



Dear Parents and Students,

The beginning of May has arrived and next week (May 6 to May 10) is Catholic Education Week. We take time during Catholic Education Week to celebrate the gift of Catholic Education. The overall theme for Education Week is “**Living as Joyful Disciples**”. There are sub-themes for each day of Catholic Education Week: Monday – **Rooted in Prayer**, Tuesday – **Living in Community**, Wednesday – **Doing Justice and Creating Hope**, Thursday – **Journeying Together in Faith**, and Friday – **Sharing the Good News**.

We have a variety of activities planned to celebrate Catholic Education Week including a MASC performance presentation, multicultural awareness activities, an Indigenous celebration, door decorating contests, bake sales and much more. On Friday, we are hosting our **Catholic Education Coalition Event**. Students from St. Mary Catholic School, Mother Teresa Catholic School and students from our school will be attending a mass at Our Lady of the Miraculous Medal Church. Following mass, students will be walking back to STA for a BBQ and participating in a social justice activity. The activity will be facilitated by our very own Link Crew and Web Crew Leaders. **We would kindly ask that all students please donate a non-perishable food item on Friday, May 10<sup>th</sup> which will be donated to the Good Neighbour’s Food Bank in Embrun.**

During the week of May 13 to May 17, STA will be participating in a free spirit week for students. There are 5 themed days listed below.

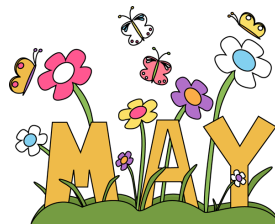
- Monday – **Comfy Day** (sweat pants, t-shirts, pajamas)
- Tuesday – **Tacky Tourist Day** (overdone tourist...)
- Wednesday – **Yee-Haw Day** (cowboy/cowgirl)
- Thursday – **Throwback Day** (choose any decade)
- Friday – **Awkward Family Photo Day** (groups dressed as family)

There is a continued focus this year within the CDSBEO on Mental Health Awareness. On May 29<sup>th</sup>, our school will be supporting a “Defeat Depression” campaign hosted by the Mood Disorders Society of Canada. On this day, students are welcome to wear their spirit wear/athletic wear to school. All students and staff are invited to donate \$2 to support the campaign, and to participate in a variety of physical activities (grades 7 to 12).

The end of the year is a busy time in schools. If you ever have any questions about your child’s progress or upcoming events, please do not hesitate to contact the school.

Yours in Catholic Education,

Danny Palumbo



The Chaplain's Corner

Catholic Education Week



This year’s theme for Catholic Education Week is “Living as Joyful Disciples.” We are children of an infinitely loving God, and what can be more joyful than that?! In the first letter of St. Peter we read that “although you have not seen him, you love him; and even though you do not see him now, you believe in him and rejoice with an indescribable and glorious joy.” (1Peter 1:8) This is the joy of our faith, and this is the joy of growing in faith among the saints in our schools!

So as we celebrate Catholic Education let us rejoice in the Lord!

*STA Changing a Family's Future!*

Praise the good Lord, we have reached our goal of raising enough money during our Lenten coin drive to make a huge difference for our sponsor family in the Philippines. Our family is severely impoverished, but the children have amazing potential and very strong work ethic in school, and we see this as an opportunity to lift them out of poverty forever. This year our staff and students, with the support of our community, donated an amazing \$4,235.65! This money will pay for an entire year of university expenses for the oldest daughter in the family who is studying petroleum engineering, and it will also pay for high school tuition and expenses for the other three daughters! Without our help this family would certainly not be considering university—but we are giving hope and changing lives.

Thank you for your support as we seek to bring about a better world, and as we seek to “Do justice, love kindness and walk humbly with our God!”

