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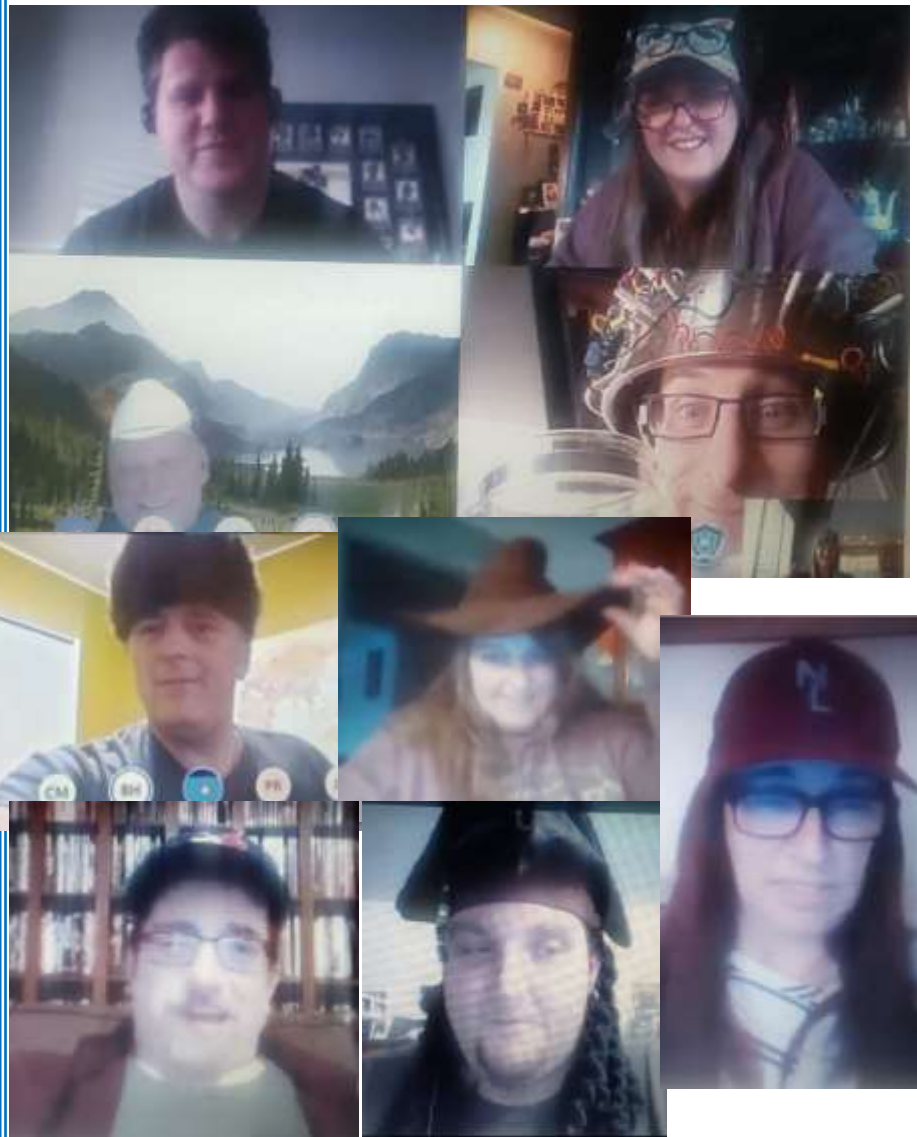
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## Stay Connected Eagles!



the Eagle's View

# MESSAGE FROM THE ADMIN TEAM



Dear Eagles and Families,

We hope this message finds you all well and in good spirits, staying at home as our health officials have instructed and ultimately making the best of our current situation. The St. Mary's staff have shared some amazing stories regarding the dedication, perseverance and determination that many of our students are demonstrating in this new way of learning.

As a school community we have used a "Go Slow" approach through the constant changes that keep coming our way. We know that this can be frustrating during this unprecedented time and we thank you for your patience as we await further direction and clarity from the Ministry. We are grateful to our amazing teachers who have stepped up and provided creative and engaging opportunities to have the learning continue. If your child has not engaged in the new learning please contact your child's classroom teacher for direction.

We have now been away from school six full weeks counting March Break. We miss our students and we hope they are finding the learning they are taking part in at home worthwhile. Please remember that there are staff working at home willing to support you. If you are experiencing some challenges with learning at home and some significant personal circumstances, we invite you to reach out to teachers, guidance counsellors or an administrator to support or answer any of your questions.

Please know that we are all missing the students and life as we knew it in the building prior to March 13<sup>th</sup>. Thank you for all that you are doing in supporting the continuity of learning for your own children. We hope you and your family remain well! God Bless each of you and your families!

