

REGIOPOLIS-NOTRE DAME CATHOLIC HIGH SCHOOL

Visit our website: www.reginotredame.ca



November 2018 Newsletter

Newsletter is issued at the beginning of each month

Principal's Message

As we near the midway point of the semester, we welcome to staff **Mr. Laird**, in the science department. The month of October was filled with learning and spirit-building activities and the month of November promises more of the same. Our Spirit Week, Coffee House, PH Classic and Bill MacLeod Friday Night Lights were highlights for sure. We walked as a school to **St. Mary's Cathedral** and celebrated Mass together.

Midterm report cards will be issued on **Monday, November 19th** and the fall sports season wraps up early this month, with KASSAA finals and OFSAA competitions. A big congratulations to **Annie Anghelescu** who captured an **OFSAA Silver Medal** in Golf. Cross Country has had a great season: the Junior Girls Team, comprised of **Sephora Djomo, Nicole Ryan, Olivia James., Elli Parsons, Lily Goss** and **Alexis James**, and **Nathan Nowak** are off to **OFSAA** on Friday. Best of luck to all of our teams as they head into the post-season. Students and staff working on **Into the Woods** are also at full throttle. The Senior Band is hosting an evening, entitled **World War One, A Century of Remembrance**, this coming **Friday, November 9th** at **7:30** in our **Cafetorium**. All are welcome.

Our Catholic School Council is hosting an **event for parents, teens and community members**, about **Parenting: Navigating Everything**. **Brett Ullman** is a former teacher, who speaks with teens and adults about how to connect our faith with the challenges of modern culture. He will speak to a number of our students during period four the same day. Please join us in this presentation on **Tuesday, November 6th** at **6:30** in the **RND Upper Room**. There is no cost to attend. All are welcome.

As we move into the winter season, please ensure that the RND uniform is worn with care. Our building varies in temperature so an RND-crested uniform sweater, vest or cardigan might be an appropriate addition to the school shirt, tie (for males), school dress pants, kilt (for females) and the plain socks (not tucked into pants) or black footed tights with dress shoes. Remember

that a primary goal of wearing a uniform is to reinforce a commonality between all students and any attempts to step outside of this is contrary to that end.

As most of you have read in the local news, there was a recent scare at a local high school where students had adverse reactions to counterfeit prescription drugs, used illicitly. Please talk with your teens, as we do, about the dangers of taking any drugs, which are not prescribed directly for them. Because teens often think they are invincible, they tend to take risks adults might not. We believe in promotion of health information, prevention of risky behaviours and intervention where necessary. At RND, we have a CAIROS (addictions) counselor, we have ongoing education programs and we do have staff training completed for the Naloxone kits – may we never have to use them. The government's approach to cannabis has changed; however, cannabis is still prohibited for youth under 19. Cannabis is not permitted in any form at school. We have noticed a rise in vaping over the last few years. Vaping is not permitted at school or during the school day and students are not to bring vapes or the accompanying liquid to school. Somehow, students are thinking that vaping, because it isn't smoking, is permitted indoors or off of school property. It isn't. We want our students to be healthy and to be focused on learning.

November begins with All Saints and All Souls Days and then we move into our Remembrance Day Liturgy. Let us all take a moment of remembrance and gratitude and slow down our busy lives.

Terri Daniel

Pastoral News

November is the month of the Holy Souls. There will be a "**Book of Remembrance**" inside the St. Marguerite Bourgeoys Chapel all month where you can add and remember the names of your deceased family and friends. We'll hold them in our weekly chapel masses (Wednesdays at 2:45 with Friar Jim).

During Veteran's Week, we will have a **Remembrance Day Liturgy** on **Wednesday, November 7th** at **9:30 am** in the CND Gym. In this 100th anniversary of the Armistice of World War I, let us use this week to pray and act for peace in our hearts, our homes and our world. Similarly, **Peace Quest** is hosting a student day of workshops on peace between 9am and 2pm at **City Hall**. See **Mary Elaine** or **Student Trustee Andrea Brown** for more details. On **Sunday, November 11th**, please take the time to find a service to attend in your community.

Sunday, November 18th is the World Day of the Poor. There is a monthly volunteer opportunity at **St. Vincent de Paul**, this month occurring on the morning of **Friday, November 9th**. The **Toronto Street Retreat** will take place on **Wednesday, November 14th** all day! **SHSM Non-Profit** and other interested students from RND and St. Teresa's in Belleville will be learning about Homelessness and serving the poor as they put their faith into action!

