



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

Superintendent:

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

October 2010

A Prayer For A Food Drive

Lord God, Giver of all life,
We come to you today
For we are aware that our world is hungry Lord.
Hungry for love.
Hungry for food.

God of all, Jesus said to feed the hungry.
Help us this month to share out daily bread
Let us know the satisfaction that comes from giving
and help us to see Your presence amongst us
as we work together to help our neighbours.
Help us also to know Your love for us.
For you know that each of us hunger for Your love.
Help us to know that you are close by
and concerned about us.
You are a compassionate God who walks beside us every
day and knows our every need.

We ask this in the name of Jesus, your Son and our
Brother, the one who fed the hungry and who asks us to
do the same.

Thanksgiving Menu

Thurs. Oct. 7th

Roast Turkey/Cranberry Sauce

Savory Stuffing/Gravy

Garden Vegetables

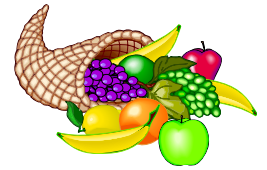
Choice of Dessert - Pumpkin or Apple Pie

Choice of Beverage

Price \$6.25

October Food Drive

This year, our October Food Drive is Hunger for Halloween.
It will be held on October 29th, and all students are asked to
bring in non-perishable food items to support the Walkerton
and Area Foodbank. Collections will be done in
homerooms.



INTERIM REPORTS

Interim Progress Reports will be sent home with the
students on Monday October 18th by each classroom
teacher. Please review the results with your child. If your
child does not bring home their interim reports or if you
have concerns regarding your child's progress, please
contact your child's classroom teacher.

Parent-Teacher Interviews will be held on Thursday
October 21st from 5:00 - 8:00 p.m. in the school
gymnasium. All parents are encouraged to attend.

EARLY DISMISSAL

The first Early Dismissal Day of the school year will be on
Wednesday October 27th. Students will be dismissed at
1:19 p.m. and busses will leave at this time. The
remaining Early Dismissal Dates for the school year are:
November 24th, March 2nd and May 11th.

LateTaxi/Bus



Oct. 5,6,7,12,13,14,18,19,25,26,28
Nov. 2,3,4,8,9,10,15,16,17,22,23,25,29
Dec. 1,2,6,7,8,14,15,16
Jan. 3,5,6,10,11,12,17,19,20,24,25,26

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

Website: <http://shhs.bgcdsb.org> Email: shhs@bgcdsb.org

Breakfast Club

Breakfast Club has opened! Every Tuesday, Wednesday, and Thursday from 8:00 - 9:00 a.m. All students can enjoy a nutritious breakfast before they start classes at no cost. Students and Parent Volunteers are need to help set up or provide financial support.

In recent years local business and parents along with government grants have financed our food purchases. We appreciate any support provided. Please contact Mr. Armstrong at 519-881-1900.

