REGIOPOLIS-NOTRE DAME CATHOLIC HIGH SCHOOL

Visit our website: www.reginotredame.ca



November 2019 Newsletter

Newsletter is issued at the beginning of each month

Principal's Message

As we near the midway point of the semester, we welcome to staff **Mrs. Phyllis Clayton**, in the special education and resource department, The month of October was filled with learning and spirit-building activities and the month of November promises more of the same. Our Spirit Week, Coffee House, PH Classic and Bill MacLeod Friday Night Lights were highlights for sure.

Midterm report cards will be issued on Monday, November 19th and the fall sports season wraps up early this month, with KASSAA finals and OFSAA competitions. A big congratulations to Annie Anghelescu who earned an OFSAA berth in Golf. Cross Country has had a great season: Aidan Luck, Sephora Djomo, and Alex Duggan were off to a snowy OFSAA in Sudbury and our Girl's Field Hockey Team captured KASSAA and participated in their first OFSAA in recent years. Best of luck to all of our teams as they head into the post-season. Students and staff working on Matilda are also at full throttle.

As we move into the winter season, please ensure that the RND uniform is worn with care. Our building varies in temperature so an RND-crested uniform sweater, vest or cardigan might be an appropriate addition to the school shirt, tie (for males), school dress pants, kilt (for females) and the plain socks (not tucked into pants) or black footed tights with dress shoes. Remember that a primary goal of wearing a uniform is to reinforce a commonality between all students and any attempts to step outside of this is contrary to that end.

News recently points to increased incidents of health complications connected with teens and vaping. The trend has preceded health regulations and our students are as at risk to the consequences of vaping as is the greater community. Please talk with your teens, as we do, about the dangers of taking any drugs, which are not prescribed directly for them. Because teens often think they are invincible, they tend to take risks adults might not. We believe in promotion of health information, prevention of risky behaviours and intervention where necessary. At RND, we have a CAIROS (addictions) counselor, we have ongoing education programs and we do have staff training completed for the Naloxone kits – may we never

have to use them. The government's approach to cannabis has changed; however, cannabis is still prohibited for youth under 19. Cannabis is not permitted in any form at school. We have noticed a rise in vaping over the last few years. Vaping is not permitted at school or during the school day and students are not to bring vapes or the accompanying liquid to school. Somehow, students are thinking that vaping, because it isn't smoking, is permitted indoors or off of school property. It isn't. We want our students to be healthy and to be focused on learning.

November begins with All Saints and All Souls Days and then we move into our Remembrance Day Liturgy. Let us all take a moment of remembrance and gratitude and slow down our busy lives.

Terri Daniel

Pastoral Services

November is the month of the Holy Souls. There will be a "Book of Remembrance" inside the St. Marguerite Bourgeoys Chapel all month where you can add and remember the names of your deceased family and friends. We'll hold them in our weekly chapel masses (Wednesdays at 2:45 with Friar Jim).

Multicultural Lunch meetings will continue to take place on the last **Wednesday of each month** (**Nov. 27th**) in room 110.

<u>Grade 9 Retreat</u> – Wednesday, November, 20th - This elective retreat for up to 55 Grade 9's will take place at the Parish Hall of Our Lady of Fatima and will be a fun day of learning more about yourselves, your classmates and strengthening relationships of caring for oneself, one another and God. Youth Work and chaplaincy initiative.

<u>Bereavement group</u> - This four week peer support group will be starting **November 22^{nd}** in Period 4, for students who've lost a close family member (parent, sibling or guardian).

<u>Grade 10 Chapel visits</u> - Grade 10 religion classes will be invited to visit the chapel to learn more about the Theology of the Body. Times to be determined. (**beginning the last 2 weeks of November**)

Student Services

University and College Presentations

A list of all the university and college presentations offered at RND can be found on our RND Guidance Page and on the School Calendar on the Regi website.

