

REGIOPOLIS-NOTRE DAME CATHOLIC HIGH SCHOOL

Visit our website: www.reginotredame.ca



January 2021 Newsletter

Newsletter is issued at the beginning of each month

Principal's Address

Happy New Year! I hope that all RND community members were able to find a bit of quiet, amidst family time, in the Christmas Season. As we begin the new year, may we all find the resolve and optimism central to achieving the best possible results for the end of Semester One. We continue to pray for those in our community – staff and students – who struggle with their well-being. We need you, value you, miss you and hope for a speedy return to physical, mental and spiritual health. This pandemic has heightened mental and spiritual health concerns

As we prepared for this school year, I would never have guessed that we would return at full capacity and have made it all the way to Christmas without classes shutting down. As the break neared and we did experience some coronavirus presence in our school, my heart was with those staff, students and families who were self-isolating over Christmas. I am really grateful that no one suffered greatly from the illness (to the best of my knowledge). It has been the collective responsibility of students, staff and families, which has kept us safe thus far. Well done.

And now we are learning from home again, in an effort to curtail the spread of the virus. Although I support in-school learning for a number of reasons, not the least of which includes equity and mental health, I believe this temporary move is for the best. Students will tell you that I and the admin team are continuously nagging them about the free time behaviour, especially during lunch when masks are doffed. As we move into the coldest month of the year (and therefore students are likely to be indoors throughout the day), I am supportive of learning from home. Spring cannot come soon enough, literally and figuratively.

Please be aware that this remote learning period is far more stringent than the last one. Students are expected to be working on the course during the regular school day. Teachers will let them know which parts of the day are synchronous (live) and which parts may be independent or group work. This could shift depending on the contents of the day (and internet outages!), but essentially the school day is dedicated to school work. If students are in need of technology, they should let their teacher know and we will follow up.

We will have teachers finish their assignments at the end of this semester and others return to us. For anyone moving on to another school, we thank you and wish you all the best. Details will be shared once they are available.

On a personal level, I would like to share with you that I am being transferred to **Holy Cross**, as Principal there, at the start of February. I am thankful for my time here at my alma mater, and the honour of being part of the RND community. I have greatly enjoyed the past six and a half years and am a little sad to go. That being said, I know that Holy Cross is also an excellent Catholic high school here in Kingston.

I am really pleased to announce that **Paul Melim** will take over as Principal of RND. **Mr. Melim** will be an excellent leader and he has experience and skills that will enhance **Regiopolis-Notre Dame**. Mr. Melim brings with him a wealth of experience, technical expertise and a quiet, calm sense of humour. He is a Regi grad, so that is a bonus too; he knows well the tradition of excellence at **RND**.

I am so proud of the students, the staff and the admin team at **RND**. Thank you for all you do to create a special, faithful and strong community. It has been a treat over the past year to work with an all **RND** alumni admin team. When I learned last spring that this move might be a possibility, I asked that I stay at **RND**, at least long enough to return in person after a year where we suffered the loss of three members of our community: **Maranda Mitchell, Chris White** and **Barb Megill**. It was a gift to meet with staff in **August** and then to be with our full school community thereafter. This makes it easier to go. And I am not going far. I will continue to root for my alma mater in the years to come. On a related note, we don't yet know who the incoming Vice-Principal will be. More information to come as it becomes available.

God bless!

Terri Daniel

Pastoral Services

As we look back on 2020, let us acknowledge the achievements and hardships we have encountered. As we look forward to this new year, let us count our many blessings! As people of faith we are able to face hardship and uncertainty by trusting in a God who is good, connecting with the divine and supporting one another through community here on earth and from those in heaven.

