

REGIOPOLIS-NOTRE DAME CATHOLIC HIGH SCHOOL

Visit our website: www.reginotredame.ca



October 2019 Newsletter

Newsletter is issued at the beginning of each month

Principal's Message

It's hard to believe it's October already. We have had a good start-up, despite the extensive summer renovations and the political uncertainty in our province. As you are aware, our CUPE members have begun a province-wide job action. This involves our EAs, office staff, custodians and IT folks. May it end soon to the satisfaction of all involved. In the meantime, may we remain a strong and unified community.

It is great to see so many extra-curriculars up and running. Congrats to **Annie Anghelescu** for capturing KASSA gold in golf and safe travels to the IB students in Peru. Upcoming events include the PH Classic and Friday Night Lights (tickets available online).

God bless, everyone.

Terri Daniel

Pastoral Services

Reach out- Reconnect for Red Cross Hurricane Relief: organized by **FIAT** **October 7th – 11th** we will raise funds and awareness of those who struggle because of natural disasters in our world. There will be a Bake Sale on **October 8th**, and awareness raising all week.

Eco-schools: Regi is a gold certified eco-school, but it's time to step up our game and re-certify. If you're passionate about our environment and worried about climate change, please help us do something locally by doing all we can right here at RND. Group meets on **Mondays at lunch** in the chapel with FIAT.

School mass - The October mass will take place on **Wednesday, October 23rd**. Location and time to be determined.

Chaplaincy class visits: **Friar Jim and Mary Elaine** hope to visit Grade 9 classes in Period 4 over the course of the month to bless and distribute Franciscan Tau crosses as a symbol of our unity at this Catholic school. Welcome to RND Grade 9's!

Student Services

University and College Presentations

Student Services is happy to announce that many grade twelves have taken advantage of the post-secondary visits to RND so far this fall. Attendance at the presentations is certainly up from last year, which means research is happening on the part of many future grads. A list of all the university and college Presentations offered at RND can be found on our RND Guidance Page as well the dates are indicated on the school calendar.

CIP - Wednesday, October 9th

If you are college-bound next year or want to know more about what Ontario colleges offer, check out the **College Information Program (CIP)**. It will take place in Kingston at St. Lawrence College on **Wednesday, October 9th, 2019** from 1:00pm to 2:30pm. Transportation will be provided by SLC. Sign up in Student Services.

UIP - Tuesday, October 22nd

Also, the **University Information Program (UIP)** takes place in Kingston at Frontenac Secondary School on **October 22nd, 2019** from 6:00 pm to 8:00 pm.

College Applications

The application for programs starting **Fall 2020** or **Winter 2021** or **Spring 2021** will be available in **October 2019**. 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

The application for Fall 2020 will be available in **October 2019**. Students require a PIN issued from the Ontario University Application Centre (OUAC). An announcement will be made when they are available for pick up in Student Services. All applications are completed on-line. Students access the application at www.ouac.on.ca. The base application fee is \$150 for the initial 3 university/program choices. Each additional choice costs \$50. The deadline to apply to OUAC is **January 15th, 2020**. Apply early to avoid disappointment. Please see your guidance counsellor if you have any questions.

More information regarding colleges and universities is also available on the Regi Guidance page in students' "VIRTUAL COMMON". If you missed the Post-secondary Education Info Session, the Power Point has also been posted under "Student Services" on the RND website. If you have further questions, please see your guidance counsellor.

Fall 2019 Parent-Teacher Interviews

First semester parent-teacher interviews at Regiopolis-Notre Dame will take place on Day 1: **Thursday, October 17th and Day 2: Wednesday, October 23rd** in the CND gym.

Once again, Parent-teacher interviews can be booked online. Booking instructions will be sent home on the back of students' Early Progress Reports on **Friday, October 11th**. You will find a link to book your appointments on the RND website.

Parents will have access for booking appointments beginning **Saturday, October 13th** at 8:00am for both Day 1 and Day 2 interviews. Online booking will close at 11:55pm on **Wednesday, October 16th** for Day 1 interviews. Accordingly, online booking will close at 11:55pm on **Tuesday, October 22nd** for Day 2 interviews.

Be sure to book your appointments early as teacher schedules fill up quickly and any request for appointments after the deadline cannot be guaranteed. Interviews will be limited to 10 minute blocks per student per teacher. If you have any questions or require further assistance with booking, please call Student Services.

