

REGIOPOLIS-NOTRE DAME CATHOLIC HIGH SCHOOL

Visit our website: www.reginotredame.ca



June 2020 Newsletter

Newsletter is issued at the beginning of each month

Principal's Address

Welcome to the month of June as we continue on our Emergency Learn from Home journey. Thank goodness we have our faith to strengthen us during these worrisome times. We pray for all in our community and the world at large for strength, for health, for peace, and for equality. We are all God's children and know that we must work together and learn together to combat both this novel virus and the insidious harm that intergenerational racism and prejudice have done to certain segments of our population. We can and must do better. I pray for all members of the RND community who are hurting right now and offer my help, where I can. All of us in positions of privilege have some learning and advocacy to do.

This past Friday night, the annual **Broadway Gala** went online and it was a smashing success. Thanks to **Mrs. Lord**, her sister and **Mr. Cunningham** for organizing this and to all of the RND community, past, present and future, who participated. It was great fun. Stay turned for many of our other yearly celebrations to also take place online: **Athletic Banquet** and **CAPPA** to name a few. It is our way right now of staying connected and of honouring and celebrating important contributions to our community.

There is a protocol being finalized for student retrieval of items from lockers. The first possible date for controlled student entry to school is **June 12th**. Expect a protocol in advance of that. We are likely going to use the same system to book times that we use for parent/teacher interviews. Please review the protocol carefully as safety is vitally important.

Class of 2020. Please know that we especially hold you in our care as the culmination of your high school years is held with such uncertainty and missed opportunities. We are planning a **Grad Celebration** for the end of June (likely the same date as our original graduation ceremony – **June 25th**) but still plan to have our full Graduation Ceremony in the early fall. We are hoping some restrictions about gatherings will be eased by then, even if we have to get creative about our meeting place. So, again, more details will follow but expect a **Watch Party Grad Video**, on the evening of **June 25th**. We are also going to proceed with graduation awards as we know, especially in this time, a little bit of money might go a long way towards

supporting your next steps. The Grad Committee is still looking at the feasibility of some other nice touches and will be sharing information as the plan solidifies. If you are worried about your graduation status, please reach out to your guidance counselor or to myself, via email.

We wish congratulations to Head Secretary **Patricia Maheral** upon her retirement. Many thanks to **Mrs. Maheral** for her service and leadership in our school community. As you transition from working at home to being fully at home at the end of June, we hope your retirement brings you and your loved ones many blessings and a lot less screen time. Thanks for all you have done for RND and may the next steps of your journey be filled with love, laughter and good health.

Terri Daniel

I.B. Students in Holy Cross Catchment Area

Triboard instituted a new practice this year and if you are in IB, but live in Holy Cross territory, you must fill out an Elective Learning Program form for Triboard. Because schools are closed right now, you must then email it to danielte@alcdsb.on.ca to confirm your acceptance into the I.B. Program and I will send it on to Triboard. Sorry for the extra layer, but these days sure are great teachers at controlling that which we can and letting go of that which we cannot. Please rest assured that our Board has committed to transporting all students who are in our ALCDSB region to school for IB.

Virtual Relay for Life

This year we planned for Relay for Life to be on **Friday, May 29th**. Obviously, that is not going to happen. To encourage students to keep participating, the Canadian Cancer Society has decided to hold a virtual Relay for Life on **June 13th** at 7pm for all students across Canada. It's an event that people from coast-to-coast will get to enjoy from the comfort and safety of their own living rooms.

This event is something that will bring people together online for 2 hours to participate in fun activities, listen to a survivor

speaker share their story and watch some live entertainment from some pretty cool artists including Brett Kissel, VersaCello and The Reklaws to name a few. During this event we will also take some time to stop and reflect on our reasons for Why we relay during the luminary ceremony.

While we realize that raising money will be more difficult this year, which is why we ask you fundraise the best you can. If you would like to participate in Relay, or simply donate to the cause, please sign up! You can sign up going to this link: https://support.cancer.ca/site/TR/RelayForLife/RFL_NW_odd?team_id=474158&pg=team&fr_id=27316

The sign up is free and there is no fundraising minimum, unlike previous years. If you are not able to be present for the virtual event, you can still join the Regi team and do some fundraising. Each week leading up to the event, the person with the most fundraising done by the end of the week will receive a \$25 gift card to a place of their choice. **FUNFACT: When 3 people sign up, a committee member will do the ice bucket challenge!** Sign up and enjoy, while supporting this worthy cause.

Pastoral Care and Mental Health

Hi, it's **Mary Elaine** from chaplaincy. I don't know about you but I think the need to look after our own mental health and then the mental health of those around us is the most important thing we could be doing these days (beyond washing our hands and social distancing!) Here are some of my favourite links for some practical resources. Check them out for yourself and then share them with someone who could use them.

"Therapy In A Nutshell"

<https://www.youtube.com/channel/UCpuqYFKLkcEryEieomiAv3Q>

and <https://www.anxietycanada.com/>

<https://smho-smsso.ca/> School Mental Health Ontario

You can always contact <https://maltbycentre.ca/> for phone support from one of their counsellors or one of our own caring staff at RND via email.

