



# 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

MARCH 2009



## A Prayer Before the March Break

As we approach March Break let us be thankful that we have this time to relax and take the pressures of school off our shoulders.

Let us take time to reflect on how fortunate we are and pray that everyone will have a safe and fun-filled March Break.

Remember those who are suffering and who will not be spending March Break with their family and friends. Help us use this time wisely as we rest our minds and bodies.

May we reflect on what we have learned and the friendships we have made up to this point in our school year.

## IMMUNIZATION CLINIC

Public Health will be conducting an Immunization Clinic at Sacred Heart High School on March 3<sup>rd</sup> (rescheduled from February 20<sup>th</sup>). Consent forms for students requiring immunizations were distributed in February. Students should bring their signed consent forms to the clinic. Students who are not up-to-date with their needles may face suspension from school as required by the Health Unit.

Students receiving boosters are reminded to eat well the morning of the immunization clinic so that they will not feel ill due to low blood sugar.

## EARLY DISMISSAL DAY

A reminder that Wednesday May 6<sup>th</sup> is the next and final Early Dismissal Day for the current school year. Students will be dismissed at 1:19 p.m.

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

## COURSE SELECTIONS FOR 2009-2010

Have you submitted your course selection sheet for September? If not, please do so immediately. Course Option Sheets were due last week. **Also, if you know of any student planning to register at Sacred Heart for September, please ask them to complete the registration process at this time. Do not wait until the fall.**

## INTERIM REPORT CARDS - PARENT-TEACHER INTERVIEWS

All classroom teachers will be sending home Interim Reports with students on March 23<sup>rd</sup>. If you have any questions or concerns with regards to your child's progress at any time please contact your child's classroom teacher(s). Parent-Teacher Interviews will be held on Thursday March 26<sup>th</sup> from 5 to 8 p.m. in the gymnasium.

## BLUEWATER REGIONAL SCIENCE FAIR

Do you plan to enter a project in the Bluewater Regional Science Fair? If so, please see Mrs. Dunn as soon as possible so that she can complete the registration process on your behalf. The Bluewater Regional Science Fair for Intermediate and Senior Students will be held on Wednesday April 1<sup>st</sup>.

## Late Taxi/Bus Schedule 2008



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  
May 5,6,7,11,13,14,19,20,21,25,26,28

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## SPRING CO-CURRICULAR ACTIVITIES

The spring sports season is rapidly approaching. Stay tuned to morning announcements or talk to the teacher in charge to find out more details regarding start dates and try out dates.

Badminton - Mr. Gagnon, Mr. Hicks and Mrs. Kelly

Girls' Soccer - Ms. White

Boys' Soccer - Mr. Striukas

Girls' Rugby - Mrs. Detzler, Mr. B. King

Boys' Rugby - Mr. Charette, Mr. Elphick

Track and Field - Mrs. Mount, Mr. Dunn

## PLANNING A STUDENT'S SECONDARY SCHOOL PATHWAYS



In order to help students plan out the courses they will take over the course of their secondary school career, the school has access to software called "My Blueprint". This software allows students to pick secondary school courses and to see what impact this has on future career opportunities. As well, students are then able to see what kind of education, if any, is needed to pursue that career and, if appropriate, where the program is offered. Since this is an internet-based tool, parents and students can access it from home as well as school. For access, go to the website [www.myblueprint.ca](http://www.myblueprint.ca) and enter the access code/activation key "sacredwalk" for Sacred Heart High School students.

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!



## 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 6<sup>th</sup> to 10<sup>th</sup> at the Walkerton site and July 13<sup>th</sup> to 17<sup>th</sup> 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](http://www.medquestwestern.ca)

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

## LITERACY PREPARATION PROGRAM



The Ontario Secondary School Literacy Test (OSSLT) will be written on the morning of April 2<sup>nd</sup> this year.

Attendance on this date is mandatory. 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).

