



February, 2019  
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## Getting ready for Grad 2019



*and  
so the  
adventure  
begins*

# Chaplain's Message

*Annabel MacDonald*  
*Chaplain*



*“He Began to Send them Out,*

Well, we have finished exams and are over the hump; the halfway point in the school year. This is huge for students; one semester is ending and another one has started (By the way, 20 odd weeks to go but who's counting?) This is a good time to reflect on the activities of the first half to prepare for the second half.

While everyone around me – staff and students alike - are incredibly busy (exams, marking, setting up new classes, getting use to the new timetable) this chaplain is having her downtime. The liturgical calendar reverts back to Ordinary time when the Advent and Christmas season is over and I have until March 5 to prepare for Ash Wednesday and Lent. So, I have plenty of time to reflect, discern and prepare for the next stage of business.

In Mark's Gospel, Jesus chooses his first few disciples and sends them out two by two.... never alone. Two sets of brothers. In this bold act of inviting people to come follow him, Jesus doesn't call individual people, but people related to one another, in twos. I think of my own relationship with my brother and how much I trust him and look up to him, and I hope, vice versa, even though I'm the younger one by five years. If Jesus were to walk by and invite us, would there be comfort in knowing that I was being called with my brother? There would be a trust that would automatically be present.

So how do I connect to this as just one chaplain in this huge St. Mary's community? I do not serve the St. Mary's community with a partner, but alone which can be very isolating. Isolated, it is very easy to second-guess ourselves and question if anyone is taking us seriously. It certainly is easy to be led into doubt about our abilities and our programs when we are a department of one.

And in the beginning of my ministry I felt this way but no longer. I remember when I first became a chaplain to this school I would walk the halls, telling myself: “you can do this”, but could I? Then a wise Jesuit priest told me: “Chaplains are useless until someone finds a use for you!” So be present, be available and walk those halls! And one day, someone will need assistance and the chaplain will be there to help. And just like that I am no longer useless – I am useful”.

And this Jesuit priest was right! I have chosen to have healthy and collaborative relationships with many in the school – and because of those collegial life lines I am able to offer you a ministry of presence. And I couldn't be happier as your chaplain at St. Mary's.

## *Chaplain's Message continued*



I may be one chaplain in this high school, but I have a strong connection with all the chaplains in our school board – and there are 7 of us. *Our* connection to one another is even more crucial. We are surrounded by a culture in our schools that is very much influenced by the media culture and none of us wants to be that voice in the wilderness always challenging the trends and status quo. But we are not alone. We go together into the vineyard to plant the harvest for tomorrow while reaping the harvest others have planted before us. We are fulfilling the cyclical nature of God's vision. Blessed be God who calls us and deems us worthy for such a task!

The first half of the year is behind us with its deadlines, its busy-ness, its late nights, its countless needs and programs. I/We survived the start up, the mission collections, the grief and bereavement support, the continuing focus on mental health awareness, Our Spiritual Development Day, Christmas Cheer at school and Christmas with our personal circles, New Year's, and the return to routine. So, in this *Ordinary Time* of the church's liturgical year and in these quieter days you can find me wandering the halls, and being in the chapel and the sacred spaces St. Mary's offers all of us to discover anew the God who waits for me, loves me, calls me and supports me as I continue to do this holy work.

I can revel in the fact that I am not alone—God has promised that and on a more practical level, we have each other. Blessings St. Mary's on your continued ministries: may it be rich in kindness, collegiality, collaboration and community.

Miss Annabel  
Chaplain

*"Two by Two..."*



## *From the Guidance Wing*

### **Guidance Counsellor Alpha during Semester Two**

**Joanne Regan**  
**Joe Taranto**

Students with last names **A-C**  
Students with last names **D-F** +  
International students

**Lisa Collins**  
**Nancy Arruda**  
**Valerie Coates\***

Students with last names **G-I**  
Students with last names **J-M**  
Students with last names **N-R**

\* filling in for Colleen Borman

**Phil Lehmann**

Students with last names **S-Z**

### **Youth Care Workers**

**Mr. Sterling** (students alpha A-M) and **Mrs. Thompson** (students alpha N-Z), along with **Ms. Cornfield** (students in Community/Active Living) and are available to all students through referrals from Guidance, Program Support, Student Success, and Administration to support their school success. Also provided are individual and group short term, goal orientated interventions.