Tutoring Options

At RND there is a limited list of private tutors who offer both group and one-on-one tutoring for a fee, which is generally about \$20.00 to \$30.00 per session. Please contact your guidance counsellor for more information.

Peer Tutors are available every **Tuesday and Thursday** at lunch in Room 101 to assist students in Grades 9 and 10 with their course work. If you are experiencing difficulty with a course, drop by Room 101 **Tuesday or Thursday** at lunch for help. Queen's students (HYPE) will soon be available to assist with all level courses. Details to follow.

Pathways to Education

Pathways to Education is a free, community-based program providing high school youth with:

- Tutoring - all subjects
- Mentoring - Includes workshops, field trips, YMCA memberships, and volunteer opportunities
- Financial Support - incentives include PC Gift cards, school lunch vouchers, and a post-secondary scholarship up to \$2000 (after four years)
- Other Support - each student is assigned a student/parent support worker

Pathways is open to any high school students who live in the area of Division Street, Raglan Road, Conacher Drive, and the Inner Harbour area. For more information, please contact: **Petra Hanson**, Student/Parent Support Worker Representative, Pathways to Education, Kingston Community Health Centres. Call 613.507-7107 ext. 2106 or email at Petrah@kchc.ca.

Take Our Kids To Work

Grade 9 students will be out of the school and will be job shadowing on **Wednesday, November 6th**. Students are responsible for making arrangements to spend the day with a parent, friend, or relative to gain insight into the world of work. Permission forms will be provided **mid-October**. In preparation for their day out in the world of work, all Grade 9 students will receive Workplace Health and Safety awareness training.

Specialist High Skills Major

RND offers SHSM in Arts and Culture Sector, SHSM in Non-Profit Sector, and SHSM in Sports Sector. SHSMs are for grade 11 and 12 students who are interested in customizing their secondary school experience to suit their interests and skills.

SHSM students have the opportunity to:

- bundle Grade 11 and 12 credits related to the sector to connect their learning to the sector
- earn valuable industry certifications including First Aid, CPR and WHMIS, at no cost
- participate in experiential learning and career exploration activities (ex. conferences, worksite tours, and workshops)
- tour colleges and universities and workplaces in the sector
- take dual credit courses at the college
- complete the Ontario Skills Passport(OSP) during the sector-related coop placement

For more information contact the Guidance Department. Applications are available on the RND Guidance Page in the students' VIRTUAL COMMON. Deadline to apply is **Friday, October 4th**.

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. Applications for winter 2019 are now available. Apply early to avoid disappointment. Applications close on **Friday, November 8th**. Participating 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 high school transcript. Please contact **Ms. Lott** or your guidance counsellor for further details.

A-Head Start 2019

Nearly all the new grade 9 & 10 students attended RND's Orientation program from **August 26th – 30th**. A great many people are responsible for the success of this amazing program. RND is very grateful to our secretaries (**Patricia Maheral, Mary Pitts, Madeline Bouvier, Monica Warren, & Madeleine Picard**) who were on the front lines of A-Head Start with registration forms, communications, and cheques. Thanks to **Rhonda Storms and Amey Cancian** for the "Settling into High School" sessions. Special thanks to our guidance counsellors who came in during their holidays to help the grade 9's with their schedules: **Colleen Glancey-Cox, Tamie Gaudet, and Ryan Poser**. Big thanks to our committed numeracy and literacy staff: **JP Morgenstern, Lorraine Kennedy, Lise Comartin, Kathleen MacPherson, Peter Bullock, Ryan Poling, Jane Kong, Kaitlyn Hart, and Isabel Wu**.

