



## November/December 2018

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### Quick Links

- [St. Paul Website and Calendar](#)
- [OCSB](#)
- [CSPA](#)
- [OSTA](#)
- [Fatdog - Your Local High School Sports Authority!!](#)

### Parish Links

- [St. Martin de Porres](#)  
613-828-6720
- [St. John the Apostle](#)  
613-829-1760

### PRINCIPAL'S MESSAGE

Metro Grocery Store in Bells Corners and St. Paul CHS have formed a partnership to support our school. Thank you to the manager, Brad Payment, and our Parent Council who made the connection and got the initiative going! What can you do to support the initiative? For the month of January, when you shop at Metro, bring your receipts to the main office and drop them in the Metro/St. Paul box. Metro will give the school a percentage of *all* the receipt totals. We will be able to support our Breakfast Program and many other initiatives. This is a fantastic opportunity for our school. Please support this initiative. If it is successful, we hope to run it again to support such events as our Graduation Lunch.

Every year as a school community, we are profoundly affected by our Remembrance Day Ceremony. Staff and students are to be commended as they work together to bring out the best of our students' talents and share their own gifts. This year was particularly special as Retired Colonel Mark Gasparotto presented his experiences. He has written a book, *Clearing the Way: Combat Engineers in Kandahar* which has been made into a documentary by the same name.

During the entire month of November we had numerous Movember Activities starting with the launch on November 5. The campaign involved prayers, Brotherly Advice and Be Well tips being read over the PA, lunch time bake sales, Healthy LifeStyle Displays, Movember t-shirts purchased by staff as a fundraiser, therapy dog visits, YSB collections, Let's Taco 'Bout It and culminated with a 7 & 8 Buyout and Thanks on November 30th.

The 19 - 23rd was Bullying Awareness Week. We launched it in a positive and fun way. A Gr.10 religion class collaborated with a Gr.7 religion class to spread kindness and positivity to their peers. Each homeroom received an envelope of positive affirmation post-its for every student in class, as well as for the teacher. Kindness and Self-care Post-its were posted on the windows outside the caf where any person in our community could take a message or leave a message. We used this week as an opportunity to empower our students and to provide them with leadership roles. One of our students wrote a letter about bullying that was read by another student over the PA to highlight the negative impact of bullying. We also had the official launch of our, Words Matter: Think Before You Speak campaign. In attendance were board personnel, CHEO's Youth Net, Public Health and students from 7 - 12 got to speak to the student creators of the campaign who last year had applied for a Speak-Up grant from the Ministry of Education to support the initiative. November 26 - 30 was also Multicultural Awareness Week, which included a very successful assembly with student voice. "I think students felt that their voices were heard re. the racism they experience and/or witness and hopefully, this is the beginning of more

## PAH on Social Media

Parents and students are encouraged to keep up to date about upcoming graduation information/events/deadlines :

**Remind:** To receive messages via text, text **@stpgr** to 613-702-7747. Or to receive messages via email, send an email to

[stpgr@mail.remind.com](mailto:stpgr@mail.remind.com)

### Grad Website:

[tinyurl.com/stpaulgrad](http://tinyurl.com/stpaulgrad)

### Grad Twitter Feed:

[@stpaulgrad](https://twitter.com/stpaulgrad)

*Please note:* There are also links to the Grad Website and Twitter Feed on the STP Website ([pah.ocsb.ca](http://pah.ocsb.ca))

### Email:

[Paul.High@ocsb.ca](mailto:Paul.High@ocsb.ca)

Website: [pah.ocsb.ca](http://pah.ocsb.ca)

Twitter: [StPaulCHS](https://twitter.com/StPaulCHS)

STP Athletics:

[STPaulCHSsports](https://twitter.com/STPaulCHSsports)

dialogue around the issue.” (Staff) We also had a number of students attend the OCSB Peace and Justice conference.

