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# Ursuline College Chatham

Catholic Secondary School

## April-May Newsletter



Director: Dan Parr  
Principal: Ray Power

Superintendent: Scott Johnson Board Chair: J. Van Heck  
Vice-Principals: Rick Baggio, Ed Freeburn

April - May 2017

### PRINCIPAL'S REPORT

I look outside and consider that April showers bring May flowers. Little did I know that reaching spring has been a little bit of a roller coaster this year. I was anticipating an early spring based on a warm February then March reminded us it is still winter. I am hopeful April and May will be kind weather months. Our school anxiously awaits a chance to get outdoors again as we start our spring schedule of activities. The busy pace will last for our final three months of school.

The entire UCC community has been working diligently to promote opportunities to foster engagement of our students in the life of the school. School improvement conversations between students, staff and administration continue to focus making student learning visible. During classroom walkthroughs, I continue to see students actively participating in their learning, group discussions, sharing ideas and teachers providing relevant feedback to improve student learning. In addition, teachers are involved in reflective discussions with their peers identifying best practice and providing richer tasks while finding opportunities to respond to student voice. I have confidence in the work students and staff are participating in to improve student achievement at UCC.

March wrapped up with the annual Ontario Secondary School Literacy Test. The test is a mandatory graduation requirement for a diploma that all grade 10 students are expected to write. The test is the culmination of the literacy preparation that has been going on all year. From classroom visits by our Student Achievement Teacher, to opportunities to write practice tests, our students have been supported in working on skills that will be essential over the rest of their lives. Results are expected to be available by the end of May.

In the middle of the month, UCC will host our second semester Parent Teacher Interviews. They will be held throughout the school on Wednesday April 12, from 4 to 7 pm. Official report card marks will not be available until April 27. It is our hope that students and their parents will be provided the opportunity to be aware of progress to date and take the next two weeks to improve their work prior to mid-term marks. Please find time to visit and connect with your child's classroom teachers.

The UCC theatre company returns to the UCC theatre with our production of the WIZARD of OZ. UCC previously performed this production back in 1996. It is exciting to bring it back to UCC's stage, especially after a one-year hiatus. The "Wizard of Oz" evening shows will run from Wednesday April 5 through Saturday April 8. Please take the time to join us celebrate the incredible talents of our students and staff. It promises to be an amazing journey down the yellow brick road!

The weekend following our musical leads us into spending time with our own personal families as we welcome Easter. UCC will complete preparations in Lent by providing students and staff the opportunity to celebrate the Sacrament of Reconciliation and hold Stations of the Cross grade level presentations. Both important reminders of the need to build our relationship with God the Father, the Son and the Holy Spirit. Our Me 2 We Lent has been a constant reminder of our call to serve and act as good stewards. Students have been collecting funds as part of our "Water Campaign". Period 2 classes compete to provide donations to our third world neighbours who lack the means and luxuries we possess here at home. The end-result will provide an opportunity of hope for a brighter future for so many. The care and concern that our students, staff and families provide to support such a cause always amazes me. All these acts and gestures align wonderfully with our two monthly virtues of stewardship and hope. Thank you for your generosity, prayers, and helping to be the change you want to see in God's world.

Finally, the month of May is equally exciting for another group of students and staff as UCC will send almost a 130 people to Muskoka Woods for their outdoor education leadership camp May 5th through May 9th. Supporting all Kent County's Catholic grade 7 students, it is a great experience for our kids to share their UCC pride while living out call to serve. I'm extremely proud of so many students for their willingness and desire to participate in this event as we always have so many more excellent leaders than we can actually take on the trip. Well done Lancers.

Wishing you all an enjoyable start to spring, a very happy Easter and a great second half of semester 2. I hope to see you throughout the next three months at the incredibly dynamic events that occur week to week here at UCC. All the best!

*Ray Power*

## GREETINGS FROM OUR CHAPLAIN

For Holy Week, our school will witness a prayerful performance titled "Mary's Way of the Cross". These stations will be told through the eyes of Mary, Jesus' Mother. Our School's vocal class will be singing hymns and songs throughout the stations that reflect Christ's Passion, while Alyssa Leach will play the role of Mary and Jessica Vanroon will be our commentator. The intentions for the liturgy will be for all women who carry a cross of injustice, inequality, and abuse. We hope you will join us for this powerful performance on Wednesday April 12th at 12:10pm.

