



# The Heart Beat



Principal: Mr. M. Kuntz  
Vice-Principal: Mrs. L. Fischer  
School Council Chair: P. Golem  
Superintendent: Mr. G. Casey

**Sacred Heart High School**  
450 Robinson Street

Walkerton, Ontario N0G 2V0

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

**January 2008**

## Prayer for January

Lord, as I offer you all that is ordinary and everyday in my life, I ask you to give me the power of your Spirit that I may transform each day by living with a positive attitude, looking for the best in people and situations.

Inspire me to live in your presence every day so that I may share your outlook and do the ordinary things of life in an extraordinary way.

May this, Lord, my prayer today, rise before you like the burning of incense. Amen.

## An Epiphany Thought

*“Wise men followed Jesus.  
People who are wise still do.”*

## Welcome Mr. Kuntz



Mr. Murray Kuntz begins his tenure as principal of Sacred Heart High School today, January 7th. Mr. Kuntz is a graduate of Sacred Heart and has been the principal of St. Mary's High School, Owen Sound for the past few years.

We offer Mr. Casey congratulations and best wishes as he begins his new role. Mr. Casey begins his duties as Superintendent of Education for our School Board. One of the schools that he is responsible for is Sacred Heart and we look forward to his visits.

## LateTaxi/Bus Schedule 2008

**Jan. 8, 9, 10, 14, 15, 17, 21, 22, 23**

**Feb. 5, 6, 7, 11, 12, 13, 18, 20, 21, 25, 26, 28**

**Mar. 3, 4, 5, 17, 19, 20, 25, 26, 27, 31**



## BUS CANCELLATIONS



In the event of inclement weather please listen to our local radio stations (CKNX 101.7 FM / 920 AM, CFOS 560 AM or MIX 106.5 FM, Country 93.7 FM) for bus cancellations. For students living along the Lake Huron shoreline -- you can also listen to 98 the Coast (97.9 FM). If only rural buses are cancelled, the school

will remain open for those students who are able to safely make it to school. If all buses (both rural and in-town) are cancelled due to weather conditions, the school will be closed.

## LOCKDOWN PLAN

Our school has fire drills six times a year. Our students and parents are familiar with fire drill routines in which we practice having all students and staff exit the building quickly.

We will now begin to have lockdown drills. Some emergency situations may prevent the safe evacuation of a school building and may require that steps be taken to isolate students and staff from danger by instituting a school lockdown. In this process, students remain in or proceed to designated areas within the school until it is safe to resume regular routines. We will be trying our first one this month. We will be explaining the routine to students beforehand, so there will be no surprises.

## Linda Wendt Retires

Linda Wendt, our custodian and friend, retired from Sacred Heart on Dec. 31, 2007. We wish Linda and her husband Chuck, the best of health and happiness for the future.



Congratulations to Jeff Lantz as he has been hired to replace Linda.

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

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# CENTENNIAL BASKETBALL TOURNAMENT

**January 11, 12, 13, 2008**

The junior and senior boys' basketball teams will be hosting the Centennial Tournament the first weekend after the Christmas break - January 11, 12, 13, 2008.

This tournament is a highlight for all SHHS students. We encourage your participation in this weekend by supporting our teams at the games, attendance at the school dance on the Friday evening, and if possible, by billeting visiting players for the weekend.

There will be 20 teams involved in this tournament. Most of the teams return on a yearly basis. Last year, approximately 90 players were hosted by 35 families within our Sacred Heart High School community. This tournament is truly a highlight of our school year.

Each year, visiting coaches, players and their family members marvel at the unique welcoming atmosphere of this tournament. We need your help in order to carry on this tradition.

## 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 March 27th, 2008. 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.

## DATES TO MARK ON YOUR CALENDAR

Wed. Jan. 9	Phys. Ed - Talisman Skiing
Fri. Jan. 11	Last day for field trips
Jan. 11 - 13	Centennial Basketball Tournament
Jan. 22 - 24	Exam Review
Jan. 25 - 31	Exams
Fri. Feb. 1	Professional Development Day
Mon. Feb. 4	Semester 2 begins
Wed. Feb. 6	Ash Wednesday Liturgy
Wed. Feb. 6	Marks Due
Mon. Feb. 11	Report Cards sent home
Mon. Feb. 14	Exam Viewing
Feb. 25 - 29	Phys. Ed. Swimming
Wed. Feb. 27	Early Dismissal

## Smart Serve Course

This is a great opportunity for students looking to be employed in the Food Service Industry. The Family YMCA is sponsoring the Smart Serve Course. Smart Serve will be mandatory beginning in January for anyone wanting to work in the food service industry.

The Smart Serve course will take place at Sacred Heart High School on January 22. The course will begin at 3:30 and end at 6:30. The cost is \$22.00 for the course to cover the cost of the book.

## EQAO GRADE 9 MATH TESTING

All students registered in Grade 9 Academic Math (MPM 1D) and Grade 9 Applied Math (MFM 1P) this semester will be writing the EQAO Grade 9 Mathematics assessment in class the week of January 14th to January 18th. Attendance is mandatory for the testing. Please do not book appointments on these dates. Students taking grade 9 math second semester will write the assessment in June.

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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## **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? We had a few occasions when some buses were unable to leave the school 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 and just 5 phone lines, 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 student in such circumstances please let the school know.

## **Grade 8 Parent Information Nights**

Grade 8 Parent Information Nights will be held at SHHS on Tues. Jan. 15th, Wed. Jan. 23rd and Thurs. Jan. 31st beginning at 7:00 pm in the cafeteria. All parents of Grade 8 students 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 in another school who is interested in coming to Sacred Heart High School in September please pass this information along to them.