Other students demonstrated their talents in an experiential learning opportunity where they made wooden candlesticks with carved out hearts and Nativity Scenes in support of St. Martin De Porres Church Christmas Craft Sale. The items were sold out by 9a.m. Luckily, more were made on December 12 during an experiential learning opportunity called, *Christmas Craft Day Reflection* where students of Religion, Art and Technology worked together to create some beautiful pieces. (They will be sold at our upcoming STP Christmas Market on December 19 -please see details below). As part of this day, students were asked to write reflections: "I learned how to use a cone drill bit when making the baby Jesus." What a super reflection of the opportunities available at St. Paul! Overall it was evident that the students deeply appreciated the cross-curricular collaboration, service to community and focus on real issues that matter to them - youth mental health and wellness.

On behalf of the staff of St. Paul Catholic High School, I hope that the coming Christmas Season is a time of great blessings for you and your families.

Take care,  
Bríd Mc Donald  
Principal

## IMPORTANT INFORMATION

### **An important reminder about Examinations and CPTS**

Students in grades 9 – 12 write formal examinations/CPTS at the end of each semester. Examinations cannot be rescheduled. A medical certificate is required for any student absence. Vacation and work arrangements are expected to be made around the examination and CPT timetable.

### **Smoke-Free Ontario Act, 2017:**

“You cannot smoke or vape in any public or private school’s:

- indoor space
- outdoor grounds, including playgrounds and sports fields
- public areas within 20 metres of the school’s grounds

If you smoke or vape where it is not allowed, you may be charged with an offence and subject to a fine (\$1,000 for a first offence, \$5,000 for any further offence) if convicted.”

<https://www.ontario.ca/page/where-you-cant-smoke-or-vape-ontario>  
[CBC Article on Vaping](#)

## IMPORTANT DATES

December 2 - Advent Began  
December 19 - STP Christmas Market  
December 20 - STP Christmas Market  
December 21 - Last day of classes before Christmas  
January 7 - First day of classes after Christmas  
January 23 - First Day of High School Exams  
January 29 - Last Day of High School Exams  
January 30 - P.D, Day  
January 31 - First Day of Semester 2  
February 7 - Gr. 9-12 Program Info Night  
February 7 - Semester 1 Final Report Cards Distribution  
February 12 - G. 6 Parent Info Night  
February 14 - 7/8 Report Card Distribution

## INCOMPLETE IMMUNIZATIONS



Some parents **may have** received a letter from Ottawa Public Health indicating that their child may have incomplete immunizations.

Parents who received a letter requesting immunization information can contact OPH by **phone at 613-580-6744** to update their child's records. Parents can also visit [parentinginottawa.ca/immunization](http://parentinginottawa.ca/immunization) for more details about how to submit their child's immunization information to Ottawa Public Health. **Please DO NOT submit records to the school** as the school does not have access to Ottawa Public Health records.

Under the authority of the Immunization of School Pupil's Act, your child will not be able to attend school as of **Wednesday, February 7<sup>th</sup>, 2019** unless records are updated by Public Health.

If you have received a letter from Ottawa Public Health, your cooperation and support to respond quickly is very much appreciated in order to avoid any interruption to your child's education. Thank you.

## CHRISTMAS MARKET DECEMBER 19

The market is on from 7 - 9 p.m. on the evening of Dec. 19th. (snow date 20th). It is a market/busking event where students present their craft/talents/art. It is an evening event where the school community is invited to visit the market and watch/interact/buy all the student's work. The community is invited to wander the market: grab a hot chocolate, perhaps purchase some Christmas crafts, join in singing some festive songs, or just

enjoy the sites... you get the idea! The market is based on the theme of light and raises awareness for Mental Health. The student work will explore this quote: "There is a crack in everything. That's how the light gets in." - Leonard Cohen

## CAROLS FOR CANDLELIGHTERS



### St. Paul performs Christmas music for Candlelighters

On Tuesday, December 4th Anjola Adewale, Charlyze Aleman, Vanessa Alonge, Anupriya Kakkar, Mary Kristine Rivera, Mia Robles, Shantay Scott, Andy Soringa, Rebecca Torehbaz, Mr. Corey Thomas, Mrs. Maureen Dufour, Alan Dufour and Kathryn Dufour performed Christmas songs at

Funhaven during the annual party for Candlelighters Ottawa.

Candlelighters is a local, not-for-profit volunteer organization that provide programs and services to young cancer patients, and their families, receiving treatment in the National Capital Region. The evening is an opportunity for families to get together in a festival atmosphere away from the day-to-day reality of childhood cancer and all it entails. The event was hosted and sponsored by Carlson Wagonlit Travel.



