

# REGIOPOLIS-NOTRE DAME CATHOLIC HIGH SCHOOL

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



## March 2021 Newsletter

*Newsletter is issued at the beginning of each month*

### Principal's Message

With semester two well underway at Regiopolis-Notre Dame, we are in the season of Lent, a time for reflection and preparation for Easter, a time of prayer, fasting and almsgiving. This year, our Share Lent campaign will be raising funds for Saint Vincent DePaul Society.

Perhaps our upcoming April break will be a time to enjoy the change of season and to recharge for the remainder of the semester. The move from a March to April break represents yet another change this year, but despite all the changes and challenges, the students, staff and parents of RND have worked hard to maintain a sense of normalcy. I express my appreciation to all students and staff for their continuing contributions to making RND continue to feel like a community of learners. Our school is blessed to have so many dedicated and talented members who share their time and talents with one another. I would like to congratulate the RND Student Council for all their work in organizing a number of school wide activities including a school-wide Kahoot Challenge, Valentine's Virtual Coffee House, and Spirit Week to name just a few. I am sure Student Council will be very active in the month of March as they work to keep morale high and students engaged.

ALCDSB's student information system known as Maplewood was recently switched over to ASPEN mid February. As you can imagine, the migration of student data from one system to another is very complex. We ask for your patience and understanding as teachers and office staff work through the changeover, correcting data errors and familiarizing themselves with the system.

In preparation for the upcoming OSSLT field-test (Octomester 7), our literacy preparation program is underway. All grade 10, 11, and returning grade 12 students in Octomester 5 will complete a practice OSSLT to familiarize them with the new online version of the test. During Octomester 6, eligible students will be working through OSSLT sample questions. Information for eligible writers will be sent home and updates will be communicated as we get closer to the date.

Students are reminded to continue to be stewards of our school environment by picking up after themselves, maintaining and wearing uniforms properly, and being respectful of one another and of themselves. Once again, I ask students and parents to follow all health unit protocols, complete the COVID screener daily, socially distance especially in the bathrooms, wear facemasks properly while on school property and sanitize hands frequently.

I wish you all continued success as Octomester 5 comes to an end and Octomester 6 begins.

**Mr. Paul Melim,**  
Principal

### Pastoral Services

It's not very often that we are at school to celebrate the Memorial to St. Patrick, but we shall be here this **March 17<sup>th</sup>** to ask for his intercession as well as on the **19<sup>th</sup>** as we celebrate the Solemnity of St. Joseph, spouse of the Blessed Virgin Mary. Did you know that St. Joseph is sometimes called "The Silent Man" because none of his words are recorded in scriptures and yet he is the Patron Saint of Canada and of the Universal Church? Pope Francis has also dedicated this year to St. Joseph and so we ask his intercession when we pray:

St. Joseph, who felt the tribulation and worry of a parent  
when the child Jesus was lost,  
protect our dear young people for time and eternity.  
May you be their father and counselor.  
let them, like Jesus,  
grow in age as well as in wisdom  
and grace before God and men.  
Preserve them from the corruption of this world,  
and give us the grace one day  
to be united with them in heaven forever.

**THINKFast** for Development and Peace is taking place virtually this **March 11<sup>th</sup>** from 3pm until **March 12<sup>th</sup>** at 3pm. Sign up online under the RND group. Volunteer hours for your fasting, fundraising and awareness raising will be considered. See **Mary Elaine** for more information!

There will be a virtual "Stations of the Cross" for the RND community during Holy Week which will take place at 8:45 on **Wednesday March 31<sup>st</sup>**.

## Student Services

### OUAC and OCAS Applications

Students are reminded to check the accuracy of the information contained in their OUAC and/or OCAS accounts. Be certain to adhere to all deadlines established by the schools to which they have applied. Many college programs remain open for student applications. Some university programs do accept applications after the OUAC deadline; however, it is the student's responsibility to contact Admissions of the school in question.

### Online Course Selection for 2021/22

In early February guidance counsellors began the course selection process for next year with grade nines and tens. Counsellors will continue with grade elevens then Remote Learners prior to March Break. Once again students are using myBlueprint to choose their courses; this online planner is accessed through their Virtual Common and can be viewed from home. Parents should discuss course plans with their children. Students should not Review nor Submit courses without parent/guardian approval. Guidance counselors are available to answer any questions or concerns.

### Grade 12 Returning Students

Once gr 9 to 11 course selection is complete, guidance counsellors will visit grade 12 homerooms to explain the process to Return for September 2021.

Any students who are eligible to graduate this year but intend to return to RND must complete an "Intent to Return" form. This form will soon be available in Student Services. Students must create a plan with their guidance counsellor then must meet with our principal, **Mr. Melim**, for approval. Only then can Returners complete course selection for the 2021-22 school year. Forms signed by **Mr. Melim** must be returned to Student Services, and students will be re-activated at that time.

