



October 2016

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## PRINCIPAL'S MESSAGE

### Welcome to November!

As I write this, we are enduring the first snowstorm of the year. It is a reminder that we are already deep in the school year as well as a reminder that Christmas preparations are around the corner. In our busyness, we often forget to be truly present in the moment. Consider the storm. There is beauty even in the harshest storm *and* there is also challenge. School can sometimes feel like that. Our graduates, for example, can sometimes feel overwhelmed by all of their goals but at the same time they should be proud of the resilience they are gaining through meeting those challenges with excitement rather than dread.

The school year has gone well thus far. Our students are engaged in activities both in and out of the classroom. We just completed a professional development day where we discussed and planned for numeracy across the curriculum, social-emotional learning and various workshops on integrating technology effectively and with purpose. Our two new Specialist High Skills Majors in Transportation and Information and Communication Technology are well subscribed as well. There is a board wide event hosted here at St. Paul this Thursday. (Details below.) St. Paul Catholic High School certainly has much to offer.

We are also preparing for our Advent season. We take time to remember that November and the Christmas season can be difficult for many families. If your son or daughter comes home with requests for our Christmas hampers, rest assured that your donation will benefit a family to share in the joy of His birth.

We hope you enjoy this edition!

Principal

## Parish Links

St. Martin de Porres  
613-828-6720

St. John the Apostle  
613-829-1760

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## 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](https://www.remind.com) 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)

## IMPORTANT DATES

Nov 1 - Grad Photo Days  
Nov 4 - INT Progress Reports  
Nov 10 - INT Parent-Teacher Interviews  
Nov 11 - Remembrance Day Ceremony  
Nov 14 - HS Report Cards  
Nov 15 - INT Read-a-thon /College Application Seminar  
Nov 16 - HS Read-a-thon /University Application Seminar  
Nov 18 - PD Day  
Nov 21 - Bullying Awareness and Prevention Week  
Dec 1 - Advent Mass

## COMMUNITY SERVICE

St. John the Apostle CWL needs help weaving milk bag mats. This is a creative and easy way to provide beds for developing countries. We meet about once a month. Our first meeting is Oct 1 from 1 - 4 pm in the main hall. Contact Joan at 613-828-9206

## ANNUAL CANNED FOOD DRIVE

We ran our Canned food Drive from Oct. 11-18th. Our school collected about 1000 food items for FAMSAC in Bells Corners! FAMSAC (Family Service Association of Churches) is an emergency food assistance program in West Nepean. The service is run entirely by volunteers and is funded by the sponsoring parishes, local businesses, industry, service clubs, schools, Scouts, Guides, and public-spirited citizens. Support also comes from several local stores who provide generous donations of day-old bread and pastry products. FAMSAC regularly supports 60-80 families a month and at Christmas about 200 special hampers are distributed, each containing a turkey, fresh produce and all the trimmings.

Thank you to all the families, staff and students who contributed to this worthy program!

## MOVEMBER

Once again, the students and staff at St. Paul High School are happy to support the men's health research and initiatives of the Movember Foundation. Please note these upcoming Movember dates:

**Friday, November 4th:** 'Stache Swag - students are encouraged to wear any Moustache-themed clothing or items

**Thursday, November 10th:** Movember Bake Sale fundraiser during junior and senior lunches. The bake sale will continue during grade 7&8 Parent-Teacher Interviews.

**November 15th:** Let's Taco 'Bout It! - The cafeteria will be selling tacos and our students can learn about various trusted supports available to them when they have something they want to talk about.

**November 24th:** High School Buyout Game - Dodgeball, retro- style games (student vs. teacher), The grade 7&8 students can pay for their Buyout Game til November 30th via their Homeroom teacher. Buyout date TBA.

## STUDENT SERVICES

**Specialist High Skills Major Programs (SHSM) at St. Paul Catholic High School - Information and Communication Technology (ICT) & Transportation**

What is a Specialist High Skills Major (SHSM)?

A SHSM is a ministry-approved specialized program that allows students to focus their learning on a specific economic sector while meeting the requirements to graduate from secondary school. It also assists in their transition after graduation to apprenticeship training, college, university or the workplace.

#### Key Benefits of a Specialist High Skills Major

Pursuing a SHSM helps students to:

- Customize their secondary school education to suit their interests and talents.
- Develop specialized knowledge and skills.
- Earn credits that post-secondary educational institutions and the employment sector recognize.
- Gain sector-recognized certification and career-relevant training.
- Develop essential skills and work habits documented through the Ontario Skills Passport.
- Identify, explore and refine career goals and make informed decisions about their future.
- Remain flexible, with the option to shift between pathways, should their goals and plans change.