This fantastic group will sing again on the evening of Wednesday, Dec. 19th at the St. Paul Christmas Market.

## FRENCH DELF CERTIFICATION

Congratulations to the twelve Gr. 12 students from St. Paul who took advantage of the opportunity to become certified in French by taking the internationally-recognized DELF test (Diplôme d'études en langues

française) which is offered through the OCSB. The participants were: Alexa Anderson, Sereia Battiston, Julia Cataldo, Armel Darboux, Tanysha Davtalab, Cara Garneau, Thomas Gillis, Zachary Hobbs, Katie Inglis, Chris Jelley, Arielle Punzalan and Beatrice Villadelgado. Students completed each of



four parts to demonstrated their competency in the following areas: Reading, Writing, Listening and Speaking. Congratulations to these students on their initiative and their efforts in completing the test. Results will be forthcoming in the New Year!

### **CIVICS TRIP TO PARLIAMENT**

On November 23rd, Ms. Gosbee's and Mme Sinclair's Gr. 10 Civics classes visited Parliament. Many students had never been inside the Parliament buildings before and we benefited from a tour followed by an opportunity to observe

Question Period. We were impressed by the beauty of the buildings themselves and the symbols that can be found throughout. The raucousness of Question Period was notable as well!

During our lunch break, we had a visit from MP Anita Vandenberg who represented the riding in which St. Paul HS is located. She spoke to us about some of the issues that she

addresses in her work and

asked students about what is important to them. We were very happy to have this opportunity to "chat" with a member of Parliament and get a better understanding of her priorities in the work that she does. Overall, the entire experience was both informative and enjoyable!



### **STUDENT SERVICES**

#### **St. Paul's 6th Movember Campaign**

The Movember Team would like to thank all staff and students who participated in St. Paul's 6th Movember Campaign. The goal of the campaign was to raise awareness about men's health and to fundraise for Movember Canada and for our school's wellness initiatives. Throughout the month our community prayed for the men's health and during our morning announcements our male teachers shared some advice they would have given their younger selves.

The "brotherly advice" was thoughtful and inspiring. Students participated in lunch time activities hosted by Ottawa Public Health and YouthNet. Mrs. Sinclair's grade 10



civics and careers class also helped raise awareness of how to better care for our mental health by fundraising for Youth Services Bureau and Puppy Therapy. Our grades 7&8 students participated in an afternoon of movement and friendly games between students and teachers. Way to go Junior Athletic Council!! Our Movember Team would like to thank students and staff who helped assemble our display cases, baked awesome treats, decorated for our events, read prayers and Be Well announcements and coordinated activities during the month.



### **Words Matter. Think Before You Speak.**

Ms. Valentini would like to congratulate Beatrice Villadelgado, Emma Renaud and Victoria Terris on their outstanding commitment and work on the completion of the Speak

Up Grant Award: Words Matter. Think Before You Speak. The group consulted with students in grades 7-12, school staff, board social workers and psychologist and YouthNet counsellors to learn more about language used by students when talking about



mental health. Their findings lead to conversations and further education and resulted in 10 posters meant to raise awareness about how we speak about mental health and how language significantly impacts how we think about it and get help for mental health. The professionally printed posters, which are located in some of our school washrooms and change rooms, address some misconceptions about anxiety, depression and obsessive compulsive behaviours. The students used some of the money from the grant to purchase brain-shaped erasers and positive message wall decals. Special thanks to Ms. McDonald, Ms. Strucchelli, Ms. Marin, Mr. Myers, Ms. Linda and Mr. Rob for helping us to get the posters completed and on display.

### **Experiential Learning**

STP students participated in a cross-panel building project that involved 7/8 students working alongside a group of construction technology students currently in grade 10. Mr. Legault, our construction technology teacher,



worked with the group to assemble 4 paint picnic tables that will be used in our school community. Many thanks to the construction mentor students for modeling the safe

use of tools and precise building techniques. This project developed a wonderful partnership between our intermediate and high school panels, as well as with our community partner Home Depot. Many thanks to Ms. Strucchelli and Ms. Valentini who helped with the day's logistics. Students had an opportunity to reflect on their building in MyBlueprint and explore trades pathways.