Indigenous History Month

Check out some Indigenous History makers at the Government of Canada website which includes modern musicians like **Jeremy Dutcher**, researchers like **Dr Nadine Caron** and so many more!

<https://www.rcaanc-cirmac.gc.ca/eng/1559226684295/1559226709198>

You've probably already watched everything on Netflix by now, so if you have some time (which I know you do!) check out a free trial of APTN network shows at <https://www.watchaptnlumi.ca/> "First Contact" is a very eye opening reality series.

Spirituality

If you loved seeing the Sisters at our January mass as much as they loved you, check out the Catholic Education Week Video on the ALCDSB Youtube page! <https://www.youtube.com/watch?v=ViKkfEB9qj4> NEW!!! Online mass at St. Joseph's parish! So nice to see and hear **Msgr Lynch, Fr. Quirk** and **Deacon Wojcik** celebrate mass! <https://www.stjosephskingston.ca/> As always the resources and support on our archdiocesan website are really good and current. <https://romancatholic.kingston.on.ca/>

Commissioning Blessing for Grads

Usually we have a commissioning mass for graduating students and any staff who are retiring or moving on. You light your candles and we sing about how you are to "Light your candle-Go Light Your World!" Let us take a moment now to pause and pray for all of our grads and any who are retiring or moving on from RND.

Graduating students and retiring staff

God has called you to share your gifts with the world. The RND community gathers around you in spirit to celebrate your accomplishments, share your dreams and support your future. May the light of Christ burn deeply within you and may it guide you along life's journey. May you grow more fully into the person that God has created you to be and that the world so desperately needs. As you go forward in life, remember that you carry the flame of hope within you, and never hesitate to share it with others. We ask all this in the name of the Father and of the Son and of the Holy Spirit, Amen.

Let us pray together as we ask for the intercession of Our lady – Notre Dame, and our Patron Saint...
Hail Mary, full of grace...Amen.

St.Marguerite Bourgeoys – PRAY FOR US!

Student Services

On-line Summer School 2020

The Algonquin and Lakeshore Catholic District School Board will offer online summer courses in English, Math, Co-op, and Civics/Careers (both in French and in English) from **Monday, June 29th - Friday, July 24th, 2020**. Other course options are available through the Ontario Curriculum Consortium, but many courses are already at capacity. Interested students should contact **Mr. Poser** (poser@alcdsb.on.ca) to register for a course. To discuss options for courses, reach out to either **Ms. Gaudet** (gaudtami@alcdsb.on.ca) or **Mrs. Glancey Cox** (glanceyc@alcdsb.on.ca). Parents will receive an email outlining eLearning Course Guidelines once their son/daughter is registered.

Dual Credit at St. Lawrence College

Dual credit programs are ministry-approved programs that allow high school students to take college or apprenticeship courses that count towards both the Ontario Secondary School Diploma (OSSD) and a college certificate, diploma, or an apprenticeship certification. If you are a grade 12 or fifth year student and are interested in trying out a college course before you leave high school, dual credit might be for you. For more information, email our Dual Credit teacher, **Ms. Lott** (Lott@alcdsb.on.ca) or connect with your guidance counsellor. Developmental Psychology, Police Foundations, Taste of the Trades, Make up, and Welding are available for fall 2020. **The deadline to register students on line for fall 2020 Dual Credit courses at St. Lawrence is the end of May 2020.** After that date, registrations are based on seat availability.

Next Year's Student Timetables

Timetables for next year should be available to view in Maplewood before the end of June. Once available, students should review their timetables and send an email to their guidance counsellor ASAP if changes are required. Timetable changes are limited. Please note that ALL timetables are subject to change as necessary for staffing and enrollment reasons.

A reminder that Grade 12 students planning to attend university need a minimum of six Grade 12U or M classes, including the program's prerequisites, to be considered for university.

Students need six grade twelve courses, taken at any level, to be eligible for RND's Honour Roll and Ontario Scholarship.

Counsellors availability is limited throughout the summer. They will be returning in the new school year. Please call Student Services beginning **August 26th** to book an appointment with a counsellor for the following week.

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, **Ms. Daniel** must approve your plan to return. Then you will be re-activated in Maplewood with Choices for 2020/2021.

Graduating Students

Students at risk of not graduating will receive a message via phone or email. In all cases teachers and/or Admin have connected with these households to provide additional supports for the students. If a student does not meet OSSD requirements by the end of June, they must be removed from the Grad List.

All potential graduates should click on the "Grad Survey" icon in their ALCDSB Homepage. Each year RND gathers information on our graduates through this survey. It will be used to help determine graduation awards and provides our school

with valuable insight. It will only take a few moments to complete. The deadline to submit surveys is **Friday, June 5th**. Each student can only submit once and will be unable to change answers after submission.

