

# Ursuline College Chatham

Catholic Secondary School

## June Newsletter

Director: Deb Crawford  
Principal: Ray Power

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

June 2021

### Principal's Message

The first day of day of summer has found us so that means the end of the school year is around the corner. As fast as the year comes to a close, the UCC team is working to prepare for what September 2021 will look like. With the ongoing attention to vaccinations, remote learning, physical distancing, wearing masks and constant sanitizing, 2020-2021 will be remembered for the significant challenges it placed on students, families and staff. Our school community has been tested by this pandemic yet despite all the challenges, I am amazed at the resiliency of our Lancer family. We have done so well to remain strong and united.

We have learned that the challenges of 2020-2021 need to help shape our thinking for 2021-2022. We will still be very dependent on the direction provided by the Ministry of Education and Public Health officials however, the St Clair Catholic District School Board and the Ursuline College administration are very hopeful and excited to return to some model of face to face learning in the fall. We also believe that our staff, students and families are equally ready and seeking that opportunity.

At this time, we are expecting direction to arrive in early July as to what our schedule will look like so we are building a school schedule and timetable that is easily adaptable. The admin team and staff are committed to re-connect and promote well-being and community while creating opportunities to foster engagement of our students regardless of the model of learning. While we recognize the weeklong quad schedule has had some benefits to learning we also recognize it is not the ideal model. We are planning an approach to deliver longer blocks of time on multiple curriculum in a day to provide a more normalized secondary school calendar.

Our September 2021 school improvement dialogue will be focused on making the school safe for learning and supporting student and staff wellness. So many of our students have yet to have a "normal" high school experience. Our goal will to re-define what a caring positive Catholic school culture looks like.

As we look to the future, we are aware that numerous aspects of learning were interrupted by the pandemic. The school team will work to close those gaps and provide students support as necessary. We know that our students actively participate in their learning and are focused on achieving and I am confident students and staff will work together to improve Lancer life in the fall.

I also want to acknowledge the amazing work the students and staff did accepting our new COVID reality. Every day, there were 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 summer break, a happy and reflective Canada Day striving to always make our homes, school and communities more inclusive and accepting.

God bless you all.

Ray Power  
Principal



## Peace Be With You and Your Family

During this last month of school, I thank God for the many moments our school gathered, honoured, remembered, and celebrated our faith and each other. I am **grateful for our students, staff, and Catholic community partners** who created and participated in our end of the year prayer service, which was a **Celebration of Life**. This prayer occurred on the **Solemnity of the Sacred Heart of Jesus**, on June 11th. **Jesus Christ's sacred heart is an image of God's love, mercy, and compassion for human suffering**, especially those who grieve.

As you approach the summer holiday, we might be looking forward to certain activities opening up, seeing family and friends, or **we might be anxious and worried about what is to come as we continue to overcome this pandemic**. I would like to offer you a scripture passage that may help you remain hopeful. St. Peter gave the early Christians a message if they were to experience suffering. He said:

***"In your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. - 1 Peter 3:15"*** I believe if Peter were here with us today, he would ask us, ***"What is your reason for the hope that you live with, and if you are not hopeful, may you turn to our loving Lord for inspiration and joy."***

Lastly, I pray that you awake each day during the summer with a moment to pray and reflect on the hope that you have. Whether it is through scripture, expressing gratitude for your life and blessings, or simply knowing you are loved by God in that moment...just the way you are.

Sincerely, your Lancer loud and Ursuline proud Chaplain.

