

REGIOPOLIS-NOTRE DAME CATHOLIC HIGH SCHOOL

Visit our website: www.reginotredame.ca



April 2019 Newsletter

Newsletter is issued at the beginning of each month

Principal's Message

As we move through the season of Lent, may we continue to give generously and to practice self-denial in preparation for Easter. Lent is a kind of spring-cleaning for the soul. This year, RND's Beacons of Hope are **Maddie Kirkeby and Sara Purchase**, two humble and generous students, who make our school a better place. We are so grateful for Maddie and Sarah, and will let them know it, both at the annual Beacons of Hope Breakfast with our Director, Senior Team, parents and parish priests.

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. 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.

Another fad, one with potentially dangerous health consequences, is vaping. All community members are reminded that vaping is forbidden on school property, as per Ontario law. Students who vape in school face suspension and possibly a \$300 fine. Please make healthy and responsible choices.

Good luck to **Improv**, competing at the Nationals in Ottawa this week and to our bands performing at **Kiwanis** and heading out soon to the Festival of Gold in **Chicago**.

Our implementation of the OSSLT went swimmingly. Thanks to **Mr. Woolley, Mr. Ows, Mr. Mazzeo** and the **Literacy Team** for ensuring our students were well-prepared.

Finally, we welcome **Mr. Switzer** to the RND Staff. He will be one of our two daytime caretakers and has already begun joining in our community activities – he and **Mr. McCullough** made quite the addition to our staff dodgeball team.

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

Chaplaincy Services

Share the Journey

In these last days of Lent, let us be in solidarity with those 31 people every minute who are forced to flee their homes and seek refuge and safety in another village, city or country because of armed conflict, poverty, climate change and other reasons. Through our prayer, fasting and almsgiving may we work to bring about the Kingdom of God! Check out the Solidarity Calendar

at: https://www.devpe.org/sites/www.devpe.org/files/documents/materials/devpeace_sharelent2019_solidarity_calendar_en-v3.pdf

Happy Easter on Sunday April 21st!

Lord Jesus, as we celebrate your rising, may we be a joyful Easter people who help you usher in a kingdom where all may live the abundance of life. - *Development and Peace Solidarity calendar*

Indigenous Students Learning and Leadership Gatherings

April 3rd (NDSS) and **May 23rd** (Gould Lake Outdoor Ed centre). See **Ms. Bell** or **Mrs. Carty** for more information

Development and Peace Solidarity Walk

On Saturday **April 6th** at 10am there will be a group doing a 5km Solidarity walk leaving from Holy Family Church and returning to that location. Walk - Reflect - Learn and pray for the 68.5 million children, women and men in our world who are migrants, refugees or internally displaced people.

African Caribbean Student Mentoring Group

The last meeting of the year with our Queen's University mentors will be on **Monday April 8th** from 2:30 to 4pm in the Food and Nutrition room. New members are welcome!

ThinkFast

ThinkFast will take place on the afternoon of Friday **April 12th** from 12-2:30. There will be an information meeting about it on Thurs. **April 4th** at lunch in the chapel. Raise money for Development and Peace while 'fasting' from your cell phones for the afternoon and learning about the issues that migrants and refugees are facing in our world and in our communities.

Stations of the Cross

School wide liturgy at RND in the CND gym on **Wed. April 17th** at 9:30am. Also the Feast of St. Kateri Tekakwitha. It is also what would be the 399th Birthday of our Patron Saint - Marguerite Bourgeoys. Stay tuned for more chances to learn about and celebrate Marguerite in the year to come!

Student Services

Course Selection for 2019/20

April 6th: All course selections should now be complete. If a student has not submitted choices for next year, they should see your guidance counsellor

St. Lawrence College Dual Credits

The SLC Dual Credit course options will be available in Student Services in early April. See **Ms. Lott** for the list. Applications must be completed by the end of April for any students interested in pursuing a dual credit in the **2019/2020** school year.

St. Lawrence College Grade 10 & 11 Connections

Deadline for application for students interested in attending SLC Grade 10&11 Connections is **Friday, April 12, 2018**. For more information, visit our website or see your guidance counsellor. Applications are available in Student Services. Transportation and lunch will be provided.

Term 2

Monday, April 15th is the first day of classes for half credit courses (Civics and Careers).

Midterms to OUAC and OCAS

Thursday, April 25th is the deadline for Ontario secondary schools to report midterm marks of second semester courses to OUAC and OCAS.

Midterm Reports

Midterm report cards will be distributed in homerooms on **Friday, April 26th**.

