



The Heart Beat



Principal:
Vice-Principal:
School Council
Co- Chair:

Mr. M. Kuntz
Mrs. L. Fischer

Mrs. J. Dally &
Mr. W. Poechman
Mr. G. Casey

Sacred Heart High School
450 Robinson Street, Box 1480
Walkerton, Ontario N0G 2V0

Director of Education: B. MacPherson
Trustees: D. Slosser
B. Eckensweiler
S. Finnie
F. Gross

January 2010

Prayer for the New Year

O God of new beginnings and wonderful surprises, thank you for the gift of a new year. May it be a time of grace for me, a time to grow in faith and love, a time to renew my commitment to following Your Son, Jesus. May it be a year of blessing for me, a time to cherish my family and friends, a time to renew my efforts at work, a time to embrace my faith more fully. Walk with me, please, in every day and every hour of this new year, that the light of Christ might shine through me, in spite of my weaknesses and failings. Above all, may I remember this year that I am a pilgrim on the sacred path to You.
Amen

THE ONTARIO SECONDARY SCHOOL LITERACY TEST (OSSLT)

Students who are in Grade 10 (and those who did not successfully complete the test in previous years) will be writing the Ontario Secondary School Literacy Test on April 8th, 2010. Students should be preparing in advance to ensure that they are successful on the test. Sample preparation materials/questions from previous tests can be found on the EQAO Web Site at <http://www.eqao.com>. Students should check out the type of questions that they will face on the test and practice such question types so that there are no surprises on the test. Successfully completing the Literacy Requirement is mandatory to receive your Ontario Secondary School Diploma.

HAPPY NEW YEAR!

Wishing you and your family all the best in 2010! May God continue to bless our school community in the year ahead.

GRADE 9 REGISTRATION FOR SEPTEMBER 2010

Grade 8 Parent Information Nights will be held at Sacred Heart High School on Thursday January 21st and Tuesday January 26th beginning at 7:00 p.m. in the school cafeteria. All Grade 8 students and their parents are encouraged to attend one of these evening sessions to learn more information about Sacred Heart High School, programs, diploma requirements and course options.

If you know of a current grade 8 student interested in coming to Sacred Heart in September please pass this information along to them.

EQAO GRADE 9 MATH TEST

Students who are taking Grade 9 Academic Math or Grade 9 Applied Math this semester will be writing the Grade 9 Provincial EQAO Mathematics Assessment in class for 2 days during the week of January 18th. Please be present in class each day for the assessment. Grade 9 students with mathematics scheduled in the 2nd Semester will write the assessment in June.

THANK YOU SACRED HEART

Thanks to the Sacred Heart school community for your tremendous support of a number of charity fundraisers (The Angel Tree, Dr. Simone's Christmas Bags of Love and the collection for the Food Bank) over the Advent season. Your contributions do make a difference. Thank you!

LateTaxi/Bus



Jan. 4, 5, 7, 11, 12, 13, 20,21,25,27,28
Feb. 8,9,11,16,17,18, 22, 23, 25
Mar. 1, 3, 4, 11, 22, 23, 24, 30, 31

Telephone / Attendance: (519)881-1900 Fax: (519) 881-4819

Website: www.bgcdsb.org/~shhs Email: shhs@bgcdsb.org



COLLEGE AND UNIVERSITY APPLICATIONS

For students planning to apply to post secondary schools this year, the deadline for college applications is February 1, 2010 and the deadline for university applications is January 13, 2010. The PIN information required for the University application process is now available at the Guidance office. The OEN information required for the College application process is also available at the Guidance office.



DATES TO MARK ON YOUR CALENDAR

January 4 th	School Resumes
January 20 th	School Council Meeting
January 21 th and 26 th	Grade 8 Parent Information Nights - 7 p.m. (Cafeteria)
January 29 th	Exams Begin
February 5 th	PA Day
February 8 th	Semester 2 Begins
March 15 th -19 th	March Break
April 8 th	Ontario Secondary School Literacy Test

DANCE CLASS 2010

presents

“OUR TIME TO SHINE”

Date: Jan 13th, 2010 (Snow Date: Jan. 14th 2010)

Time: 7:00 pm

Place: Sacred Heart High School Gymnasium

Tickets: Adult \$7.00, Students \$5.00 12 & under free

TIMETABLE CHANGES

Current students requiring timetable adjustments for Semester 2 are asked to book an appointment with Mr. King, Mrs. Mount or Ms. Slosser as soon as possible. Timetable changes will not be processed during the first week of Semester 2.

GRADUATING AND NOT RETURNING SEMESTER 2

If you are graduating and do not plan to return for Semester 2, please notify Mrs. Mount in the guidance office. She will ensure that your name is on the grad list for June, let you know when scholarship applications are due, and get your measurements for your graduation gown etc.

