

REGIOPOLIS-NOTRE DAME CATHOLIC HIGH SCHOOL

Visit our website: www.reginotredame.ca



May 2019 Newsletter

Newsletter is issued at the beginning of each month

Principal's Address

In the month of May, we celebrate Mary, in the light and hopefulness of the Easter Season and the ever-increasing blooms of spring. At RND, May also signals the start of the spring uniform season. Students may wear the golf shirt and shorts (with shoes or sandals which are more school appropriate than beachwear) or the fall/winter uniform, but not in combination. School sweaters may be worn with either option.

Report cards are home and graduation preparation is underway, in earnest. Our grade twelves are encouraged to ensure all documentation is in place for graduation requirements and award consideration.

Students of all grades who plan to return to **Regiopolis-Notre Dame CHS** should by now have selected courses for next year. If not, please do so now. For students who have submitted course selections, but through the course of the next few months, decide to go elsewhere or accept a post-secondary option, please keep us informed. Sometimes, we have students on waitlists for courses, when in fact the seats could be available. This year, there is a lot of uncertainty about elective classes; where needed, guidance counselors will meet with students to make course selection adjustments.

We begin May with a combination of **Catholic Education Week** and **Mental Health Awareness Week**. We look forward to our student leadership at the Boardwide Mass at **St. Joseph Catholic Church in Belleville** as well as to the various activities led by our **Mental Health Ambassadors**. When the RND community talks about their various initiatives – academic, extracurricular or spiritual – well-being is also woven in to the fabric. How fitting that we celebrate Catholic education and mental health at the same time.

Please keep in mind that our **Toonie-forNon-Uni Day** on **Friday, May 10th** is in support of RND's Inaugural Relay for Life. I would like to thank our outgoing Students' Council executive: **Joe Nuvoloni, Hannah Doyle, Aidan Canty, Matt Mulholland, Jennie Izatt** and cabinet members **Tyler Huffman, Sabrina Lloyd-Ellis, Michaela Dowling,** and

Lachlann Dalgeish for all of their hard work and enthusiasm over this year, under the leadership of staff advisor **Jaime Rizzi**. You have accomplished great things and leave large footprints for next year's Executive. Students' Council 2019 – 2020 is comprised of: **Gwen Van Duinen, Head Girl; Zachary Dodge, Head Boy; Rachel Oleschuk, Communications; Roxann Forget, Treasurer; and Sydney Kalin, PAW Rep**. Cabinet will be selected by **May 10th**. We look forward to this incoming group, devising new approaches to strengthening our RND family. I know we all will support them.

So many wonderful accomplishments and events are occurring at RND. Just to highlight a few: our **Senior Girls' Volleyball** team won the **Sportsmanship Award** at OFSAA, our school was given the **Associate School of the Year Award for 2018-19** from **Queen's University**, our mathletes are competing well in an assortment of competitions, our **Senior Women's Doubles Badminton Team** of **Jennie Izatt** and **Sabrina Lloyd-Ellis** capture the **EOSSA Championship** for the first time in school history, and our springs sports season is underway.

God bless, everyone.

Terri Daniel

Chaplaincy Services

Installation of Archbishop Mulhall as Archbishop of Kingston - Everyone is welcome to the celebration of the Eucharist and installation of Archbishop Mulhall on **Fri. May 3rd** at 2:30pm at St. Mary's Cathedral. May we welcome him in person and prayer as he prepares to shepherd our Archdiocese. We also give thanks to Archbishop O'Brien for his years of servant leadership and wish him great joy and rest in his retirement.

Best Foot Forward Eco-conference will take place at the Frink Centre on **Fri. May 3rd**. 4 students from our Green Team will be participating and accepting acknowledgment for our school achieving Gold Eco-school status last year.

Catholic Education Week May 5-10 - "Living as Joyful Disciples" - *Rejoice with an indescribable and glorious joy!* - 1 Peter 1:8. The board-wide mass will take place **Tues. May 7th** in **Belleville**.

