



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

February 2009

St. Valentines's Day

Dear God,
How do I love thee - let me count
the ways.
I love my life filled with hopes,
dreams, joys, sorrows, fears and
success.
I love my parents and family who support and encourage
me.
I love my friends who accept me for who I am and
challenge me to become better.
Believe it or not. I love school for it is preparing me for
life.
I love nature -its beauty and its tranquility.
I love animals that become pets and others that enhance
nature.
I love good books, poems, jokes, movies, and songs.
I love getting gifts and I love giving gifts.
I love dances and hanging out with friends.
I love junk food and even food that I'm supposed to eat
to stay healthy.
I love having a clear mind and a healthy body.
I guess what I am saying is that I love all things created by
you.
I know you are the source of all love - for this I thank you.
Happy Valentine's Day God!
Amen



Family Day

Monday February 16th, 2009 has
been designated as Family Day and
as such, our school will be closed.

NEW STUDENTS

A warm welcome to all new students joining us for
Semester 2 at Sacred Heart High School. We are a great
school and we are glad that you have decided to join us!

NEW STAFF

Welcome to Mr. Legace who joins our teaching staff for
second semester. He will be teaching history and math.
Mr. Legace is a familiar face to many of our students as
he taught at Mother Theresa School and St. Peter's and
St. Paul's for the past number of years.

SCHOOL COSTS

As the global economic crisis worsens, 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 the principal to see what arrangements can
be worked out. Confidentially will be maintained. Our
school has received some donations that can be used to
cover some costs. Special thanks to these donors.

EARLY DISMISSAL DAYS

Wed., February 25th and Wed., May 6th are early dismissal
days. Buses will leave at 1:19 in the afternoon. Below is
the schedule for these days.

Period 1	9:15 - 10:00
Period 2	10:07 - 10:52
Period 4	10:59 - 11:44
Lunch	11:44 - 12:34
Period 5	12:34 - 1:19

Late Taxi/Bus Schedule 2008



Feb. 2,3,5,9,10,11,17,18,19,23,24,26
Mar. 2,3,4,9,11,12,23,24,25,30,31
Apr. 1,6,7,8,14,15,16,20,21,22,27,28,29,30

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

Remembrance Day Contest Winners Achieve Success Again



Mike Taylor from the Royal Canadian Legion brought cheques and certificates to the school in January. Sarah Johnson placed first at the Zone C-3 level for her Senior Poem and Justin Reinhart placed first for his Intermediate Essay at the Zone C-3 level. Both writing pieces now compete at the District Level. Johnson also placed third for her Senior Essay. Congratulations Sarah and Justin.

Public Speaking Competition

The Public Speaking competition for the Royal Canadian Legion is on Sat., Feb. 7th beginning at noon. Good Luck speakers.

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 and the list of eligible activities are available in the guidance office. Students are encouraged to hand in these completed sheets to the main office as they complete their hours.

Smart Serve Course

Feb. 25th, 2009 (Early Dismissal Day)

1:30 - 4:30 pm

SHHS

Cost \$22.00

Sign up in Guidance



GRADUATION

Our school graduation exercises will be held on Wednesday June 24th at 7 p.m. Please mark this date on your calendar.

BNDP Co-op Information Session

Wed. Feb. 18th, 2009

12:45 pm

Seminar Room

- All students considering BNDP co-op for next year must attend.

MEDQUEST

Application Process Opens Feb. 1st

MEDQUEST Health Careers Exploration Camp is scheduled to be held in Walkerton and Owen Sound during July 2009. The program will run July 6th to 10th at the Walkerton site and July 13th to 17th at the Owen Sound site. The fee for the camp is \$200.00 per student. This includes excursions and activities for all days of camp.



Students who are currently in grades 10 and 11 are eligible to attend this interactive program. The application process for MedQUEST runs from February 1 to March 15, 2009. Students must apply on-line at

www.medquestwestern.ca

Further information may be picked up at SHHS guidance office or on the MedQuest web site.