An After-School Literacy Preparation Program will be held at Sacred Heart to help prepare students for the literacy test. These sessions will be held on the following dates from 3:30 to 5:30 p.m. in Room S106:

**Mar. 2, 4, 9, 11, 23, 25, 30, Apr.1**

If you require late busing, please remember to sign up in the main office before 12:45 p.m. on the dates listed above.

The instructors for the program will be Ms. Fritz and Mrs. Sakal. For more information, please see Ms. Fritz or Mrs. Sakal.

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## DATES TO MARK ON YOUR CALENDAR

March 3 <sup>rd</sup>	Immunization Clinic
March 4 <sup>th</sup>	School Council Meeting
March 16 <sup>th</sup> - 20 <sup>th</sup>	March Break
March 23 <sup>rd</sup>	Interim Report Cards sent home by Classroom Teachers
March 26 <sup>th</sup>	Parent-Teacher Interviews (5-8 p.m.)
April 2 <sup>nd</sup>	Literacy Test
April 10 <sup>th</sup>	Good Friday
April 13 <sup>th</sup>	Easter Monday
April 24 <sup>th</sup>	PD Day
May 1 <sup>st</sup> and 2 <sup>nd</sup>	Relay for Life
May 9 <sup>th</sup>	Prom
June 24 <sup>th</sup>	Graduation - 7:00 pm.

### Speech Contest and Legion Writing Contest Winners



Sacred Heart has Speech Contest winners and Legion Writing Contest winners. Kristen Luinstra and Aletta Schurter have won school, local Legion and local Lions Club Public Speaking Contests, while Justin Reinhart and Sarah Johnson have won school, local and regional Legion Writing Contests. Kristen and Aletta are pictured above.

### 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 guidance office as they complete their hours.

## SCHOOL COUNCIL MEETING

Our next School Council Meeting is scheduled for Wednesday Mar. 4th at 7:00 p.m. in the Library. Everyone is welcome to attend.

### Hot Jobs In Hard Times

[www.martynemko.com](http://www.martynemko.com)

Many times students will ask what is the best outlook for Jobs during a recession. Here is what the research says.

1. Accounting - Business and Individual s want to account for every last dollar.
2. Education - Increase in re-training of workers.
3. Entertainment Industry - People crave escapism in tough times.
4. Repairers - "Don't replace - repair"- Trades will still thrive.
5. Energy Industry - Green and Nuclear jobs in the next 10 years will boom.
6. Health Care & Senior Services - Aging Boomers.
7. Law Enforcement - Crime doesn't stop.
8. The Clergy - Spiritual Support
9. Government Jobs - Creation of jobs in public sector.

## ATTENTION!

### Student - Parents Everyone



- ▶ Skilled trades offer great opportunities
- ▶ Come to our workshop and learn everything about becoming an apprentice
- ▶ What skills are needed to be successful?
- ▶ What are the benefits to an apprenticeship?
- ▶ Get all your questions answered.

March 17th 4:30-6:30

Family Y Employment Resource Centre  
200 McNab Street, Walkerton

519-881-4606

This Employment Ontario project, program or service is funded in part by the government of Canada.

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## SHHS Mardi Gras 2009!



Mr. Charette and Brady Dosman competed in the jousting challenge. We're not sure who won, but Brady is definitely enjoying the moment.



Conor Stevenson, vocals, set the level for his "Rock Band" with Andrew Hubbard on drums and Graham Soers on guitar. Michael Wainscott, Kenny Hewitson and Jess Barlow are enjoying the entertainment.



Dance Dance Revolution was a huge success. Students, Liz Coates and Olivia Nussey, danced against each other as students Madison Bamsey, Janelle Motz and Emily Golem patiently waited their turn.

## Driver Education Classes 2008-2009

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

See Mrs. MacDonald in the office for more information.

## Plan to attend the 22<sup>nd</sup> Formosa Toy Show and Sale

Sunday, March 29, 2009  
at the



**Mildmay-Carrick Recreation Complex**  
**9:30 am to 4:00 pm**

Display of farm toys, industrial equipment,  
cars, trucks, vintage vehicles, and more.

