

REGIOPOLIS-NOTRE DAME CATHOLIC HIGH SCHOOL

Visit our website: www.reginotredame.ca



April 2017 Newsletter

Newsletter is issued at the beginning of each month

Principal's Message

March brought tragedy and sadness to our RND community and we offer our communal prayers to all friends and families who are grieving the loss of loved ones or enduring hardships. Our faith traditions are a great comfort and support in these difficult times. We pray for the families of Mike Carty, father-in-law of Mary Elaine, Courtney Whyman, RND Class of 1999, daughter of retired Guidance Secretary Sharon Devlin, and Msgr. Don Clement, former Chair of our Board. Although not named here, we pray too for other members of our community who are experiencing loss.

We take great pride in our Regiopolis-Notre Dame Catholic High School community, for having high standards, for adhering to tradition whilst being au courant with emerging technologies, and for espousing a sense of family, rooted in deep faith. Yet, in many ways, I think we can live up better to the ideas we hold to be true about ourselves. We are not immune to the currents which run through our world - to the mainstreaming of exposure to racism, sexism, fear of all that is other, whether that be religious, cultural or some other difference. This fear, resentment and hatred is troubling. It is counter to the loving pastoral approach espoused by our beloved Pope Francis.

Indeed, our school's pastoral mission statement this year, inspired by St. Mother Teresa and her canonization this past fall, is to be kind and merciful. I ask our entire community (including myself) to be mindful of this simple caveat in our everyday interactions with one another. Let us not get caught up in "fake news" or social media drama. We are made of better stuff than that.

Our Sears Drama Festival team had an amazing showing this March and for the first time, in recent history at least, are heading to Cornwall for the next level of competition. The company of Come Away Come Away was awarded Outstanding Production, Mitchell Bruce was given an Award of Excellence for Acting, Sebastian Alamillo earned an Award of Merit for Music Composition, and the company won an Award of Merit in Tech Design. Well done, folks, and break a leg later this month in Cornwall.

This year, RND's Beacons of Hope are Bridget Overvelde and Ben Tripp, two humble and generous students, who work hard behind the scenes (for example in stage production, swim team and/or with the robotics club) to make our school a better place. We are so grateful for Bridget and Ben, and let them know it, both at an Excellence Assembly and at the annual Beacons of Hope Breakfast with our Director, Senior Team, parents and parish priests.

Good luck to Improv, whose season is now underway and to our spring sports teams, whose feet we hear everyday after school pounding up and down the stairs, training indoors but eager for the spring thaw. Congratulations to all of our winter sports teams, especially to Abi Tripp, who earned two silver medals at OFSAA Swimming, in the 50 and 100 m PARA Free. Congratulations also to Liam Cregg, Emmett Cregg, Jane Kong, and Gabriel Latremouille for their first place finish in the Senior Math League Cup. For the second year in a row, our Bocce Team, composed of John Gwynne Timothy, Devlyn West, Andrew Chabot, and Trinity Fitzgerald are regional champions and have earned their way to the provincial Special Olympics competition. Good luck to our Cheer team as they won first place in March Madness as they headed to the next level of competition. We are proud of Josh Andrews who joined the U18 provincial rugby team and competed in B.C. There are so many diverse and talented students at our school. We look forward to the Band competition in San Francisco and performance later in the month at the Isabel Bader Centre for the Performing Arts.

Our second implementation of the OSSLT, this time with paper and pen, went swimmingly. Thanks to Mr. Woolley, Mr. Ows, Mrs. Faught and the Literacy Team for ensuring our students were well-prepared.

Finally, we welcome Mr. McGonegal to the RND Staff. He will be in the Bookroom and the Learning Commons on Tuesdays and Thursdays.

In this Lenten Season of reflection, fasting and penitence, may we all take the time to be kind and merciful to one another, to promote that which is holy in each of us. In the promise of springtime sunshine and the Easter Season, we celebrate God's love for us, in the ultimate gift of His son.

God bless, *Terri Daniel*

Pastoral Services

Easter: Christ's victory over death! We pray, fast and give in these remaining days of Lent that we may return to God, hear God's voice and reach out to our world in need.

Charity and Justice: Students are collecting food and Easter treats for Easter Food Baskets to be delivered to St. Vincent de Paul.

The "Thinkfast" for The Canadian Catholic Organization for Development and Peace will take place on April 6th. Students raise funds and go without food for 12 or 24 hours while learning about the needs of others both locally and globally. The focus this year is on sustainable farming, women in the global south and struggles for Syrians. We hope to break our fast with Syrian food!

