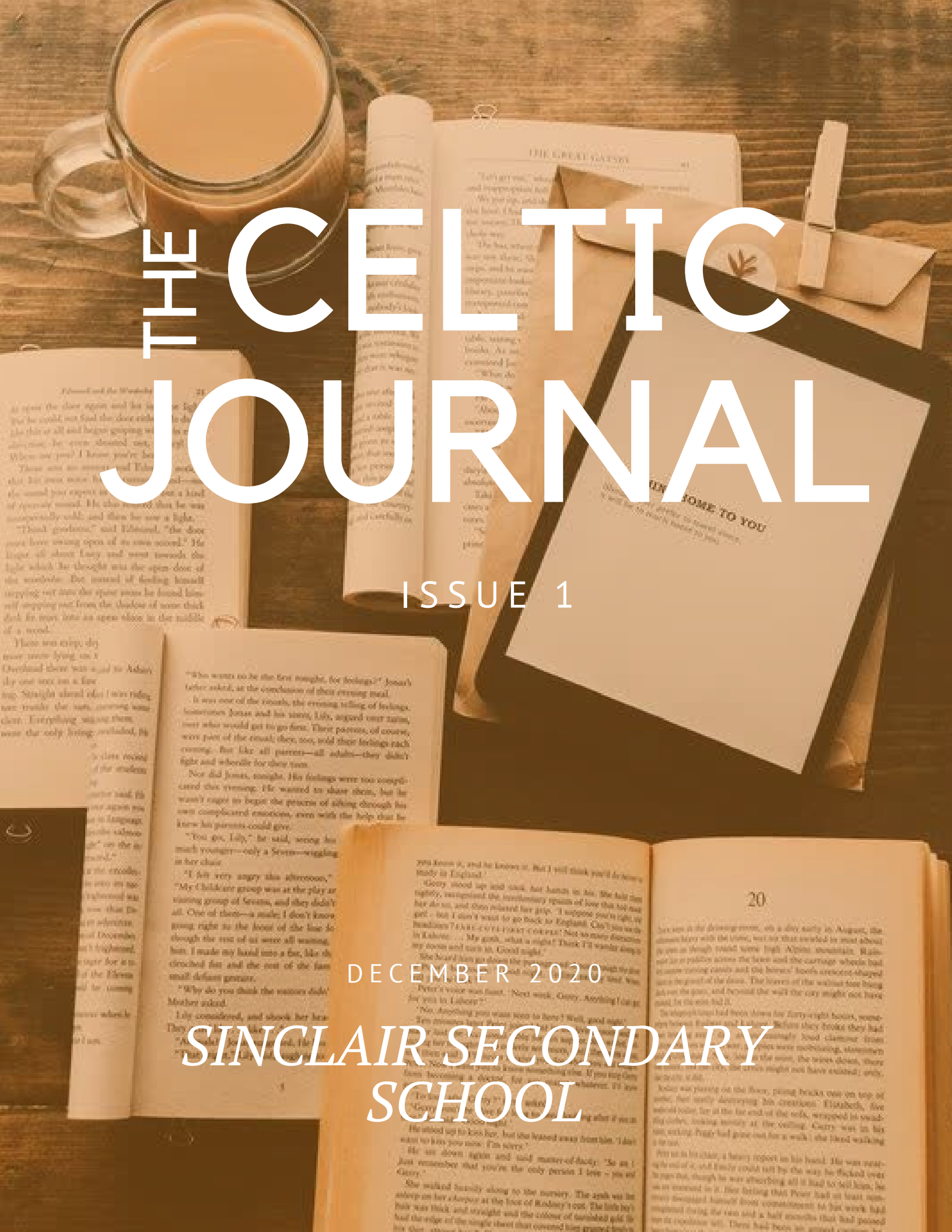


THE CELTIC JOURNAL

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SINCLAIR SECONDARY SCHOOL





ISSUE ONE: FALL

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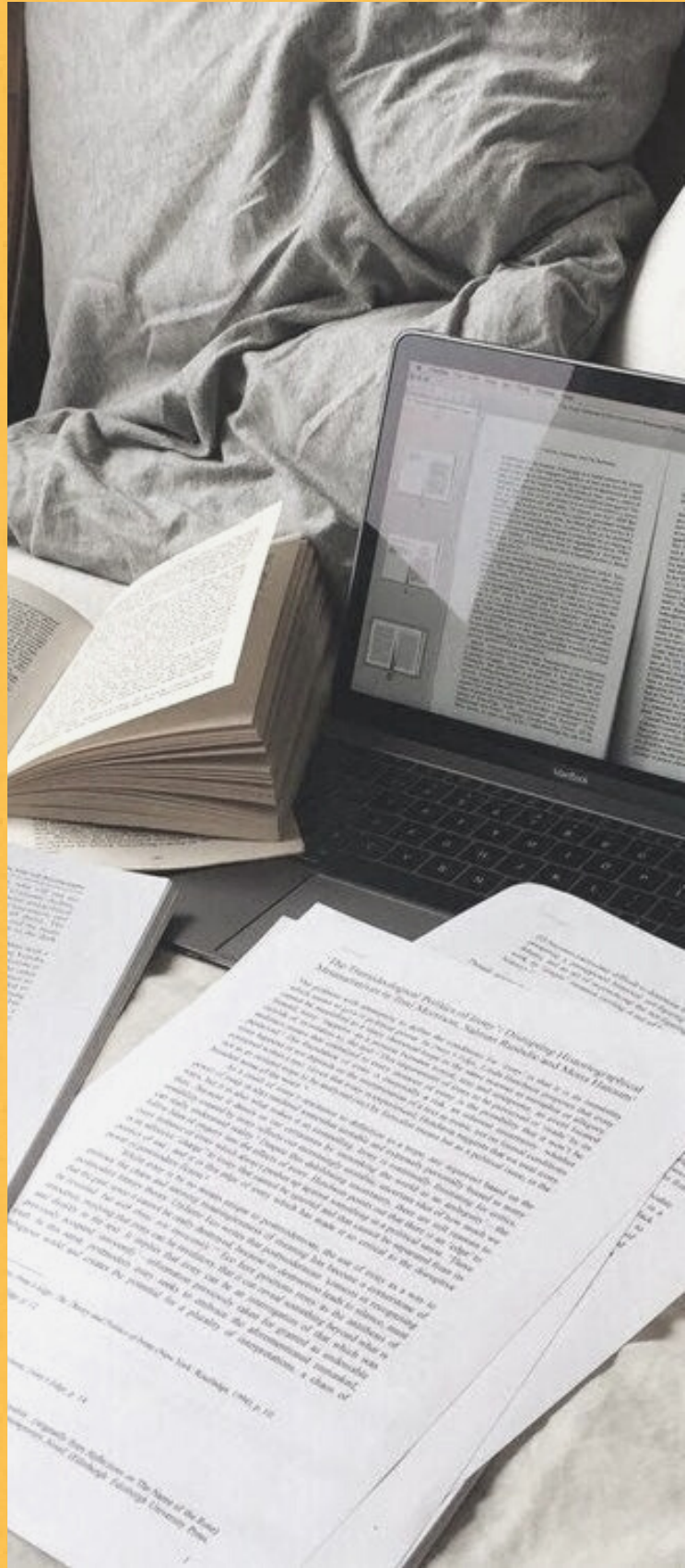
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TIPS FOR ONLINE SCHOOL

Due to recent COVID-19 restrictions, this new school year has been dealt with a little differently. We're all new to this on-again-off-again, in-school versus online school. It has impacted students, teachers and families, and let's be honest, it is not the greatest. Although we are all pushing through to make the best of the situation, online schooling is still a tricky one to get through. To help you out, here are five tips for online/at home school.





