

# Ursuline College Chatham

Catholic Secondary School

## April—May Newsletter

Director: Deb Crawford  
Principal: Ray Power

Superintendent: Scott Johnson Board Chair: J. Van Heck  
Vice-Principals: Rick Baggio, Lisa Harnarine, MaryAnn McCrae

April—May 2021

### Principal's Message

It is easy to recognize that the season is changing as we start to see grass and trees coming to life again even if the temperature is inconsistent. We have been blessed to move seamlessly from winter to spring and I am certain all will welcome it.

Our school year has been very inconsistent as well. We started in face-to-face learning with enhanced protocols and then found ourselves home for a few weeks learning virtually. As we head into the Easter weekend, speculation in the media talks of virtual learning again. That will be determined in the near future but until then we keep planning to have our students in our classrooms where we have the greatest success.

The admin team and staff have been working diligently to promote opportunities to foster engagement of our students in the quadmester life. The weeklong schedule has had some benefits to learning but we also recognize it is not the ideal model. We do see that longer blocks of time on one curriculum does have its benefits.

This year, our school improvement dialogue has been focused on making the school safer for learning and supporting student and staff wellness. During “pop in” school walkthroughs, I continue to see students actively participating in their learning. Students are focused and purposeful in their learning. I witness teachers involved in reflective discussions with their peers identifying best practice. I am confident students and staff are working together to improve student achievement at UCC.

All our students had the opportunity in March to select courses for 2021-2022 school year. Using my Blueprint tool, students were asked to select their courses for next year in an effort to get accurate numbers for building a future timetable. Despite us knowing exactly what next year will look like, we still need students planning their pathway for their post-secondary aspirations.

We look beyond the April break (April 11-15th) to plan for the potential of the annual Ontario Secondary School Literacy Test. This mandatory graduation requirement for a diploma has been waived for grade 12 students in 2020-2021 however we will still be running a field test for grade 10, 11 and non-graduating grade 12 students. Details are being worked out; however, we want every opportunity for future students to be prepared to succeed.

For over a year now, we have not had the opportunity to host Parent Teacher Interviews. As a result, I urge parents to be sure to reach out to the teaching staff when you have concerns or you notice something in your child's learning that needs follow up. With most teachers using digital platforms, your access to their learning is available by speaking to your child about the digital classroom resources. Quad three report card marks will be available in Edsby on April 30.

Finally, as we start to embrace spring, we also welcome Easter. UCC will finish our Lenten preparations by providing students and staff the opportunity to engage in a walking ‘Stations of the Cross’ classroom presentation. It is an important reminder of the need to build our relationship with Trinity - God the Father, the Son and the Holy Spirit.

I also want to acknowledge the amazing work the students are doing accepting our new Covid reality. Every day, there are acts of care and concern for fellow students, staff and families. The support that others provide at UCC always amazes me. Thank you to all our Lancer community for your patience, kindness, compassion and prayers in helping to be the change you want to see in God's world.

Wishing you all an enjoyable start to spring, a very happy Easter and a great second half of semester two.

God bless you all.

Ray Power  
Principal

*Christ  
is  
Risen!*





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[www.st-clair.net](http://www.st-clair.net)

April 7, 2021

Dear Parents/Guardians:

The **St. Clair Catholic District School Board** will conduct a **school climate survey**, from **Wednesday, April 7th to Friday, May 28th**. School boards in Ontario are mandated by the Ministry of Education to conduct these surveys of students, staff and parents every two years. They are an important tool in helping the Board to assess perceptions of school safety and in helping to build and sustain positive school environments. They also assist the Board in making informed planning decisions about programs, which help promote safe and inclusive schools and good mental health.

A good response to the survey is vital to obtaining reliable data. The surveys are anonymous and will take only a few minutes of your time. There are three ways in which you can complete the survey between Wednesday, April 7th and Friday, May 28th.

**Visit your school website** – go to [www.st-clair.net](http://www.st-clair.net) and click on “Schools” in the top menu bar; then “Visit our Schools” and select your school. Finally, click on the *School Climate Survey* link on your school web page.

Or, you can **go to the following link** to complete the survey:

<https://www.questionpro.com/t/ANluHZlhLd>

A third option is to **pick up a paper copy at your school office**, fill it out and hand the completed copy back in.

