSITY  
OF ALBERTA

UNIVERSITY OF  
BRITISH  
COLUMBIA

UNIVERSITY  
OF CENTRAL  
FLORIDA

UNIVERSITY  
OF TORONTO

UNIVERSITY  
OF VICTORIA

UNIVERSITY  
OF WATERLOO

MCMASTER  
UNIVERSITY

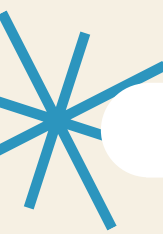
WESTERN  
UNIVERSITY

COQUITLAM  
COLLEGE

QUEEN'S  
UNIVERSITY

SIMON FRASER  
UNIVERSITY

MCGILL  
UNIVERSITY



# DEAR ALEXANDER ACADEMY

Dedicatory letter by Han (Sophia) Liu

*Each year's graduating class of Amazing Alexandrians leaves our school with memories that will last a lifetime. Sophia Liu and Leon Liu graduated from Alexander Academy in 2016 and are now both pursuing Masters degrees. Read Sophia's dedicatory letter to our school below.*



I am writing to extend my sincere gratitude to all the teachers and staff at the Alexander Academy (AA). Thank you to all of you for giving me an excellent high school life in Canada.

Although it has been nearly four years, I have also graduated from college. I always remember the time when Ms. Lewis helped me with my college application, comforted my anxiety, and called the admissions officer. Eventually, I succeed in getting admitted to the University of Alberta within ten days with a \$2000 scholarship. Thanks to her, me and my boyfriend Leon could go to the UofA together. Even after I graduated from AA, we still kept in touch. Ms. Lewis helped me again with my graduate study application. I have already got several offers from some great universities!

Although I often found leadership course very busy, Ms. Lewis never found me a troublesome student. She always smiled at me patiently, gave me a big warm hug and encouraged me all the time. Of course, this was also the unique characteristic of all teachers and staff at the AA.

Mr. Cook, wow, Leon's favorite [teacher]...he always looked very serious, but actually, he had a really good sense of humor. We especially enjoyed talking to him and listening to him talk about all the bad things that had happened to him on his travels. Oh, Mr. Garcia, the great math teacher. I thought the most comfortable course for me to learn in high school was his math course. I remembered he had a significant language talent; maybe the school could consider him as a mandarin teacher in the future. Mr. Ramsay, if you ever come back to Shenzhen, maybe we could have some Dim Sum together? And Ms. Yee, I always wanted to tell you that you are beautiful!

AA was like a big family, and we made the school better together. I met a lot of great friends and still keep in touch with them. As an international student who had been far away from the family, AA gave me much support to study abroad. We, Alexandrians, are truly wonderful. My sincere gratitude is beyond description.

# Alexandrians in the world

Sophia Liu and Leon Liu are Alexander Academy graduates of the class of 2016. Having completed their Bachelor's Degree's they are now looking at their acceptances for Masters programs around the world. Take a look the offers they've received!

Congratulations  
to them both!  
Make us proud!



## Sophia's University Offers

University of Sydney: Master of Commerce  
University of Queensland: Master of Commerce  
University of New South Wales: Master of Commerce  
University of Monash: Master of Banking and Finance  
Hong Kong Baptist University: Master of Accountancy

## Leon's University Offers

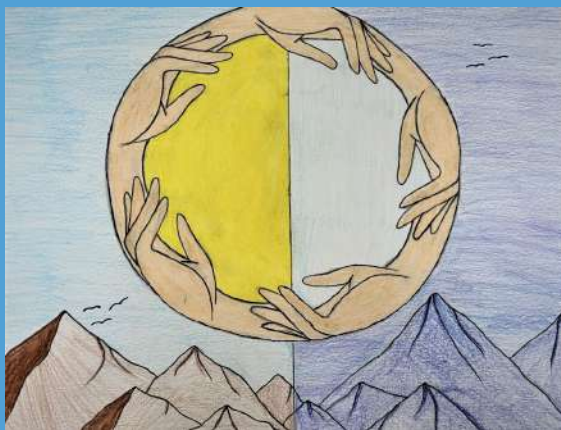
University of Sydney: Master of Commerce  
University of New South Wales: Master of Commerce  
University of Birmingham: MSc Financial Management  
University of Southampton: MSc Finance  
Hong Kong Polytechnic University: MSc Accounting &  
Financial Analysis  
University of Cardiff: MSc International Economics, Banking  
& Finance



# HEALING AND HOPE

BY ART STUDENTS

The Art students expressed their feelings and ideas about Covid 19. They showed through beautifully powerful art the importance of hope and healing.