1. TREAT IT LIKE IT'S REAL SCHOOL

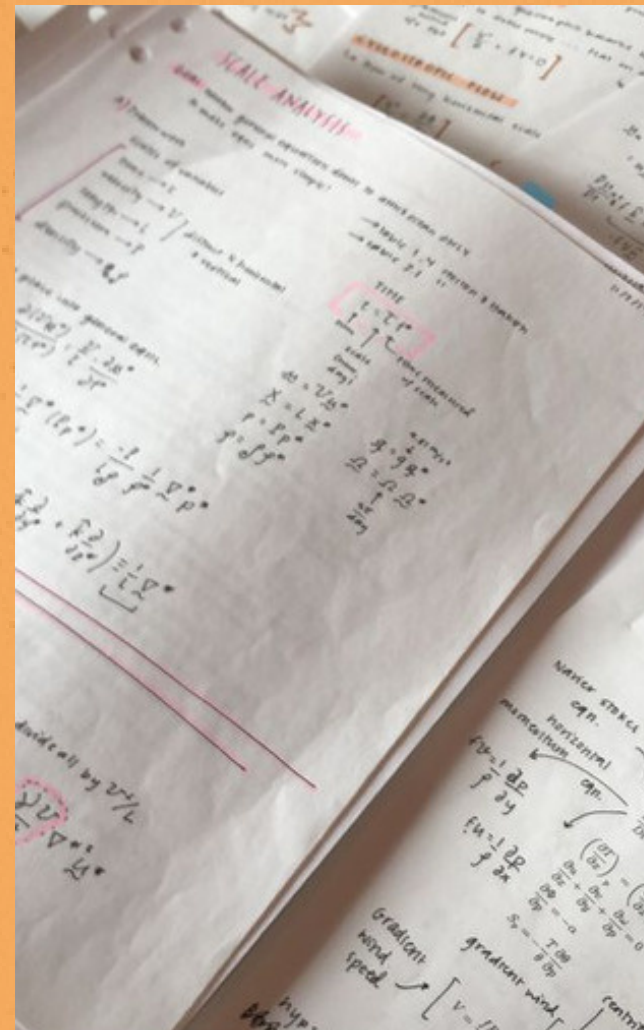
A lot of students are letting their online studies go, without a care in the world. Don't do it! Yes, we all get that it's super easy to just shut your laptop and walk away, but this is still very important for your education! It's still school, it still counts for marks. At the end of the quad, your marks are going to affect you whether you like it or not. Treat online school the way it's supposed to be treated, like an actual course.

2. PEACE AND QUIET

Distraction leads to procrastination, procrastination leads to no work getting done, no work getting done leads to even more stress to get the work done. Do you see where I'm going with this? When it comes to online schooling, it's best to be in an area or zone where there is no one or nothing to bother you. For example, your room with the door shut and your phone on silent, hidden where you can't see it. It's most likely that a person in your house won't come bothering you and you won't be tempted to see whatever is coming up on your device. First, get the school work done for the day, then go and see what's going on out in the world.

3. PARTICIPATE

Participate in class and online! Honestly, it will help you so much when you ask questions, answer your teacher's questions and head into class discussions. It helps to understand topics more and will strengthen your personal growth. Even if you're the kind of person that doesn't usually speak up, especially online, it's easy to write a private comment or type in the chatbox on your google meet. It also shows your teacher that you are understanding and have knowledge of the topic you're studying.



4. ORGANIZATIONAL HABITS

Organization is key, my friend. Even if you have the slightest organization it can help so much with your online schooling. My tip, take note of assignments you have due within the week, make time to do them as well. Make sure when you have handed in your assignments, to cross it off your list and say adios for good. It's done and over with, congratulations. Now, make a whole other list of other things you have yet to do. Lists help! But, if you're not a list person, make sure to take note of your to-do list that's already programmed in your classroom. Your teachers may not always remind you of upcoming assignments so that means it's your responsibility to be on top of things.

5. CHECK-UP ON YOURSELF

Now, when I say that, I mean to go through how you're feeling each week. Stressed? Worried? Anxious? It's okay, trust me, this happens to everyone and will likely happen more than once. Checking in with other people helps too. Online school brings more stress, locked up in your houses and huddled over your laptop just trying to get the assignment handed in on time! Don't even get me started on wifi and technical issues. It ain't easy, but we all understand. Make sure to take breaks, if you've been going at your work for more than a couple of hours, go take a quick break, refresh your mind and when you're ready (remember, no procrastination!) finish off what needs to be done for the day.