Aboriginal Post-Secondary Information Program Visit

APSIP is a collective of colleges and universities that travel together to identified areas where there are high numbers of Indigenous students. Each Institution is represented by their Indigenous recruiter. The visit is a fair style event that allows students to go to whichever school to which they are interested in applying. Information specific to Indigenous students is shared by all recruiters. This event is for grades 9 - 12 and it is free. The fair will be in the Kingston region between November 11^{th} to the 15^{th} . For information about the actual date and time of the APSIP fair, contact OUAC at 519-823-1940.

Post-secondary Applications

College Applications

The application for programs starting **Fall 2020, or Winter 2021, or Spring 2021** is NOW available. All applications are completed on-line. Students access the application at www.ontariocolleges.ca. The fee is \$95 for up to 5 choices (no more than 3 at any one College) – paid by Credit Card. The deadline to apply for equal consideration is **February 1**st. Apply early to avoid disappointment. Please see your guidance counsellor if you have any questions.

University Applications

Students require a PIN issued from the Ontario University Application Centre (OUAC). PINS are available in Studnt Services, and most students have picked them up. All applications are completed on-line. Students access the application at www.ouac.on.ca. Base Application Fee: \$150 for the initial 3 university/program choices. Additional Choice Fee is \$50/choice. The deadline to apply to OUAC is **January 15th**, **2020.** Apply early to avoid disappointment. Please see your guidance counsellor if you have any questions.

More information regarding Colleges and Universities is also available under REGI GUIDANCE PAGE found in the students' VIRTUAL COMMON. If you have any further questions, please see your guidance counsellor.

Major Scholarship - The Queen's Chancellor Award

Students seeking nomination for the Queen's Chancellor Award must apply to Queen's (through OUAC) no later than **November 20th.** Meeting this deadline gives you early access to the Chancellor application. Link to the practice application can be found on the Regi Guidance page in your child's d2L. The completed application should be submitted through Dropbox on the Regi Guidance page by **Thursday, November 21st** to be considered for nomination. Please read the criteria noted on the

Queen's website. Students who are nominated will be notified in person by Student Services, and all other applicants will be notified via Board email.

Tutoring at RND

<u>Peer Tutoring</u> – TUESDAYS and THURSDAYS at LUNCH in ROOM 101 – Get help in any subject area from our experienced Peer Tutors. This is limited to students in Grades 9 and 10. Students can also get help with test and exam preparation, organization of notes and study skills. It is FREE!! Students are encouraged to bring their lunch.

<u>Paid Tutors</u> – There is a limited list of private tutors who offer both group and one-on-one tutoring for a fee (generally \$20-\$30 per session). Please see your teacher or guidance counsellor for more information.

HYPE (Helping Young People Excel) After School Program – An after school tutoring program offered by Queen's University – It is FREE and takes place every TUESDAY after school (2:45 – 3:45pm) in Room 101. Tutoring available in all subject areas for all grade levels. No need to book...just show up!! HYPE (One-on-one tutoring) – To access one-on-one tutoring, students must complete the form found under "Tutoring" in the dropdown titled Regi Resources in the Student Virtual Common. Once the form is completed, a representative from Queen's will contact the student to set up tutoring.

After School Numeracy Program (for Grade 9/10 Math) – Grade 9 and 10 Applied after school help is available on Mondays from 2:30 to 3:45pm in Room 234. Grade 9 Academic after school help is available on Wednesdays from 2:30 – 4:00pm in Room 234. Grade 10 Academic after school help is on Tuesdays from 2:30 – 4:00pm in Room 234

<u>Mathify</u> (formerly Homework Help) - Mathify is a FREE online math help resource for students in Grades 7-10. Visit https://tvomathify.com/students and register with student OEN (Ontario Education Number) found in Maplewood and Date of Birth.

Boys & Girls Club Kingston does offer free homework help for high school students. Call Boys & Girls Club directly to find out what days it is available for the subject that is your child's concern.

Pathways to Education Pathways to Education is a free, community-based program providing high school youth with: Tutoring, All Subjects Mentoring, workshops, field trips, YMCA memberships, and volunteer opportunities. The program offers students Financial Support - Incentives include PC Gift cards, school lunch vouchers and a post-secondary scholarship up to \$2000 (after four years). Additionally, each student is assigned a student/parent support worker.

