

# REGIOPOLIS-NOTRE DAME CATHOLIC HIGH SCHOOL

Visit our website: [www.reginotredame.ca](http://www.reginotredame.ca)



## June 2022 Newsletter

*Newsletter is issued at the beginning of each month*

### Principal's Message

June marks the last month of the school year and it will be remarkably busy. Our staff and students are working hard as we approach culminating activities and the last set of exams. I am confident that our teaching and support staff have prepared your children to succeed to the best of their abilities. Please encourage your children to continue to put their best effort forward and to seek assistance if needed.

The Arts Department takes the stage on **June 2<sup>nd</sup> - 4<sup>th</sup>** with the production of High School Musical. The talented cast and crew have been working extremely hard and it promises to be a great show. Get your tickets and enjoy a great evening out.

In athletics, the spring season is nearing completion. Congratulations to all coaches and student athletes for your dedication, hard-work and memorable accomplishments. Special congratulations go out to the Sr. Girls Soccer team for winning the KASSAA soccer championship in a thrilling shoot out against LaSalle. Best of luck to the Sr. Girls Soccer team, Girls Rugby team, Sr. Boys Rugby team, RND Tennis team and members of the track and field team who are competing in provincial competitions next week. The annual Garnet and Gold Athletic Awards banquet is on **June 14<sup>th</sup>**. This event recognizes and celebrates the achievement of our athletic programs over the past school year.

I would like to acknowledge **Mr. McDonald** and the entire Student Council for keeping the RND school spirit alive all year and for providing students with amazing school memories. Members of the new Student Council were elected last month and I look forward to collaborating with the new council in the 2022-2023 school year.

At the end of June, we will be bidding farewell to retiring teachers **Dianna Merjavec, Linda Lott, Linda Latour, Wes Cole** as well as **Madeline Bouvier**, one of our Office Administrators in the main office. Thank you for your many years of service and dedication to the community of Regiopolis-Notre Dame C.H.S. You will be missed! Thank you to **June Hannah and Angela Ireland** Education Assistant who have been with us for the entire year. I would also like to thank our many occasional teachers for all their hard work throughout the year: **Chris Atkinson, Siobhain Broekhoven, Alyssa Dante,**

**Hala Fam, Felicia Finn, Alexandra Gilmour, Jennie Izatt, Clare Kenney, Chris Laird, Jessica Langlois, Kara MacIsaac, and Cristina Tavares.**

**SAVE THE DATE:** Grade 12 graduation will be upon us soon. We look forward to celebrating this event on **June 29<sup>th</sup>**. The staff of RND are committed to making this day special for our graduates.

Finally, in September we will be returning to a normal two semester, four period school year. We are planning our traditional activities such as the Head Start grade 9 orientation program and providing access to the school for students in late August to obtain necessary items for the start of school. As information is confirmed, we will communicate via School Messenger, our school website [Regiopolis-Notre Dame C.H.S.](http://Regiopolis-Notre Dame C.H.S.), and our social media platforms:

@rndstudcouncil



@rndstudcouncil



@RegiNotreDame



I hope that you have a safe and restful summer and I look forward to seeing all of you in September. Stay well and stay connected.

God Bless  
**Paul Melim**

## Chaplaincy

The last school messe of the year will be on Wednesday **June 8<sup>th</sup>** at Our Lady of Fatima Parish. The grade 12's will receive a special blessing or "Commissioning" to carry the light of Christ that they have fostered in their years of Catholic Education out to a world in great need upon graduation. Please hold these graduates in your prayers along with retiring staff members.

**June is "Indigenous Heritage Month"** and First Nations, Inuit, Metis, Native (a preferred name by some of our students) students and allies will be sharing some of the amazing contributions and culture of the people of Turtle Island. Keep an eye out for special presentations in the Learning commons and chapel, along with food and displays.

**June is also Pride month.** With our board theme of "Beloved Children of God", let us celebrate all the ways that God creates and loves us unconditionally. Our Catholic community celebrates the inherent dignity of each person who is created in the image and likeness of God. There should be no sign of discrimination against any of our staff or students and we will be celebrating the gifts and contributions of our siblings who identify as LGBTQ+.