At the end of April, we will be having our annual 24 Hours of Service Event. Students will be participating in various acts of volunteer service throughout the community. Finally, during Catholic Education Week in May (1st to the 7th), we will be celebrating our Easter Mass with the Ursuline Sisters. The Mass will take place at Angela Villa, bringing our student body and the pioneers of Catholic Education together in celebration of Faith, Hope, and Charity.

Grace be with you!

Thomas Dula



## FROM THE GUIDANCE DEPARTMENT

The online course selection through [www.MyBlueprint.ca](http://www.MyBlueprint.ca) is now closed. Students who have not chosen their courses for next year should make schedule an appointment with their Guidance Counsellor immediately. If you have missed the online deadline, your selections for next year may be limited.

· Don't forget to Show Your Sheets! Any number of volunteer hours can be submitted at any time to Ms. Buchanan in Guidance.

· Grade 9 students- you have a chance to win! Submit all 40 hours completed for an opportunity to have your name entered into a draw for several prize packs!

### Attention Graduates:

· Students planning to graduate this June are reminded that their signed Community Service Hours Forms are now due. Please bring your completed, signed form to the Ms. Buchanan in Guidance.

· Potential graduates who have not paid their grad. fee and/or have not been measured for their gown should see Ms. Buchanan in Guidance by **May 1<sup>st</sup> 2017**, otherwise a gown will not be ordered for you.

# 8th Annual UCC Dress Drive & Sale

## Have A Dress?

**Are your closets too full?**

**Donate them to the UCC  
Dress Drive & Sale. This  
event is for ALL GIRLS IN  
THE CHATHAM-KENT  
COMMUNITY**

**Bring your gently used  
dresses to the main office at  
UCC**



## Need a Dress?

**Looking for a 'new to you'  
dress? Have a special  
event this spring or  
summer?**

**Dresses \$20**

**All Accessories \$5 (shoes,  
purses and jewelry)**

Dresses will be collected until May 2nd. They can be dropped off at UCC's Main Office, or contact to arrange pick up.

The Sale will take place on Thursday, May 4th, 2017 from 3pm to 7pm in the Dance Studio.

For more information contact: Mrs. Sanford or call UCC (519) 351 2987 (ext. 8016)



## **Ronald McDonald House**

Each year, many of our staff and students travel to London to cook dinner for the families who stay at Ronald McDonald House. This tradition began close to five years ago and has become a part of our annual planning for the year.

At the beginning of each year, we set aside dates and organize teams on a monthly basis. Ronald McDonald House is an organization close to the hearts of many UCC families. Both staff members and family members of students have accessed this facility.

Various School Teams will be heading to London twice in May to participate in this wonderful experience of giving.

Both monetary and food donations are always accepted. Please contact the main office to make a donation.





# IMPORTANT Information for Graduating Students !!

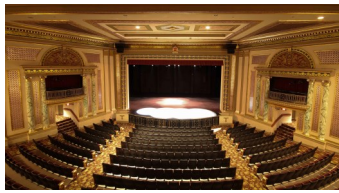
## **GRAD DAY**



**Wednesday, May 24, 2017**



The day will consist of a prayer service, valedictorian nominees will present and you will vote to select your valedictorian.



## **Graduation Ceremony**

**Thursday, June 29, 2017**



The **Graduation ceremony** will take place at the **St. Clair College Capital Theatre** on **Thursday, June 29 at 7:00 p.m.**

The **Rehearsal** will be **Thursday, June 29th in the afternoon.** More details to follow.

## **Graduation Gowns**

**Potential Graduates** who have not paid \$30 and/or not have been measured for their gown should see Mrs. Buchanan in Guidance by **May 1, 2017**, otherwise a gown will not be ordered for you.



## **ATTENTION Grads**

If you are applying for an **Ursuline College Bursary**, the applications are **due to Ms. Webster** in Guidance by **Monday, June 19, 2017**



# The McCarthy Mobile Store

will be visiting your school

**Ursuline College**

Thursday, July 20, 2017 3:00 – 8:00pm

Friday, July 21, 2017 10:00am – 2:00pm

**McCARTHY™**

— BE PROUD OF WHAT YOU WEAR™ —

## MENTAL HEALTH AND GETTING HELP

Many young people who really need help for mental health issues like depression, anxiety, or disordered eating don't get it. This is a problem because these mental health issues are very treatable, and with counselling, medication or a combination of both, many teens go on to lead happy and healthy lives.

