

REGIOPOLIS-NOTRE DAME CATHOLIC HIGH SCHOOL

Visit our website: www.reginotredame.ca



October 2021 Newsletter

Newsletter is issued at the beginning of each month

Principal's Message

Who can believe that September has come and gone with October bringing cooler weather and a colourful landscape. We have enjoyed a smooth and safe start to the school year thanks to the efforts of staff and students of RND. It has been very exciting to return to a bit of normalcy. Student Council successfully organized grade 9 and 10 day, officially welcoming students to RND. I look forward to working with this year's council as they continue to plan engaging and inclusive activities for students throughout the year. Thanks to the incredible staff and community volunteers who selflessly give their time and skills to help get all of our fall sports teams and clubs underway. You can definitely sense an increase in positive energy and excitement around the school. I encourage all of our students to take advantage of the many great extra-curricular opportunities that exist at RND. I would also like to thank everyone for following the KASSAA rules regarding spectators at sporting events.

We are nearing the midway point of Quadmester 1 with our first academic reporting period fast approaching. Students will be able to view their midterm mark, learning skills, and comments on **October 13th**. Please note that report cards will not be printed and sent home until the end of semester 1. If you have questions or concerns about your child's academic progress, please do not hesitate to contact the teacher.

We have a vibrant and enthusiastic Catholic School Council, led by our chair, **Beth McNally** and 16 parent members who are all looking forward to helping make this year memorable for our students. Our second meeting is scheduled for **October 26th** at 6:30 pm. Please email flhpregi@alcdsb.on.ca to express your interest in joining our next meeting.

Lastly, as the weather begins to get a bit cooler, I am asking for your assistance in speaking with your son / daughter about wearing the school uniform properly. The RND uniform creates a sense of community within our student body. Beginning in October we will refocus our efforts to ensure students are following the school uniform policy. Please review the policy with your son / daughter -- [RND Uniform Policy](#)

Thank you for your on-going support this year. I wish you a happy and safe upcoming Thanksgiving weekend.

God Bless and stay safe,
Paul Melim
Principal

Chaplaincy

Month of the Most Holy Rosary!

Students have been learning and practicing Christian Meditation each morning this year and in this month of October we will continue to gather daily from 8:45-9:00a.m to pray a couple decades of the rosary as another form of meditative prayer.

Welcome Grade 9's!

Friar Jim and Mary Elaine made available Tau Crosses to all of our incoming Grade 9's as a visible sign of welcome and belonging to the RND community. A tau cross looks more like a capital 'T' and was favoured by St. Francis of Assisi and his followers for its many layers of symbolism. St Francis is well known for his work in Multi-faith dialogue and we hope that students of all faith traditions and none will feel comfortable upholding the values that go along with this symbol.

Youth Alpha Courses

Grade 10 Religion classes continue to meet weekly in the Chapel to learn more about themselves, one another and the basics of the faith.

October Liturgy of the Word

Date and location still to be determined.

Eco-Team

Will be having a silent auction to raise money for some School yard 'Greening' of some trees along the edge of the football field. Any donations or bids are appreciated. Connect on Instagram at RND Eco-Team.

Student Services

Welcome to the Team

It is our pleasure to welcome **Mrs. Tanya Lackey** to the Guidance department at RND. **Mrs. Lackey** has jumped right into her role as Secretary of Student Services. We are thrilled to have her on board.

Junior Visits to Student Services

Counsellors met with all grade 9 and 10 morning classes in the last two weeks of September. Students were introduced to the office, their counsellors, ways to reach out, and supports available at RND.

Future Quadesters

All students are encouraged to look ahead to future quadesters in their schedule. If there are concerns or changes required (e.g. levels are incorrect), students must book an appointment with their guidance counsellor immediately.

Post Secondary Information Session

On **October 4th and 5th**, Student Services will run small info sessions for all grade 12 students on the post-secondary application process. Slides will be posted on the RND website for parents/guardians to view.

The date for a virtual event for parents and guardians is TBD. Stay tuned!

University and College Presentations

This year schools offer either virtual or in-person recruitment opportunities for our students. Dates for presentation and other events are on the RND Guidance page in D2L and the school calendar. Ask your child to share this document with you.

College Applications

The application for programs starting Fall 2022, Winter 2023, or Spring 2023 will be available in early October 2021. All applications are online. 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) – and must be paid in order to submit the complete application. The deadline to apply for equal consideration is **February 1st**. Students should apply

early to avoid disappointment. Also, students should make an appointment to see their guidance counsellor if they have any questions.

University Applications

The application for Fall 2021 will be available in October 2021. Students require a PIN issued from the Ontario University Application Centre (OUAC). Once available, Student Services will distribute the PINs. All applications are online. Students access the application at www.ouac.on.ca. The base application fee is \$150 for the initial 3 university/program choices. Each additional choice costs \$50. In some cases there are supplemental fees – as noted on the OUAC website. The deadline to apply to OUAC is **January 13th, 2022**. Students should apply early to avoid disappointment – preferably before Christmas Break – and should see their guidance counsellor if they have any questions.