*The St. Mary's Administrative Team*

# Chaplain's Message

Annabel Quinn



Good morning, Child of God.

*Good morning, Child of God* is how I started my prayer over the morning announcements every day at St. Mary's. I haven't said it since March 13<sup>th</sup>. So I think it and smile. Nothing like a simple routine to keep you grounded during the pandemic.



The expression: "you don't know what you've had until you've lost it" rings so true when it comes to my relationship with the not only the staff and students of St. Mary's but I truly miss the school! The colours of the blue lockers (with the happy birthday decorations on some!), the comforting silence of the chapel, the sounds of the science teacher's heels clacking down the hallway after the school day, the buzz of students before classes, the smell of the sawdust in the construction class, and the heavenly smells coming out of the hospitality class! And not to mention the warm welcome every time I walk into the main office!

So what is your self isolation story? One day....and even many years from now we will share our Coronavirus story's – some will be so sad, some awesome, some will be silly and some will come with some pretty reflective stories. Regardless we are all in this together – we are a part of history, history that can be shared with everyone on this planet. Surreal!

So what is sad to me? I desperately want to wrap my arms around my 5 year old twin grandsons. My heart aches watching them from afar as they play.

What is silly? Well, the first time I watched Sunday mass live and online – while sitting in my bed in my pyjamas. (I changed that habit pretty quick and feel more connected to my faith...I dress for mass and I stand, kneel just like I would at church)

What is awesome? I love randomly video messaging people and to see their surprised expression! What fun it is to call Rome and the recipient gets up to play "show n tell" with what they're doing in their isolation. Or the secretary who cozies up on the couch to have a chat!

What is reflective? That never in my life again will I have this time to sleep in, work on a 1000 piece puzzle, have a "Zoom" meeting, go for a walk, watch Netflix, wear the same clothes three days in a row, sit in front of the Blessed Sacrament during Holy hour online, write a letter of reference for a student, spend some time preparing my garden for new blooms ALL IN THE SAME DAY – and not feel exhausted from doing too much.

What a gift of grace it is to have permission to not go to the mall, the coffee shop drive thru, to not have to .....well you fill in the blanks.

# Chaplain's Message

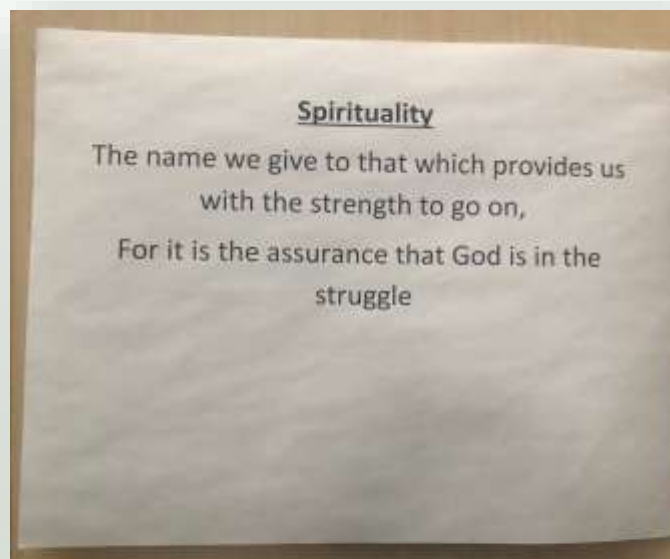
**Annabel Quinn**



Where is God in all of this? He hasn't left my side – even for a moment. I speak to Him, to his Son and especially to his Mother all day long. And I thank them for not only keeping an eye on us but appreciating they too are sad seeing our world suffering. And we are not alone. Like the apostles who stayed hidden during the crucifixion and long after the resurrection, they were afraid of what they would find, or what would happen to them after they came out of isolation.

And look what they found I believe the timing of the Pandemic during the Lenten and Easter season was providential. We too are a resurrection people and our turn is coming to make this world a better place once it has healed.

**I have a quote that has been taped to the wall in my office for years and never has it been more appropriate than now. It is the definition of Spirituality...**



*For it is the assurance that God is in the struggle.  
For it is the assurance that God is in the struggle.  
For it is the assurance that God is in the struggle.*

St. Mary's Eagles, you are not alone. God is with you and he will never leave you.

May God keep you and yours safe,

**Annabel Quinn**

**Chaplain**



## *From the Guidance Wing*

### **Course Selection**

Students have now entered their course selections for next year. They were directed to check requirements for both their 'diploma, and 'Red Seal' if they are in Specialist High Skills Major, in addition to their post-secondary requirements. My Blueprint, which is found easily through the St. Mary's website, has links to this information and other great research tools.

**Please note:** Students who wish to make changes to their course selections for next year are asked to email their guidance counsellor before Friday May 8, 2020.