Students at St. Paul who are in the SHSM will be fully exposed to the essential skills that will lead them into potential careers in the associated industries and provide them with a distinct pathway in these disciplines.

#### Information Communications Technology (ICT)

Communications through publications is a major focus in our technology and arts departments at our school. SHSM course requirements can be met through various courses including one or more of the following: grade 11 and 12 courses with emphasis on the print industry (TGG3/4); video and sound industries (TGV3/4); photography (AWQ3/4) and media arts (ASM3/4) that stream students into our communications technology courses. Communications courses offer students opportunities to strengthen skills learned in other courses within the school. There are many community applications the above would provide for enriched co-op experiences. The combination of experiential learning opportunities afforded by co-op placements, in addition to job-related certifications and training which will offer ICT SHSM students an obvious advantage in the future workforce. Please contact Mr. Chris Dorey, ICT SHSM Champion Teacher for further information.

#### Transportation

In class, students exercise their communication, collaboration and technical skills for a majority of the course projects. The students explore their own learning styles and practice their research skills, making the best use of the interactive online resources available to them. The projects, such as: the powertrain pullout, service team garage, and race car build provide relevant skill building. Within these projects the students perform realistic servicing to vehicles and design and build welding projects. These essential skills are transferable to many positions within the transportation divisions including service, fabrication, engineering and design.

This SHSM program focuses on career readiness and technical skills. Course requirements can be met through taking a variety of courses, including one or more of the following: transportation technology (TTJ3/4), Construction Technology (TCJ3/4), Programming (ICS3/4), Physics (SPH3/4) and Communication Technology (TGJ3/4).

The SHSM program will focus on reaching out to the industries in our community for experiential learning opportunities and guidance with what assets the student could prepare themselves with to make sure they are valuable to these industries. Please contact Mr. Chad Legault, Transportation SHSM Champion Teacher for further information.

#### **Make the CUT (College University Transition)**

On Wednesday, November 16th, the Paul Menton Centre for Students with Disabilities, Carleton University and the Centre for Students with Disabilities, Algonquin College will provide the Grade 12 Fall Session of their transition program-Make the CUT. This session is designed for Grade 12 students who have a Learning

Disability and/or ADHD and are planning to attend college or university next year.

This valuable full day session aims to create an awareness of the post-secondary resources available to students with LD and/or ADHD. Students will be provided with an overview of admission timelines, deadlines, procedures, services and contact information. Interactive group sessions on career choices, adaptive technology, learning strategies, time management and peer mentor experiences will also offer great insights into what to expect after high school. Students can peruse a Mini Fair offering information on student topics including finance, academic programs, and aspects of campus life, and can interact with post-secondary staff.

**Make the CUT** is an important and informative day that will ease the transition from high school to post-secondary education. If a student qualifies he or she should see the Resource staff for registration information. If students are unable to attend this fall, they may be interested in the spring session, offered in early May.

**Take Our Kids to Work Day:**

On Wednesday, November 2nd, our grade nine students participated in the national Take Our Kids to Work Day. They spent a day at work job shadowing a parent, relative, friend or volunteer host. This activity provides students with the opportunity to gain awareness, understanding and respect for the value of work and its importance in their families and households.

**STP Peer Helpers are Helping!**

The dedicated Grade 9-12 students and teachers continue to focus on building our St. Paul school community. The Peer Helper Retreat was held on Tuesday, October 25th. During the retreat the Peer Helper team met to brainstorm and share ideas/activities for upcoming events.

They also enjoyed their own team building activities. Peer Helpers will continue to visit Grade 7 and 8 period 1 classes bi-weekly to make positive connections and have some fun! Watch for the blue and gold t-shirts at school events!



**Graduating Class of 2017**

**College Information Program Event**

Grade 11 and 12 students were invited to explore what Algonquin College and other provincial colleges have to offer. Representatives from Ontario's Colleges were available to answer questions about programs, services, housing and more.

**Algonquin College Open House:**

The Algonquin College Open House was November 1st. Grade 11 and 12 students were invited to take a free bus to explore the various programs and services available at Algonquin College.

**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))

**University/College Applications**

**IMPORTANT UPDATE:** The university and college application seminars have been moved from November 15th to November 10th.