Our student council executive and leaders (**Gwen Van Duinen, Zachary Dodge, Rachel Oleschuk, Roxann Forget, Sarah Jewell, Jeremy Dube, Brandon Sawyer, Sydney Kalin, Mackinley Szumlanski, Julia Patterson, Mitchell Roantree et al**) managed many fun and important activities like the icebreakers, learning appropriate student behaviors, and school spirit building. Since the inception of A-Head Start 14 years ago, RND's mathletes have been at the core of A-Head Start. Our mathletes were the most reliable panthers ever in their leadership with textbook distribution, managing cheques and the snack bar, organizing scavenger hunts and the RND Challenge, and helping in the textbook room. The most important contribution of the mathletes who volunteered this year was their valuable peer tutoring and assistance to teachers in the math and technology classes. Thanks to our mathletes **Bishara Mekhaeil, Amy Mombourquette, Trevor Shillington, Abby Berube, Allen Aji Thomas, Alvin Aji Thomas, Ann Maria Aji Thomas, Kylie Meyerman, Donovan Bisson, Matt Prent, Maria Zarin, Logan Leonard, Maikel Mekhaeil, Avery Goreglad, Alyssa Kutama, Victoria Baker, Quintyn Zuber, Kevin Lui, Michael Baxter, Asher Herx, Alexandra Lee, Lily Rich**.

We are very grateful to all the teachers, counsellors and student leaders who took time from their summer holidays to be part of

the ninth graders first RND experience and most especially for the support and leadership from our administration, **Terri Daniel, Joanna Besselink and Nick Woolley**. **Mrs. MacPherson** was instrumental in getting all the summer registrants to RND login accounts to familiarize all the new students to our network. Without her magic, numerous students would not have been able to work on and to learn the RND network at A-head Start. Thank you God. Thank you St. Marguerite Bourgeouys.

Important Dates

Friday, October 11th

Early Report Cards Sent Home

Thursday 17th October, 3pm-5pm and 6pm-8pm

Parent Teacher Interviews

Wednesday 23rd October; 6pm-8pm

Parent Teacher Interviews

Thursday, November 7th

Flip day for Civics/Careers

Friday, November 22nd

Mid-term Report Cards Sent Home

January 23rd to 29th

(includes 1 inclement weather day) Exams

Monday, February 10th

Final Report Cards Sent Home

RND Mathletes

The junior mathletes from grades 9 & 10 meet at lunchtime **every Monday** in room 234. The senior mathletes meet on **Wednesdays at lunchtime** in room 234. New mathletes are welcome to join anytime of the year. The first math contest is the Canadian Math Contest from the University of Waterloo in November. Each semester our mathletes tour a different university campus. This semester they will visit McGill University. Any student can go on this tour. See **Mr. Santos** in room 234 for more information.

After School Numeracy Classes

After school numeracy classes provide one-to-one tutoring by one of our math teachers. Students can get help doing homework, review and preparation for tests. Students can start coming **anytime of the year in room 234 from 2:30-4:00 pm**. **Grade 9 Academic Math is on Wednesdays**. **Grade 10 Academic Math is on Tuesdays**. **Applied math will be on Mondays, starting on October 21 after Thanksgiving**. Until then students in applied math can attend on Tuesdays or Wednesdays.

IB News

1) Registrations are in progress for Grades 11 and 12 students who are writing IB exams in **May 2019**. All students should confirm their registrations with **Mr. David** in the IB Office. The last day for changes is **November 8th, 2019**.

2) Year 2 (Grade 12) full diploma candidates are reminded to check the resources for the EE on the D2L Page "Regi IB". Please complete the Reflections on the IB Form RPPF. An electronic copy of the final version of the EE's is due **Friday, November 15th, 2019** to your supervising teacher.

3) **Eric Lauzon** – *The Art of Learning* – presented a full day Learning Skills Workshop for all grade 9 IB students on **October 16th, 2019**. Thanks to the students and to Eric for a great day of learning how to learn.

4) News items are posted on the D2L page "Regi IB". All students should check this page for important IB announcements.

ActivPass

The Grade 5 and 9 ActivPass kicks off on **Monday, September 23rd, 2019** and runs through **August 31st, 2020**. That means free opportunities to swim, skate and use the gym at designated times. The ActivPass schedule is up on the *Kingston Gets Active* website.

Royal Canadian Legion Contests

Every November, all across Canada, the Royal Canadian Legions host a Remembrance Day Poster and Literary Contest. RND students are encouraged to participate in this contest. Registration forms along with the Rules and Regulations are available on the circulation desk of the library. Posters, poems and essays need to be submitted to the one of the library staff by **Tuesday November 12th, 2019**.

Used Uniforms

Are you short some items from your uniform apparel? Not to worry; RND has a large assortment of used uniform items for you to purchase at a very minimal price. All money goes to support families in need. If you are interested in purchasing items, please call or see **Mrs. Bouvier** in the main office; 613 545-1902 ext. 2200.