<u>Pathways</u> is open to any high school students who live in the area of Division St., Raglan Rd., Conacher Dr., and the Inner Harbour area. For more information, please contact: **Petra Hanson**, Student/Parent Support Worker Representive Pathways to Education Kingston Community Health Centres

263 Weller Ave. Kingston ON K7K 2V4 Phone: 613.507.7107 ext. 2106 or Email:Petrah@kchc.ca

The RND Academic Awards Assembly

The assembly will be held on **Wednesday**, **November 20th**, **2019**. Students are honoured for their exceptional academic achievements. Parents are welcome to attend. The assembly will begin at 10:00am in the CND gymnasium.

Take Our Kids To Work Day

Grade 9 students will be out of the school and will be job shadowing on **Wednesday**, **November 6**th. Students are responsible for making arrangements to spend the day with a parent, friend or relative to gain insight into the world of work. In preparation for their day out in the world of work, all Grade 9 students have received Workplace Health and Safety awareness training in their homerooms. Student Services provided this inservice. Signed permission forms should have been returned by your child at this point in time.

Dual Credit

Any students interested in enrolling in the Dual Credit program at Regiopolis-Notre Dame Catholic High School should contact **Ms.Lott** in the Student Services Department. The application deadline for **Winter 2019** is fast approaching and spots are still available. Students must be in Grade 11 or 12 or returning for a fifth year.

The Dual Credit program affords students the opportunity to take a College course free of charge. The student is provided academic support by the Dual credit teacher. Successful completion of the course will provide a College credit on a College transcript and a Ministry of Education credit that will go on the student's Secondary transcript. Please contact Ms. Lott or your guidance counsellor for further details.

EQAO Grade Nine Assessment of Mathematics

The Grade 9 Assessment of Mathematics tests the math skills students are expected to have learned by the end of Grade 9 according to *The Ontario Curriculum*. Different versions of the test are administered in the academic and the applied math courses.

Students in first-semester math courses will take the test on January 16th and 17th, 2020. Students in second-semester math courses will take the test on June 11th and 12th, 2020.

All Grade 9 students registered in a grade 9 applied or academic course, who attend publicly funded schools are required to write the assessment. This assessment will count as 20% of the student's final mark. Support from our school community can help students feel confident and ready.

RND offers after school help in mathematics on **Wednesdays** from 2:30 p.m. to 4 p.m. in room 234 for Grade 9 Academic students, and on **Mondays** from 2:30 p.m. to 4 p.m. in room 234, for Grade 9 Applied students.

If parents have any concerns or questions regarding the EQAO Mathematics Assessments, please contact their child's classroom teacher or **Mrs. Raposo** at 613-545-1902 ex.3049.

Additionally, there are helpful resources available through EQAO's website (<u>www.eqao.com</u>):

- Students can get familiar with the format of the assessment with <u>sample student assessment booklets</u>.
- Parents and guardians can learn more about the assessment by clicking <u>parents</u>: <u>Grade 9 math</u>

What to Expect on the Grade 9 EQAO Assessment: A Webcast to Support Students, Parents and Guardians

If you still have questions, you can sign up for this online webcast with EQAO staff on Tuesday, December 10th, 2019. Click here for details and to register.

Congratulations to our grade 10 math team for winning the 2019 QSLMA Math Challenge.



QSLMA Math Challenge Champions 2019 Isaiah Koziar, Lucas Olmstead, Ella Hsu

Our mathletes will be writing the Canadian Open Math Contest from the Canadian Math Society on Nov 7 and the Canadian Senior Math Competition from the University of Waterloo on Nov. 20. Interested students should see Mr. Santos for more information.

On November 1, our mathletes toured McGill University and went to the Montreal Planetarium.

More university tours are planned for second semester.

Junior mathletes meet every week on Monday at lunch in room 234 and seniors on Wednesdays. New mathletes are welcome at any time.

