REGIOPOLIS-NOTRE DAME CATHOLIC HIGH SCHOOL

Visit our website: www.reginotredame.ca



September 2022 Newsletter

Newsletter is issued at the beginning of each month

Principal's Message

I hope that everyone had a safe and restful summer. It is with great enthusiasm that I welcome you to the 2022 - 2023 school year at Regiopolis-Notre Dame Catholic High School. A special welcome to our 170 incoming grade 9 students, the class of 2026, who begin their first days as Panthers as part of the A-Head Start orientation, from August 29th – September 1st. I would like to thank **Mr. Santos** and his team for organizing a welcoming and informative introduction to RND (Regiopolis Notre Dame).

On **September 6th**, the first day of school, students will be returning to the traditional 4 classes per semester - 75 min classes with a 40-minute lunch. All extracurricular sports and after-school activities will be available for students. I encourage students to get involved in afterschool activities to meet new people and experience what it means to be a Panther.

I would like to extend my thanks to the staff of RND who have been hard at work preparing for our students. A lot of work has taken place over the summer to help our students feel welcome, safe, and ready to learn. A special thank you to our custodial staff who have worked tirelessly getting the building ready for the new school year.

Parents and guardians who have a child attending RND are invited to participate in our Catholic School Council. The first in-person meeting is scheduled for **September 27**th at 6:30 pm in the RND Learning Commons. Please email flhpregi@alcdsb.on.ca to express your interest in being part of our Catholic School Council. Details will then be forwarded closer to the date.

We currently have additional staffing to complete (at the time of writing) but we plan to have everyone in place as soon as possible. Students are reminded that final student timetables will be posted on **Monday, September 5th.** As the Guidance department continues to work on student schedules during the last week of August changes to student timetables will occur.

Parents and guardians, please ensure that you review the school's **RETURN TO SCHOOL GUIDELINES** with your son/daughter. It is especially important that all members of our community understand and participate in our mission and are aware of the elevated expectations that we have for our students at Regiopolis-Notre Dame Catholic High School.

God Bless

P. Melim Principal

Chaplaincy

The Chaplaincy team at RND is here for all our students and staff no matter what their faith tradition or belief in God.

While our structure and tradition as Roman Catholic we also provide opportunities for sacred stillness and maintain sacred spaces so that everyone has a peaceful and welcoming place to go in their times of trial or celebration.

The Pastoral services team is made up of **Ms. Mary Elaine Carty** (Chaplaincy Team Leader) and **Friar Jim Fukes** O.F.M. Conv. (Priest Chaplain). Our office is located in the Chaplaincy Centre through the St Marguerite Bourgeoys Chapel or opposite the music room. **Mary Elaine** is available Mon-Fri. 8:00 - 3:30 and **Friar Jim** is available most Wednesdays. Our door is always open to anyone seeking spiritual, emotional or sacramental support.

We also have a clothing share program where you can access up to 2 free items of clothing a day and donations are welcome. This is one of many eco-projects run and maintained by FIAT (Faith in Action Team) which also organizes food drives and other charity and justice initiatives both locally and globally.

We will be working with grade 9 classes this semester to learn more about the mass and how/why we pray the way we do.



SCHOOL REMINDERS

Please review the following reminders regarding the first day of school.

STUDENT TIMETABLES

Please check **ASPEN Monday night September 5**th, for the most up-to-date student timetable. If students are having difficulty accessing ASPEN, staff will be available first thing in the morning to direct students to their period 1 morning class. Once in class teachers will help students in logging into ASPEN.

SCHOOL UNIFORM

All students are to be in proper **FALL uniform on September 6**th. We are aware that some uniform pieces are backordered, and we only ask that students awaiting clothing orders wear proper attire (something that is close to the look of the uniform) until their full uniform arrives.

The uniform has several functions: safety, convenience, cost, and community.

Visitors to RND are readily identifiable to staff, enhancing security in our building. Students essentially have one wardrobe decision to make in the mornings. The cost to families over time for clothing is reduced. Students in uniform have chosen to be part of a community of equals and demonstrate their desire to be a Panther by wearing the uniform with pride. The fall and winter uniform is in effect from September to June.

The **fall uniform** is described below:

- **Girls**: solid grey RND dress pants or the RND kilt with black tights. White RND crested blouse.
- Boys: solid grey RND dress pants; white RND crested dress shirt with school tie.
- **Optional**: school crested vest, pull over, zippered sweater or cardigan.

