



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

January 2009



Wishing you and your family all the best in 2009! May God continue to bless our school community in the year ahead.

Winter

Lord, I thank you for the season of winter. When most people think of winter all they can think of are the harsh winds, the freezing ice and the cold snow that they have to shovel. I would like to thank you Lord for all those things for without those cold winds how would I be refreshed every morning just in time for class? The snowflakes are a constant reminder to me of my friends who are each individual, unique and special just like snowflakes. Without winter, we couldn't sit by our cozy warm fireplaces while sipping hot chocolate. I would like to thank you Lord for the warm thoughts and memories that winter inspires.
Amen

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

EXAM SCHEDULE

Exams for first term will be held from Friday January 23rd to Wednesday January 28th.

Period 1 exams will be written on Day 1 (January 23rd), Period 2 exams will be written on Day 2 (January 26th), Period 4 exams will be written on Day 3 (January 27th), and Period 5 exams will be written on Day 4 (January 28th). 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 a medical certificate (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 library or cafeteria. Students are not required to come to school on exam days if they have no scheduled exams.

Late Taxi/Bus Schedule 2008

Jan. 5,6,7,12,14,15,20,21,22
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





COLLEGE AND UNIVERSITY APPLICATIONS

Applying for college: The deadline for college applications is **February 2nd, 2009**. However students were encouraged to complete their applications prior to the Christmas Break.

Applying for university: The deadline for university applications is **January 14th, 2009**. However students were encouraged to complete their applications prior to the Christmas Break.

Electrician: Watt a Shocking Career

I'm shocked that more people aren't becoming electricians. It's among the best paying careers not requiring a college degree – watt a deal. Many electricians plug in with an apprenticeship.

And job prospects are spiking – the Department of Labour projects strong demands for electricians through 2009. A final shock: electricians are seriously injured by electricity at only half the rate of the general population. Just don't be colour-blind: All electrical wire are colour-coded! Become an electrician : it just might light up your life. (Marty Nembko 2004-2008)



If you have a son or daughter and would like to explore careers, set up an appointment with our Counsellors.

Ed King
Guidance

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.

GIRLS' HOCKEY

The Girls Hockey Team competed in the St. Thomas Aquinas Lady Flames tournament in London, just before Christmas. The ladies played awesome, going through the round robin portion without allowing a goal and really playing as a team.

The Crusaders defeated Banting from Alliston 3-0 in the opener with AJ Anstett recording the shutout and Katrina Grubb scoring from Rachael Diebold and Richelle Busby. Then Busby scored from Grubb and Diebold. The final marker was by Colleen Parks unassisted.

In the 2nd game they defeated Laurier from London 1-0 with Michelle Grubb earning the shutout and Grubb scoring from Diebold.

In the final round robin game, the Crusaders again won 1-0 over Orangeville, with Anstett registering the shutout and Parks scoring from Sarah Durrer and Holly Cameron.

The playoff game saw Sacred Heart totally outplayed Regina Mundi College from London but ran into a hot goalie and one bad break. RMC caught a rebound off her pads to score on a breakaway but Lesa Kittel fired a beautiful slap shot from the point to tie the score for SHHS. Regulation time ended knotted at one and it took 8 shooters in overtime to break the tie with RMC coming out on top.

SHHS hosts the 10th Annual Crusader Challenge Girls High School Hockey tournament on Thursday, Jan 8 with 3 teams from Guelph, 3 local teams and single teams from Barrie and Listowel competing at the Walkerton and Mildmay arenas. Action occurs from 8:30am to 3:45pm and the girls are currently undefeated in BAA League Play.

WHERE TO GET HELP

Where to Get Help in Grey and Bruce:

Self-Help Groups:

Alateen

Fellowship of teenagers who are friends and relatives of alcoholics. Purpose is to minimize the negative impact of someone else's alcoholism by sharing experience, strength, and hope.

(519) 376-4193 or 881-3655 or ask your operator for Zenith 21400

Adult Children of Alcoholics

Fellowship of grownup sons and daughters of a parent(s) with alcoholism. The sharing of experience, strength, and hope help overcome the problems of living with someone's alcoholism.