Regi Reads

The nominees for the 2019-2020 Forest of Reading **Program** have just been announced. This reading program offers high school-aged teens the opportunity to read the best of Canada's recent young adult fiction titles. This program is Regi's book club. On voting day, students select their favourite from the list of 10 nominated books. The 10 titles will be available and on display in library, by the middle of November. Students have the opportunity to work their way through the program from December until the middle of April. The 4 ½ months are provided to give students ample time to read as many titles as they wish. Voting will be held during the month of April and all votes must be submitted online by April 30, 2020. To be eligible to vote students must read a minimum of five books from the list. The winner of the White Pine Award will be announced at the Festival of Trees in Toronto. If you are interested in participating in our book club, sign up in the library.

Winner of the White Pine Award 2019

★ The Agony of Bun O'Keefe ★ Written by Heather Smith

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

A display will be set up in the library to showcase these books, as soon as they arrive.

IB News

- 1) Registrations have been completed for Grades 11 and 12 students who are writing IB exams in **May 2020.** All students should confirm their registrations with **Mr. David** in the IB Office. If you have not received a copy of your IB registration form from Mr. David, please see him in the IB Office. Corrections must be entered by **November 8th.**
- 2) Year 2 DP candidates are required to read the Extended Essay content pages on the Regi IB D2L page, in particular the EE Assessment Criteria. Please complete the Interim Reflection form (RPPF), and schedule your Final Reflection with your EE supervisor. A reminder that full registration for DP Exams in May 2020 cannot proceed until the EE has been submitted to the IB Coordinator.

3) There will be an IB Info night for parents and students in Grades 9-12 on **Thursday**, **November 21**st at 7:00 pm in the Upper Room. An overview of the program at RND will be presented and there will be a Q and A session.

Student Council November 2019 Newsletter

Another month in the books! Thank you to all our fellow panthers who displayed their fantastic spirit during all our October events. We had so much fun this past month conducting and participating in activities such as ping pong tournaments at lunch, CIBC Run for the Cure, the blood drive, spirit week, the Sr. Boys Volleyball buy out, Friday Night Lights at Richardson Stadium, and finally, our Halloween Coffeehouse.

Our most notable achievement this past month was raising just under \$6000 for breast cancer research as the RND Panthers team. We earned the award for most money raised as a high school team. Make sure to look out for our banner in the student commons! We would also like to mention that our very own Ms. O'Brien was the first cancer survivor to cross the finish line. Congratulations Ms. O'Brien, we are very proud of you!

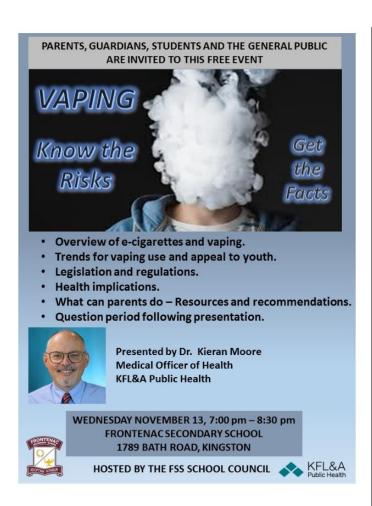
Unfortunately, the PH Classic got postponed, but thankfully only to a later date in October and our students didn't fail to disappoint in school spirit at the games. Our annual fall pep-rally was also postponed; however, we are looking into organizing a winter pep-rally. Other events we are planning this month include: **November 7**th - Blood Bus Drive. **November 28**th - Christmas Movie Night in Commons. The movie starts at 6:30. Popcorn and other fun Christmas goodies will be sold!

Remember to Use Your RND Student Card <u>Discounts</u>

DQ (Division Street): 10% off
Paradiso Pizza: \$5 any slice and pop can
The Marble Slab: 10% off
Cacao 70: spend \$15 and get free mini hot chocolate
Orange Julius: 10% off

Reminder to follow us on social media @rndstudcouncil.

