



Dear Parents and Students,

Things are up and running smoothly here at St. Thomas Aquinas. I hope all students, parents and staff are feeling settled in their new school year. I would like to thank all parents and students who were able to join us for our Curriculum Night on September 19th. It was great to meet so many of you. As you know, these opportunities are invaluable. We believe that open communication between home and school is critical to ensuring the success of all of our students.

To keep parents informed of the academic progress of students, an early **progress report** will be sent home on **Wednesday, October 17th, for all students in grades 9 to 12.** We ask that parents sign and return the bottom portion of the report. High School parent/teacher interviews are scheduled for **October 25th** from 3:30 to 7:30pm. **Elementary progress reports** will be sent home on **November 26th** with parent/teacher interviews taking place on **November 29th** from 3:30 to 7:30pm. Appointments can be scheduled for interviews and information will be sent home with progress reports.

We are very excited to announce that Phase II of our Ravens' Landing project, the additional sports field, is complete. In the spring on 2019, students will have a second field to enjoy. We will continue fundraising for Phase III of our project, the addition of a stone dust track. We will continue our monthly Spirit Wear Days where students can sport their raven wear and donate \$2 to support the development of the track. Our school would like to thank the many supporters of this project.

Our grade 12 students are in the midst of planning their post-secondary pathway. Students are signing up for presentations and meeting a variety of liaison officers from a variety of academic institutions. Stay tuned for upcoming parent information sessions to review the college and university application process.

We are very proud to announce the results of last year's grade 9 EQAO math results. In the applied math stream, 79% of students achieved provincial standard and in our academic stream, 100% of students achieved level 3 or 4. We are very proud of all of the successes our students experience here at STA.

St. Thomas Aquinas is participating in our annual Food Drive. Our drive will begin on October 3rd and will continue until October 17th. We ask for your assistance in helping those in need in our community by donating nonperishable food items. Food will be delivered to the Food Bank on October 17th. Your donations and generosity are much appreciated.

On behalf of the staff of STA, I would like to extend a warm welcome to all of our new and returning families and students. As always, if you ever have any questions or concerns, please contact the school.

Have a blessed Thanksgiving.

Danny Palumbo,
Principal



Dates to Remember:

- Oct 1, Commemorating those who were forced to attend residential schools
- Oct 1, Catholic School Council Meeting & Elections in Library, 6:30 to 8:30 PM
- Oct 2, Photo Retake Day
- Oct 3, Mock OSSLT in AM
- Oct 4, High School Awards at 9:30 AM
- Oct 4, Carleton U Liaison visit, 1:20 PM
- Oct 5, Student Senate meeting
- Oct 8, Thanksgiving
- Oct 9, Algonquin College Liaison visit 9:40 AM
- Oct 10, Grade 7 Literacy Day
- Oct 11, EOHU Information Session - Legalized Marijuana, 7 to 8 PM
- Oct 11, Trent University Liaison visit , 1:20 PM
- Oct 11, Bus Evacuation Drill
- Oct 15 to 19, CDSBEO WEEK
- Oct 16, Thanksgiving Masses
- Oct 16, Fleming College Liaison visit, 1:20 PM
- Oct 17, Ottawa U Liaison visit, 9:40 AM
- Oct 17, H.S. Progress Reports go home
- Oct 19, Dress Down Day, proceeds to the Holmes family
- Oct 23, Grade 7 vaccination
- Oct 24, University Information Program at STA, 12:30 to 2:00 PM
- Oct 24, Wear Purple Day
- Oct 25, H.S. Parent/Teacher Interviews from 3:30 to 7:30 PM
- Oct 26, PD Day
- Oct 29, St. Lawrence College Liaison visit, 9:40 AM
- Oct 31, Brock U Liaison visit, 1:20 PM
- Oct 31, Web Crew Halloween Challenge

SEAC MEETINGS

All meetings are held at the Kemptville Board Office beginning at 6:00 PM.

- Wednesday, September 26th, 2018
- Wednesday, October 24th, 2018
- Wednesday, November 28, 2018
- Wednesday, January 30th, 2019
- Wednesday, February 27th, 2019
- Wednesday, March 27th, 2019
- Wednesday, April 17th, 2019
- Wednesday, May 22nd, 2019
- Monday, June 3rd, 2019



The Chaplain's Corner

Food for thought

Where is God? This is the question my wife sometimes asks our children when they pray together. They both knock on the door of their heart, asking, “knock, knock, knock; where is God?” And then they respond, “Here he is!” Then my wife will continue, “What is God doing today?” And every once in a while the joyful answer comes out, “God is sleeping!”

