



Dear Parents and Students,

At the half way point of the first semester, teachers are preparing high school report cards and elementary progress reports. High school report cards will go home on Tuesday, November 20th. Elementary progress reports will be sent home on Monday, November 26th. Grade 7 and 8 interviews are scheduled on Thursday, November 29th from 3:30 - 7:30. Friday, November 23rd is a board wide PD Day with a focus on Mathematics.



All parents are welcome to join one of our Remembrance Day Services on November 9th. Our first service begins at 8:30am. The second service begins at 9:45am. Every year on November 11th, Canadians pause to remember the men and women who have served, and continue to serve our country during times of war, conflict and peace. We honour those who fought for Canada in the First World War (1914-1918), the Second World War (1939-1945), and the Korean War (1950-1953), as well as those who have served since then. More than 2.3 million Canadians have served our country in this way, and more than 118,000 have died. They gave their lives and their futures so that we may live in peace.

Thank you to our STA community for rallying behind our Food Drive. Through your generosity and support, STA donated over 5600 pounds of food to replenish the shelves of our local food bank.

On October 4th, we hosted our grade 9, 10 and 11 academic awards ceremony. The awards were handed out to members of our STA student body and were a result of students' hard work, dedication, commitment, and grit. At STA, we strive to build resilience, grit and a growth mindset in students. When students are gritty, it doesn't matter how much they know when they enter into a problem or challenge. All that matters is that they don't quit when things get tough and that they recognize that success is built on hard work and dedication.

Congratulations to all award recipients and all summa certificate recipients.  
Special mention to our Principal's Award recipients:  
Grade 9 – La La Pang  
Grade 10 - Rachel Wood  
Grade 11 - Emma Patterson

As always, if you have any questions or concerns, do not hesitate to contact the school.

Yours in Catholic Education,

Danny Palumbo,  
Principal



**Dates to Remember:**

- Nov 1, Retro Day (Spirit Week)
- Nov 2, Career Day (Spirit Week)
- Nov 5, Band Mash Up
- Nov 5, Bishop U visit @ 8:15 AM
- Nov 5, Catholic School Council meeting in the Library at 6:45 PM
- Nov 6, Open House at Algonquin College
- Nov 7, Laurentian U visit @ 1:20 PM
- Nov 9, Remembrance Day Services @ 8:30 & 9:45 AM
- Nov 14, Take Your Kid to Work Day
- Nov 14, MADD presentation @ 1:15 PM
- Nov 14, WE Day
- Nov 19, Guelph U visit @ 1:20 PM
- Nov 20, Gr 9 to 12 Mid Term Report Cards
- Nov 21, Ryerson U visit @ 11:55 AM
- Nov 22, Web Crew Activity period 4
- Nov 23, PA Day—no school
- Nov 26, Grade 7 & 8 Report Cards
- Nov 28, SEAC meeting at Kemptville Board Office at 6 PM
- Nov 29, Grade 7 & 8 Parent / Teacher Interviews from 3:30 to 7:30 PM
- Nov 30, Dress Down Day - proceeds to the Mission Team

## The Chaplain's Corner

The following is adapted from an article by Ron Rolheiser OMI, written on the feast of All Souls Day (Nov 2) 2015. <http://ronrolheiser.com/the-communion-of-saints-2/#.W9HI50xFzcs>

### THE COMMUNION OF SAINTS ~ BY RON ROLHEISER OMI

At any given time, most of the world believes that death isn't final, that some form of immortality exists. Most people believe that those who have died still exist in some state, in some modality, in some place, in some heaven or hell, however that might be conceived. In some conceptions, immortality is seen as a state wherein a person is still conscious and relational; while in other concepts, existence after death is understood as real but impersonal, like a drop of water that has flowed back into the oceans.

As Christians, this is our belief: We believe that the dead are still alive, still themselves and, very importantly, still in a living, conscious, and loving relationship with us and with each other. That's our common concept of heaven and, however simplistic its popular expression at times, it is wonderfully correct. That's exactly what Christian faith and Christian dogma, not to mention deep intuitive experience, invite us to. After death we live on, conscious, self-conscious, in communication with others who have died before us, in communion with those we left behind on earth, and in communion with the divine itself. That's the Christian doctrine of the *Communion of Saints*.

