

The Pandemic Review

May 2021 - Mia Abate

Student life, both physical and virtual

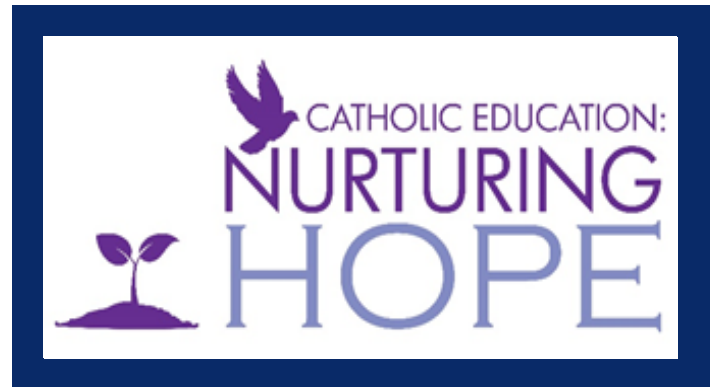


May Days

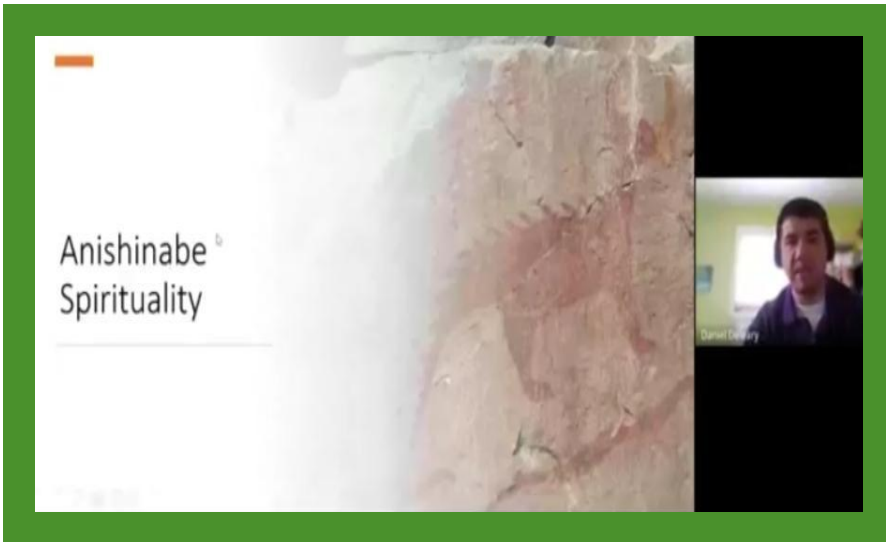
As the birds sing and the flowers begin to bloom, we thank God for blessing us with another beautiful month. The month of May celebrates Mary, the Blessed Virgin, our heavenly mother. Much has been going on at St. Patrick's and in the virtual school during the month of May, from Catholic education week to the election of this year's valedictorian! From all the staff and students of St. Patrick's and the virtual school, may you have a positively a-May-zing May!

Catholic Education Week

This year, from May 3rd to May 7th, St. Patrick's took part in Catholic Education week along with Catholic schools throughout the province. The week was marked with daily themes to appreciate and celebrate the fact that we have all been blessed with the gift of Catholic education. Some of the themes provided included, "Preparing the Earth", "Sowing Seeds of Gratitude", "Cultivating Relationships", "Harvesting New Fruit" and "Marvelling in Wonder". All of this year's themes center around the earth, our common home. Caring for the earth is much like caring for a relationship: both need to be nurtured, require love and hard work and need various components to grow strong. Teachers talked with their class about the various themes then had students reflect on what these themes and Catholic education as a whole mean to them. This year's Catholic Education Week theme song was written by Nancy Bodsworth, an Ontario Catholic teacher. To listen to the song, you can [click here](#).



Guest Speaker



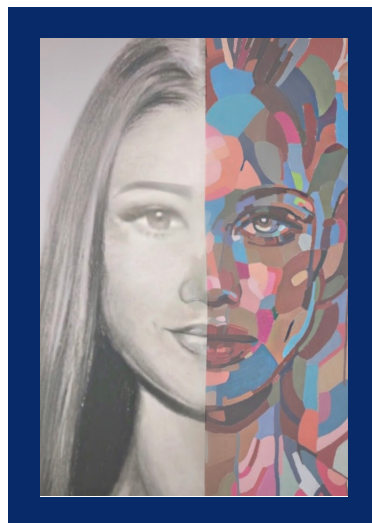
Though the switch to virtual learning certainly hasn't been ideal, there has been some good that has come out of it. This month, students from the grade 11 World Religions class received a virtual visit from a very special guest speaker. Biindigaygizhig shared with

the students a presentation on Aboriginal Spirituality. His presentation highlighted the beliefs and rituals that are celebrated in Aboriginal cultures. His presentation included a portion specifically highlighting Anishinabe spirituality. Thank you so much to Biindigaygizhig for taking the time to share your wonderful presentation with the grade 11s!

Student Art Show

This month, many St. Pat's art students' artwork was featured in an art show. Mrs. Kelly Gordon and Mr. Roy Gouveia helped to organize student submissions for the Lawrence House's annual Student Art Show. Students were encouraged to submit their creations, whatever style they may be and there were several students from St. Patrick's who submitted pieces, all of which were absolutely stunning! Some submissions include, "Identity Crisis" by Heather Dabvonovich, "Opossum in the Garden" by Kalen Rangel-Cvihun, "The Dream Snatcher" by Triniti Boucher and "Midnight Screams" by Jasper Jusi. If you would like to view the student art show, you can [click here!](#)

Pieces from left to right: "The Stranger" by Cora Cline, "My Colourful Side" by Adrianna Satram and "Sundown" by Sarah Gardner.