We encourage you to provide your feedback and to assist us, as we work together to make our school environments the best they can be for the health and safety of all students and members of our staff. The results will be published in a report, which will be posted to the Board’s public website next fall. **If you have any questions please contact your school principal.**

Sincerely,

Lisa Demers  
Superintendent of Education

## **A Message from our Chaplaincy Leader**

We began the Lenten season with the theme of Agape love. Agape is the Latin word for unconditional love and it guides us towards knowing, feeling, and experiencing God's love. Throughout Lent, our Morning Exercises have given us an opportunity to critically reflect on this great virtue, by praying with the words of Saints, Christian Authors, Scripture, Catholic Social Teaching, and Pope Francis. Our school will end our Lenten journey and begin Holy Week with a live and interactive Stations of the Cross. Mrs. Fernandes' Grade 9 Drama class will be sharing the story of Jesus' last hours on Earth with storytelling and engaging activities, which highlight the importance of His Passion, Death, and Resurrection.



As we move into May, a month that is dedicated to our loving Mother Mary, our school will be welcoming Kelly Tallon Franklin to speak to all students on the awareness of human trafficking. As Catholics, we strive to learn, speak, and act towards Catholic Social Teachings. Kelly's talk will provide our students with the knowledge, compassion, and hope to bring justice and dignity to all people, especially the most vulnerable. We will also be collaborating with the Ursuline Sisters and Grand Retirement Village in restoring the Sacred Heart of Jesus statue, which joins the old Ursuline Mother House and UCC. The restoration of this statue will commemorate the anniversary of the first women to enter the Ursuline order in Chatham, as well as the first religious to take vows in the Diocese of London. Let us live bravely and faithfully, following the lead of these women and our loving Mother Mary.

With gratitude,

*Thomas Dula ~ Chaplaincy Leader*



## Gr.12 Reminders

Our graduation celebration is currently scheduled for Monday June 28 at 7 PM. Details surrounding the ceremony are still evolving and will be communicated as soon as they are finalized. In order to ensure you (or your child) is ready for grad we need the following items taken care of as soon as possible:

1. Tell us your gown size – if you’ve already been measured by the guidance team, you can skip this step. If you have not been measured, please tell us your gown size by filling out the Google Form attached [HERE](#).
2. Ensure your Volunteer Hours are submitted to the Guidance Office ASAP. \*Remember that the Ministry of Education reduced this requirement to 20 hours for this year’s graduates. A copy of the tracking form can be found [HERE](#). You can drop completed forms off in the Guidance Office or scan/email them to our records secretary – Mandy Pegg (mandy.pegg@sccdsb.net).
3. Complete and submit a SIGNED blue school withdrawal form to the Guidance Office. \*Gr.12 students have received this form several times throughout the year – this is used only for students NOT RETURNING to UCC for a 5th year. If you need a copy of the form, you can pick one up in the Guidance Office. \***Virtual School students** are asked to email their Guidance Counsellors to indicate they do not plan to return to UCC; we will follow up if necessary.

As always, guidance appointments can be booked by emailing Louise Kosik, our secretary. Thank you in advance for your attention to these matters.

Ms. L. Kosik	<a href="mailto:louise.kosik@sccdsb.net">louise.kosik@sccdsb.net</a>	519-351-2987 x25422	Secretary
Ms. P. Bromley	<a href="mailto:patty.bromley@sccdsb.net">patty.bromley@sccdsb.net</a>	Guidance Counsellor (Last Name A-F)	
Ms. L. Fisher	<a href="mailto:lisa.fishernooyen@sccdsb.net">lisa.fishernooyen@sccdsb.net</a>	Guidance Counsellor (G-M)	
Mr. J. Matteis	<a href="mailto:jordan.matteis@sccdsb.net">jordan.matteis@sccdsb.net</a>	Guidance Counsellor (N-Z)	

## [UCC April Virtual Library 2021](#)

This month's virtual library is celebrating **Poetry** in all its forms at UCC Library!

Also we are looking towards summer with slide 2 which features some of our UCC staff reading excerpts from the library collection.

Have fun exploring by clicking on the many images.....you never know what you might discover!







The **plUCC Guitar Ensemble**  
continues to  
rehearse online  
and  
create video performances.

You can find the latest videos and more from the  
UCC Music Society here:

<http://bit.ly/UCCmusic>

## ***Social Emotional Learning***

All parents  
wish for their child/adolescent  
to grow up and be a successful adult in this world.



Social-emotional skills help us to be successful at home, school, and work.  
They are the sorts of **skills** that are needed to start and keep friendships, complete tasks,  
and stay positive in the face of stress or adversity.

This short video shows an adolescent explaining what social emotional learning is.