Many other events and opportunities are taking place at RND this November. These include:

Book Club! - Our first Book Club conversation about **Lois Lowry's "The Giver"** takes place on **November 15th** at lunch in the Chaplaincy Centre. Everyone who's read the book is welcome!

Tuesday, November 20th - Chris Bray - Catholic Musician and speaker will be in the Chapel to talk and share his music with Period 4 classes that are interested in attending. Sign up in staff room.

Indigenous Student Group - Lunch meeting on **Thursday, November 22nd** in Room 214.

Live Different - This group of motivational young adults and musicians will be presenting to Grade 9 students in Period 2 in the CND Gym. Other classes are welcome to attend as well. See Mary Elaine to ensure we have enough seating.

Indigenous Traditional Dance – Friday, November 23rd - The Religion Department is organizing an opportunity for our Grade 11 world religion class to participate in traditional Indigenous dance during period one in the chapel. There is room for 2 other classes to participate. The sign-up sheet will be in the Staff room.

Bereavement group - This four week peer support group will be starting **November 22nd** in Period 4, for students who've lost a close family member (parent, sibling or guardian).

Grade 10 Chapel visits - Period 4 Grade 10's will be invited to visit the chapel to prepare their hearts to reconcile with God and to learn more about this merciful and grace-filled sacrament! Times to be determined. (beginning the last week of November)

Literacy

The **Ontario Secondary School Literacy Test (OSSLT)** will be written by all Grade 10 students on **March 27th, 2019**. One of the first steps in preparing students for the OSSLT was administering a Diagnostic Test to all tenth graders in their homerooms last month. A team of teachers marked these tests and returned them with feedback. Some students who had difficulty being successful on one or both of the Reading and Writing sections will be sent home a letter recommending students to attend the After School Literacy Program, a program which will run twice a week for ten weeks.

The first five week session will focus on reading beginning **November 13th** and finishing **December 13th**. The second session will focus on writing and it will begin in February. Specific dates will be announced. Parents/Guardians are asked to review the results of the practice test and decide whether their son or daughter should participate in this voluntary program. Any student wanting to sign up for the program should fill in and return the registration form that comes home in the mail with the information letter. Please return the registration form to the Main Office.

Student Services

University and College Presentations

A list of all the university and college presentations offered at RND can be found on our RND Guidance Page and on the School Calendar on the Regi website.

UIP

The University Information Program (UIP) will be held on **Tuesday, November 6th** at Frontenac Secondary School 6:30pm- 8:30pm. All Ontario universities will be present.

Aboriginal Post-Secondary Information Program Visit

APSIP is a collective of colleges and universities that travel together to identified areas where there are high numbers of Indigenous students. Each Institution is represented by their Indigenous recruiter. The visit is a fair style event that allows students to go to whichever school to which they are interested in applying. Information specific to Indigenous students is shared by all recruiters. This event is for grades 9 – 12. This event is free and is for students in grades 9 to 12. It will take place at the Katarowki Learning Centre (38 Cowdy Street) on **Tuesday, November 13th** from 10am – 11:30am.

Post-secondary Applications

College Applications

The application for programs starting fall 2018, or winter 2019, or spring 2019 is NOW available. All applications are completed on-line. Students access the application at www.ontariocolleges.ca. The fee is \$95 for up to 5 choices (no more than 3 at any one College) – paid by Credit Card. The deadline to apply for equal consideration is **February 1st**. Apply early to avoid disappointment. Please see your guidance counsellor if you have any questions.

University Applications

Students require a PIN issued from the Ontario University Application Centre (OUAC). PINS are available in Student Services. All applications are completed on-line. Students access the application at www.ouac.on.ca. Base Application Fee: \$150 for the initial 3 university/program choices. Additional Choice Fee is \$50/choice. The deadline to apply to OUAC is **January 17th, 2018**. Apply early to avoid disappointment. Please see your guidance counsellor if you have any questions.

More information regarding Colleges and Universities is also available under REGI GUIDANCE PAGE found in the students' VIRTUAL COMMONS. If you have any further questions, please see your guidance counsellor.

Major Scholarship - The Queen's Chancellor Award

Students seeking nomination for the Queen's Chancellor Award must apply to Queen's (through OUAC) no later than November 20th. Meeting this deadline gives you early access to the Chancellor application. Your completed application should be submitted in hard copy to Student Services by **Friday, November 23rd** to be considered for nomination. The decision will be made by **November 27th**. Please read the criteria noted on the Queen's website.