Green Team: Later in the month we hope to work towards Earth day by fundraising for some campus 'Greening' projects like an indoor food growing tower for fresh vegetables, and some outdoor gardening as well. We hope to collect clothing and textiles to re-sell for a small fee with the remaining clothes to be sold back to a recycling agency in order to help us fund these projects. So please send us your clothes to the chapel when you are doing your spring cleaning!

Indigenous Student Group: A great group of students have been meeting at lunch to learn more about Indigenous traditions, food and language over the last month. Many thanks to the Grand Theatre for sponsoring some of our community members to attend "The Honouring" at the Grand on March 29th.

Youth Summit: RND will help to add a voice to the conversation of Youth Homelessness in Kingston on the 7th at City Hall.

Grade 9 liturgies: Friar Jim and Fr. Amato have been meeting with period 4 grade 9 classes to bring them to the chapel and share some of the mystery of the Eucharist with them in a teaching prayer service around Eucharistic Adoration. A nice way to bring our faith across curriculums.

RND Figure Skating: RND figure skating, in its second year, will be traveling to Kanata on April 11th for competition. Good luck Panthers!

Easter Mass: The school-wide celebration of Easter will take place on Wed. April 26th at 9:30 am in the CND Gym.

Catholic Education Week: First week of May. Theme this year is "Walking Forward Together" more info at <http://www.ocsta.on.ca>

Poetry Contest

The English Department is sponsoring its annual poetry contest to celebrate Poetry Month in April. Submissions will be accepted by any English teacher. Students can submit multiple entries. Winners will be selected in both Junior and Senior Divisions. They will also be invited to read their winning entries at RND's Public Speaking Competition in May.

Congratulations

Regi has a published writer. Congratulations go out to Gr. 12 student, **Angus Merry**, who recently had two of his writing pieces published in the most recent issue of *Harrowsmith* magazine. This magazine is published 4 times a year by Moongate Publishing. *Harrowsmith* is proudly written by Canadians for Canadians who desire a less hectic, simpler way of life."

Do you think you can write?

Enter the *TeensWrite!* creative writing contest. There is a Junior and Senior category with cash prizes and Kindle e-readers to be won. All winning writers will also receive free entry to a youth writing master class. Finalists will be notified by June 14, 2017. Winners will be announced and prizes will be awarded during the International Marquee Event of the Kingston WritersFest.

Use the following words in a poem, short story, essay or memoir: **allow, contrast, demonstrate, memory, streaming.** Submission deadline is April 19, 2017. Submit all entries to Mrs. Merjavec in the Library. Full contest details and entry forms can also be obtained in the Library. Students can also submit directly online at www.kingstonwritersfest.ca and click on Kids & Teens; then click on *TeensWrite!* Contest.

After School Numeracy

After School Numeracy classes are in room 234 from 2:30 p.m. to 4:00 p.m. This is great way to get extra help in math with one-to-one tutoring and extra review lessons.

Grade 9 Applied classes are on Mondays.

Grade 9 Academic classes are on Tuesdays.

Grade 10 Academic classes are on Wednesdays.

Grade 10 Applied classes are on Thursdays.

University of Ottawa Campus tour is being planned for Friday, April 28. This is a wonderful and inexpensive way for high school students to visit a university campus to help make their decision next year where they would like to study. Students can get additional information from Mr. Santos in room 234 during lunch. Since there is limited space on the McCoy bus, students should get permission forms by April 7.

The grade 12 Waterloo Euclid Contest will be on April 6. The Junior Math League tournament is May 5, 2017. Junior Mathletes should be attending practices on Thursdays, regularly during lunch in room 114. See Mr. Santos for more information.

Music Notes

Another first for the RND Senior Concert Band as they travel for the first time to the West Coast and perform in the Heritage Festival in San Francisco. The band is looking to "re-do" their Gold standing from New York City last year by practising hard. Also performing is the Senior Jazz Ensemble. The Jazz Ensemble has not performed in the Heritage Festival since 2011 in Orlando. Good luck to both bands.

A few years ago the Senior Band performed with the Holy Cross Band at one of Kingston's best concert halls the Grand Theatre. This year they are playing at Kingston's new world class concert hall The Isabel Bader Centre. The band is part of a day of concert bands sponsored by Queen's University on April 18.

