Newsletter

Toronto Campus: 5 Park Home Avenue, #120, North York, ON M2N 6L4 / TEL +1 416 590 7771

North York Campus

September 2026

SGA Activities

Toronto Korean Festival







This August, our students had the opportunity to attend and volunteer at the **Toronto Korean Festival**, held from **August 21–23, 2026, at Mel Lastman Square (5100 Yonge Street, North York)**.

Students enjoyed experiencing Korean culture through music, performances, food, and cultural activities. Our student volunteers also generously gave their time to help support the festival and contribute to the community. Their participation was a wonderful opportunity to learn, connect with others, and celebrate Korean culture and diversity in Toronto.

The festival was an overall fun and meaningful experience that allowed our students to step outside the classroom, connect with the wider community, and make lasting memories.

This event created a wonderful opportunity for students to build new friendships, gain valuable volunteer experience, and enjoy a vibrant celebration of Korean culture right here in Toronto.

SGA Info

Welcome Back!

SESSION	September to November: Daily Schedule
Period 1	9:30 AM to 12:00 PM
LUNCH	12:00 PM to 12:40 PM
Period 2	12:40 PM to 3:10 PM
Period 3	3:15 PM to 5:45 PM



UPCOMING EVENTS:

- **Hot Dog Day (Sep 4)**
- **SGA Terry Fox Fundraising Event (Sep 18)**
- **SGA Canadian Autumn Leaves Field Trip (Sep 24)**

SGA Morning Activities







Awakening Body, Mind and Soul

The morning exercise at SGA is more than just a routine of stretching, jumping and running. It is a beautiful way of awakening the body, mind and soul and preparing students for a productive and successful day. As the morning begins, the school come alive with the sound of cheerful voices, rhythmic movements and energetic steps. Students gather to stretch their bodies and breathe in the fresh morning air. These simple activities help them feel refreshed, active and ready to learn.

Morning exercise is important because a healthy body supports a healthy mind. Physical activity improves blood circulation, increases energy and helps students remain alert and focused in the classroom. Instead of beginning the day feeling tired or sleepy, students start with enthusiasm and renewed strength.

But morning exercise also touches the mind and soul. Moving together as a school community creates a sense of unity, discipline and happiness. The rhythm of the exercises encourages students to release stress, clear their thoughts and embrace the new day with a positive attitude.

Most importantly, morning exercise at SGA gives students a moment to appreciate the gift of life and good health. Awakening the body gives us energy. Awakening the mind gives us focus. Awakening the soul gives us purpose.

SGA Info

REMINDER: Updated Assessment Breakdown for Courses

Grade 11–12 Courses (Course Code: 3, 4, CU, DU)

- 65% Coursework
- 25% Final Assessment
- **10% Attendance & Participation**

Grade 9–10 Courses (Course Code: 1, 2, ESL Courses)

- 65% Coursework
- 20% Final Assessment
- **15% Attendance & Participation**

Students' assessment breakdown will be determined by the course they are taking.
Teachers will apply the same assessment standards to all students enrolled in the same course.