26th Annual Formosa Craft Show & Sale

Saturday, November 13, 2010

9:30 - 4:00 pm

Formosa Community Centre
Formosa, ON

* 45 Exhibitors, Crafter & Artists

* CWL Country Cafeteria

* Serving hot meal & snacks

* Lioness homemade Christmas Cake

UNIVERSITY/COLLEGE INFORMATION SESSIONS

SACRED HEART HIGH SCHOOL 2010

| DATE | TIME | UNIVERSITY/COLLEGE | LOCATION |
|-----------------|-----------|---------------------------------------|-----------------------|
| Mon. Sept. 13 | 1:00 pm | McMaster University | Hamilton |
| Wed. Sept. 15 | 9:30 am | Brescia @ UWO | London |
| Thurs. Sept. 16 | 11:00 am | University of Western Ontario | London |
| Thurs. Sept. 16 | 1:00 pm | Trent University | Peterborough |
| Tues. Sept. 21 | 9:30 am | Lambton College | Sarnia |
| Wed. Sept. 22 | 11:00 am | Mohawk College | Hamilton |
| Mon. Sept. 27 | 2:00 pm | Carleton University | Ottawa |
| Wed. Sept. 29 | 1:45-2:50 | University Information Session | JDSS |
| Thurs. Sept. 30 | 9:30 am | Niagara College | St. Catherines |
| Fri. Oct. 1 | 11:00 am | Conestoga College | Kitchener |
| Mon. Oct. 4 | 10:30 am | Huron University College | London |
| Mon. Oct. 4 | 1:00 pm | Laurentian University | Sudbury |
| Mon. Oct. 4 | 2:00 pm | Renison College @ U of W | Waterloo |
| Tues. Oct. 5 | 11:00 am | Kings University College @ Western | London |
| Wed. Oct. 6 | 11:00 am | Georgian College | Owen Sound |
| Thurs. Oct. 7 | 1:00 pm | Ridgetown College | Ridgetown |
| Thurs. Oct. 14 | 1:00 pm | Sault College | Sault Ste. Marie |
| Mon. Oct. 25 | 11:00 am | Nipissing University | North Bay |
| Mon. Oct. 25 | 1:00 pm | University of Guelph | Guelph |
| Tues. Oct. 26 | 7:15-2:30 | College Fair Trip | Conestoga |
| Thurs. Oct. 28 | 2:00 pm | Loyalist College | Belleville |
| Tues. Nov. 2 | 1:00 pm | Brock University | St. Catharines |
| Thurs. Nov. 4 | 11:00 am | University of Windsor | Windsor |
| Fri. Nov. 5 | 9:30 am | Lakehead University | Thunder Bay & Orillia |
| Tues. Nov. 9 | 9:30 am | Wilfrid Laurier University | Kitchener |
| Tues. Nov. 9 | 11:00 am | University of Ottawa | Ottawa |
| Tues. Nov. 9 | 2:00 pm | Humber College | Toronto |
| Wed. Nov. 10 | 11:00 am | Cambrian College | Sudbury |
| Tues. Nov. 16 | 9:30 am | Canadore College | North Bay |
| Thurs. Nov. 18 | 10:30 am | Seneca College | Toronto |
| Fri. Nov. 19 | 11:00 am | St. Jerome's University | Waterloo |
| Mon. Nov. 22 | 1:00 pm | Redeemer University College | Ancaster |
| Thurs. Nov. 25 | 1:00 pm | Fanshawe College | London |

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Royal Canadian Legion Contests

1. Remembrance Day Literary and Poster Contest
- This annual contest is now underway at S.H.H.S. Students in grades 9 - 12 may participate in writing an essay, a poem or creating a poster in colour or in black and white. Rules and regulations may be picked up from Mrs. Sakal for the Literary Contest and from Miss George for the Poster Contest.

2. Public Speaking Contest - Students wishing to participate in the Public Speaking Contest have lots of time to prepare their speeches. The Walkerton Legion Branch Contest date is set for Saturday, February 5th with Feb. 12th as the snow date. Further details will become available later in the semester.

GR. 12 STUDENTS COLLEGE / UNIVERSITY APPLICATION INFORMATION SESSION

Student services hosted a college/university information session on September 23, 2010. Gr. 12 students who are applying to post-secondary education were invited to attend. Students received information pertaining to the research of post secondary options and the application process. Post secondary applicants who did not attend this session are encouraged to make an appointment with a guidance counselor who will inform them of this important information.

Grey Bruce Twirlers Final Registration Tuesday, Oct. 5, 2010

at
Sullivan Community School, Desboro
6:30 - 8:00 pm

Family discounts and payment arrangements available.
Non-profit youth recreational Dance and Twirl group for children aged 3 - 18. Practices held on Tuesday evening at Sullivan school. Registration fees include the use of summer and winter uniforms. For further information, please contact either Cindy Stevenson-Fair at 519-371-5068 or Laurie Hargest at 519-376-1534



DATES TO MARK ON YOUR CALENDAR

| | |
|------------------------------------|--|
| Monday October 11 th | Thanksgiving Holiday |
| Tuesday October 12 th | School Mass |
| Monday October 18 th | Interim Report Cards Sent Home by Classroom Teachers |
| Monday October 18 th | School Council Meeting |
| Thursday October 21 st | Parent-Teacher Interviews - 5 - 8 p.m. |
| Wednesday October 27 th | Early Dismissal Day - 1:19 p.m. |
| Thursday November 11 th | Remembrance Day Service |
| Friday November 13 th | PA Day |
| Tuesday November 23 rd | Mid-Term Report Cards Sent Home |
| Wednesday December 1 st | Cabaret |
| Thursday March 31 st | Literacy Test |
| Wednesday June 29 th | Graduation |