On Thursday, November 10th, there will be two assemblies in the amphitheatre for grade 12 students. The topic of the presentations is how to apply to College and University. The College Application Procedure will be covered during period 3. The University Application Procedure will be covered during lunch.

Students are allowed to attend both presentations. A student needs ENG4U (and a total of 6 Grade12 University or Mixed classes) to consider applying to university, so students not enrolled in ENG 4U this year should not attend period 4. However, students who seem to be on a university pathway but are also considering applying to college should attend the College seminar during period three, as well as the University presentation during lunch.

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, upon presentation of their student card). During the week of October 31st, University PIN numbers were made available to all graduating students. 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 11th, 2017. The college application deadline is February 1st, 2017. Students have been encouraged to complete their applications well in advance of those dates.

### **SELF-REGULATION for Children and Teens**

Today many of our children face more and more stresses in their everyday life. Learning strategies to self-regulate in order to cope with these stresses and challenges are necessary for our children to function as healthy members of our society. The Ottawa Catholic School Board is committed to curriculum and school based initiatives which focus on Social and Emotional Learning. Four of our teachers, Mrs. Gartland, Ms. Valentini, Ms. Bouttell and Ms. Giddings, are very excited to attend the November 3rd and 4th conference here in Ottawa on LEARN Self-Regulations. Dr. Stuart Shanker, leading expert on self-regulation for children, teenagers and adults, will share strategies that educators can share with their students.

Ms. Valentini and Mrs. Ferrante are looking forward to piloting a lunch-time activity of Mindful Movement with a group of grade 7&8 girls. Mindfulness Movement will expose our students to some new self-regulation strategies through music, movement and mindfulness activities. The group will meet weekly throughout November and December. Ms. Natalie Gelman will also join our Mindful Movement group. Ms. Gelman is a passionate educator of dance and mindfulness who has travelled to many countries to study, teach and perform. She has taught in numerous elementary schools, high schools and summer camps in the Ottawa regions with her company "NRG Dance Productions" as well as "Luv 2 Groove Dance Education".

Ms. Giddings also offers mindfulness practice sessions for staff and students every Wednesday starting November 9th at the beginning of high school lunch at 10:55 am. These are short 5-10 minute sessions that provide students with a much needed pause in their day that focuses on relaxation and/or mindfulness exercises. Mindfulness exercises are exercises that lead the participants into the practice of being in the moment by focusing on the breath, going inside and observing their thoughts and feelings, acknowledging them from a distance without judgement, and returning to the focus of the breath to remain in the NOW. Some other activities will focus on scanning the body to see where our stresses are felt, muscle relaxation exercises, and mindfulness activities to generate compassion and love. Members of the high school youth ministry team are also following a series of 12 lessons on mindfulness from Mindfulness Without Borders. Here is an excerpt from their website that describes the program:

"Our educational content weds best practices in mindfulness-based social and emotional learning and is based on developing skills and strategies to address daily challenges. We draw on ideas, insights and best practices from renowned experts in the field including internationally respected psychologist Daniel Goleman, who specializes in social and emotional intelligence; Jon Kabat-Zinn, prolific author and

founder of mindfulness-based stress reduction; and Peter Block, an international consultant and author on community building and civic engagement."  
<http://www.mindfulnesswithoutborders.org/mindfulness-programs/>

### **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)

**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

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

## **CHRISTMAS MARKET**

St John the Apostle School is hosting a Christmas Market in the gymnasium of the school on Saturday, November 12th from 10:00 am to 4:00 pm. We have a great assortment of vendors lined up as well as a baked goods table and a special visit from our school choir at 12:00. St. John the Apostle School Council is organizing the event with the fundraising proceeds supporting school initiatives and projects. St. John the Apostle is located at 30 Costello Avenue in Nepean just south of Baseline off of Monterey.

We hope you can join us. It will be an excellent way to start off your Christmas shopping this year!

## **SPECIALIST HIGH SKILLS MAJOR 2016-2017 - ST. PAUL CATHOLIC HIGH SCHOOL ICT - INFORMATION AND COMMUNICATIONS**



Ottawa is an Information & Communications Technology hub with over 1900 technology companies and greater than 25,000 employers. Growth of new clusters including clean technology, digital media, 3d printing, and life sciences will help drive interest in this area. St. Paul Catholic High School will provide students from grades 9 to 12 a pathway that will give them certifications in the print and publications industry, information and information design industry, as well as digital media and video industries. Students can be

funnelled from arts courses as well as technological education courses into pathways that will provide work experience (cooperative education programs) and experiential learning as parts of the ongoing pathway including industry certifications such as ICE (Innovation Creativity Entrepreneurship). Students in Information and Communications Technology will be fully exposed to the essential skills that will lead them into potential careers in the associated industries and provide them with a distinct pathway in these disciplines.

