



February, 2021  
Volume 10 Number 2

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## Getting Ready for Graduation



See P. 8



**March Break has been  
postponed to week of April  
12-16 for all Ontario schools**

# MESSAGE FROM ADMIN.

It has been a busy start to quadmester 3 for our school community. We are happy to welcome students back to Face to Face learning and the energy they bring to our hallways. In our ever changing world we are encouraged to see how students demonstrate resilience, flexibility and kindness when they are in class as well as in their synchronous learning environments and our supportive staff who continue to find creative ways to engage students in their learning.

As communicated, all secondary students are required to confirm that they have completed their daily COVID Self-Assessment each morning to their teacher during Face to Face instruction. If a student is experiencing symptoms and does not 'pass' the Self-Assessment they must stay home and follow the guidance of the screening tool before returning to school. Please continue to provide the attendance office with information regarding student absences.

Parents and students are invited to access our school website for the most up to date and timely communication regarding our school schedule, course selection deadlines, COVID protocols and any changes that may occur to our school year calendar.

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*



# From the Deacon's Bench...

*Deacon Ed MacIntosh*



Ash Wednesday and the Liturgical Season of Lent will soon be upon us. The ashes that traditionally mark our foreheads will not be possible this year because of COVID 19 but we are still encouraged to mark the start of the season in some way. Many of the local Catholic Churches are “live streaming” services and weekly Masses and you are encouraged to log into your own, or any other Parish to participate in whatever manner possible. Check out the website for the Diocese of Hamilton at <https://hamiltondiocese.com/onlinemasses/> and look for Waterloo Deanery for Churches in the KW\Cambridge area.



Also, we have just recently begun Quadmester 3 which marks the halfway point of this current school year. Some Grade 12 students are receiving Acceptance Letters and others are anxiously awaiting their arrival. Other grade level students have also begun the task of selecting courses for the next school year. All in all, it is safe to say that life continues to move forward; despite the challenges presented by the pandemic.

It has become apparent to me over the past number of months that there is a real importance in our mental and spiritual health. It can be so easy to shut everyone else out of our lives and focus on the task or tasks at hand. It is imperative therefore, for us to find ways to exercise our mental and spiritual muscles. Mentally, we can reach out to friends either online or by phone; check in with one another and see how they are doing. Try your best to get outside and enjoy the fresh air and the beauty of this part of South Western Ontario, if only for a few minutes...go for a walk and breathe in the fresh-clean air. Spiritually, take some time to read a book by a Christian author, read the bible, take advantage of the moments of prayer that present themselves to you each and everyday. There is a great program of study that is currently being offered by Ascension Press that encourages followers of a podcast to read the Bible in a year. Go to wherever you can find podcasts and search up “Ascension Press Bible in a Year” and download the link. It began back on January 1<sup>st</sup> but you can still join in.

As we continue to move forward during this school year, let us keep in mind that God loves us and wants only the best of all good things for us. Shouldn't that then, be what we want for others and for ourselves?

May God journey with you during this Lenten Season and help you prepare for his glorious resurrection on Easter Sunday!!

Deacon Ed MacIntosh  
Chaplain, St. Mary's High School



## *From the Guidance Wing*

### Guidance Counsellor Alpha during Semester Two

<b>Mr. Cameron</b>	Students with last names <b>A, W-Z (ext. 5638)</b>
<b>Mr. Taranto</b>	Students with last names <b>B-CI+ International (ext. 5635)</b>
<b>Ms. Collins</b>	Students with last names <b>Cm-F (ext. 5637)</b>
<b>Ms. Arruda</b>	Students with last names <b>G - K (ext. 5634)</b>
<b>Mrs. Coates</b>	Students with last names <b>L-Me + ICP (ext. 5628)</b>
<b>Ms. Borman</b>	Students with last names <b>Mf-Q (ext. 5636)</b>
<b>Mr. Lehmann</b>	Students with last names <b>R-V (ext. 5639)</b>

### **Youth Care Workers**

**Ms. Agundmadu** (students alpha A-L) and **Mrs. Thompson** (students alpha M-Z), along with **Ms. Cornfield** (students in Community/Active Living) 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: hbreh7h

Grade 11: l3ukp5v

Grade 10: na67dve

Grade 12: s76mmxj



### **Grade Eight Students**

In February, Guidance Counsellors have been meeting with grade 8 classes virtually to answer any course selection related questions.