Rosary Liturgy - Wed. May 15th liturgy for whole school (location and time to be determined)

Indigenous leading and learning opportunities - Thurs. May 16th PowWow at Oakridge park (LDSB and ALCDSB). **Fri. May 23rd** Indigenous leadership day at Gould Lake.

CND Mass of the Visitation - Fri. May 31st at 11am at St. Joseph's parish.

Costa Rica Service Learning trip 2020? - If there are students interested in the possibility of participating in a Service learning trip to Costa Rica next spring, please see Mary Elaine Carty in the chaplaincy centre.

Public Speaking

Public Speaking Night, now in its 36th year, will be held during **Catholic Education Week** on **May 9th** at **6:30** pm in the Upper Room. Competitors should arrive for **6:00** pm dressed in semiformal attire (i.e. no jeans). All are invited. Three members from the Kingston community will be doing the judging honours for the evening: **Greg Tilson**, a community organizer in Kingston, specializing in cultural events and currently the Artistic Director of Skeleton Park Arts Festival; **Katie Spoljaric**, a former RND student, who is now a Human Resources Consultant at Queen's and also teaches at St. Lawrence College; and **Amanda Gauthier**, a Lifestyle Category Manager working for Indigo Books & Music in Toronto.

Poetry Contests

Submissions were accepted for RND's 15th annual Poetry Contest. Prizes are allotted for the Junior and Senior Divisions. RND is pleased to announce that this year's judge is Kingston writer, **Michael Casteels**. Mr. Casteels runs *Puddles of Sky Press* and he has published more than a dozen chapbooks of poetry. In 2016, he published his first full-length book of poetry, *The Last White House at the End of the Row of White Houses*. Winners for RND's Poetry Contest will be announced on the evening of the Public Speaking Contest.

Mathletes News

Congratulations to our mathletes with their amazing performance on the Waterloo Contests. Our grade 11 team came first in our zone across five district school boards while our grade 10 team came second. Top hours in grade 9, Pascal Contest go to **Kevin Liu, Alexandra Lee, Pyper Woodman and Erya Xu**. Top honours in grade 10, Cayley Contest go to **Lucas Olmstead, Ann Maria Aji, Laurie Yuzichuk and Lily Rich**. Top honours in grade 11, Fermat Contest go to **Trevor Shillington, Alvin Aji Thomas, Kylie Meyerman, Donovan Bisson and Tanner Ozcan**.

The Kingston Math League junior tournament will be at RND on **Friday, May 10th**. New mathletes are always welcome.

After School Numeracy

After school math help is available every week from 2:30 – 4:00 p.m. in room 234. A light snack and juice are provided freely. Students can get help with homework and/or lessons re-taught by a math teacher. Applied math is on Mondays, Academic grade 9 math is on Tuesdays, and Academic grade 10 math is on Wednesdays.

IB News

Year 1 (Grades 11) IB candidates are asked to confirm their supervising teacher for the Extended Essay with Mr. David. A visit to a Queen's University library and a research skills workshop will be scheduled for later this month.

Year 1 and 2 (Grades 11 and 12) IB Candidates – The master IB exam schedule is posted on the school website and Regi IB D2L page. Please be advised that these dates and times are rigid and unchangeable. Please note that all exams are written **at Queen's University, Duncan McArthur, Room B180**. Morning exams begin at 8:30 am and afternoon exams at 12:00 pm unless otherwise stated. Please check the Regi IB D2L page for updated exam information.

RND Music Presents

Broadway Gala 6.0, Friday May 10th in the RND Cafetorium. Broadway favourites for band, choir and soloists!! A FUNDRAISER FOR THE RND SENIOR CONCERT BAND

CAPPA, RND Arts Awards

Thursday May 30th, RND Café. Art display, Music and Awards Show

Interested In Starting Your Own Business This Summer?

The 2019 Summer Company is an exciting program funded by the **Ministry of Economic Development, Job Creation and Trade** and administered through the **Kingston Economic Development Corporation**. The program provides an excellent opportunity for students to start their own business for the summer—and get paid for it! Since its inception in 2001, the Summer Company program has successfully supported more than 250 students in the Kingston area.

