

REGIOPOLIS-NOTRE DAME CATHOLIC HIGH SCHOOL

Visit our website: www.reginotredame.ca



February 2019

Newsletter is issued at the beginning of each month

Principal's Message

Welcome to the second half of the year. We are nothing if not resilient and flexible as students and staff worked through a number of cancellations and interruptions whilst completing culminating activities and preparing for exams. Report cards will soon be ready and, we hope, reflect the hard work put forth.

Students should now be settling into their second semester courses, but weather days continue to make this a challenge. Please note that the textbook room hours have been expanded (for example, open through period one daily) because of the condensed exam / turnaround time between semesters. Senior students should remember to stay on top of any post-secondary application processes they have initiated and to maintain their academic efforts throughout the semester. Hard work will pay off, I promise.

We wish all of our sports teams the best of luck as they finish off the winter season. Our school is hosting EOSSAA Swimming this year; all the best to our athletes and coaches/organizers. Congratulations to **Sarah Ryan** on capturing two gold medals at the Special Olympics recently. Eleven members of our DECA team, composed of are also heading to provincial level competition. Represent us well, DECA! We are very proud of the ongoing poetic and writing initiatives of **Olivia Ows**. Her response poem to **Steven Heighton's** "Night Skaters, Skeleton Park" will be celebrated this Sunday, **February 10th**, at 2 pm. Well done, Olivia!

Happy retirement to **Ms. Dessanti** and **Mrs. Forte**. These two women have been excellent leaders within our RND community for decades. They will be truly missed.

We welcome **Ms. Marshall-Pryor**, **Mr. McCullough**, **Ms. Johnston**, **Mr. Ashie** and welcome back **Ms. Ross** and **Mrs. Pitts**. Each one is familiar with our school and sure to contribute to the larger school community and the classrooms.

Good luck to all students involved in the Literacy Test this coming March. Remember that we continue to offer after-school literacy and numeracy support. Parents, please attend to those Health Unit letters about immunization update (if your home received one); we don't want to exclude anyone from

school. All will get a chance to participate in our bi-annual School Climate Survey. More to come on that in March.

God bless, everyone.

Terri Daniel

Chaplaincy Services

Regi's African Caribbean Cultural Organization invites students of African or Caribbean descent or those interested in these cultures to gather with our mentors from Queen's University this semester as we talk about **Black History Month**, share food/culture and plan for a field trip to the **Agnes Ethernington Art Gallery**. First meeting is **Thursday Feb. 7th** after school from 2:30-4:30 in the Food and Nutrition room (Room 110) New members are welcome!

As part of our **FIAT**, "**The Green Team**" will be meeting on Fridays at lunch in the chapel to start planning an eco-retreat for elementary students in May. Bring your lunch and your ideas for our earth. Meetings begin at 11:20.

The "Descendants" is a group for students who identify as First Nation, Inuit or Metis and non-indigenous Allies. There will be a Workshop Day for these and other interested students on **Tuesday Feb. 26th** here at RND. There will also be lunch hour meetings on **Tues. Feb. 12th** and **Tues. Feb. 19th** in room 214. New and interested students are welcome!

Write for Rights! On **Thurs. Feb. 14th** the FIAT encourages interest groups to join them in the Student Common to stand in solidarity with the oppressed or stand up for a cause. Causes may include non-discrimination of people who identify as LGBTQ, support for First Nations Children in Ontario, Care for Creation, Amnesty International and Development and Peace campaigns for migrants and refugees.

Period 4 Grade 11 classes will be scheduled to come to the chapel this month to do a mini-retreat on "Vocation and Discernment" with our Chaplaincy leader: **Mary Elaine Carty**.

Schedule for Friday, February 8th

Semester 2 classes

P1: 8:35-9:25
P2: 9:30-10:20
P3: 10:25-11:15
Lunch: 11:15-12:15
P4: 12:20-1:10

Semester 1 classes (Exam Review)

P1: 1:15-1:35
P2: 1:35-1:50
P3: 1:50-2:10
P4: 2:10-2:30

Important Dates

Early reports distributed: **Thursday, March 7th**
Parent/Teacher Interviews: **Thursday, March 28th (3 – 8 p.m.)**
Term Two begins: **Monday, April 15th**
Mid-Term reports distributed: **Friday, April 26th**

Student Services

College/University Applicants for Fall 2019

Important Dates

February 1st; Deadline for Ontario College Applications (www.ontariocolleges.ca)
February 7th; Semester One final marks will be sent to OUAC and OCAS.