In light of the recent gun violence that has killed so many innocent people and children and on the anniversary of the Canadian act of hate/terrorism that killed four of the five members of the Afzaal family in London Ontario last June, let us put our prayers to action by choosing to love in the face of fear and speak up for and protect those who are most vulnerable to racism, Islamaphobia, homophobia and violence. In this month of the Sacred Heart of Jesus, we put all our trust in You Jesus when we pray:

O most holy Heart of Jesus, fountain of every blessing,  
I adore you, I love you and with a lively sorrow for my sins.  
I offer you this poor heart of mine.  
Make me humble, patient, pure, and wholly obedient to your will.  
Grant, good Jesus, that I may live in you and for you.  
Protect me in the midst of danger; comfort me in my afflictions;  
give me health of body, assistance in my temporal needs,  
your blessings on all that I do, and the grace of a holy death.  
Within your heart I place my every care.  
In every need let me come to you with humble trust saying,  
Heart of Jesus, help me.  
Amen.

## Student Services

### Volunteer Hours for Grade 12s

The Ministry of Education has reduced the number of hours needed to graduate this year to **20 hours**. Due to Covid-19 Protocols, acceptable volunteer experiences are more flexible as well. Jobs around the home and even some hours from a paid job can be used. For clarification, email your guidance counsellor. All students wishing to remain on the Graduation List should have submitted their hours to Student Services by **May 27<sup>th</sup>**. It is still possible to submit forms through **Mrs. Lackey**, Office Administrator for Student Services at [tlackey@alcdsb.on.ca](mailto:tlackey@alcdsb.on.ca).

### Graduation Assembly and PowerPoint

Student Services and Admin hosted an assembly for potential 2022 RND Grads on the morning of **Monday, May 9<sup>th</sup>**. Pertinent information about graduation, grad mass, and grad awards was shared with the students. Any grade twelves who were not in attendance should refer to the presentation in the Regi Guidance D2L.

### Graduating Students

As a reminder all potential graduates should click on the "Grad Intent" form as well as the "Grad Survey" icons in their ALCDSB Homepage. Grad intent allows students to indicate that they will attend Graduation and how many guests will accompany them.

Each year RND gathers information on our graduates through the Grad Survey. It will help determine graduation awards. It will only take a few moments to complete. The deadline to submit surveys is **Friday, June 3<sup>rd</sup>**. 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).

### Returns

Students considering a fifth year at RND after graduation must contact either **Ms. Gaudet** or **Mrs. Glancey Cox** ASAP. They will consult on their Intent to Return plan, which will include courses they wish to take in their returning year. Students will then meet with **Mr. Melim** for his approval of the return. Once approved, the student will be re-activated in Aspen with courses for 2022-2023.

## Next Year's Student Timetables

Timetables for next year will be available to view in Aspen before the end of June. Once available, students should review their timetables. There will be an opportunity to meet with guidance counsellors to make appropriate changes, which can be 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 Ontario Scholarship.

## Dual Credit at St. Lawrence College

St Lawrence has confirmed its congregated dual credit course offerings for the fall and winter and registration opened for both on **Monday, May 30<sup>th</sup>** and will remain so for **two and a half weeks**. Information about integrated courses and the OYAP Level One courses will be forthcoming from the college and will be shared via Student Announcements. The equal consideration deadline for fall programs is **Wednesday, June 15<sup>th</sup>** and RND's seat allocations in courses are guaranteed until at least then.

Dual credit programs are ministry-approved and 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. The course offerings include: Abnormal Psychology, Baking Foundations, Carpentry, Computer Systems Technology: Networking, Electrical Circuits, Fitness – Group Exercise and Leadership, and Makeup to name a few. If interested, students should contact **Mr. Poser** ASAP.

## On-line Summer Learning Program 2022

The Algonquin and Lakeshore Catholic District School Board will offer online summer courses in English, Math, Science, Civics/Careers (both in French and in English), and Co-op (two periods available this year) from **Monday, July 4<sup>th</sup> - Friday, July 29<sup>th</sup>, 2022**.