Mental health professionals acknowledge the practices of gratitude and meditation in support of good mental health. These are fundamental to our Catholic faith practices, but if you'd like some support in learning more about Christian meditation please follow this link <https://www.wccm.org/content/how-meditate>

While there has been much division in the past year, the intentions of **Pope Francis** for this month are for the reconciliation and fraternity of a fragmented world. "*We pray that Christians, followers of other religions and all people of goodwill may promote together peace and justice in the world.*"

We also ask **St. Joseph** to pray for us in this year (Dec. 8 2020-2021) in honour of St. Joseph the foster father of Jesus. The Pope noted that the coronavirus pandemic has heightened his desire to reflect on **St. Joseph**, as so many people during the pandemic have made hidden sacrifices to protect others, just as **St. Joseph** quietly protected and cared for **Mary** and **Jesus**. He said "Each of us can discover in Joseph - the man who goes unnoticed, a daily, discreet and hidden presence - an intercessor, a supporter and a guide in times of trouble," and the world needs father figures who serve families with charity and humility. While we do not worship saints we do ask for their heavenly prayers before God and seek to imitate their virtues here on earth. **St. Joseph** - Pray for us!

January 12th is a special day in the life of the **RND** community as it is the "Feast Day" of our patron saint - **Marguerite Bourgeoys**, so we also ask for her help in this coming year!

Student Services

Timetables for Semester 2

Students are reminded to review their timetables for the upcoming octomesters logging into their Maplewood account. There is always a chance that changes have been made since the beginning of the school year. If students need to make other changes, they should book an appointment with their guidance counsellor via the Appointment link on their RND Homepage. There is a waitlist already for several semester 2 courses. Since students will learn remotely after the break, they should leave a phone number at which they can be reached during school hours and should check their email daily for messages from Student Services.

Reminder for students applying to Ontario Colleges and/or Ontario Universities

Applications received and paid for on or before **February 1st, 2020** will be given equal consideration by the **Colleges**. **After February 1st, 2021**, applications are still processed but are considered by the Colleges on a first-come, first-served basis. The College application can be found on www.ontariocolleges.ca.

The deadline for **University applications** through OUAC is **January 15th, 2021**. The University application can be found on www.ouac.on.ca. Students are encouraged to contact their guidance counsellor if they have any questions or concerns.

All applications require payment to be submitted. A confirmation email receipt will be issued upon payment.

If you are applying to a post-secondary institution outside of Ontario and require a transcript, please email **Mrs. Warren** in Student Services at warrenm@alcdsb.on.ca.

Frequently Asked Questions

Wondering about the application process for colleges and universities? Perplexed by the many questions and options posed by OCAS and OUAC? Students should refer to the FAQ document on Regi Guidance in D2L. If their question/answer is not there, students should contact their guidance counsellor.

Grade 8 School Visits

Prior to Christmas Break, guidance counsellors visited all Grade 8 classes from our partner schools – in person or virtually. Registration packages and course selection sheets were distributed at that time. Our grade 8 students will complete their course selection using myBlueprint, an online planner found on their ALCDSB homepage. The online course selection should be completed by **Monday, February 2nd** and registration packages are due to Student Services by **Thursday, January 22nd**.

A virtual presentation will be provided to teachers of remote learners from our elementary schools in preparation for our Virtual Grade 8 Information Night.

Course Selection for 2021-2022 School Year

Student Services will begin the course selection process at the beginning of semester two. Classroom teachers will share preparatory information, provided by Student Services, with their students. This information will be made available to all remote learners as well as to parents/guardians.

Guidance counsellors will meet with classes to facilitate the course selection process using the online planner, myBlueprint. They will start with the grade nines and tens, wrapping up with the grade elevens and Returners.

All students can access myBlueprint on their RND homepage, so we encourage parents and guardians to begin those conversations in anticipation of course selection being activated at semester start. Students are encouraged to meet with their guidance counsellor once we are back at school.

Grade 8 Information Night

Regiopolis-Notre Dame's Virtual Grade 8 Information Night will be held on **Wednesday, January 13th**. It will air on the **RND YouTube channel at 6pm**. The presentation will include academic, extra-curricular and enrolment information. A live Q & A session will start at approximately 7pm via Zoom. The link will be available on the RND website on **January 12th**.

Students and parents interested in information on the International Baccalaureate Program should plan to watch the webinar posted on the RND website.

