

# REGIOPOLIS-NOTRE DAME CATHOLIC HIGH SCHOOL

Visit our website: [www.reginotredame.ca](http://www.reginotredame.ca)



## June 2021 Newsletter

*Newsletter is issued at the beginning of each month*

### Principal's Message

I hope that you and your families are well as we continue with our second Octomester of remote learning. I want to thank everyone for working together to navigate and adapt to an Octomester system, hybrid learning, and at times full remote learning. We owe a debt of gratitude to our parents/guardians for your patience, support, and partnership as the staff of RND continuously strive to move the learning agenda forward and to prepare our students for the upcoming school year. Our whole school community has consistently demonstrated remarkable flexibility and resiliency.

Traditionally, June is a month of celebrating achievements in our school. I would like to start by acknowledging **Mrs. Rizzi** and the entire Student Council for keeping the RND school spirit alive. Members of the new Student Council will be elected this month. I look forward to working with the new council in the 2021-2022 school year.

**SAVE THE DATE:** Grade 12 graduation will be upon us soon. We look forward to celebrating this event on **June 24<sup>th</sup>**. Specific details about the graduation ceremony will be released once consultation with Public Health concludes. The staff of RND are committed to making this day special for our graduates.

At the end of June, we will be bidding farewell to retiring teachers **Ms. Karen Smith and Ms. Roxanne Evans**. Thank you both for your many years of service and dedication to the community of Regiopolis-Notre Dame C.H.S. You will be missed! Thank you to **Katie Khatib** our Education Assistant who has been with us for the entire year. I would also like to thank our many occasional teachers for all their hard work second semester: **Sandra Beninger, Siobhain Broekhoven, Chris Laird, Kara MacIsaac, Ian McCue, Sammy Johnston, Ashleigh Whitley, Emily Withers, and Farsh Akbari**.

Finally, it is difficult to predict what September holds but please know that our staff will be ready. Currently, we are planning our traditional activities such as the Head Start grade 9 orientation program and providing access to the school for students in late August to obtain necessary items for the start of school.

As information is confirmed, we will communicate via School Messenger, our school website [Regiopolis-Notre Dame C.H.S.](http://www.reginotredame.ca), and our social media platforms:

@rndstudcouncil @rndstudcouncil @RegiNotreDame



I hope that you have a safe and restful summer and I look forward to seeing all of you in September. Stay well and stay connected.

God Bless  
Paul Melim

### Chaplaincy

June is the month that the Church dedicates to the '**Sacred Heart of Jesus**'. We hope to pray a "**Novena**" together from **June 3<sup>rd</sup> -11<sup>th</sup>**. The heart of God is a fount of mercy and love so this month we hope to express that love to our LGBTQ siblings at RND and beyond. May everyone feel welcome here! Please contact **Mary Elaine** at [carty@alcdsb.on.ca](mailto:carty@alcdsb.on.ca) if you'd like to be part of this ministry.

In June, let us also celebrate **National Indigenous History Month** to celebrate the history, heritage and diversity of First Nations, Inuit and Metis people in Canada.

Please continue to pray that Covid-19 will diminish in our country and in our world. May we begin to re-vision what our lives will look like when restrictions lessen. May we live more consciously and only take up those commitments and activities that are life-giving to ourselves, our communities and our environment.

And finally, we ask for God's many blessings upon our graduating students and retiring staff!

Sacred Heart of Jesus - Have mercy on us! St. Joseph - Pray for us! Notre Dame - Pray for us! St. Marguerite Bourgeoys - Pray for us!

## Student Services

### Booking Appointments with Guidance Counsellors

The appointment booking for guidance appointments remains active during lockdown. Students follow the normal process using the “Appointment” icon on their RND homepage. Just a reminder that students should include their full name when booking an appointment to avoid confusion. When the appointment is booked, the guidance counsellor will send a Teams link and/or email to accommodate the student request.

Additionally, students must book with their assigned counsellor. If their counsellor is booked and the matter requires urgent attention, the student should send an email to their counsellor immediately.

### OUAC/OCAS Grade Submissions

Final marks for Octomester 7 have now been uploaded in OUAC and OCAS. Be sure to log on to verify your marks for accuracy. If you notice any discrepancies, please report them to Student Services immediately.