### **Some of the reasons that teens may not seek help include:**

- › They feel that there is no chance of solving their problems
- › They believe they have to deal with what they are feeling alone
- › They think that what they are feeling is part of growing up
- › They're afraid that that seeking help means they are "crazy"

### **These things aren't true – they are the result of stigma and misunderstanding about mental health.**

- › Mental health issues aren't just a part of growing up – you should never have to feel this bad.
- › Mental health issues are very treatable
- › Mental health issues are not something you can easily get over without the support of family, friends, and professionals
- › "Crazy" is a word that stigma uses to discriminate against people and make people who are struggling feel bad or guilty about it.

### **Other reasons that young people might not seek help include:**

- › They're afraid they won't be listened to, or have gotten a bad reaction when they tried to open up in the past.
- › They don't like the idea of treatment, or they've had a bad experience with mental health services in the past.

### **Mental health services**

If you have had bad experiences with mental health services in the past, it's normal that you'd be reluctant to go down that road again. It would be better if all help was equally helpful, but the reality is that many people have to try a few different services or counsellors before they find one that really works for them. Don't let a bad experience be the thing that keeps you from finding help that works for you. If you're not sure what's available to you, call us and we can help you to locate mental health services in your area.



No-cost mental health or counselling services (particularly those not covered under your provincial healthcare plan) often have long wait lists. This can be really difficult and frustrating, especially if it's taken you a while to reach out for help. Consider asking whether the service provider has any drop-in times or groups that you could take part in until a counsellor becomes available. You can also call us or use some of the tools on our website while you wait.

If things are so bad right now that you are thinking about hurting yourself or suicide, call Kids Help Phone (**1 800 668-6868**) or **911**.





## Talking to someone you know

If you're worried about what people might think or do if you tell them that you're struggling, it might be helpful to consider speaking to someone who is trustworthy, but who has a bit more distance from your life than a friend or parent. Aunts, uncles, guidance counsellors, and teachers can be good candidates. Or, if you want to be absolutely assured that what you say will be kept confidential, you can call a Kids Help Phone counsellor at 1-800-668-6868. We don't ask for names or track phone numbers, so your story is safe with us.

## Talking to your parent(s)

If you are thinking of telling your parent(s) about something you are struggling with but are afraid of how they will react, here are some tips about talking about tough stuff with parents:

- › Rehearsing can be helpful. Plan out the points you want to make, and the words you'd like to use.
- › Pick a good time. Approaching your parent(s) when they are busy, or stressed, or when they have just walked through the door may not be a great idea. Find a time when they are relaxed and approachable. You may even want to set up an appointment or make a 'date' to talk to them.
- › Let them know what you expect of them while you talk. For example "I have some things to say, and I'd really appreciate it if you wait until I'm finished to respond ... would that be okay?"
- › Try not to get angry. Yelling or becoming defensive does not help you to get your message across.
- › It would be great if your parent(s) could be as calm and supportive as you'd like them to be, but know that they might react emotionally at first. Don't be too discouraged if you don't get the exact response you were hoping for. Your parent(s) might need some time to collect themselves before they can respond in a helpful way.
- › Recognize if the conversation stops being productive (i.e. if you are going over the same points again and again, or getting nothing but silence) and consider ending it for the time being. You can always try again later, after you've all had some time to think.

If you've tried talking to your parents, and you just aren't getting the support you need from them, it might be time to turn to someone else. It feels terrible to be misunderstood or dismissed by your parents, but don't let it be the end of your efforts to find support. Reach out to another trusted adult, or call us.

## Just not ready to reach out yet?

If you just don't feel ready to talk to anyone about what you are going through, here are some other things you can do:

- › Educate yourself
  - Read about mental health and the types of treatments that are out there.
  - Visit the Info Booth section of our website. ([www.kidshelpphone.ca](http://www.kidshelpphone.ca))
- › What about writing to a counsellor?
  - Sometimes it's easier to write it out than to talk. Would you consider asking a question or writing about what you are feeling in the "ask a counsellor" section of our website?
- › Take care of yourself
  - Play sports or do another activity you love
  - Write about your feelings in a journal
  - Go for a walk
  - Get a good night's sleep
  - Hang out with friends

Since 1989 Kids Help Phone has helped millions of troubled and abused children and youth by providing compassionate and professional counselling, trustworthy information and local community referrals through its phone and web-based service.

A national charity, Kids Help Phone receives no core government or United Way funding. Instead, it relies on the support of community-based volunteers and individual and corporate donors to ensure that its counsellors are there 24 hours a day, 365 days a year, whenever a child needs help. Visit [www.kidshelpphone.ca](http://www.kidshelpphone.ca) to donate.

**1 800 668 6868**  
**KidsHelpPhone.ca**

**Kids Help Phone**