Dates to Remember

April 4 to 9; Sr. Band trip to San Francisco

Tuesday April 18, 7:30 p.m.; Sr. Band performs at The Isabel Bader Centre for the Performing Arts

Regi Reads

The Forest of Reading Program is now almost complete with only a few weeks left to go. There really have been some amazing reads this year! All 10 titles are still on display and available for loan from the library. Voting day will be held on Canada Book Day which is April 31, 2017. To be eligible to vote you must read a minimum of five books from the list. Last year many students achieved this goal (5 books) and had the opportunity to vote for their favourite title. For more details see Mrs. Merjavec in the library.

Books Nominated For the 2016 White Pine Award

Calvin Written by Martine Leavitt

Dan vs. Nature Written by Don Calame

The Emperor of Any Place Written Tim Wynne-Jones

Exit, Pursued by a Bear Written by E.K. Johnston

Fifteen Lanes Written by S.J. Laidlaw

The Orange Grove Written by Larry Tremblay

Rodent Written by Lisa J. Lawrence

The Scorpion Rules Written by Erin Bow

A Thousand Nights Written by E.K. Johnston

Worlds of Ink and Shadow Written by Lena Coakley

What is life like in Life Skills? Well..

This semester more than half of our 14 students are out in classrooms during each of the four periods of the day. Eleven different classes include one to four students from the centre this semester, including computer, religion, media arts, science, music, history, English and phys ed. One student is doing an independent co-op placement at Providence Manor (for credit) and last semester another student did the same in an elementary kindergarten classroom. Two students wrote the OSSLT. One student is attending Holy Cross half days in order to take the auto mechanics course offered there. Students

practiced, and some competed, with 4 school sports teams last semester (cross country, wrestling, basketball and badminton). A group will join the track and field team again this spring, where one of our students has made it to OFSSAA the past two years. One student has been a member of RHUM for the past 3 years, including taking part in the Shine Like the Sun conference and ThinkFast each year. One student is a member of the Anime club. One student took part in the recent lunchtime chess tournament. Two students take part in the activities for students of indigenous heritage. Seven peer tutors regularly interact with our students, and we are buddied up with a grade 9 religion class once a week. Students perform jobs around the school on a regular basis in the following areas: student services, custodial, library, Foodsharing Project, recycling and the used uniform shop. Students work at the food bank every week, and five students are currently involved in community mentoring relationships through Student Links (bike shop, record shop, restaurant, auto shop, Queen's Athletic Centre). And, always our students do their best to make Regiopolis-Notre Dame a better place! Not bad, huh? #inclusion #everydaykids

Student Services Important Dates

April 1st: *ALL COURSE SELECTIONS SHOULD NOW BE COMPLETED. IF YOU HAVE NOT SUBMITTED YOUR CHOICES FOR NEXT YEAR, SEE YOUR GUIDANCE COUNSELLOR.*

April 4th: Deadline for application for students interested in attending St. Lawrence College Grade 10&11 Connections on Thursday May, 4, 2017. For more information, visit our website or see your guidance counsellor. Applications are available in Student Services. Transportation and lunch will be provided. Cost : FREE

April 12th: Any Grade 9, 10 and 11 female interested in exploring a career in the Trades should sign up for Girls Exploring Trades@ CFB Trenton taking place on Wednesday April 12th. Please see Ms. Lott for an application. Space is limited. Transportation and lunch will be provided. Cost: FREE

April 18th: Last day of classes for half credit courses (Civics and Careers).

April 27th: Deadline date for Ontario secondary schools to report, to the OUAC, midterm grades for second semester courses.

All community service hours must be included in this transmission of grades and graduation requirements.

April 28th: Mid Term Report Cards distributed in Home Rooms.

April 29th: *Speak Up for Ability Parents Forum*

April 30th: St. Lawrence Dual Credit Course selections should be completed with your Guidance Counselor. A list of Dual Credit Courses will be available through your Guidance Counsellor or Ms. Lott by March 31st.

Stay Tuned in May: Paying for Post-Secondary Workshop. Topics include applying for OSAP, Scholarships & Bursaries.

Catholic School Council

The next RND School Council meeting will be held on Tuesday, April 4th at 6:30 pm in the Upper Room. All are welcome!



SPEAK UP FOR ABILITY PARENTS FORUM

presented by Learning Disability Association of Kingston (LDAK). Supported by the Ontario Ministry of Education.

April 29, 2017

9:00 a.m. – 3:00 p.m.

