



February, 2017
Volume 6 Number 2

Features

P.2 -Chaplain's Message

P.3-6 -Guidance Wing

P.7 -Co-operative Education

P.8 -Attendance Matters

P.9 -SHSM

P.10 -Graduation Information

P.11 -Learning Commons

P.12 -International Students

P. 13 -Math Update

P.14-16 -Arts Department

P.17 -Dates to Remember

March 23, 2017

Student/Parent/Teacher Conferences
3:20—8:30pm



March 30, 2017



Grade 10— Literacy Test
9:05—12:10pm

Classes in the pm—1:00-3:10pm
P.1—1:00—1:30
P.2—1:35—2:05
P. 3or4—2:10—2:40
P.5—2:45—3:10

Chaplain's Message

Annabel MacDonald

Chaplain



*Putting
our
faith
in to
action*

The Diocese of Hamilton hosts a Culture of Life conference yearly where 300 students from every high school in the diocese gather. To be in a Culture of Life (human life at all stages from conception through natural death is sacred) we are not anti-abortion but rather pro life. We are not anti-bullying, we are pro kindness matters. We are not anti-war, we are pro peace. It is much more difficult to be pro than it is to be anti because being pro means we are expected to put our faith in action.

The Culture of Life club at St. Mary's is doing just that; putting our faith into action. It is not enough to say you are pro life by praying for the unborn, by standing outside of hospitals silently protesting the abortions performed there, nor by joining the other 25,000 students on Parliament Hill in Ottawa each year protesting to our Canadian politicians that our country does not have a definition of a human being.

If we claim to be pro life, we must support those young mothers who choose to carry their baby to term. Monica Place is a community in Waterloo that provides supportive housing, counseling and on-site education, enlightens young pregnant women, on parenting or choosing adoption to make informed and healthy choices for themselves and their baby.

This past December the Culture of Life club hosted a baby shower for the residents at Monica Place. We hosted the shower at our school and surprised the residents by delivering all the gifts to them. The outpouring of support from the students and staff was fantastic. The picture of Joshua Maligaya, gr 12 Alyssa Fonseca, gr 10, Lexie Beals, gr 11, Meron Solomon, gr 12, Savanah Callery, gr 10 and Philmon Weldu, gr 9 does not show all the gifts but it was a struggle to put all of them into one carload.

We will continue to study the Culture of Life movement at our meetings and we will continue our silent protests to support the unborn .

By having a baby shower during one afternoon we focused on the life of a future child born in our region. It was a wonderful Advent event, waiting in anticipation of a new born baby.

God bless, Annabel MacDonald
chaplain





From the Guidance Wing

Guidance Counsellor Alpha during Semester Two

Joanne Regan	Students with last names A-Dov
Joe Taranto	Students with last names Dow-Her + International students
Mark Cameron	Students with last names Hib-Luc
Lisa Collins	Students with last names Luv-Moh
Colleen Borman	Students with last names Moi-Riv
Michael Ambeau	Students with last names Roa-Z

Thank you to Nancy Arruda–DeMarco for her excellent work in Guidance during 1st semester.

Youth Care Worker—Mrs. Thompson is available to all students through referrals from Guidance, Program Support, Student Success, and Administration. Mrs. Thompson promotes social and emotional growth of students to support their school success. She also provides individual and group short term, goal orientated interventions.

Welcome Grade Eight Students

In December, St. Mary's hosted two grade 8 nights to showcase the many exciting programs St. Mary's offers. Students and parents/guardians learned about the different elective choices, clubs, and teams.

In January, each grade 8 class from the St. Mary's family of schools spent a day at St. Mary's, experiencing elective course options, they also had a chance to meet some of our current students and teachers, and tour the school.

We truly enjoyed hosting our future SMH Eagles and our school community looks forward to welcoming them in the fall of 2017.





CareerCruising Course Selections and Career Planner

Course Selection for 2017-2018

1. Students need to submit next year's course selections into Career Cruising by **February 24, 2017**. Our grade 11 students had their course selection presentations before Christmas. Grade 9 and 10's will have their presentation on February 17th and grade 12's on February 14 and 15th.. Students will receive a condensed course calendar and a more in-depth version is accessible through Career Cruising at www.wcdsb.ca/planner.
2. Printed and signed course selection sheets will be submitted on March 1st and 2nd during our collection days. Students will be scheduled to come down with their signed course selection sheets.
3. Looking for help with course selection? Drop in to lunch time support with Guidance on ... February 21 and 22 during **P.3 Lunch-Lab 235, P.4 lunch-Lab 236**
4. **Please note**
Once the submit button has been pressed, the program will not allow students to make further changes, so please choose carefully. Students who wish to make changes to their course selections after the March 2 course submission date, need to see their guidance counsellor with a signed course change sheets, by **May 5th**.
After that time—no course changes until the second week of September.