One credit Coop courses will run from **Monday, July 4<sup>th</sup> to Friday, August 19<sup>th</sup>**. Two credit Coop may be possible between **Monday, July 4<sup>th</sup> and Friday, August 19<sup>th</sup>**, if enough placement learning opportunities and activities can be scheduled in that timeframe. Students will be contacted by the Summer Coop teacher in June. Students are encouraged to try to arrange placements in advance.

Other course options are available through the Ontario Curriculum Consortium. Interested students should book an appointment with **Mr. Poser** to register for a course. If you are uncertain about taking a course, reach out to your guidance counsellor – either **Ms. Gaudet** or **Mrs. Glancey Cox** – to discuss your options. Please note that courses only run if there is enough enrolment by **June 30<sup>th</sup>**.

## International Student Navigators

Are you interested in meeting people from around the world? Are you friendly and like sharing the great things about your school? Do you want to earn community service hours while participating in cultural events at RND and beyond our walls? If you answered Yes to these questions, then you should consider becoming an International Student Navigator.

This is a revision of the former International Buddy Program from the 2021/22 school year. The IS Navigators will be assigned a group of International Program students who will be arriving this coming school year. The Navigator acts as a support for the new students, which includes sharing information about RND as well as what it is like to be a high school student in Canada. As an IS Navigator, you will communicate with your International students at least once before they arrive, will be part of the Orientation Day in early September, will be a contributing member of the multicultural club, and check in with the students regularly while they attend RND.

Applications were due **May 27<sup>th</sup>, 2022**. If you have any questions about the program please email them to [international@alcdsb.on.ca](mailto:international@alcdsb.on.ca) or speak with your guidance counsellor.

## Guidance Counsellors in the Summer

Counsellor availability is limited throughout the summer. They will be returning in the new school year. Please refer to the Appointment booking in D2L or call Student Services beginning **August 22<sup>nd</sup>** to book an appointment with a counsellor for the following week.

## ReStart Youth Job Connection program is a PAID program for youth between the ages of 15 and 29!

As a participant, you will receive 60 hours of paid classroom training to learn job search and employment readiness skills. In addition, workshop facilitators will teach you important life skills and introduce you to community services that can support you throughout your career.

After you have completed the 60 hours of PAID programming, you will receive a PAID job placement with access to job coaching as well as financial support for needs such as transportation, work clothing and tools.

To find out if you are eligible for this exciting program at ReStart, contact **Sherrie** at 613-542-7373 (X114) or [sherrie@restartnow.ca](mailto:sherrie@restartnow.ca)



### **Graduation Details – Wednesday June 29<sup>th</sup>**

Please join us for the commissioning mass of the Class of 2022 at noon at Our Lady of Fatima Church- on Division Street.

- Graduates will pick up their gowns on **Tuesday, June 28<sup>th</sup>** between 11 am – 3 pm from the Drama Room.
- Graduates should arrive at RND dressed in their gowns at 4:30 pm on **Wednesday June 29<sup>th</sup>**.
- Graduates group photo will be taken at 4:45 pm.
- Graduates will then be lined up to march into the CND gym.
- Graduation Exercises begin at 6 pm sharp. Doors to the CND gym open at 5:15 pm. There will be 2 overflow classrooms available. Please note the Graduation ceremony will be livestreamed on our You Tube channel.
- Graduating students are each permitted a maximum of 4 tickets each for the Graduation Exercises.
- There will be a brief reception following the Graduation ceremony in the JUC gym.
- All Graduates must return their gowns immediately following the reception.

### **EQAO**

All students registered in grade 9 Applied and Academic Mathematics courses quad four will be writing the EQAO mathematics testing on **June 21<sup>st</sup> and 22<sup>nd</sup>**. Attendance is mandatory. Preparation materials will be provided to students in class.



### **IB News**

Congratulations to all IB DP and Diploma Course students! May 2022 saw the return of IB exams after a 2 year hiatus. Our IB students demonstrated exceptional perseverance, hard work and commitment in what has been an extraordinarily challenging experience. A good long rest is recommended!

**Final IB grades will be available to students on July 6<sup>th</sup>.** An email will be sent to each student informing you of your final standing. If you have any questions about your results, please direct them to the IB Coordinator at [david@alcdsb.on.ca](mailto:david@alcdsb.on.ca). After **July 6<sup>th</sup>**, final IB grades will be sent directly from IB to universities. Additional transcript requests (**after July 6<sup>th</sup>**) must be made by individual students directly through IB. There is a nominal fee.