# HEALING AND HOPE (CONTINUED)

BY ART STUDENTS





# SCIENCE 9 STUDENTS CREATED NEWSLETTERS SHARING THEIR CLASS' RECENT PROJECTS, LESSONS AND ACTIVITIES DURING COVID-19.

## Science Newsletter

### SCIENCE NEWS



T-CELLS MAY HELP COVID-19 PATIENTS AND PEOPLE NEVER EXPOSED TO A VIRUS.



AFRICA'S BIGGEST COLLECTION OF ANCIENT HUMAN FOOTPRINTS HAS BEEN FOUND



THE EARLIEST KNOWN HUMANS IN EUROPE MAY HAVE BEEN FOUND IN A BULGARIAN CAVE



NEW HYBRID EMBRYOS ARE THE MOST THROUGH THE MIXING OF HUMANS AND MICE YET



CORONAVIRUS PANDEMIC DELAYS KEY TESTS OF NASA'S NEW SLS MEGA-ROCKET

### RECENT PROJECTS IN GRADE 9 SCIENCE CLASS

• Pills coating experiment



• Stomach simulation design



• COVID-19 PPT and video



• Astronaut Vaccinations recommendations

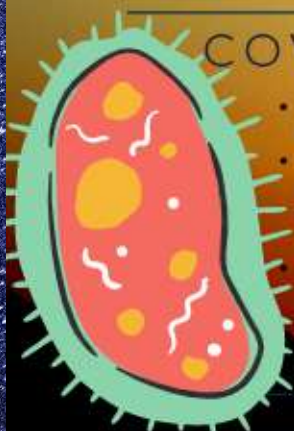


• Bladder Reconstruction



### COVID-19

- Use video conferencing instead of face-to-face meet
- When video calls are not possible, hold your meetings in well-ventilated rooms and spacing
- Suspend all non-essential travels and trips



Thank you for reading



TAKE CARE OF YOUR EMOTIONAL AND MENTAL WELL-BEING

kindness@math.com



## What's abuzz in Science?

By: Kavya

Canada's best selling newspaper #1

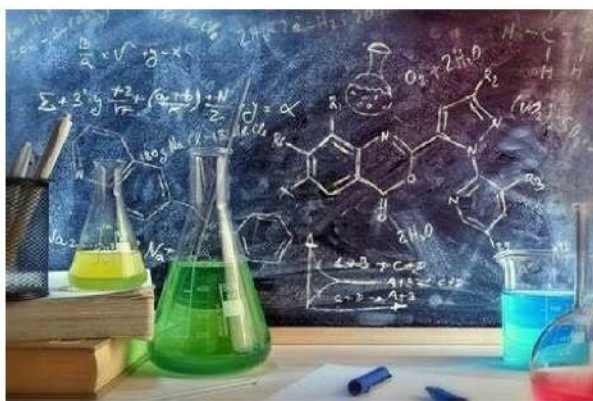
May 18, 2020

Hello fellow students and teachers. Grade 9 has been an amazing experience for my classmates and i. In this newsletter, I want to give you some insights on what we learnt in our science class. Ms.Sandhu, our science teacher, was just amazing and opened our eyes to a number of amazing topics in both Chemistry and Biology. I also wanted to share with you the amazing projects and activities that we completed in school. Lastly, I want to give you my perspective and personal thoughts on the pandemic that has changed the world immensley.

### Want to learn more about Chemistry and Human Biology?

Let's go down the journey of organic chemistry and human biology.

The topics that we have covered in Chemistry are **how to name a**



**compound, naming covalent and ionic compounds and learning about the Periodic Table of Elements.** Did you know that the world is made of 118 elements? These elements are the building blocks of everything we see in this world.