 Footwear: dress shoes, deck shoes, running shoes, short boot, sandals (in spring), NO flipflops, slippers, steel-toe boots, or Crocs

NON-UNIFORM DAYS are also governed by a dress code that requires students to refrain from wearing immodest, revealing clothing and/or clothing with inappropriate design/language promoting drugs, alcohol, or sex. Changing clothes in the halls is not allowed.

Support is provided to students throughout this process through the main office. Should there be needs, they will be addressed separately and not pursued as an issue requiring discipline. Nothing is more important than having students in class, learning. However, persistent, and willful violations of the RND uniform policy will be interpreted as an unwillingness, on the part of parents and/ or students, to join our school community, and may result in exclusion from school.

As always, common sense will prevail in the application of discipline as it relates to the school uniform. Communication between students and staff is paramount and will almost always result in a satisfactory resolution of any issue related to uniform. Your support for the policy and cooperation in ensuring it succeeds in keeping our school safe, convenient, cost effective and unified is appreciated

LOCKERS

- 1. All lockers have been assigned in ASPEN. Students are to check ASPEN for their locker number and only use the locker assigned.
- 2. Students must use the RND lock supplied. All non RND locks will be removed.
- 3. Grade 9 locker and locks have been distributed during orientation.
- 4. Grade 10 12 students are to use the RND lock bought last year. Used locks can be bought in the main office for \$5.00, new locks for \$10.00.

EXTRA-CURRICULAR SPORTS

Official tryouts for some teams will begin on **Tuesday**, **September 6th**. after school. Some coaches may hold information meetings on Tuesday after school to outline all safety protocols and distribute permission forms to participate. **It is very important that you listen to morning announcements for team information.**

If you are not sure about something, please ask a staff member.

Student Services

Timetables

Student timetables for the 2022-2023 school year are now available in Aspen. Current students can access their timetables using the Aspen portal on their RND homepage. New students will receive a copy of the schedule via email.

Guidance counsellors will spend the weeks leading up to school to balance classes and resolve existing issues in student timetables. Please note that all schedules are subject to change until this process is complete.

If you have a concern with your schedule (e.g. missing a prerequisite or an immersion French course), please email your counsellor in order to know what your options might be. Changes to existing timetables **will be considered** the first week of school. Students will not be able to change elective courses; however, prerequisites for post-secondary pathways will be added if the desired change is possible.

The last day to change classes will be **Thursday, September 8**th.

Replacement of Summer Credits

Students who took an online course this summer and included the same course in their plan for the 2022/23 school year must adjust their courses as soon as possible. Additionally, if you dropped a summer course and need to add it to your schedule for this school year, please contact your guidance counsellor via email about course adjustments.

Returners

Students who wish to return should contact their guidance counsellor immediately at gaudtami@alcdsb.on.ca for Ms. Gaudet or glanceyc@alcdsb.on.ca for Mrs. Glancey Cox. This is the first step to be approved by Admin. Students who have decided not to return to RND for this September should notify Mrs. Lackey in Student Services (ext. 2503) or at tlackey@alcdsb.on.ca as soon as possible.

Planning for Post Secondary Important Dates

- Monday, September 12th Grade 12 Post-Secondary Information Assembly
- Wednesday, September 21st Virtual Post-Secondary Info Session for Parents & Guardians
- See RND School Calendar College and University Recruiter Visits to RND

Colleges and universities are hard at work with plans for recruitment. This year Student Services will host in-person visits from school recruiters. These visits are an excellent opportunity for grade 12s to receive first-hand information about academic institutions and programs as they begin the application process for

post-secondary school. Confirmed dates for visits will be posted on the RND School Calendar as they become available.

Specialist High Skills Major (SHSM) at RND

Specialist High Skills Major (SHSM) programs will suit students pursuing all pathway destinations apprenticeship, college, university or the workplace) who want to explore and refine their career goals and make informed choices about their next steps after secondary school.

By combining sector related courses, certifications, career exploration opportunities with on-the-job co-op experiences, students develop essential work habits and skills while they acquire specialized knowledge in their field of interest. The SHSM programs allow students to focus on career paths that match their interests while they meet the requirements of the Ontario Secondary School Diploma (OSSD).

RND offers three SHSMs: Arts and Culture sector with a focus on Arts & Culture (Broadcast Journalism and Performance), Non-Profit, and Sports. For more information and/or an application, contact your guidance counsellor or one of the SHSM lead teachers:

- **Mr. McDonald,** lead teacher for Broadcast Journalism and
 - Performance;
- Mrs. Zborovsky, lead teacher for Non-Profit;
- **TBA**, lead teacher for Sports.