(519) 376-4193

Alcoholics Anonymous

Fellowship of men and women who share their experience, strength, and hope with each other. Primary purpose is to stay sober and help other alcoholics maintain sobriety. Only requirement is a desire to stop drinking.

(519) 376-4193 or (519) 881-3655 or ask operator for Zenith 21400

Al-Anon

Provides help and information to people whose lives have been deeply affected by someone else's drinking.

(519) 376-4193 or 881-3655 or ask your operator for Zenith 21400

Narcotics Anonymous

Fellowship of men and women for whom drugs have become a major problem. Recovering addicts meet regularly to help each other "stay clean".

(416) 236-8956

Professional Services:

Addiction Day Treatment Program

Group and individual treatment for families and persons aged 16 and older.

(519) 376-3999

Cape Croker First Nation Addiction Awareness Centre

Culturally based native professional services for First Nations people whose lives are affected by alcohol and other drugs.

(519) 534-3710

Centre for Addiction and Mental Health -Addiction Research Division

Information and resources on addictions.

1-800-463-6273 (1-800-INFOARF)

CHOICES: Drug & Alcohol Counselling for Youth

CHOICES is a counselling service for youth who are...

- Wondering about their own use of alcohol or other drugs
- Worried about someone else's problems with alcohol or other drugs

Drug and alcohol assessment, referral, counselling, and information for youth and their families.

(519) 371-5487 or 1-800-265-3133

Grey Bruce Public Health Unit

Provide community education and information on the prevention of drug and alcohol abuse throughout the lifespan of the

individual. For general public, professionals and workplace settings.

(519) 376-9420 or 1-800-263-3456

Grey Bruce Withdrawal Management Services

Provides a safe and supportive environment in which individuals who are intoxicated or in withdrawal can detoxify. Assessment, referral, motivation towards positive lifestyle change and group sessions (i.e. Introduction to Recovery) are provided. Supportive housing can also be provided to clients attending the Addiction Day Treatment Program or waiting for residential treatment outside Grey Bruce.

(519) 376-5666

G&B House

Residential recovery program for men, aged 16+, who want to live alcohol/drug free. Services include: room and board; assessments leading to treatment plans; individual and group counselling; life skills coaching; referrals.

(519) 376-9495

Kids Help Phone

www.kidshelpphone.ca

1-800-668-6868

New Directions for Alcohol, Drug and Gambling Problems

Community service for individuals with alcohol, drug and/or gambling problems as well as for individuals who are affected by someone else's gambling, and/or alcohol or drug use.

Services are offered in various locations throughout Grey and Bruce. The programs offer assessments, referrals, counseling, information sessions and family support. Services are free and are offered Monday to Friday with some evening appointments available.

(519) 371-1232 or 1-800-265-3133

Saugeen Drug and Alcohol Counselling Centre

Assessment, counselling, and referral services for native people whose lives are affected by alcohol or other drugs. Community First Nations cultural awareness activities.

(519) 797-2882

Anishnabek Child & Youth Prevention Services

Promote the healthy growth and development of Saugeen children and youth through the implementation of awareness, support, planning and placement programs that recognize and strengthen the culture and identity of the Chippewas of Saugeen. To provide information and resource materials to families and community members regarding child abuse, parenting skills, child development, substance abuse and child care.

519-797-5000

For additional mental health and addiction services in GreyBruce, visit www.mhagb.ca



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

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

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.

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.

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.



DATES TO MARK ON YOUR CALENDAR

January 5 th	School Resumes
January 14 th	School Council Meeting
January 15 th and 19 th	Grade 8 Parent Information Nights - 7 p.m. (Cafeteria)
January 23 rd	Exams Begin
January 30 th	PA Day
February 2 nd	Semester 2 Begins
March 16 th -20 th	March Break
April 2 nd	Ontario Secondary School Literacy Test

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 January 31st, 2009. Everyone can participate - students, parents, teachers, and community members. Visit <http://www.edu.gov.on.ca/teachingawards> <http://www.ontario.ca/teaching> <http://www.edu.gov.on.ca/teaching> to learn more and download a nomination form. Nominate someone today!