Chaplain's Corner

A new semester, a fresh start. Our God offers a fresh start whenever we decide to make one. Since there's no time like the present let's resolve to do the best we can with whatever we are challenged with. Each new course or new activity is a chance to strut our stuff; to do things like we really mean them. As Lent approaches let's consider building ourselves up. What can each of us do in our own lives to truly live the spirit of who we are? Have a great second semester folks!

Mr. Peter King

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INCLEMENT WEATHER PLANS - What will you do if your bus is stranded in Walkerton?

Students and parents are encouraged to develop contingency plans in the event that school buses get stranded in Walkerton at the end of the day due to inclement weather. Do you have a relative or friend in Walkerton that can take you in for the night if your bus is unable to leave Walkerton? Over the past number of years we have had a few occasions when some buses were unable to leave Walkerton due to road closures. Although such an occurrence is rare, it can happen, so we need to be ready for such an event.



Please note that with 800 students, it is impossible for everyone to make multiple phone calls to develop a plan at the last minute. Please develop a plan in advance so that you will know what you are going to do in such an event.

If you live in Walkerton and your family is willing to take in a billet in such circumstances please let the school know. Also, if you live outside Walkerton and don't know anyone in the town please let the school know so that we can help you develop a plan.

DATES TO MARK ON YOUR CALENDAR

February 2- Semester 2 Starts
 February 2 - 13th - Citrus Orders
 February 2 - College Applications Due
 February 19 - Citrus Delivery Date
 February 4th - College Applications Due
 February 9th - Semester 1 Report Cards Sent Home with students
 February 12th - Option Sheets Due from Grade 8 Students for September
 February 18th - School Council Meeting - 7 p.m.
 February 20th - Immunization Clinic
 February 25th - Ash Wednesday Service
 February 25th - Early Dismissal Day
 February 27th - Option Sheets Due from current Students for September
 March 16th to 20th - March Break
 April 2nd - Literacy Test
 May 1st and 2nd - Relay for Life
 May 9th - Prom
 June 24th - Graduation - 7 p.m.



Citrus Fundraiser

You can order your Fresh California Navel Oranges and Indian River Grapefruit February 2 - 13, 2009 from members of the SHHS Prom Committee.

Delivery date will be February 19th, 2009.



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.



SCHOOL COUNCIL MEETING

Next School Council Meeting is scheduled for Wednesday February 18th at 7:00 p.m. in Room S108. Everyone is welcome to attend.



GOOD FOOD BOX

Fresh Produce - Fruits & Vegetables

P/U 3rd Friday - Knox Presbyterian Church

**Cost: \$15.00 box with subsidy available
 Contact Andrea Popiez 519-881-4183**

Parents - The Anti-Drug. Advice for Parents

[Get to know your teen's friends - and their parents.](#) As your teen enters high school and expands her social circle, it is important to meet her new friends. Offer to have a small party at your house and join the group for dinner. You can also reach out to your teen's friends' parents – find them at a school event or PTA meeting, soccer practice, dance rehearsal or other school-related activities. As you establish ties with like-minded parents, you will create your own “[parent community](#),” allowing you to collectively set and reinforce rules for your teens.

1. [Set rules for cell phones.](#) A cell phone can offer peace of mind by allowing you to stay connected with your teen at all times, but it can also be misused or taken for granted. If you present the phone as a privilege, your teen will have to abide by your rules or risk losing that privilege. Set clear rules for using the phone – for instance, “When I call or text you, I expect you to answer or call back within 15 minutes.” You can also set check-in times at regular intervals when kids are away from home or school.

2. [Talk about peer pressure.](#) Even if your teen understands the risks of drug use, she will almost certainly be tested in certain social situations. Talk about the understandable desire to fit in and discuss ways to assert her independence without losing friends. Try role-playing with your teen to help her practice her own resistance skills. You can also suggest your teen check out [abovetheinfluence.com](#) for tips on making her own decisions.

3. [Praise positive behavior.](#) If you're starting to sound like a broken record – questioning and reprimanding your teen – remember to also tell her when she makes you proud. Emphasize all of the things your teen does right and rein in the urge to be critical. Teens often say that they want to be treated as adults and earn their parents' trust. If you can share your feelings and respect, your teen will feel good about herself and your influence will successfully reinforce good behavior.

