
**BREAKING
NEWS**

**MARCH 2025
ISSUE 25**

REBECCA



TAYLOR



ALISSA

WELCOME SPRING: MARCH BEGINS



A SEASON OF RENEWAL: SPRING IN CANADA

Spring in Canada is a time of renewal and transformation. As the snow melts and temperatures rise, nature begins to wake up with vibrant blooms and longer days. It's a season full of promise, where the crisp air is filled with the scent of fresh grass and the sound of birds returning home. Across the country, from the coasts to the mountains, Canadians embrace the changing season with outdoor adventures, gardening, and a renewed sense of energy after the long winter months. Spring in Canada is a beautiful reminder of new beginnings and the power of nature's resilience.

ACTIVITIES THIS MONTH



CELEBRATE TORONTO - CITY'S 191ST ANNIVERSARY FESTIVAL

March 8, 2025

Mark your calendars for Saturday March 8th 2025 as Celebrate Toronto transforms Nathan Phillips Square into the city's biggest birthday bash! From 3-10PM join thousands of proud Torontonians for an epic free celebration filled with unforgettable experiences entertainment and energy like never before. Explore the Toronto Made Market – shop from 150+ local vendors showcasing the best of Toronto's creativity arts and culture.



ST. PATRICK'S PARADE OF TORONTO 2025

March 16, 2025

The St. Patrick's Parade returns to downtown Toronto on Sunday, March 16. It is an amazing afternoon filled with music, dance, floats and fun! Everyone is welcome whether you were born in Ireland, have Irish ancestors or you're just looking for a great time! The parade starts at 12 noon and the line of march lasts one and a half hours at any given point along the route.



WINTER MAGIC IN MISSISSAUGA

March 1 - March 16, 2025

There's magic in the air at Celebration Square! With spectacular art installations, twinkling lights, and skating on the City's largest outdoor ice rink, there are so many ways to embrace the cold throughout the season.