IB News

1) Appointments can be made with **Mr. David** by emailing him at david@alcdsb.on.ca.

2) Grades 9-11 students who wish to change their IB pathway from the Full IB Diploma to either IB Diploma Courses or the Ontario stream MUST meet with **Mr. David** before completing this change and making course selections.

3) Year 1 (Grades 11) IB candidates need to secure an Extended Essay supervisor and they must have this teacher's signature of approval by the end of April.

4) Year 1 and 2 (Grades 11&12) IB Candidates: The master **IB Exam 2019 schedule** is posted on the RND IB D2L page. Also, a "Regi specific" schedule is posted as well. Please be advised that the dates and times are rigid and unchangeable. Morning exams will begin at 8:30am and afternoon exams will begin at 12pm. There will be a MANDATORY meeting for all students writing IB exams this May on **Wednesday, April 10** at 11:15 in Rm 145. Individual exam schedules will be distributed at this time to each student. Please check the RND D2L page for any important updates regarding exams.

Need your High School Diploma? Looking to get into College?

Loyola School of Adult and Continuing Education offers many options to support you in achieving your goals including high school credit courses, an accredited Personal Support Worker program and English as a Second Language classes. If you are over 18 years old and ready to take the next step in achieving your future, visit our website for more information: www.learningatloyola.ca

Poetry Contest

The English Department is sponsoring its 15th annual poetry contest to celebrate Poetry Month in April. Submissions will be accepted by any English teacher. Also, students can submit their entries online to the drop box found on the RND Guidance page. The drop box will be open **April 1st**. Students can submit a maximum of 3 entries. Winners will be selected from both Junior and Senior Divisions. It is an honour to have as this year's judge, Kingston poet, **Michael Casteels**. Mr. Casteels runs *Puddles of Sky Press* and has published more than a dozen chapbooks of poetry. In 2016, he published his first full-length book of poetry, *The Last White House at the End of the Row of White Houses*. Winners will be invited to read their winning entries at RND's Public Speaking Competition on **May 9th** where Mr. Casteels will make a presentation to the winners. The deadline to submit is **April 30th**.

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 **Friday April 29th, 2019**. To be eligible to vote you must read a minimum of five books from the list. For more details see **Mrs. Merjavec** in the library.

Books Nominated For The 2019 White Pine Award

36 Questions That Changed My Mind About You Written by Vicki Grant

The Agony of Bun O'Keefe Written by Heather Smith

Black Chuck Written by Regan McDonell

Catching the Light Written by Susan Sinnott

Chaotic Good Written by Whitney Gardner

A Girl Like That Written by Tanaz Bhatena

The Mosaic Written by Nina Berkout

Munro vs. The Coyote Written by Darren Groth

Prince of Pot Written by Tanya Lloyd Kyi

Recipe for Hate Written by Warren Kinsella

Music Notes

On **Friday April 5th** the RND Senior Concert Band heads to **Chicago** where they will perform at Orchestra Hall, home of the **Chicago Symphony**. The band will perform works by Vaughan Williams, Holsinger and Reineke and be adjudicated by leading music educators in the United States. They qualified for this honour by achieving a Gold standard at festivals in New York City, San Francisco and in Halifax last year. Wish the Band well as they perform in this amazing concert venue as part of the invitational **Festival of Gold**.

Next Year's Student Council

April 23rd – April 26th - campaign week for those running for positions on council. **April 26th** - Town Hall and voting starts. **April 27th** - Voting closes after lunch.

Relay for Life

Relay Rally was a success! Start getting your team together and sign up online to create your profile and join our Relay for Life! It takes place on **Friday, May 24th** from 1pm to 1am at the school. As a school, we are aiming to raise \$20 000 for Cancer research. You can come check out our table in the commons every Tuesday and Thursday If you are interested in volunteering to help out with the event, please see **Ms. Emmerson or Ms. Zolnierczyk** to sign up! We are also looking for any community donations of money, food or games to help us on the day of Relay for Life. If you would like to donate something or know someone who would, let us know!

Spirit Wear

Spirit Wear will continue to be sold Tuesdays and Thursdays at lunch in the commons. If these times do not work for you, you can also come to the student council room at any time or see **Ms. Emmerson**.

Regi Blood Team

Regi blood team is continuing in second semester! We are always looking to add people over the age of seventeen to our team to give blood. You don't have to be a student to contribute. Next time you give blood, let them know you are part of our team and give them our partner ID to contribute to our annual goal (Partner ID-REGI011404).