But how is this to be understood? Not least, how do we connect to our loved ones after they have died? Two interpenetrating biblical images can help serve as an entry-point for our understanding of this. Both come from the Gospels.

The Gospels say that at the instant of Jesus' death, *the veil of the temple was torn in two from top to bottom; and the earth shook and the rocks were split. The tombs were opened, and many bodies of the saints who had fallen asleep were raised.* (Matthew 27, 50-52) The Gospels then go on to tell us that on the morning of the Resurrection several women came to Jesus' grave to anoint his dead body with embalming spices, but rather than finding his dead body, they meet instead an empty grave and two angels who challenge them with words to this effect: *Why are you looking for a live person in a cemetery? He isn't here. He's alive and you can find him in Galilee.* (Luke 24, 5) What's contained in these images?

What's "Galilee", in terms of a biblical image? In the Gospels, Galilee is more than a place on a map; it's also a place inside the Spirit, God's Spirit and our own. In the Gospels, Galilee is the place where, for the most part, the good things happen. It's the place where the disciples first meet Jesus, where they fall in love with him, where they commit themselves to him, and where miracles happen. Galilee is the place where Jesus invites us to walk on water. Galilee is the place where the disciples' souls enlarge and thrive.

And that is also a place for each of our deceased loved ones. In each of their lives, there was a Galilee, a place where their persons and souls were most alive, where their lives radiated the energy and exuberance of the divine. When we look at the life of a loved one who has died we need to ask: Where was she most alive? What qualities did she, most-uniquely, embody and bring into a room? Where did she lift my spirit and make me want to be a better person?

Name those things, and you will have named your loved one's Galilee – and you will also have named the Galilee of the Gospels, namely, that place in the heart where Jesus invites you to meet him. And that is too where you will meet your loved ones in the communion of saints. Don't look for a live person in a cemetery. She's not there. She's in Galilee. Meet her there.

And the "Galilee" of our loved ones can also be found inside our own "Galilee". There's a deep place inside the heart, inside faith, hope, and charity, where everyone, living or deceased, is met.

God bless you on your journey of faith,

[Chris Vonesch](#)

Chaplaincy Leader

### **Take Your Kids to Work**

The 24th annual *Take Our Kids to Work*™ program for grade 9 students takes place on Wednesday, November 14, 2018. This opportunity helps students explore career options by seeing first-hand the skills required in today's workplace. Parents can invite their children to join them for the day, or a child may ask a relative, neighbour or family friend to take them to work.

### **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.***

### Dates for SEAC – 2018-2019

Wednesday, November 28<sup>th</sup>, 2018  
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>rd</sup>, 2019  
Monday, June 3<sup>rd</sup>, 2019

The Catholic Women's League at Our Lady of the Miraculous Medal Church, are having a Bazaar November 17, 2018.

The information is as follows:

**CWL *More than a Bakesale* Bazaar  
Nov. 17 2018 11am-3pm OLMC Parish.  
Lunch, Craft Vendors, Silent Auction  
and Bake sale.**



Buy your 2018-2019 Yearbook before November 9<sup>th</sup>, 2018 and save \$10.00!  
(after November 9<sup>th</sup>, the yearbook price will be \$50.00)

Click on the link below to purchase

<http://jostensyearbooks.ca?REF=A01086121>

# Healthy Bodies, Healthy Minds

Children hear and see many messages on health, body shape, and size.

Negative messages that focus on weight can harm children's self-esteem, and lead to poor body image and unhealthy behaviours, like disordered eating.

Parents can play an active role in helping their child have a healthy body and healthy mind by taking the focus off weight. Below are ways that will shift the focus from weight to an overall focus on health and mental well-being.

## Active Living

Being active helps build self-confidence, relieves stress, improves sleep and is a fun social activity.



## Balanced & Healthy Eating

Eating regular and balanced meals and snacks gives your child's body and brain the energy they need to stay focused, be active, and be mentally and physically healthy.



## Mental Well-Being & Stress Management

Talking about and role modelling mental well-being helps to build your child's life skills and resiliency.



## Rethinking Compliments

When giving your child a compliment, try using adjectives that focus on positive traits other than being beautiful or handsome – for example: smart, strong, charismatic, ambitious, sensible, practical, hardworking, or clever.



CATHOLIC DISTRICT SCHOOL  
BOARD OF EASTERN ONTARIO