### **Grade 11 Presentations**

On Tuesday, December 4th the Grade 11 students had an opportunity to explore Postsecondary Pathways. The afternoon began with a prayer focusing on leadership and making choices by our STP chaplain, Mrs. Dufour. Mrs. McDonald continued this theme during her introduction, where she invited students to be mindful of their choices. Mr. Cantin reviewed some pathway options before students were invited to explore two pathway options during the breakout presentations from: Algonquin College, Carleton University, Ottawa University and Skills Ontario (workplace and apprenticeships). The afternoon ended with refreshments and a fair where students were able to ask questions and gather materials/more information. It was a wonderful and fun learning opportunity!

### **Ambassadors Preparing For The Christmas Market**

The grade 7&8 Ambassadors have been meeting during lunch to prepare lantern-style centerpieces that will be on sale during the Christmas Market on December 19th. The lanterns were created out of recycled mason jars, Christmas decorations and tea lights. Money raised through the sale of the centerpieces will benefit school based mental health initiatives. Many thanks to Ms. Marin and Mrs. Rotondo for coordinating the



Christmas Market and inviting students to display work inspired by the theme of light: *"There is a crack in everything. That's how the light gets in."* - Leonard Cohen

### **Rideauwood Presents About Healthy Use Of Screen Time**

Christine Sutherland, Counsellor from Rideauwood Addiction And Family Services Agency, presented to each of our grade 7 and 8 classes about the healthy use of screen time. Enlightening discussions followed the presentation around topics of: safety settings, grayscale settings, importance of digital communication, online advertising, gaming, social media, excessive use of screens and digital footprints. Christine shared the following quote by Eric Cole, a Cyber Security Scientist, with each class and further discussion followed about digital etiquette:

*"For better or worse, what you post, tweet or blog in cyberspace lives -forever. Comments written in moments of angry haste and published during a keystroke of poor judgement can now be downloaded, accessed or searched - for decades or longer. And, deleting a post or picture will not permanently erase it. Anyone with the knowledge and motivation to track down your internet footprint will be able to find it"*

*Eric Cole (Cyber Security Scientist)*

If you would like to learn more about the presentation or about the services offered by Rideauwood Addiction and Family Services, please contact Student Services.

### **Graduating Class of 2019**

#### College and University Visits

Colleges and universities continue to visit STP during lunch or after school. Be sure to listen to the morning announcements or check the Grad Calendar (on the Grad Website: [tinyurl.com/stpaulgrad](http://tinyurl.com/stpaulgrad))

**Grad Fees:** \$100 Payment available on School Cash Online

**Please note:** The fee covers grad retreat, graduation costs, including reception, composite, cap and gown, certificate and folder

### **University/College Applications**

STP 2019 Grads were invited to attend Postsecondary Application Tutorials in October and November. The presentation for both tutorials are available on our STP Grad Website ([tinyurl.com/stpaulgrad](http://tinyurl.com/stpaulgrad))

All graduating students who intend to apply to College will need their OEN number (accessible on the report card or in the Student Services Office). The University PIN numbers have been distributed/are available for pick up in Student Services. Any graduating student who has not acquired their OEN number or PIN number required for college or university application is encouraged to see Ms. Druve, office administrator, in the Student Services Office. The university application deadline is January 16th, 2019. The college application deadline is February 1st, 2019. Students have been encouraged to complete their applications well in advance of those dates.

### **Stay Informed!**

Parents and students are encouraged to keep up to date about upcoming graduation information/events/deadlines:

**Grad Website:** [tinyurl.com/stpaulgrad](http://tinyurl.com/stpaulgrad) or click on the link from our school's website

**Remind:** To receive messages via text, text @stpgr to 613-702-7747. Or to receive messages via email, send an email to [stpgr@mail.remind.com](mailto:stpgr@mail.remind.com)

**Grad Twitter Feed:** @stpaulgrad

### **High School Lunchtime Meditation at St. Paul**

The lunchtime meditation every Tuesday in the chapel from 10:55-11:05 is well underway. Students and teachers come together to center in the present moment by focusing on the breath and so giving their brain a much needed break! All are welcome.