4. [Be a good role model.](#) Before judging your teen too harshly, it might be time to look in the mirror. Are you setting a good example? If you abuse drugs or alcohol, your kids are going to pick up on it. Or if you laugh at a drunk or stoned person on TV, you may be sending the wrong message to your child. Be the person you want your teen to be.

For more tips go to <http://www.theantidrug.com>

Sponsored by The national Youth Anti-Drug Media Campaign

Driver Education Classes 2008-2009



Session # 4	Feb. 10 - Mar. 12 Feb. 10, 12, 17, 19, 24, 26 Mar. 3, 5	Tuesday & Thursday 10 - 2½ hr. sessions 3:30 - 6 p.m.
Session # 5	Mar. 30 - May 4 Mar. 30 Apr. 1, 6, 8, 15, 20, 22, 27, 29 May 4	Monday & Wednesday 10 - 2½ hr. sessions 3:30 - 6 p.m.
Session # 6	May 9 - June 6 May 9, 23, 30 June 6	Saturday 4 - 6 ¼ hr. sessions 9 a.m. - 4 p.m.

See Mrs. MacDonald in the office for more information.

LITERACY TEST PREPARATION

The Ontario Secondary School Literacy Test (OSSLT) will be written on the morning of April 2nd this year. Successful completion of this test is the most common way for students to fulfill the literacy requirement which is needed by all students to be eligible for an Ontario Secondary School Diploma (OSSD). Literacy Test preparation materials can be found at <http://www.eqao.com> under “Student Resources”.



COURSE SELECTIONS for 2009-2010

Mr. King, Mrs. Mount and Ms. Slosser will be distributing course selection books and option sheets mid-February. **Signed Course Option Sheets will be due Friday February 27th.** Please put serious thought into your selections to allow us to build the best timetable possible for next year.

Option sheets for incoming Grade 9 students are due Thursday February 12th.

SCHOOL DANCE

Our next School dance will be held on Fri. Feb. 13th from 7:30 pm to 11:00 p.m.
Get involved—see you there.

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ASK A TEACHER WEBSITE

Need help with your homework or preparing for a test? The Independent Learning Centre offers a free service year-round between 5:30 p.m. and 9:30 p.m., Sunday through Thursday. The Ask a Teacher service connects students in Grades 9 to 12 with Ontario certified teachers in online classrooms for free. Using text and a virtual whiteboard, students can receive one-on-one tutoring in all subjects, in real-time. To access this service go to <http://www.ilc.org>.

IMMUNIZATION CLINIC

An Immunization Clinic will be held at Sacred Heart High School on February 20th. Students requiring immunizations will receive information early in February. On the day of the clinic, the students must come to the clinic with the completed consent before being vaccinated. Students who are not up-to-date with their needles may face suspension from school as required by the Health Unit.

Dominican Republic Mission Trip



Presents

Silent Auction Dance

Friday, February 20, 2009
Hanover Knights of Columbus Hall
Hwy 4
Doors Open at 8:30 pm.

Dance 9:00 - 1:00 pm
Music provided by Kung Fu Lawyers

Tickets - \$10.00

Available at Holst Office Supplies Walkerton and Hanover locations and Zellers or DR Representative

*All proceeds go directly to
NPH Orphanage in Dominican Republic*

Girls Hockey Team Continues in First Place



Sacred Heart defeated St. Mary's 3-1 to sit atop the BAA Girls Hockey League standings at the exam break. The Crusaders resumed their tenacious forechecking and strong defence, that they had exhibited before Christmas, to shut down the visiting Mustangs.

The ladies team has two remaining league games; home at 2:00 against JDSS on Feb. 4th and away to Flesherton to face GHSS on Feb. 10th. BAA quarter and semi finals will take place in Walkerton on Wed. Feb. 11th with games at 9:00, 10:30, 12:30 and 2:00.

This year The BAA Hockey finals will be hosted at the Bayshore Community Centre on Wednesday February 18th, 2009. The Girls' BAA final will be at Noon. The Boys' BAA final would be at 2:00pm. All four BAA finalist teams will receive tickets to that night's Owen Sound Attack game vs. Sarnia Sting. Tentatively, all four captains would participate in a ceremonial face off prior to the Attack game, and during the game, each of the four finalist teams would be introduced to the Attack crowd. You are encouraged to come out and watch exciting high school hockey action! Check out www.bluewaterathletics.com for full local high school coverage.