LUMIÈRE: THE ART OF LIGHT

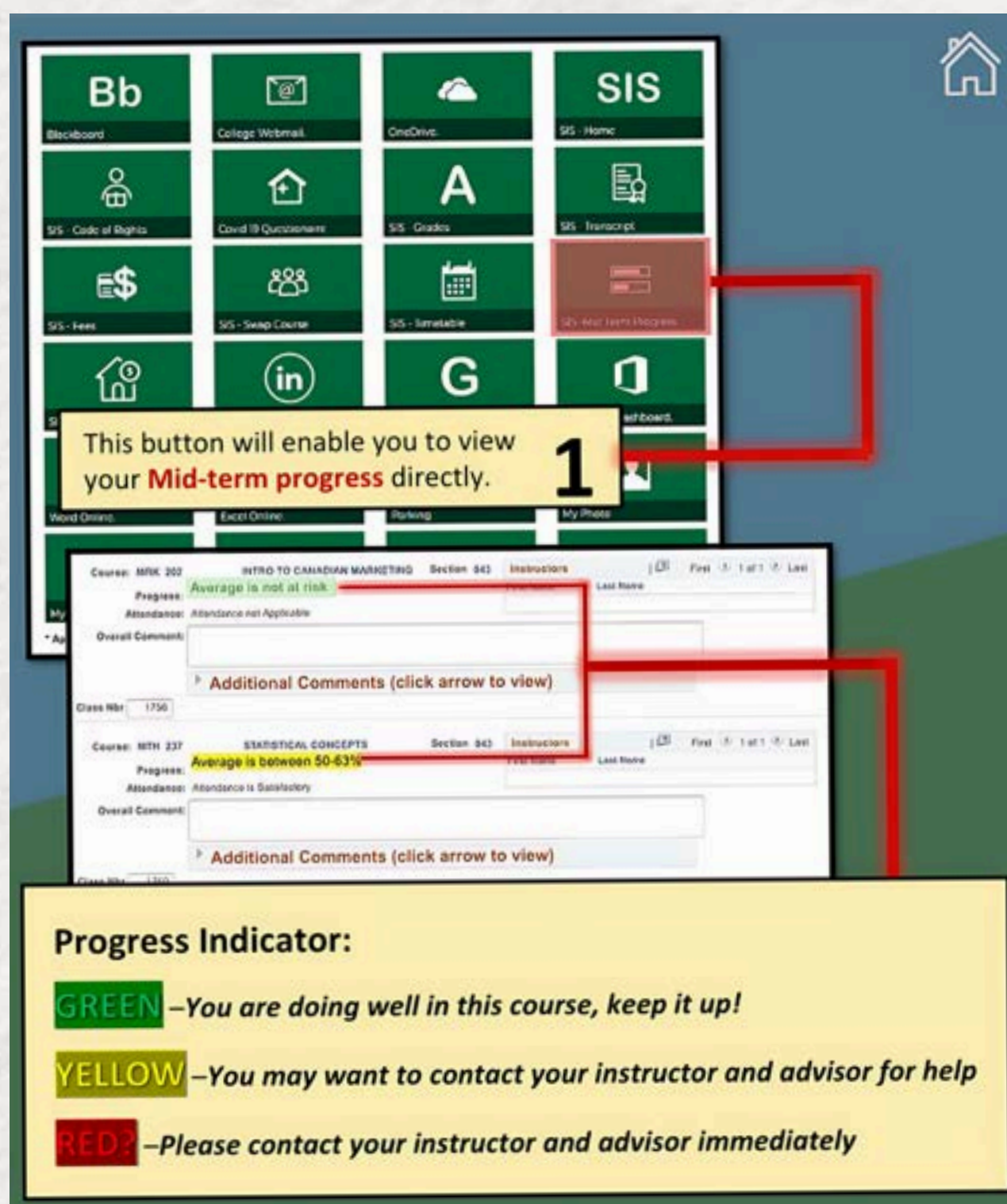
March 10 - April 4, 2025

Experience the enchantment of Lumière: The Art of Light, a free outdoor light exhibition that will transform Trillium Park at Ontario Place into a mesmerizing display of light-based art from March 10 to April 4, 2025. Featuring bold and imaginative exhibits by talented Ontario-based artists across diverse disciplines, Lumière brings the theme of "Neon Dreams: Light and Colour" to life.

ACADEMIC SUCCESS

MIDTERM PROGRESS REPORTS

To access your midterm progress report, you can log into your SIS account and click the green box that reads "SIS - Mid Term Progress" on the home page. A red indicator beside a course signifies an average below 50%, yellow indicates an average between 50% and 63%, and green indicates that your average is not at risk. If you are struggling in a class, you can consider dropping it. Before doing so, consider speaking with your instructor for improvement tips or accessing free tutoring. If the dropped course is a prerequisite, you will need to complete it in order to continue in subsequent courses. A dropped course shows as "DR" on your transcript and does not affect GPA. If you drop a course, you must retake and pay for it in the next semester to graduate.



IMPORTANT DATES:

March 10-14: Reading Week (No Classes)