Incoming Year 2 IB DP students are reminded to contact their EE supervisor before the end of June in order to finalize your research topics. Details of the Extended Essay and the RPPFs are available on the REGI IB D2L page. It is mandatory that all DP candidates thoroughly read the Extended Essay Guidelines, Subject Specific Criteria, and Assessment Criteria.

### **RND Mathlete News**

Congratulations to our junior mathletes who placed 1st, tied for 2nd, and 3rd at the annual Kingston Math League tournament.

Special honours go to **Guna Kim and David Hwang** for their Gold and Silver finish out of some 140 of Kingston's top mathletes at the annual KML Junior tournament held on **May 20<sup>th</sup>, 2022**. Eight area high schools with some 140 mathletes competed for the top mathlete honours.

### **First place team**

**Guna Kim, Anthony Kilpatrick, Chantal Pilon, Simon Siju**

### **Tied for second place**

**Joseph Guay, Nico Benevides, Owen Thiele, David Duggan**

### **Third place**

**Ellen Choi, Sandra Mekhaeil, Sophia Saavedra, Seleena Carquez**

## Poetry Contest

The English Department proudly sponsored its annual Poetry Contest, now in its 20th year. Each year we invite a published poet to judge our entries. This year's judge was Alyssa Cooper. First published in 2008, Alyssa is the author of two poetry collections, *Cold Breath of Life* and *Unlike Icarus*. Her work has been included in over fifty publications, including *Postscripts to Darkness*, *The Ottawa Arts Review*, and *The Dalhousie Review*. An active spoken word performer, Alyssa has performed at festivals, conferences, and special events from Gananoque to Toronto, including *Kingston WritersFest*. Winners earn \$75 for 1<sup>st</sup> place and \$50 for 2<sup>nd</sup> place. Congratulations to all those who participated.

### 2020 Winners

#### **Senior Division**

1<sup>st</sup> Place – Razan Abdelsalam (“Monarch”)

2<sup>nd</sup> Place – Shianna Buchannan (“My Personal Canvas”)

#### **Honourable Mention**

Sergio Gonzalez Velez (“Where I’m From”)

Aggy MacKay (“Long-Gone Soul”)

#### **Junior Division**

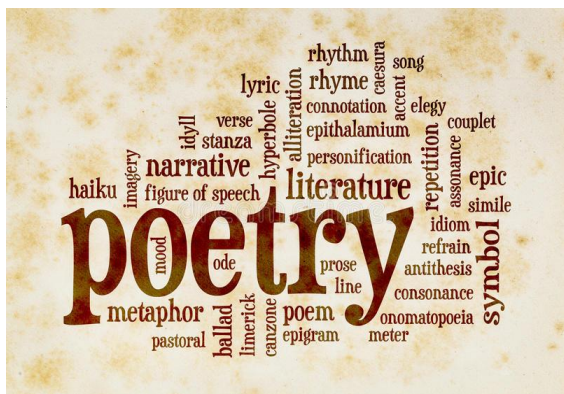
1<sup>st</sup> Place – Mia Romero (“Seven”)

2<sup>nd</sup> Place – Anthony Kilpatrick (“Andante”)

#### **Honourable Mention**

Essien Faught (“Anagapesis”)

Madison Henry (“What a Monster”)



### RND Poetry Contest 2022 Winners

#### Junior Division – 1<sup>st</sup> Place: Mia Romero

##### **Seven**

Throw the white rose atop the casket, turn away;  
you were never meant to bloom for long.

I'm seven years old and I'm blazing by the graveyard  
on two wheels, and when my body crashes to the  
pavement, all raw knees and bloodied teeth, there is  
no hand to pick me up. You were here once. I was

not spitting blood to the ground like sour prayers  
once, but the acrid taste on my tongue feels as if it  
has always been there.

I don't remember what it was like to tumble into  
grass; something soft, something pliant, something  
I could pull myself up from. I don't remember a life  
before my body lay splayed out along the road like  
a fallen bird, choking on the red, on all the words  
that will never be spoken.