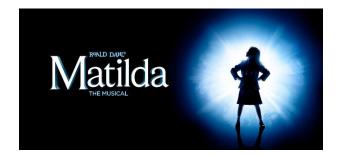




Band Notes

The RND Senior Band presents: When I Grow Up - A Music Department Fundraiser. This concert will feature the RND Senior Concert Band, Junior Band, Jazz band, Choir, Cast of RND's musical "Matilda" and special guests the Kingston Youth Orchestra. **Friday November 15th**, 7 p.m.; RND Cafe \$5 admission. Tickets available through **Mrs. Lord** or at the door. There will be a bake sale, chocolate sale, raffle, RND Music clothing order opportunity, and Memory Lane Flowers and Gifts will be selling garnet and gold rose arrangements for \$10. These activities will be open before the concert, during intermission, and after the concert.

The RND Senior Band is selling chocolate-covered almonds, mint chocolates, caramels, and nut-free options to raise money for our trip to NYC in **April 2020**. See a senior band member to purchase chocolates for \$2/box.



Matilda is the award winning musical by Dennis Kelly and Tim Minchin. Based on the 1988 children's novel of the same name by Roald Dahl, it follows the life of a brilliant, young girl who takes matters into her own hands. Watch how Matilda stands up to the adults in her life, including the principal and hammer throwing champion, Miss Agatha Trunchbull. The show goes up at 7pm nightly in the RND cafetorium from **Wednesday**, **December 11th to Saturday**, **December 14th.** Cost is \$20 for adults and \$12 for students. Saturday also features a special 1:30pm matinee. Prices are \$15 for adults, \$8 for students and \$6 for children under 12. For information regarding ticket sales, please visit www.reginotredame.ca. Tickets will go on sale **November 19th**, **2019**.





Memorandum

September 3, 2019

Dear Parent/Guardian:

The Algonquin and Lakeshore Catholic District School Board (ALCDSB) and our community partners are committed to providing safe and caring school communities and learning environments for students, staff, school visitors and community members. We believe that each person should be able to study, work and attend our Catholic schools in an environment that is safe and free from threats of violence. The ALCDSB acknowledges the importance of promoting and supporting appropriate and positive student behaviours in schools. It is our hope that all members of our community demonstrate respect for the dignity of all persons.

In 2011, the ALCDSB and its community partners adopted the ALCDSB Community Threat Assessment Protocol (CTAP). This risk/threat assessment process is designed to be a proactive and multi-disciplinary approach to developing intervention plans that address threats of violence, threatening behaviour and instances where the emotional and/or physical safety of individuals may be at risk. Recognizing that violence prevention in our schools and neighbourhoods is a community responsibility, the risk/threat assessment process will be initiated by school administration and/or community partners when behaviours have been identified that pose a potential risk to an individual or to others.

Providing notice to parents/guardians of the risk/threat assessment process ensures that parents/guardians are aware that threatening or high-risk behaviours will be investigated. This also recognizes the important role that the parents/guardians have in supporting and participating in the process itself. For further information, the Community Threat Assessment Protocol (CTAP) document may be found on our website at http://www.alcdsb.on.ca/Board/Policies/Lists/Documents/CTAP2016.pdf.

Sincerely,

Terri Slack

Superintendent of School Effectiveness

lack

Message to Parents, Guardians Re: Procedures for Threats to School Safety

Keeping Our Students and Staff Safe

Dear Parents/Guardians:

The **Algonquin and Lakeshore Catholic District School Board** has a primary responsibility to ensure the safety of students and staff inside Board buildings and on Board property. In partnership with emergency services in the area, a board-wide plan has been developed to address threats to school safety. This plan includes procedures known as

Evacuation, Shelter in Place, Hold and Secure, Bomb Threat/Explosive Incident, and Lockdown.

An **Evacuation** occurs when all students and staff are removed from the school (e.g. a fire or gas leak in the school). A **Shelter in Place** occurs when there is an environmental or weather related situation in the area (e.g. chemical spill). A **Hold and Secure** is initiated when there are circumstances in the vicinity of the school that could endanger the safety of students and/or staff (e.g. criminal event near the school but not on school property). A **Bomb Threat and Explosive Incident** procedures are initiated when a threat of a bomb or explosive device is received by a school either by phone or some other means (mail or social media for example). **Lockdown** procedures are initiated when there is a threat of violence within the school (e.g. student with a weapon).

