



Dear Parents and Students,

March is here and with that, our school tradition of our Lenten project is being undertaken by our faith community. Please consider donating to this worthy cause.



Our Ash Wednesday Liturgy will take place on March 6th at 8:30am and again at 9:45am. As always, you are welcome to join us.

All students in Grades 8 to 11 participated in our annual Course Fair on February 27th. The Course Fair familiarizes students with course options and facilitates the course selection process. Students in grades 8 to 11 will complete course selections on-line through My-Blueprint. We are targeting a full submission of course selections by all students by early April so that we can begin timetabling and the staffing process.

High School students will be bringing home second semester progress reports on Thursday, March 21st. We will be hosting interviews on Thursday, March 28th from 3pm-7pm. Again, if you have any questions or concerns, please contact your child's teacher.

We are continuing our efforts in preparing grade 10 students for the Ontario Secondary School Literacy Test which will be written on Wednesday, March 27th. Please continue to reinforce the importance of this test with your children at home.

Wishing everyone a wonderful month of March and a well-deserved break from March 9-17.

Yours in Catholic Education,
Danny Palumbo

March Dates to Remember:

- Mar 6, Lenten Coin Drive begins—International Ed. Project in the Philippines
- Mar 6, Ash Wednesday Liturgies 8:30 and 9:45 AM
- Mar 7, 7/8 Basketball tournament at STA
- Mar 7, 7/8 Tubing Trip to Edelweiss
- Mar 8, Dress Down Day, proceeds to Toonies for Tuition)
- Mar 9 to 17, March Break
- Mar 19, Gr 11 Law trip to Ottawa Court House
- Mar 20, Gr 9 to 12 Progress Reports go home
- Mar 21, BRAVO Breakfast hosted at STA
- Mar 22, OPP Presentation to 7 & 8's on Internet Safety and Responsible Us of Technology
- Mar 22, Resiliency Day host at STA in PM
- Mar 22, Spirit Wear Day
- Mar 26, Sacrament of Reconciliation for 7/8's
- Mar 27, OSSLT for grade10
- Mar 27, Gr 11 Law trip to Supreme Court
- Mar 28, Gr 9 to 12 Parent / Teacher Interviews from 3 to 7 PM
- Mar 29, Gr 12 Sacrament of Reconciliation



Chaplaincy Corner

LENT Begins!

It's a tradition at STA to begin Lent the Catholic way—only fitting for a Catholic school I think! This year is no different as students dig into stacks of pancakes during the Shrove Tuesday Pancake Breakfast on March 5th. Staff and students enjoy the tasty breakfast thanks to our many enthusiastic students who arrive at 6am to put batter to grill ... Way to go team!



Following our Shrove Tuesday pancake breakfast, Lent begins in earnest with our Ash Wednesday Liturgy with Fr. Robert Masternak. We all receive ashes on our foreheads to remind us of our mortality in the flesh, and to remind us that now is the time to embrace the eternal life that God is offering to us. Lent is the Holy Season of prayer, fasting, and giving that takes us through the desert into the glory of Christ's resurrection.

May our lives give glory to God!

God bless you always,

Chris Vonesch





On **Friday, March 23rd**, bring items you don't want anymore to St. Thomas Aquinas Catholic High School at 1211 South Russell Road in Russell between 5pm and 8pm.

We are happy to take small and medium sized items that you no longer need or have use for, but that someone else would gladly take.

Please remember, large furniture items will not be accepted but you can post your stuff on our "free for pick-up" bulletin board, which will be set up near the entrance. Be sure to provide a picture, short description and contact info so interested people can get in touch directly with you to arrange pick-up.

Come back on **Saturday, March 24th**, pay only \$10 and take away as much stuff as you like! Doors open at 8am so come early for the best pick.

You can't beat this deal and what a wonderful way to help unwanted items ending up in the landfill!

Dates for SEAC – 2018-2019

Wednesday, March 27th, 2019
Wednesday, April 17th, 2019
Wednesday, May 22rd, 2019
Monday, June 3rd, 2019

SAFE SCHOOLS PROCEDURES

With the safety of all our students at the forefront, we remind all parents of the importance of communicating with the school when your child will be late or absent.

Parent / Guardian Responsibility:

- **Communicate planned pupil absences or lateness to the school on a timely basis.**
- **Provide complete and current emergency information to enable the school to make any necessary follow-up contacts.**
- **Report to the Office when dropping off or picking up a child during school hours.**

Student Responsibility:

- **Students must report to the Office when arriving at school after the beginning of morning or afternoon classes.**

Free online math tutoring

Are you in grades 7-10? Do you need math help?

Free online math tutoring is available for students in grades 7-10.

Teachers are standing by every Sunday to Thursday 5:30-9:30pm.

Ontario.ca/HomeworkHelp

School Evacuation / Emergency

In case of a school evacuation or school emergency, updates will be posted on the front page of our school website at www.sta-russell.com.

Staff and students of STA!

Mrs. Mack's grade 12 religion class is challenging the school to make our Earthly home a greener and cleaner place. We want everyone in our school to collect the colourful, plastic milk bags that we all throw out at home. Starting tomorrow and for the rest of this school year, we want you to drop off the milk bags in the specially marked garbage can outside of Mr. Vonesch's office. The bags will be cut into strips, tied together, and crocheted into large mats. These mats are then used as packing material for large machines going overseas, and then they are distributed to people in those countries so they can be used as sleeping mats. There is an example of one of these mats beside the bag collection bin - come and check it out! This initiative reduces the overall amount of plastic going to our landfill, and helps give that plastic a new life. Let's see how many mats our school can produce before the end of the school year. Bring those bags in! It all depends on you!



If you've ever taken a plane, you've heard the attendant say that it's important to put on your own oxygen mask before helping your child put on theirs. There's an im-



portant lesson in that statement - parents need to take care of themselves in order to best take care of their children or youth. By taking care of yourself you're not being selfish or greedy - you're ensuring that you're the best parent for your child. Taking time to do things that you enjoy - reading a book, going for a walk, joining a sports team - can refresh and revitalize you so that you're better able to parent. This month try to do something at least once a week for yourself - your kids will thank you for it!