



ST. CLAIR CATHOLIC
DISTRICT SCHOOL BOARD
Lighting the Way ~ Rejoicing in Our Journey

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Ursuline College Chatham

Catholic Secondary School

September Newsletter



Director: Deb Crawford
Principal: Ray Power

Superintendent: Scott Johnson Board Chair: J. Van Heck
Vice-Principals: Rick Baggio, Mary Ann McCrae

September 2019

Principal's Message

It is with great excitement that I welcome you to the 2019-2020 school year. On behalf of the admin team I extend a warm welcome to our many new students, parents, and staff. We pray that the 2019-2020 school year proves to be one of academic and spiritual growth.

One of the joys of a new school year is that it provides us with a chance to come back refreshed and eager to accomplish great things. A commitment to begin anew! I would encourage you to be active in your child's learning. Be sure to communicate with teachers and administration when necessary. Please encourage your child to get involved with the numerous extra curricular activities, clubs, groups and teams.

Our Grade 9 students have already been immersed in a seamless transition to high school thanks to the stellar efforts of our Grade 10/11/12 Link Crew leaders.

Our annual **Grade 9 Parent Night** will be held **Thursday, September 12 at 7pm.**
Open to all Grade 9 parents, we encourage you to come with your child.

UCC hosts other great events that you will be hearing about this month that include:

Friday, Sept. 20 - Gr. 9 Dance in UCC Cafeteria.

This is an exclusive dance for Gr. 9 UCC students and our Lance Link Team

Our opening **school mass** will be held **Wednesday September 25th during pd. 2, 3 & 4 in our theatre.**
Please feel free to join us.

Our school will collectively participate in the **Terry Fox Community Walk on Monday, Sept. 23 at 1pm.**
Again it is a great school spirit event while supporting a worthy cause.

Ray Power

A Message from our Chaplain

Much of our own life revolves around waiting, whether it be for someone, something, or a special event. We often think of waiting as a negative, frustrating, and agonizing experience. However, there are times when waiting brings on a joyful anticipation, such as a birthday, graduation, or reunion. God understands that waiting exists, but wills us to live in the present moment, witnessing our Lord's joy in everything. Jesus spoke much of the Kingdom of God being in the present tense in order for us to find a sliver of heaven on earth through hope, faith, forgiveness, and love.

This year, our school will journey on transforming our heart and mind on God's presence. We will be praying together the following prayer during morning exercises, at staff meetings, before a game, and other numerous celebrations:

**Transform my heart, for you, O' Lord, are here.
Transform my mind, for you, O' Lord, are here.**

One way we will be practicing these sacramental pauses, is through our first school Mass. Please join us in the theater on Wednesday, September 25th as we praise God with a heart and mind full of joy. The schedule is as follows: grade 9 during 2nd period, grade 10 during 3rd period, and grades 11/12 during 4th period.

With gratitude,

Thomas Dula ~ Chaplaincy Leader

Reminder to All UCC STUDENTS!!

STUDENT DATA VERIFICATION, HEALTH AND ACCIDENT FORMS

Student Data Verification and **Health and Accident** forms were provided to every student by their Period 1 teacher.

Please make changes to any incorrect information on the **Student Data Verification Form** and provide all information requested on the **Health and Accident Form**.

These completed forms are to be returned to your child's Period 1 teacher immediately.

Students also have the opportunity to voluntarily self identify if **First Nation, Metis and Inuit** apply. See the appropriate section on the Student Data Verification Form.

Consent for Release of Student Information

In April 2017, the St. Clair Catholic District School Board adopted a new Social Media and Electronic Communications policy and procedures. The new policy can be found on the Board website at <http://www.st-clair.net/policies.aspx> Go to Section B – Administration.

Under the policy, signed parental consent is required for release of student photographs, videos, classroom work, etc. for various publications, including Board websites or social media sites, school yearbooks, newspapers, television and radio newscasts.

Once consent is obtained, it remains in effect for the student's entire school career. However, if at any time for any reason parents/guardians wish to revoke consent, you are asked to please contact the school.

Responsible Use of Technology

The St. Clair Catholic District School Board's policy addressing expectations for the acceptable use of technology was updated in April 2013. The policy applies to all trustees, administrators, academic and support staff, students, parents, volunteers, visitors and other persons in relation to Board computer equipment, networks as well as personal devices while on Board property or in relation to Board business or Board-related activities. To review the policy and procedures document go to <http://www.st-clair.net/policies.aspx> and click on *Responsible Use of Technology* under Administration.