March 24: Course Drop Deadline

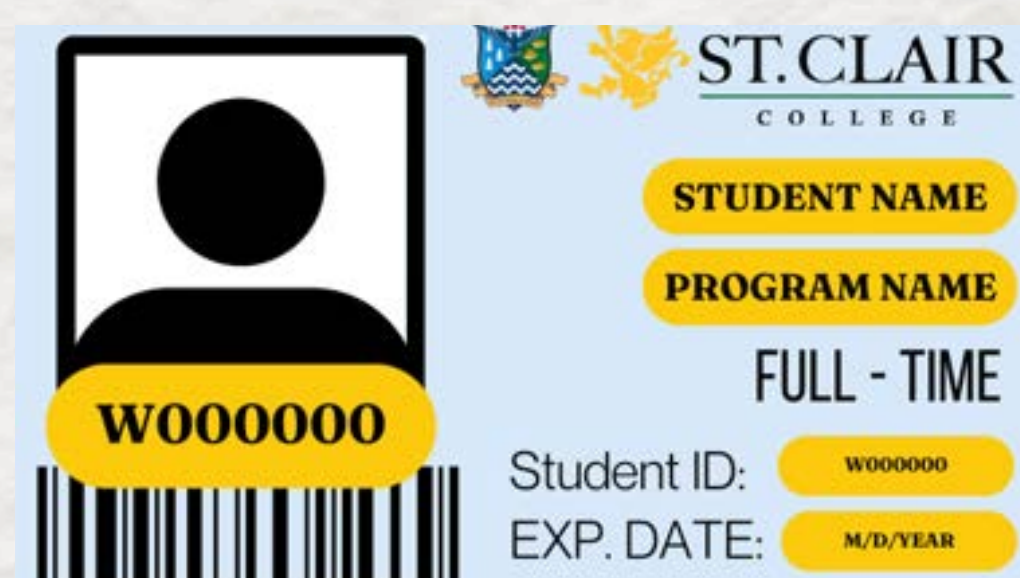
March 30: IFS Survey

IMPORTANT TIPS:

- Ensure you are added to your Teams Classrooms.
- Attend classes regularly.
- Meet with your instructor and follow-up on any feedback by your instructor.
- Pay close attention to upcoming deadlines for assignments.
- Take advantage of our free Tutoring services.
- Follow Academic Integrity!

STUDENT IDENTIFICATION

CONTACT YOUR CAMPUS RECEPTIONIST TO RECEIVE YOUR STUDENT ID CARD



Please remember to obtain your Ace Acumen student photo ID card before exams as it is necessary for exam participation.

Toronto Campus:

info.toronto@canadaacumen.ca

Mississauga Campus:

info.mississauga@canadaacumen.ca

Brampton Campus:

info.brampton@canadaacumen.ca

NOURISH TO FLOURISH

Are You Eating Healthy?

March is Nutrition Month and this is a fantastic time to check in with your eating habits! This year's theme, *Nourish to Flourish*, highlights the importance of nutrition in mental health, emotional resilience, and fostering social and cultural connections.

Here are some tips to help you flourish:

- Be mindful of your eating habits
 - e.g., what, where, when, why, and how much you eat
- Cook more, takeout less
- Avoid highly processed foods
- Make cooking an enjoyable activity
 - Try cooking with friends!
- Use nutrition facts tables to choose foods more wisely
- Be aware of how marketing tactics can influence your food choices
- Stay hydrated!

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods



Learn More!



Understanding
Food Labels



Improving
Eating Habits



Healthy Eating
on Campus

StudentVIP

Did you know?

Your health insurance covers Nutritionists & Dieticians! This is great option to consider if you need some extra help forming healthy eating habits.

SCAN THE QR CODE TO DOWNLOAD YOUR
HEALTH INSURANCE PLAN CARD:



Healthy Eating Supports Your Mental Health

We encourage you to book an appointment with Sam to find out ways to make your mental health flourish!

SAM SEON

Mental Health Coordinator
mhservices@canadaacumen.ca

HOURS:

Monday: 2:00 pm - 10:00 pm
Tuesday: 10:00 am - 4:00 pm
Wednesday: 10:00 am - 4:00 pm
Thursday: 10:00 am - 4:00 pm
Friday: 10:00 am - 2:00 pm



STUDENT LIFE

EVENTS IN FEBRUARY: TORONTO

WEEK ONE

CHESS TOURNAMENT
TIME MANAGEMENT BOOTH
INTERNATIONAL WOMEN'S DAY
DRESS IN BLUE

WEEK TWO

READING WEEK (NO CLASSES)

WEEK THREE

ST PATRICKS DAY
TUTORING BOOTH
PAINT DAY WITH SAM
DAY OF HAPPINESS

WEEK FOUR

SPRING HENNA
BOARGAMES
PRODUCTIVITY WORKSHOP

MISSISSAUGA

WEEK ONE

NUTRITION MONTH RAFFLE
INTERNATIONAL WOMEN'S DAY

WEEK TWO

READING WEEK (NO CLASSES)

WEEK THREE

ST. PATRICK'S DAY

WEEK FOUR

BOARD GAMES
EID

BRAMPTON

WEEK ONE

NUTRITION MONTH RAFFLE
INTERNATIONAL WOMEN'S DAY

WEEK TWO

READING WEEK (NO CLASSES)

WEEK THERE

ST. PATRICK'S DAY
BOARD GAMES

WEEK FOUR

EID - HENNA & CRAFT



Valentine's Card Craft @ Mississauga



Learning Booth @ Toronto



Board Games @ Brampton



Valentine's Card Craft @ Brampton

CHECK YOUR CAMPUS' EVENT BOARDS OR ACE ACUMEN'S SOCIALS FOR EXACT EVENT DATES AND MORE DETAILS ABOUT UPCOMING EVENTS!

