

# J. ADDISON PRESS

Monthly Newsletter of J. Addison School



## IMPORTANT DATES FOR MARCH

**March Break**  
Mar 13-14/2023

**OSSLT**  
Mar 30/2023

## FEBRUARY 2023 HIGHLIGHTS & PHOTOS



## DAY SCHOOL

The month of February is upon us and we are officially halfway through the school year already as high school students enter their second semester. We started off the month of February with very chilly temperatures, which was a new experience for some of our dorm students.



Despite the cold weather and a shorter month, February has been filled with warmth and fun activities at J. Addison. We began February with exams and welcomed some furry friends for our students to destress while our junior building students welcomed a scientist to the school to teach them all about structures. Also, we said goodbye to our Winter Class of 2023 graduates. They will rejoin their friends in June for the graduation ceremony. We also celebrated Black History Month, Valentine's Day, and Family Day. Meanwhile, despite basketball season nearing its end, our boys and girls basketball teams have been extra busy. They even won their games in North Carolina and Florida.

# Black History Month



This month, we are celebrating Black History Month at J. Addison School. Throughout February, J. Addison students hosted and played trivia games to educate our staff and students about Black culture while our cafeteria staff and the school came together to prepare dishes for lunch from places such as Jamaica, Cuba, Bahamas and various countries in Africa like Nigeria.



## BOARDING SCHOOL

Community Outreach - York Region Public Hall Town Meeting  
By Adrian T. (Hong Kong SAR, China) (Grade 11)



On Saturday, February 11th 2023, I had the opportunity to volunteer at a public town hall meeting in Richmond Hill, Ontario (Canada). This opportunity allowed myself as well as my peers to assist the mayor and district councillor of Richmond Hill by guiding guests into the venue. Additionally, my dorm peers and I provided assistance in regards to setting up the venue space. Furthermore, I was also responsible for ensuring that guests fill out questionnaires and providing any additional support that they may need. Personally, I enjoyed this experience because I was able to practice my English communication skills, since I am not a native speaker. Moreover, I must state that this volunteer experience was quite memorable for myself as it was my first time entering a government building in Canada and being able to meet with different politicians and armed forces. For example, I had the pleasure to chat with the Mayor of Richmond Hill by name of Mr. David West before leaving the venue. Based on my interaction with Mr. David West, I must express that he was super friendly and charming! Overall, this volunteer activity was such a great learning opportunity for myself and dorm peers to work together towards a common initiative while striving for the best.



## Celebrating Black History Week By Enitan B. (Nigeria) (Grade 11)

On Tuesday February 21st, 2023-Tuesday February 28th, 2023 was Black History week at J. Addison School hosted by the 2022-2023 Residence Council and Black Student Association. My experience during this week was truly amazing because I was able to participate in a wide range of activities such as trivia games and food/beverage tasting stations that promoted my cultural heritage. For example, I had the opportunity to learn about famous black music artists and taste a popular African/Caribbean drink by the name of "Vitamalt". Personally, I enjoyed every single drop of this drink as it was childhood favourite of mine growing up in Nigeria. Following this, I must emphasize that I loved eating Jamaican patties for the very first time due to the unique flavors in the beef from various spices and the flaky outer layer. Concurrently, another factor that I liked about Black History week, was the opportunity to interact with people from all grades as we tried different foods and discussing about our experiences. In conclusion, my experience during black history week was phenomenal because I enjoyed having the opportunity to work with other different people while learning about black history and culture.



## Exam De-stressor Activity-St. John's Ambulance Pet Therapy By Kiana F. (Iran) (Grade 12)

On Thursday February 2nd 2023, when I took my last exam, I noticed that the dorm department hosted a pet therapy session to promote exam de-stress. As I reflect on this activity experience, I could not help to ponder on many individuals like myself who have endured a lot of stress and pressure during exam week or near the end of the semester. In my personal opinion, this activity during exam week was vital based on the notion that research has shown that simply petting a dog lowers the stress hormone cortisol, while the social interaction between people and their dogs actually increases levels of the feel-good hormone oxytocin. During my pet therapy experience, I came to the conclusion that my stress levels did decrease and reduced my anxiety. Not to mention, I felt so happy petting the dogs and not focusing on other things that were attributing to my personal stress. In summary, I would like to thank the dorm department for giving me such a beautiful experience as it truly helped me during exam week.



# ATHLETICS

What an incredible basketball season it has been and our teams have certainly ended the season on a high note. Both our girls and boys basketball teams have been on a winning streak! Our girls defeated the Excel Hoops in their first game of the month while our boys defeated their opponents in their first two home games. For our girls who played their first home game of the month on February 12th, 2023, they also won with the final score of 66-57.

On February 16th, both our girls and senior boys teams headed off to Moorville, North Carolina and Tampa, Florida respectively for an incredible weekend of basketball. Our senior boys won all 3 of their games in Florida while our Lady Jaguars also came home victorious. Meanwhile, our junior boys made it to the playoffs, which our school proudly hosted on February 24th. It may have come close at some points in the game but our boys held off Kennedy Prep to make it to the next round with a final score of 103 to 76. We will have to wait until March to find out what happens in the quarterfinals.



We cannot forget about the surprise we had this month. On February 8th, CTV News paid our basketball teams a surprise visit. After LeBron James' latest record of becoming the highest scorer, CTV came by to J. Addison to interview some of our our athletes and staff for their segment. Our students were overjoyed to speak about the influence someone like LeBron James has had on them. At J. Addison, we look forward to seeing what this future generation has in store for us.



## CONTACT US



2 Valleywood Drive  
Markham, ON L3R 8H3

[www.jaddisonschool.com](http://www.jaddisonschool.com)

[info@jaddisonschool.com](mailto:info@jaddisonschool.com)

Tel: 905-477-4999

## [ CONNECT WITH US ]

 /J.Addisonschool

 @J.Addisonschool

 @JAddison2002

 /JAddisonJAS



 /JAddison

 /JAddisonschool

# STUDENT OF THE MONTH

## RESIDENCE LIFE STUDENT OF THE MONTH



SHELLY L. B.

## STUDENTS OF THE MONTH



CYNTHIA L.



DAVID B. & ARTIN J.

### This month the Character Education Virtue is: WISDOM

February's virtue is WISDOM with the following traits:

- I will use my conscience as my guide.
- I will use my words to help not harm.

## it all comes together in the fifth... that's the Addison Advantage™



**JASX Early Learning**  
Ages 3.8 to 6 years of age



**Elementary School**  
Grades 1 to 8



**Secondary School**  
Grades 9 to 12



**Boarding Program**  
Grades 7 to 12