I can't breathe through it. I'm drowning at the beach,  
a flurry of thin brown limbs, calling your name; but  
there is nothing on the shore but sand and a memory.  
Water in my lungs, in the crimson-stained gaps between  
my teeth, in the pink lids of my eyes; maybe this is it.

Maybe this is the descent, the falling star, the end of it  
all. Maybe this is the stutter of your heart as I hold my  
breath over the phone, or the single, unshaken scream  
as the line goes flat.

Maybe this is death.

Will you meet me at the bottom?

Tell me you will—tell me you will or I'll do it for you.  
You and I, laughter ricocheting off the subway walls,  
graffiti and red chairs and the leather of your jacket. I'm  
six years old and my life tastes like cinnamon, and when  
I'm seven it will taste like blood.

I don't remember the shade of your eyes when the sunlight  
bled into them, or the way your laugh filled the air. I  
don't want to go there. I don't want to pry too deep, lest I  
break something delicate. You told me broken glass will  
cut, and that my lips will crack if I run my tongue along  
them too often. You told me you'd watch me grow up, too,  
so which one of these is the lie?

This is all a ploy, a web weaved in the hands of a  
malevolent spider, and I am the unfortunate fly snared  
within. You've had your fun; you can let me go now.  
You can tell me it was all a joke, and I'll laugh and  
I'll forgive you and we can meet at the station, my  
nose pressed against the smudged window of the car  
like I'm trying to crawl right through.

This isn't funny anymore. I'm not laughing. Come back.  
I'll slam my fists against the window until it shatters, so  
come back and tell me it's over so I can hear your voice  
again. This isn't a joke. This isn't how it was supposed to  
go.

But this is the ending, isn't it?

The curtain call, the final show; the drowning kid with  
an ocean in their lungs, and the child crumpled on the  
pavement as the car barrels toward them in a flash of twin  
headlights and squealing tires.

We've seen this movie before. We know the ending.  
We've always known it. The car crushes bone and the  
water curls an eldritch hand around the body, and we  
are too naive, too foolish, too human, and this is not  
how it was supposed to go.

*But it is.* But it isn't.

The power goes out and the screen goes dark, and I  
can still taste the remnants of cinnamon in my torn up  
mouth when I reach for something I know will never be  
there again.

There is only a withered rose, and a casket, and two dead  
bodies in the morgue.

I guess we were never meant for bloom for long.

### **Judge's Comments**

I love the way that this piece plays with time, creating a non-linear timeline that leaves the reader at the mercy of the narrator. The immediate juxtaposition of the image of the child against the image of the graveyard is incredibly engaging, especially in lines like "my body lay splayed out along the road like // a fallen bird," which left me wanting to simultaneously turn away from the scene and reach out a hand to the narrator.

The consistent use of taste in your descriptors is unique and is a very engaging way to reassert the dichotomy of childhood versus death through the repeated comparisons of the taste of cinnamon to the taste of blood. Your mastery of language is commendable; "the drowning kid with // the ocean in their lungs" – what a line!

Finally, in a poem that plays with linear time, the revisiting of the first stanza in the final line is brilliant way to close the piece.

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### **Junior Division – 2<sup>nd</sup> Place: Anthony Kilpatrick**

#### **Andante**

Under the lamplight,  
Andante, the trumpet hums.  
The piano begins its poem.  
The town goes soft,  
Listening to hear the gentle petting of drums.

Like a hut seems unfit for kings,  
Too majestic for atop a cobblestone street.  
So once a street, now made anew.

Rapt while one breath lingers,  
With the falling leaves graceful descent.  
Flowing delicately like the town river,  
Melody touches the hearts of enchanted faces

Reality is lost,  
Yet life still shines through vibrantly.

A peace of heaven found,  
A piece played  
Like if the stars could sing or flowers could hum.

Wrapped,  
Where peace of mind lies behind eyelids,  
Beauty found between the lines,  
Under the lamplight,  
God bestows his love.

### **Judge's Comments**

This poem has a soft, dream-like quality to it that I found absolutely captivating. There is something delicate in the use of language, the choice of words – "The piano begins its poem" is a line that seems so simple but is beautiful in the ear and easy on the tongue, and it draws the reader in to the new world you've created.