In order for all students and staff to become familiar with expectations during a threat to school safety, our school will be practicing threat response procedures as we have normally done with fire drills. In a real emergency situation, signs will be posted on the entrance doors indicating that the school has activated a **Shelter in Place** or **Hold and Secure.** The doors will be locked and no one will be allowed into the school. In a real **Lockdown** situation, the school will not be able to post signs and lock doors because the imminent threat is in the school building and all staff and students will be actively responding to the threat. If an **Evacuation** should occur, emergency services will secure the school site.

I understand that a parent or guardian would be concerned for their child during a response to a potential threat to school safety. I want to assure you that the school is prepared for any of these risks. However, if a real emergency is in effect, you will be unable to contact your child or school personnel while the situation is being resolved. If this school should activate the Threats to School Safety Procedures because of an imminent threat, the Board's Communications Officer will use all media available to update families of the situation as it unfolds.

For the safety of our students and staff, two lockdown practice drills and one Bomb Threat practice will be held during the school year. The practice drills are scheduled for:

Lockdown Drill #1 was on September 19, 2019 Lockdown Drill #2 is on November 26, 2019 Bomb Threat Drill #3 is on April 23, 2020

I invite you to attend our School Council meeting scheduled for Tuesday, October 29th at 6:30 in the Pluard Library to receive full details on the procedures that address threats to school safety. This will also provide you with the opportunity to ask any questions you may have.

Please call me at the school if you should have questions.

Sincerely,

Terri Daniel, Principal

Emergency Response – Quick Sheet

	be the safety response that occurs when all students and staff are removed from the school. This is
	he the safety response that occurs when all students and staff are removed from the school. This is
typically a result of a	be the servey response that occars when an stadents and stan are removed from the serious. This is
	a serious incident where everyone must leave the building. A fire or a gas leak in the school is an
example of an event	t requiring evacuation.
Response E	Evacuation
Frequency (6) 3	3 Fall
3	3 Spring
Procedure E	Each plan document will include:
	List of key contact persons
	An evacuation plan
	List of students requiring special assistance
	 Schematics of the school and its life safety systems maintenance and alarm test are recorded
Contact T	The Director's Office must be notified immediately if a school is placed in evacuation status due to an
e	emergency
Lockdown	
Term used for the re	esulting school safety response when a major incident or threat of school violence within the school, or
in relation to the sch	nool has occurred.
Response II	nternal Threat – Major Threat to Violence
Frequency (2)	l – Fall
	1 - Spring
Procedure	Interior doors are locked.
	 Exterior doors remain locked in accordance with normal practice.
	 A lockdown should only be called when there is a major incident or threat of school violence in
	the school, or in relation to the school.
	 Building occupants remain in the building in secured locations.
Contact T	The Director's Office must be notified immediately after the lockdown is instituted and 911 has been
c	called.
Hold and Secure	
	esulting school safety response when there is an ongoing threat to school safety or emergency outside
and not related to th	
Response E	external Threat – police pursuit, a crime in progress or an active search by local police for a dangerous
	offender.
, (2,	L – Fall
	1 - Spring
Procedure	
	The Director's Office must be notified immediately after the lockdown is instituted and 911 has been
	alled.
Shelter in Place	
	esulting school safety response when there is an environmental or weather related situation where it is
	Il the occupants within the school to protect them from external harm.
	External Threat – in the event of a chemical spill, blackouts, or extreme weather.
, ,,	I – Fall
	1 - Spring
Procedure	 Interior doors remain locked or unlocked in accordance with normal practice.
	Exterior doors are locked.
	 Signs indicating a Shelter in Place status must be posted on exterior doors.
	 Occupants do not leave the building for the duration of the Shelter in Place status.
Contact T	The Director's Office must be notified immediately after the lockdown is instituted and 911 has been
Contact	
c	called.
	talled.
Bomb Threat Response E	Evacuation Fall or Spring