**Staying Informed:** The best way for each student to stay up-to-date on relevant events: sign up for their Guidance Google Classroom. Use the following codes to sign up:



Grade 9: 5s7bvh

Grade 11: ictx31v

Grade 10: 8bmi252

Grade 12: 1gjj09

### **Grade Eight Students**

On November 14th, each grade 8 class from the St. Mary's family of schools were welcomed at St. Mary's for the day to experience elective course options. Grade 8 students toured the school and had the chance to meet some of our current students and teachers. We truly enjoyed hosting our future SMH Eagles!





### Course Selection /Career Planner

#### 2019-2020:

1. The WCDSB has replaced **CareerCruising** with **myBlueprint** as the education planning website for students to select courses and conduct career planning.
2. Students need to submit next year's course selections into **myBlueprint** by **February 28, 2019**. Our Grade 11 students had their **myBlueprint** in-service and course selection presentation in January. Grade 9, 10 and 12's will have their presentations in February. Students will receive a condensed course calendar. Detailed course descriptions can be accessed through **myBlueprint**.
3. Printed and signed course selection sheets will be submitted to teachers by February 28. Collection days have been arranged by Guidance in order to meet with students to collect signed course selection sheets.
4. Looking for help with course selection?  
Drop in for lunch time support with Guidance on **February 20 and 21** during your **lunch** (period 3 or 4) in **Computer Lab 236**.
5. **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 need to see their guidance counsellor with a signed course change sheet.

### College and University Process:

In-services on the **College and University application process** for grade 12 students are complete.

#### **COLLEGE APPLICANTS:**

All applications were due **February 1, 2019**, 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 16, 2019**, for equal consideration. **June 3rd** is the latest date for students to accept an offer from an Ontario university.

#### **TRACKING APPLICATION PROCESS:**

Students must go into their online college/university application at the **end of February** to 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

#### **SCHOLARSHIPS:**

For Scholarship information, visit the school website for information about current scholarships/bursaries for post secondary.





## *From the Guidance Wing*

### **SUMMER SCHOOL**

Summer school sign up with the Catholic Board is available in February for students to enroll **directly on-line** through the St. Louis website: <http://stlouis.wcdsb.ca/summer-programs> . Students will need their student and OEN numbers found on their timetable.

St. Louis will be offering the following elearning courses during summer: CHV2O, GLC20, PPZ3C, HRT3M and HRE4M.

Summer school sign up with the Public Board begins at the end of April. Students must sign up through the Guidance office. Summer school day classes will run from July 2-26, 2019.

Students who would like to take one of next year's courses in summer school must still sign up for that course during course selection in February. Once signed up in summer school, see Guidance about replacing the course in the next year's timetable with another course.

### **COMMUNITY SERVICE HOURS**

Grade 12 students have until **April 30** to complete their 40 hours of community service. 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 volunteer placement ideas visit the **Volunteer Action** Centre website [www.volunteerkw.ca](http://www.volunteerkw.ca)



Caution: Please refer to the Community Involvement Manual on the board's website to ensure that your volunteer work qualifies at [https://www.wcdsb.ca/wp-content/uploads/sites/36/2017/02/Community\\_Involvement\\_Manual\\_2014.pdf](https://www.wcdsb.ca/wp-content/uploads/sites/36/2017/02/Community_Involvement_Manual_2014.pdf)

Check with your Guidance Counsellor if in doubt.

### **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 to book an appointment with their counselor before the end of the semester.



## **Graduation**

**June 25, 2019**

**Centre in the Square**







## ***From the guidance Wing—Continued***

### **Stress and Anxiety**

We all experience stress, in fact stress is a natural response to our environment. It is how our body prepares and motivates us to accomplish tasks or deal with certain events. One example of healthy stress is nervousness and anxiety which pushes us to study and write exams. When we encounter healthy stress we notice its symptoms subside after the situation is resolved (like after the exam is written). Sometimes however when stress is unresolved and its symptoms become chronic it can lead to unhealthy ways of coping. Some symptoms you may notice when stress becomes overwhelming include:

- 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

### **Community resources include:**

Family Doctor

#### **Numbers to Call:**

**Kids Help Phone:** 1-800-668-6868;

**Crisis Services of Waterloo Region Crisis Line** (available 24/7): 1- 844-437-3247;

**Front Door:** Access to Child & Youth Services: 519-749-2932

#### **Websites to Access:**

<https://kidshelpphone.ca/> (24/7 online counselling service);

<https://yourlifecounts.org/> (24/7 online counselling service);

<https://mindyourmind.ca/> (info & tools to help manage stress & anxiety)

#### **Walk-In Counselling Services**

- **Front Door** - 1770 King St. E, Kitchener (Wed 12pm -7:30pm & Sat 9am - 3:30pm)
- **KW Counselling Services** - 480 Charles Street (Thu 12pm - 6pm)





## *St Mary's Sports*

### Junior Girls Volleyball

On January 11th, 2019, our Junior Girls Volleyball Team entered the Cameron Heights Tournament. The girls competed against eleven other teams in the region and earned their title as "champions" after beating Sir John A Macdonald in the finals. The girls won all of their sets with ease to earn their appropriate title. We are so proud of them!