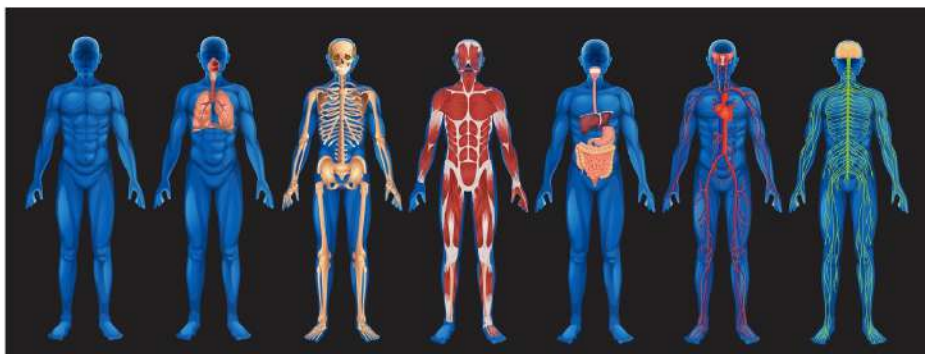
# CONTINUED

We learnt that elements combine together to give us multiple compounds. **For example, the common salt is made out of sodium and chlorine elements (NaCl).** Ms. Sandhu showed us that elements have small particles like protons, neutrons, and electrons. It's amazing to learn that elements love to share or give up their electrons to form different types of bonds. Chemistry is a fascinating subject and we just scratched the surface on this subject during grade 9. I can't wait to learn more about the elements, compounds, and atoms in the upcoming grades.

Periodic Table of the Elements

The periodic table shows elements arranged in rows and columns. The groups are labeled at the top and bottom: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18. The elements are color-coded by groups: 1 (pink), 2 (orange), 3-10 (yellow), 11-12 (light green), 13-14 (green), 15-16 (light blue), 17 (blue), 18 (purple). The elements are arranged in rows and columns, with the atomic number and name of each element listed.

In science class, Ms.Sandhu then introduced us to the engrossing topic of biology. We, as humans, take for granted how our body works. The human body is a combination of many complex groups of systems which allow it to function. These include the **Circulatory system, Digestive system, Respiratory system, Excretory system and the Immune system.** I was fascinated to learn about the immune system and how it protects the body from various viruses and bacteria. I will touch upon this in a later section of Covid-19.





## What activities did we undertake in class?

In addition to learning about Chemistry and Biology, Ms.Sandhu incorporated a number of activities and projects in our class. The fun activities that we completed included the following:

- Chromosome abnormalities
- Virus powerpoint/video
- Debate on stem cells ( Good or Bad? )
- Heart Disease Presentation
- Stomach simulation project
- Astronauts vaccinations



I was intrigued by the debate on stem cells because my dad shared a story about one of his coworkers who had to use stem cell therapy to fight cancer. Medical science has shown the positive elements of stem

cell therapy, although the ethical debate of using stem cells still rages on.

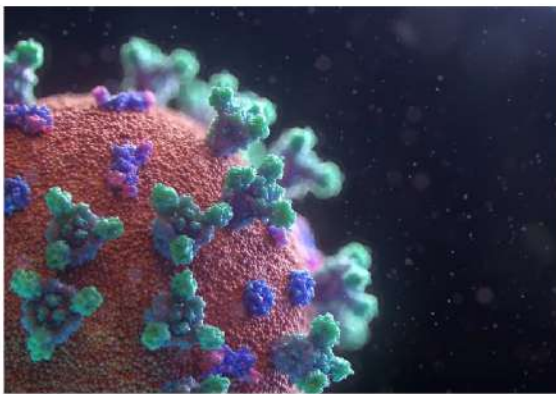


## COVID 19 - The pandemic that changed the world !!

If someone had been asked the question, in 2015, where do you see yourself in five years - would they have ever been able to predict the challenges and situation we are dealing with now. The Covid-19 pandemic has changed the world in many different ways and its impact will be felt for many years to come.



Our school academic year was greatly impacted when the outbreak happened in Canada and in March the schools in BC were closed indefinitely after spring break. Nobody knew how long this virus will impact the school system and how effective online schooling would be. The teachers in AA have done an amazing job in conducting the process of online schooling and continuing the learning process for their students. They have dedicated themselves to develop an online curriculum for their courses in a short period of time. The students are fortunate to have a dedicated team of teachers at AA to support them through these tough times.





## CONTINUED

A big shoutout to all the teachers and staff at AA to make life under Covid-19 as enjoyable and educational for all the students.