**This year's Catholic Education Week theme is, "*Nurturing Hope.*"**

The theme for Catholic Education Week 2021 was inspired by the following considerations:

- ♦ Recognition of the special Year of Laudato Si' which will run through May 24, 2021, announced by Pope Francis on May 24, 2020, the fifth anniversary of his papal encyclical, "**On Caring for Our Common Home.**"
- ♦ In the face of the ongoing reality of the COVID-19 pandemic, a strong desire by the planning committee, along with those consulted, and supported by feedback from the survey, for continuity with the theme for Catholic Education Week 2020, ***Igniting Hope***, which has served so well during the spring recess from in-school instruction.
- ♦ The challenges to personal and spiritual well-being posed by the uncertainty and physical isolation of the current global crisis makes the timing and the concerns of **Mental Health Week**, which takes place during the same week as Catholic Education Week, all the more relevant.
- ♦ Ongoing recognition of the **Truth & Reconciliation Commission** and the relevance of Indigenous culture and spirituality to the spirit of Laudato Si.

There are **five sub-themes** for each day of **Catholic Education Week**:

Day 1:	Preparing the Earth
Day 2:	Sowing Seeds of Gratitude
Day 3:	Cultivating Relationships
Day 4:	Harvesting New Fruit
Day 5:	Marvelling in Wonder



**UCC**

## **Student Athletic Association**



Would like to thank  
Riverview Gaming Centre  
for their continued support of the UCC SAA.

We look forward to our return to  
UCC Athletics.



## **Riverview Gaming Centre**

### **Latest Winning Updates**

Check out the latest winning updates online and come join our next session.

**Parking Lot Bingo** at Riverview Gaming Centre

**Fridays** at 7 pm and **Sundays** at 1 pm

Parking lot opens 2 hours before each session.

No reservations, first come first served.

\$40 packages are available—includes 3 stripbook, 3 Early Birds, 3 Blasts,  
3 Super Jackpots and 3 UPik8 (random).



# VIRTUAL OPEN HOUSE

**FIND YOUR PLACE  
AT UCC!**

## GRADE 8 OPEN HOUSE

Please join us for our grade 8  
open house for a virtual  
presentation on:  
February 4th, 2021  
at 7 p.m.

**ALL PARENTS & GR. 8  
STUDENTS ARE  
WELCOME TO JOIN US!**

**GRADE 9 OPTION  
SHEETS DUE:**

**FEBRUARY 12, 2021**



85 Grand Ave. West  
Chatham, ON N7L 1B6



[www.st-clair.net/ucc](http://www.st-clair.net/ucc)  
(519) 351-2987

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

**Note:** Anyone who requires accommodation (assistive devices, lifts, sign language interpreters, etc.) should report these needs to Ray Power: 519.351.2987 Ext. 25406 or [ray.power@sccdsb.net](mailto:ray.power@sccdsb.net)



This UCC transition program  
provides a welcoming  
community to incoming grade 9  
students.

**GRADE 9 STUDENT  
ORIENTATION:  
THURSDAY, SEPT. 2, 2021**

Follow us on our website  
for more information on  
exciting events at UCC!



**HOME OF THE LANCERS**

# **How to Talk With Your Child When you Feel Concerned They May Be Struggling With a Mental Health Problem**

It can be challenging to talk about mental health. Sometimes parents, like others, avoid the conversation because they don't know how to start or they worry that they might put thoughts into their child's head that had not been there, and will, therefore, make things worse. Research tells us that this is not the case. Bringing up worries, concerns, changes in behaviour etc. with your child will open the lines of communication rather than worsen the situation.

Here are some tips to help you talk to your child about mental health:

- Find a quiet time when you are unlikely to have interruptions to begin the conversation.
- Reassure your child that they can tell you anything and you will not get angry with them (even if you get scared).
- Start the conversation with describing changes you have noticed in their mood, behaviour, reactions etc.e.g., “I have noticed that you seem to be crying more.” If you have had conversations with your child's teacher about concerns, include comments from the teacher's observations.
- Share that you “wonder” about how your child might be feeling, what they might be thinking, what they might be worried about etc. e.g., “I wonder if you're feeling sad about losing your friendship with Sam.”
- Allow your child time to reflect before they answer.
- Stay calm and don't abandon the conversation if your child responds with “Nothing is wrong.....leave me alone”. If this happens, reassure your child that you are there for them. Give your child some time and then try again.
- If your child tells you anything that makes you worried ( e.g., thoughts of suicide, overwhelming anxiety, self-injurious behaviour like cutting) reassure your child that you are glad they told you and you will [help them find the right professional](#) to talk to, and you will be there for them throughout the journey.



**School  
Mental Health  
Ontario**

**Santé mentale  
en milieu scolaire  
Ontario**

# How to Work With Your School to Access Support for Your Child's Mental Health

In Ontario, schools are the most common place where children and youth access mental health supports. You can work with your school to help make sure your child gets the support they need.

Educators and other school staff are trained on how to create mentally healthy classrooms and how to recognize when a student may be struggling and in need of additional help. Early identification of mental health concerns can help prevent future problems.

