



Dear Parents and Students,

Welcome Back and Best Wishes to all for 2019!



Congratulations to our school community for raising \$11,200 for the Christmas Angels program which has been used to purchase gift cards to local grocery stores for families in need. We also accessed a very generous \$10,246.23 from our **Good Samaritan Trust Fund** which has directly covered utility bills, rent and other expenses of many of our families in need. That is a total of \$21,446.23 going directly to relieving the pressure felt by families in our community this Christmas.

Final summative exams will run from January 24th until January 29th (see attached for the exam schedule and 11am bus schedule). Students must attend and complete examinations assigned in courses. **If a student is unable to attend their exam, a doctor's note is required.**

Our grade 9 students taking math this semester will complete their EQAO culminating mathematics assessment on **January 16th and 17th.**

**We have a PD Day scheduled on Thursday, January 31<sup>st</sup>. Semester 2 begins Friday, February 1st.**

Semester 1 high school report cards will be sent home on February 13th. Term 1 elementary report cards will be sent home on February 25th.

**STA will be hosting an OPEN HOUSE for any new students interested in registering at our school for the 2019-2020 school year on Thursday, February 7th at 7pm. Come visit our school to learn more about our many program and extra-curricular offerings.**

If you have any questions or concerns, please contact the school.

Wishing you peace, health and happiness in this new year!

Yours in Catholic Education,

Danny Palumbo,  
Principal

### The Chaplain's Corner

## **Thank you for a Successful Christmas Angel Program!**

Thanks to the generosity of so many St. Thomas Aquinas staff and students, parents and community members, together we were able to bless 36 local families—131 people—this Christmas with food cards and financial aid!

We were overwhelmed by your response when the message went out this year. I was approached by many who wanted to do more, who wanted to make a difference for families in need, and what a difference each one made—together we collected more than \$11,200 in donations, and also accessed more than \$10,200 in financial aid through the Good Samaritan Trust Fund! These are life-changing gifts that are helping families in need.

Thank you for your support, and for being the hands and feet of Christ this Advent and Christmas.

God bless you on your journey of faith.

Yours in Christ,

Chris Vonesch  
Chaplaincy Leader



### ***January Dates to Remember:***

- Jan 10, H.S. Band to perform at MTCS & St. Mary's
- Jan 10, Ski Club begins every Thursday
- Jan 14, Catholic School Council meeting at 6:45 PM
- Jan 16 & 17, Grade 9 Math EQAO testing
- Jan 18, Dress Down Day, proceed to Mission Team
- Jan 24, Period 1, Week 1 Exam
- Jan 25, Period 2, Week 1 Exam
- Jan 28, Period 3, Week 1 Exam
- Jan 29, Period 4, Week 1 Exam
- Jan 30, alternate exam day in the event of a snow day
- Jan 30, Gr 6 students from MTCS and St. Mary visit STA
- Jan 30, SEAC meeting in Kemptville at 6 PM
- Jan 31, PD Day, no school



**Grade 7 & 9 in 2019–2020**

Mark your calendar on **Thursday, Feb 07, 2019 at 6:30 PM** to attend our open house for all students interested in registering in the Fall. Students and parent(s)/guardian(s) are invited to tour the school, meet teachers and administration staff, and find out about all our great academic and extra curricular programs at STA.

**PROM NEWS...**

Dear Grade 12 Graduates:

This year's prom will be held at the *Infinity Convention Centre* in Ottawa on Friday, May 31st, 2019. To find out more information about the venue, please check out the website at <https://infinityconventioncentre.com/>. The cost of a ticket to attend this year's Prom will be \$100.00. Included in the cost of the ticket is the beautiful venue, a 4 course dinner and the dance. As we prepare for Prom, we have many financial commitments and deadlines that must be met. To ensure that we meet the financial deadlines, we are requiring a deposit of \$60.00 from all graduates attending Prom. The deposit must be made by Thursday, January 17th, 2019. This payment must be made through School Cash Online (link can be found on the STA home page). The balance owing on the ticket (\$40.00) will be due by Thursday, April 4th, 2019. Tickets for Guests that do not attend STA or are in another grade at STA will be available for purchase through School Cash Online from Monday, April 8th until Thursday, April 18th for \$100.00. If you have any questions, please speak with Ms. Cox in Room 249 or Ms. De Coeur in Room 213.