There is a large job market in the Ottawa area for jobs related to the information and communications area as noted above. Communications through publications is a major focus in our technology and arts areas at our school. Our Grade 9 Technology (TIJ10) course includes a communication unit focusing on Layout and Design, Journalism (125 students over the last three years), and the Publishing Industry as well as grade 11 and 12 courses with emphasis on the print industry (TGG3M/4M) and the Video and sound industries (TGV3M/4M) 200 students over the last 3 years in the Communication related courses). Our school yearbook is noted as one of the top books Nationally and Internationally with 21 years of awards and is one of the practical assignments of both of the aforementioned courses. Photography from the arts area as well as regular arts programs emphasizing all pathways also stream students into our communications technology courses. Communications courses offer students opportunities to strengthen skills learned in other courses within the school. English, Business (BBI2O), Marketing (BMI3C), Accounting (BAF3M BA4TM), Photography (AWQ3O/AWQ4M) through Photo-journalism, Leadership, and Yearbooks in particular provide students with opportunities and skills that are useful in multiple careers. There are many local businesses such as; The Trailing Edge (Computer sales, repair, and sales), The print Doctor (Printer repair, servicing, and sales), and The Sign Man (All thing related to producing and creating signs.) There are also multiple community applications for the skills provided by this SHSM such as Church related media, Local community groups media, and fundraising initiatives in the local area. All of the above would provide for enriched co-op experiences.

Data and data services such as web design and implementation will be provided through many of the same courses listed above as well our computer programming (ICS2O/3U/4U) and marketing courses. This will include job fields that provide the technological backbone of the information and communications areas such as programming, editing, digital design and manipulation. Our current emphasis on developing 3D printing and Arduino (<https://www.arduino.cc/>) will also be a focus area as new industries going forward.

The combination of experiential learning opportunities afforded by co-op placements and job-related certification and training will offer SHSM students an obvious advantage in the future workforce. For those students who are in the Apprenticeship, College and Workplace pathways, this program will provide clear connections between the curriculum and the skills for their chosen related fields and associated fields.



## **SCHOOL MUSICAL**

Save the date! Shrek the musical Jr is this year's musical. Performances will be Friday, February 24th and Friday, February 25th. See Mrs. Thomas for details.

## **7/8 ATHLETICS**

The 7/8 Athletics season teed off in a big way with the Annual OCSB tournaments at the Meadows. The Ultimate event quickly followed, which saw our Golden Bears take the Tier 3 title and the X-Country team took to the terrain at the Terry Fox Complex at Dow's Lake. Tryouts have begun for Volleyball and Touch Rugby as fall calendar ramps up.

The intramural program is underway led by a strong group of Grade 8 Athletic Council members organizing and refereeing the activities, first of which is Dodgeball.

St. Paul Bear Wear is back for another year with athletic hoodies, zip-ups and sweatpants for sale. Order forms are available through the school website, in the office or during lunch hour. Samples and sizing is offered to try on Fridays at lunch. Online payments can be made through the Gadar website only. Deadline for orders is Friday, October 14th.

## **ST. PAUL ATHLETICS UPDATES**

This was one busy month for the STP student body! Mr. Bondy's Grade 12 Chemistry brought in 9 cans per student to help for our annual canned food drive. Thank you so much to each and every person who contributed in our canned food drive! Speaking of being thankful we hope all friends and family had a wonderful Thanksgiving. Father Hennessy gave us a beautiful and thoughtful mass the weekend before, wishing us all a safe and happy Thanksgiving. We also had a very exciting spirit week! With days like twin day, country day and colour day.

On Tuesday, the theme for spirit week is apple day. On this day, each grade will be assigned an apple (Granny Smith, Honeycrisp, Royal Gala, Crab apple, etc) and they will dress according to their given category. For an example, the grade that receives the Granny Smith apple will dress up as grandmothers and grandfathers. The grade with the Royal Gala apple will dress up as royalty; kings, queens, princes and princesses and so on. We present clique day on Wednesday. The students will come dressed according to the instructed clique for their grade. On Thursday, we are throwing it back many decades. Students will come dressed as if we were back in the 60s, 70s, 80s, etc. This battle of the grades spirit week will be a blast!