### Dropping Courses

Grade 12s wishing to drop a course must speak with their guidance counsellor to drop a course – it is not enough to tell the classroom teacher. Students must continue attending the class until the drop is official. Drops will not happen unless a student has verified that the course will not affect their offer to post-secondary programs nor that of their SHSM Red Seal. Also, parent approval is needed for any grade twelve student who is not 18 years of age.

Courses dropped after the full-disclosure date of the remaining octomester will be posted to the student’s official transcript.

### Volunteer Hours for Grade 12s

The Ministry of Education has reduced the number of hours needed to graduate this year to **20 hours**. Due to Covid-19 Protocols, acceptable volunteer experiences are more flexible as well. Jobs around the home and even some hours from a paid job can be used. For clarification, email your guidance counsellor. All students wishing to remain on the Graduation List must submit (scan/email) their hours to Student Services ASAP. Submit forms through **Mrs. Warren**, Head Secretary at [Warrenm@alcdsb.on.ca](mailto:Warrenm@alcdsb.on.ca).

### Graduation Assembly Video

By now Student Services has shared all necessary information for potential 2021 RND Grads through their homerooms or via school email for students on spare or who have already retired.

### Graduating Students

Students at risk of not graduating will receive a message via phone or email. In all cases teachers and/or Admin have connected with these households to provide additional supports for the students. If a student does not meet OSSD requirements by the end of June, they must be removed from the Grad List.

As a reminder all potential graduates should click on the “Grad Survey” icon in their ALCDSB Homepage. Each year RND gathers information on our graduates through this survey. It will be used to help determine graduation awards and provides our school with valuable insight. It will only take a few moments to complete. The deadline to submit surveys is **Friday, June 4<sup>th</sup>**. Each student can only submit once and will be unable to change answers after submission.

### Returns

If you are considering a fifth year at RND after graduation, you must contact either **Ms. Gaudet or Mrs. Glancey Cox** ASAP. You will consult (via Teams) on your Intent to Return plan, which will include courses that you wish to take for your returning year. Once complete, the plan will be sent to **Mr. Melim** for his approval. When we return to in-person learning, the process will include prospective returners meeting with **Mr. Melim** for approval of their plan. Once approved, the student will be re-activated in Aspen with courses for 2021/2022.

### Next Year’s Student Timetables

Timetables for next year will be available to view in Aspen before the end of June. Once available, students should review their timetables and send an email to their guidance counsellor ASAP if changes are required. Timetable changes are limited. Please note that ALL timetables are subject to change as necessary for staffing and enrollment reasons.

A reminder that Grade 12 students planning to attend university need a minimum of six Grade 12U or M classes, including the program’s prerequisites, to be considered for university.

Students need six grade twelve courses, taken at any level, to be eligible for Ontario Scholarship.

Counsellors availability is limited throughout the summer. They will be returning in the new school year. Please call Student Services beginning **August 16<sup>th</sup>** to book an appointment with a counsellor for the following week.

### Dual Credit at St. Lawrence College

Deadline for equal consideration for SLC Dual Credits 2021 was **Friday, May 28<sup>th</sup>**. Applications will still be accepted based on seat availability.

Dual credit programs are ministry-approved programs that allow high school students to take college or apprenticeship courses

that count towards both the Ontario Secondary School Diploma (OSSD) and a college certificate, diploma, or an apprenticeship certification. Course offerings include: Film Studies, Developmental Psychology, Police Foundations, Taste of the Trades, Make up, and Welding. If interested, students should contact their guidance counsellor ASAP.

### **On-line Summer School 2021**

The Algonquin and Lakeshore Catholic District School Board will offer online summer courses in English, Math, Civics/Careers (both in French and in English), and Co-op (two periods available this year) from **Monday, June 28<sup>th</sup> - Friday, July 23<sup>rd</sup>, 2021**. Other course options are available through the Ontario Curriculum Consortium. Interested students should contact Mr. Poser ([poser@alcdsb.on.ca](mailto:poser@alcdsb.on.ca)) to register for a course. If you are uncertain about taking a course, reach out to your guidance counsellor – either **Ms. Gaudet** ([gaudtami@alcdsb.on.ca](mailto:gaudtami@alcdsb.on.ca)) or **Mrs. Glancey Cox** ([glanceyc@alcdsb.on.ca](mailto:glanceyc@alcdsb.on.ca)) – to discuss your options. Please note that courses only run if there is enough enrolment.