## Dual Credit Program at RND with SLC

Grade 12 and returning students at RND have an opportunity to earn college credits while attending high school. Dual credit programs are Ministry-approved programs that allow students, while they are still in secondary school, to take college or apprenticeship courses that count towards both the Ontario Secondary School Diploma (OSSD) and a postsecondary certificate, diploma, or degree, or an apprenticeship certification. To learn more about the program, please see **Mr. Poser** in Student Services.

## Virtual Discovery Day in Health Sciences at Queen's

You're invited to participate in the virtual *Discovery Day in Health Sciences* event, hosted by Queen's University on Wednesday, **May 19<sup>th</sup>**. Meet us online to explore careers in medicine and the health sciences.

Our modified virtual ½-day program will be hosted on the event platform Acelevents and includes exhibits, a keynote lecture, an interactive workshop of choice and a career panel discussion. Although our delivery model has been adapted temporarily, the program is still considered an *individual learning opportunity*. As usual, this event will be for **grade 10 and 11 students** interested in sciences.

Interested students should contact their guidance counsellor in Student Services.

## Volunteer Hours for Potential Grads

Grade 12s who are set to graduate at the end of this year must complete a minimum of 20 hours community service to do so. Since it is an unusual year with Covid-19 Protocols in place, what constitutes an acceptable volunteer opportunity has become more flexible this year. When in doubt, see your guidance counsellor for approval of volunteer experiences. Please submit completed Volunteer forms to Student Service as soon as possible.

## Volunteer Opportunity – SQUASH

SQUASH (Students at Queen's Urban Agriculture Hub) and other eco-focused campus groups are looking to expand a system of native pollinator and other gardens on Queen's University campus. They are looking for students from the Kingston area throughout the summer months (May to August) to assist in basic upkeep duties in exchange for volunteer hours. Work would primarily be manual, but not strenuous, labour on Queen's Campus. Fresh air, tools provided, and distanced (COVID-safe!), honest work.

Learning opportunities include integrating knowledge of wildscaping, permaculture, and xeriscaping principles into urban gardens. Resources, visual guides and general leadership would be provided to ensure success. For more information, students should contact [squash@clubs.queensu.ca](mailto:squash@clubs.queensu.ca)

## EQAO Literacy Test

All eligible grade 10 and 11 students will participate in the online OSSLT Field Trials the week of **May 3<sup>rd</sup> – 7<sup>th</sup> 2021**. Students that are not successful will have the opportunity to rewrite next year. Grade 12 students who are not graduating this year must also take the test.

In school, students will be participating in practice sessions. Students, parents, and guardians are encouraged to visit the EQAO website for further information. <https://www.eqao.com/the-assessments/osslt/>.

## Poetry Contest

In anticipation of April's Poetry Month, RND's English Department is once again running its annual Poetry Contest. All students are encouraged to submit their poetry entries, a maximum of three entries. Students need to enter their name and grade and email them in a Word doc. to **Mr. Ows** at [ows@alcdsb.on.ca](mailto:ows@alcdsb.on.ca). There will be cash prizes for Junior (Gr. 9 and 10) and Senior Divisions (Gr. 11-12). Deadline for submission is **April 23<sup>rd</sup>** – Shakespeare's birthday!

## IB News

1) As course selection for **September 2021** is underway, IB students should see **Mr. David** in the IB Office to discuss IB Pathways and Choices to ensure all IB requirements are being met. Students/parents may also email questions to: [david@alcdsb.on.ca](mailto:david@alcdsb.on.ca).

2) **eCoursework upload deadline is March 2<sup>nd</sup>**. This deadline date includes Extended Essays, TOK Essay, and English A: Literature Higher Level Essay. Students are reminded to check with their EE supervisor, TOK teacher, and IB Coordinator to ensure formatting and upload requirements.

3) Year 1 and Year 2 IB students are reminded that all IAs are externally assessed this year, not internally assessed. **Upload date is April 6<sup>th</sup>, 2021**. Individual subject teachers are responsible for uploading student work.

4) The International Baccalaureate Organization has designated our school as an "exam route" school which means that May exams are proceeding with modifications. This year exams will take place onsite at Regi. The exact location is yet to be determined. All government and Public Health recommendations for the prevention of COVID 19 will be adhered to throughout the examination session.

5) Thank you to all grade 8 students who applied to the IB Preparation Programme for **September 2021**. We look forward to your participation in the IB Programme at RND! Applications to the IB Prep Programme are still being accepted, although spots are limited at this time.

## Picture Retakes

Students who would like to get their school portrait redone can do so on the morning of **March 12<sup>th</sup>**. There is no need to make an appointment as students will be called down by grade. This portrait session is also open to students who did not get their portrait taken in the fall. It is the hope that the pictures taken on this day will be added to the yearbook.