Listen to Daniel Goleman about the importance of downtime: The importance of downtime Daniel Goleman 1:33

## **MATHLETICS**

Mathletics at St. Paul! Math contests are well under way at St. Paul! We have had several monthly Math League contests, whereby students in grades 9-12 are invited at lunch to complete a series on questions in 30 min; next one is on January 15th.

Many students in grades 9-12 participated in the Sunlife Math Open Challenge on November 8th; stay tuned for results in the new year! As well, we had 19 students participate in the Canadian Senior and Intermediate Mathematics Contest from the University of Waterloo. Congrats goes to Alicia Allen (grade 9) for achieving the top score in the Intermediate panel (grades 9-10) and to Noah Aynalem (grade 11) for achieving the top score in the Senior panel (grades 11-12). Our next major contest will be held on February 26th; sign-ups will be in January.

## **ST. PAUL ATHLETICS UPDATES - Winter Sports**

### **Senior Girls Volleyball**

The senior girls volleyball season is underway. The girls played competed in two regular season games to date. They will be competing in the St. Joseph Christmas Classic December 14th. At this tournament, the girls will play a minimum of 4 games and then move onto the playoffs. The team has one away game before the Christmas Holidays at Omer DesLauriers. Good luck girls!!!!!!!!!!!!

### **Boys Basketball**

The boys basketball teams have been busy preparing for their NCSSAA regular season with a few tournament. The Jr. Boys Basketball team has competed in the St. Patrick Pre-Season Invitational and the Bill Wren Tournament. The boys have shown grit and determination in every game they have played. They continue to improve with every game. They have played 3 regular season games. They lost to tough teams at Notre Dame and Nepean. They had their first win of the season at Omer DesLaurier. The team will continue their team development and cohesion December 14th at the Ashbury College Jr Boys Basketball Tournament.

The Varsity team continues their quest for another birth at the NCSSAA City Championships. They have competed in a number of tournaments throughout the month of November. They played in the St. Patrick Pre-Season Invitational where they went 1-2. They went on to play in the Bill Wren tournament at St. Matthew High School. They were victorious in this particular tournament and won first place. They have had a rocky start to the regular season. They have won close games against All Saints, and AY Jackson but lost to a tough Bell team. Their next games are scheduled for December 13th at home against Woodroffe and December 18th at Notre Dame.

Upcoming games in January:

### **Girls Volleyball**

December 18th @ Omer DesLauriers  
January 14th @ Holy Trinity  
January 16th vs South Carleton

### **Jr. Boys Basketball**

December 13th vs Woodroffe - 2pm start  
December 17th @ Redeemer Christian  
January 14th @ Merivale - 2pm start  
January 16th @ Notre Dame

### **Varsity Boys Basketball**

December 13th vs Woodroffe  
December 18 @ Notre Dame  
January 10-12 - St. Joseph Basketball Tournament  
January 17 vs AY Jackson

### **Curling Team**

The curling season is now well underway with St. Paul being represented by both a girls and a boys team who play once a week in the city-wide league at the Nepean Sportsplex. Team members are: Alexa Anderson, Sadie Badour, Cara Garneau, Kaitlyn Garneau, Zachary Hobbs, Anna



MacDonald, Bailey Mousseau, Jacob Papalia and Victoria Terris. Several of the players are new to the sport, but they are catching on very quickly and have already posted their first win of the season! Go Bears Go!

All team results and statistics can be found at [www.fatdog.ca](http://www.fatdog.ca)

### **MY BLUEPRINT**

My Blueprint ([myblueprint.ca/ocsb](http://myblueprint.ca/ocsb)) provides students with an opportunity to explore various educational and careers pathways. Students at St. Paul High School have been introduced to My Blueprint over the years. However, this school year we've made it a priority to ensure students access and explore this program. Since September, most classes have had an in-service on the



many uses of My Blueprint. My Blueprint has a user-friendly student dashboard that allows students to complete interest inventories, build a portfolio and plan their courses. Students are also able to track their progress to graduation as well as explore post secondary destinations and career pathways. This year, Option Sheet Contracts will be completed using My Blueprint. Student Services will be working with classes, as well as hosting a Parent Information night to help with the completion of the Option Sheet Contracts in February.



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