Tutoring at RND

Peer Tutoring – TUESDAYS and THURSDAYS at LUNCH in ROOM 101 – Get help in any subject area from our experienced Peer Tutors. This is limited to students in Grades 9 and 10. Students can also get help with test and exam preparation, organization of notes and study skills. It is FREE!! Students are encouraged to bring their lunch.

Paid Tutors – There is a limited list of private tutors who offer both group and one-on-one tutoring for a fee (generally \$20-\$30 per session). Please see your teacher or guidance counsellor for more information.

HYPE (Helping Young People Excel) After School Program – An after school tutoring program offered by Queen's University – It is FREE and takes place every TUESDAY after school (2:45 – 3:45pm) in Room 101. Tutoring available in all subject areas for all grade levels. No need to book...just show up!!

HYPE (One-on-one tutoring) – To access one-on-one tutoring, students must complete the form found under "Tutoring" in the dropdown titled Regi Resources in the Student Virtual Common. Once the form is completed, a representative from Queen's will contact the student to set up tutoring.

After School Numeracy Program (for Grade 9/10 Math) – Grade 9 Academic after school help is available on **Wednesdays** from 2:30 – 4:00pm in Room 234. Grade 9 and 10 Applied after school help is available on **Mondays** from 2:30 to 3:45pm in Room 234. Grade 10 Academic after school help is on **Tuesdays** from 2:30 – 4:00pm in Room 234

Mathify (formerly Homework Help) - Mathify is a FREE online math help resource for students in Grades 7-10.

Visit <https://tvo.org/mathify> and register with student OEN (Ontario Education Number) and Date of Birth.

Boys and Girls Club Free Tutoring is available at the Boys and Girls Club West End Hub (Frontenac Mall). For more information call Devin Reynolds 613-507-3306 ext.109.

TVO Homework Help is free 1-on-1 online math help with Ontario teachers for Ontario students grades 7 to 10. Visit [:https://homeworkhelp.ilc.org/](https://homeworkhelp.ilc.org/).

Pathways to Education is a free, community-based program providing high school youth with: Tutoring, All Subjects Mentoring, workshops, field trips, YMCA memberships, and volunteer opportunities. The program offers students Financial Support - Incentives include PC Gift cards, school lunch vouchers and a post-secondary scholarship up to \$2000 (after four years). Additionally, each student is assigned a student/parent support worker.

Pathways is open to any high school students who live in the area of Division St., Raglan Rd., Conacher Dr., and the Inner Harbour area. For more information, please contact: Petra Hanson, Student/Parent Support Worker Representative Pathways to Education Kingston Community Health Centres 263 Weller Ave. Kingston ON K7K 2V4 Phone: 613.507.7107 ext. 2106 or Email:Petrah@kchc.ca

The RND Academic Awards Assembly

The assembly will be held on **Friday, November 16th, 2018**. Students are honoured for their exceptional academic achievements. Parents are welcome to attend. The assembly will begin at 10:00am in the CND gymnasium.

Take Our Kids To Work Day

Grade 9 students will be out of the school and will be job shadowing on **Wednesday, November 14th**. Students are responsible for making arrangements to spend the day with a parent, friend or relative to gain insight into the world of work. In preparation for their day out in the world of work, all Grade 9 students have received Workplace Health and Safety awareness training in their homerooms. Student Services provided this inservice.

Dual Credit

Any students interested in enrolling in the Dual Credit program at Regiopolis-Notre Dame Catholic High School should contact **Ms. Lott** in the Student Services Department. The application deadline for winter 2019 closed on **Nov. 1st**; however, there might still be spots available. Students must be in Grade 11 or 12 or returning for a fifth year.

The Dual Credit program affords students the opportunity to take a College course free of charge. The student is provided academic support by the Dual credit teacher. Successful completion of the course will provide a College credit on a College transcript and a Ministry of Education credit that will go on the student's Secondary transcript. Please contact Ms. Lott or your guidance counsellor for further details.

IB News

1) Registrations have been completed for Grades 11 and 12 students who are writing IB exams in **May 2018**. All students should confirm their registrations with **Mr. David** in the IB Office. If you have not received a copy of your IB registration form from Mr. David, please see him in the IB Office. Corrections must be entered by **Nov. 9th**.