## *From the Guidance Wing – Continued*



### **Course Selection /Career Planner**

#### **2021-2022:**

1. **MyBlueprint** is 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 26, 2021**. Virtual course selection presentations were made available the week of February 10th. These presentations can be found in the respective grades guidance google classroom and are equipped with audio to listen along.
3. Students will input parent's email address after submitting their courses. Parent's receive an email and decide to approve or not approve their child's course choices for 2021-2022.
4. Looking for help with course selection? If you still have questions about courses after viewing the course selection presentation located in the guidance google classroom, guidance counsellors will be accepting related appointments after February 16th. The course calendar can be found online: [bit.ly/smhs-course-calendar](http://bit.ly/smhs-course-calendar)
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 request an appointment with their guidance counsellor.

### **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, 2021**, 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 15, 2021**, for equal consideration. **June 1** 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**

#### **Before Feb. 26**

Students choose summer school courses in myBlueprint under the 'Summer' tab. Grade 10 students interested in Civics and Career in the summer will select it under the Civics and Careers tab.

#### **After Feb. 26**

All summer school information and opportunities will be posted in the Guidance google classroom.

### **COMMUNITY SERVICE HOURS**

In light of COVID-19 restrictions, the Ministry of Education has reduced the required number of community service hours for graduating students this year to 20 hours. Also new for this year only, graduating students with employment are able to use 10 work related hours towards their 20 hour requirement. A written reflection is required to use your work hours and the guidelines can be found in the Guidance google classroom. Grade 12 students have until **April 30** to complete their 20 hours of community service.

For volunteer placement ideas visit the **Volunteer Action** Centre website [www.volunteerkw.ca](http://www.volunteerkw.ca)



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.







## From the Guidance Wing – Continued

Have you had a moment to check out the Board's update Mental Health and Wellbeing webpage? This is a "one stop shop" where you can find links to targeted resources to promote wellbeing during Covid, examples of meditations/ calming strategies to share with students, resources specific to various roles (i.e. leadership, educators, students, families), links to services in our community, and general mental health information. Please help raise awareness about this resource! <https://www.wcdsb.ca/programs-and-services/mental-health-and-well-being-at-wcdsb/> A short intro video is here: [https://www.youtube.com/watch?v=TmJI\\_QXT8xk](https://www.youtube.com/watch?v=TmJI_QXT8xk)

Please talk with Guidance, Vice Principals and/or our Principal if you feel you need School Social Work support.

### 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)

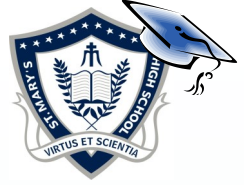
### Walk-In Counselling Services:

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



# Graduation Information

## Class of 2021



\*Please note that we continue to plan for both in-person & virtual ceremonies as we await further direction from Public Health and the Waterloo Catholic District School Board. Please continue to check this website for updates and important information.

**\*\*Changes have been made to the following graduation requirements for students graduating in the 2020-2021 school year:**

**Community Service Hours:** the community involvement graduation requirement will be reduced to a minimum of **20 hours** of community involvement activities. **10 hours paid employment** can be used toward the total of 20 hours. Paid employment hours require a reflection accompanying them. Information on reflection can be found through your guidance counsellor. All Community Service Hours need to be recorded using the [Community Service Hour Record Sheet](#) found on our school website. **COMMUNITY SERVICE HOURS ARE DUE APRIL 30TH.**

**OSSLT:** *The requirement for the successful completion of the Ontario Secondary School Literacy Test **has been removed** for students graduating in 2020-2021.*

If you missed the online grad meeting, you can view the google slide presentation using the link on the graduation page of the school website.