Find out what all the Racket is about?

BADMINTON CLUB is every Wednesday night in the gym from 7:00 - 9:00 pm. All are welcome, bring your racket!



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Go SHHS GO!

Junior Girls' Volleyball Team

Becky Busby	Briana Lambertus
Brittany Gamble	Amberly Keelan
Sammy Weber	Carly Moore
Breann Glasier	Pam Howe
Katie Brown	Taylor Summers
Katie Grubb	Dallas Fahrer
Julie Chesney	Sarah Schnurr

SHHS Junior Girls' Volleyball team placed 1st in the regular season BAA South division. SHHS is hosting the Junior BAA Championships Wed., Feb. 11th. Come out and cheer us on!

Jr. BAA Championships Wednesday, February 11th, 2009 @ SHHS

All round robin matches are 2/3. First in each pool will play a 3/5 final to determine the Jr. Girls' Volleyball BAA Champion.

	<u>Pool A</u>	<u>Pool B</u>	
1N	WHSS	1S	SHHS
2S	SDSS	2N	GBSS
3N	OSCVI or BPDS	3S	KDSS
4S	WDSS	4N	OSCVI or BPDS

<u>Time</u>	<u>Pool A</u>	<u>Pool B</u>
9:00 am	2S vs 3N	2N vs 3S
10:15 am	1N vs 4S	1S vs 4N
11:30 am	2S vs 4S	2N vs 4N
12:45 pm	1N vs 3N	1S vs 3S
2:00 pm	3N v 4S	3S vs 4N
3:13 pm	1N vs 2S	1S vs 2N
4:30 pm	1 st Pool A vs 1 st Pool B (Jr. Girls' BAA Championship)	

SHHS Senior Boys' Hockey

The Sacred Heart Senior Boys' Hockey Team finished the BAA regular season in first place overall with a record of 6 wins and 1 loss. The hockey Crusaders prevailed over Walkerton District 6-1, St. Mary's 8-1, Grey Highlands 2-1, Georgian Bay Secondary 8-0, Peninsula Shores 9-2 and Kincardine 8-3. Their only stumble was a 4-2 loss to JDSS. In seven league games, Sacred Heart snipers bulged the twine 41 times! The stingy Crusaders' defence allowed only 13 goals against!

The Puck Crusaders now go on to meet St. Mary's in quarterfinal playoff action Thursday, Feb 5 at the Walkerton Community. Semi-final action takes place the week of Feb 9th, with the BAA championship game scheduled for Wednesday, Feb 18 at the Harry Lumley Bayshore Arena in Owen Sound. Game times are 2:00.

Players for the Senior Boys Hockey Team are:

Steve Wilkin	Patrick Cantlon
Mitch Campbell	Ben Ratchford
Kyle Bross	Jordan Schiestel
Zach Bross	Joey Terwoord
Robbie Durrer	Jordan Grubb
Tristen Flachs	Matt Lehman
Steve Thompson	Spencer Ruetz
Kyle Parks	Eric Pereira
Scott Barclay	Ben Carroll
Alex Kuntz	Mitch Collingridge
Tyson Kraemer	Jake Lantz
Cody Kupferschmidt	

2008-2009 BAA Boys' Hockey League Standings

<u>School</u>	<u>GP</u>	<u>Wins</u>	<u>Losses</u>	<u>Ties</u>	<u>Points</u>	<u>GF</u>	<u>GA</u>
SHHS	7	6	1	0	12	41	13
KDSS	7	6	1	0	12	37	23
GHSS	7	3	2	2	8	33	21
JDSS	7	4	3	0	8	22	18
GBSS	7	3	4	0	6	28	32
WDSS	7	2	4	1	5	18	22
PSHS	7	2	4	1	5	27	50
St.Mary's	7	0	7	0	0	12	47

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



This Newsletter was sent out by email. If you would like to be on our emailing list, contact Cathy Kelly at 519-881-1900 or by email at cathy_kelly@bgcdsb.org.