



April 2021  
Volume 12 Number 3

## Features

P. 2-3 ..... March Spirit Days

P. 4 ..... Message from Admin

P. 5-7 From The Deacons Bench

P. 8 ..... Guidance

P. 9 ..... The Umbrella Project

P. 10-12 ..... History of St. Mary's

P. 13-14 ..... Art Department

P. 15-16 ... March Cup Challenge

P. 17 ..... Special Olympics Skills Challenge

P. 18 ..... Learning Commons

P. 19 ..... Virtual Relay For Life

P. 20 ..... Dates To Remember

## March Spirit Days!

### Jersey Day



the Eagle's View



# More March Spirit Days...

## St. Patrick's Day



## Rock Your Socks Day







# And More March Spirit Days...

## Rock Your Socks Day continued....



## Dress Down Day and Easter



# MESSAGE FROM THE ADMIN TEAM



Hello St. Mary's Students and Families,

Here we are at the start of Quadmester 4! A year ago, we were learning remotely and cannot imagine any of us thought we would be back in this remote situation a year later. It has been a challenging school year where our students have had to manage several learning modes, adjust to exhaustion in ways we have never felt before and all without the personal, face to face connection that we often rely on to get through difficult times.

Despite this, our students continue to persevere, demonstrate resilience, grit and hard work and with that they have found success. We congratulate you!

We thank our teachers for their continued flexibility, their capacity to adapt the learning, for sharing their expertise and creativity to meet the needs of their students and in always putting student success first.

"Nurturing Hope", the theme of this year's Catholic Education Week (May 3rd to 7th), reminds us to find strength to support one another and that we must continue to be hopeful. Please know that the staff at St. Mary's are always here for you as we continue to pray for our community and look forward to brighter days ahead.

We miss you! We anxiously await the opportunity to see you back at St. Mary's and hope that we can soon return to halls filled with the buzz and excitement of student voices.

Please continue to take good care of yourselves!

The St. Mary's Administrative Team



## From The Deacons Bench...



Jesus Christ is risen...He is risen indeed.

The American Singer\Songwriter, Don McLean, who has given us such classics as Vincent and American Pie also wrote a lesser known love song called, "Empty Chairs." It is one of my personal favourites and there is a line in the song that says, "I wonder if you know, that I never understood. That although you said you'd go...until you did...I never thought you would." I often think this is how the Apostles might have felt on that first Easter morning.

Although they had been with Jesus and heard him speak many times about how he would fulfil the scriptures, it must have taken them some time to figure out all that Jesus had told them about his dying and rising from the dead.

So if all the other things that he told them were true, and if the Apostles truly believed them to be so...why then were they shocked that morning when they went to the tomb, to find that Jesus was gone?

Among those who visited the tomb that morning were those who were closest to Him. After grieving all night, Mary Magdalene comes early, while it's still dark, to complete the anointing of His body according to the burial customs of the Jews...only to see the stone has been rolled away. His body would have been treated with approximately 100 pounds of spices and aloes and wrapped in the linen cloth before being laid in the tomb, but now...he was gone. She ran to tell the others and first encountered Simon Peter and another disciple, who immediately took off running for the tomb and found it just as Mary had described.

Simon Peter takes notice of the linen cloths, cloths that, had someone carried the body of Jesus away, would most likely have remained wrapped around it and the 100 pounds in of spices.

## From The Deacons Bench Continued...



Instead, Simon Peter sees the cloth that had been around his head, rolled up and tossed aside. Imagine yourself, waking from a sleep to find your head wrapped with cloth, would you not likely just pull them off and toss them to one side?

The body of Jesus was not carried away, he had been raised from the dead, and although they did not yet understand, Simon Peter and the other disciple returned to the place where all the rest were gathered to continue to process the events.

I can imagine the Apostles must have experienced every emotion from grief to joy as they tried to puzzle together what had really happened.

But very soon, they would come to understand that this was the ultimate triumph over sin and death. After several visits from Jesus they would understand, and begin to share the stories he had told them...and, why all those times he said, Do not speak of this until the Son of Man is raised from the dead.

Jesus had to rise from the dead, otherwise he would be known as nothing more than a popular carpenter and teacher from Nazareth. But His rising puts, not just a period, but an exclamation mark on all that He had said and done.

He rose from the dead...yes, to show us that all he had said was true, but ultimately, because he loves us. Our whole Christian life would be worthless if Jesus did not rise from the dead. As St. Paul says: "And if Christ has not been raised, our preaching is void of content and your faith is empty too."

The story of our salvation could not be covered by the passion and death of Christ alone. The paschal mystery is incomplete without His resurrection.



## From The Deacons Bench Continued...



This resurrection of Jesus provides us the answers to such questions as: What is the meaning of life? After suffering, what will happen next? After death, would there be a hope of resurrection and eternal life? Jesus, by His resurrection is showing us that life is not at all meaningless. After suffering, there is still happiness. After death, there is still life. And, there is a significant effect of the resurrection because it has become the solid foundation of our hope and trust in God. But this Easter hope does not mean we have to passively wait, but rather, it challenges us to make our world better here and now.

And this is the challenge we take up now. There is a saying that goes something like “You may be the only Jesus someone sees today.” This is our baptismal call now: to spread this hope and joy, to tell others of this good news. To be this risen Christ to others in our care for them, in our work for them, in our love for them.

So our faith today must be an Easter faith that does not end on Good Friday or at the Cross, we must look forward to the triumph of Easter Sunday. The triumph of light over darkness, the triumph of good over evil and the triumph of life over death.

Every time we celebrate Holy Mass we join our voices together as we proclaim the mystery of our faith and the basis of what makes up our Easter hope.

Let us continue to celebrate His Resurrection and continue to proclaim, “This is the day the Lord has made. Let us rejoice and be glad in it.”

Mary, Mother of God, pray for us.

Happy Easter,

Deacon Ed



## 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 High Skills Major, in addition to their post-secondary requirements. myBlueprint has links to this information and research.

### Please note:

Students will receive confirmation of course selections for next year in the Q3 report card mail out in early May.

Students who wish to make changes to their course selections need to request a guidance appointment through the school website by May 14<sup>th</sup>.

**After that time, there will be limited course changes until the second week of September.**

### Summer School

Students who wish to take online summer school can sign up directly at <https://tinyurl.com/e7wmhbdz>. You will need your OEN and your guidance counselor's email address. Additional summer school offerings have been communicated through the guidance google classroom. Students who wish to take a summer school course from another school board need to register through their guidance counsellor. Please make an appointment..

### COMMUNITY SERVICE HOURS

In order to graduate in June, grade 12 students have until the end of April to complete their 20 hours of community service. All community service hour information including a link to submit them electronically can be found <https://stmary.wcdsb.ca/student-services/guidance/community-service/>

Volunteer hour submissions are due by **April 30, 2021**

For volunteering ideas refer to the website [www.volunteerkw.ca](http://www.volunteerkw.ca)

### 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 request a guidance appointment in May..

## GRADUATION



Graduation Celebrations for 2021 will be Virtual. More specific details about dates, events and participation will be posted in the coming weeks. Continue to check the school website

<https://stmary.wcdsb.ca/parents/current-students/graduation-information/>





# @ St. Mary's High School

## *Hope Week – Nurturing Wellness During the Pandemic and Beyond:*

In continuation with the practicing of our Umbrella Skills and to coincide with Catholic Education week, St. Mary's is featuring incredible guest speakers May 3rd to 7th. Following a survey of students and in response to their current needs, the following speaker sessions were developed (Staff registered their classes for one or more of the sessions).

## Hope Week Schedule May 3 -7, 2021



Sign up for Hope Week Sessions  
below:

[Hope Week Registration](#)

### Monday, May 3

- 9:15 am: THE ULTIMATE GROUP PROJECT - RE-THINKING RESILIENCE with Leah Hunt  
12:00 pm: TOTAL Body Workout with Leanne Kropf

### Tuesday, May 4

- 9:15 am: Forest Therapy with Rob Klea  
1:00 pm: Time Management with Nicole Cornfield and Raquel Marchand

### Wednesday, May 5

- 12:00 pm: TOTAL Body Workout with Leanne Kropf

### Thursday, May 6

- 9:15 am: Power of Control with Steve Bryson  
1:00 pm: Mental Fitness with Susan Crawford

### Friday, May 7

- 9:15 am: Reducing Stress Through Self Care with Keri Thompson

# History of St. Mary's Updates

For updates to the History of St. Mary's the full document can be accessed on the school website:

<https://stmary.wcdsb.ca/wp-content/uploads/sites/64/2021/04/The-History-of-St.-Marys-High-School-April-2021.pdf>



## The History of St. Mary's High School



The Tradition Continues



the Eagle's View

2001 – Construction of a new **SMHS** building began.

2002 – Last downtown graduating class = 313.



(Below) Principal Cathy Horgan (early 2000's) oversaw the transition from downtown to the suburbs.





Athletics flourished with the increasing enrolment at the new facility.



Many teams and individuals  
achieved success at  
District 8, CWOSSA and OFSAA



the Eagle's View



# News From SMH Arts Department

## EXPRESSIONS 46

The Expressions 46 Exhibit “Through the Lens” at the Kitchener-Waterloo Art Gallery is an annual installation, hosted by the gallery in partnership with the Waterloo Catholic District School Board showcases artwork from across the Waterloo Region. Several of our St. Mary’s artists have pieces in this year's exhibit and our senior media arts class, under the supervision of Ms. McCarroll were part of a special project where they worked closely with Sarah Kernohan, artist and resident at the Kitchener Waterloo Art Gallery.



Murphy E.



Reyna W.



Jan V.



Lucia S.



Kady B.



Madeline F.





# News From SMH Arts Department continued

Senior Media Arts Students, Jacob Carroll, Charles Chau, Juan Cuellar, Hailey Keating, James Mackenzie, Marta Malek, Jan Vizcarra, and Nyla Soriano worked in collaboration with the Kitchener Waterloo Art Gallery Artist in Residence Sarah Kernohan to complete this year's Insight Project - A collage of digital drawings on display now through to May 23rd at <https://kwag.ca/digital-exhibitions>.



Hailey K.



Juan C.



Marta M.

Congratulations to all our artists and our visual art teachers at St. Mary's who help foster the creative spirit of these students.





# March Cup Challenge Photos



the Eagle's View





# March Cup Challenge Photos **continued...**



In March, 62 staff members battled for the coveted March Cup trophy during “The March Challenge Cup”. The tournament took place over a week where the teams received a daily challenge. The teams completed an origami challenge, tested their trivia knowledge, used their linguistic skills to say “welcome” in a multitude of languages and smiled for the camera to end off the week in the ultimate photobooth challenge.



The week culminated in the crowning of the champions; **“The Invincibles”!**  
— Thanks to all the teams who participated, you are all Eagle Champions.



# Virtual Special Olympics Skills Challenge



On March 28, 29 and 30 some Community Living students participated in the first ever Virtual Special Olympics skills challenge. Over the 3 days they competed with other schools in these 3 areas: shooting, dribbling and passing. It was great to go back to basics and work on skills. Even though we couldn't do the challenge in person, it was a lot of fun and a wonderful experience.







## Library Resources During the Stay-at-Home Order

As students and staff are working from home during the current Ontario stay-at-home order, all library resources are still available for use, both physical and digital.

### SMH Digital Resources

All of the SMH databases are available to students 24/7, whenever you have access to the internet. Access from home requires students to use passwords. If you're unable to find the passwords in your D2L or Google Classroom, please contact Ms. VanderMeer at [stacey.vandermeer@wcdsb.ca](mailto:stacey.vandermeer@wcdsb.ca). Don't forget that our databases have information you can trust, as well as resources you may not find on the internet.



## 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. Your 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

During the stay-at-home order the physical library is not open to the public, but you can still access all their resources, including physical ones. Use your library card to request physical items through KPL.org, or browse through KPL's online databases. Some KPL resources are similar to the SMH resources, while others are very different! You can borrow movies using Hoopla, or practice for your G1 written test with G1.ca. 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.



## 2021 VIRTUAL RELAY FOR LIFE

Relay for Life is an inspiring event dedicated to celebrating cancer survivors, honouring loved ones lost, and providing hope for the future. Each year, the Canadian Cancer Society works with student committees to host Relay for Life events at schools throughout Canada. Relay for Life events raise funds that support ground-breaking research, provide the largest cancer support system in the country and shape health policies to make living with cancer easier.

A Relay for Life tradition was started at St. Mary's High School in 2018 and in the first two years of the event, over \$100,000 was donated to the Canadian Cancer Society on behalf of our school. Not only does this event help those living with cancer live their lives as fully as possible, but it also brings our community together, inspires, and promotes leadership and active citizenship.

2020 put a pause on our Relay involvement, but 2021 we are bringing the tradition back in a pandemic-safe way, because the reality is that pandemic or not, 1 in 2 Canadians are still expected to be diagnosed with cancer in their lifetime and we need to continue to take action.

This year, students at SMH will put together a pre-recorded **Virtual Relay for Life** video in collaboration with the other Catholic High Schools within WCDSB and all SMH feeder schools. The video will incorporate traditional elements of a regular Relay for Life event and the goal of the video is to raise awareness, promote hope, and offer support to students, staff, and members of our community who have been impacted by cancer.

The **2021 Virtual Relay for Life** video will be released on **June 7, 2021**, and a donation website will be posted on the school website leading up to the event for people who wish to support the Canadian Cancer Society.

We cannot wait to bring our WCDSB schools together to help make cancer history!



# Dates to Remember

## **May 3-7**

Catholic Education Week  
Hope Week

## **May 11**

Staff Meeting

## **May 17**

International Day Against  
Homophobia, Transphobia and  
Biphobia



## **May 18**

Program Area Meeting

## **May 19**

PSW Appreciation Day

## **May 20**

Quad 4 Term 2 Begins  
Virtual Parent Teacher  
Conferences

## **May 24**

Victoria Day

## **June 1**

Mark Entry Opens 9:00am  
PRIDE month begins  
Program Council Meeting

## **June 4**

PD Day—no school

## **June 8**

Staff Meeting

## **June 9**

Full Disclosure

## **June 15**

Program Area Meeting

## **June 21**

National Indigenous People's Day

## **June 23**

**Final Evaluation for Quadmester  
4, Period 4**

## **June 24**

**Final Evaluation for Quadmester  
4, Period 5**

## **June 25**

12 noon Final Report Due  
Verification 3:00pm  
Assessment and Evaluation

## **June 28**

9:00am Final Mark Deadline  
PD Day—no school

## **June 29**

PD Day—no school

## **Week of July 19th**

Report Cards Mailed