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DISTRICT SCHOOL BOARD  
*Lighting the Way ~ Rejoicing in Our Journey*

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# Ursuline College Chatham

Catholic Secondary School



## April-May Newsletter

Director: Dan Parr  
Principal: Ray Power

Superintendent: Deb Crawford Board Chair: C. Bryden  
Vice-Principals: Rick Baggio, Ed Freeburn, Mary Ann McCrae

April—May 2016

### PRINCIPAL'S REPORT

It's said that April showers bring May flowers. That may be true but an early exit of winter might bring us gardens that bloom well in advance of May. I'm not complaining as spring is such a wonderful time of year. Getting the chance to be outdoors sooner makes me appreciate the seasons Chatham-Kent enjoys.

Hopefully the warmer weather is consistent enough to get our classes and athletic teams outside. Our spring sports teams, junior football, track and field, rugby, and soccer are already practicing and competing.

By now I hope your child has had a conversation about course selection and the "My Blueprint" online course selection and planning tool. Guidance staff have been in-servicing students through February and March teaching the students how to go in and review their profile. It identifies all courses they have taken to date, provides them opportunity to select their courses for 2016-2017, and then offers tools for career and pathway planning. It is a great resource for our students and you as parents to learn about post-secondary opportunities for your child. The goal is that all students use this tool to select courses for next year. **All student course selections were to be finalized by the end of March** so that I could start developing the master timetable for 2016-2017. Student course changes will **NOT** be accepted after this date unless approved by administration. Please ask your child to make sure they contact guidance immediately if they feel a course change needs to be made.

Interim report cards were sent home the week of March 28 – April 1. Please contact your child's classroom teacher if they did not receive one. **Parent Teacher Interviews** will be held on **April 7<sup>th</sup>**, from 4 pm to 7 pm. No appointments are necessary and we encourage you to attend with (or without) your child to discuss their semester 2 progress. The hope is that these interviews allow some additional time for students to make academic improvements prior to midterm reports being sent home on April 27<sup>th</sup>.

Another event that has been keeping staff and students busy is Muskoka Woods. Our student leaders and staff will conclude their months of preparation by putting their training to practice with our grade 7 elementary students the week of May 9-13. We wish everyone involved a wonderful experience.

Catholic Education week is May 1-7<sup>th</sup>. UCC will participate in a school mass on Tuesday May 3<sup>rd</sup> as part of a province wide Eucharistic celebration.

Throughout the months of April and May, UCC will focus on the virtues of Stewardship and Hope. What impresses me is the awareness so many of our students have about their call to be good stewards of the gifts they have been blessed with. It is easy to take so much for granted. As principal I have been afforded opportunities to talk to students about the good work there are doing in their "call to serve". In those conversations I am intrigued by the insight our students have of the impact they make in another person's life. We are planning to welcome a motivational speaker in mid May, who will encourage our students to continue living the call of God, to be the best person they can be – and reaching out in a positive way to those who enter their lives. In that way, we encourage our students to live their faith and be a visible signs of hope while developing two of our Catholic Graduate expectations.

The first week of May is also Mental Health Week. We may recall our visit from Clara Hughes when she spoke to the UCC student body about her struggles with mental health. She emphasized the importance of reducing the stigma and supporting each other. Our students recognize the support they can be to one another. Being good stewards of our people resources is just as important as being good stewards of our physical resources. It is when we have a voice, that we have the opportunity to provide hope for the hopeless.

Finally, I want to congratulate all the students who recently completed the Ontario Secondary School Literacy Test. It is an important graduation requirement for all our students and I know it brings with it great stress and anxiety. I was proud of the student's efforts and certainly want to thank all the efforts by staff and students to prepare in advance for the test. It has been a school focus to enhance literacy and numeracy skills across the curriculum. Now we anxiously await the results.

As we enter into spring, we welcome April showers knowing May flowers are not far behind.

Happy spring!

*Ray Power*

## GREETINGS FROM OUR CHAPLAIN

**Happy Easter!** That has been our prayer of good news, this past week. Throughout the 50 days of Easter, students taking a Religion class will be participating in a **spiritual retreat**. These retreats will range from discovering the deep mysteries of the Eucharist in an explanatory Mass, walking with the Saints and Rosarian Priests at Our Lady Shrine in Merlin, visiting Holy Sites in the heart of our Diocese (London), and discerning their life's mission with top notch Vocational Leaders.

We concluded Lent in our school with a **living Stations of the Cross**, performed by the **Arts Department**. They worked on this production using song, dance, dramatic reading, and moving tableau as a way to communicate the same intense emotions felt by many on the day of Jesus' death. They displayed two portrayals of the Stations, one being the traditional telling of agony experienced by Jesus, and another of how we too suffer throughout life, but have a God that enters into our suffering with comfort and hope.



Lastly, at the end of April, over **50 students** will be participating in the “**24 Hours of Service Project**”. This event has students actively participating in the Corporal and Spiritual Works of Mercy for a 24 hour period. They will also be fasting from sleeping while completing these acts of service, throughout the Chatham-Kent Community. Keep us in your prayers, as we will embark on a difficult and meaningful journey.

## Message from Guidance Department

- 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 Mrs. Buchanan in Guidance.
- 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 complete an **Option Page Worksheet** and return to the **Guidance Secretary** immediately. If you have missed the online deadline, your selections for next year, may be limited.
- **Applications for Summer Co-op** are now available. Students may pick up an application from their Guidance Counsellor.



The **Me to We Lenten campaign** this year is based upon the  
**Agriculture and Food Security Pillar**  
of **Free the Children**.

This **Pillar** focuses on **innovative farming techniques** and water management projects to help ensure developing communities have access to healthy, self-sustaining food sources. This directly impacts a community's health, access to education and life outcomes.

Hunger, malnutrition and illness keep many children and adults away from both school and work, hindering both their health and the economy.

Our **goal as a school was to raise a total of \$5000**. Each period 2 class was encouraged to donate to the campaign, The top 10 classes were invited to attend a Me to We speaker in our UCC on March 9th. The class that donated the most money celebrated with a pizza party!  
**Congratulations to Ms. Kovas' grade 12 Chemistry for being our top class!**

Me to We also organized a **dodgeball tournament** on March 9. Eight teams from all grades competed in front of a sold-out crowd! Congratulations to **Red Rockets** for winning the tournament.

A tremendous thank you to all students and staff for supporting our Lenten Campaign!  
Together we are making a difference!

**Me to We at UCC needs your support on Saturday, May 7 at our Ford Drive 4U Event.**



# WELCOME TO DRIVE4UR



Ursuline College Chatham Secondary  
&  
Free the Children



## DRIVE 4UR COMMUNITY!

**TIME:** 9:00 AM  
**DATE:** Saturday, May 7, 2016  
**PLACE:** Ursuline College Chatham Catholic Secondary School  
**ORGANIZATION:** Free the Children







## **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.

This past month, our basketball team travelled to London . Our Me to We Club, Pedagape Club, Cheerleading Team and Resource Team will be heading to London in the next couple of months 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.



# 7th 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 April 20nd. They can be dropped off at UCC's Main Office, or contact to arrange pick up.

The Sale will take place on Thursday, April 21, 2016 from 3pm to 7pm in the Dance Studio.

For more information contact: Tasha Peck at [tasha.peck@sccdsb.net](mailto:tasha.peck@sccdsb.net) or call UCC (519) 351 2987 (ext. 8016)



UCC Music Society Presents...

# A Sea Of Music

*Featuring UCC's finest Bands,*

*Choir and Music Classes*

*Thursday April 21*

*UCC Theatre*

*7:00 pm*

**Tickets available from music students and music teachers**

URSULINE COLLEGE CHATHAM

*Family Fun Fundraiser*

# QUARTER AUCTION

*In time for Mother's Day!!!*

*May 4<sup>th</sup>, 2016*

*Doors open at 6:00 p.m., bidding starts at 6:30 p.m. in the cafeteria*

*Please help us raise funds for Educational Materials for the Sewing program!*

*Bring lots of quarters for the auction!*

*We have over 12 vendors that will be offering cash and carry specials!*

*First ticket (paddle) -\$5.00,  
Additional tickets/paddles are \$2.00 each,*

*Tickets available: UCC Main Office, Mrs. Lacina,  
Mrs. VanKessel & Mrs. McNear*

*Any questions please contact Mrs. Lacina at  
519-351-2987 x.8004 or email [Kathryn.Lacina@sccdsb.net](mailto:Kathryn.Lacina@sccdsb.net)*



URSULINE COLLEGE CHATHAM PRESENTS  
A Syrian Refugee Relief Concert

# WORSHIP FOR RELIEF



UCC + THEATRE  
85 GRAND AVE W

MAY 4<sup>TH</sup>  
7PM

Holy Redeemer Lifeteen Band  
Day ticket sales Main Office  
Box Office Open May 2nd - 4th 5-7pm  
\$10tx non-reserved seating

doors open at 6:30



**Students** may choose to **receive messages** on their personal device from the **Guidance Department** through the **“Remind APP”**. This app allows counselors to text or email students with information regarding upcoming presentations, college/university information, graduation, volunteer opportunities and more.

With “Remind”, all personal information remains completely confidential and is free to register.

**Students may sign-up by texting 519-800-5670, then typing the message:**

Grade 9 — @ucc2019

Grade 10 — @ucc2018

Grade 11 — @ucc2017

Grade 12 — @ucc2016

## Community Service Hours Forms

A form titled "COMPLETION OF COMMUNITY INVOLVEMENT ACTIVITIES" from St. Clair Catholic District School Board. It includes fields for Student Name, School, and Program. Below is a table with columns for Activity, Number of Hours, Date of Completion, Location and Telephone number, and Supervisor's name and signature. There are also fields for Student's signature, Date, Number of guardian's signature, Date, and Supervisor's name and signature. A footer note states: "Approved by administration when the form has been checked in accordance with the provisions of the Ontario Education of Assessment and Reporting Policy Act (OAR). This form will be used as part of the Teacher Action Program and will be available to all school's parents."

### Attention Graduates

Students who are planning to graduate in June are reminded to submit their completed Community Service hours to the Guidance secretary. The completion of these Community Service hours are also recorded on the students' OUAC and OCAS files.

### ALL Students (Gr. 9-11)

Don't forget to “Show Your Forms”! Any number of volunteer hours can be submitted at any time to Mrs. Buchanan in Guidance. **Gr. 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!

## Important Dates April – May

<b>Thursday, April 7</b>	Parent-Teacher Interviews 4:00 p.m. - 7:00 p.m.
<b>Monday, April 11</b>	Career Pathways Panel Presentation - Gr. 9 & 10
<b>Thursday, April 14</b>	Spring Dance - 7 p.m. - 10:30 p.m. UCC Student Council
<b>Friday, April 15</b>	PD Day - NO CLASSES
<b>Monday, April 18</b>	M.A.D.D. Presentation
<b>Thursday, April 21</b>	7th Annual UCC Dress Drive and Sale - Dance Studio
<b>Thursday, April 21</b>	UCC Music Society - A Sea of Music 7:00 p.m. Theatre
<b>Wednesday, April 27</b>	Mid Term Report Cards
<b>Friday, April 29</b>	24 Hours of Service
<b>May 1– 7</b>	Catholic Education Week
<b>Wednesday, May 4</b>	Quarter Auction - 6:30 p.m. Cafeteria
<b>Wednesday, May 4</b>	Worship for Relief - Syrian Refugee Relief Concert 7:00 p.m. UCC Theatre
<b>May 9 - 13</b>	Muskoka Woods
<b>May 3 - 8</b>	Catholic Education Week
<b>Tuesday, May 3</b>	Eucharistic Celebration - Provincial Mass
<b>Tuesday, May 3</b>	Dr. Jean Clinton - Theatre - 6:30 p.m. - 8:00 p.m. Parent Engagement Presentation - All Welcome!
<b>Friday, May 6</b>	Blood Donor Clinic
<b>Wednesday, May 25</b>	Friendship Games
<b>Thursday, May 26</b>	Grad Day - Gr. 12 Students
<b>Tuesday, May 31</b>	Parent Council Meeting - 6:00 p.m. Library
<b>Friday, June 10</b>	Year-End Mass

**Graduation – Tuesday, June 28 - 7:00 p.m.**

**Capital Theatre**

# IMPORTANT Information for Graduating Students !!



## **GRAD DAY**

**Thursday, May 26, 2016**



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



## **Graduation Ceremony**

**Tuesday, June 28, 2016**



The **Graduation ceremony** will take place at the **St. Clair College Capital Theatre** on **Tuesday, June 28 at 7:00 p.m.**

The **Rehearsal** will be **Tuesday, June 28th in the afternoon.** More details to follow.

## **Graduation Gowns**

**Potential Graduates** who have not paid \$25 and/or not have been measured for their gown should see Mrs. Buchanan in Guidance by **May 1, 2016**, 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 20, 2016**





THE MCCARTHY  
**UNIFORM MOBILE STORE**  
WILL BE VISITING YOUR SCHOOL



**Ursuline College**

Thursday, July 21<sup>st</sup>, 2016 3:00 – 8:00pm  
Friday, July 22<sup>nd</sup>, 2016 10:00am – 3:00pm



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