College and University Process

In-services on the **College and University application process** for grade 12 students are complete. For Scholarship information, visit the school website; in the guidance section, there is information about current scholarships/bursaries for post secondary.

COLLEGE APPLICANTS

All applications were due **February 1, 2017** for equal consideration.

If you are declined a spot in a certain college program, continue to check for other options as you can change your program choices.

UNIVERSITY APPLICANTS

Applications were due **January 11, 2017** for equal consideration.

June 1 is the latest date for students to accept an offer from an Ontario university.

Students must go into their online college/university application after **February 12** and check the following:

- *That your marks are loaded accurately
- *That your community service hours and literacy test results are also accurate
- *Any supplementary applications or information required for individual programs





From the Guidance Wing

Summer School

Summer school sign up with the Catholic Board is now available for students to enroll directly on line through the St. Louis web site. They will need their student and OEN numbers found on their timetable.

Summer school sign up with the Public Board begins end of April. Students must sign up through their Guidance Counsellor.

GR 12's: OSAP PRESENTATION

Students interested in applying for the Ontario Student Assistance Program (OSAP) are invited to sign up on Line (go to St. Mary's web site) for an information session in April—date and time to be announced.

COMMUNITY SERVICE HOURS

Grade 12 students have until of **April 28** to complete their 40 hours of community service hours. Students must submit forms to the guidance secretary as soon as possible. Students will not graduate in June if they haven't completed their community service hours. Forms to log community service hours are available in the guidance office. For volunteering ideas refer to the web-



site www.volunteerkw.ca

Interested in a 5th Year?

Students who have applied to college or university but who decide they would like to return to St. Mary's for an extra semester, need book an on line appointment with their counselor.

ESL Parent Night

We will host a parent ESL night for all students who are entering grade 9 next year. This is on **May 11th** in the chapel, from 6 to 7:30pm. Families will receive invitations through their elementary schools.



Graduation

June 27, 2017

Centre in the Square

7pm





From the guidance Wing—Continued

Stress and Anxiety

We all experience stress in our lives. The teenage years, due to the many physical and emotional changes taking place in this relatively short time, can be particularly stressful. Stress is a natural feeling and can be a positive motivator to help us to accomplish important tasks. This type of stress subsides when the situation is resolved or the task is completed. An example of this healthy stress would be the feelings that motivate a student to study for an important exam. The feelings of nervousness and anxiety prompt a student to work hard and prepare thoroughly. When the exam is over, the stress subsides. Not all stress, however, is healthy. Stress that gets out of hand or overwhelming can lead to symptoms such as:

Crying, Withdrawal, Aggressiveness,
Loss of focus and diminishing accomplishment,
Change in eating or sleeping habits, Moodiness, Anger ,
Thoughts of suicide in extreme cases

As we enter a new semester, it's a good time to be proactive about managing stress.

Some helpful strategies include:

Relaxation activities such as reading, playing or listening to music. Going for a walk,
Playing sports, Deep breathing – slow down the breathing, Getting plenty of sleep and healthy food
Talking to someone....a parent, friend, teacher, guidance counselor, youth care worker,
Administrator, board social worker, Allowing yourself time, as rushing causes stress

If stress continues, please consider accessing supports from the community.

Community resources include:

- * Family Doctor
- * Front Door Walk-In Counseling – Wednesdays from 12 noon to 7:30 pm
1770 King St. East Unit 1 519-749-2932
- * Carizon Counseling – 519-571-3275
- * Kids Help Phone 1-800-668-6868
- * Youth Crisis Line 519-744-1813



Co-operative Education

Still exploring career possibilities? Take Co-operative Education to help you narrow down your interests.

Our program provides students the opportunity to extend classroom learning at supervised work placements in the community. Co-op is a requirement of the Specialist High Skills Major (SHSM) program and together help students ensure they are on the correct path to reach their career goal

Visit the [**Career Cruising**](#) link on our website to sign up for next year. To find out more about the many possibilities with Co-op speak to one of our highly trained Co-op teachers, Guidance Counsellors or visit our school website.