Mental Health

In this our third lockdown since last March, it has become important more now than ever to manage our mental health and wellbeing. Many of us may be finding that it is a difficult thing to manage, particularly those of us who suffer from a mental health condition. This month, research was shared with staff that shows the benefits of music therapy not just on mental health itself but particularly those suffering from depression, anxiety and trauma. Music allows us to process our emotions, grief and trauma and can also be used to help soothe the soul and spirit.

So the next time you are struggling with your anxiety or when you feel upset and isolated, try listening to some music and let the words and melody soothe your anxiety. For more mental health tips, check out [this article](#) by The Canadian Centre for Mental Health and Addiction.

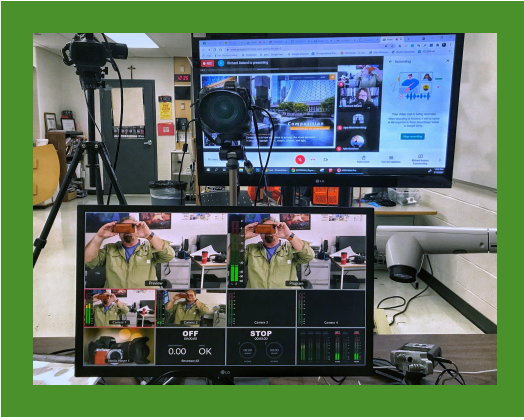


Valedictorian

This month, the election for this year’s class valedictorian culminated in the election of grade 12 student, Maddison Miller. The election saw six candidates: Mia Abate, Aliesha Murphy, Maddison Miller, Michaela Wade, Taylor Willemsvandyk and Claudia Drewitt. All candidates did an incredible job! Maddison is thrilled to be this year’s valedictorian saying, “I am so honoured to have been chosen by my peers to speak on behalf of our graduating class. Graduation will be a bit different this year, but I’m excited for the opportunity to celebrate our many accomplishments before we say goodbye to St. Pat’s and begin the next chapter of our lives.” Good job to all of the candidates and congratulations to Maddison!



In Other News...



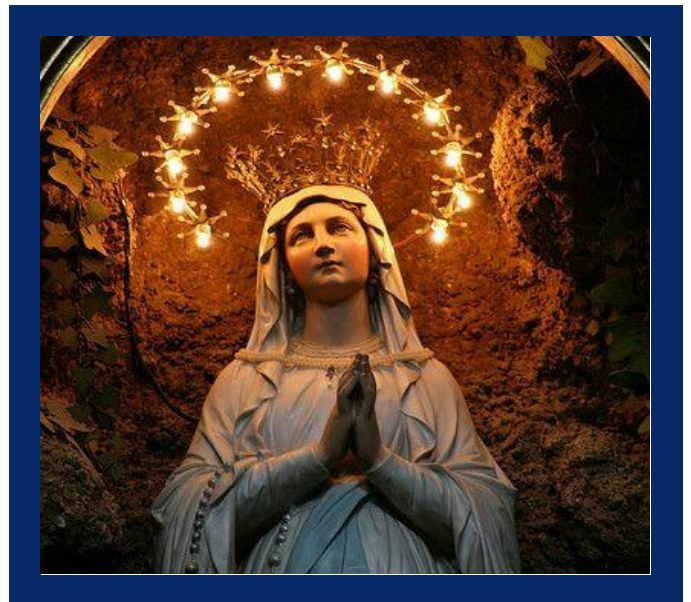
So many amazing things have happened at St. Patrick's and in the virtual school during the month of May that it's hard to fit it all into one report! On top of all of the other wonderful things that have happened, the photography students also got a virtual visit from another very special guest speaker, renowned photographer, Richard Beland. Mr. Beland met with students to speak with them about his time as a photographer and share some amazing stories. Thank you so much Mr.

Beland for visiting our photography classes! Additionally, the St. Pat's Link Crew is now looking for new leaders for the 2021-2022 school year. Being a Link Leader is an amazing opportunity to help the new grade 9's adjust to a brand new school! Finally, May was a very special month for St. Pat's Life Skills and Medically Fragile students who got to take part in a soccer match in the gym and an activity-filled "Camp Day" outside in the sunshine!



Closing Thoughts

During May we honour our mothers, not just our earth mothers but also our heavenly mother, Mary. The love of a mother knows no bounds and no faults, Mary is the perfect example of this. When the angel Gabriel visited her to tell her that she would bear God's child, she readily accepted and spent the rest of her life supporting Jesus in all he did. Mary's love for God, her son Jesus and all of us reflects our mothers' love for us. Being a mother has to be one of the toughest and underappreciated jobs to ever exist, they carry us for 9-months, birth us and then, in many cases, spend the rest of their time on earth caring for us; teaching us to walk and



talk, helping us with homework and friendship troubles, moulding us into caring responsible adults and global citizens. Despite the hardships that come with the job, our mothers accepted the responsibility just like Mary. The famous English journalist, Rudyard Kipling once said “God could not be everywhere, and therefore he made mothers.” Our mothers and their love for us truly are gifts from God. So, this May, recall the words of Proverbs 31:28-29, “Her children arise and call her blessed; her husband also, and he praises her: “Many women do noble things, but you surpass them all.” and do something nice for your mother. Tell her how much you love her and that you appreciate all she has done for you. Also, pray the Hail, Mary to your heavenly mother and thank her for her presence and grace in your life. May the peace of Christ be with you all this May.