SHHS Exchange Students

We welcome ten exchange students to our school this semester:

from France Laura Haas partner to Sara Breig
 Jeanne Gregoire partner to
 Justine King
 Juliette De Maupeou partner to
 Kristen Luinstra
 Maéva Olivier partner to
 Madison McFadden
 Kevin Poisson partner to
 Kyle Osterndorff
 Marie Odet partner to
 Mikayla Ozorio
 Cécile Lambert partner to
 Jessica Schmalz

from Spain Lorena Jimenez Vidal partner to
 Marissa Dales
 Sara Vicente Calle partner to
 Heather Poechman

from Italy Aurora Ferrigno partner to
 Dominique Pilon

We hope you will all enjoy your Canadian experience!!

Dominican Republic Mission Trip

In March of 2011, 20 students and staff will travel to the Dominican Republic for two weeks to offer their services in finishing construction on the grounds of the NPH orphanage and interact with the staff and children of the orphanage. Nuestros Pequeños Hermanos Internacional (Spanish for "our little brothers and sisters") is an international charitable organization with several orphanages opened in Central and South America. You can visit the NPH web-site at www.nph.org. The following students have been selected to partake in this second SHHS mission trip:

Matt McLean, Tessa Al, David Carroll, Keith Cooke, Mitch Currie, Sean Desjardins, Kaitlin Dosman, Dallas Fahrer, Chris Gagnon, Jared Kerr, Jocelyn King, Adele Nussey, Kristen Ruetz, Kylie Smith, Sarah Strader, Claire Tomlinson, Erika Weber and Rumer Weber. We have three young ladies also on a waiting list. Teacher chaperones are Ms. Samantha George and Mrs. Joy King and a local couple, Joe and Diane Rys will be joining us again.

We now need to fund-raise. Of course, monetary donations are best because then we can purchase items in the Dominican and support the local economy. Watch for news articles and fund-raising activities to support our cause in your area. If you would like to assist us in any way with our efforts, please call the school and ask for Mrs. King or Ms George.

Upcoming Fund-Raising Events for the Dominican Republic
Saturday October 2 - **Car Wash and BBQ** at Weber's Collision Centre off South Hwy. 9 from 10 am to 2pm.

Wednesday, November 17 - **Art Display and Sale** in the art room at SHHS from 7:00 to 9:00 p.m. Refreshments available.

Monday November 8 - **All-You-Can-Eat Spaghetti Night at Pizza Delight** in Walkerton from 5:00 pm until 8:00 p.m. Tickets are \$10.00 per person and \$5.00 for children under 12.

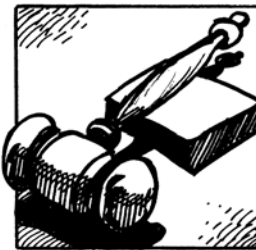
Thursday, December 2 will be **Krispy Kreme Day** in Walkerton. More information to follow.

Grade 12 Law Class Means Business

Students in the Grade 12 law class will be participating in a province-wide challenge this fall. As Ontario's only provincial appellate-level mock hearing, the Charter challenge has students prepare factums in favour of or opposing a Charter argument. While researching their arguments, students have the opportunity to connect online with other students around the province, and pose questions to lawyer mentors about constitutional law issues. Their factum are reviewed and finalist teams selected to argue the case before the Ontario Court Appeal.

Mr. Smith will be co-ordinating this cutting edge technological project and Sacred Heart students are the first rural high school ever to be invited to participate. Good luck to everyone and no spelling mistakes are allowed for this one!!!

Till Talent Do Us Part; A Wedding at the Heart



1, 2010 at 7:30 p.m., wedding bells will tabaret, the school's annual talent year's show centres around a young r wedding. Love is in the air and plans ctly, that is until the wedding singer With guests due any minute, the

couple must quickly find a replacement while at the same time keeping their feuding families from tearing each other apart. Add into the mix a jilted former girlfriend and a new stepmother and tensions are sure to mount.