Tutoring Options

Student Services has a limited number of private tutors who offer one-on-one tutoring for a fee; the fee is generally about \$20.00 to \$30.00 per session. Parents or students should contact Guidance for more information.

Pathways to Education

Pathways to Education is a free, community-based program providing high school youth with -

- Tutoring - all subjects
- Mentoring - Includes workshops, field trips, YMCA memberships, and volunteer opportunities
- Financial Support - incentives include PC Gift cards, school lunch vouchers, and a post-secondary scholarship up to \$2000 (after four years)
- Other Support - each student is assigned a student/parent support worker

Pathways is open to any high school students who live in the area of Division Street, Raglan Road, Conacher Drive, and the Inner Harbour area.

Student Support Workers began meeting with RND students on their caseload in late September.

For more information, please contact: **Petra Hanson**, Student/Parent Support Worker Representative, Pathways to Education, Kingston Community Health Centres. Call 613.507.7107 ext. 2106 or email at Petrah@kchc.ca.

Specialist High Skills Major

RND offers SHSM in Arts and Culture Sector, SHSM in Non-Profit Sector, and SHSM in Sports Sector. SHSMs are for grade 11 and 12 students who are interested in customizing their secondary school experience to suit their interests and skills.

SHSM students have the opportunity to:

- bundle Grade 11 and 12 credits related to the sector to connect their learning to the sector
- earn valuable industry certifications including First Aid, CPR and WHMIS, at no cost
- participate in experiential learning and career exploration activities (ex. conferences, worksite tours, and workshops)
- tour colleges and universities and workplaces in the sector
- take dual credit courses at the college
- complete the Ontario Skills Passport (OSP) during the sector-related coop placement

For more information contact the Guidance Department. Applications are available on the RND Guidance Page in the students' VIRTUAL COMMON. Deadline to apply is **Friday, Oct. 15th**.

Dual Credit

Any students interested in enrolling in the Dual Credit program at Regiopolis-Notre Dame Catholic High School should contact Mr. Poser in the Student Services department. There are Winter 2021/22 opportunities at SLC. Students should reach out immediately to avoid disappointment. Participating 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. **Mr. Poser** provides academic support to students while they are taking Dual Credits. 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 high school transcript. Students should contact **Mr. Poser** at poser@alcdsb.on.ca or their guidance counsellor for further details.

IB News

IB at RND was very pleased to host **Eric Lauzon's** "The Art of Learning" full day workshop for Gr 9 and Gr 10 IB Preparation students. It was an engaging day that taught students research-based strategies to become more effective learners.

Gr 12 IB students are asked to speak with **Mr. David** to confirm IB subject registrations for IB exams in May 2022. The final day to make changes to choices for IB exams is **November 5th, 2021**.

Year 2 IB Diploma students are required to speak with their Extended Essay supervisors to solidify research questions and begin/complete research for their EE. Students are asked to

refer to the Regi IB D2L page for information on completing the RPPFs.

All IB students are asked to monitor the Regi IB D2L page for information about the IB programme at RND, or come see **Mr. David** in the IB Office, located in the Learning Commons, or email at david@alcdsb.on.ca.

EQAO Literacy Test Information

Recently, the Ministry of Education and Education Quality Accountability Office (EQAO) released the following information about the Ontario Secondary School Literacy Test (OSSLT) and the literacy graduation requirement for the 2021-2022 school year:

- Students graduating in the 2021-22 school year are **exempted** from the literacy graduation requirement.
- The literacy graduation requirement will be restored for students graduating in the 2022-23 school year.
- EQAO will provide a Fall 2021 administration of the OSSLT in addition to a Spring 2022 administration.

Important OSSLT information for RND students:

- All eligible grade 10 and 11 students will write the OSSLT in **March 2022**.
- Grade 12 students **who are graduating this year** do not have to write the test.
- Grade 10s will take part in a practice OSSLT the week of **October 18th**. These results will help identify students who require remedial support.
- Session dates for After School Literacy classes for grade 10 and 11 students will be forthcoming.

Parents and guardians can access more information on the [EQAO](#) website.

RND's A-Head Start 2021

This year's A-Head Start had over 200 new students attend our orientation program at the end of August. Thanks to our secretaries for their invaluable support and the teachers who gave up some of their summer holidays to help our new panthers transition into high school.

JP Morgenstern, Lorraine Kennedy, Lise Comartin, Kara McIsaac, Farshid Akbari, Isabel Wu, Mary Huynh, Alvin Aji Thomas, and Amy Mombourquette led their orientation and refreshed math skills.

Mr. Santos would like to deeply thank all the mathlete peer tutors for their help in the classrooms, in the hallways, for leading the students to their lockers, bus rides, and school tours.