Future activities occurring in our school are: take your kid to work day, remembrance day ceremony, Swing french concert and bully awareness week. Take your kid to work day, which is november second gives a chance for grade 9s to explore their parents or another adults work environment. Its an awesome experience for them to learn different options for their future. On November 11, remembrance day, we will have a moving assembly to remind us of all the work soldiers did for our freedom. On November 22, there will be an amazing french concert for immersion students who wish to attend. It's a great experience to see different french bands and learn more about their music. Last, the week November 20th to 26th will be bully awareness and prevention week. This week gives a chance for students to become more aware of the bullying around them and find different ways to prevent it.

STP has a fun and busy year ahead of them. Full of activities, sports, spirit and learning. We hope you show your participation and support throughout all the them. Go bears!!

### **Varsity Boys Volleyball**

The varsity boys volleyball team's season came to an end last Thursday in a tough match against Sir Robert Borden. It was a difficult season for the boys, as they lacked age and experience competing against mostly grade 12 students. After losing many key players from last years team, there were many junior players who were asked to become starters and they helped lead the team. Although the team didn't manage to earn a victory, there were so close games and some fantastic plays throughout the season. It was rebuilding year this year and with everyone returning, the Bears will look to contend for a playoff spot next season. The team learned a lot this year thanks to fantastic coaching from Ms. Brisson and Mr. Nehme and there was obvious improvement by the end of the season. The team battled hard through adversity all year and never quit even when things weren't going there way. Thank

you to everyone who came to cheer the team on and also to the volunteers at the scorers table and we hope to see everyone out again next year.

### **Varsity Boys Soccer**

The Varsity Boys Soccer Team finished second in their division for the regular season, with a record of four wins, one tie and one loss. They advanced to the quarterfinals, where they played Lycee Claudel. Although it was a tough game, the Bears won the game 1-0, with the lone goal coming from Dawoud Swarey, and the shutout coming from the Man Of The Match Andrew Irving. On Monday the boys play Gisele Lalonde in the semifinals. If they win they will advance to the NCSAA finals, where they will face John McCrae who was a tough opponent for the Bears last time.

### **Varsity Boys Hockey**

St. Paul's boys ice hockey team is off to a good start to the 2016-17 season, going 1-1-1 in 3 games and currently sitting 4th place in the standings. They have 7 goals for and 5 goals against in those three games. The tier 2 non-contact team is coached by Mr. Helman. It's a solid team expecting to compete for the playoffs. The schedule can be located on fatdog.ca. The game times and locations are posted there so go out and show some support for your Golden Bears. The team is expected to enter a tournament, but it is not confirmed yet, against various teams in tier two. Coach Helman takes pride in coaching the high school boys, taking time out of his busy schedule for regular practices and setting up team plays. The team last year finished just outside of the playoffs by only a few points. This year the team is looking to build on that season and make it further. There are a lot of grade 12's on the team this year providing a veteran leadership group which will help the team in future years. The regular season ends November 15th against Bell high school, then it's playoff time. It should be a great season and hopefully a long one, GO BEARS GO!

### **LEADERSHIP CAMP**

On October 21st to October 23rd, 36 students, 8 core leaders and 4 teachers travelled up to St. Brigid's Camp in Low Quebec to take part in the 24th Annual St. Paul Leadership Camp. This Camp, which started in 1992, was created to provide students from grades 9-11 an opportunity to come together in an inclusive environment outside of school, to learn about leadership while participating in a variety of engaging activities. Our core leaders, who were made up of 8 grade twelve students, worked extremely hard alongside the teachers to create an amazing opportunity for their peers. The theme of this years camp, "A Turning Point" emphasized the idea that high school can be a big turning point in everyone's life. The camp activities, run by the core leaders and teachers helped campers understand how their high school experience could be a turning point that is extremely positive and meaningful. As well, the activities helped build the student's strengths and leadership skills so that when they return to school they could guide other students at St. Paul to experience the same positive and meaningful turning point during their own high school journey. Next years Leadership Camp will be the 25th Anniversary. Core leaders for this camp will be selected through an application and interview process in June.

### **RED MAPLE, WHITE PINE**

The first meeting for The Red Maple and White Pine Reading Clubs will be during both Lunches on November 10th. If you have an interest in reading and would like to earn a certificate (for something you enjoy) come and join us. Listed below is more

information on this opportunity and a list of this year's book. Remember that only club members get to read these books the first year.