UCC CATHOLIC SCHOOL ADVISORY COUNCIL

The ***first meeting*** of the Ursuline College Catholic School Advisory Council for the 2019-2020 school year will be held on ***Tuesday, September 24, 2019 @ 6:00 p.m.*** in the school library.

New parents are always welcome.

Meetings are approximately 5 times a year and run from 6:00 until 7:30 in the evening. This is an excellent way for parents to have direct input into the many decisions that affect the education of their children.

Please contact Mr. Ray Power in the school office for further information.

SCHOOL HOURS and SCHEDULES

Ursuline College Chatham has an 8:15 a.m. start time. It is important that students are at school and in their classes prior to the bell as Opening Exercises begin promptly at 8:15 a.m. Please refer to the following schedule for class and lunch times. Lunch is held during the third period of the day. Your lunch is determined by your 3rd period class. Grade 9 & 10 classes/students have second lunch. Grade 11 and 12 classes/students have first lunch.

Regular Schedule

	First Lunch		Second Lunch
	Grade 11 & 12 classes		Grade 9 & 10 classes
Period 1	8:15-9:30	Period 1	8:15-9:30
Break	9:30-9:38	Break	9:30-9:38
Period 2	9:38-10:53	Period 2	9:38-10:53
Break	10:53-11:01	Break	10:53-11:01
Lunch	11:01-11:42	Period 3	11:01-12:16
Period 3	11:42-12:57	Lunch	12:16-12:57
Break	12:57-1:05	Break	12:57-1:05
Period 4	1:05-2:20	Period 4	1:05-2:20

LATE BUS SERVICE

Late buses will be available Monday through Thursday to support student involvement in extracurricular activities and to support students staying for additional academic assistance. The departure time for the "late bus" will be posted on our website at www.st-clair.net/schools/ursuline.

SCHOOL CASH ONLINE

SCHOOL CASH ON LINE is the preferred method of payment for all UCC related school costs. We are working to make most items payable in this manner. Please visit sccdsb.schoolcashionline.com for more information and to get registered. It is the most safe and secure way to pay. No worry about sending cash to school or waiting for a cheque to clear.

SCHOOL MESSENGER ATTENDANCE CALLS

Please note that the automated phone call regarding attendance only provides information about your child's absence for a particular day. This does not clear your child's attendance and a parental note or phone call is still required in order to avoid consequences for missing classes.

You may leave a voice mail message 24/7 at 519-351-2987 ext. 25419

BYOD

UCC is part of the Board's BYOD (Bring Your Own Device) project which allows students to bring their personally owned technology equipment into the school / classroom and access the internet. Students wishing to participate in the BYOD project must follow the policy and guidelines that govern this project. Classroom teacher approval is required for students to use their own devices in the classroom.

2019-2020 School Fees

Activity Fee – \$40 / Currently available to pay online and **Cash Payments will be accepted the first week of September** in Homeroom Classes. These fees help offset the cost of special events, guest speakers, UCC chaplaincy and student council events.

Dress Down Fee - \$15 / Currently available to pay online – **No cash payments will be taken.** Announcement will be made outlining Dress Down Day dates in September.

Yearbook Fee – \$TBD / To be Posted Online in October / Announcement will be made when available to purchase online – **Payment online only.**

Graduation Fee – \$50 / To be Posted Online in October / Announcement will be made when available to purchase online – **Payment online only.**

Scent Awareness

Recently, the St. Clair Catholic District School Board, in collaboration with our Joint Health & Safety Committee, developed a Scent Awareness Procedural Guideline, to guide staff, students and volunteers in this important area of wellbeing.

Fragrance can have a strong impact on the health and productivity of some individuals. Exposure to strong scents and fragrances in the environment can cause a range of effects, from mild discomfort to triggering an asthma attack, which directly impacts the health of those individuals. The purpose of the new procedural guideline is to promote an environment which supports teaching and learning for all staff, students, volunteers and visitors to our buildings. To that end, the guideline directs individuals to refrain from wearing or using scented products on Board premises and during Board-sanctioned activities.

Scented products include but are not limited to:

- Personal hygiene products (e.g., shampoo, conditioner, hairsprays, deodorants, colognes, after-shaves, fragrances, perfumes, lotions, soaps, cosmetics and creams);
- Industrial and household chemicals and cleaners;
- Air fresheners (e.g., deodorizers, potpourri, oils and candles)

The Board has worked with the public health units in the development of these new procedural guidelines, which have in recent years become common in public spaces. Signage is posted in all St. Clair Catholic buildings.