### Wrestling

St. Mary's Girls Team won the D8 Championship at Forest Heights! This is our third championship in a row! Alexis Baxter went on to win Gold at the CWOSSA championships and is heading off to Ottawa next week to represent our school at OFSAA in the 77kg category.







## St Mary's 2019 Graduates

# Grad is Almost Here!

**Have You Reserved Your Spot for the...**  
**Centre in the Square?** June 25  
**Grad Retreat?** May 23  
**Grad Breakfast?** May 30

**Remember...**  
**Grad Photos** March 4-8  
**Community Service Hours** April 30  
**Prom** May 30



**Don't Miss Out - Sign Up and Pay Your Grad Fees ASAP**

**Grad Spirit Wear is Still Available - See Ms. Mandich, rm 301**

**Ceremony \$75 or \$85\***  
**Breakfast \$10\***  
**Retreat \$50\***

**\*Hurry - Space is Limited**

[stmary.wcdsb.ca](http://stmary.wcdsb.ca)  
School Cash Online



Pay for  
student  
items  
online



# GRADUATION 2018-2019

## IMPORTANT DATES



<b>Grad Prices:</b> Ceremony \$75 (2 Tickets) or \$85 (4 Tickets), Breakfast \$10, Retreat \$50	
<b>Pay Online or if paying in person, CASH ONLY PLEASE</b>	
<b>Spirit Wear Prices:</b> T-shirt \$15, Long Sleeve \$20, Crew Cut Sweatshirt \$25, Hoodie \$30	
<b>--- Last chance: Orders must be placed by April 30<sup>th</sup> ---</b>	
<b>Grad Spirit Wear</b>	<b>Pay online ANYTIME until April 30, 2019</b> Pick up room 301, Ms. Mandich
<b>Senior Graduation Portraits - Photos #2</b>	March 4-8 – listen for announcements early in February, book an appointment: <a href="http://PrestigePortraits.ca">PrestigePortraits.ca</a> , NO sitting fee
<b>Community Service Hours Due</b>	Tuesday, April 30
<b>Community Award Applications Due</b>	Tuesday, April 30
<b>Distribute Grad Invites</b>	Week of May 6
<b>Last Day to Pay for Breakfast</b>	Friday, May 24
<b>Retreat – space is limited</b>	Thursday, <b>May 23</b> – Camp Kintail, Goderich, Pick up Time from St. Mary's: 8:15; Drop off Time at St. Mary's: 6:30
<b>Last Day to Pay to Guarantee a Spot at Graduation</b>	May 30 – Ensure fees are paid to receive a gown, cap and a spot to sit with the graduating class on stage at the Centre in the Square
<b>Breakfast and Liturgy</b>	Thursday, May 30
<b>PROM Hacienda Sarria</b>	Thursday, May 30 (tickets on sale Apr. 24-26 SAC office)
<b>Last Day to Receive Grad Refund</b>	Wednesday, May 29, No refunds will be permitted after this date for any reason
<b>Ticket Sales</b>	Begins June 4 - Purchase Additional \$5/ea
<b>Graduation Ceremony</b>	<b>Centre in the Square</b> , Tuesday, June 25
<b>Yearbook Pickup</b>	Available October 2019 – Pick up in the main office (check website for availability dates, <a href="http://stmary.wcdsb.ca/">http://stmary.wcdsb.ca/</a> )



## SHSM@SMH

### Update



Grade 11 and 12 SHSM students have had a busy start to their year attending training sessions, taking courses that align with their SHSM major and working in Co-op placements that relate to their sector.

#### Grade 12 SHSM

Over 100 Grade 12 students are on their way to earning their red seals for SHSM. Part of their SHSM requirements includes a new component called the **Sector-Partnered Contextualized Component** (SPCC). The SPCC provides a link between the student's SHSM major and opportunities in the workforce.



Completion of the SPCC has been aligned with St. Mary's upcoming *Innovation Week*, Feb. 25- Mar. 1. Grade 12 SHSM students will attend several workshops and make links with their sector to Math Literacy, Coding and Entrepreneurship.