~ Thomas Dula ~



**The UCC Administration Team and Staff  
would like to  
CONGRATULATE  
the  
Grade 12 Graduating Class  
of 2021**



**Constable Derek Shaw,  
Youth Officer,  
Chatham Kent Police Service  
and  
Lance**

**CONGRATULATED**

**the  
Grade 12 Graduates**

**Grad Day  
June 16 & 17  
CONGRATULATIONS**



# **Youth Leaders Prepared Sweet Grass for Graduation**



**2 youth leaders from UCC  
(Shaawnonoo Altiman and Daisy White)  
and  
2 youth leaders from St. Pat's  
(Eden Monkhouse and Linea Deelstra)**



**SCCDSB's**  
**Student Support and Wellbeing Team**  
**is**  
**Here For You This Summer!**

St. Clair Catholic's  
Student Support and Wellbeing Team  
(SSWT)  
would like to wish you a  
wonderful summer  
and  
would like to remind you that our team  
still offers  
**students and their families**  
**mental health services and support**  
**during the summer months.**  
You can reach out  
using our  
Board's mental health  
**text line at 226-402-1593**  
or  
check out our [website](#) for more details.

## UCC CATHOLIC SCHOOL ADVISORY COUNCIL VIRTUAL Meeting

The *next virtual meeting* of the Ursuline College Catholic School Advisory Council will be held on

***Tuesday, September 28, 2021 @ 6:00 p.m.***

**New parents are always welcome.**

**Meetings** are held approximately 6 times a year and run from  
**6:00 p.m. - 7:30 p.m.**

This is an excellent way for parents to have direct input into the many decisions that affect the education of their children.

### **Topics of Discussion - Sept. 28**

McCarthy Uniforms  
Lifetouch Pictures

Information for registration to attend the virtual meeting will be sent in September .

## Student Transportation Information



## UCC Library Request

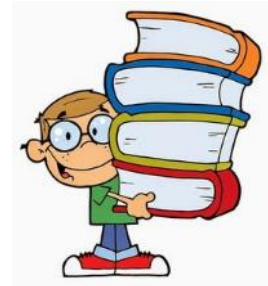
Thank you to those who returned library books with your other textbooks and Chromebooks. If you still have borrowed books please remember to bring them back.

Thank you and have a great summer,

**Library Staff XOXO**



Please return library books.  
There are no late fees or  
fines.



UCC SAA reminds you to check out  
*Riverview Gaming Centre*  
for upcoming events.

Play at home bingo sessions on  
Thursdays and Saturdays in June!  
Visit [Riverview Bingo](#) for more info.



Thank you to Riverview Bingo for supporting UCC Athletics!





Dear Families,

As we continue to navigate COVID-19 together, I am pleased to share an update on enhanced options for buying your school uniform in 2021.

Our school uniform provider, McCarthy Uniforms, has three enhanced options for shopping: Updated school e-stores, private appointments and a web-supported call-center.

I encourage families to shop early and utilize these alternative channels to avoid late-August line ups. **Long wait times will be the reality this year**, given that McCarthy's must adhere to strict social distancing measures and simply can't accept normal in-store volumes. In some cases, only five customers will be permitted in stores at any one time.

McCarthy's has informed us that to support families during this time they have implemented an installment payment program (online only), introduced volume discount buying options and invested in a variety of web support tools to make online shopping easy & fast! All school uniform products can be exchanged for up to a year and returned until September.

Sincerely,

Ray Power  
Principal



There are **three** ways to shop for your school uniform:

### **1. Your School E-Store**

Did you know your school has a custom e-store, complete with fit videos, uniform guides and specialized advice? Visit your school store by 'searching for your school' on McCarthy Uniforms' home page. McCarthy's recently launched a handy web chat feature and have staffed their call-centre so that you can have the support you need if you need some help along the way! Online shoppers can also now enjoy the industry's first flexible payment plan (interest-free payments over six weeks!).

Shop online by 'searching for our school' at:  
[www.mccarthyuniforms.ca](http://www.mccarthyuniforms.ca)

### **2. Private Appointments Available**

When stores are permitted to reopen after June 14<sup>th</sup>, appointments will be made available for virtual or in store shopping. To manage your time, you can book an appointment on your home store, accessible on the website below.

**Book a personalized fitting by choosing 'book an appointment' on your home store site accessible on:** <https://www.mccarthyuniforms.ca/> (search for your school; appointment booking buttons are located on your school e-store)

### **3. Your School Call Centre**

Your call-centre is open for shopping! By giving McCarthy's a shout at 416-593-6900 or toll-free at 1-800-668-8261 Alex and his team would be happy to assist you with your school uniform purchase or questions! McCarthy's call centre is staffed with uniform specialists who know the ins & outs of our uniform policy.

