

REGIOPOLIS-NOTRE DAME CATHOLIC HIGH SCHOOL

Visit our website: www.reginotredame.ca



April 2020 Newsletter

Newsletter is issued at the beginning of each month

Principal's Message

The sun is shining through my Kitchen Office window as I type. My cat is trying to be a good office assistant but he is known to bite and he can't type worth a loonie. According to My Analytics, I spent an average of 9.5 hours per day on screen-time and collaborated at least a few times with 134 different people last week. Under normal circumstances, that wouldn't be healthy at all, but all of this is to say: staff have been busy checking in with our community members and formulating emergency learn from home academic plans. If students are having any troubles at all, please do not hesitate to reach out to a staff member – your teacher, your counselor, **Mary-Elaine**, your youth worker, your EA, admin, etc. We are a team and we will support one another, however that looks at this time.

We are all dealing with the heartbreaking loss of **Barb McGill**, educational assistant, colleague and friend. **Barb** was an amazing, generous and faith-filled woman. There will be a **Barb McGill Bursary Fund** established, to be awarded annually to a graduating student with an Individual Education Plan who will be attending a post-secondary institution. As one of **Barb's** family members exclaimed, "**Barb** would have loved that." You can find a link to the Bursary, if you wish to support it, on our school website, through **School Cash Online**.

Congratulations to **RND's** two **Beacons of Hope for 2019/20**. I think we would all agree that **Meghrig Milkon** and **Jordan Thompson Vankoughnett** embody the unsung heroism and generosity of spirit that makes our school a better place. **Meghrig**, as a recent arrival to Canada, has embodied resilience, determination and kindness. Not only has she mastered our language and navigated school culture, she has emerged as a leader who now helps her peers on a daily basis. And her smile is contagious. Her guidance counselor says **Meghrig** is one of the most admirable people she knows. **Jordan** too has overcome adversity with a positivity that is admirable. He

actively seeks opportunities to support others, for example volunteering with the hockey team from the **Eabametoong First Nation** community and walking the picket line in recent months to support his teachers. **Jordan's** teachers describe his enthusiasm for learning and he told one teacher that his goal is to help out at as many school events as possible, in order to get to know a variety of people. Congratulations to both of you.

I miss our school community: the announcement crew, our latest version of O Canada that includes a classic country style line, the crowd in **Rhonda's** office, **Mr. Mackler's** physics experiments, the fun days in **Mrs. Merjavec's** science class, students who hold the doors open and ask how your day is going, the conversations in **Mr. Amos's** classroom, guitar class serenades, **Mme Picard's** "Bonjour, Terri!" the bustle of Student Success and the serenity of Resource, groups of students in the **Zarichny Common** and the Learning Commons, Mass in the **CND Gym**, sports, arts, laughter, I even miss groups of students eating poutine in the bathrooms (no, I don't, but you know what I mean!) and the **Regi Fight Song** every **Friday** afternoon. We are staying home, maintain physical distance, right now so that we can get all of that 'joyful noise' that is **130 Russell Street** back.

In the meantime, take care. Attend to your well-being and that of your family and (distanced) friends. Take it easy on yourself and others. It's okay to feel not okay sometimes. Make good choices. Take your time but attend to your studies and reach out when you need to.

There will be a separate communication about Phase Two of the Learn from Home academic plan forthcoming.

In this **Holy Week** and upcoming **Easter Season**, "May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope." (**Romans 15:13**)

Take care; Ms. Daniel

A Message From Mary Elaine Carty In Chaplaincy Services

What a gift our faith can be to us in these trying times! The blessing of this experience is that we have more time than ever to pray, exercise, eat well and spend time with the people we love. Take this opportunity to spend some time in prayer each day. Not sure how to pray? Check out the "Hallow" app, it has some nice ways to spend in prayer.

Our Archdiocese has amazing links to daily/weekly masses, Lent/Easter resources, resources to support Catholic families, prayers and more! It's a really great website! <https://romancatholic.kingston.on.ca/>
For a local mass/confession connection check out <https://www.stpaulkingston.com/>

Fr. Amato had drive through confessions this week and weekly mass is available with the link from this website.

So how do you participate as fully as possible in the life of the Church at this time? Make a perfect act of contrition each day. Take advantage of receiving God's mercy and forgiveness, this is the "Good News" that we preach about so often! Mortal sins are also forgiven but remember to participate in the Sacrament of Reconciliation when that becomes available to you.

Act of Perfect Contrition

My God, I believe in You, I hope in You, I love You above all things with all my soul, with all my heart, and with all my strength. I love You because You are infinitely good and worthy of being loved. And because I love You, I am sorry with all my heart for having offended You. Have mercy on me, a sinner. Amen. My God, I am heartily sorry for having offended You, because I dread the loss of heaven and the pains of hell, must most of all, because they offend You, who are all-good and deserving of all my love. I firmly resolve with the help of Your grace, to confess my sins, to do penance, to avoid the proximate occasion of sin and never to sin anymore. Amen.

Then find the mass online or on TV and make a Spiritual Communion when you are not able to physically receive Jesus.

Prayer for a Spiritual Communion

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.