**After that time, there will be no course changes until the *second week of September*.**

Students will receive confirmation of their course selection for next year in the report card package mailed home in July.

### **Summer School**

Students who wish to take online summer school can sign up directly at <https://docs.google.com/forms/d/e/1FAIpQLScLF09w-U0GWz1lywCzWqXPkBQrEXCBqfpj9i-CcuPIbQTrwg/viewform>. You will need your OEN and your guidance counsellor's email address. Any additional summer school offerings will be communicated through the guidance google classroom. At this time we do not have any additional information on summer school opportunities.

### **Community Service Hours**

The community service hours graduation requirement for this year's graduating students has been waived by the ministry of education. However, if you have already accumulated hours and wish to have them inputted please email a photo of the completed log or a scanned copy to your guidance counsellor.

### **Interested in a 5<sup>th</sup> Year?**

Students who have applied to college or university but who have now decided they would like to return to St. Mary's for an extra semester, need to email their guidance counsellor in May.

### **Graduation**

Due to Covid 19 restrictions our June Gradation ceremony has been postponed. More information to follow.







## @ St. Mary's High School

This school year at SMH brought the launch of this teacher-led, curriculum-based project, to provide our school community: teachers, students and parents, an opportunity to learn about and reframe our perception of challenges and strengthen the skills of well-being to positively cope with the everyday stresses of life.

**KINDNESS** was the first Umbrella Skill shared this year and on December 9<sup>th</sup>, **GRIT** was introduced. February 3<sup>rd</sup>, teachers began the conversation around **EMPATHY** and as a school community we recently completed the learning around **INTEGRITY**.

Integrity is an inner sense of wholeness, where what we do is not separate from our beliefs. It is the quality of being honest, having strong moral principles and sportsmanship. It is a regular pattern of behavior that is consistent with your values, treating others with care and honouring your word. Integrity is the sincere presentation of yourself and your values to others and it is doing the right thing even when nobody's looking.

Check out these 2 videos shared with students during the month of Integrity:

1. **I Gave My Word** - It's Called Integrity: <https://www.youtube.com/watch?v=wVq3rVFhWaY>
2. **Using his craft for what he believes in:** <https://www.greatbigstory.com/stories/man-behind-the-mural>

As we move forward with our Learning from Home, we continue to share and discuss the Umbrella Skills. April 27<sup>th</sup> brought the **#SMHUmbrellaChallenge** where we are asked students to share how they are using these skills to manage through unusual and difficult times through video, photos and stories. We want to remain connected and continue to keep SMH close. We will post our student and staff stories on our website and through our social media. We look forward to seeing the creative ideas that are shared. Students and staff are encouraged to share by emailing [Julia.horgan@wcdsb.ca](mailto:Julia.horgan@wcdsb.ca). Please indicate **Umbrella Challenge** in the subject line.

For further information on all Umbrella Skills shared at SMH this school year, please see:

Parent section on our school website: <https://stmary.wcdsb.ca/parents/>

The Umbrella Project website: <https://umbrellaproject.co/>



# Sports Page



## ***Congratulations Eagles!***

**Sr Girls Vball – D8 Finalists**



**Sr Boys Basketball – D8 (& CWOSSA) Champs  
Neron Angelo – D8 MVP**

**Sr Boys Hockey – D8 Champs  
Nathan Bartlett – D8 MVP**



**Swimming – Combined D8 Champs**



# Ms. Karlovich's Class Meets Erin Bow

A flashback to Thursday December 5, 2019 when guest Speaker Erin Bow joined our ESL class to speak about her novel, *Stand on the Sky*. Erin won the Governor General's Literary Award in 2019 for her novel. She wrote of Aisulu, a young Kazakh girl, who defied gender roles to train a baby eagle for a contest. Here is the class, with Erin and her award winning novel!

A big thank you to our administrators for supporting this wonderful opportunity!



Selene R, Thanh M, Marta G, Valentina G, Bryan O.



# Black Matters Club



The Black Matters Club at SMH have had a busy year! The Beating the Odds Conference at WLU gave 30 students the opportunity to hear from successful Black entrepreneurs, activists, artists, athletes, and academics. Dr. Eugenia Duodu was especially inspiring with a keynote address highlighting the rewards of persistence and self confidence in school and in life. We also enjoyed hearing from Mrs. Mona Loffelman about her work with the AFRO organization in Kitchener and the opportunities available for our club members to participate in and support their work ([www.afrofamily.ca](http://www.afrofamily.ca)). We were also pleased to welcome Kitchener Centre MPP Laura Mae Lindo who spoke with, and listened to, club members on the struggles faced by students of colour in school and society. We also did a lot of work planning for the Black History Month assembly and preparing performances for a community excellence coffeehouse- which have been postponed.