PUBLIC SPEAKING CONTESTS NOW IN PROGRESS

Attention all public speakers in the school !!! The Royal Canadian Legion Public Speaking contest is now underway. Sacred Heart High School may send the top speaker from grade 9 to represent the Intermediate division and the top speaker from gr. 10-12 for the Senior division. The contest will take place at the Royal Canadian Legion - Branch 102 on Saturday, February 6th beginning at 12:30. See Mrs. Sakal in Rm. E113 for further details.

The Lion's Club is also running their Annual Public Speaking contest. No date is available for the competition at this time.

BRUCE POWER CO-OP INFORMATION SESSION

Interested in Bruce Power Co-op next year? An information night for parents and students will be held at SHHS in the Seminar Room on Wednesday January 13th, 2010 at 7 p.m. All are welcome.

PLEASE CALL

If you know that your son or daughter will be away from school, PLEASE CALL and let us know. It saves our office staff a lot of time, and allows us to stay on top of attendance issues before they become major problems. Messages can be left 24-hours a day at 519-881-1900.



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Website: www.bgcdsb.org/~shhs Email: shhs@bgcdsb.org

Tips for helping your kids

Barbara Moses, PhD, is a speaker, organizational career management expert and author of *What Next? Find the Work That's Right For You*. BMMOSES@GLOBEANDMAIL.COM

Walk the tenderness line

Your child will not love you more if you subsidize their lifestyle while they are unemployed. On the other hand, don't be punitive. It is a tough job market.

You might be able to subsidize a return to school, but set some rules and timelines for your child to get back on track. And don't control with your purse strings: this can lead to a nasty cocktail of anger, resentment and guilt on both sides.

Young adults are often confused about their path. Offer patience and understanding

Promote realism

Don't fall into the "this will look bad on the resume" trap. Parents and kids often worry that a retail, construction, or temp job will undermine longer-term professional progression. But most employers will have more respect for an applicant who was independent, plucky and took available work.

Don't be an enabler

You can't expect your kids to be aggressive in their job search if you foot the bills to maintain their lifestyle while unemployed. Besides, you rob them of the feelings of success in finding a job on their own and being financially independent. (You might also want to ask why you are facilitating your child's dependence; does it make you feel more needed as a parent?)

Offer advice when asked

Don't weigh in with unsolicited advice. And when you are asked, respond, don't dictate. Remember: You aren't a career counsellor. So don't try to come across as an expert.

Distinguish between being helpful and being intrusive

If your child expresses a desire for help, buy a career book, access to an on-line career assessment or assist in finding a career counsellor, which you might offer to help subsidize. If you have contacts who might be good connections, encourage it. Ease the way by sending a quick introduction e-mail.

But let your child take it from there. You've crossed the line when you do things like write your kid's resume, arrange appointments on their behalf or expect or to be apprised of confidential conversations.

Don't let kids come between you

You, your spouse or step-parents may have different views on things such as the best career strategy tactics or appropriate financial support. Find ways to resolve them, and don't use your child as a flashpoint for other unresolved conflict in your relationships. Keep in mind that support for one child may spur jealousy and resentment in your other children.

COMMUNITY SERVICE HOURS



Reminder - All students are required to complete 40 hours of volunteer community involvement prior to graduation. The forms to record these hours are available in the guidance office. Students are encouraged to hand in these completed sheets to the main office as they complete their hours.

NO WHEAT IS SWEET

There are some students at Sacred Heart that are either celiac or wheat intolerant. Hence they are not allowed to eat anything with wheat included. In the past products on the market were comparable to eating cardboard. A new awareness is becoming apparent and the product line is improving. SAC established this group to support these students. At their meetings they share recipes, products to try and where to find them. If you are interested in joining, please see Courtney Hicks or any member of SAC.

PREMIER'S AWARDS FOR TEACHING EXCELLENCE

The Premier's Awards for Teaching Excellence recognize outstanding educators and support staff. Awards will be presented in different categories, including Teacher of the Year; New Teacher of the Year; Excellent Support Staff; Excellence in Leadership; Team of the Year; and Lifetime Achievement.

You can nominate:

- a teacher
- a guidance counsellor
- a principal or vice-principal
- a teacher-librarian
- a teaching assistant
- a school secretary

or other school staff. As long as they work in a publicly funded school in Ontario, they are eligible for an award.

Nominations close on February 1st, 2010. Everyone can participate - students, parents, teachers, and community members. Visit <http://www.edu.gov.on.ca/teachingawards> to learn more and download a nomination form.

Nominate someone today!