Keep these few things in mind and I'm sure you're going to be successful during your online studies. It's a rough time and each one of us has been impacted in some sort of way by this pandemic. But we are strong and will make it through this together. Until we are all back to some sort of normal, let's persevere and make the most of it!

“

OPARAH WINFREY:

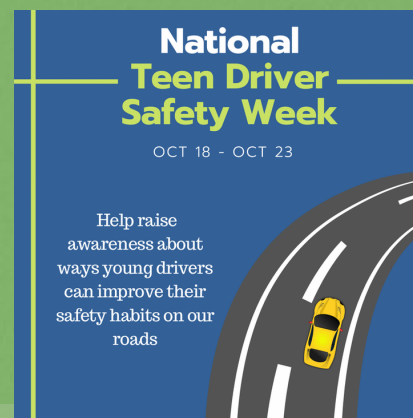
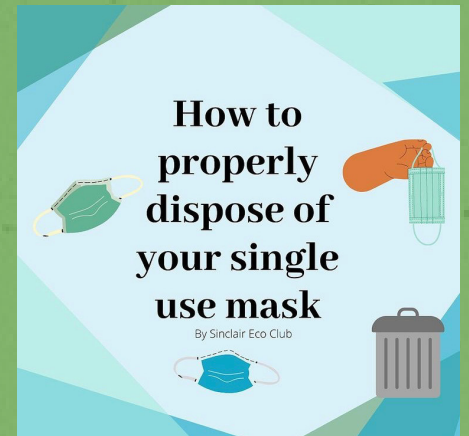
THE GREATEST
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BY MERELY
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ATTITUDE.

”

CLUB SPOTLIGHT

De Mario Knowles

The fall season is one of the most spectacular occasions of the year! From pumpkin spiced delicacies, to the casual sensations of hoodie season, there are many things that make fall an amazing season! My favourite part about the fall is the opportunity to participate in Sinclair's fall-themed events. At first, I thought the pandemic would inhibit all events from being carried out. With social distancing and the constant fear of being infected, I thought the club events were goners! However, some of the clubs from Sinclair were able to convert their events into an online format! You may be wondering, how in the world can you take an in-person school event and host it virtually? Don't worry my friends, I was just as confused as you are! Lucky for you, the club spotlight (this article) will highlight some of the online events that were able to bring the thunder to the Celtics!



Let's start off with one of Sinclair's most iconic fall events: Fall Festival! Fall Festival (hosted by Student Parliament) is my personal favourite since there are so many activities to participate in! This year, the Fall Festival lasted from Monday, October 26th to Saturday, October 31st. On Monday, the fall-themed trivia quiz was launched on Sinclair's Instagram page. For Tuesday, there were story polls on Sinclair's Instagram stories that provided fall-themed Would You Rather questions for the Celtics to answer. Personally, this is my favourite activity! On Wednesday and Thursday, the Celtics were able to submit photos of themselves wearing flannel, black, orange, or purple.

If the students attended school in person during Wednesday or Thursday, then they should have had their photo taken for them, depending on their cohort. On Friday, Sinclair's story bingo challenge was launched! The Sinclair Instagram page had a fall-themed bingo challenge on its Instagram page. This allowed the Celtics to screenshot the bingo table and fill it out for themselves. Also, they were able to tag some of their friends to help the bingo table transition between the students more easily! On the final day of Fall Festival (Saturday, October 31st), the Celtics were given the opportunity to submit photos for Spooky Saturday. Photos of Halloween costumes, make-up, and carved pumpkins were all allowed to be submitted.

Participating in the Fall Festival's activities entered the students into Student Parliament's giveaway! If a student wanted to be entered into the giveaway, they had to complete the trivia quiz, submit a photo on the Spirit Days & Spooky Saturday (1 entry per day and photo), or they had to earn a bingo in the bingo challenge.

The three available prizes were a \$15 Starbucks gift card and two Sinclair shirts! Congratulations to the three lucky students who won the giveaway! The complexity and uniqueness of this event is astounding!

Giveaway Rules

.....