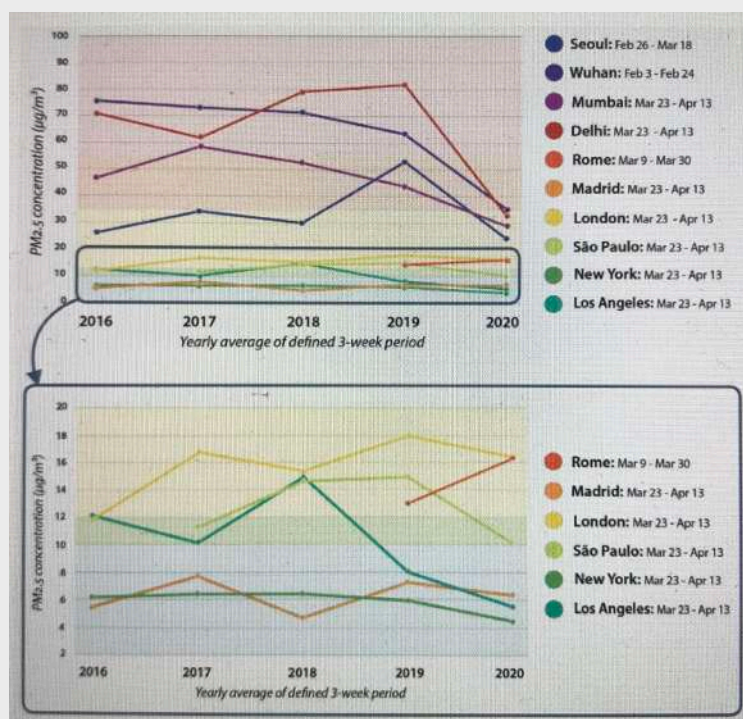
*Thank you*

# ACTION CLUB

## The Pandemic and Its Impact on Air Quality

By Angelina

Ever since the COVID-19 pandemic forced stay-at-home orders and lockdowns around the world, there has been a silver lining to it all: air quality. Coincidentally, this year marks the 50th anniversary of Earth Day, so what better way to celebrate than by looking on the bright side of these unprecedented and challenging times.



According to a report by the Swiss company IQAir, major cities such as Los Angeles, Seoul, and Mumbai have seen a dramatic decrease in PM2.5 air quality index in the past four years. Even in Wuhan, where this pandemic started, there has been at least a 50% decrease in PM2.5 from 2016.

What is PM2.5 you ask? Put simply, it's the particles in our atmosphere that have a diameter of less than 2.5 micrometers, much thinner than a single human hair, in micrograms per cubic meter of air. More PM2.5 can increase ozone levels, and cause temporary shortness of breath or irregular

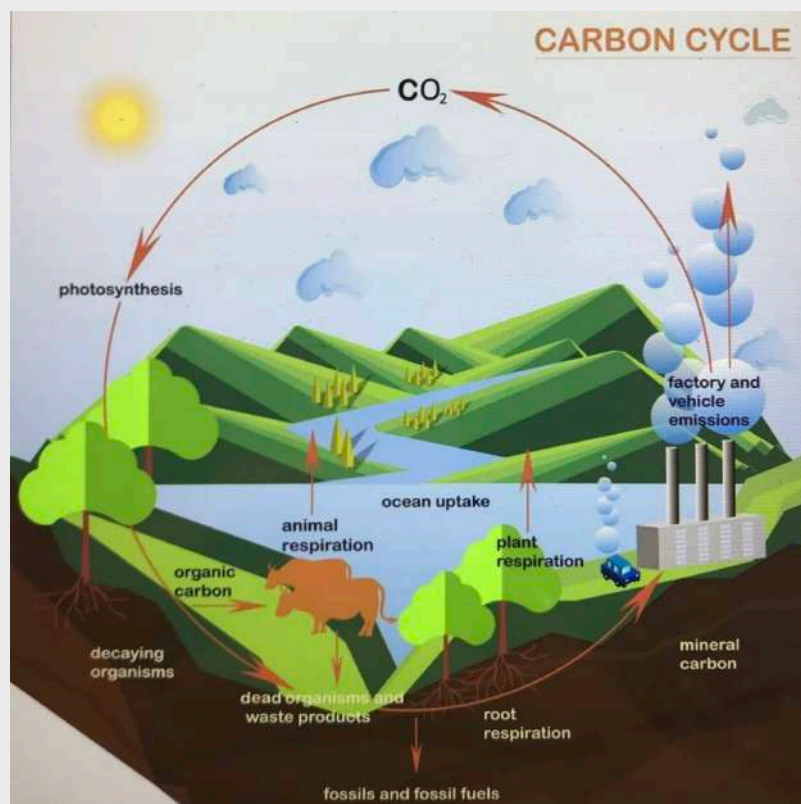
iquair.ca.

heartbeats in people. As of May 8, the PM2.5 in Downtown Vancouver is around 8 micrograms per cubic meter, which equals a good air quality index (AQI). About a month ago, it was around 25 micrograms per cubic meter, which equals a moderate AQI.