WHAT TO KNOW?

INTERNATIONAL WOMEN'S DAY

International Women's Day, celebrated annually on March 8th, serves as a global occasion to honor the social, economic, cultural, and political achievements of women. It also acts as a call to action for accelerating gender equality. The day is marked by a variety of events worldwide, ranging from rallies and protests to art exhibitions and educational discussions, all aimed at raising awareness about the ongoing struggles that women face in many parts of the world. It's not just a celebration of progress, but also a reminder of the work still required to ensure that women have equal opportunities and rights in all spheres of life.



The theme of International Women's Day varies each year, focusing on different aspects of women's rights and gender equality. In recent years, the day has emphasized issues such as ending violence against women, promoting women in leadership roles, and fighting against gender-based discrimination. International Women's Day is not limited to a single group or country, but is a collective event that unites people across cultures, backgrounds, and ideologies in the fight for gender parity. Through solidarity and activism, this day serves as a reminder of the strength and resilience of women and the power of unity in effecting social change.

ST. PATRICK'S DAY

St. Patrick's Day, celebrated on March 17th, is a cultural and religious holiday that honors St. Patrick, the patron saint of Ireland. Originally a religious observance, it has become a global celebration of Irish culture, with parades, festivals, and various activities that often include wearing green, public gatherings, and enjoying Irish food and drinks.



EID AL FITR

Eid al Fitr is one of the most important Islamic festivals as it marks the end of the holy month of Ramadan. This is a day of joy & thanksgiving, where Muslims express their gratitude for giving them the strength to fulfill the month long fast of Ramadan. Typical celebrations include: a special prayer, known as *Salat al-Eid*, lavish meals, henna, gifts, and donations to charity, or *Zakat al-Fitr*.



STAY IN THE KNOWN

International Women's Day

Join us for an inspirational talk with the Founder of Reya Health!

Dallas Barnes



- Understand your birth control options
- Learn how to take care of your sexual health
- Understand how to navigate healthy relationships

Sponsored by:



BRAMPTON

March 5th:

11:00am - 12:00pm

MISSISSAUGA

March 5th:

1:30am - 2:30pm

TORONTO

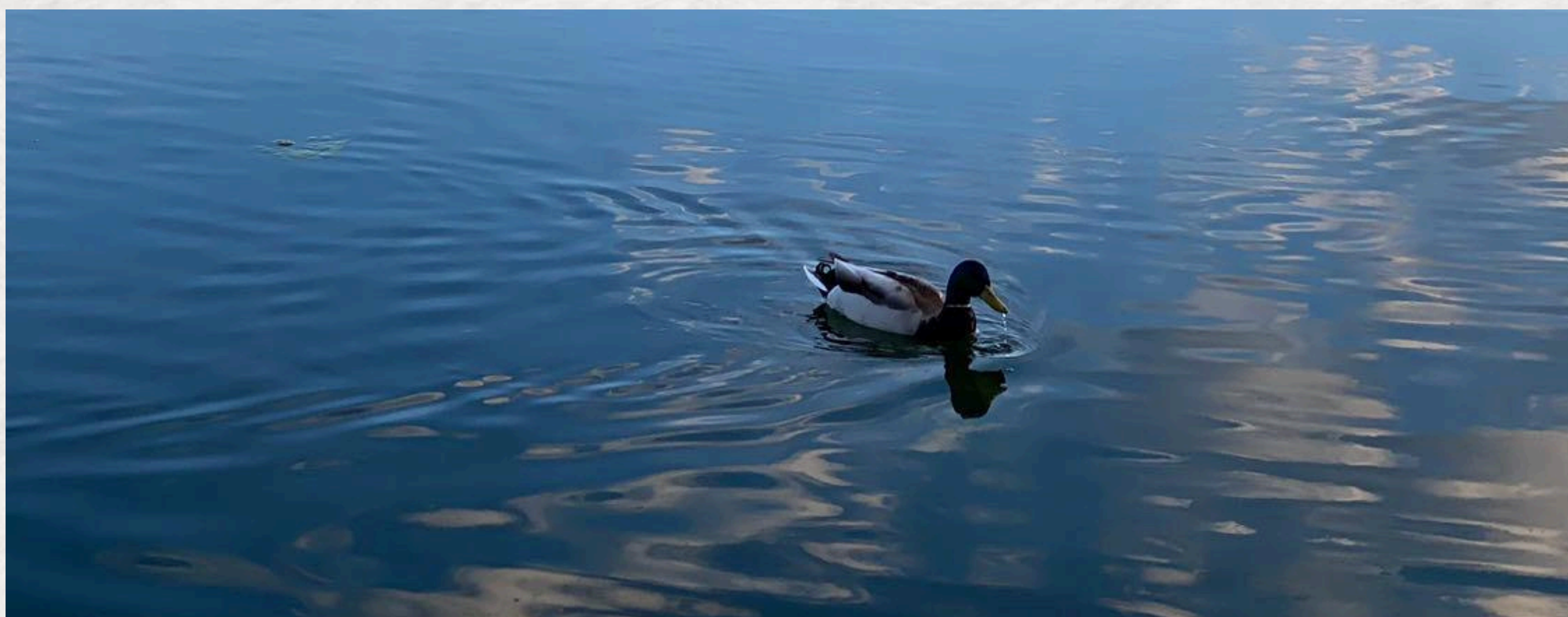
March 6th:

11:00am - 12:00pm

All students are welcome and encouraged to attend!

FALL REWIND

PHOTOGRAPHY CONTEST HIGHLIGHTS



SPORTS THIS MONTH

The Brampton Badminton Tournament is currently in progress, and excitement is building as students come together to compete and showcase their skills. Whether you're playing in singles or doubles, the tournament is designed to encourage friendly competition and foster a sense of community among participants. It's a great chance for students to stay active, have fun, and improve their badminton skills while participating in a spirited event.



As the tournament continues, there's still plenty of time to get involved and cheer on your friends and fellow competitors. We are looking forward to seeing the level of sportsmanship and teamwork as the tournament moves forward. Stay tuned for updates on match results, and don't miss out on the exciting final matchups and prizes to be awarded at the conclusion of the event!

MORE TO COME!

Exciting sports activities are coming soon to Acumen campus! Get ready for events that will help you stay active, have fun, and show off your skills. We can't wait to see you join the excitement!



MARCH PUZZLES

ST. PATRICK'S DAY WORD SCRAMBLE

1. lodg _____
2. tpo _____
3. enger _____
4. lukc _____
5. igj _____
6. ppie _____
7. imcag _____
8. crmha _____
9. nista _____
10. phicn _____

jig pipe gold magic pinch
march luck saint green pot

E O G B H K L C T L
Q R X Q T D E F L U
C A H C J L P G U C
P I S H A M R O C K
H O P T X B E L K P
O N C A C Y C D Y I
T B Z R F P R S D R
O T C M O T H Y J I
S O P H V B A C I S
I W G R E E N S G H