ARE YOU GRADUATING THIS YEAR?

Checklist for students planning to graduate this year:

- ➡ Make sure that your name is on the graduation list
- Check with Mrs. Mount
- ➡ Make sure that you have completed your 40 hours of Community Service and handed in all of the paperwork to Mrs. Stuempfle in the guidance office.
- ➡ Make sure that you will have 30 credits by the end of June
- ➡ Make sure that you have or will complete all the compulsory (required) credits for the Ontario Secondary School Diploma
- ➡ Make sure that you have written and passed the Literacy Test or that you have or will have successfully completed the Literacy Course by the end of June

BUS CANCELLATIONS

In the event of inclement weather please listen to our local radio stations for bus cancellations. If only in-town busing is running, the school will remain open for study purposes (regular classes will be cancelled). If all buses (both rural and in-town) are cancelled the school will be closed.



Driver Education Classes



2009-2010

Cost: \$460.00 per student

Session # 4	Feb. 9 - Mar. 4 Feb. 9, 11, 16, 18, 23, 25 Mar. 2, 4	Tuesday & Thursday 8 - sessions 3:30 - 6:10 p.m.
Session # 5	Apr. 19 - May 12 Apr. 19, 21, 26, 28 May 3, 5, 10, 12	Monday & Wednesday 8 - sessions 3:30 - 6:10 p.m.
Session # 6	May 15 - June 12 May 15, 29 June 5, 12	Saturday 4 - sessions 9 a.m. - 3 p.m.

See Mrs. MacDonald in the office for more information.

EXAM SCHEDULE

Exams for first term will be held from Friday January 29th to Wednesday February 3rd. Period 1 exams will be written on Day 1 (January 29th), Period 2 exams will be written on Day 2 (February 1st), Period 4 exams will be written on Day 3 (February 2nd), and Period 5 exams will be written on Day 4 (February 3rd). If any exam days are postponed due to weather cancellations, the postponed exams will be written on the next school day and the remaining exam schedule will be delayed by one day. Attendance for exams is mandatory. Please do not book any appointments on these dates.

Students are expected to write exams on the dates scheduled. In exceptional situations such as serious illness, extenuating circumstances, or death in the immediate family, students should notify the school as soon as possible and an alternate schedule may be arranged. Students must provide medical certificates (a doctor's note) for absences due to illness.

Busses will run at normal times on exam days. Students may wish to make alternate arrangements for rides if they do not wish to spend the entire day at the school. Students who are not writing an exam, but are at school, will be expected to use the time to study in the cafeteria or a classroom. Students are not required to come to school on exam days if they have no scheduled exams.

SCHOOL COUNCIL MEETING

Our next School Council Meeting is scheduled for Wednesday January 20th at 7:00 p.m. in our school library.



Go SHHS Go



SCHOOL REACH 2009 - 2010

Senior Reach Teams 2009 -2010

Reach is a team trivia game played with buzzers in an intramural format. Teams consist of 4 to 6 players.

There are 4 Intermediate (Grades 9 &10) and 12 Senior (Grades 11 & 12).

Games are played every Wednesday and Thursday in both rooms S102 and S104.

The Masters of Ceremonies for the games are Mrs. Mason, Mrs. King, Mr. Hicks and Mrs. Hicks. This is an SAC sponsored activity.

Rules:

1. The game starts at 12:00 pm sharp and ends at 12:30 pm.
If a team does not show by 12:05 pm a default is assigned.
If a game needs to be rescheduled, both teams must agree on terms.
The final decision is up to the teacher advisor.
2. If a team forfeits (does not show) for 2 games they are automatically defaulted from all of their remaining games.
3. Maximum of 4 players at a time.
Substitutions are allowed at a half way point.
Only those listed on a team roster can play for that team.
Maximum 6 players per team.
4. Discussion of an answer may occur until a buzzer is pressed.
However this is not the case in assigned questions.
5. The team with the lower score will be given the option to receive assigned questions first.
6. Acceptance of an answer is at the discretion of the MC – arguing can cause ejection from the game.
7. Spectators will remain a polite distance and will not answer questions.
If spectators do not respect the game, they will be asked to leave.
8. The Teacher Team consists of all teachers including Mr. Kuntz and Mrs. Fischer.
9. The School Teams will consist of an All Star Team.