Sacred Heart's roster of talent, once again, is sure to please an audience of all ages. The talent acts will feature singers, dancers, instrumental musicians, the school band and an array of other performers.



Senior Boys' Volleyball Team List

Coaches: Mark Dunn, Greg Blackwell

| | |
|-----------------|---------------------------|
| Colin Black | Malcolm Black |
| Ben Carroll | Sam Eckert |
| Kurtis Inglis | Riley Knox |
| Brock Mount | Morgan McBurney-McGeachie |
| Zach Petteplace | Justin Reinhart |
| Brennan Senra | Ryan Small |
| Andrew Walsh | |

WANTED: TEEN CURLERS

The Walkerton Golf & Curling Club would like to invite interested students to join these curling leagues: Monday night Men's League, Tuesday night Ladies' League, and Friday night Mixed League. You can join as individuals or as a team of your own choosing, for the entire season, or for a schedule. Registration takes place at the Club on Friday, Oct. 1st, from 7-9 pm., or by calling 519-881-0709. For more information:

www.walkertongolfandcurlingclub.com.

Cross Country Running Team

Coaches: Mrs. C. Mount, Mr. C. Hambrock

| | |
|-------------------|-----------------------|
| Destiny Berberich | Taylor Casiano |
| Jana Ernest | Tyler Cook |
| Alyssa Inglis | Mitch Eckert |
| Kailee Liesmer | Travis Hennessey |
| Becca Reinhart | Jaden Hall-Wilkinson |
| Kelly Cummings | Owen Johnson |
| Hayley Fischer | Matthew McArthur |
| Melissa Girdler | Craig Stewart |
| Lauren McLean | Brendan Alexander |
| Jaclyn Spitzig | Brock Mount |
| Heather Cummings | Brad Pitt |
| Roxanne Roefs | Devlin Schellenberger |
| | Ryan Small |
| | Adam Thomas |
| | Ryne Weppler |
| | Brent Wilhelm |
| | Matthew Young |

Friday, Oct. 15 - OSCVI Invitational Meet
Sawmill Ski Trails, Hepworth

Friday, Oct. 22 - BAA Championship Meet
Sawmill Ski Trails, Hepworth

Thursday, Oct. 28 - CWOSSA Championships
Location: TBA

Take Our Kids To Work Day

Grade 9 students across the province will be participating in Take Our Kids to Work Day on Wednesday, November 3, 2010. Students are encouraged to learn more about the world of work by accompanying a parent, relative, friend, or community host to their workplace. Information regarding this day and the required consent forms will be sent home with grade 9 students during the first week of October.

The Ultimate Dream Job Contest

The Ultimate Dream Job Contest offers grade 9 students the opportunity to win exciting weekly prizes and the final grand prize of meeting The Honourable Peter Milliken, Speaker of the House of Commons, on Take Our Kids To Work Day. Contest rules and prize details are available at: www.dreamjobcontest.ca. Hurry, the contest closes October 10th!



Library Corner News

The library orientation sessions for all grade nine students occurred last week. Students should now feel more comfortable and knowledgeable with what is available for student research.

Please remember that if students wish to access Knowledge Ontario databases for their research projects they will need to go to www.bgcdsb.org. Look for "Students" and use the pull down tab to find "Student Resource Databases." The password for Gale is trillium. The EBSCO passwords are bgcdsb and ebsco.

We are pleased to announce the addition of ten more computers in our library. The library opens at 8:30 a.m. and closes at 4:00 p.m., so if students need to work on our computers before or after school, they are available Monday to Friday.

All new books purchased in June are now in the book stacks ready for students to check out. Come and see the new additions.

Your librarians,
Mrs. Kunkel and Mrs. Sakal

Please be aware that the English department is busy editing and polishing a new updated version of the school MLA booklet. It is based on the seventh edition, the most recent version available today. We hope to have it for sale in the school sometime later this month.

EQAO RESULTS

Individual results from the 2009-2010 EQAO Grade 9 Math Testing were mailed earlier this week. Our students performed well on the testing. A summary of our school results are outlined in the charts below:

Grade 9 Academic Level Math:

| | % of Students Scoring at Levels 3 and 4 |
|--------------------------|---|
| Sacred Heart High School | 90% |
| Provincial Average | 82% |

Grade 9 Applied Level Math:

| | % of Students Scoring at Levels 3 and 4 |
|--------------------------|---|
| Sacred Heart High School | 35% |
| Provincial Average | 40% |

Students enrolled in Grade 9 Academic Math (MPM 1D1) or Grade 9 Applied Math (MFM 1P1) this semester will write the EQAO Grade 9 Math Test in their regular math class during the week of January 17th.