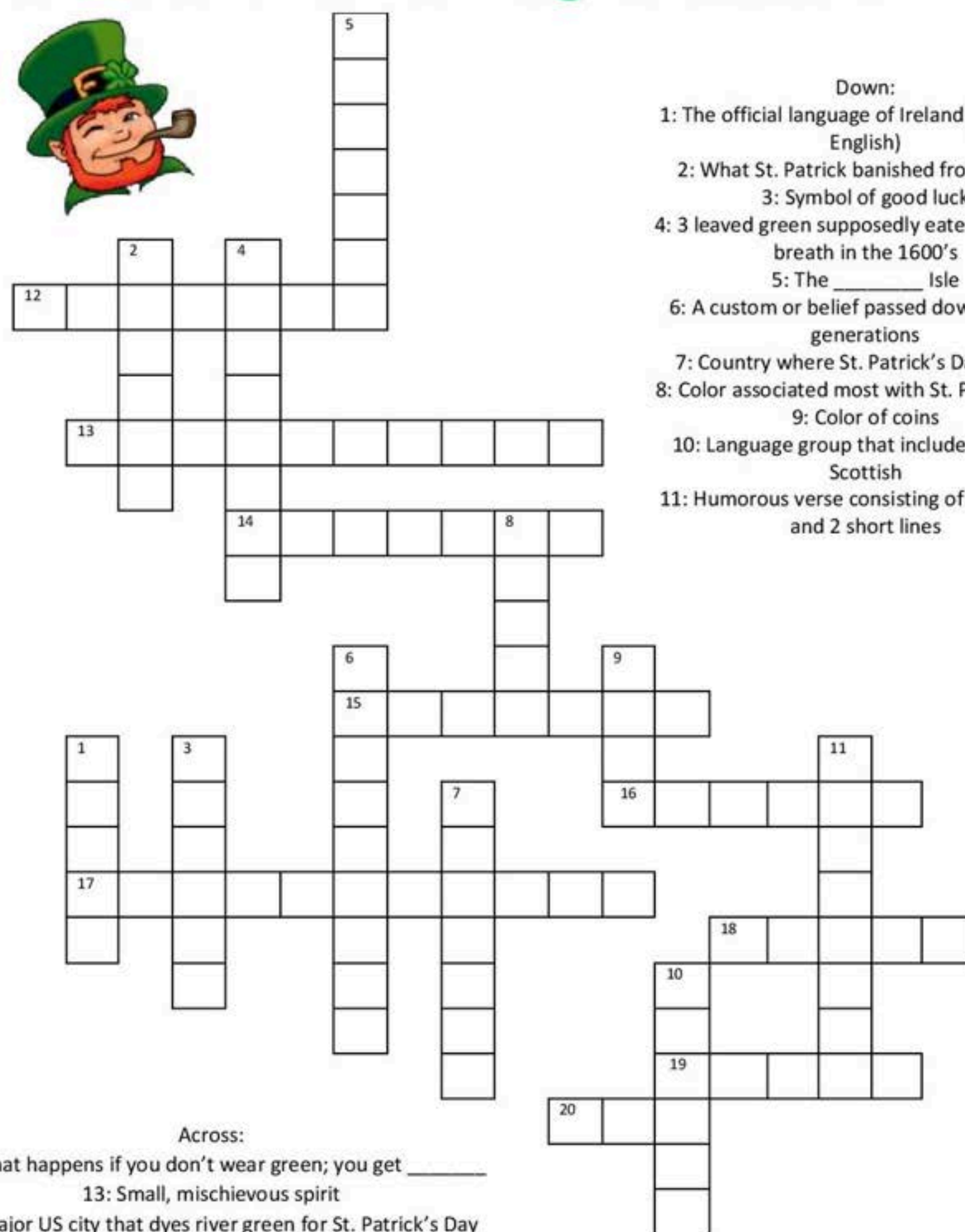
St. Patrick's Day Word Search

Words to Find:

rainbow luck green pot
shamrock jig gold Irish
leprechan lucky



St. Patrick's Day Crossword



Down:

- 1: The official language of Ireland (along with English)
- 2: What St. Patrick banished from Ireland
- 3: Symbol of good luck
- 4: 3 leaved green supposedly eaten to freshen breath in the 1600's
- 5: The _____ Isle
- 6: A custom or belief passed down through generations
- 7: Country where St. Patrick's Day started
- 8: Color associated most with St. Patrick's Day
- 9: Color of coins
- 10: Language group that includes Irish and Scottish
- 11: Humorous verse consisting of 3 long lines and 2 short lines

Across:

- 12: What happens if you don't wear green; you get _____
- 13: Small, mischievous spirit
- 14: Major US city that dyes river green for St. Patrick's Day
- 15: What you follow to get to the pot of gold
- 16: Capital of Ireland
- 17: Day of the month that St. Patrick's Day falls on
- 18: Month that St. Patrick's Day is in
- 19: Having good luck
- 20: What you find at the end of the rainbow; ____ of gold

HELP THE LEPRECHAUN REACH THE RAINBOW!