Call McCarthy's at:  
416-593-6900 or  
1-800-668-8261

## McCarthy Uniforms

Did you know our school has a custom e-store with  
call-center and web chat support?  
Avoid long lines and take advantage of easy install-  
ment payment options by visiting  
[www.mccarthyuniforms.ca](http://www.mccarthyuniforms.ca)  
to shop for your 2021 school uniform !



# REMEMBERING THE 215

## Summer Solstice: A Time of Gathering and Honoring

In the wake of the devastating news about the **215 children** found at the **Kamloops Residential School**, more bodies being discovered, and in honour the seven generations of Indigenous Peoples who survived the residential school system, we will be honoring lives stolen and generations impacted.

We began with **National Indigenous Peoples Day on June 21st** with prayer and remembering. We gathered and honored the resilience of Indigenous People, and celebrated the thousands of years of Indigenous wisdom, tradition and resilience while also committing to ongoing reflection, learning, and action, year-round. The UCC family community was invited to tune in to the [SCCDSB Youtube channel](#) beginning on **June 21**.

### Highlights will included:

- Prayer, Elder Eric Issac, Bkejwanong Territory
- Honoring and Remembering, Cecil Isaac Jr., Bkejwanong Territory
- Resilience, Biindigaygizhig (Dan Deleary), Chippewa of the Thames First Nation
- SCCDSB Youth Leadership Student Voice
- Hand Drum Social, White Lightning Clark and Matt Isaac
- Connecting through Art with Moses Lunham, Kettle and Stony Point First Nation. (Materials required: red, black, blue, yellow, white paint; canvas or heavy white paper; 2 paintbrushes)
- Song of the Children, Deb and Barry Milliken, Kettle and Stony Point First Nation

On **June 22**, we learned about the history of **Inuit throat singing** and learned about the stories behind the songs with Inuit style throat singing duo, PIQSIQ: Tiffany Kuliktana Ayalik and Kayley Inuksuk Mackay.

On **June 23**, we hosted a **Métis Kitchen Party**, where we jigged, played the spoons, and listened to the fiddle, guitar, and heard stories by Brianna Lizzote, and Dean Bernier.

On **June 24**, we highlighted the music session from Monday and concluded the week together with a **hand drum social** with White Lightning Clark, Aamjiwnaang First Nation as the MC, and guest singers and drummers including Matthew Isaac, Bkejwanong Territory.

**Leaders of Kidwin Zhingwaak (Voice of the Pines)  
rose together and empowered each other  
to put together a display in front of UCC  
for the  
215 bodies found in an unmarked grave  
at Kamloops Residential School in British Columbia  
and also for the  
Missing and Murdered Indigenous Women and Girls  
and Two Spirit People (MMIWG2S)**



## **June was PRIDE Month in Many Ontario Communities.**

During the month, and every month throughout the year, teachers at **Ursuline College** may lead classroom discussions that **celebrate diversity** and help students to explore the ways in which we can all help to **nurture safe and inclusive school communities**, where every student is welcomed, valued and respected. At our school, student voice, with support from staff, informs the organization, development and activities of school clubs, including our **GSA group which student voice created** almost 5 years ago.

Our **Chaplaincy Leader** leads our school's morning exercises each day and on June 1st prayer started with the **message of valuing the God-given dignity of all human life**. Each week in June, we recognized and celebrated the dignity of all and acknowledged Pride Month while working to support our LGBTQ students.

Our **Catholic faith** teaches **love and mercy for all**; and welcomes those who feel persecuted or marginalized in any way.

The **Catholic Church** teaches that anyone who identifies as **LGBTQ2+** is to be treated with **respect, compassion and sensitivity**.

**UCC** strives to be responsive to student voice and create a positive school culture that **fosters listening, support and empathy** while responding to the needs of our students.