Co-op gives grade 11, 12 and fifth year students the opportunity to:

- ♦ 'Test'drive a career of interest
- ♦ Gain valuable work experience to help build their résumé
- ♦ Develop Essential Skills and work habits
- ♦ Experience authentic learning outside a traditional classroom setting
- ♦ Work toward your SHSM designation



**Thank you
to the
employers for
their support
and
commitment
to the
Cooperative
Education
Programs**

Winners

**Nicole Leal
Andrew Desormeaux
Kaitlyn Schelgel
Nicole Rankin**





What you do **TODAY** ***can improve all your tomorrows***

As we begin a new semester, St. **Mary's High School** wants to encourage all students to come to school on time, every day.

According to attendanceworks.org, children can suffer academically if they miss 10 percent of the school **year. That's just 18 days or 2 to 3 days a month.**

Throughout a semester, absences can add up quickly (e.g. truant, vacation, parent approved, etc.). Regardless of reason the result is the same: missed class time.

We know there will be days when your child will miss school, especially when **they're sick. But we also know that if** students attend class regularly, they are much more likely to be successful.

The Canadian Council of Learning in its 2008 report determined that if a student fails just one course in grade 9, successful graduation from high school in 5 years drops from 91% to 67%.

Let's work together as a community - school, parents, students, teachers - to make attendance a priority and get all SMH students to school on time, every day.

Jamie Rodrigue,
School Improvement
Program Head

attendance
MATTERS

the Eagle's View



SHSM the Way to Grow!

More and more students are gaining an edge by signing up for a **Specialist High Skills Major (SHSM)**. Over 50% of all grade 11 and 12 students are currently working on one of 11 possible majors (Business, Health & Wellness, Constructions, etc.). Taking an SHSM encourages you to focus your secondary school education toward a career area of your choice.

No matter whether you plan to go to work, apprenticeship, or college/university you can earn a SHSM. The SHSM symbol on your diploma lets employers and post secondary education know that you have knowledge, skills, and industry-recognized qualifications related to a particular career field.

Ready to Choose Your Courses

Remember to refer to your current Progress Report when choosing next year's courses. Plan carefully to ensure all course requirements will be fulfilled by the time you graduate. It is a good idea to plan your grade 11 and 12 course selections at the same time to make sure you don't miss anything.

Have you taken co-op yet? If not, now is the time to choose Co-op. Remember, Co-op is a 2 credit commitment. You will also need to fill out an application and request 2 teacher references. Paperwork is available in the Co-op hallway.



Are you in Grade 9 or 10?

Plan to start thinking about taking your Specialist High Skills Major. Students participate in grades 11 and 12 here is what you need to do to get started: Visit www.highskills.ca to choose your major – there are 11 to pick from. Complete the registration form and drop it off at the Main Office or Guidance;

During grade 10 Course Selection – choose gr. 11 courses that will help you earn your Red Seal. Consider taking Co-op in gr. 11. If not, you will need to do this in gr. 12.

Did you know?

If you complete 50% of both your courses and certifications, you'll receive a **FREE SHSM T-SHIRT!** Plus! Once you are 100% on track you'll receive a **FREE SHSM SWEATSHIRT!**

FREE SHSM Spirit Wear

Keep checking your progress report from your homeroom teacher to see how far along you are to obtain your spirit wear!

Need more Information on SHSM

contact: Ms. J. McCormick at
Joan.mccormick@wcdsb.ca

Parents/Guardians interested in receiving SHSM notices quickly, call our Guidance Department at extension 5631 or 5632 to update parent email with information.



GRADUATION 2016-2017

IMPORTANT DATES

[Click to access the Grad Information Package Information for Ceremony, Breakfast, Retreat, Spirit Wear](#)



Spirit Wear:	Limited items available. Check at the main office.
Motivational Speaker	Monday , February 27, period 2, cafeteria - Andy Thibodeau
Senior Graduation Portraits - Photos #2 - LifeTouch	Last chance for graduation portraits on February 20 - March 2 – listen for announcements early in February, sitting fee \$40 www.lifetouch.ca/wwgrads
Community Service Hours	Due—Friday , April 28
Special Award Applications	Due—Friday , April 28
Distribute Grad Invites	Week of May 8 Including 4 Tickets
Last Day to Pay for Breakfast	Thursday , May 25
Last Day to Pay to Guarantee a Spot at Graduation	Thursday , May 25- On stage at the Centre in the Square; Also spirit wear—½ price sale (all leftover items)
Breakfast and Liturgy	Thursday , June 1
Retreat – space is limited	Friday , May 26 – Camp Kintail, Goderich, Pick up Time from St. Mary's: 8:15; Drop off Time at St. Mary's: 6:30—\$50.00—No refunds
Last Day to for Grad Refund	Wednesday , May 31, No refunds for any reason after this date
Ticket Sales	Begins June 5 - Purchase Additional \$5/each
Graduation Ceremony	Tuesday , June 27— Centre in the Square , Information Forms
Yearbook Pickup	Available Fall of 2017 – Pick up in the main office (check website for availability dates, http://stmary.wcdsb.ca/)



Did you know?