Summer Company is officially open and we are receiving applications until **May 19, 2019**. The program is available to all students ages 15-29 who are returning to school in the Fall of 2019. The program provides \$3,000.00 in funding and coaching to students interested in starting and running their own business. Participants will also benefit from other components of the

program such as, mentoring, professional insight, networking opportunities among other things.

The application process includes a business pitch component where students will compete for one of 10 available spaces. Eligible applicants will be given five minutes to present their business to a selection committee comprised of local entrepreneurs.

Should you know a student who would be interested in participating please direct them to the www.ygksummercompany.com to complete the online eligibility component. We will also be holding the following open house on **May 1st**, 3:00 pm-5:00 pm at Venture Club Kingston – 275 Queen Street, Kingston Ontario K7K 1B7. If you have any questions, please feel free to email or call **Claire Bouvier Small Business Advisor** – Start-ups & Youth Business Kingston Economic Development Corporation bouvier@kingstoncanada.com 613-544-2725 x7222

McCarthy Uniform Shop

Regular McCarthy shop hours are on **Mondays and Wednesdays from 9am to 3pm**. To contact In-School Shop call 613-546-6400. Cash, Debit, Master Card and Visa are accepted. No Cheques.

Purchasing a Uniform can be done In-person, On-line at www.mccarthyuniforms.ca or by calling the Call Centre at 1-800-668-8261.

The Spring Uniform cannot be mixed or matched with the Fall Uniform.

You may start to wear the Spring Uniform **on Monday, April 29th until the end of June.**

Student Council

Thank you to everyone who ran for Student Council. All candidates did a fantastic job and should be proud of themselves! As well, thank you to everyone who came out to support our Heart and Wellness Coffeehouse in memory of Beth Couture. We had amazing donations from so many places and our silent auction was a great success! We raised money for youth mental health within our school, as well as for One Roof.

Here's what's coming up in May:

Relay for Life

Relay for life is THIS month! It's happening from 1pm-1am on **Friday May 24th**. If you haven't registered yet, make sure you do! There are a lot of great prizes to be won and tons of fun games and events planned for the day of. If you don't have a team to register with, you can register on your own or come see

Student Council to be placed on a team. We are halfway to our goal of raising \$20,000 to beat cancer.

We are still looking for any community donations of money, food or games to help us on the day of Relay for Life. If you would like to donate something or know someone who would, let us know!

One Match Event

On **May 15th** we will be hosting a One Match event during lunch. Come on out to get swabbed and possibly save a life! See Hannah Doyle if you would like to volunteer with this event or want more information.

Spirit Wear

Spirit Wear will continue to be sold Tuesdays and Thursdays at lunch in the commons. If these times do not work for you, you can also come to the student council room at any time or see Ms. Emerson.

Regi Blood Team

Regi blood team is continuing to the end of the year! We are always looking to add people over the age of seventeen to our team to give blood. You don't have to be a student to contribute. Next time you give blood, let them know you are part of our team and give them our partner ID to contribute to our annual goal (Partner ID-REGI011404).

Thanks From The Attendance Office

The attendance secretaries, Madeleine Picard and Madeline Bouvier would like to thank all of you for taking the time to call in when your son or daughter is ill, has an appointment or will be away for a day or two. It is greatly appreciated and alleviates having unnecessary calls go home at night. As we head into the last two months of school, please keep the following in mind:

- In some cases, parents advise teachers when his/her child is going to be absent, but not the attendance office. Although advising the student's teachers is a good practice, it is imperative that you advise the attendance office. It is the attendance office secretaries who enter the student's attendance code and reason for absence in Maplewood; not the teachers.
- It is imperative that a student signs in and out anytime he/she arrives at or departs from the school within the hours of 8:30 and 2:30; even if the student arrives between periods or during the lunch hour. If this practice is not followed, it is impossible to know when the student arrives or departs.
- When a student signs in late, the attendance office does not enter the student's attendance to LATE. The teacher does. It is the responsibility of the student to provide the teacher with his/her late slip at the end of class, ensuring the Maplewood entry reflects the late

arrival. The teacher has the option of changing the student's entry from ABSENT to LATE.