Specialist High Skills Major

RND offers SHSM in Arts and Culture, Non-Profit, and Sports sectors. 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 will:

- 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 (i.e. co-op related to sector)
- tour colleges, universities, and workplaces in the sector (e.g. forensic crime scene at Fleming College, Special FX makeup certification at Loyalist, participate in the Street Retreat, attend a Raptors game, or tour Global Television)
- take dual credit courses at St. Lawrence College

For more information contact your guidance counsellor. A QR Code for the online application is available on the Regi Guidance in D2L. Deadline to register is **January 16th, 2021**.

Dual Credit

There are limited spots still available in some dual credit courses. Students can participate in courses on site at SLC, but RND students also have access to congregated courses offered virtually at St. Lawrence (Kingston) and integrated courses offered virtually from all three St. Lawrence campuses. If interested, please contact **Ms. Lott** at lott@alcdsb.on.ca.

IB News

IB students who wish to discuss a change in their IB pathway are asked to email **Mr. David**, IB Coordinator, at david@alcdsb.on.ca.

IB DP students submitting work to IB for the **May 2021** session, must complete a Candidate Consent Form allowing the IB Coordinator and teachers to upload their work on the student's behalf. The CCF is available on the Regi IB D2L page. This form must be completed by **February 2nd, 2021**.

Grade 12 IB students will be uploading their Extended Essays, TOK Essay by **February 4th, 2021**.

The deadline to submit applications for the IB Preparation Programme is **January 22nd, 2021**. Please submit the registration package and IB Teacher Recommendation form to warrenm@alcdsb.on.ca. The Applicant Response Paragraph is to be emailed to the IB Coordinator at david@alcdsb.on.ca.

OECTA Young Authors Writing Contest

Students are encouraged to submit an entry into this year's **Young Authors Writing Contest**, sponsored by the **Ontario English Catholic Teachers Association**. Writing pieces will be accepted for the following categories: Short Story, Poem, Play, Non-fiction (e.g. essay, article, or report.) Entries are not to exceed 3000 words.

Submit your work to your English or French teacher. If it is an entry written for a particular class other than English or French, e.g. history essay, please submit to the appropriate teacher. Deadline to submit to a teacher is **February 1st, 2021**.

2021 Yearbook

Time is running out to purchase your 2021 yearbook. Cost is only \$25. You can purchase the yearbook through our school cash online store. Sales close on **January 29th**, so don't wait any longer to get your copy of the 2021 RND Yearbook.



COVID-19 Information for Schools

Covid-19 has been a challenge for students, staff and parents. Along with the normal stressors that children and adolescents are faced with, reports of increased anxiety, depression and other mental health concerns are on the rise. There is help out there.

The Kids Help Phone provides private, non-judgmental supports 24/7.

Students can call 1-800-668-6868 or text 686868 to start the confidential conversation. For more information check out www.kidshelpphone.ca

For adults wanting to connect, google **Wellness Together Canada**. Free mental health and substance use support, resources, and counselling with a mental health professional.




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GIRLS' CLUB



Become a part of an opportunity for young female students who are interested in science, technology, engineering and mathematics.

A place where girls get together to participate in STEM focused activities with monthly meetings and a mentorship program!

For more details, contact us by e-mailing:
eng.connections@queensu.ca



WHY? STEM jobs are among the fastest growing in the country, yet girls are being left behind. While girls' interest in computer science ebbs over time, the biggest drop off happens between the ages of 13-17.

WHO? The club is for girls in grades 9-12. This is an opportunity to get young female students interested in STEM.

WHEN? UPCOMING 2021 DATES:
Tuesday, January 26th
Tuesday, February 23rd
Tuesday, March 23rd
Tuesday, April 20th
Tuesday, May 18th
6:30-7:30pm

WHERE? Due to COVID-19, workshops will be held online until further notice. Click on the registration link below to sign up!

<https://connections.campbrainzregistration.com>

IN PARTNERSHIP WITH:



