



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

www.st-clair.net
www.st-clair.net/schools/ursuline



Ursuline College Chatham

Catholic Secondary School

May Newsletter

Director: Paul Wubben
Principal: Gerri Brown

Superintendent: Deb Crawford Board Chair: C. Bryden
Vice-Principals: Ray Power, Mary Jane Courie, Rick Baggio

May 2012

A MESSAGE FROM OUR CHAPLAIN

Hello Folks

Easter is such good news that the Church sets aside 50 days to celebrate it. So we will be hearing about Easter and resurrection for the next couple of months during the morning prayers. Basically, we will be looking at the Scriptures and seeing how they are calling us to let go of any past suffering and embrace new life. I encourage you at home to look at ways that you can start something new as a family- something that gives you life and energy. Perhaps gathering around the table more often for meals- or a weekly games night or saying grace before meals when you are sitting down to eat. It may be something more significant like planting a tree in celebration of a special day or person. If you grow a garden, plant an extra row and donate the extra produce to the local parish for distribution for the poor. Want a great way to celebrate Easter as a family. . . simply make a decision to do something that affirms newness and life. Chocolate is a great way to celebrate the start of the season. . . choosing to celebrate in these other ways will help your whole family to experience Easter in a more significant way. New life will come to you as surely as you see it in the buds and blooms that Spring brings.

I would like to draw your attention to two speakers that visited our school. On April 25th we had Vicki Thorn come to our school theatre during 4th period. She spoke on the topic "Got Chemistry? What they didn't tell you in Sex Ed. Class" She is the founder of Project Rachel - a free counselling and retreat experience for people who have experienced grief and pain as a result of an abortion that they or someone close to them had. She also offered a workshop that evening.

On May 22nd we will have David Bouchard come to our school theatre during 4th period. David has Metis heritage and promotes the importance of Getting hooked on reading!! He uses beautiful First Nations flutes and stories when he presents. After school, David will join the First Nations Club (students and their families) for a meal and casual conversation about exploring and celebrating the First Nations heritage. Please call Margaret Palmer - we'd love to have you join us. 519 351-2987 x4022

Lots of good things happening:
Grade 10 retreats are May 3 and 4th
Grade 12 retreats are May 16 & 17
First Nations Leadership Retreat is May 14-16th

Yours in Christ
Margaret Palmer
Chaplain, UCC, "the Pines"
351-2987 x4022

Important Dates

May 1 - Ontario Skills Competition
May 3 & 4 - Gr. 10 retreats
May 4 - Gr. 11 Science UWO Discovery Days
May 7 - 11 - Muskoka Woods Leadership Camp
May 10 Mr. Williams First Nations Speaker
May 14 - 16 - First Nations Leadership Retreat
May 16 & 17 - Gr. 12 retreats
May 16 - Friendship Games
May 17 Grade 6 Arts Day
May 17 Spring Concert - Theatre
May 21 - Victoria Day Holiday No classes
May 22 - David Bouchard First Nations Celebration
May 23 - 27 - Arts Trip to New York
May 28 - School Council Meeting, 7 pm
June 1 - Prom

HIGH CLASS ART

Congratulations to a number of our students in the arts classes. We had 6 pieces of art work accepted for the annual high class art show. A big congratulations goes to Amanda Cavacas for winning a \$1000 scholarship from the high class art committee.

The High Class Opening Reception and Awards Ceremony will take place on Thursday, May 10 @ 7pm at the Cultural Centre.

FROM UCC STUDENT SERVICES

1. Students who are planning to graduate in June are reminded that their Community Service Forms are due to Student Services immediately.
2. Students who have not chosen their courses for next year should complete an Option Page Worksheet and return it to the Guidance Secretary immediately. If you have missed the online course request deadline date, your selections for next year may be limited.

GRAD NEWS

THE GRADE 12 GRAD DAY IS SCHEDULED FOR JUNE 5th, 2012. THIS IS AN OPPORTUNITY FOR OUR URSULINE COLLEGE GRADUATES OF 2012 TO GATHER AND CELEBRATE.

GRADUATION CEREMONIES WILL BE HELD WEDNESDAY, JUNE 27TH, 2012 AT THE CAPITOL THEATRE. SEE PAGE 2 OF THIS NEWSLETTER FOR MORE INFORMATION.

ST. CLAIR CATHOLIC
DISTRICT SCHOOL BOARD



SUMMER CO-OP APPLICATIONS

Summer Co-op Applications are now available. Application packages and information can be obtained from your guidance counselor.

This is a great opportunity for students who require additional credits for graduation, who cannot schedule co-op into their regular school timetable or who need to fulfill the two-credit co-op requirement for SHSM programs.

Applications are due May 14 to Guidance.

ST. CLAIR CATHOLIC BOARD WEBSITE AVAILABLE IN FRENCH

The recently revised St. Clair Catholic District School Board's public website has been enhanced to allow it to be translated to many languages, one of which is French using Google Translator which is located throughout the site. We are pleased to share this information with your staff, students and parent communities so that they can experience the site in French, if that is their preference.

UCC CATHOLIC SCHOOL ADVISORY COUNCIL

The final meeting of the Ursuline College Catholic School Advisory Council for the 2011-2012 school year will be held on **Monday, May 28th, 2012@ 7:00 p.m.** in the school library. New parents are always welcome. Meetings are approximately 6 times a year and run from 7:00 until 8:30 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 Mrs. Gerri Brown in the school office for further information.

IMPORTANT GRADUATION INFORMATION

GRADUATION DATE: **Wednesday June 27th 2012**

LOCATION: Chatham Capitol Theatre
238 King Street West

TIME OF GRADUATION: 7:00 p.m.

LINE UP: The Rotary Lounge at the Chatham Capitol Theatre
@ 6:15 p.m.

GUESTS: Each graduate is allowed **3** guest invitations. Guests must present these invitations at the door. **Only students who have paid the grad fees of \$25 will be given three invitations.**

REHEARSAL will be held for all graduates on **Wednesday June 27th @ 1:00 p.m.** in the main theatre at the Chatham Capitol Theatre.

GOWNS: All graduates must be measured for a gown; all measurements and the required fee must be completed by May 9th.

Gowns may be picked up after rehearsal on the afternoon of **Wednesday June 27th.**

All gowns **MUST BE RETURNED** before leaving the Chatham Capitol Theatre the evening of **June 27th.**

DIPLOMAS will be available for pickup in U.C.C.'s main office with report cards in July.

DIRECTOR'S NEWSLETTER INFORMATION

Helping Your Child to Succeed at School

This year, I have been focusing on the mental health of children and youth in my newsletter inserts. This month, I want to discuss the uncomfortable but important topic of suicide. It is important for everyone to know the warning signs and where to go for help. The information below is sourced from www.suicideprevention.ca

Paul Wubben
Director of Education

What are the warning signs?

Suicide prevention depends heavily on our ability to recognize those people who are in distress and may be at risk. The American Association of Suicidology developed a simple tool that we can all use to remember the warning signs of suicide. This tool is called “**IS PATH WARM**” and outlines the key points to remember.

I – Ideation (suicidal thoughts)

S – Substance Abuse

P – Purposelessness

A – Anxiety

T – Trapped

H – Hopelessness/Helplessness

W – Withdrawal

A – Anger

R – Recklessness

M – Mood changes

Other signs and behaviours to be aware of and that might suggest someone being at risk of suicide include:

- Direct and indirect verbal expressions: “I don’t want to live anymore”, “there is nothing to live for anymore”, “people will be better off without me”
- Dramatic changes in mood
- Loss of interest in previously enjoyed activities
- Agitation
- Increase in drug and alcohol use
- Risk taking behavior
- Aggressive, impulsive and/or violent acts
- Expressions of hopelessness and purposelessness
- Lack of self care or outright neglect of self
- Changes in eating and sleeping patterns
- Withdrawal from family, friends, and interests
- Giving away prize possessions and/or making a will
- Reconnecting with old friends and extended family as if to say goodbye
- Previous unresolved or recent suicide attempts

What you can do to support suicide prevention:

Learn all you can about the warning signs of suicide and what to do.

- Talk to family, friends and neighbours about suicide prevention. Find ways to introduce it in conversations. Sign up for an ASIST Training or SafeTalk Workshop training. Volunteer at your local crisis line.

- Support and Advocate for mental health promotion in your work place.
 - If you notice that someone appears to be unhappy or stressed take the time to ask them how they are and listen. Don’t be afraid to ask directly about suicide, remember talking about suicide will not cause someone to begin thinking about suicide.
- Take care of yourself, learn how to de-stress and enjoy life more.

FOOTSTEPS OF FAITH

Monthly Focus and Ontario Catholic Graduate Expectation

Month	Ontario Catholic Graduate Expectation	Virtue
April	I have a voice!	Stewardship

PRINCIPAL'S MESSAGE ON STEWARDSHIP

As Catholics, we are encouraged to share what we have with others, to respect our neighbours as ourselves and to assist those less fortunate. By sharing of ourselves and helping those around us, we are, in essence, practicing Christian STEWARDSHIP.

In fact, "STEWARDSHIP" reaches far beyond financial contributions and encourages Catholics to live their lives as disciples of Jesus. Equipped with this knowledge, we have the power to change how we understand and live out our lives, beginning a life-long process of sharing our gifts of time, talent and treasure out of gratitude, not out of obligation. Living our baptismal promises becomes the motivational force behind our actions.

Gerri Brown

FOOTSTEPS OF FAITH

Monthly Focus and Ontario Catholic Graduate Expectation

Month	Ontario Catholic Graduate Expectation	Virtue
May	I will live my life like Jesus!	Hope

PRINCIPAL'S MESSAGE ON HOPE

This month, we are celebrating the virtue of Hope. Because Jesus came into the world, we have hope that we can build God's kingdom on earth. We have hope that justice and peace will be a reality in our life time. Because we have hope, and with the help of God, we must do whatever we can to make our world a better place. When we are kind, thoughtful and helpful, we bring hope for a better world to others. God has given us all unique gifts and talents. Let us use them to bring peace, justice and hope into our world.

The Fresh Connection ...



St. Clair Catholic District School Board
"Lighting the Way - Rejoicing in Our Journey."

LOOK FOR US NOW ON FACEBOOK!

Interested in upcoming promotions, special events, new menus and products? Look no further! Receive automatic updates on these and other topics including provincial legislation updates and delicious, easy to prepare recipes by clicking the "like" button on our "ARAMARK Education (Canada)" facebook page. You can also like us on our homepage at www.optimumfuel.ca.

Don't miss out. Connect today!



GIVE US A HEADS UP!

In order to serve our customers better, ARAMARK Canada Ltd. would like to know how you feel about our menu. Please feel free to share your favorite recipes, dietary concerns and meal promotion ideas with us by emailing them to www.optimumfuel.ca.

STUDENT AND STAFF HEALTH AND WELLNESS COMMITTEES!

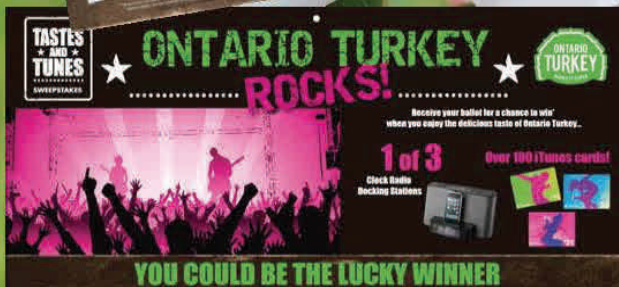
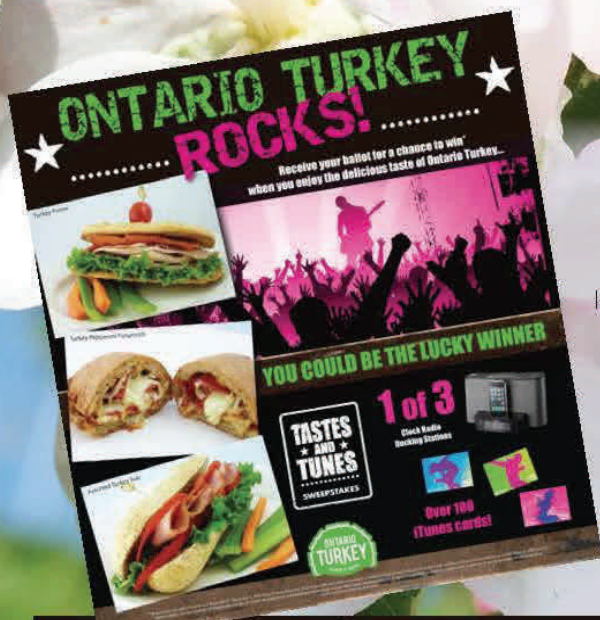
Interested in Nutrition and Public Health resources? Please contact our nutritionist Veronika Silva at Veronika_Silva@ARAMARK.ca to receive educational tools and ideas to share at your next group meeting. We have student Tool Kits that pull together nutritional data and games to help students learn about health in a fun manner. We also have resources from Health Canada and other government and non-governmental organizations. Please take advantage of these today.

Enjoy our fresh made pizza

We have refreshed our PIZZA COMBOS. Come in today to check us out.



- One Slice Cheese Pizza — \$1.99
- One Slice Premium Pizza — \$2.50
- Two Slices Cheese Pizza — \$5.50
- Two Slices Premium Pizza — \$4.50
- Two Slices Cheese Pizza with Tetra Juice Box, 500 ml Nestles water or Can of Pop — \$4.50
- Two Slices Premium Pizza with Tetra Juice Box, 500 ml Nestles water or Can of Pop — \$5.50



AND THE WINNERS ARE

A successful Ontario Turkey ARAMARK Tastes and Tunes campaign was held from November to December, 2011 promoting turkey as a lean source of protein. We are proud to announce that 3 grand-prize winners were randomly selected from the following schools:

- IE Weldon High School – Lindsay, Ontario
- Barrie Central Collegiate – Barrie, Ontario
- Milton District High School – Milton, Ontario

These grand prize winners have been contacted directly by head office to receive a Sony® Clock Radio Docking Station valued at \$120 each.

Approximately 70 \$10 iTunes gift cards were also awarded to all of our secondary prize winners.

CONGRATULATIONS everyone and stay tuned for future promotions!

Please feel free to email Veronika Silva at www.optimumfuel.ca if you have any questions or concerns.

helping students flourish™

Kids Feel Stress Too!

Monday, May 7th @ 7:00 pm

Did you know?

- 1 in 5 students will be diagnosed with a mental health disorder; only 1 in 6 will be treated
- Suicide is the second leading cause of death in ages 16-24
- Untreated child/youth mental health problems become adult mental health problems
- Mental health problems can seriously impair a student's ability to be successful at school and in their relationships with peers

As parents and teachers, we all value the health and safety of our children. The School Advisory Council (SAC) at Monsignor Uyen is committed to promoting a positive mental health environment in our schools and within the community.

To support this endeavour, the SAC is pleased to present ***Kids Feel Stress Too*** on Monday, May 7th, from 7 p.m. to 8 p.m. in the gymnasium at Monsignor Uyen Catholic School.

The presentation by MaryAnn McCrae, from the St Clair Catholic District School Board will be of interest to parents and teachers who want to understand the relationship between mental health, academic achievement and life success, and how that impacts our children, our families and shapes our cultural expectations at home, at school and at work. Early intervention is the key. Schools, families and communities can work together to fight stigma, and collaboratively respond to mental health concerns in our children and youth.

To learn about protective factors of mental well-being and how to promote resiliency, the signs of mental health problems, when to be concerned, and where to go for help, please come and join us for this informative session (which takes place during Catholic Education Week).

When: Monday, May 7th, from 7:00 – 8:00 pm

**Where: Monsignor Uyen Catholic School
255 Lark Street, Chatham**

What: “Kids Feel Stress Too” presentation by Mary Ann McCrae

For planning purposes, an RSVP to 519-352-1880 would be appreciated (but not mandatory)

*** Light refreshments will be served ***