### **International Student Experience**

As the situation with the pandemic is anticipated to improve for September, we have new interest in the number of international students eager to come study at RND. Therefore, we are looking for families who would like to host a student and share a cultural experience with them. This year we have students from Spain and Germany looking for families to live with for varied periods of time – some students come for 4 months and others come for a semester or full school year. Compensation is provided to families that host students.

If you are interested and would like more information please call 613-544-2116 or email: [international@alcdsb.on.ca](mailto:international@alcdsb.on.ca)

### **ReStart Youth Job Connection Summer Program**

This program is for youth **between the ages of 15-18** who will be **returning to school** in the fall in a full time program.

The program is online this year, and it will run from **June 7<sup>th</sup>- June 17<sup>th</sup>**. It is a **PAID** program where participants meet online every day from 3-4pm (Monday, Tuesday and Wednesday). Youth will gain a variety of job-related tools including writing a resume, interviewing and how to maintain employment. Lastly, they will be paid minimum wage for the 20 hours online (\$285.00). **This 2-week training is followed by paid employment.**

Interested students should complete the YJCSP registration form at the following link: [https://docs.google.com/forms/d/e/1FAIpQLSfhWS3eMlrCJNr\\_uGJ2109wViLiYT5lbnJq8nyejZoZlOp8k8Q/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfhWS3eMlrCJNr_uGJ2109wViLiYT5lbnJq8nyejZoZlOp8k8Q/viewform). If you have any questions or would rather speak to a facilitator on the phone, please call Sherrie at 613-542-7373 (ext.114).

### **Transportation For All IB Or French Immersion Students Who Are Outside The RND Catchment Area**

Any student enrolled in Regiopolis Notre Dame IB or French Immersion program, who resides outside RND's catchment area **MUST** submit a completed [Special Circumstance Form](#) to **Maureen Vermilyea** at [vermilyeam@triboard.ca](mailto:vermilyeam@triboard.ca).

If you have any questions, you can contact Triboard directly at 613 354-1981, ext. 352 or contact **Madeline Bouvier** at RND at [bouvmade@alcdsb.on.ca](mailto:bouvmade@alcdsb.on.ca) or 613 545-1902, ext. 2200.

### **IB News**

Congratulations to all IB DP and Diploma Course students for your perseverance, hard work and commitment in what has been a very challenging year. A restful summer is much deserved. **Final IB grades will be available to students on July 6th.** An email will be sent to each student informing you of your final standing. If you have any questions about your results, please direct them to the IB Coordinator at [david@alcdsb.on.ca](mailto:david@alcdsb.on.ca).

Incoming Year 2 IB DP students are reminded to contact their EE supervisor before the end of June in order to finalize your research topics. Details of the Extended Essay and the RPPFs are available on the REGI IB D2L page. It is mandatory that all DP candidates thoroughly read the Extended Essay Guidelines, Subject Specific Criteria, and Assessment Criteria.

### **Poetry Contest**

The English Department proudly sponsored its annual Poetry Contest, now in its 19<sup>th</sup> year. Each year we enlist the aid of a published poet to judge our entries. This year's judge was Alysha Mohamed. She is a poet, playwright, and journalist who has just finished her third year at Queen's University. She is the Assistant Arts Editor of the *Queen's Journal*. Her work has been published in several magazines on the Queen's campus, and her first play, *My Hands Were Made For This*, placed third in Toronto Fringe's New Play Competition. She loves poems that burn, heal, and subvert all at once. Last summer, she was published in *Arc*, Canada's national poetry magazine. Winners earn \$75 for 1<sup>st</sup> place and \$50 for 2<sup>nd</sup> place.

### **This Year's Winners**

#### **Senior Division**

1<sup>st</sup> Place – Jack Mason  
2<sup>nd</sup> Place – Noah Salomons

#### **Junior Division**

1<sup>st</sup> Place – Razan Abdelsalam  
2<sup>nd</sup> Place – Emily Dean

## RND Poetry Contest 2021- Winners

### Senior Division – 1<sup>st</sup> Place: Jack Mason

#### A Rumor of Angels

I once heard an old man  
Telling a woman reading a 'Women's Golf Handbook'  
That he was killed twice  
In the war

'Which war?' She asked  
'Korean'  
'Fascinating'

She turned a page  
He folded arms  
Left over right, then right over left  
Caught me watching from the adjacent seat

So I said 'How were you killed twice? You're living'  
'Am I Really?'  
Train whistle blew  
Loud  
He flinched  
Hard.

