



# CELTICS SNIPPETS

APRIL 20-24, 2026

## Commitment to Learning

### Overview

In our issues of **Celtics Snippets**, please find snippets of information to support student learning, as well as a look ahead to upcoming key dates.

### Arts Department Spotlight

The Sinclair Arts Department is heading into the busiest time in their season with many highlights and performances to catch. Over the last two weeks the Sinclair Dance Company has set a new bar on success by winning Top Dance Team against schools all across the GTA! Next up is our first school musical in almost a decade. After the musical we then host our feeder schools for a two day music festival May 14 & 15 with performances at lunch at the DDSB Headquarters. Thursday May 21 will be our Arts Night where all of our programs, Theatre, Music, Visual Art, and Dance, will be featured in an evening concert from 7 - 9pm. The season will end with a trip to Canada's Wonderland for the Vaughan Music Festival on May 27. We hope you can join us for our various performances and show your support to our incredibly talented students!

## Dance Highlight

### Sinclair Dance Team

We're excited to share that the Sinclair Dance Company had an incredible performance last week at Strive Dance Competition, taking home a 1st place Top School finish against schools from across the GTA. The whole team was highly praised by judges for their range in performance styles and excellence in choreography, bringing home multiple overall awards. It was a fantastic day for Sinclair Dance, and we're already looking forward to our second and final competition next Wednesday. Follow us on Instagram for updates about our team and program @sinclairdancecompany

## Sinclair Dance Team





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## Theatre Spotlight

### Sinclair Theatre

Sinclair Theatre is pleased to invite you to our 2026 Musical Theatre Production of BETWEEN THE LINES, our first musical in nearly a decade. BETWEEN THE LINES is a fun, high-energy show that follows the main-character, Delilah, a teenager struggling to find her place at a new school. When she develops a crush on the main character in a book she's reading, and he starts talking back, her world begins to change in the most unexpected ways. This musical has it all...comedy, emotion and romance, all in a heartfelt journey with a pop-driven musical score.

We are offering four performances:

1. Wednesday April 29<sup>th</sup> at 7:00pm
2. Thursday April 30<sup>th</sup> at 4:30pm
3. Friday May 1<sup>st</sup> at 7:00pm
4. Saturday May 2<sup>nd</sup> at 7:00pm

Tickets are \$15 for Students and \$25 for Adults. Tickets can be purchased by reaching out to the main office, through any students involved in the show, or at the box office prior to the show (subject to availability).

These performances are open to all in the Sinclair community and public, so get your tickets before they sell out.



## Clubs/Teams News

### Clubs/Teams/Excursions Update

April 21<sup>st</sup>:

Special Olympics at Notre Dame

9:50am - 2:00pm

April 22<sup>nd</sup>:

MUN Conference at Eastdale

9:00am - 4:00pm

April 23<sup>rd</sup>:

Track and Field

All Day

Lacrosse at Ontario Tech to 3:15pm

April 24<sup>th</sup> to April 30<sup>th</sup>:

DECA





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## Reminders

### Scent Awareness

#### SCENT and SCENTED PRODUCT AWARENESS GUIDELINES

##### PURPOSE:

School boards and other workplaces occasionally receive complaints or comments from staff and/or students related to scented product use. The following guideline was established to increase awareness about the impact of scented products on certain individuals to provide assistance in responding to scent related issues.

##### Did you know.....

13-20% of the Canadian population have respiratory issues such as asthma, emphysema, bronchitis, and allergies. (The Lung Association)

##### WHY PROMOTE SCENT AWARENESS?

There are some individuals, many with pre-existing conditions such as asthma or allergies, who may exhibit a physical reaction when exposed to materials found every day, including scented products. Some reported symptoms include shortness of breath/wheezing, headaches, migraines, nausea, muscle pain, cold-like symptoms and skin irritation. Fragrances can be found in a wide variety of everyday products including personal hygiene products, perfume, cologne, body spray, aftershave, hairspray, air fresheners, essential oils, deodorizers and scented candles.