Children and Family Services of KFLA Building, 817 Division Street

Learning Disabilities Association of Kingston with support of the Parent Involvement Committee of the Limestone District School Board is inviting you to participate in Speak Up for Ability Parents Forum. Join us and get inspired by *Shakira Rouse*, Founder and Creator of Special Compass, Educator and Learning Disabilities Advocate, who will share her story of navigating the educational system with learning disabilities. This forum will be an opportunity to actively participate in discussions and panels with other parents, educators, administrators and service providers, and to network, collaborate, and advocate for equal rights and success of all students, including students with learning and attention issues.

Registration is required for this **FREE** event. Free parking and lunch are provided.

For complete details: www.eventbrite.ca/e/speak-up-for-ability-parents-forum-tickets-32375047639



Idak • Learning Disabilities Association of Kingston
The right to learn, the power to achieve

IB News

Year 1 (Grades 11) IB candidates:

- 1) Students must have their Extended Essay supervising teacher signature by the end of April.
- 2) There will be a Research Skills Workshop at Stauffer Library, Queen’s University on May 3; 9 am – 11 am. Permission forms will be available from Mr. Hanlon.

Year 1 and 2 (Grades 11 and 12) IB Candidates:

- 1) The master IB exam schedule is posted on the Regi IB D2L page. Please be advised that these dates and times are rigid and unchangeable. Please note that all exams are written at **Jeffery Hall, in Room 118 at Queen’s University, Main Campus**. Morning exams begin at 8:30 am and afternoon exams at 12:00 pm. There will be a **MANDATORY** meeting for all students writing IB exams this May on Wednesday, April 12 at 11:15 in Room 240. Individual exam schedules will be distributed at this time to each student.
- 2) Are you looking for CAS experiences? Help get farm fresh food to those who need it most in Kingston by receiving donated produce at our Grow A Row market booths for delivery to 30+ shelters, meal programs, and other agencies around Kingston. Come learn more about The Loving Spoonful and sign up: **11:30 am, Wed, April 26 in Room 240**

Spring Uniform

The spring uniform is now available in the Regi Uniform Shop, located on the lower level of the school by the cafeteria.

25% off until April 30th on In-Stock uniforms

LADIES GOLF SHIRT	\$26.99
LADIES WALKING SHORT.....	\$29.99
MEN’S GOLF SHIRT.....	\$25.49
MEN’S WALKING SHORT.....	\$29.99
(Taxes not included)	(cont’d.....)

PAYMENT METHODS: CASH, DEBIT, MASTERCARD AND VISA. NO CHEQUES.

Shop in person or call to place an order at 613-546-6400.

Hours Of Operation

Mondays and Wednesdays from 9am to 3pm
April 5th and April 10th from 3:30pm to 8pm.

**THE SPRING UNIFORM CAN START TO BE WORN ON
MAY 1ST TILL THE END OF JUNE.
THE SPRING UNIFORM CANNOT BE MIXED OR
MATCHED WITH THE FALL UNIFORM.**

Student Council Update

The Canadian Blood Services Life Bus will be at RND on April 13th to transport donors to give blood. See Mr. McDonald if you would like to volunteer to give the gift of life.

Arts & Culture SHSM Toronto Trip

Students in the Arts & Culture Specialist High Skills Major are travelling to Toronto on April 20th to tour Ryerson University and get a behind the scenes look at how the show at Medieval Times is prepared. The bus leaves at 8am sharp.

Student Council Dates

April 10th – All speeches & Videos for those running for the 2017-18 Students Council are due.

April 27th – Town Hall

April 28th – Voting for 2017-18 Students Council held in the Common

April 28th – Non-Uniform Day



**Kingston Panthers Rugby Football Club
Presents the 2nd Annual
Head Smart, Head Safe
Sports Concussion Awareness Evening**

When: Wednesday, April 5
7:00 p.m. – 8:30 p.m.

Where: KCVI Theatre (2nd floor)

Headline Presenter: Carla Brash,
Athletic Therapist for the Canadian Sr.
Men's Rugby Team

Host: Dave Beyer,
President, Kingston Panthers Rugby Football Club

This evening will offer practical, comprehensive information on sports-related concussions for athletes, parents, coaches in any high school sport.

Admission is **FREE**; donation to the local food bank is appreciated.

FUN FRENCH FACTS

DID YOU KNOW...

...employment rates in Canada are higher for those who speak both English and French (70%) than for those who speak only English or only French (about 60%)?

<https://tinyurl.com/mzrvump>

Encourage your child to be a lifelong learner of French!