2) Year 2 (Grade 12) full diploma candidates are reminded to check the resources for the EE on the D2L Page 'Regi IB'. Please review the grading criteria. Please complete the Interim Reflection on the EE form (RPPF). Please schedule the final Reflection Session with your supervising teacher. A hardcopy of your essay is due to **Mr. David** by **November 9th**. Only Grade 12 students who have submitted their EE will be registered for the full IB Diploma

3) There will be an IB Info night for parents and students in Grades 9-12 on **Wednesday, November 28th** at 7:00 pm in the Upper Room. An overview of the program at RND will be presented and there will be a Q and A session.

Regi Reads

The nominees for the 2017-2018 **Forest of Reading Program** have just been announced. This reading program offers high school-aged teens the opportunity to read the best of Canada's recent young adult fiction titles. This program is Regi's book club. On voting day, students select their favourite from the list of 10 nominated books. The 10 titles will be available and on display in library, by the middle of November. Students have the opportunity to work their way through the program from December until the middle of April. The 4 ½ months are provided to give students ample time to read as many titles as they wish. Voting will be held during the month of April and all votes must be submitted online by April 30, 2019. To be eligible to vote students must read a minimum of five books from the list. The winner of the White Pine Award will be announced at the Festival of Trees in Toronto. If you are interested in participating in our book club, sign up with Mrs. Merjavec or Mrs. Evans in the library.

Winner of the White Pine Award 2018

★ Everything Beautiful is Not Ruined ★
Written by Danielle Young-Ullman.

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 Bhathena

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

A display will be set up in the library to showcase these books, as soon as they arrive

Student Council

Student Council would like to thank all staff and students for their participation during Spirit Week, Pep Rally, The PH Classic and Friday Night lights. They were all awesome events! We would also like to thank teachers, students, and everyone who performed or helped out at RND's first Coffeehouse of the year. It was a great night filled with lots of talent!

We are getting new spirit wear this month, and will be selling spirit wear every Tuesday and Thursday in the common at lunch time. We are looking forward to a great month in November, and will be planning some activities leading up to the Christmas season. Stop by the council office or reach out to us on social media if you have any questions!

Twitter and Instagram: @rndstudcouncil



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Volunteers Needed For the Salvation Army Toy Drive

The **Salvation Army Toy Drive** campaign has kicked off and we need lots of assistance at the Toy Distribution Centre and Santa Shuffle! **Help is needed Nov 19th to December 17th. Any dates and times you are able to assist us is greatly appreciated!** Text **Rosa** at **343-364-2680** or email toydrive2@kingstonsa.ca for a full list of dates and times available to volunteer!

Athletics

Winter season sports tryouts and practices will begin in the second week of November. Sports offered in the winter season include swimming, boys' basketball, girls' volleyball, boys hockey, girls hockey, wrestling, cheer and curling. Please listen to morning announcements and check the RND Scoreboard to find out practice and tryout times.

On **November 21, 22 and 23**, RND will be assisting in hosting the Boys AA OFSAA Volleyball championship. Many of our students will be involved volunteering in many capacities. Come out and watch some of the best high school volleyball players in the Province

Your Child's Attendance

RND's attendance office is now managed by Madeleine Picard with the assistance of Madeline Bouvier. We know this can be a bit confusing when calling to speak to one of the two women. Both women would like to thank all of you for taking the time to call in when your son or daughter is ill, has an appointment or will be away for a day or two. It is greatly appreciated and alleviates having unnecessary calls go home at night. If you need to report your child being absent, please call 613 545-1902, ext 2514. Here are a few items that you may not be aware of;