While this can be a time of blessing, it can also be a time of stress and worry. You know my office door is always open to students and staff. In this coming month, know that I am still here for you. You can email me at carty@alcdsb.on.ca. I plan

to reply to emails **Monday to Friday between 1 and 2pm**. If your email is of a more urgent nature, please also contact **Kids Help phone**. You can connect by texting **CONNECT** to **686868**. You can call **1-800-668-6868** or kidshelpphone.ca. Also, many of you are connected to the **Maltby Counselling Centre**. They are doing phone support if you call **1-844-855-8340** from **Monday to Friday between 8:30 and 4:30**. Please allow 24 hours for them to get back to you. If you find yourself in a life-threatening situation of suicidal thoughts or self-harm please do not hesitate to call 9-1-1. You matter to us. Your health and well-being matter. Please be kind to yourself and to others! Please be assured of my prayers and that of the RND Community, let us not be afraid to ask for help from one another, from our loving God or from the Saints in heaven! **St. Marguerite Bourgeoys**, pray for us! **St. Corona** and **St. Edmund**, (Patron Saints of Pandemics) pray for us!

Student Services

Communication

All guidance counsellors, co-op teachers, and student success teachers can be reached via Board mail. Do not hesitate to reach out.

Course Selection for 2020/21

April 6th: All course selections should now be complete. Be sure to check myBlueprint in case you have not yet hit submit. If a student has not submitted choices for next year, they should contact their guidance counsellor to discuss a plan immediately.

Returners

If you are considering a victory lap after graduation, you must contact either **Ms. Gaudet** or **Mrs. Glancey Cox** ASAP. You will consult on your plan for your returning year. Once complete, it will be sent to **Ms. Daniel** for approval. At that point, you will be re-activated in Maplewood with Choices for 2020/2021.

Summer School eLearning

If you are interested in taking a course this summer, please email **Mr. Ryan Poser** at poser@alcdsb.on.ca. Be sure to include the course you wish to complete so **Mr. Poser** can register you as soon as possible. If you included this course in your Choices, let **Mr. Poser** know what course should be put in its place.

St. Lawrence College Dual Credits

SLC and our Dual Credit teacher, **Ms. Lott**, have been working to support our students who are taking dual credits this semester. If you are having any difficulties, please contact **Ms. Lott**. Typically the SLC Dual Credit course options are available in Student Services in early April. With our change in logistics, send **Ms. Lott** if you are interested in knowing more about the Dual Credit program for the 2020/2021 school year.

Midterms to OUAC and OCAS

Thursday, April 23rd is the deadline for Ontario secondary schools to report midterm marks of second semester courses to **OUAC** and **OCAS**.

IB News

Due to Covid 19 and the adverse circumstances facing students in countries around the IB World Schools has decided that **May examinations will not take place.**

Final IB grades will be determined by a combination of work already completed, Internal Assessments, Predicted Grades, and school's historical data.

Year 2 IB students will be completing their Internal Assessments for upload by **April 14th.**

If students or parents have any concerns or questions please email the **IB Coordinator, Mr. David**, david@alcdsb.on.ca.

Regi Reads

The **Forest of Reading Program** is now almost complete with only a few weeks left to go. There really have been some amazing reads this year! Some of the titles are still on display and available for loan from the library, however many were signed out just before our extended March Break. At this time I am not sure when school will be reopening, so I have included a final list of this year's reads, which you may be able to order online.

Books Nominated For The 2019 White Pine Award

All Our Broken Pieces Written by L.D. Crichton

Baggage Written by Wendy Phillips

Beauty of the Moment Written by Tanaz Bhathena

Comics Will Break Your Heart Written by Faith Erin Hicks

Crown of Feathers Written by Nicki Pau Preto

Field Guide to the North American Teenager Written by Ben Philippe

The Love and Lies of Rukhsana Ali Written by Sabina Khan

Sadie Written by Courtney Summers

Synchro Boy Written by Shannon McFerran

We Contain Multitudes Written by Sarah Henstra

Student Council

Hello Panthers! While this month is a little different, our main concern is to ensure that all students are healthy and safe at home. If we have any new and exciting information to share with you, we will make sure to post it on our **Instagram** and **Twitter** accounts. If you have something you would like us to share, please don't hesitate to reach out!

For this month, our goal is to try and spread some happiness and joy. We want to see pictures of what you are doing at home, and how you're being socially responsible by staying home. We want you to upload pictures of you, your family and your pets using the hashtag **#panthersathome**. We are also going to post some fun challenges and activities for students to participate in during the month of **April**, starting with an **RND Bingo** activity

on our **Instagram** page. Stay home, and stay safe panthers! We can't wait to see you again!

Be sure to follow our social media on Instagram and other platforms for fun activities and updates:

@rndstudcouncil

School website:

http://www.alcdsb.on.ca/school/regi/Pages/pgHomePage.aspx#
/=#

Yearbook Submission

Let the **RND Yearbook Team** know how you are spending this unprecedented time away from school. Take a picture of yourself self-isolating and send it out on social media using **#panthersathome** or email it to mcdorobe@alcdsb.on.ca. The pictures will be used in this year's Annual.