### The Red Maple™ Award

The Red Maple™ Award reading program is offered for the enjoyment of students ages 11-14. The program includes a Fiction list every year and every other year Red Maple also offers a Non-Fiction list to get readers engaging in conversation around the books and encourages them to use critical thinking skills.

### The White Pine™ Award

The White Pine™ Award reading program offers high school-aged teens at all grade levels a chance to read Canada's recent young adult fiction and non-fiction titles. Each year a Fiction list is offered and a Non-Fiction list is nominated so readers can choose from two lists.

This program promotes reading for enjoyment among high school-aged students and encourages them to read books, by Canadian Authors.

AWARD GIVEN: Festival of Trees™ in Toronto in May  
Red Maple Nominated List: Fiction



Non-Fiction



White Pine Nominated List:



### NAC TICKETS

Thanks to the generous support of a private donor, the NAC is pleased to offer your school a subsidized ticket price of 50% off the regular matinee ticket price:

- \$4.90 + HST per student/adult for the Canadian Brass student matinee (Grades 4 to 12, bilingual concert) on Wednesday, November 2nd, 2016 at 12:30 PM at Centrepointe Theatres, 101 Centrepointe Drive, Ottawa (regular price: \$8 +HST);

Please refer to the NAC website (<http://nac-cna.ca/en/schools>) for detailed show descriptions.

As in previous years, each performance features a FREE teacher study guide available for free download from the NAC website approximately four to six weeks before the performance.

Seating is limited, so please submit your order online as soon as possible at: [nac-cna.ca/en/schools](http://nac-cna.ca/en/schools)

To redeem this offer, please insert the words "SPECIAL TICKET PRICE" in the "additional comments" section of the Student Matinee order form.

To place your ticket order, or for more questions, please contact:

Adam Wiebe

School Matinée Box Office Attendant

Tel: 613-947-7000 x289

[mused@nac-cna.ca](mailto:mused@nac-cna.ca)

## **SENSORY PROCESSING DISORDERS (SPDs) AND BEHAVIOUR**

- How are they linked?
- How can I support my child at home and at school?

Some children (with and without other special needs) "have problems developing the ability to process information received through their senses. They might have problems interpreting sights, sounds, and sensations of touch and movement. They might become unusually upset by bright lights or loud noises or by being touched or moved unexpectedly. They might also have problems controlling, orchestrating and using their muscles effectively. ... these difficulties can result in behaviours that confuse, frustrate and anger parents and teachers.

Nathalie Mabon, Occupational Therapist OT Reg. (Ont.) will provide background on SPDs often associated with autism, developmental disabilities and other diagnoses; the latest evidence-based strategies to help children (and adults who support them) cope with sensory issues in order to prevent sensory overload leading to the fight, flight or freeze response as well as strategies to help students recover when they do become overwhelmed.

Become a sensory detective and learn how to read your child and provide the right support. The presentation will include:

- an introduction to all 7 sensory systems and their function
- an explanation of sensory modulation with regards to the sensory systems
- a discussion of sensory triggers (what causes a behaviour to occur) and "grounders" (calming techniques) and how to use them
- the impact of sensory modulation challenges on behaviour
- strategies, strategies, strategies....

Register Now: <http://bit.ly/CSPA sensory>

Monday, November 28, 2016 7:00 - 9:00PM

Notre Dame High School School, 710 Broadview Avenue

## **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.

## **HELPING YOUTH BUILD A SUCCESSFUL FUTURE**

Children with special needs and youth need to have an environment where they can reach their milestones while being protected and loved.

The Children's Aid Society of Ottawa (CAS) wants to ensure that youth coming into care have such an environment in a family based setting. A special need child or teenager is dependent on his/her caregiver and therefore need to know that he/she really belongs to a home with identifiable surroundings. Far too often there are not enough families and they end up in a group home. Group Homes can help provide temporary stability but researchers have proven that they do not provide a sense of belonging, a sense of family. Furthermore, there is also a greater possibility for teenagers and special needs children to age out of the system alone, without a family.

Fostering is a commitment to provide safety, security and predictability in the lives of children and youth who require a temporary, short-term out-of-home placement.

Foster parents open their hearts and homes to children and youth in need.

Did you know that there are youth in group care who are waiting for a foster family?

We are reaching out to you in the hopes that you would partner with us, and help us search for new foster families. You can help by fostering a youth in care or spreading the news through your own personal and professional networks. For more information call Janique Cyr at 613-747-7800 ext. 2415 or [janique.cyr@casott.on.ca](mailto:janique.cyr@casott.on.ca)



**St. Paul High School**  
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