As well, we welcome the donation of any used uniform that you may have at home. Please drop off any items to the main office.

Walk-In Counselling Clinics

Who is it for?

This free service is available to children, youth (under 18), parents/caregivers and families from the communities in KFL&A.

What can I expect?

Just walk in to one of the offices listed below for an hour long conversation with a Maltby Centre Counsellor. It will focus on the behavioural, emotional, or other mental health concern that you may have and provide you with some advice and next steps.

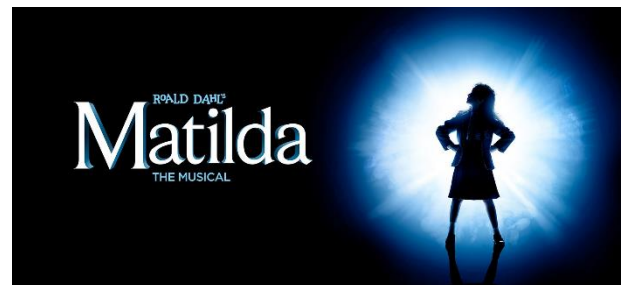


Day	Location
Mondays	Amherstview - 18 Manitou Crescent, Unit 7
Tuesdays	Kingston - 31 Hyperion Court, Suite 100
Wednesdays	Napanee - 99 Advance Avenue AND L&A Youth Hub, Napanee - 41 Dundas Street (3-6pm)
1st and 3rd Wednesdays	Sydenham - 2876 Campbell Road
Thursdays	Kingston - 31 Hyperion Court, Suite 100

Clinics run from 11:00am to last appointment at 5:45pm.

MaltbyCentre.ca | inquiry@maltbycentre.ca | 613-546-8535

Arts Department



Matilda the Musical

The cast is set and rehearsals are well underway for RND's production of Matilda. Based on a book by Roald Dahl, Matilda tells the story of a highly intelligent young girl who is misunderstood by her family until she takes her happiness and freedom into her own hands. Watch how Matilda and her friends "revolt" against Miss Trunchbull, their controlling and conniving principal. Our wonderful cast and crew includes many grade 9 - 12 students, along with arts teachers and staff working behind the scenes daily. Students and parents involved in the musical are encouraged to check Matilda Remind often for rehearsal schedules and updates.

The musical is scheduled to go up **Wednesday, December 11th to Saturday, December 14th** at 7:00pm, with a matinee at 1:30pm on **Saturday the 14th**. There will be two elementary matinee shows in the afternoon on **December 10th and 12th**. Check www.reginotredame.on.ca for more information on ticket sales and showtimes. Individuals or businesses interested in advertising in the show's program should contact **Mr. Murphy** at murhpypa@alcdsb.on.ca.

Senior Band

Senior Band will be selling chocolate-covered almonds starting **October 7th** for \$2 each. The money raised will go towards the senior band trip to NYC this **April 2020**. See a band member to purchase chocolate goodies! Band members should bring in their money to **Mrs. Lord**.

There will be a band concert on **Friday, November 15th** in the cafeteria. The senior band, junior band, choir, and members of the musical will be performing. Raffle and bake sale items will be available for purchase. Come out and support the music department!

Improv Team

Auditions are underway. We are always looking for new participants. Students interested should come to the drama room **every Friday** after school to check it out!

Student Council

Just like that, the first month of school has flown by! From Grade 9 Day to The Terry Fox Run, this month has been packed full of fun activities. Our annual Grade 9 Day was a blast, and another great occasion to bleed garnet and gold. We would like to give a special thanks to all our wonderful Grade 9's who participated in Grade 9 Day. It was amazing to see our newest Panthers bond and connect over a fun afternoon of games. Special thanks also go out to all Grade 12 students who organized and ran the activity stations for the Grade 9's. It was special to see RND panthers, teachers and students' council all out supporting our local community during the Terry Fox Run/Walk. As panthers, we take pride in helping our community and coming together outside of the classroom. We wish the best of luck to all our fall sports teams including our football, basketball, volleyball and cross-country teams. Looking ahead into October, we spirit week and pep rally, the CIBC Run for the Cure, the annual Holy Cross vs. RND PH Classic Girls' Basketball Memorial and Friday Night Lights football game, and our first coffeehouse. We will also be starting ping pong in the cafeteria and music Fridays. As always, we would like to thank our wonderful staff and students for making RND such a special place.