SCHOOL COSTS

Our school recognizes that expenses for such things as field trip costs and other school fees can cause unnecessary stress in some households. If you find yourself in this position, please contact Mr. Kuntz (by phone or note) to see what arrangements can be worked out. Confidentiality will be maintained.

It is very important that the staff of Sacred Heart be aware of all students with life-threatening allergies. Each year the school develops an anaphylactic plan to ensure that we know who carries an epi-pen and where the epi-pen is located in the event of an emergency. At the high school level, students should carry their epi-pen with them at all times. It is also recommended that a spare emergency epi-pen be left in the main office. If you are a student who carries an epi-pen (or have any other serious medical condition) please see Mr. Kuntz to ensure that we have the information required to assist you in the event of an emergency.

Wellness Club

The Specialist High Skills Major Program is offering a Wellness Club as another Reach Ahead Activity. Many programs will be offered as an after school program such as Teen Friendly Ethnic Cooking, Kickboxing, Yoga and much more throughout the year. The first activity is a Cooking Club. This club is open to all students interested. It will run for 6 weeks on Thursdays after school until 5 pm. The cost is \$20.00 per person for the entire cooking program. The program begins on Thursday October 12th and numbers are limited so sign up A.S.A.P. Interested students are to contact the Guidance Office or Mrs. Carroll.

Quick and Healthy Lunch Idea!

October is Healthy Nutrition month and it is important to always pack a nutritious lunch to fuel the body with energy. Here is an easy, delicious lunch idea which can be prepared in just a few minutes.

Greek Salad Pitas

Serves: 4 *Preparation:* 5 minutes

Ingredients:

- 2 Whole Grain Pita Pockets
- 1 cup (250mL) cherry tomatoes (cut in half)
- 1 cup (250mL) diced cucumbers
- ½ cup (125mL) feta cheese (crumbled)
- ¼ cup (60mL) thinly sliced red onion
- ¼ cup (60mL) Greek salad dressing

Directions:

1. Cut the pitas in half.
2. Place all ingredients into a large bowl (excluding the dressing)
3. Add in Greek salad dressing and mix all ingredients together.
4. Open the pitas and stuff.
5. Pack for lunch and enjoy!

FREE ONLINE MATH HOMEWORK HELP - NOW OPEN

Back to school means the return of math homework. If you are a parent worried about how to support your child's math homework questions, don't worry! An exciting FREE online initiative designed to help students succeed is now available.

The Ministry of Education and the Independent Learning Centre has recently launched Homework Help a website for Bruce-Grey Catholic District School Board math students in grades 7 through 10.

Students simply log-on to Homework Help , at www.homeworkhelp.ilc.org and use an interactive chat room to obtain personalized tutoring from a certified Ontario math teacher. The entire session is recorded and stored in the students online locker to allow the student to review what they have learned.

Parents are encouraged to visit the site, when it opens, and log on as a guest to see how the service works.

Visit <http://homeworkhelp.ilc.org> or go to the school's website and click on the quick link at the bottom left called Online Math Help or contact Mike Walter at mike_walter@bgcdsb.org to learn more.



TRANSPORTING EQUIPMENT ON SCHOOL BUSES

- Musical Instruments
May be transported in cases only and shall be kept on the student's lap.
- Skates
All skates transported shall have the blades suitably protected with guards and shall be tied together or be in a suitable equipment bag. The skates shall be placed on the floor at the student's feet.
- Hockey Equipment
Hockey sticks may only be transported with the approval of the school Principal and Bus Operator. Hockey equipment **may not** be transported on a school bus on a home to school route. On a charter basis, hockey equipment may be transported if it is stored in the storage space underneath the bus or inside, provided it does not block any exits or the aisle of the bus.
- Skis, Poles & Snowboards
May not be transported on a school bus on a home to school route.
- Skateboards
May not be transported on a school bus.
- Laser Pointers
May not be transported on a school bus.
- Animals
May not be transported on a school bus.