Photo Credit: Rahat Tesfaldet

## We will be back!

I encourage students to keep checking out the BMC google classroom- graduates, see the links on scholarship opportunities- and if you are not signed into the classroom, email [patti.shea@wcdsb.ca](mailto:patti.shea@wcdsb.ca) and I will send you the code.

the Eagle's View

# Songwriting Club @ SMH

*(aka SONGWRITING ROCKSTARS!!!)*

Songwriting Club is off to an epic start! These keen musicians have been diving into the world of Music Production and songwriting every Thursday after school. With help from the Music in Schools Grant (from the Waterloo County Teachers Choir), the club acquired a MacBook Pro that allowed them to start recording and producing their own music.



Pictured: Two of the club's members, Tina and Abby are working to record vocals on the original music that they wrote collaboratively. Stay "tuned" for more original music coming out of Room 140 in the near future!



# Man Eating Sandwich



Thanks to all the staff, parents and students who attended the North American debut of *Man Eating Sandwich* on March 4th. The cast and crew of the 50-minute play outshone any condiment you would sample at the Subway sandwich counter serving up a healthy dose of comedy, sarcasm, murder and drama, leaving the audience hungry for more. *Man Eating Sandwich* was destined for the stage at the National Theatre School Drama Festival, but unfortunately it was cancelled when all schools were closed. A huge BRAVO! to the cast, crew, and staff (listed below) involved in the production. Your hard work, dedication, and love of being onstage or behind the scenes all contributed to the success of the show.



We all look forward to seeing what comes alive on-stage next school year!

Thao-Ly N, Matthew L, Sarah M, Isabella A, Nick A, Victoria A, Megan A, Matthew B, Brayden B, Camyrion C, Eileen C, Ashley C, Michelle D, Nicholas D, Dante D, Zoe H, Melinda H, Matthew J, Eduard J, Hailey K, Virginia K, Katie K, Ana Karina M, Jake M, Grace M, Ildiko N, Maxwell N, Adriana R, Anna R, Ethan R, Sarah S, Jake S, Christian T, Elle T, Dylan T, Raven V, Emilio V, Kate W, Daniel Z, Zoe Z





## Information Resources for Distance Learning during the COVID-19 Pandemic

### At Home Research and Information

The library may be closed, but all of our online resources are still available to you 24/7 at <http://vlcguides.wcdsb.ca/stmary/home>. Don't forget that our databases have information you can trust, as well as resources you may not find on the internet. Some of the databases even have special collections on COVID-19 to help you find trustworthy information. You will need passwords to access databases from home. If you don't already know them, please contact Ms. VanderMeer or one of your teachers.



### Reading for Pleasure (or your English ISU)



SMH has lots of fiction e-books and e-audiobooks available to borrow through the Sora app. You can read these books on your computer in your browser, or on your phone or tablet by downloading the Sora app from the Apple App Store or Google Play Store. You login the first part of your school email (53875MAC) and the password is your birthday (MMDDYYYY). Books are borrowed for two weeks, and can be renewed if no one else is waiting for them. If you need a book for a longer period of time for an ISU please contact your teacher or Ms. VanderMeer.

### KPL Resources

SMH students, don't forget your KPL card allows you to access all of the [KPL's online resources](#) as well! Some KPL resources are similar to the SMH resources, while others are very different! You can borrow movies using Hoopla, practice for your G1 written test with G1.ca, or read your favourite magazines with RBDigital. If you don't already have a KPL card you can sign up for one on the KPL website and have immediate access to their digital resources. If you have any questions please contact Ms. VanderMeer or the KPL directly.



## Fake News and Finding Reliable Information

There is a lot of misinformation floating around during this crisis. We often talk about finding reliable information in the library, and the infographic below from the International Federation of Library Associations could be of help to you when you're looking for accurate information. It's always important to think critically about what we are reading and sharing.

**Stay safe, Eagles, and I hope to see you back in the library soon!**





# Having trouble making contact?



As we navigate through the reality of self-isolation and learning (and teaching) from home, communication may sometimes be a challenge. Here are several tips to make sure that the lines of communication are kept open between parents, students, and teachers:

- 1. Pick it up:** Teachers are using different tools to make calls home, and will not always be calling from a known number. When you see Unknown Number or Private Caller, pick up to see if it may be your son's or daughter's teacher.
- 2. Check your junk email:** Teachers often send emails to many people at once, which may trigger your spam filter. Check to see if any teacher emails have gone there.
- 3. Students, check your GAFE email:** All students in the WCDSB have a Gmail account and email address that is of a common format (54321ABC@wcdsbcloud.ca); most teachers will email them to that email address.
- 4. Email teachers for an update:** all of our staff email addresses can be found on the school website (stmary.wcdsb.ca) by going to About Us > Staff List.