- If you're concerned about your child's mental health, you can speak to your child's classroom teacher.
- Be specific about your concerns so you and the teacher can figure out the best way to help. Share any information you think may be helpful to the teacher—for example:
  - situations your child has dealt with that may impact their mental health
  - approaches that seem to help your child
  - specific behaviours you're noticing
- Ask the teacher what they've noticed at school. Some children may seem fine at school, but display different behaviours at home. Discuss what you're seeing.
- You can request a meeting with other school staff as well to talk through how to support your child. The teacher may suggest this too.
- Ask about options for ongoing communication so you can share new information with the teacher.

Educators aren't mental health professionals and can't diagnose issues. But, they do have an important role in the circle of support for students and remain a vital part of the support team for students who are receiving treatment.

## How to Find a Community Resource

In addition to your school, there are community resources available to provide support for your child's mental health and to help your family.

- Your school will be able to tell you about resources in your community.
- Find a [Children's Mental Health Centre](#) in your community.
- Use [Ontario 211](#) to look up the services available in your area.
- Try the [Kids' Help Phone Resources Around Me](#) service.
- Make an appointment with your family doctor or nurse practitioner clinic and ask about available supports.



# ST CLAIR CATHOLIC DISTRICT SCHOOL BOARD

## SUPPORTS MENTAL HEALTH AND WELLBEING

### SCHOOL/ SYSTEM LEADERS

School administrators such as the Director, Superintendents of Education, Principals, Vice Principals and System Leaders establish foundations for quality learning and wellbeing, adhere to consistent standards and protocols and work on the sustainability of positive school climates.

### EDUCATORS

Mental health impacts students' availability for learning and engagement at school and in the classroom. As an educator, one can help promote positive mental health.

### STUDENT SUPPORT AND WELLBEING TEAM

We work together to support student mental health. As a professional working within the system they can support students and their families through system navigation, counseling, crisis management, small group, and mental health education.

### INCLUSIVE SCHOOL BOARD STAFF

Everyone who works or volunteers at a school has a role to play in supporting student mental health because the presence of caring adults makes a difference for children and youth.



For information on mental health supports in our school board contact the Mental Health and Wellbeing Lead, **Christine Preece**, at [chris.preece@sccdsb.net](mailto:chris.preece@sccdsb.net)

OUR VISION  
Catholic Education + Future Ready

# ST CLAIR CATHOLIC DISTRICT SCHOOL BOARD INTRODUCES THE

## STUDENT SUPPORT AND WELLBEING TEAM

The social workers and child and youth counsellors are here to support the needs of all students and their families with their emotional, social and mental wellbeing.



For information on mental health supports in our school board contact the Mental Health and Wellbeing Lead, **Christine Preece**, at [chris.preece@sccdsb.net](mailto:chris.preece@sccdsb.net)



# RESOURCES

AVAILABLE TO YOU 24/7

## EXPAND YOUR KNOWLEDGE

We all want our children to feel mentally well, be resilient, and learn how to navigate life's challenges, but it's not always easy to know what to do. We're here to help. Check out these resources to help learn what to do!

1

<https://hub.sccdsb.net/mental-health-wellbeing>

## PARENT LEARNING HUB

For updates, news, tips and tricks head to the parent HUB!

2

[www.smho-smso.ca](http://www.smho-smso.ca)



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

## SCHOOL MENTAL HEALTH ONTARIO

Head on over to the SMHO website for important information, tips and Q&A!

3

## STAFF LEARNING HUB

For staff enquires and resources check out our staff learning HUB!

For information on mental health supports in our school board contact the Mental Health and Wellbeing Lead, **Christine Preece**, at [chris.preece@sccdsb.net](mailto:chris.preece@sccdsb.net)

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# We Are Here to Support

—— your child's wellbeing and learning needs

**EXPAND YOUR KNOWLEDGE ON HOW WE ARE  
SUPPORTING MENTAL HEALTH IN OUR SCHOOL BOARD.**

WE ALL HAVE MENTAL HEALTH AND IT IS IMPORTANT TO OUR EVERYDAY LIVING.

Visit <https://hub.sccdsb.net/mental-health-wellbeing> for more information.

For information on mental health supports in our school board contact the Mental Health and Wellbeing Lead, **Christine Preece**, at [chris.preece@sccdsb.net](mailto:chris.preece@sccdsb.net)



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# LOOKING FOR MORE RESOURCES ON MENTAL HEALTH AND WELL BEING?



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

Visit the School Mental Health Ontario website to answer your questions

**WWW.SMHO-SMSO.CA**



For information on mental health supports in our school board contact the  
Mental Health and Wellbeing Lead, **Christine Preece**, at [chris.preece@sccdsb.net](mailto:chris.preece@sccdsb.net)

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