I love the slow decay of reality as the piece moves through its stanzas, from the first stanza which seems almost rooted in real world, to the fourth, where the reader is asked to imagine a different, surreal place, where "stars could sing or flowers could hum."

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### **Senior Division – 1<sup>st</sup> Place: Razan Abdelsalam**

#### **Monarch**

When I was younger,  
My cousins were sweet as dates after fast,  
But often I think that I escaped  
And they are frozen,  
Molded in the cracks between the cement  
Like crystals of sand.

My mother tells me the news back home,  
And she tells me "they shot him, and he's dead".  
Her words are silent,  
Or, I chose not to listen.

My mother tells me of fallen branches,  
And I struggle to smell the wind  
Of the leaves.  
So instead, I cry for my dead,  
Through words on pages.

Instead, I write love letters to my  
Country.  
Yet my country,  
Is milk weed to this world.  
And though I am not blind or stupid to say  
It is joyous or worthy,  
I write love letters,  
To remind it of innocence,  
And hope it remembers the imprint  
Of my palms in its sand.  
Hope it remembers the tears I dropped

For leaving it behind.  
Hope it rejects hope.  
And though I am free,  
Still, I await our faithful return,  
Because our mother tongues will come back for us.  
They will remember how we strung them,  
Carefully,  
Wait for our music, as our body relearns the rhythm.

Wait for me, my love.

### **Judge's Comments**

This poem was stunningly mature, both in its content and in its mastery of language. The opening lines – “When I was younger // My cousins were as sweet as dates after a fast” – are instantly captivating, drawing in the reader, and they perfectly set the stage for the juxtaposition of sweet nostalgia against painful loss that continues throughout the piece.

I love the way that you’ve woven all five senses through your descriptions, a difficult feat that you’ve made seem effortless – it creates a rich and multi-faceted immersion for the reader, a tactile experience. The content is heavy, but there is a lightness in the way that you’ve written about it, a softness, and I love that you chose to end the piece on a note of hope.

This piece is full of beautiful, memorable lines. “Still, I await our faithful return // Because our mother tongues will come back for us” – this is my favourite.

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### **Senior Division – 2<sup>nd</sup> Place: Shianna Buchannan**

#### **My Personal Canvas**

it was an accident.  
glass  
smashed and the slivers split.  
the hardwood tile shining with fragment

upon collecting the broken,  
purposeless pieces  
it felt heavy with need.

the mind supplied endless  
worlds upon worlds  
of ideas. taking the single  
small unimportant glass  
across unmarked flesh

and so, it happened.  
light at first  
a hand caressing a face  
two peoples. now one.  
connection

now deeper.  
deeper, blood gathered  
below flesh waiting to press up

deeper, a thick fury spouting  
treading down and down

an emotionless face  
red tinted left behind  
as a finger  
covered in purpose  
raises to lips.  
an erase of evidence

the cut drew blood  
and in turn pain  
that. that was the escape  
the reminder  
merely a dull buzz  
once the mess cleared  
in body on ground in mind  
personality cowered under wool

the buzz faded.  
and suddenly,  
the pain was prayed  
hoped upon to return

but it didn't.  
so, the sliver  
the same one hidden under  
mattress and bedsheets  
it was pushed towards

important for its next use  
and the next  
and the next  
and the next

its only purpose.  
to color a canvas  
one that did not desire paint  
in the first place.

### **Judge's Comments**

This poem was a difficult read, but that’s what makes it important. You’ve handled a very difficult topic without flinching, and more importantly, without romanticizing. From the first line – “it was an accident” – you set a tone that you remain faithful to throughout, and which comes full circle in the final stanza.

I love the repeated anthropomorphizing of the act – “light at first // a hand caressing a face” – as well as the stylistic decision to forego capitalization and play with punctuation. The style works especially well with this theme, adding an unpolished element that reflects the messy truth of self-harm.

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## Learning Commons

It's hard to believe that another school year is coming to an end. The Learning Commons staff has enjoyed being able to fully open this year as we initiated several new clubs and activities such as games club, book club and Christmas Card making for Seniors in LTC. We continued many of our traditional activities such as visits from the therapy dogs and our Forest of Reading program which has just wrapped up.