We have new e-books in the Gale Virtual Reference Library (GVRL).

Log in to see the newest resources in health, music, religion, and psych/soc/anthro.

Find all the databases at <http://vlcguides.wcdsb.ca/stmary/databases> and see Mrs. Mulhall or Mrs. Walker in the library Learning Commons if you need help.

Looking for a good book?

Come see the displays in the teen fiction area or talk to your librarians for recommendations.

Don't forget...

To return your library books and pay any fines. If you owe \$20 or more, your library account gets suspended.

Learning Commons

Mrs. Mulhall and
Mrs. Walker
Librarians





There's a whole wide world out there for you to discover...so what are you waiting for? Start exploring through the Waterloo Catholic District School's International Certificate Program!

Globalization has transformed our world. Links between countries have always existed, however, the increase of global issues impacting national policies demand collaboration between countries, individuals and educational institutions.

The 21st Century Learner must focus on skills, knowledge and experiences necessary for developing global competencies in order to function successfully and contribute to an interdependent world.

Through the International Certificate Program, high school students become informed, engaged and active global citizens by putting into practice the Catholic social teachings including peace, justice and equity for all.

Students can join the program now and can earn the certificate by studying an international language, taking internationally-focused courses,

by demonstrating an understanding of global issues to further transform the world, by participating in an internationally focused project of their choice and by developing global competencies and citizenship.

Students who participate in this program will enjoy unforgettable moments and valuable life lessons. This global experience can open doors to post-secondary programs and careers. All students in grades 9 – 12 are invited to participate.

*Need more information...
contact the school's International Certificate Advisor Mr. Joe Taranto in the guidance department.*





Math Update

The St. Mary's Math Team has had a good semester and participated in the Canadian Senior Math contest, the McMaster Team Contest and several Canadian Math Leagues.

Seen here are several members gathered around Matteo Nogueira (grade 9, seated in the centre) who explains his unique solution to them. Pictured (left to right around the circle) are: Lucas Hak, Ian Miedema, Clare Cesnil, Monica Kutnik, Bruno Pham, Xinye Xu, Christy Wang, April Shen, Emily Heit, Suyeong Choi, and Michael Starodub.

Of special note is the performance of **Lucas Hak** who made the Honour Roll for the Canadian Senior Mathematics Competition, ranking 70th out of almost 8,000 competitors world wide! And **Ian Miedema** who scored a perfect 6 out of 6 on Canadian Math League contest #3 in November.

The team continues to meet regularly on Monday after school in room 108 under the direction of Mr. A. Macpherson, Mr. D. Turner and Mr. A. Spanopulos. **New members always welcome.** There are weekly problem sets for practice available and the students always enjoy not only the extra challenges but the chance to meet other students who like math.

We will compete in more competitions second semester and look forward to going "head-to-head" with other schools at the annual D8 competition in May.



Here's a problem to solve. If you have the answer, come on by room 108 and add your name to "the (Eagle's) View" Honour Roll Board!

Five dice are rolled. Figure out how many "bears" and "fish" are represented by each roll. There are three examples to help you out.

Example 1. 8 bears and 19 fish



Example 2. 2 bears and 23 fish



Example 3. 6 bears and 11 fish



How many bears and fish are there for this arrangement of 5 dice?



There are ____ bears and ____ fish.



News from the Arts Department

Celebrating Christmas in Arts

The grade 11 craft class mastered some sewing skills this year. They put these to good use in December by creating Christmas stockings. Students used donated fabrics to create Santas, reindeer, trees and presents. Some students also used newly learned embroidery stitches to add their name or the name of a lucky gift recipient! The Arts Department held an Arts Night during the Christmas community dinner. Combining the two events is a new idea. This year, bad weather postponed the dinner until January. The events may be together next year again. Watch for details in the fall.



Above: Tyler MacDonald and Holly Wilkinson holding their Christmas socks.

Left: Rachel Sabourin holds her Christmas sewing

Bottom: Christmas stocking designs from various grade 11 crafters.