##### Did you know.....

The safety of a fragrance does not depend on whether it is natural or synthetic. Almost all fragrance materials originated as natural extracts of flowers and plants. However, it was discovered that there were a number of drawbacks in the use of naturals including, in some cases, allergic reactions. There can be as many as 400 chemicals in a single fragrance. (Cosmetic Products Education and Information Association of Canada)

##### HOW CAN YOU HELP?

Staff, students and visitors are encouraged to be courteous and respectful in their use of personal fragrances. Be considerate of those who are sensitive to scented products. Try using scent-free or unscented products as a substitute. Avoid using products such as air fresheners and potpourris that release scents in your workplace. If you do use scented products use them sparingly. A general guideline for scented products is that the scent should not be detectable more than an arm's length away from you. Avoid application of scented products at work.

##### WHAT IF YOU ARE SENSITIVE TO FRAGRANCE CHEMICALS?

1. Talk to your doctor about your symptoms. Keep a log of type, where and when your symptoms appear.
2. Tell your supervisor of your sensitivities and the types of exposures that tend to be problematic for you and describe your reactions (e.g., asthma attacks, migraines, shortness of breath).
3. Talk to your co-workers. If you work in close proximity with a group of individuals advise them of your sensitivities and the types of exposures that tend to be problematic for you. If necessary, approach individuals about their use of scented products and inform them of your particular needs. Talk to individuals in a respectful, cordial manner. Ask for their understanding and cooperation. If you do not feel comfortable approaching others individually you should enlist the assistance of a colleague or supervisor.
4. If your symptoms are severe, talk to the Durham District School Board Ability Management & Wellness Team.

##### WHAT SHOULD YOU DO IF YOU ARE APPROACHED ABOUT YOUR PERSONAL SCENT USE PRACTICES?

1. Listen respectfully to the specific request of the individual who has approached you. Be considerate of those who are sensitive to fragrance chemicals. Do not take the request as a personal attack. It is not about you, but about the chemicals in the product that you are using; it is much easier for you to choose not to apply a particular scented fragrance than it is for the person who is sensitive to choose not to have a reaction (e.g., Asthma attack, migraine, breathing difficulties).
2. Modify your scent use practice. Limit/restrict your personal use of fragrance chemicals to your life outside of work. Avoid scented products at work.

We have to work together!

## USE SENSE WITH SCENTS



Please be respectful,  
we share the air!

Refer to the scent awareness guideline



SAFETY. EVERYONE'S RESPONSIBILITY



## Upcoming Events

- **April 21<sup>st</sup>:** Mid-Term Report Cards Distributed on Parent Portal
- **April 24<sup>th</sup> - 30<sup>th</sup>:** DECA ICDC

## Upcoming Events

- **April 29<sup>th</sup> - May 2<sup>nd</sup>:** Sinclair Musical 'Between the Lines'
- **May 1<sup>st</sup>:** Ambassador Club - Wear Green for Mental Health Awareness
- **7<sup>th</sup> - 9<sup>th</sup>:** SLC Camp
- **May 8<sup>th</sup>:** Ambassador Club - Therapy Dogs
- **May 11<sup>th</sup> - 18<sup>th</sup>:** DELF
- **May 12<sup>th</sup>:** Ambassador Club - Impact on Mental Health
- **May 22<sup>nd</sup>:** Ambassador Club - Art Therapy
- **May 29<sup>th</sup>:** Ambassador Club - Escape Room

## Sinclair S.S.

Principal - Kavita Kanavalli

Vice Principals - Denise Bratincevic (Surnames A-G)  
Tara Sneath (Surnames H-N)  
Maureen Verhoog (Surnames O-Z)

Superintendent - Andrea McAuley

School Trustees - Michelle Areseneault, Tracy Brown, and Christine Thatcher