Each of the following ways of participation will receive **(1) entry** into our giveaway:

1. Completing the Trivia Quiz (open all week in bio!)
2. Submitting a photo (DMs) on the Spirit Days & Spooky Saturday (1 entry per day and photo)
3. Getting a bingo in the Bingo Challenge

FACTS

DON'T DRINK & DRIVE

Motor vehicle crashes are the second-leading cause of death among 16 to 25 year-olds, and alcohol is a factor in almost half of those crashes.

DON'T DRIVE HIGH

Nearly one third of teens don't consider driving while high on

harmful to the environment

Single-use masks and other PPE's are becoming common form of litter and are often ending up in our streets, parking lots, lakes, and oceans.

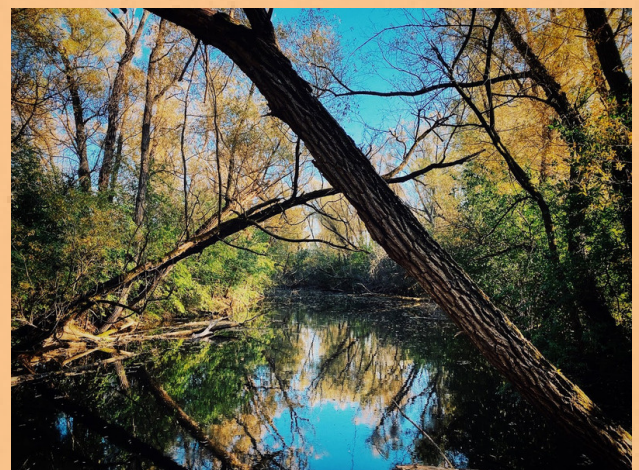
.My opinion is probably biased since I am a member of Student Parliament. Because of this, I asked some Sinclair students (who wished to remain anonymous) for their favourite activity from Fall Festival. “I really liked wearing Flannel on Spirit Day. It was fun.” “I didn’t think I would’ve done the bingo challenge if my friend didn’t tag me in it. It was really enjoyable, 10/10!” “I had a spare during the festival so I wasn’t able to get my pictures taken at school. I liked how we could take our own pictures and turn them in, that was smart.” As you can see, many other students enjoyed this year’s Fall Festival. I think it is safe to assume that Fall Festival was a huge success! Amazing job Student Parliament!

Let’s move on to another event that was hosted virtually this year: Teen Driver Safety Week! To be honest, I have never heard of this event prior to this year. The virtual format allowed me to learn about this magnificent event! Teen Driver Safety Week (hosted by Celtic Ambassadors) lasted from Monday, October 18th to Friday, October 23rd. The Celtic Ambassadors provided slides with information about driving safety. At the end of the week, a driving safety quiz became available for the Celtics to complete. Whoever answered all of the questions correctly was given the opportunity to be entered in a draw to win a Tim Hortons gift card! Congratulations to the lucky winner! Wonderful job Celtic Ambassadors!

There is one more virtual event that still needs to be spotlighted: the Eco Club Giveaway! Although this event did not have as many activities as the other two events, it deserves its own section in the Club Spotlight! On Wednesday, October 7th, slides about proper mask disposal from Sinclair’s Eco Club were posted to Sinclair’s Instagram page. Throughout the slides, there are multiple masks that can be found. The first five people who DM’d Sinclair’s Instagram page with the correct amount of slides that were shown in the slides received a reusable mask! Congratulations to the lucky winners! Spectacular job Eco Club!

STUDENT

PHOTOGRAPHY





COVID SCHOOL IMPACT

FARIYA NASIR

March 13, 2020, over nine months, have passed since we got news of the outbreak. COVID-19, so many people have been impacted by this. In March many of us were focusing more on spending two weeks off rather than having to wear masks for the next year. While it benefited some going online, it was definitely a negative experience for numerous people. In our own ways, we all experienced the effects of the pandemic and got through the summer. Fast forward to September, we suddenly have to go back to school. So how's it changed? How are classes, students, teachers, and parents managing? Well, let's see, over the past couple of weeks I interviewed different teachers and students to see how they have been influenced and how they are managing with the new COVID school year.