God bless you on your journey of faith,

*Chris Vonesch,*

## May Dates to Remember:

May 3, STA OSCARS  
May 6 to 10, Mini-Enrichment  
May 6, Gr. 7 & 8 MASK presentation period 2  
May 6, Gr. 7 & 8 Door Decorating Contest  
May 6, Gr. 7 & 8 Country Research  
May 7, Envirothon  
May 7, Gr. 7 & 8 Flag Matching  
May 7, Gr 7 vaccinations  
May 8, Indigenous Day  
May 8, Gr. 7 & 8 Passport Activity  
May 9, Gr. 7 & 8 Multicultural Lunch  
May 9, Gr. 7 & 8 Country Colours Day  
May 10, Catholic Education Coalition Event, 11 to 2  
May 13 to 17, Spirit Week  
    May 13, Comfy Day  
    May 14, Tacky Tourist Day  
    May 15, Yee-Haw Day  
    May 16, Throwback Day  
    May 17, Awkward Family Photo Day  
May 15, Gr 7 & 8 Waterloo GAUSS  
May 17, PROM Basketball Fundraiser Game  
May 20, VICTORIA DAY  
May 22 & 23, H.S. NET Retreat  
May 23, Web Crew Activity—Spring Play Day  
May 24, Spirit Wear Day  
May 24, Student Council Speeches and Elections  
May 27, Catholic School Council meeting, 6:45 PM  
May 28, Gr 9 to 12 End of Year Mass  
May 28 & 29, EOSSAA Varsity Boys Soccer  
May 29, Defeat Depression Day  
May 30, Casual Day  
May 30, Gr 9 to 12 Athletic Awards in AM  
May 31, PD DAY  
May 31, PROM

## EQAO Math Assessment

Attention all grade 9 students/parents and guardians. The EQAO math assessment dates have been set: students taking **MFM 1P & MPM 1D semester 2** will write their assessment on **Wednesday, June 12th and Thursday, June 13th, 2019.** **Attendance is mandatory for these dates. Please do not plan any holidays or appointments during these dates.**

### Dates for SEAC – 2018-2019

Wednesday, May 22nd, 2019  
Monday, June 3rd, 2019



hello  
spring!

## *Grade 12 Prom Information*

The 2019 St. Thomas Aquinas Catholic High School Prom will be held at the **Infinity Convention Centre at 2901 Gibford Dr, Ottawa on Friday, May 31st from 5:30-10:30 p.m.** The evening will begin with an hour reception and Prom introductions. Parents are welcome to attend and take photographs. After the reception, and once parents have left, dinner will be served, followed by a dance. The entire event will be alcohol free. Teachers will supervise between the hours of 6:00 p.m. to 10:30 p.m.

Guest tickets are now available for purchase through School Cash Online for \$100.00 until May 16<sup>th</sup>, 2019. Each student (and their guest) will also be required to sign a student Code of Conduct. These forms will be available to students on May 16<sup>th</sup>. Students under the age of 18 will also require a parent signature on the form.

Please feel free to contact the prom committee supervisors (Ms. DeCoeur or Ms. Cox) at the school if you have any questions concerning Prom.



Our **Turning Points** class invites the entire school community to join us in welcoming and supporting our World Vision Canada Sponsored child.



In the coming months of May and June our class will facilitate a number of fundraising activities to raise awareness and money to help support our child Lithurshan, his family and other children and families in his community in Sri Lanka. Please stay tuned for upcoming announcements regarding these fundraising projects. Thank you in advance to everyone supporting our World Vision sponsored child! Together we can do small things with great love.



## Stress Less

**Life places demands on us, so feeling stressed is not uncommon. Busy lives force us to manage our time well. Even positive life events can be stressful – a wedding, a new baby, a new job.**

**Too many demands, for long periods of time, can cause stress. Stress may result in: difficulty sleeping, feeling tired or overwhelmed, worrying, trouble with concentration, physical complaints like headache, stomach aches, or muscle tension. It is important to pay attention to feelings and attain balance to reduce stress.**

### Pay attention to physical needs

Eating healthy, regular exercise, and getting enough sleep are important.



### Make choices and prioritize

What can I let go of or say no to, right now?



### Take breaks and have fun

Do things that relax and recharge you and your child, and make those things a priority.



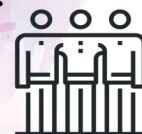
### Have routines

Establish routines and plan ahead to help make busy times go more smoothly, especially mornings, after school, dinner time and bedtime.



### Talk about it!

Stress is a part of life. Recognizing the signs that we are stressed, asking for help when we need it, and learning how to relax and recharge is part of life too.



CATHOLIC DISTRICT SCHOOL BOARD OF EASTERN ONTARIO