This is great news; however, when this is all over, and we go back to normal, the global air quality will presumably get worse like it did before the pandemic. So how can we make sure that air quality continues to achieve positive levels in the future?

First of all, use greener transportation. Instead of riding in a car, why not ride a bike, walk, or take transit? Also, try making your home more energy-efficient with greener insulation and appliances. You can even plant a tree. Trees capture carbon, removing it from our atmosphere.

Scientists and inventors, for years, have been working on ways to make the Earth more green, from long-lasting clothing to laboratory-produced meat to the ideal energy source (still working on it, but it could be the solution to all the Earth's problems).



biologydictionary.net

Meanwhile, it's safe to say, that when we all stay home, we are doing our part, not just for others' health, but for the environment. And if we find some way to keep it up post-pandemic, our atmosphere will be in much better shape than it was before.



# The Environmental Impact on the Economy

By Ignacio

Because of the current situation around the world, multiple industries are being closed down. This affects the environment nicely due the decrease in use of harmful materials for the environment such as petrol or carbon that people were constantly using before the lockdown. However, we can predict that once this pandemic is over, everyone will begin to open again and will be harmful for the environment due to the sudden high increase in production and transportation going around the world. This is why Mr. Carney, a man that stepped down as Bank of England governor in March, said that this lockdown is also a chance to change the path of our planet. He said that as every country begins to rebuild their economies they should look towards a “greener growth” rather than going back to how it was before the lockdown. He’s telling governments that this will be a small investment to the future since right now it is a perfect time to implement more wind and solar power into their countries and to look towards a more sustainable future. (Gill, Victoria)

The use of electric cars is becoming more popular as time goes by. The costs are high, but people believe that the real



<https://www.thecanadianencyclopedia.ca/en/author/anthony-h-j-dorcey>

recovery from the economy is by investing in new jobs, cleaner air and improving health since solving climate change is a key factor in rebuilding our economy. However, some politicians also argue that jobs must be protected when getting into the recovery of the economy. (Harrabin, Roger)

One more effect of this pandemic on the environment is transportation. Apparently, the bicycle orders from the people that work in emergency services has increased a 200% during the lockdown in the UK. The demand for mobility and exercise has increased due to the lockdown and the bike market seems to increase very quickly. (Harrabin, Roger) This helps the environment since people are stopping to use cars to go to a place and starting to use bikes or just run towards their location. Decreasing the amount of CO<sub>2</sub> on the air. Maybe after this global situation

is solved many would change their main source of transportation to bikes since they would've been occupying them for a long period of time. Plus, it is good for exercising the body.



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# Good News Brought by COVID-19

By Elim



There is no doubt that COVID-19 has imposed detrimental effects on us. Facets of our lives have been affected drastically, not to mention the rocketing rates of the confirmed and death cases. Many people have lost their jobs, streets that were once packed with innumerable amounts of people have now been emptied, and basically everything has now been switched to be done at home. However, as the saying goes, 'Every cloud has a silver lining'. In the midst of this worrying pandemic, there seemed to be some unexpected good news that may help brighten your mood.

With many factories and businesses closed, as well as with fewer cars on the road and fewer planes in the sky, our natural environment is recovering slowly. Air is getting cleaner, while waters are getting clearer. Thanks to the reduction in pollution, the Himalayas can be clearly seen in India for the first time in about 30 years, while there has been a massive upsurge in nests of rare sea turtles in Thailand in 20 years. According to the measurements from the

European Space Agency's Sentinel-5P

Photo by Anastasia Lukonina

satellite, it was indicated that during late January and early February 2020, levels of nitrogen dioxide ( $\text{NO}_2$ ) over cities and industrial areas in Asia and Europe were lower than in the same period in 2019, by 40%! In other words, air pollution has significantly decreased amid the economic slowdown caused by COVID-19.





news.com.au

By: Vanessa Brown

Nevertheless, do you ever ponder whether these figures will “bounce back” when the pandemic eventually subsides? It is definitely high time we reflected on our damage to the environment.

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