New Initiatives

Ping Pong in the cafeteria - We have approval to put two ping pong tables in the cafeteria for students to play at lunch. Students can sign out balls and paddles from the student council room. Jeremy has been taking the lead on this and is welcome to any suggestions.

Music on Fridays - on Fridays we will be playing music after the warning bell in the morning until the bell for class begins. Music will also be played over the speakers between classes. Gwen is leading this initiative and is happy to take staff requests for songs. She has been careful to choose appropriate songs, but if you are concerned about what you hear you can let us know.

Important Upcoming Dates

September 30th - October 4th is Spirit Week

Monday, September 30th: Orange Shirt Day (with uniform pants). We have orange stickers for students who do not come in shirts. At lunch, **Ms. O'Brien** will be at RND and students will be signing a *Run for the Cure* banner.

Tuesday October 1st - Silly Hair Day (with full uniform). Bake Sale to raise money for Run for the Cure.

Wednesday October 2nd - Denim Day (non-uni) and karaoke at lunch in the cafeteria.

Thursday October 3rd - Cozy Day (non-uni) and hot chocolate for sale in the commons at lunch to raise money for Run for the Cure.

Friday October 4th - Garnet and gold Day (non-uni) and pep rally in afternoon

Sunday October 6th - Run for the Cure (sign up and join our panther team-RND Panthers)

Kingston - CIBC Run for the Cure

The **CIBC Run For The Cure** is a 5k or 1k walk or run that raises funds for the **Canadian Cancer Society**. It is the largest single-day, volunteer-led event in Canada in support of the breast cancer cause.

Thursday October 10th - PH Classic at Holy Cross

Friday October 11th - Friday Night Lights at Richardson Stadium

Friday October 25th - RND's first Coffeehouse of the year. It starts at 6:00 p.m.

Sport tryout information will be available on the website, as well as posters throughout the school and on social media

RND Scoreboard: <http://www.rndpanthers.com>

Official ALCDSB website:

http://www.alcdsb.on.ca/school/regi/Pages/pgHomePage.aspx#
/=

If anyone has any questions or concerns, please reach out to us on one of our various social media platforms:

Instagram: @rndstudcouncil

Twitter: @rndstudcouncil

RND Scoreboard: <http://www.rndpanthers.com>

Spain and Portugal

Spend March Break 2020 with your friends exploring **Spain** and **Portugal**. The lands where explorers set sail and proved the world was round! Home of Picasso, soccer, inspired classical guitarists and flamenco dancing. See magnificent ancient architecture, test your Spanish and Portuguese language skills and learn about the area's rich history. Limited spaces are available. For more information and registration details contact **Mrs. Zborovsky**; zborovsk@alcdsb.on.ca.

RND Boys Rugby Head to Ireland

It's official!! Regi Boys Rugby will be heading to Ireland this **March Break!** The Panthers plan to kick off the 2020 season with a spectacular tour of Dublin, Galway and Limerick, where they will compete and train with Irish teams, experience the rich history and culture on the emerald isle. The trip is for any male rugby player from grade 9-13 who preferably have previous rugby experience. The tour dates are from **March 12th – 21st, 2020**. If you are interested in joining, please contact **Mr. Amos** or **Mrs. Ramsay** as soon as possible for more information. Only a few spots remain.

Supporting Healthy Schools



Early Expressions Speech and Language Program

The referral deadline is November 1, 2019.

Children in junior kindergarten (born 2015) living in Kingston, Frontenac, and Lennox & Addington are eligible for speech and language services with Early Expressions.

Our team at Early Expressions helps young children with speech and language concerns. There is no cost for our program. We provide an assessment along with specific suggestions for home and school.

Once children are eligible for senior kindergarten, speech and language services are provided through the school boards.

Does your child need a referral?
Review the speech and language milestones to help you decide if your child needs a referral to our program.
kflaph.ca/CommunicationMilestones

How to refer your child

Online
kflaph.ca/EarlyExpressionsReferral

By phone
613-546-3854, ext. 1105
1-800-267-7875, ext. 1105

kflaph.ca
2019-08-12

Early Expressions
Preschool Speech and Language Program



KFL&A
Public Health