As always, thank you for your support and cooperation, as together we work to keep as a top priority the health and wellbeing of our staff, students and visitors to our buildings.

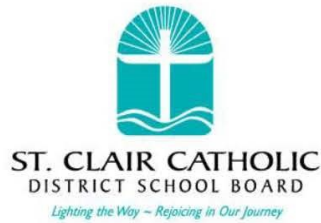
Canada's Anti-Spam Legislation (CASL)

Canada's Anti-Spam legislation (CASL) prohibits us from sending you electronic messages of a commercial nature without your expressed consent. Commercial messages could include important information to parents and guardians about a broad range of activities, including but not limited to fundraising events, yearbook sales, sale of student photos, and newsletters that contain commercial information.

<http://www.st-clair.net/canadian-anti-spam-legislation.aspx>

By using this link and completing this online form, you are giving your consent to receive electronic messages from the school, the Parent School Council and/or the St. Clair Catholic District School Board (SCCDSB) that may include information of a commercial nature.

Please note that the SCCDSB will not share your email address with any other organization. You may withdraw your consent at any time by completing an online form located at the above link.



September 20XX

Dear Parent or Guardian:

RE: STUDENT ACCIDENT INSURANCE

The St. Clair Catholic District School Board does not provide accident insurance coverage for student injuries that occur on school premises or during school activities. Accidents can and do happen, especially during sports activities. Some injuries incur medical, dental or other expenses that are not covered by provincial health care or employer group plans. As a parent or guardian you are responsible for these expenses.

Under the Education Act, the Board is empowered to make available an Accident and Life Insurance Program for students. **Participation in such a program is voluntary and the costs are to be paid by the parent or guardian.**

For your convenience, the Board has arranged for a Student Accident Insurance Policy exclusively through the Reliable Life Insurance Company. **The "insuremykids Protection Plan" provides peace of mind, and is an inexpensive and comprehensive way to protect families from financial hardships they may face as a result of an accident.** All plans, with various options offered to better suit you and your family's needs, provide coverage for accidents 24 hours per day every day during the full policy term. Because of the number of claims which have occurred during non-school activities and summer holidays, parents may want to give special consideration to subscribing to a plan. Reliable Life recommends the Platinum Plan as it offers the best value in accident insurance coverage for your child (Family Rates Available). **University/College and mature students must apply individually for specified plans indicated and not part of a family plan.**

The insurance agreement is between you and the Reliable Life Insurance Company. If you wish to subscribe, please complete the application portion of the **"insuremykids Protection Plan" brochure that has been sent home with your child or you can apply directly on-line at www.insuremykids.com**. Any questions should be directed to the Reliable Life Insurance Company toll free at: **1-800-463-KIDS (5437)**

The St. Clair Catholic District School Board is not compensated in any way by Reliable Life Insurance Company regardless of the number of students participating in the insurance program. Our only interest is to protect our students and their families, resulting in healthier and financially secure communities.

If the enrolment form for the Student Accident Insurance Plan has not been received, or it has been misplaced, please contact your school office.

Fair Notice Communication Regarding Violence Threat Risk Assessment Protocol

**To Parents, Guardians and Caregivers of students in the St. Clair Catholic District
School Board**

The St. Clair Catholic District School Board is committed to providing safe learning environments for all students, staff, school visitors and community members. When a student behaves inappropriately, principals will most often employ progressive discipline strategies to help a student take responsibility for their actions, learn from their mistakes and make better choices in the future.

In more extreme cases however, when a student's behaviour poses a potential threat to their own or others' well-being, the Community Violence Threat Risk Assessment Protocol (VTRA) supports principals in taking further steps to safeguard everyone.

The VTRA protocol outlines how a school responds immediately to threatening incidents including but not limited to: possession of a weapon or replica weapon, bomb threat or plan, verbal or written (including electronic) threats to harm oneself or others, other threats of violence, and fire setting.

The initial response team is likely to include the Principal / Vice Principal, police and board staff. Should conditions warrant, a Community Threat Assessment Team will be convened. This community team includes representatives of community agencies who work with schools and boards to keep our students and staff safe, such as local police and children's mental health organizations.

Parents and guardians will be notified if their child will be discussed through the Community Violence Threat Risk Assessment Protocol. If parents/guardians cannot be reached, or if they choose not to provide consent, but a concern for safety still exists due to threatening behaviour, the threat assessment may still proceed. Personal information shared throughout this process will respect and balance each individual's right to privacy with the need to ensure the safety of all.