***“ . . We will work side by side.***

***We will guard each one's dignity and save each one's pride and they will know we are Christians by our love. . .”***

## **MENTAL HEALTH MOMENT**

We spend about a third of lives asleep. Sleep is essential and is as important to our bodies as movement and healthy eating. **Sleeping helps to recover from mental and physical exertion. Sleep and health are strongly related-** poor sleep can increase the risk of having poor health and poor health can make it harder to sleep. **Sleep disturbances** may be one of the first signs of distress. Where you sleep can be important. In particular watching TV, playing with phones or screens or eating in bed can affect the quality of sleep. Temperature, noise and light all impact our sleep.

**Take time to help yourself get a good night's sleep by talking to a healthcare provider.**

*Reference: Mental Health Foundation of UK, 2021.*





Due to pandemic restrictions, we must postpone celebrating the Sacraments of First Reconciliation, First Holy Communion and Confirmation. Please pray for all families who are preparing for these Sacraments.



*Congratulations*  
CLASS OF  
2021



*Be strong and courageous, for the Lord your God is with you wherever you go.*

Joshua 1:9

GO TO OUR PARISH WEBSITE FOR  
UP-TO-DATE INFORMATION  
ABOUT PARISH ACTIVITIES:  
[WWW.CCFP.DOL.CA](http://WWW.CCFP.DOL.CA)



## FORMED

Chatham Catholic Family of Parishes is excited to let you know that we have purchased a Parish Family membership to **FORMED**! You can access the FORMED content on almost every device and there is something for all members of your family, from children to seniors.

To sign up for our Chatham Catholic Family of Parishes FORMED membership, visit [FORMED.org/signup](https://FORMED.org/signup).

When asked for your parish name, enter Chatham Catholic Family of Parishes, then click Next.

Enter your name and email, click Sign– Up .  
That is it!

*God of wisdom,  
We thank you  
for all the gifts you have given us throughout  
this school year.*

*We praise you for giving us life,  
for saving us in Christ,  
and for choosing us to be your people.  
As we come to the end of this school year, we  
voice our gratitude  
for the good things you have done in us, and  
we praise you for all who have shared in the  
work of accompanying our students and  
families.*

*We ask you to bless the students, parents and  
staff of our Chatham Catholic Family of Parishes  
and ask that you keep them safe in  
your love and give them refreshment and  
peace.*

*We praise you, God,  
through Jesus Christ, our Lord,  
who lives and reigns forever and ever.  
Amen*



We say good-bye to our current pastor, Fr. Jim Higgins and welcome our new pastor, Fr. John Jasica. Fr. John is coming from St. George's Parish in London. He loves the Boston Bruins and the game of basketball. Welcome Fr. John!



## Do you have Pandemic Fatigue?

**Pandemic fatigue** is gripping many of us. If you are sick and tired of worrying about **COVID-19**, you're probably suffering from pandemic fatigue, and you are not alone. While we all need to follow public health guidelines to help drive down COVID-19 infections, we also need to find ways to take care of our mental health. If you'd like to boost your self-care at home, try these five tips for handling pandemic fatigue.

***Reflect and Accept-*** If you feel irritated, impatient, angry, or are suffering from fatigue, anxiety or fear, accept that all of these responses are normal and understandable during such a difficult time.

***Breathe and Meditate-*** Breathing exercises are the simplest way to reduce stress and anxiety. Slow your breathing to tell your body that there's no immediate threat.

***Monitor your social screen- stop "doomscrolling"*** and limit time on all screens. Doomscrolling, or purposely tuning in to negative stories on TV or on social media, fuels increased dread, uncertainty, anxiety, and fatigue. It can give us a lack of hope.

***Restore and Replenish your energy.*** During difficult times, we need to deliberately carve out breaks to restore and replenish our reserves. Set reminders to take breaks during the day. Take a walk. Take a bath. Read a book.

***Be Active.*** Movement helps your brain relax, focus and release endorphins.

Reference: Dr. Kate McCrimmon, UHealth, December 2020.