## **Early Dismissal Days**

Wednesday, February 27th, and Wednesday, April 30th are early dismissal days. Buses will leave at 1:30 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

## **Receive our Newsletter via Email**

If your email address has changed and/or you wish to have your newsletter emailed to you please send an email to Cathy Kelly and we will put you on our list. Her email address is: [cathy\\_kelly@bgcdsb.org](mailto:cathy_kelly@bgcdsb.org)

## **COMPASS GROUP CANADA - SHHS Cafeteria**

Recently, Chartwells Education Dining Services, a division of Compass Group Canada issued a news release stating that it is in full support of Premier McGuinty's announcement regarding the proposed ban of artificial trans fat in schools. We have been working toward reducing the amount of artificial trans fat found in the foods we serve for the last two years. The following is a summary of the activities undertaken and underway in support of this important initiative:

1. Chartwells will be compliant with the recommendation\* that oils and margarines contain less than 2% trans fat, by June 2008.
  - o We made the switch to compliant cooking oils a year ago. Since November 2006, we have eliminated more than **30 metric tonnes** of trans fat from the cooking oils we serve.
  - o All margarines/spreads will be compliant by June 2008, as we are currently transitioning to meet target date. Once all margarines and spreads are completely switched to trans fat free products, this will reduce the amount of trans fat by another **42 metric tonnes** annually.
2. For all other foods, Chartwells will be compliant with the recommendation\* that the total trans fat content be limited to 5% of total fat content, by March 2009.
  - o Over the last six months, we have reviewed the products of all our food manufacturers. We have collected information regarding product ingredients, nutrition information and the food manufacturer's plans to reduce/eliminate trans fat content in their products.
  - o Currently we serve many products which have been switched to trans fat free formulations. Two examples include McCain potato products and Quaker muffins.
  - o We will release our Trans Fat Policy in April 2008.
  - o We will continue to work with food manufacturers to switch ALL applicable products to trans fat free formulations by March 2009 or to coincide with provincial ban in schools, if it is an earlier date.

## **Report Absence via Email**

Currently, parents can report the absence of their child by sending a note, calling in, or leaving a message on the answering machine. We have added email to this list. You can send us a message about your child's absence by emailing us at:

[shhs\\_attendance@bgcdsb.org](mailto:shhs_attendance@bgcdsb.org)

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## Driver Education

Driver Training is offered this fall at Sacred Heart High School (subject to sufficient numbers). Please listen to morning announcements for more information or contact Mrs. MacDonald in the office.

<b>Session # 4</b>	<b>Feb. 5 - Mar. 7</b> Feb. 5, 7, 12, 14 19, 21, 26, 28 Mar. 4, 6	<b>Tues. &amp; Thurs.</b> 10- 2 1/2 hrs.  3:30 - 6 pm
<b>Session # 5</b>	<b>Mar. 31 - Apr. 30</b> Mar. 31 Apr. 2, 7, 9, 14, 16, 21, 23, 28, 30	<b>Mon. &amp; Wed.</b> 10- 2 1/2 hrs.  3:30 - 6 pm
<b>Session # 6</b>	<b>May 10 - June 12</b> May 10, 24, 31 June 7	<b>Saturdays</b> 4- 6 1/4hrs. 9 am - 4 pm

## Application Deadlines

**Applying for University:** Deadline Wed. Jan, 9, 2008

**Applying for College:** Deadline for applications is Fri. Feb. 1st, 2008. However students are encouraged to complete their application prior to this date.



## Specialist High Skills Major

Sacred Heart High School is very pleased to be able to offer to students this year the opportunity to earn a Specialist High Skills Major (SHSM) in the area of Health and Wellness. The SHMS allows students to focus learning in this area while meeting all the requirements for an Ontario Secondary School Diploma. By pursuing this SHSM, students will be better prepared for the post-secondary destination of their choice, leading to careers such as nutritionist, coach, fitness trainer, camp co-ordinator, kinesiologist, ski instructor or recreation co-ordinator. To complete the SHSM, students will complete a bundle of 9 specific credits, receive certification/training in a variety of areas, participate in experimental learning and reach ahead activities as well as developing their Essential Skills.

This program is normally begun in Grade 11 but many current Grade 12s may be eligible as well. Interested students are asked to complete an application form available from the Guidance department. More information is available from the school or at the board website ([www.bgcdsb.org](http://www.bgcdsb.org)).

## SHHS Sports

### 2008 Crusader GIRLS' HOCKEY TEAM

Coach: Mr. Johnson, Mr. Turcotte

#### GAMES

Thurs. Jan. 10	Crusader Challenge Tourney
Wed. Jan. 16	KDSS @ Walkerton 2:15
Wed. Feb. 6	Grey Highlands @ W 2:15
Mon. Feb. 11	SHHS @ Owen Sound 11:30

### GIRLS' VOLLEYBALL TEAM

Coach: Mrs. Mount, Mrs. Dunn

Thursday, Jan. 10	SHHS & WDSS @ CDHS
Tuesday, Jan. 15	SHHS & JDSS @ KDSS
Thursday, Jan. 17	SDSS & KDSS @ SHHS
Thursday, Feb. 7	SHHS & KDSS @ JDSS

### 2008 Crusader BOYS' HOCKEY TEAM

Coach: Mr. Orr, Mr. Hambrock

#### GAMES

Fri. Jan. 11	JDSS @ SHHS	2:15
Fri. Jan. 18	Peninsula Shores @ SHHS	2:00
Fri. Feb. 8	SHHS @ Georgian Bay	2:15

### BOYS' BASKETBALL TEAM

Coach: Mr. Striukas, Mr. Dunn

Wed. Jan. 9	WDSS @ SHHS
Mon. Jan. 14	SHHS @ CDHS
Wed. Jan. 16	SHHS @ KDSS
Wed. Feb. 6	JDSS @ SHHS

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