As always, student safety is our first priority. This notification is being provided via avenues such as school newsletters and school and board web sites as fair notice to parents and guardians of the existence of the VTRA Protocol and its application if situations warrant. If you have any questions regarding the St. Clair Catholic District School Board Community Violence Threat Risk Assessment Protocol, please contact your school principal as the first step.

BACK TO SCHOOL JITTERS: HELPING YOUR CHILD MANAGE THEIR ANXIETY

Any time we are about to start something new and strange and we are unsure what to expect or how we will cope, we can feel anxious, excited and/or stressed. A child who may have never attended school will be exposed to many unknowns; new people, new demands, and do so alone and without the immediate presence of his or her family. Under these circumstances, it is normal to feel insecure about how to manage. Middle school and high school students feel anxious about things also, but can express this in different, often more internal and self-conscious ways. Parents can also feel stress both in response to their children's feelings and because of their own experiences at school. These stresses may be even more pronounced when the child is starting school, changing school, or when the family are newcomers. All that being said, our children are remarkably resilient!

HOW TO HELP ALLEVIATE ANXIOUS FEELINGS

Do not tell your child not to worry. Tell them it is normal and okay to feel anxious. Share that even you get worried sometimes when you are starting something new. Encourage your child to talk. Ask how your child feels about the new school year, accept and acknowledge them without judgment, help them to draw or speak their thoughts. Stay calm as children and youth notice their parent's anxiety. Model optimism and confidence. Let your children know you care. Model relaxation techniques, such as: slow deep breathing, taking a walk or being physical active, and get appropriate sleep. Discuss with your child how worry feeds worry and makes one's body uncomfortable. It is important to normalize anxiety – focus on the **physical** feelings not the thoughts one has. Reword feeling anxious to being excited. Help your child recognize it will show up and make your child feel uncomfortable. Tell your child to expect it, welcome it and talk back to it. Use statements like "of course worry is going to be there". Explore times with your child when worry showed up and it was conquered or when they felt that they were not able to do something and yet they did. Allow uncertain and uncomfortable feelings in learning to cope and predict difficulty.

STRATEGIES THAT SEEM TO MAKE SENSE...YET DO NOT WORK:

- **Withdraw** from activity
- **Do not** overthink or over react
- **Avoid** uncomfortable situations
- **Fix** the problem at the moment
- Problem solve from a **defensive** stance
- **Overprotect** your children – remove the barrier
- Offer **stats and data** to reassure
- Planning to avoid or over prepare
- **Analyze** details
- **Promote calmness** before stepping into a situation
- Discuss **WHY** answers
- **Explore** worst case scenarios
- Give '**worry time**' – we'll meet everyday
- Expect perfectionism

- **Assume** your child cannot handle the situation
- **Say** what is the worst thing that can happen (worry is preparing for that)
- **Overemphasize** calmness
- **Expect** calmness before entering the situation

WHAT ARE THE SIGNS OF ANXIETY?

Preschool and Elementary students

- Restless, irritable, agitated, or resistant.
- Temper tantrums or extreme meltdowns
- May check to see if threat is there or seek reassurance.
- Nightmares or sleep terrors possible.
- Feeling physically ill (e.g., stomach aches).
- Trouble recognizing/verbalizing what they are feeling and why.

Middle/High School students

- Has a more developed ability to internalize the anxiety response.
- Worried, withdrawn, or complain of feeling sick (frequent stomachaches or other physical complaints).
- May have difficulty sleeping and be preoccupied.
- May keep their worries and fears to themselves.
- Anxiety is not only internalized, it may appear as 'acting out' behaviour.



Worry can give a small thing a big shadow.

Swedish proverb

"Talking to people and/or just being with friends often help us manage the effects of anxiety on our lives. Some of us have found that exercise is helpful. Many of us find that changing the way we think about anxiety is helpful."

A student speaking about anxiety

Anxiety Resources:

Children's Mental Health Ontario -

<http://www.kidsmentalhealth.ca>

eMental Health -

<http://www.ementalhealth.ca>

Anxiety BC -

<http://www.anxietybc.com>

School Mental Health Assist -

<http://smh-assist.ca>

Kids Help Phone -

<http://www.kidshelpphone.ca>

The ABC's of Mental Health (Parent/Teacher Resources) -

<http://www.hincksdellcrest.org>