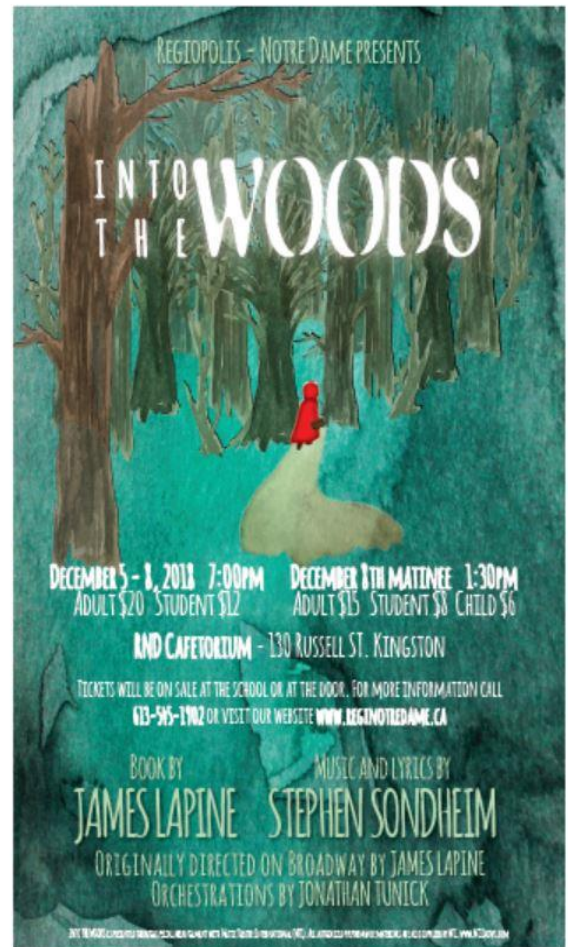
- In some cases, parents advise teachers when his/her child is going to be absent, but not the attendance office. Although advising the student's teachers is a good practice, it is imperative that you advise the attendance office. It is the attendance office secretaries who enter the student's attendance code and reason for absence in Maplewood; not the teachers.
- It is important that a student signs in and out anytime he/she arrives at or departs from the school within the hours of 8:30 and 2:30; even if the student arrives between periods or during the lunch hour. If this practice is not followed, it is impossible to know when the student arrives or departs.
- When a student signs in late, the attendance office does not enter the student's attendance to LATE. The teacher does. It is the responsibility of the student to provide the teacher with his/her late slip at the end of class, ensuring the Maplewood entry reflects the late arrival. The teacher has the option of changing the student's entry from ABSENT to LATE.

Band Notes

The RND Senior Band presents:

Music of Europe and the Great War: A Century of Remembrance, featuring the RND Senior Concert Band, Junior Band, Choir and special guests the **Kingston Youth Orchestra**. **Friday November 9**, 7 p.m.; RND Cafe \$5

RND presents...



Into the Woods is the award winning musical by James Lapine and Stephen Sondheim. Plan to attend the staging of **Into the Woods**, a most challenging musical presented by a most talented cast of RND students. See your favourite fairy tale characters as you've never seen them before, as they learn that their choices have consequences, and that one needs to be very, very careful about wishes and desires.

The show goes up at 7pm nightly in the RND cafeteria from **Wednesday, December 5th to Saturday, December 8th**. Cost is \$20 for adults and \$12 for students. Saturday also features a special 1:30pm matinee. Prices are \$15 for adults, \$8 for students and \$6 for children under 12. For information regarding ticket sales, please contact the main office at 613-545-1902 or visit www.regiotredame.ca. **Tickets will go on sale November 12, 2018.**

Parenting
Navigating everything

We all want the best for our kids but which parenting information do we choose? With over 75,000 parenting books produced in the past 21 years and the many voices, articles and online resources available, the task of figuring out where to turn for parenting advice is overwhelming. Some foundational parenting questions all parents must consider:

1. What are Parenting Styles and which ones should I be using in my parenting?
2. How can I gain better communication skills and use them with my children?
3. What does spending time with my kids look like?
4. How do I effectively discipline my children?

Various aspects of home life also need addressing, with each section being a sizeable discussion on their own.

In this talk I will look at where parents can begin these discussions, (on-ramps) and give them practical tools so they can effectively talk with their kids about all of the following areas:

1. Family Discipleship (how to raise our kids in our Christian faith)
2. Health (mental, emotional, physical)
3. Sexuality (pornography, dating, marriage)
4. Media (TV, movies, music, social media)
5. Drug / Alcohol use & abuse
6. Education
7. Finances

Let's look together at how we can best help our kids navigate the world they are growing up in.

They will not be with me forever, so I prepare them accordingly. - Trophy Child, Ted Cunningham

DATE: Tuesday, November 6th, 2018

TIME: 6:30 p.m.

LOCATION: Regiopolis-Notre Dame CHS

OTHER INFO: 130 Russell Street - all welcome

In Partnership with:

For more information visit:
brettullman.com

FUN FRENCH FACTS

DID YOU KNOW?

Approximately 60% of English words are of either French origin or Latin origin words that also exist in French!

<http://bit.ly/2PKHOCX>