To register, complete the form at the following link: Online Registration Form.

Dual Credit

The Dual Credit program offers students the opportunity to take a College course free of charge. 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. Any students interested in learning more about or enrolling in the Dual Credit program at Regiopolis-Notre Dame CHS should speak with their guidance counsellor.

Writer's Craft (EWC-4U)

Are you a Gr. 11 or 12 student interested in the art of creative writing? Spots are still available to enroll in a section in Semester 2, but we need to have students committed to taking the course. If you want to develop your love for writing, please contact your guidance counsellor immediately. For more information about the course, please email Mr. Ows at ows@alcdsb.on.ca. The more the merrier!



Athletics

Welcome back Panthers!!

Time for another year of excellence in RND Athletics. Whether you are new to RND or are a returning student-athlete here are a couple of points regarding Athletics at RND.

Sports offered in the fall for RND students include field hockey, golf, cross country, football, ultimate frisbee, girls' basketball and boys' volleyball.

Information about tryouts can be found on our school Athletic website at http://www.rndpanthers.com/. Students can also get information about teams and tryouts through school announcements, flyers and our Athletic Bulletin Board located by the CND Gymnasium.

Students attending a tryout should bring a completed Student Athlete Participation form with them. The Student- Athlete Participation form is being updated and can be found at http://www.rndpanthers.com/A.D.ministration/Forms/index.ht ml. Tryouts for teams typically start the second day of school.

Regiopolis-Notre Dame participates within the Kingston and Area Secondary School Athletic Association (KASSAA). Information pertaining to KASSAA can be found at http://www.kassaa.ca/.

All player user fees will be paid online. Player user fees for each sport played can be financially burdening at times. No student-athlete at RND will ever be denied the opportunity to participate based on financial need. If finances are a concern, please talk with a teacher or coach.

A big part of an enriching high school experience is getting involved. There are lots of opportunity to become involved in Athletics at RND in non-playing capacities as well. Scorekeepers, minor officials and team managers are just a few examples of ways to be involved. Please speak to a teacher or coach if this is something that you may be interested in.

Are you new to RND and are in Grades 10, 11 or 12 and are planning to attend RND **after September 6th?** Are you interested in playing sports at RND? If so, students coming from a different school are required to go through the OFSAA

transfer appeal policy in order to be eligible to play sports at RND. OFSAA Transfer Appeal forms should be submitted to the **Athletic Director**, **Mr. Farrell**, by **September 12**th, **2022**.

Students' Council

This year's student council has already been planning for the year ahead. We are looking forward to another active year of service to the students at school, and our greater community. Here is a list of your 2022-2023 student council members:

Abby Ows, Alaura Spencer, Alex Duggan, Alexander Nam, Anna Mills, Grace Roberts, Mary Mekhaeil, Mason Rice, Megan Hogan, Sadi Gibson, Sienna Matheson

Student council will be in the school to answer questions and sell RND merchandise during the time of the A-Head Start program. They will also be running some workshops during the days, so new grade 9s can ask any questions or get help navigating the school.

Merch Sales

We are putting in an order for new merchandise and sizes. We will sell RND merchandise during the first few weeks of school at lunch, but we may not have all sizes in yet. Once we get our new shipment, we will make an announcement. We accept cash and cheques as payment.

Grade 9 Day

Our Grade 9 Day is scheduled for **Friday, September 23rd** in the afternoon. This is an event where grade 9 students are put into teams and participate in a variety of games on the field. Students who have paid student fees will be given a T Shirt to wear in the afternoon, and grade 12 students will lead them through each activity. More information will be provided in the announcements, and by grade 9 third period teachers as we get closer to the date.

To stay up to date on events in the school, follow our Instagram and Twitter accounts: @rndstudcouncil

STUDENT FEES

Students are reminded to pay student fees online. <u>SchoolCashOnline.com: Welcome</u> **Student fees include a new RND lock.**

Student Fees	Grade <u>9</u>	Grade <u>10</u>	Grade <u>11</u>	Grade <u>12</u>	Returning
School Locks	\$ 10				
RND T-Shirt	\$ 10				
Student Activity Card	\$ 20	\$ 20	\$ 20	\$ 20	\$ 20
Grad Fee				\$ 40	
Toonie / Non-Uni \$2 x 5 days	\$ 10	\$ 10	\$ 10	\$ 10	\$ 10
Total Fees:	\$ 50	\$ 30	\$ 30	\$ 70	\$ 30

Yearbook is sold separately at SchoolCashOnline.com: Welcome for \$25.00

THIS YEAR IN A GLANCE