RND Is Once Again Helping Our Earth

Regiopolis Notre Dame and *Raw Materials Company Inc.* is working together to collect and safely dispose of MHSW alkaline batteries. RND will receive monies for batteries collected which will go directly into the school's Regi Wear program. If you have any alkaline batteries needing to be disposed, please use the buckets available in the main office and library.

Student Services

Course Selection for 2019-2020

Course selection is now complete. Parents/Guardians are reminded to review their child's courses for next year on Maplewood or myBlueprint. If you have any questions or concerns, please contact your child's guidance counsellor. A reminder for next year's Grade 12 students planning to attend university - you need a minimum of six Grade 12 U or M classes, including the program's prerequisites, to be an eligible applicant.

On-line Summer School 2019

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 **Tuesday, July 2nd - Monday, July 29th, 2019**. Interested students can either pick up a registration form in Student Services or download a form from the RND website that must be signed by a parent/guardian to register for an on-line course. For more information, please refer to the eLearning Course Guidelines on the RND website or call Student Services. Please note that courses only run if there is sufficient enrolment.

The Limestone District School Board will not be offering In-school Summer School this year. However, students will have the option of taking co-operative education from July 2nd - 26th, 2019. Registration for Summer Session will take place May 1st - 31st, and students should see their Guidance Counsellor to register.

St. Lawrence College Grade 10 & 11 Connections

Students will have the opportunity to participate in programs taught by St. Lawrence staff at Kingston Campus on Thursday, May 2nd, 2019. Registration is closed for this event, and participants have been notified about transportation and the day's schedule.

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, make an appointment with our Dual Credit teacher, Ms. Lott or visit: www.dualcredit.squarespace.com/slc. **The deadline to register students on line for fall 2018 Dual Credit courses at St. Lawrence is Friday, May 10th, 2019.** After that date, registrations will be accepted based on seat availability.

OUAC/OCAS Grade Submissions

Midterm marks have now been sent to OUAC and OCAS. Be sure to log on to verify your marks for accuracy. If you notice any discrepancies, please report them to Student Services immediately.

Graduating Students

There will be a meeting for all graduating students on **Wednesday, May 22 during period 2 in the Cafetorium**. Students are reminded to complete their mandatory forty hours of volunteerism and submit the volunteer forms to Student Services ASAP. Also, a **graduation fee of \$25**, which will cover gown rental and graduation group photo, needs to be paid online. This option will be made available after the assembly.

Mental Health Ambassadors

Mental Health Week 2019

Catholic Education Week, May 6th to the 10th, coincides with Canadian Mental Health Week. Once again Regi's Mental Health Ambassadors, or MHA, have planned daily activities that reflect our commitment to Stewardship where we hope to encourage the health and wellness of both staff and students, as we raise awareness of mental illness.

The following schedule highlights events hosted by MHA:

Monday, May 6: Therapy Dogs in the Learning Common (adjacent to Library)

Tuesday, May 7: Sour-Keys-in-the-Common

Wednesday, May 8: Therapy Dogs in the Learning Common

Thursday, May 9: RND Community Services Fair in the Student Common

Friday, May 10: Yoga with Tara in the Upper Room

Catholic Education Week at RND

Mon, May 6th

Therapy Dogs
In the common

Tues, May 7th

Sour Keys
In the common

ALCDSB
Boardwide Mass

Wed, May 8th

Therapy Dogs
In the common

Thurs, May 9th

RND Community
Services Fair

Public Speaking
Evening

Fri, May 10th

Yoga

Toonie for Non-
Uni Day (for
Relay for Life)

Kingston Math
League Jr
Tournament at
RND

Broadway Gala
Evening 6.0

FUN FRENCH FACTS

DID YOU KNOW?

French is a good foundation for learning other languages, particularly Romance languages (Spanish, Italian, Portuguese and Romanian) and even English, since over half of modern-day English vocabulary is derived from French.

[Bit.ly/2V3vFWR](https://bit.ly/2V3vFWR)

*Encourage your child to be a
lifelong learner of French!*