Guidance Appointments

Online booking for guidance appointments will be unavailable until **Saturday, February 9th**. During exams, guidance counsellors were available to all students in the Student Common before and after morning exams.

Changes to Semester 2 Timetables

All students must remain in classes assigned on their timetable, even if the student thinks that there is a course on it that was not requested.

On **Monday, February 4th**, priority will be given to students with incomplete timetables: a) grade 9 to 11 students with fewer than 4 courses; b) grade 12 students with fewer than 3 courses.

Students with incomplete timetables for semester 2 should come to the Student Common during the blank period on their timetable. Students should NOT leave an assigned class to come to the Common. **It is imperative that students with incomplete timetables address these concerns.** A student who is aware that they are not eligible for a particular class because they do not have the correct pre-requisite should also come to Student Services ONLY during the period in question. We will continue use of our official "Wait list" for any course that is full.

The deadline for semester 2 course changes is **Friday, February 15th, 2019.**

Grade 8 Students Heading to RND

Parents of Grade 8 students, who are interested in attending Regiopolis-Notre Dame Catholic High School for the 2019/2020 school year but missed Parent Night, can view the PowerPoint shared by Student Services with partner and non-partner school parents in January. It has been posted under Student Services on the RND website. Additionally, registration packages are available in Student Services for incoming grade nines.

MyBlueprint online course selection for partner school students is complete. The deadline was **Friday, January 25th**. Registration packages from partner schools should have arrived in Student Services by **Thursday, January 31st**.

The deadline for registration packages from non-partner school applicants was **Thursday, January 31st**. If you have any questions or concerns, please contact Student Services.

Course Selection - 2019/2020 School Year

The course selection process will begin the week of **February 11th** for grades nine, ten, and eleven. Grade nine homerooms will visit Student Services in period 1 and grade ten homerooms will visit in period 2. Guidance counsellors will facilitate course selection over the month of February and in early March, using the myBlueprint pathway planner.

While the process for junior classes is underway, a counsellor will visit grade 11 homerooms to provide helpful hints as well as to field any questions students might have as they begin the process of making choices for next year. Once nines and tens have been seen, grade elevens will have an opportunity to visit Student Services to have a counsellor ensure they are on the proper pathway with their selections.

Grade 12 homerooms will also receive a visit from Student Services. Students will complete a Grade 12 Exit Survey in myBlueprint. This survey provides students the opportunity to share with the school their plan for next year – be it work, college, university, or returning to RND. Students, who wish to return for a fifth year, will officially register for 2019/2020 in May. Student Services will share the necessary steps of this process at the Graduate Assembly in May.

eLearning in Semester Two

By now the households of students taking a course through eLearning should have received a welcome email from **Ms. Daniel**. Students will check in with Student Services on **Monday, February 4th** during the open period in their timetable (the eLearning timeslot). This will provide students the opportunity to discuss any technical difficulties experienced thus far and to be briefed on school expectations for eLearning students.

All eLearners will sign in daily in the library, where they will work on their respective courses. These courses move quickly; therefore, it is easy to put credits at risk.

Co-operative Education (Co-op)

All RND co-op students will be in class for the first two weeks of semester Two before placements begin.

After School Literacy Program

This is just a reminder that the After School Literacy Program focussing on Writing Skills will run on Tuesdays and Thursdays for five weeks, beginning on **February 5th** and ending on **March 7th**. Information letters and registration forms were mailed out to students who were recommended for the program based on their results from the Diagnostic Test administered in Semester I. Please sign and return the registration form to the Main Office as soon as possible, and no later than **February 4th**. There is no assigned homework and students will need to make their own arrangements to get home. If you have any questions or concerns, please do not hesitate to contact **Mr. Ows** at the school: **613 545-1902, ext. 3078**.

OECTA Young Authors Awards

The Ontario English Catholic Teachers Association is accepting submissions for their annual writing contest in the following categories: Short Story, Poem, Play, and Non-fiction (e.g. essay, article or report). Contest details are available from Mr. Ows. Entries can be submitted to any English teacher.

SUNRISE ON THE ICE

Olivia Ows, a Grade 11 student from Regiopolis-Notre Dame High School, has written a 'response poem' to last year's "**Night Skaters, Skeleton Park**" SPAF poetry installation by Steven Heighton. SPAF has installed Olivia's poem on the Skeleton Park rink boards – join us **Sunday, February 10th** for the "**Sunrise on the Ice**" launch event, with poetry readings and ice skating.