From a student's perspective, what we experience and see is different from what the teachers deal with day to day. Through my student interviews, the most prominent thing I heard was balancing home and school. The barrier to having online classes is much different now and having to work more at home gives students more of a chance to procrastinate. It's easier to steer away from Google Docs to Netflix with a simple click. As this is a struggle for many students, it is important that we utilize our opportunities and understand it is okay not to get our desired marks; sometimes it is worth a lot more to know if you worked as hard as you could rather than pursuing a high mark.

In my interviews, I was told it's important to set a schedule, make a to-do list, and plan your day. One of the things I heard from an interview was "Be kind to yourself, it's okay to not succeed and accomplish everything on your list" - Khadeeja F. Many people consider being organized as being perfect; that is not the meaning of being organized. Being organized means being prepared, getting ready to get up, working when needed, attending a Google Meet, or attending a club meeting. A question I asked students was what was the biggest thing that they changed in their daily schedule. For some, it was simply waking up at a later time or keeping up with when to get to class. In all of the interviews, I was also told that this challenge was overcome; it was a struggle in the beginning, but with time they adjusted.

"Time management is essential" - De Mario K. Procrastination will always be there to set you back, but there needs to be an understanding that with online school you have to take on a bigger role. "Try to embrace the little things in your day, seeing teachers, friends."- Mrs. Causaban. School may seem hard. It might be draining your energy or simply be boring; the only reason people believe that is due to the way that they are perceiving it. If you set yourself up for failure, such as starting your assignment late, then you can't be upset about a bad grade.

"Utilizing the resources teachers give you is important. At the end of the day, teachers can only do so much; you are the person who has to contact teachers and manage academics. Lean on your friends for moral support"- Madame Poulin Tennant. It is okay to have someone you need to rely on. "If you are struggling, make sure you reach out to an adult you trust, it's not good to suffer in silence, there are many people to help you so utilize and reach out"- Mr. Kramer

There are two sides to every story right? Well, in this story we have the daily schedule changes to the personal impacts on individuals that this pandemic has influenced. From going grocery shopping early in the morning (Mrs. Lee) to pre-recording lessons or depending on certain technology (Campeau). The biggest thing I want students to hear from teachers is a message that makes you truly understand a lot more. "We are all struggling. It's going to take us all a while to adapt to these changes"- Mrs. Ward. The message I hope to carry through this is for both teachers and students. Being in the middle of a pandemic is a difficult experience. We are all struggling, but we are all getting through it together. It's okay to not be at a perfect pace with school. What matters the most is that we do our best to continue to progress forward.

WHAT DO YOU MISS THE MOST ABOUT SCHOOL BEFORE COVID?

TEACHERS STUDENT RESPONSES

"Hallway conversations, saying good morning to hundred of students"- Mrs. Lee

"Making jokes, seeing faces"-Mr. Kramer

"Making crepes, making connections with students"-
Madame Poulin Tennant

"Supporting and encouraging peers"- De Mario K.

"Seeing friends at lunch, and having a chance to interact with each other"- Tala S.

"Seeing friends at lunch during clubs"- Ava S.

It's not easy, but it's not too difficult to manage. Day by day we will face new struggles and new challenges, but you can always overcome the odds. The problem may be wifi or an essay due the next night. Regardless of what it is, "it is highly important for everyone to understand to reach out to friends and teachers at this time" - Mrs. Campeau. You are not alone, and even if you feel that way, you should know that your teachers are there for you and they want to see you succeed. So stay strong and determined! We are all going through the same challenges and facing our own battles, but we will get through this and we will strive. Here is to another great year at Sinclair, we got this Celtics!!

STUDENT ARTWORK



**YOU HAVE
BRAINS IN
YOUR HEAD.
YOU HAVE FEET
IN YOUR SHOES.
YOU CAN STEER
YOURSELF IN
ANY DIRECTION
YOU CHOOSE.**

DR. SEUSS

THANK YOU FOR READING THE NOVEMBER 2020 ISSUE

FOR MORE INFORMATION CONTACT @SINCLAIRCELTICJOURNAL OR
SINCLAIRCELTICJOURNAL@GMAIL.COM