After an event like the one last week, when a tornado ripped through Ottawa and Gatineau, I'm sure if we asked my wife's question again, “where is God?” many of us might have the same answer my daughter had: “God seems to be sleeping.” That is a normal response to a bad situation. But no sooner would those words leave our mouths, than we would begin to hear stories about those who are reaching out to the victims and their families, praying, sending messages of hope and peace, holding fundraisers, giving time to the families in need, making meals to lighten the load, being a friend to lean on.

It's in this way that we can answer with great confidence, “God does not sleep when a human heart is suffering.” We know God is near by the way we treat our neighbor, and by the way we interact with the students and colleagues we see every day. We know God is near by the way we relate to our spouses, and in the way we relate to our children. It's in all these relationships that we become witnesses to hope; witnesses to the fact that we live and breathe and have our being in a God who is good; a God who does not forget us.

So as we begin this new school year, let's remember that there is great hope in the world, because God is here; God is at work in us.

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 14th, 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.

Grade nine students will receive a parent guide containing the program details. Further information can also be obtained at:

www.thelearningpartnership.ca

Students are asked to return their *Take Our Kids to Work*™ permission forms before Thursday, November 8th, 2018.

‘A solid investment towards a promising Health Care Career’!

The CDSBEO Personal Support Worker (PSW) Program is a provincially accredited program that is delivered in various communities throughout our board by qualified health care providers with nursing backgrounds. Our PSW students graduate with qualifications equal to those taking a PSW program at a community college with significant cost savings.

Each of our PSW programs include opportunities for various certifications, as well as the ability to earn credits towards an Ontario Secondary School Diploma (OSSD). Please check out our website www.coned.cdsbeo.on.ca/psw for more information.

Information sessions about the PSW program for our February 2019 intake will take place on the following days and locations.

November 27/18	1:00 – 2:00	St. James Catholic Education Center – Smiths Falls
November 28/18	3:00 – 4:00	St. Mary C.H.S. - Brockville
December 3/18	2:00 – 3:00	Cornwall Board Office
December 7/18	3:00 – 4:00	St. Joseph - Gananoque
December 10/18	3:00 – 4:00	St. Jude – Vankleek Hill
December 12/18	3:00 – 4:00	St. Michael C.H.S. – Kemptville

We are very pleased to share with you, our school results for our grade 9 EQAO math test from the 2017—2018 school year.

EQAO - Grade 9 Mathematics Assessment

Applied Pathway Results	Percentage of Students who Achieved Level 3 or 4
Province	45%
Board	56%
St. Thomas Aquinas	79%

Academic Pathway Results	Percentage of Students who Achieved Level 3 or 4
Province	84%
Board	88%
St. Thomas Aquinas	100%

5 Coping Strategies for Parents of Children with Anxiety

Take Care of the Basics

Ensure your child is getting enough sleep, eating regular meals and healthy snacks and has daily exercise. When your child's mind and body are nourished, tackling school worries is easier.



Provide Empathy

Listen to your child's concerns. What are they worried about? Let your child share their fears and talk about what's on their mind. There may be good opportunities to simply listen to your child when you are in the car, standing in line at the store, at bath-time or during dinner.



Problem Solve

Once you know what's bothering your child, you can start to develop a coping plan. Anxious youth are often poor problem solvers and doubt their ability to cope. Addressing your child's fear head on, by creating an active plan with concrete solutions, will significantly reduce the worry.



Focus on the Positive Aspects

Once you understand what your child is afraid of, and a coping plan to address these fears, you can encourage your child to re-direct attention away from the worries towards the positives. Chances are the fun aspects are simply getting overlooked by repetitive worries.



Pay Attention to Your Own Behaviour

For parents of younger children or children starting at a new school, it can be anxiety-provoking for parents to hand over care and responsibility of their child to teachers. Children take cues from their parents, so the more confidence and calm you can model, the more your child will believe they can handle this new hurdle.



CATHOLIC DISTRICT SCHOOL
BOARD OF EASTERN ONTARIO

St. Thomas Aquinas MISSION TEAM Update

This year 6 students have been selected to take part in the mission trips that will take place in 2019. Five students will be travelling to Guatemala in February and one student will be travelling to Sandy Lake in June.

In order to take part in these life changing trips, the team must raise funds in order to pay for the cost of the trip, which includes a donation to the communities that they will be working in to improve quality of life.

The mission team has some exciting events coming up in the month of October to help them towards their goal.



LITTLE CASERS PIZZA

Little Creaser's Pizza: Order forms will go home after Thanksgiving and will be due back on October 31st. Keep an eye out for more information that will be sent home in mid October.

Community BBQ: On October 13th, the team will be hosting a BBQ at the Russell Home Hardware with various activities for the entire family starting at 11am. Come out for some fun and support our student travelers.