### GRAD PORTRAITS

**MARCH 1ST – 12TH**

Location: St. Mary's High School Library

Book your date and time ONLINE – online booking will open Feb 4th – USE THE LINK ON THE SCHOOL WEBSITE

### OFFICIAL CLASS OF 2021 SPIRIT WEAR

Ordering will be available again **FEBRUARY 1 – MAY 31** through SCHOOL CASH ONLINE

### VALEDICTORIAN NOMINATIONS & VOTING

Nomination forms are now available on the school website – graduation page and in the Gr 12 Guidance Google Classroom. Nominations are due March 12<sup>th</sup>. Voting will take place on April 1<sup>st</sup>.

### GRAD AWARDS

Application is now available on the school website – graduation page for St. Mary's Community Awards.

Applications are due April 30<sup>th</sup> to Ms. McCarroll via email: [Jeannie.mccarroll@wcdsb.ca](mailto:Jeannie.mccarroll@wcdsb.ca)

### NEW GRADUATION MEMORY BOOK

[Still Accepting Photos and Content](#) – New Deadline is Feb 21st! Email high resolution pics to [yearbookphotos567@gmail.com](mailto:yearbookphotos567@gmail.com)



# January Face-to-Face Learning

Active and Community Living students and some English Language Learners returned to St. Mary's HS on January 11 for face-to-face instruction.

While the number of students in the building was small, the educational experience provided by dedicated staff was welcomed and appreciated.

With decreasing new Covid-19 cases in Waterloo Region, face-to-face instruction resumed February 8 for Cohort A, and February 11 for Cohort B, just in time for the first full week of Quad 3.

With enhanced health and safety procedures, it is our hope that the school remains open the rest of the school year.



# ***Advanced Placement Courses***



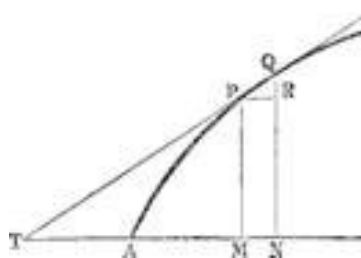
Advanced Placement (AP) is an internationally recognized program that allows students to enrich the Ontario Curriculum with the goal of achieving university accreditation while enrolled at St. Mary's High School.

**AP Prep** courses are offered in **grades 9 – 11**. **AP** courses are offered in **grade 12**. They are audited by the AP College Board and include writing AP exams in May.



AP is for highly able self-motivated learners looking to be challenged in English, French, Math and Science. To learn more, please visit the school website:

<https://stmary.wcdsb.ca/programs/enrichment-extension/advanced-placement/>





# The History of SMHS

## Kitchener, Ontario

St. Mary's High School (SMHS) has undergone many changes throughout its history. Not only has the focus and purpose of the school evolved over time but so has its physical structures.

The evolution of the school has been traced below but this is not a complete chronology. The full history of the school lives on in the memories and legacies of former students and its spirit and traditions continue in the students of St. Mary's today. We honour the sacrifices and the dedication of the School Sisters of Notre Dame, the founders of St. Mary's High School.

### SCHOOL MISSION STATEMENT

- \* Rooted in Faith
- \* Learning in Love
- \* Dedicated to Excellence

Where kindness matters  
community grows!



### SCHOOL CREST

The St. Mary's HS crest contains the motto – "Virtus et Scientia" – virtue and knowledge. It succinctly expresses the aim of the school – to impart profound truths in both the religious and secular subjects so that its graduates may go forth as valiant young people, strong in character, virtue, and learning.



*SMHS group photos from the late 1930's.*



*Sports teams were known as the "Blues" like this senior basketball team from 1942.*



*1961 Grads outside St. Mary's Church, 56 Duke Street West.*

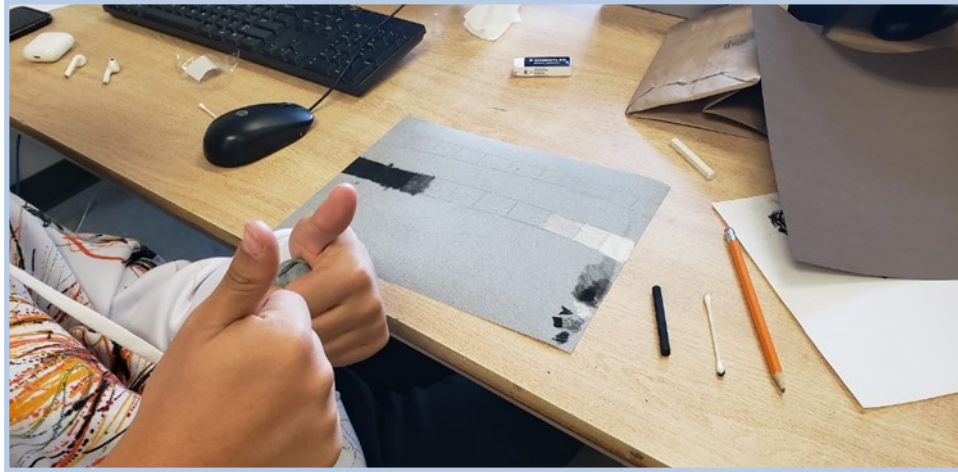


*SMHS girls during the last year of the all-girls school, 1989-1990.*

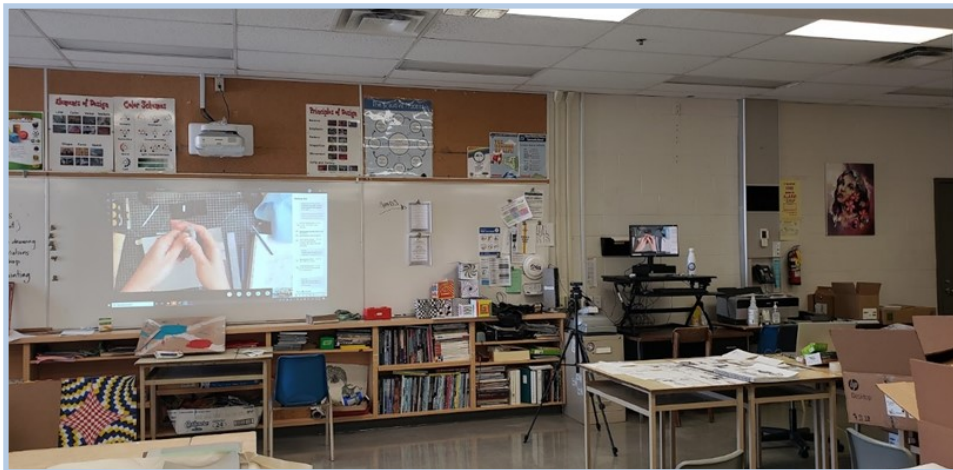
To read the full History of St. Mary's History click the link below:

<https://stmary.wcdsb.ca/wp-content/uploads/sites/64/2021/02/The-History-of-St.-Marys-High-School-Updated-Feb-2021.pdf>

# SMH ARTISTS



The Expression Exhibit at the Kitchener-Waterloo Art Gallery is an annual installation hosted by the gallery in partnership with the Waterloo Catholic District School Board. Through the InSight program a school is selected to work in collaboration with one of the artists in residence to create a unique artwork to be featured at the exhibit. This year St. Mary's High School is honoured to have artist in residence Sarah Kernohan work with Jeannie McCarroll (visual art teacher) and our senior media arts students. Currently, they are involved in virtually workshops with Sarah to refine their shading techniques using the mediums of charcoal and conte. The completed work will be a manual and digital drawing collage that incorporates segments of images selected by the students. The monochromatic collage will be assembled both digitally and manually and featured at this year's Expressions 46 "Through a New Lens" exhibit which will occur virtually from March 27- May 3, 2021.