Special thanks to the leaders **Alex Lee, Erya Xu, Delaney Beacock, Asher Herx, Kevin Liu, Quintyn Zuber, Amelia Fought, and Mr. Santos' executive assistant Aliah Hampton**. Without their leadership and the dozens of mathletes helping in classrooms, A-Head Start would not have been the success it

was. Student council's support and creativity at lunch times were the cherry and whip cream on the sweet experience that was A-head Start 2021.

After School Numeracy Classes On Tuesdays

Every Tuesday after school RND has extra math help for any student in either grade 9 or 10. Students can drop by for help with homework, to have a lesson re-taught or just to get extra practice in preparation for tests. It is a valuable extra help with one to one instruction with an experienced teacher. A light snack and juice is provided at no cost.

Mrs. Kennedy is helping grade 9 students in room 232. **Mr. Santos** is helping students in grade 10 in room 234.

RND's Mathlete Club

Our mathlete club has started in-person practices this year. The biggest school club with over 60's mathletes, we practice solving math problems and puzzles each week in preparation for Waterloo Math Contests and math tournaments. Last year our mathlete teams were zone champions (across 5 school boards in Eastern Ontario) in four out the seven Waterloo math contests, and in second place in two others.

One of the primary benefits of the club is socializing with students of similar keen interest in mathematics and secondarily to build leadership skills over their four years of high school.

With our last year's octomester and this year's quadmester, students can go for a whole year or more without having a math class. Our weekly practices at lunch time provide enrichment and review to keep the students' math skills sharp and excellent.

Any student who likes to be challenged in math is welcome to join even if they are an average math student. We will build up your problem-solving skills. Grade 9's meet on Wednesdays in room 221 with coach **Mrs. Costa**. Grade 10's meet on Wednesdays in room 238 with coach **Mrs. Broekhoven**. Grades 11&12's meet on Mondays in room 234 with coach **Mr. Santos**.

Mathletes should bring their lunches with them, a pencil and a calculator.

Learning Commons

The Learning Commons staff would like to welcome you all back. This year we have several new programs and activities to entice you into the beautiful space. Two new clubs are being offered by our staff. The **book club** meets Tuesday at lunch in the Learning Commons, new members welcome. The **games club** meets Thursday at lunch in the Learning Commons, new members are also welcome. Please feel free to visit the Learning Commons before school, during lunch, or after school to use computers, sign out books, work on the **puzzle** or **colouring** tables. Our doors are always open and we look forward to meeting you.

The Book Room

Parents/Guardians please remind your son/daughter to return any textbooks, from last year, to the main office. Thank you in advance for your cooperation.

Athletics

The RND Panthers sports teams started playing KASSAA approved games the week of **September 27th**.

A couple of points regarding spectators at Regiopolis-Notre Dame High School for athletic events:

1. There will be no spectators permitted in all indoor games. This should have been communicated to all student-athletes and their families.
2. Spectators are strongly encouraged to not attend any outside event. An event would be classified as all practices and games. Signs will be posted outside. This should have been communicated to all student-athletes and their families.

Following all Covid-19 safety protocols is beneficial in assisting us to provide athletic opportunities for our student body.

Music Notes

Senior and Junior band rehearsals are well underway. Both ensembles are still accepting new members. Details below.

Senior band is for grades 10 - 12 and rehearses Monday from 2:45 - 4:00pm. To join the senior band, students should book an audition with **Mrs. Lord** in room 123.

Junior band is for grades 9 and 10 and rehearses Thursday from 2:45 - 4:00. To join the junior band, students just need to have some experience on their band instrument and then see **Mrs. Lord** in room 123 to get their sheet music and begin attending rehearsals.

Band Council will be happening every Tuesday at lunch in the music room. All music students are welcome to join and help give input about topics like band merchandise, upcoming concerts, events, and fundraising.

HIGH SCHOOL MUSICAL

This year's musical is **High School Musical** which will be presented in April 2022. Auditions will be held in December. Listen to announcements and check the RND website for more information.

Student Council News

Your 2021-2022 Student Council

Co-Chair: Lily Goss, Nathan Hiscock

Treasurer: Kimberly Soriano

Communications: Olivia James

PAW Rep: Madeleine Farrell

Faith Rep: Angelica Doctolero

Cabinet: Sarah Elkins, Madison Miernik,
Harriet Fought, Alexandra Lee, Delaney Beacock

Food Drive

Starting **Monday September 27th**, 2021, and ending **October 8, 2021**, Students' Council is running a Thanksgiving Food drive. The grade who brings in the most food will be awarded a non-uniform day. The goal is to collect 2000 food items, to be donated to St. Vincent De Paul.

Regi Merch

Regi Merch can be found on our online Shopify account accessible through the RND website. Merch is also sold Thursdays at lunch in the school commons; cash only.

Spirit Week

RNDs first Spirit Week this year will be held towards the end of October. More details in the coming weeks.

Upcoming Events

Pay attention announcements for upcoming activities such as Spike ball. Future events which will take place based off COVID protocols.