If you have any questions about the mission team and the upcoming events, please do not hesitate to contact Miss Brianna McElroy, at Brianna.mcelroy@cdsbeo.on.ca

College and University Representative Visits

As part of our Grade 12 post-secondary planning, the Guidance Department has already scheduled a number of college and university visits to St. Thomas Aquinas C.H.S. These sessions are open to interested Grade 12 students and are an opportunity for students to gather information on admission requirements, programs, scholarships and residence options. Sign-up sheets are posted by the Guidance Office. A complete list of the scheduled college and university information sessions with dates and times can be found on the school website under the Guidance tab. Institutions currently scheduled are listed below though there may be additions and/or cancellations based on student interest:

Trent University
St. Lawrence College
Fleming College
Guelph University

Ottawa University
Loyalist College
Ryerson University
Laurentian University

Carleton University
Algonquin College
Brock University
Bishop University

University Information Program (UIP)

We're coming to you!

**UNIVERSITY
INFORMATION
PROGRAM**
www.ouf.ca/uip



St. Thomas Aquinas is hosting the University Information Program (UIP) on October 24 from 12:30 p.m. to 2:00 p.m. in the school gymnasium. The UIP provides an opportunity for prospective university applicants to gather information about Ontario's 21 universities including programs and campus life. This event is open to St. Thomas Aquinas senior students, parents, area schools and outside visitors. No fee or pre-registration is required to attend the UIP. Visitors will be asked to sign-in at the main office prior to attending the event.

Parent Information Session

The Guidance Department will be hosting an information evening for parents of Grade 12 students interested in applying to college and/or university. This parent information session will be held October 25, 2018, in the Library from 6:30 to 7:30 PM. Further information and details will be sent home with Grade 12 students.



Educational Tours



Dear Parents,

We are pleased to announce an exciting student educational trip coming up for March 2020. From March 5th to March 14th, 2020, we will explore Italy and Greece with EF Educational Tours!



During our tour, we will visit and learn about the culture and famous landmarks in Italy such as the Colosseum, the Roman Forum and Vatican City as well as the Pantheon, Trevi Fountain and Spanish steps. We will then travel to Capri and Sorrento regions and then we will take a guided tour of Pompeii. In Greece, we will travel to Delphi and take a guided tour of the ruins and visit the Temple of Apollo and the Delphi Museum. We will then travel to Athens where we will visit the Olympic Stadium, the Acropolis, the Parthenon and the Temple of Athena Nike and more!



This is a great opportunity for students to experience firsthand the different cultures and history through visiting historical sites and guided tours, making new friends, and becoming more independent and globally aware.

We have chosen to travel with EF because they have been in business for over 50 years and have offices around the world, which gives us confidence in them. EF also guarantees the lowest price for high quality tours that are fun, educational and safe. The cost of the tour includes round-trip airfare, a full-time bilingual EF Tour Director, hotels, breakfast and dinner daily, sight-seeing tours led by licensed local guides, and admission to special attractions.



We invite you and your son or daughter to our meeting on Thursday October 4th at 7:00pm in the STA library, where we will discuss the benefits of taking an educational tour and all the tour's details. To find out more, you can also visit www.eftours.ca and type the tour number (2120764FF) under "Check out your teacher's tour".



There will be a fundraising opportunity for students who would like to offset the cost of their trip. Further details will be provided at the parent meeting.

Sincerely,

Mme Matte-Hogue

lucie.matte-hogue@cdsbeo.on.ca

Mme Smith

Nathalie.smith@cdsbeo.on.ca



Transportation Information and Guidelines for Student and Parents Booklet Distribution Update

STEO's guideline booklet remains an excellent resource for students, parents, school staff and bus drivers, providing valuable information about bus safety, student safety programs, stakeholder roles and responsibilities and inclement weather – to name a few. The booklet is designed to provide families with the tools and information they need to help ensure that students enjoy the best and safest ride possible to and from school each day.

Recognizing that many of our schools and families are shifting to electronic access to information and with our environmental footprint in mind, STEO will no longer be providing a hard copy of the Transportation Information and Guidelines for Students and Parents booklet to schools for distribution to all students. STEO will continue to provide hard copies of the booklet to elementary schools for distribution to the parents of Kindergarten students, as part of the Kindergarten/First Time Rider Packages. If schools or families wish to have additional hard copies provided for staff or students, please reach out to STEO and we would be more than happy to send some your way!

A soft copy of the Transportation Information and Guidelines booklet is available on the STEO website under *Student Information*. For convenience, we have also included a link to the booklet under the School Login Page for school staff.

With thanks for
your ongoing
support to student
safety!