**Dates for SEAC – 2018-2019**

- Wednesday, January 30<sup>th</sup>, 2019
- Wednesday, February 27<sup>th</sup>, 2019
- Wednesday, March 27<sup>th</sup>, 2019
- Wednesday, April 17<sup>th</sup>, 2019
- Wednesday, May 22<sup>nd</sup>, 2019
- Monday, June 3<sup>rd</sup>, 2019

**EQAO Math Assessment**

Attention all grade 9 students/parents and guardians. The EQAO math assessment dates have been set: Students taking **MPM 1D and MPM1P** will write their assessment on **Wednesday, January 16th and Thursday, January 17<sup>th</sup>**.

**Attendance is mandatory for these dates. Please do not plan any holidays or appointments during these dates.**

**Healthy Choices:**

“Kids do well if they can” – Greene, R.W., 2008. Kids need to feel capable of restoring relationships and resolving conflicts successfully without resorting to unhealthy behaviours such as aggression or drugs and alcohol. Resilient young people feel a strong sense of safety, demonstrate the ability to show restraint, and are able to say “no” to people who put them at risk. Every time a child or teen chooses a healthy response over an unhealthy response, their sense of empowerment and self-control are fostered.

Adults need to control their kids at times, because children and teens are still developing the ability to control themselves. But parenting based primarily on control usually lacks warmth and, with too many restrictions, children learn only how to obey (or how to not get caught misbehaving), rather than how to make good choices about their behaviour.

As young adults, they will be in charge of their own lives and that requires self-discipline, which will enable them to think and act responsibly on their own. Here are some practical tips on helping children and teens make healthy choices:

- Work with your child or teen to solve problems, to encourage them to take responsibility for, and ownership of, his/her behaviour.
- Use a neutral, non-confrontational tone (e.g., “I notice that you have been...”) when talking about behaviour with your child or teen.
- For the aggressive youngster: Encourage him/her to participate in sports activities.
- Give positive reinforcement to the student for showing self-control in situations that would normally make him/her angry, annoyed, or upset.

**ST. THOMAS AQUINAS CATHOLIC HIGH SCHOOL**

**1211 South Russell Road, Russell, Ontario K4R 1E5**

**Principal: Mr. Danny Palumbo**

**Vice-Principal: Mr. Dean Doucette**

**Phone Number (613) 445-0810 Toll Free 1-877-559-7729 Fax Number (613) 445-1520**

**Web site: www.sta-russell.com**

***'FAITH SEEKING UNDERSTANDING'***

Dear Parents/Guardians & Students,

As you are aware, final summative examinations will run January 24 - January 29, 2019. The schedule will be as follows:

**Day 1 on Thursday, January 24, 2019 – (Period 1/ Week 1)**

**Day 2 on Friday, January 25, 2019 - (Period 2/ Week 1)**

**Day 3 on Monday January 28, 2019- (Period 3/ Week 1)**

**Day 4 on Tuesday, January 29, 2019 - (Period 4/ Week 1)**

**Day 5 on Wednesday, January 30, 2019- Alternate exam day (in the event of a snow day)**

All exams will be written in the regular classroom unless otherwise arranged. In the event of a snow day, all exams will be written on the following day. Exams will begin at 8:10 a.m.

Semester 1 report cards will be sent home on Wednesday, Feb 13, 2019.

We will be providing a noon bus during the exam days. The buses will be following the late bus routes. **Please note: there are only 2 buses. Please check below for the stops for each route. Buses will only stop at the designated stops. Buses will depart from the school at 11:00 a.m. Students remaining at school can utilize the library for studying purposes.**

<b>Route #1</b>	<b>NOON BUSES</b>
<b>Time</b>	<b>Location</b>
11:10 a.m.	Yorks Corners Rd. (Stinson Gas Station)
11:20	Metcalfe Arena
11:35	Marionville (Gregoire St.)
11:45	Morewood (School)
11:55	Chesterville (Scotia Bank)
12:15	Winchester (Arena)
<b>Route #2</b>	
11:05 a.m.	Corner of Wade Rd/ & Castor St.
11:10	Jean Coutu, Embrun
11:15	Embrun Arena
11:20	Notre Dame/ Lapointe
11:30	Cambridge School, Forest Park
11:45	Crysler Gas Station
11:55	Berwick Gas Station
12 :00	Finch (Corner Store)

If you have any further questions or concerns, please contact the school. Wishing all of our students success on exams.

Sincerely,

Danny Palumbo

# Living Locally Fair

And we're back! Yes for the 11th year, the Living Locally Fair is back in 2019 with 110 exhibitors with plenty of great local wares and information. Mark you calendar now as you won't want to miss it!

Saturday, January 19, 2019

9:30 am to 4 pm

It's **FREE** to attend

Donations for the Food Bank are gratefully accepted.