DUAL CREDIT PROGRAM AT SHHS

Sacred Heart High School will be hosting a dual credit course starting in February. Dual credits give high school students the opportunity to sample college and earn a credit that counts both toward their high school and college diplomas. The course will run one evening a week (3 hours each night) for 14 weeks beginning in February. More information and application forms will be available in our Guidance Office soon.

SCHOOL COUNCIL

Girls' Basketball Schedule 2010

Our first School Council Meeting of the year will be held on Monday October 18th in the school library at 7 p.m.. Members of the School Council this year include: Murray Kuntz (Principal), Nancy Skiba (Teacher Representative), Michelle Walker (CUPE Representative), Michelle Eccles, Megan Hendriks, Ed King, Shirley Anne Lair, Wayne Poechman, and Christine Zettel-Kocher (Parent Representatives) and Gina Williams and Patti Golem (Community Representatives).

40 HOURS

A reminder that students must complete 40 hours of volunteer service prior to graduation. Mrs. Mount is visiting Grade 9 classes next week to explain this requirement.

Students who plan to graduate in June are asked to submit the required paperwork to the office a.s.a.p.

STUDENT CARDS

If you have yet to pay your \$20 student card fee please do so asap. Payment can be left in the main office. Student cards will be distributed in early October.

| | |
|------------------------------------|--|
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Girls' Golf

Coach: Mrs. King
Courtney Hicks
Natasha Merchant

Marley Goetz
Brittany Merchant

Boys' Golf

Coach: Mr. Kittel
Zachary Petteplace
Garrett Weigel

Paul Gill
Tyson Soers

| | |
|--------------------|---------------------|
| Monday Sept. 27 | JDSS vs SHHS (home) |
| Wednesday Sept. 29 | SHHS vs WDSS |
| Monday Oct. 4 | SDSS vs SHHS (home) |
| Wednesday Oct. 6 | KDSS vs SHHS (home) |
| Wednesday Oct. 13 | SHHS vs CDHS |
| Monday Oct. 18 | SHHS vs JDSS |
| Wednesday Oct. 20 | WDSS vs SHHS (home) |
| Monday Oct. 25 | SHHS vs SDSS |
| Monday Nov. 1 | CDHS vs SHHS (home) |
| Wednesday Nov. 3 | SHHS vs KDSS |

Sr. Girls' Basketball

Coach: Mrs. Kroepflin

| | |
|-----------------|-------------------|
| Linda Black | Katie Brown |
| Rebecca Busby | Julie Chesney |
| Brittany Gamble | Elizabeth Glasier |
| Courtney Hicks | Jocelyn King |
| Justine King | Carly Moore |
| Rebecca Quinn | Taylor Summers |
| Samantha Weber | |

Jr. Girls' Basketball

Coach: Mrs. Kroepflin

| | |
|----------------------|------------------|
| Sarah Biesenthal | Victoria Carroll |
| Kelly Cummings | Lindsay Dales |
| Jillian Donnelly | Samantha Glasier |
| Chantelle Graf | Katrina Hodgins |
| Kayla Housego | Alison Murphy |
| Darci Schellenberger | Alicia Schmidt |
| Amber Smolenaars | Danielle Spitzig |
| Jaime VanLoon | Brooke Weishar |
| Katrina Young | |

Jr. Boys' Volleyball

Coach: Mrs. Dunn

| | |
|-----------------|-------------------|
| Maxwell Barclay | Joshua Busby |
| Wesley Cameron | John Paul Catelo |
| Mitchell Eckert | Alexander Herbert |
| Keith Hundt | Brendan King |
| Louis Kittel | Daniel Miller |
| Tristan Senra | Patrick Walsh |

SHHS Soccer

Even though BAA cancelled the official Junior Boys' and Girls' soccer season, Sacred Heart continues to support the programme and the Junior Boys had 35 boys sign up with 19 making the squad. Upcoming action sees the team playing a home and home schedule with West Hill from Owen Sound the next two Wednesdays. We are also participating in the Trinity Cup Jr. Boys' Soccer Tournament outside of Barrie with the boys playing a minimum of four games on Friday, October 1st.