Mental Health Coffeehouse Fundraiser April 26th

On **April 26th** we are hosting a mental health fundraiser at RND. There will be a silent auction, lots of prizes, a jelly bean guess, and great talent from both RND students and members of the greater community. Tickets are \$5.00. The silent auction starts at 6:30 and the show begins at 7:00 p.m. Bring your friends and family and come for a fun evening!

MCCARTHY UNIFORMS AND REGIOPOLIS C.S.S.

**WILL BE HOSTING EXTENDED SPRING UNIFORM
SHOPPING HOURS**

ON

Monday, April 8th from 3:30pm to 7:30pm

&

Monday, April 15th from 3:30pm to 7:30pm

Regular **McCarthy** shop hours are on **Mondays and Wednesdays from 9am to 3pm**. To contact In-School Shop call 613-546-6400. Cash, Debit, Master Card and Visa are accepted. No Cheques.

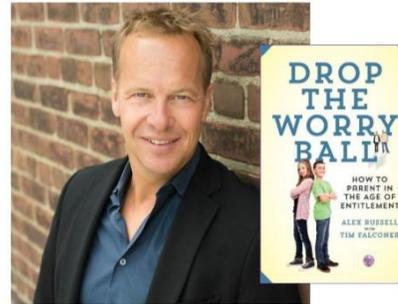
Purchasing a Uniform can be done In-person, On-line at www.mccarthyuniforms.ca or by calling the Call Centre at 1-800-668-8261.

The Spring Uniform cannot be mixed or matched with the Fall Uniform.

You may start to wear the Spring Uniform on **Monday, April 29th until the end of June**.

McCarthy Uniforms is now offering a promotion

**2 Golf Shirts & 2 Walking Shorts
Receive 15% off
From March 28th to April 28th, 2019.**



**Keynote by
Dr. Alex Russell**

**Light
Refreshments**

**Sponsored by
CRNC**

**Childcare
Provided**

**Register Here:
<http://bit.ly/april42019>**

APRIL 4, 2019 5:30 P.M. – 8:00 P.M. RAISING RESILIENT CHILDREN

Parent Information Night Is it really a good thing to give children everything they need, all the time? In this keynote, **Dr. Alex Russell** addresses common challenges children and youth face, including dealing with troublesome behaviours, supporting children at school, and controlling or monitoring children's access to computers, cell phones and other forms of digital technology. A perspective is offered that helps parents take a positive and emotionally rewarding role in their children's lives, while allowing them to have the opportunity to make their own decisions—and mistakes—during the complicated business of growing up. In an enlightening and refreshing talk, Dr. Russell helps parents achieve this balance by providing essential perspective on today's child-rearing context and the powerful forces that pull us to become over-involved in our children's lives. Stop doing all the worrying—and let your kids do some for a change!

ST. FRANCIS OF ASSISI CATHOLIC SCHOOL

114 Wiley Street, Kingston
Ontario, K7K 5B5

613-546-5981

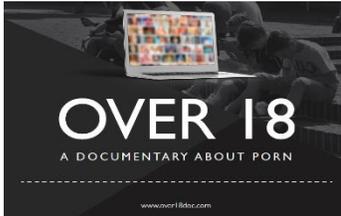
www.aledsb.on.ca/school/stfa

@aledsb_stfa





**RND CATHOLIC SCHOOL COUNCIL
Hosts a Free Screening Open To All**



This documentary contains explicit language and is not recommended for children under 16. www.over18doc.com.

Over 18 is an examination of online pornography and its effects on children and youth. The goal is to educate parents on the realities of on-line pornography and propose solutions to help parents talk with their children about on-line pornography.

Date: Thursday, April 11, 2019

Time: 6:30 p.m.

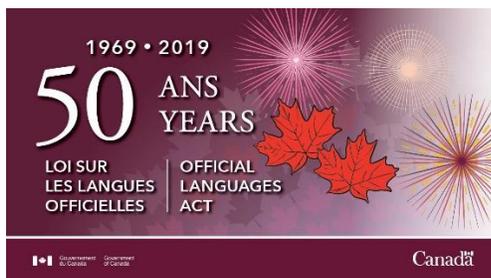
Place: RND Cafetorium (130 Russell Street)

Community partners panel for Q & A will be featured after the screening

FUN FRENCH FACTS

DID YOU KNOW?

2019 marks the 50th anniversary of the *Official Languages Act*? #50yearsOLA



*Encourage your child to be a
lifelong learner of French!*