SCHOOL COUNCIL

Our next School Council Meeting is scheduled for Wednesday January 14th, 2009 at 7:00 p.m. All are welcome.

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!

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!



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 during the week of January 12th. 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.

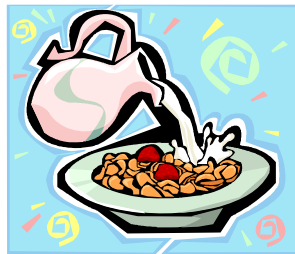
Breakfast Club

The breakfast Club is still well attended with numbers averaging 60 students each Tuesday, Wednesday and Thursday mornings.

We have wonderful student volunteers who help set up tables and clean up when the bell rings at 9:00 a.m.

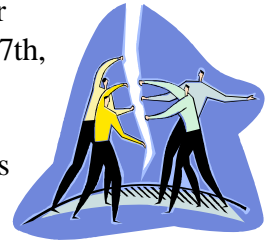
We are in serious need of one or two volunteers for either Tuesday or Thursday mornings. This involves one hour or less, starting at 8:15 a.m. and ending shortly after 9:00 a.m.

If you are interested, please leave your name and phone number at the office and the coordinator, Mr. Armstrong will contact you.



SHHS Dance Performance

SHHS dance class will perform their final dance pieces on Wed. January 7th, 2009 (Snowdate Jan. 8th) on the school stage at 7:00 - 8:30 pm. Everyone is invited to attend. Tickets are available at the door, or sold by students from the dance class in advance. This performance you won't want to miss.



Intramural Sports

Intramural Sports are in full swing with 128 students participating! Boys' Basketball and Girls' Volleyball games are held during lunch. Schedule is posted in the gym. Teacher contact: Mr. Dunn and Ms. Dunn

Fitness Club - 12 students

Something new at SHHS. Runs twice a week after school. Activities include weight training, yoga, cardio blasts and long distance running! Mission: Get fit and have fun! Teacher contact: Ms. Dunn

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 2nd, 2009. 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.

Go SHHS GO!

Girls' Hockey - Mr. Johnson & Mr. Turcotte

Tuesday January 6th Sacred Heart at Grey Highlands - 2 p.m.
 Thursday January 8th SHHS Tournament - Walkerton/Mildmay
 Wednesday January 14th St. Mary's at Sacred Heart - 2 p.m.
 Wednesday February 4th Hanover at Sacred Heart - 2 p.m.
 Wednesday February 11th BAA Playoffs begin
 Wednesday February 18th BAA Final at the Bayshore in Owen Sound
 March 4th/5th CWOSSA at Waterford



Boys' Hockey - Mr. Orr & Mr. Hanbrock

Thursday January 8th Sacred Heart at Georgian Bay - 1:30 p.m.
 Friday January 16th Kincardine at Sacred Heart - 2 p.m.
 Week of February 2nd BAA Playoffs begin
 Wednesday February 18th BAA Final at the Bayshore in Owen Sound
 March 4th/5th CWOSSA at Waterford

Girls' Volleyball

Tuesday January 6th Sacred Heart, Hanover and Walkerton District (at Hanover)
 Thursday January 8th Sacred Heart, Hanover and Port Elgin (at Sacred Heart)
 Wednesday February 11th BAA Junior Championship Tournament

Thursday February 12th

BAA Senior Championship Tournament
 CWOSSA

Thursday February 26th

Boys' Basketball (Game Times - Senior Game - 4:00 p.m., Junior Game - 5:30 p.m.)

Wednesday January 7th Sacred Heart at Chesley
 Monday January 12th Port Elgin at Sacred Heart
 Wednesday January 14th Walkerton District at Sacred Heart
 Wednesday February 4th Kincardine at Sacred Heart
 Wednesday February 11th BAA Playoffs
 Friday February 13th BAA Finals



SCHOOL DANCE

Our next School dance will be held on Fri, Jan. 9 2009 from 7:30 pm to 11:00 p.m.
 Get involved—see you there.

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.

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.