Date: Sunday, February 10th at 2:00pm

Where: Skeleton Park

Here are the two poems:

Night Skaters, Skeleton Park

Puck pummels the boards, a wrister
rings the crossbar, whispers in netting;
razoring strides shave up crystal grit.
Great moments score their own applause –
mister, it's like making the finals, only finer –
you leave a mosaic, ice-frieze,
fresco, the scratched and cross-hatched drafts
of a poem. Rink lights fade but blades
cut through, scoring tunes from the grooves
like needles do on white-hot vinyl.

Steven Heighton

Sunrise on the Ice

A figure pirouettes
in dawn's open music box
light falls, fractures
on the etched mirror
turtledoves weave a nest
of silver calligraphy
as soprano blades serenade
reprising last night's cheers
and rousing a newborn
snowflake from slumber.

Olivia Ows

IB News

IB students in grade 9, 10, 11 will meet with the **IB Coordinator, Mr. David**, david@alcdsb.on.ca during the month of **February** to go over their 4 Year Plan and course selections for next year.

The **IB May Exam** schedule is posted on the **RND IB D2L** page in the Content Browser under Exams. Please note that these dates are not changeable.

Grade 12 IB students **MUST** review the guidelines for the Submission of Work to IB by Students and the eCoursework Guide for Candidates found in the Content Browser on the Regi IB D2L. Grade 12 IB Students will upload the following components on **Feb. 7th** during Period 4 in the Library: TOK Essay and Form TK/PPF, Extended Essay and Form EE/RPPF, English Written Assignment, and French Written Assignment. Please meet in the Library at the start of Period 4 on **February 7th** to complete the submission of this work. All documents must be ready to upload at this time.

Grade 12 IB Students will complete major IB Assessments for English (Oral), French (Oral), Philosophy (Philosophical Analysis), Chemistry (Scientific Investigation), Math (Exploration) and Music (Performance, Composition, and Musical Links) early this semester. Please adhere to the due dates your subject teachers have established for all of these assessments.

Grades 11 and 12 students are reminded to update their CAS Portfolio on ManageBac regularly. Please meet with Ms. Glancey as needed.

Mental Health Ambassadors

Thank you to all staff and students for their support of MHA's **Beat Exam Blues** week. Therapy dogs, Lifesaver treats, and Doga served as reminders to be good to ourselves – especially during stressful times like our exam period.

Student Council News

Thank you to everyone who participated in the **Peter Carty** Non-uniform day. Together with Holy Cross, we raised over \$3000 dollars to help those fighting cancer.

Semi-Formal

Friday February 22nd 2019; Tickets will be sold Tuesdays and Thursdays at lunch in the commons for \$25. This includes pizza and snacks before the dance begins.

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.

Relay for Life

This year, RND is hosting **Relay for Life** on **Friday, May 24th**. It will take place from 1pm to 1am at the school. Students are encouraged to start forming teams for the event to raise money and help beat cancer. More information will be provided this month!

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**).

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

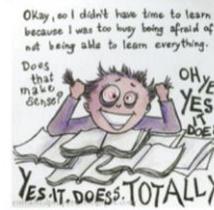
Loyola School of Adult and Continuing Education offers many options to support you in achieving your goals including high school credit courses, an accredited Personal Support Worker program and English as a Second Language classes. If you are over 18 years old and ready to take the next step in achieving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

Bell "Let's Talk"

On the heels of **Bell "Let's Talk"**, **Bay Park Baptist Church** is proud to host a Youth and Mental Health discussion, Wednesday, **February 13th**, 6:30 pm – 8:30 pm, 775 Progress Avenue. All are welcome and admission is **FREE**. Guest speakers Debra Lefebvre, Limestone City Mental Health (LCMH), and Angele D'Alessio, Canadian Mental Health Association of Ontario (CMHA Ontario), will discuss issues facing youth, and offer some key strategies and resources to help youth in mental health distress or in crisis. Event appropriate for age **15+**. New services available through a FREE skill building program BounceBack; join us to learn more!



{ A project of the
Clinical Psychology
Outreach Program }



*Presented by your Youth
Wellness Committee

Decatastrophizing Workshop

**Room 214
February 13th
10:45-12:00**



Lunch will be provided!

Please see sign up sheet outside of Student Council Office