Used-Uniform Shop

Graduates are encouraged to donate their uniforms to REgiWear. This is a great way to donate back to your school and recycle your uniform. Many future and present students will benefit from your donation to the used-uniform shop. ALL funds generated from sales will help our students (ex. To buy school supplies, bursary award at graduation, food, clothing, extracurricular participation, and post-secondary applications, etc). More information to come about how to do this as the school is closed. One possible way is to combine this with dropping off textbooks and computers. It is possible the school may be open for some staff in the summer months as well.

A Message To All Students From The RND Math Teachers

We hope that you are all well and we miss seeing you in our classrooms. Continue to take care of yourselves and do the best that you can in your learning at this time. Please remember that we are always here and willing to help you.

This summer you can build up your math skills in summer school, by repeating math courses. It is a great way to get ready for the upcoming school year.

You can also brush up for the upcoming school year, by checking out the following math resources:

- **Math is Fun** : <https://www.mathsisfun.com/>
- **Khan Academy**: <https://www.khanacademy.org/>
- **CEMC**
Courseware: <https://courseware.cemc.uwaterloo.ca/>
- **TVO Mathify**: <https://www.tvomathify.com/students>
Mathify provides free, one-on-one online support by certified Ontario Teachers, for students in grades 9 and 10. Now accessible **Monday to Friday, 9 a.m. to 9 p.m., and Sunday from 3:30 p.m. to 9 p.m.**

Have a safe and restful summer. We look forward to seeing you all again!

IB News

IB Final Grades

Final grades for all IB Diploma and Course students will be made available to students on **July 6th**. An email will be sent to each student informing them of their final standing.

IB Diploma and Extended Essays

IB DP students are to make are finalizing topic and research questions prior to the start of summer. DP students have been matched with a supervisor. Details of the Extended Essay, and RPPFs are available on the REGI IB D2L page. It is strongly recommended that students read the EE Guidelines and Assessment Criteria.

Music Notes

Any students who have RND band instruments in their lockers should contact **Mrs. Lord** or return the instrument to the music room if students have a chance to retrieve their personal items before **July 2020**.

The **CAPPA** (Creative and Practical Performing Arts) awards will be premiering on RND'S YouTube channel in the month of June. Please follow RND Music/RND Bands on Instagram, Facebook, and Twitter for the event date.

Mrs. Lord Highlights This Year's Lifetime Band Members

Michaela van der Hoeven
Elim Herx
Amy Mombourquette
Sarah Burgess
Ethan Fisher
Caylin Turner
Edem Afindenyo
Hannah Berube
Trevor Shillington
Hope Keys
Anya Freundorfer
Kaitlin Fish

Thank you for contributing to the life of the music department at RND. We wish you all the best on your future endeavors!

Student Council

Hello Panthers! In the blink of an eye, we are in our last month of the school year. This semester has certainly been very different from any other, but the most important thing is that all students are staying healthy and safe. This past month we started a newscast where we keep students up to date with news and information from the RND community. If anyone has anything that they would like shared in the news, don't be afraid to reach out!

We are planning a virtual coffeehouse this month for students. Thank you to everyone who submitted a video. We are very grateful to still be able to showcase Regi's talents!

We had originally planned for Relay for Life to happen on **May 29th**, but due to the Pandemic, all events have been cancelled. To encourage students to keep participating, the Canadian Cancer Society has decided to hold a virtual Relay for Life on **June 13th from 7-9pm** for all students across Canada. Go to relayforlife.ca/relayathome and join our team Regiopolis-Notre Dame – Kingston. Visit @regirelayforlife on Instagram for more information. You can also send us photos and videos of why you relay. There are weekly prizes for students involved in fundraising!

Unfortunately, elections for student council will not happen this school year. When more information becomes available, we will let students know, but we are hoping to start September with the student council elections.

As this is our final month, we would like to say thank you to all the staff and students who supported our events and made this a great year! Thank you RND for the priceless memories; we will miss you immensely.


A-Head Start

A-Head Start for incoming ninth graders is scheduled for **August 24th – 29th**. RND will hold off sending registration forms until the Health Unit gives word to allow students back into schools. Rest assured that each student has spot in this amazing program. When word comes A-Head Start will send out information packets and forms. RND will take all precautions prescribed by the health unit and the ministry of education including smaller classes, physical spacing and staggered classes. Parents can visit www.A-Headstart.com for more information and if they would like to register early.

Uniform Shopping

SCHOOL UNIFORM REGISTRATION
NEW FOR 2020


1



REGISTER

Create your student profile by visiting:
www.mccarthyuniforms.ca/profile

2



SHOP

- Online store:
www.mccarthyuniforms.ca
- Call center:
GTA: 416-593-6900
Outside of the GTA:
1-800-668-8261

Our school uniform provider **McCarthy Uniforms** is pleased to offer social distancing shopping options, value promotions and flexible payment plans for school uniforms. Due to the uncertainty regarding COVID-19, please register as a student at www.mccarthyuniforms.ca to access information about your school uniform program, promotions & shopping plans for 2020.