Grade 12 students were also invited to participate in an SHSM Challenge during Innovation Week. Under the direction of St. Mary's principal, Mr. Dietrich, pairs of students will test their knowledge, creativity, and critical thinking skills to become the first ever SHSM Challenge winners.



#### Grade 11 SHSM

Course selection support for grade 11 SHSM students took place in January. Grade 11 students referred to the SHSM Progress Report to help choose next year's courses. Students considered options including their required major courses and Co-op options.

Grade 11 students also checked their progress on the required Certifications that are needed to complete SHSM. Students are planning completion of CPR/1<sup>st</sup> Aid Training, WHMIS, Customer Service Training and several others. Training for semester 2 is now posted at [highskills.ca](http://highskills.ca).

#### Grade 10 SHSM

During the Careers course, grade 10 students are introduced to SHSM and have the chance to examine the 11 different majors St. Mary's offers. Students sign up for SHSM during grade 10 so they can plan their courses for grade 11 and 12. Sign up forms are available through the school website or at [highskills.ca](http://highskills.ca).





## Math by the Numbers

1978: the number of students enrolled at St. Mary's for second semester

142: the number of teachers at St. Mary's HS second semester

141: the number of students who have participated in the Canadian Math League so far this year.

109: the room number where you can get extra math help on Mondays and Thursdays after school

108: the room number where the math team meets on most Mondays after school to practice math contest questions and learn extra cool stuff

47: the number of math classes being taught at St. Mary's second semester

19: the number of math teachers at St. Mary's

\$10: the most a suitable scientific calculator should cost that is needed in math class, **which is much better than a cell phone in a classroom (because it is far less distracting)!**

5: the highest score, out of 6, on the Canadian Math League this year

3.14: the first three digits of pi, the ratio of the circumference of a circle to its diameter

**How many digits do you know?**  
**3.1415 9 26**  
*May I have a large container of coffee?*

**Second semester, Friday before pi day (March 14)**  
 there will be a competition with prizes.  
**Start memorizing!**  
 Brought to you by Mr. Mac and the Math Team.

### Upcoming contests:

- Feb 19 : CNML #5
- Feb 26 (register by Feb 8) : Pascal (9), Cayley (10), and Fermat (11):
- March 19: CNML #6
- April 3 : Euclid Contest (Grade 12)



## Online Resources from Kitchener Public Library

All St. Mary's students are eligible to get a KPL card to check out physical materials from the St. Mary's Library Learning Commons. The KPL card also gives students access to the online databases that are subscribed to by the KPL. Some databases are similar to our school databases, while others offer some very different content. Visit [kpl.org/databases](http://kpl.org/databases) to visit the databases listed below, and see all available sites.



Hoopla allows you to borrow digital movies, music, and audio books using your KPL card. You may borrow up to four items per month. You can download the Hoopla app directly to your phone or tablet for easy use.

Lynda.com has online courses on technology, business skills, and creative endeavours like design and photography. Use your KPL card to create a profile for Lynda.com and begin learning.



Are you almost ready to get your G1? Practice for the Ontario G1 driving test with free practice tests and a G1 test simulator! Each test is based on the MTO Driver's Handbook and uses the same method of grading and same types of questions you'll find on the real test.

RB digital (formerly Zinio) lets you read full magazines on your computer, phone, or tablet. Use your KPL card to create an account and enjoy your favourite magazines.



If you need help with any of these resources, school databases, or research for your assignments drop by the library and talk to Ms. VanderMeer.





## ***Dates To Remember***



### **March 4-8**

Grad Photos  
Library Seminar room  
By appointment only

### **March 6**

Ash Wednesday

### **March 11-15**

March Break

### **March 19-22**

Literacy Week

### **March 26**

Progress Report  
Distribution/ Canadian  
National Math League

### **March 27**

Grade 10 Literacy Test  
(OSSLT)

### **April 4**

Student/Parent/  
Teacher  
Conferences

### **April 10**

Fryer, Galois, Hypatia  
Math Contest

### **April 11**

Coffee House

### **April 12**

PA Day—No classes

### **April 15**

Civics/Careers Semester 2  
2nd Half Begins

### **April 17**

Eagles View Film Festival

### **April 18**

Holy Thursday Celebrations

### **April 19**

Good Friday-No classes

### **April 22**

Easter Monday—No School

### **April 29**

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

### **April 30**

Community Service Hours and  
Grad Awards Due

***In case of  
Inclement  
Weather***



Inclement Weather—Please check the [wcdsb.ca](http://wcdsb.ca)  
website or [stswr.ca](http://stswr.ca) to check if buses are running