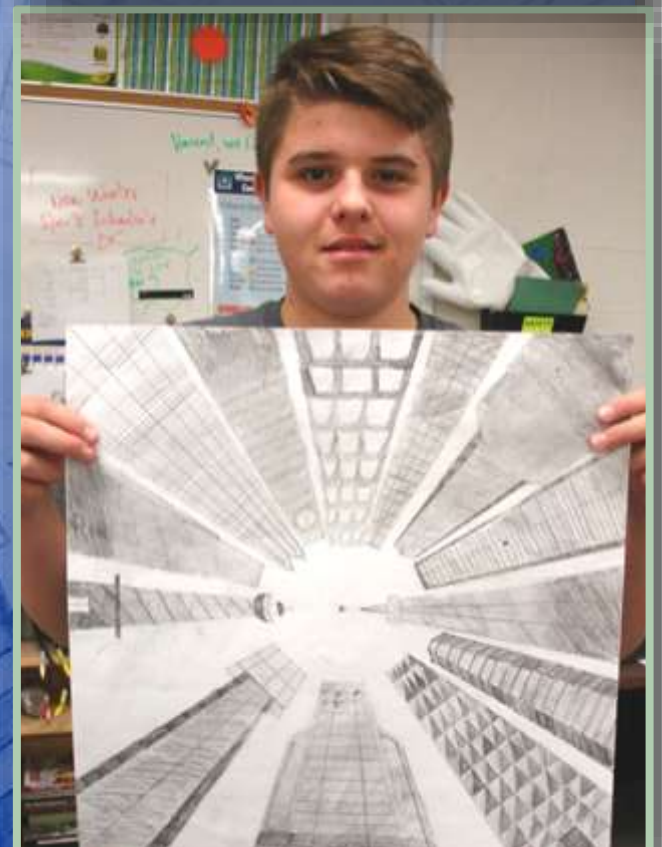
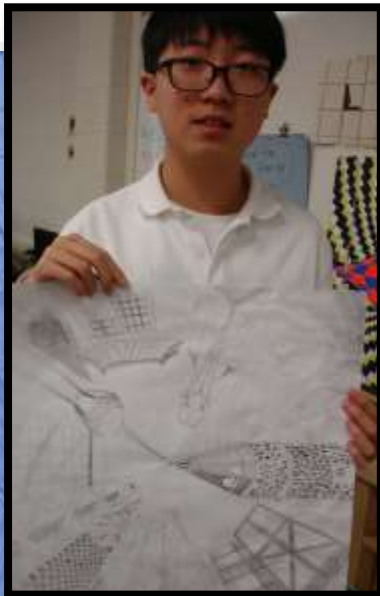
Grade Tens Putting

The grade ten visual art class put a new twist on perspective drawing. They used one point perspective techniques, but used a circle format. The result was interesting drawings that received a lot of compliments.

Right: *Negeena Shefa*

Below: *Won Hwang and Tongyu Zhang and Huiyi Hao*

Bottom Right: *Miguel Amorim*



Lots of Monkey Business!



Above: Mira Polski with hard working monkeys

Grade ten craft students spent most of December monkeying around! Students learned some sewing skills that they quickly put to use by making sock monkeys. Students worked hard to create a monkey, but the challenge came when it was time to design some clothing. Students created outfits that ranged from formal attire to pajama party fun. We even had ballerinas, super heroes and pirates! Quite a few students didn't want to stop at just one monkey, so there were a lot of power couples!



Above: Holden Little with a very hairy monkey.

Below: Anna Leuenberger with a formal couple and Josh Dutra with Bat-Monkey

Below : Alyssa Coelho with a her beautiful bride





Dates To Remember



February 20
Family Day—No classes

February 26-March 3
Grad Photos
Library Seminar room
By appointment only

February 27
Motivational Speaker
P.2

February 28
Pascal, Cayley, Fermat
P.1 & 2— Cafeteria
Gr. 9, 10 11

March 1
Ash Wednesday

March 13-17
March Break

March 20
Progress Report
Distribution

March 21
Canadian National
Math Contest
P.2—Cafeteria



March 23
**Student/Parent/
Teacher
Conferences**
3:20—8:30 pm

March 30



Gr. 10 EQAO
Literacy test
9:05—12:10 PM

Altered Schedule

P.1	1:00—1:30pm
P.2	1:35—2:05pm
P.3/4	2:10—2:40pm
P.5	2:45—3:10pm

April 6
Euclid Math Contest
Grade 12—P.1,2,3

April 7
PA Day—No classes

April 12
Fryer, Galois, Hypatia
Math Contest

April 13
Holy Thursday Celebrations

April 14
Good Friday-No classes

April 17
East Monday—No classes

April 20
Semester 2—2nd half
Civic/Careers

April 24
School Council Mtg.
6:30-8:30pm

April 28
Mid Term Report
Card Distribution