Our **Forest of Reading Program** - The **White Pine Books** has just announced the winner for this year – Congrats to **Kate McLaughlin** on her award-winning book – *What Unbreakable Looks Like*.

**Lunch hour In the Commons** continues to be busy, walk in any time and work on a puzzle, colour, or play a board or card game – all are welcome, and we look forward to meeting you.

**Library Book Returns** As we move into the final month of School, we would like to remind students to return their books to the library as soon as possible, thanking you all in advance.

## Students' Council

### Joe Bolarinho Coffee House

The final Coffee House of the year is scheduled for **June 16<sup>th</sup>** at 6:30 in the Cafetorium. Don't miss this chance to enjoy the musical talents of the RND Community.

### RND Merchandise

Get your all new RND Merch each Friday in the Zarichny Commons. You can also purchase your spirit wear using School Cash Online at [reginoredame.ca](http://reginoredame.ca). Online orders will be available for pick-up on the Friday following the purchase

### Relay for Life

On **Friday May 27<sup>th</sup>**, student council along with the Relay for Life committee hosted the first in person Relay for Life event since 2018. There were 173 students who participated in the event, raising \$26,000 total. Donations can still be made until the end of June; we thank everyone for the support towards the Canadian Cancer Society.

### New Students' Council

Our Town Hall elections were held at the end of April. The 10 students elected to next year's council are: **Anna Mills, Alex Duggan, Alaura Spencer, Abby Ows, Alexander Nam, Grace Roberts, Mason Rice, Mary Mekhaeil, Sadi Gibson and Sienna Matheson.** **Megan Hogan** has been elected as Faith Rep.

**Congratulations** to all incoming members of Students' Council and thank you to our 2021-22 council for all your hard work.



### Relay for Life

Regi's Relay for Life was a huge success on **Friday May 27<sup>th</sup>**. Our school raised \$29315.40, just shy of our \$30,000 goal. However, this number did set a record for our school! Way to go to everyone who participated and contributed to the event!

### Thank you from Coach Zborovsky; Girls' Rugby

*"Thank you to Carquez Drywalling for sponsoring the Girls Rugby Team this year. The girls have enjoyed a season playing on Nixon Field Queen's University and topped off the season playing at Ofssa AAA in Kitchener Waterloo. It is the generous sponsorship of our Alumni like Steven Carquez that help fuel the next generation of athletes. Thank very much!"*



## School Council News

### RND Wins Umbrella Project School Community Award and Access to the *Umbrella Parenting 101* Course

RND is proud to announce that our school community was recently chosen to receive an *Umbrella Project Award*. These awards celebrate students and educators who show us how to choose well-being by actively strengthening their coping skills and bravely taking on challenges. This award includes an array of prizes, including: a cash award, [Well-Being Pop UP](#), a book bundle from Scholastic Books, and an Educator Professional Development Bundle.

In addition, the award offers RND families the opportunity to enrol for free in the *Umbrella Parenting 101 online course*, which provides tools to learn about the 18 umbrella skills and to assess your child's coping skills and support their well-being. To access the Parenting 101 Course, visit:

[https://theumbrellaproject.mykajabi.com/offers/vPTWV9bC?coupon\\_code=REGIOPOLISUP101](https://theumbrellaproject.mykajabi.com/offers/vPTWV9bC?coupon_code=REGIOPOLISUP101).

Parents, please note that RND's free coupon for this course expires at the end of June 2022. However, once you have gone into the course, you will always have access to the material.

### RND School Council

The final meeting of the RND School Council, comprised of parents and school staff, was held on **May 31**. The RND School Council meets six times a year to learn about important educational and social activities at our children's school, and all parents are welcome to attend! The Council's meeting dates for the 2022-2023 academic year have been set, so please mark your calendars and join us: **Sept. 27<sup>th</sup>**, **Oct. 25<sup>th</sup>**, **Nov. 29<sup>th</sup>**, **Feb. 7<sup>th</sup>**, **Apr. 18<sup>th</sup>**, **May 23<sup>rd</sup>**. We look forward to meeting you!

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