**the new MENTALITY**  
ENDING THE STIGMA AROUND  
MALE MENTAL HEALTH  
& EMPOWERING YOUNG MEN

Welcoming all males ages 13-24 to join us for a free conference where a series of powerful speakers and workshops highlight the importance of talking about Men's Mental Health. You will leave our conference empowered with knowledge and coping tools to help you take better control of your mental health and be an ally for others that may be struggling.

The event will be held over Zoom this year due to COVID-19.

**THE NEW MENTALITY**  
**DISABLE THE LABEL**

Date: Friday March 12, 2021  
Time: 9:00 a.m. - 2:30 p.m.  
Register via Eventbrite: <https://www.eventbrite.ca/e/a-new-mentality-a-conference-on-mens-mental-health-registration-138836643137>  
Location: Via Zoom  
Any questions?  
Email: Tammy Halladay [thalladay@maltbycentre.ca](mailto:thalladay@maltbycentre.ca) or Jake Sauve [jsauve@maltbycentre.ca](mailto:jsauve@maltbycentre.ca)

MaltbyCentre.ca 1.844.855.8340

## Students' Council

Before we talk about what's happening in March, let's look back and see what we accomplished as a school in February. Firstly, we had a wonderful Valentine's Day Coffeehouse. It is always great to see how talented our school community is. Thank you to everyone who participated! Student Council also ran a Valentine's Day candy fundraiser to raise money for the Boys and Girls Club Pink Shirt Day campaign. Spirit Week happened the week of **February 22<sup>nd</sup>**. We had Cozy Day, Jersey Day, Pink Shirt Day, Garnet and Gold Day, and a toonie for non-uni fundraiser to raise money for Special Olympics. We competed with Holy Cross to see which school could raise the most money. February was a great month, but we are also looking forward to what the Springtime will bring.

## Order RND Merch Online

One of our newest projects has been designing an online platform for students and community members to order school merchandise. We have created a link that allows students and adults to see what we have available and place an order for pick-up. When checking out, you can choose whether you are a student who will pick up the merchandise at lunch time, or an adult who will pick up at the main office. At this point in time, we can only accept cash or cheques made out to RND student council for payment when you pick up your items. Orders must be placed by **Wednesdays at 8:00pm** to be picked up on Fridays. If you're interested in ordering, you can check out this link: <https://rnd-merch.myshopify.com/>

## Crosswalk Committee

We have recently started a committee of students who are interested in approaching the City of Kingston to get a cross walk or lights put in at the Russell Street and Division Street intersection. Many RND students take the city bus or walk to school and cross the street at this intersection. It can be very chaotic and sometimes dangerous for those trying to cross the street, especially before and after school. We gave students a survey to complete, and we are currently looking for student, staff and community support with this project. We are collecting videos of students, staff and community members explaining why it is important for us to get a crosswalk. If you are a student, or community member who would like to contribute to this project, you can email **Marco Lattanzio** at [malattan74@alcdsb.on.ca](mailto:malattan74@alcdsb.on.ca) or **Ms. Rizzi** at [emmejaim@alcdsb.on.ca](mailto:emmejaim@alcdsb.on.ca).

## Relay for Life

We are gearing up for our third year of Relay for Life at RND. We will be sharing a video on our school YouTube channel in March with information about Relay for Life. It will include why we Relay, who some of us are relaying for, and how students can start a team and sign up. While this will be a virtual event, we plan to have a lot of fun activities and fundraising opportunities leading up the main event! Keep an eye on our social media pages for more information as it becomes available. If you are a community member and want to help us fundraise, you can create an account with us here: [www.relayforlife.ca/RegiopolisNotreDame](http://www.relayforlife.ca/RegiopolisNotreDame). Students can also use this link to sign up. Make sure you indicate whether you are a team captain or joining one of your friend's teams before you sign up!

## Blood Taxi

Our blood taxis to the Canadian Blood Services have been doing great this year. Every month, we have filled up our taxis with no spots left, which is fantastic. We are still accepting spots for our **March 24<sup>th</sup>** bus, so if you are 17 years old and interested in saving lives, you can email **Autumn Thorp** at [ajthorp71@alcdsb.on.ca](mailto:ajthorp71@alcdsb.on.ca) to sign up.

Don't forget to follow us on social media to stay updated, and reach out if you have questions! Instagram and Twitter: **@rndstudcouncil**



**Feeling BLUE?**

**YOU'RE NOT ALONE**

**Support at Regi**  
Youth Workers, Social Worker,  
Chaplin and Guidance Counsellors

**Maltby Centre**  
Mon-Fri, 613-546-8535 or  
1-844-855-8340  
[www.maltbycentre.ca](http://www.maltbycentre.ca)

**Kids Help Phone Line**  
1-800-668-6868 or text 686868 (24/7)  
TALK  
613-544-1771  
[www.telephoneaidlinekingston.com/get-help](http://www.telephoneaidlinekingston.com/get-help)

**Some helpful apps**  
Calm, Mindshift and Smiling Mind