Team A1:

The Light Brights and the Dim Bulb

Sam Andonian (C)
Kaila Radan
Karleigh Herbst
Megan Schlorff
Becca Cote
Diane Zettel

Team A3:

Sith Lords

Ryan Small (C)
Brent Wilhelm (C)
James Kritz
Jake Schuknecht
Olivia Nussey
Krystal Gies

Team A5:

Girls Just Want to Have Fun

Melissa Noonan (C)
Kate McDonald
Lori Eddyvean
Heather Cummings

Team A7:

Crowded Subway

Matt McLean (C)
Scott Kunkel
Matt Schuett
Paul Gill
Ben Carroll

Team A9:

Bass Kickers

Clark Wilkinson (C)
Brock Mount (C)
Mark Ferguson
Adam Thomas
Mark Wilhelm

Team A11:

Colour by Numbers

Alana Kreller (C)
Maddy Bamsey
Emily Mallett
Andrea Dietrich

Team A2:

The Paul Boudreau and Keith Experience

Alex Dales (C)
Mike Webb
Jacob Elliott
Paul Boudreau
Nathan O'Hagan
Keith Chesney

Team A4:

The Reach Master 5000

Bridget King (C)
Terry Gutscher
Emily Holmes
Ali Arthur
Brandon Koebel
Justine Lennox

Team A6:

Inadmissable

Emily Kraemer (C)
Colleen Parks
Lesla Kittel
Emmaline Scharbach
Rebecca Dietrich
Elise Martino

Team A8:

No Deep Fying

Courtney Hicks (C)
Lindsey Lippert
Alyson Spitzig
Julie Chesney
Julie Mittelholst
Samantha Weber

Team A10:

Deadline

Daulton Bester (C)
Travis Dilworth
Brad Grubb
Keith Cooke
Joseph Moran

Team A12: Awesomeness

Vanessa Huber (C)
Derek Ditner
Jon Ruetz
Erin Neil

Junior Reach Teams 2009-2010

Team B1:
Three and a Half Men
 Andrew Zettel(C)
 Dave Carroll
 Graeme Donnelly
 Mitchell Curie

Team B2:
Cantaloupe: The Animal
 Amber Douel(C)
 Avery Lafortune
 Dominique Pilon
 Joseph Finnie
 Linda Murphy
 Benjamin Cook

Team B3:
Newton's Falling Apples
 Kayla Weiler(C)
 Taylor Schmidt
 Kelsey Ruetz
 Jaclyn Spitzig
 Shelly Ng
 Nicole Billington

Team B4:
Fritz's Schmuckers
 Brady Collins (C)

Room S102

Room S104

Date	Team 1	Team 2	Team 1	Team 2
Nov 18	THE LIGHT BRIGHTS AND THE DIM BULB	THE PAUL BOUDREAU AND KEITH EXPERIENCE	SITH LORDS	THE REACH MASTER 5000
Nov 19	GIRLS JUST WANT TO HAVE FUN	INADMISSABLE	CROWDED SUBWAY	NO DEEP FRYING
Nov 25	BASS KICKERS	DEADLINE	COLOUR BY NUMBERS	AWESOMENESS
Nov 26	THREE AND A HALF MEN	CANTALOUPE: THE ANIMAL	NEWTON'S FALLING APPLES	FRITZ'S SCHMUCKERS
Dec 2	THE LIGHT BRIGHTS AND THE DIM BULB	SITH LORDS	THE PAUL BOUDREAU AND KEITH EXPERIENCE	THE REACH MASTER 5000
Dec 3	GIRLS JUST WANT TO HAVE FUN	CROWDED SUBWAY	INADMISSABLE	NO DEEP FRYING
Dec 9	BASS KICKERS	COLOUR BY NUMBERS	DEADLINE	AWESOMENESS
Dec 10	THREE AND A HALF MEN	NEWTON'S FALLING APPLES	CANTALOUPE: THE ANIMAL	FRITZ'S SCHMUCKERS
Jan 6	THE LIGHT BRIGHTS AND THE DIM BULB	THE REACH MASTER 5000	THE PAUL BOUDREAU AND KEITH EXPERIENCE	GIRLS JUST WANT TO HAVE FUN
Jan 7	SITH LORDS	INADMISSABLE	THE REACH MASTER 5000	CROWDED SUBWAY
Jan 13	GIRLS JUST WANT TO HAVE FUN	NO DEEP FRYING	BASS KICKERS	AWESOMENESS
Jan 14	DEADLINE	COLOUR BY NUMBERS	THE LIGHT BRIGHTS AND THE DIM BULB	INADMISSABLE
Jan 20	THE PAUL BOUDREAU AND KEITH EXPERIENCE	CROWDED SUBWAY	SITH LORDS	NO DEEP FRYING
Jan 21	CANTALOUPE: THE ANIMAL	NEWTON'S FALLING APPLES	THREE AND A HALF MEN	FRITZ'S SCHMUCKERS

**STUDENTS - PLEASE TAKE THIS
 NEWSLETTER HOME FOR YOUR
 PARENTS TO READ EACH MONTH!**