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#### **Judge's Comments:**

I didn't expect to love "A Rumour of Angels" as much as I did, but as soon as I finished the poem, I knew it was the winner. The magic of this poem is in its simplicity; the poet is able to explore the complex ideas of death and numbness in four short stanzas. The final stanza is incredibly poignant and well-written, and the use of dialogue feels natural, which is a feat in and of itself. Though I often gravitate towards imagery-rich writing, this poem took my breath away and reminds me how much can be said in so few words. "A Rumour of Angels" is stunning, reminiscent of Hemingway's concise style and subtle power.

### Senior Division – 2nd Place: Noah Salomons

#### Reminiscent of home

your eyes flicker open,

their deep browns being turned into pools of honey by beams of gold that cascade

from the gaps in a canopy of kaleidoscope green. each blade of the grass you lay upon tickles your skin like ginger kisses from the earth herself.

the breeze plays with your hair as you sit, then stand up

and look out at the rolling hills and forests of emerald which you played in all those years ago.

for just a moment or two

you are a child again.

mother calls you to come in for dinner.

you can almost smell it: fresh vegetables and gravy,

crisp, crumbly pastry that mother always burnt just a little.

but you blink and the gentle smell of mother's pot pie on the wind is gone

you are back, looking out.

It has been such a long time since then. but you do not weep because it's gone you smile.

because it happened.

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#### **Judge's Comments:**

This poet knows exactly how to tap into the warmth of nostalgia, bringing readers along with them into a rose-tinted memory. "Reminiscent of Home" employs intricate imagery to bring us back to childhood, from the smell of Mom's cooking to the hills we grew up playing on. A poem that lingers in your chest long after you've finished reading it; a beautiful portrayal of innocence and comfort, set against the backdrop of Spring.

### Junior Division – 1st Place: Razan Abdelsalam

#### Location: Not Found

The motherland, my place of birth. The north, my place of residence, Where is home?

Not really a citizen of any land, Cannot vote for any presidents.

They say home is where the heart is,

My heart belongs nowhere; to no one.

Not in this city with people who would rather I return

To the country I barely recognize anymore. Where is home?

I know it's not in the walls of this school, Or the place I lay my head at night. Maybe, it's in my childhood,

Where I felt whole and happy.

Where I wasn't exposed to a western world,

Where I was clueless. Maybe, I have lost home... How do I find it?

### Judge's Comments:

"Location: Not Found" beautifully captures a feeling of loss and diaspora - of not belonging in a space where you're meant to feel most safe. I love the honesty of this poem, especially in the lines, "They say home is where the heart is,/ My heart belongs nowhere; to no one." The poet touches on something profound when they express they felt most "whole and happy" before being exposed to the Western world. This is a beautiful, honest, and poignant poem. I would love to see the poet's writing style develop, because these themes are already incredibly powerful and emotionally rich.

### Junior Division – 2nd Place: Emily Dean

#### Cigarette smoke

The scent of cigarette stains my nose with childhood regret  
My heart hurts at the memory of my mother dropping my hand  
for the stick that killed her  
My father saying I should've held her tight but I didn't  
my father hits me with all of his drunken words  
I sink deeper into the smell of cigarettes  
Suddenly my walls transform from the fresh white to a stained  
yellow  
I am no longer here smelling, grasping the scent of cigarettes  
I am there  
After my hand fell  
When my mother took her last puff of poisoned air  
I am there at the hospital where my mother left  
I am there at my childhood home where my father beat me into  
the corner with slurred punches  
Each hit making me more guilty  
Through my cries I hear the stomping of a shoe, grinding of the  
cigarette that took me back  
And I am here where my walls are white but my mind still  
stained with the guilt of cigarette smoke

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### Judge's Comments:

I can smell the cigarette smoke from the poet's childhood as I read this poem. "Cigarette Smoke" is a haunting exploration into the pain of growing up too fast, catalyzed by abuse and alcoholism. It is emotional, evocative, and honest. I love the poet's use of imagery, especially the image of their mind still "stained" with the guilt of cigarette smoke. Though this is

written by a high school poet, the voice feels exceptionally mature. A necessary poem and piece of art.