# THE UMBRELLA PROJECT @ St. Mary's High School

At SMH we continue to develop out Umbrella Skills and teachers continue help students develop these skills. This month we introduce PURPOSE.

## PURPOSE

*"the core values we live by; to make a difference;  
setting goals; the meaning in our lives".*

Teachers will continue to share classroom posts and work through optional activities with their classes.

In addition, the Umbrella committee we will be creating a guest speaker series to support the continued learning around all Umbrella skills. For more details about the Umbrella project and skills, check out <https://umbrellaproject.co/> for more details.



# Celebrate Black History Month



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the Eagle's View





## Research using the online databases

We may have access to a lot of information through the internet, but when you're doing research Google is often not the best place to go. The St. Mary's Library Learning Commons has access to a variety of databases to assist students in their assignments. All of the databases are available 24/7 wherever there is an internet connection.



Many students have heard their teachers say that Wikipedia is not a place they should be going for research. Britannica School is an acceptable alternative to find general information about different topics. Always a good place to start your project.



THE CANADIAN  
ENCYCLOPEDIA

Similar to Britannica School, but Canadian focused. Begin your research here if your class or assignment needs a Canadian focus.



GALE EBOOKS

Not all books are paper! Gale EBooks has lots of great titles to support various courses offered at St. Mary's. Some of these titles are the same as those offered in print in the LLC.



GLOBAL ISSUES

Looking for information about current events? Look no further than Global Issues In Context. Topics that are of great importance to our society are covered in great detail and updated regularly.



SCIENCE

Science In Context offers comprehensive coverage of popular science topics in multiple disciplines including Earth & Environmental Science, and Technology & Engineering.



curio.ca

A carefully curated collection of CBC / Radio-Canada documentaries, news features, dramas, and kids' programming, Curio.ca brings you the highest caliber content to explore the world through a Canadian lens.

These are but a few of the databases available on the St. Mary's Library Learning Commons website. Don't forget that many databases require passwords, especially when using them at home. If you need password information please speak to your teacher or Ms. VanderMeer.

# Dates to Remember



**February 16**  
Shrove Tuesday

**February 17**  
Ash Wednesday  
National RAK Day

**February 17/18**  
Dress Down Day

**February 24/25**  
Pink Shirt Day

**February 26**  
Course Selections 2021-22  
due in My Blueprint

**March 1-5/8-12**  
Grad Photos

**March 8**  
International Woman's Day

**March 9**  
Quad 3—Term 2 Begins

**March 11**  
Virtual Parent/Teacher  
Conferences

**March 14**  
Daylight Savings  
Time Begins

**March 21**  
International Down  
Syndrome Day

**March 28**  
Palm Sunday

**April 1**  
Holy Thursday

**April 2**  
**Good Friday—no classes**  
World Autism Day

**April 4**  
Easter Sunday

**April 5**  
**Easter Monday—no classes**

**April 7/8**  
Dress Down Day

**April 12-16**  
Spring Break

**April 19**  
**Evaluation Day P. 1**

**April 20**  
**Evaluation Day P. 2**

**April 21**  
Administrative Professionals  
Day

**April 22**  
Quadmester 4 Begins  
Earth Day

**April 23**  
**PD Day—no classes**

**May 1**  
Principal's Day

**May 3-7**  
Mental Health Week  
Catholic Education Week

*Check the school  
calendar on [St. Mary's](http://St. Mary's)  
website for changes  
and updates!*



***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/schools are closed for the day.***

the Eagle's View