### RND's A-Head Start - Aug 31-Sept 1

A-Head Start is intended for any new student to RND in grades 9 or 10. We have had to make it for two days only this year because of the health unit covid protocols. Registration can be done by the end of June at [www.A-HeadStart.com/registration](http://www.A-HeadStart.com/registration). Rest assured that each student has a spot in this amazing program. Registration is required because we need to keep the classes small with lots of physical spacing. A confirmation call from the school will be sent out in July to confirm your child's registration in A-Head Start.

### Congratulations to our Mathletes

Results from the recent Waterloo contests in April have arrived. Our grade 9 (Fryer contest) and grade 11 (Hypatia contest) mathlete teams have come in first place once again across five district school boards in Eastern Ontario while our 10th grade (Galois) math team came in second place by only two points. Our grade 12 (Euclid) math team came in second place in the greater Kingston area. Congratulations Panther mathletes.

### Top Honours

Grade 9 - **Guna Kim, Owen Thiele, Abigail Van Der Plas, Joseph Guay**  
Grade 10 - **Mary Mekhaeil, Beatrix Lau**  
Grade 11 - **Erya Xu, Levi Prost, Lorelei Secrieru**  
Grade 12 - **Lucas Olmstead, Ethan Glassford**

### Student Council

Only one more month of school Panthers! We hope you're getting outside and enjoying the weather and that your last octomester is going well. We know this year has been difficult and has posed some big challenges to learning, but you, students, staff, support workers and everyone else have worked so hard to make the 2020/2021 school year successful. We hope you enjoy your summer and get a chance to relax and enjoy the sun!

### Student Council Elections for Next Year

Student council elections for 2021/2022 are fast approaching. Campaign Week will be **May 31<sup>st</sup> to June 4<sup>th</sup>**. Only students who have been given approval to run for Students' Council will be campaigning. Voting will take place from **June 3<sup>rd</sup>- 4<sup>th</sup>** through your classroom teacher. We're looking forward to meeting the new Students' Council!

## **Relay for Life**

There is still time to register for RND's Relay for Life! You can sign up by joining a team that one of your friends is on, or by starting your own! Be sure to check out our Instagram page (@**relayforlifernd**) for weekly fundraising incentives and prizes. Our official date for Relay for Life is Friday, June 11th. Here's the link to sign up if you haven't: [www.relayforlife.ca/RegiopolisNotreDame](http://www.relayforlife.ca/RegiopolisNotreDame)

We will be having an **RND talent show / coffeehouse** being shown in the Relay for Life event video on **Friday, June 11<sup>th</sup>**. If interested, submit to [hmrepett30@alcdsb.on.ca](mailto:hmrepett30@alcdsb.on.ca) or [lolmste55@alcdsb.on.ca](mailto:lolmste55@alcdsb.on.ca) by **Friday, June 4<sup>th</sup>**. All talents are welcome!

## **School Merch**

We are continuing to sell school merch and just got a new order of RND pajama pants ready to go! If you would like to order, please go to our merchandise website to place your order. As of right now, orders can be picked up at the main office during school hours. Orders placed by Wednesday will be ready for pick up on Friday. **Check out our website** here: <https://rnd-merch.myshopify.com/>

## **Celebration of the Arts**

Join us at the end of June for a night of arts highlights from the 2020-2021 year! Our arts department has been working hard to ensure that students at RND had the best arts experience, in spite of the many restrictions we have faced at school. Tune in to RND's YouTube channel to see what students have created in visual art, media art, drama, music, and guitar and watch us celebrate our very deserving graduates! Exact time and date TBD - please follow RND Music on Twitter, Instagram, and Facebook for updates on this exciting night.

## **Return of School Instruments**

Any students who have an RND instrument at home and would like to return it to the school for the summer, should drop the instrument off in the main office between 8am and 3pm on weekdays. Please ensure that you give your name to one of our office staff or label the instrument with your name using tape. Please also return your music textbook if you still have one. All music students will receive a Microsoft Form to fill out that will confirm your intentions of returning or keeping the instrument over the summer.