**1:00 pm to 1:30 pm Auction**  
**Proceeds to the Cancer Society**

**Admission:** \$2.00  
Children under 8 FREE with an adult

*For more information call  
John Benninger 519-392-6207*

## GRADUATION

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

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# Tips for Parents — What To Do and When

When you have a suspicion that your teen is “experimenting” with drugs, what do you do?

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## Get Educated

First, learn as much as you can. Sign up for TheAntiDrug [Parenting Tips Newsletter](#) or [www.Freevibe.com](http://www.Freevibe.com) for information and scientific evidence on drug and alcohol use by teens. Or, you can call the National Clearinghouse for Alcohol and Drug Information (NCADI) for free pamphlets and fact sheets. They’ll even send it in a plain envelope if you wish. They can be reached at **1-800-788-2800**; Spanish: **1-877-746-3764**. (24 hours, 7 days a week). Or visit their Web site at <http://www.health.org/>.

## Have The Talk — Let Them Know You Know

The next thing you can do is sit down and talk with your child. Be sure to have the conversation when you are all calm and have plenty of time. This isn’t an easy task—your feelings may range from anger to guilt that you have “failed” because your kid is using drugs. This isn’t true—by staying involved you can help his/her stop using and make choices that will make a positive difference in his/her life.

## Be Specific About Your Concerns

Tell your child what you see and how you feel about it. Be specific about the things you have observed that cause concern. Make it known if you found [drug paraphernalia](#) (or empty bottles or cans). Explain exactly how his/her behavior or appearance (bloodshot eyes, different clothing) has changed and why that worries you. Tell him/her that drug and alcohol use is dangerous and it’s your job to keep him/her away from things that put him/her in danger.

## Don’t Make Excuses

Although it’s natural for parents to make excuses for their child, you’re not helping him/her if you make excuses when he/she misses school or family functions when you suspect something else is at play. Take the next step: Talk to your child and get more information.

Try to Remain Calm and Connect With Him/Her

**Have this discussion without getting mad or accusing your child of being stupid or bad or an embarrassment to the family. Be firm but loving with your tone and try not to get hooked into an argument. Knowing that kids are naturally private about their lives, try to find out what’s going on in your child’s life. Try not to make the discussion an inquisition; simply try to connect with your teen and find out why he/she may be making bad choices. Find out if friends or others offered your child drugs at a party or school. Did he/she try it just out of curiosity, or did he/she use marijuana or alcohol for some other reason? That alone will be a signal to your child that you care and that you are going to be the parent exercising your rights.**

Here are some suggested things to tell your son or daughter:

- You LOVE him/her, and you are worried that he/she might be using drugs or alcohol;
- You KNOW that drugs may seem like the thing to do, but doing drugs can have serious consequences;
- It makes you FEEL worried and concerned about him/her when he/she does drugs;
- You are there to LISTEN to him/her;
- You WANT him/her to be a part of the solution;
- You tell him/her what you WILL do to help him/her.
- Know that you will have this discussion many, many

times. Talking to your kid about drugs and alcohol is not a one-time event.

## Be Prepared. Practice What You’ll Say

Be prepared for your teen to deny using drugs. Don’t expect him/her to admit he/she has a problem. Your child will probably get angry and might try to change the subject. Maybe you’ll be confronted with questions about what you did as a kid. If you are asked, it is best to be honest, and if you can, connect your use to negative consequences. Answering deceptively can cause you to lose credibility with your kids if they ever find out that you’ve lied to them. On the other hand, if you don’t feel comfortable answering the question, you can talk about some specific people you know that have had negative things happen to them as a result of drug and alcohol use. However, if the time comes to talk about it, you can give short, honest answers like these:

*“When I was a kid I took drugs because some of my friends did. I wanted to in order to fit in. If I’d known then about the consequences and how they would affect my life, I never would have tried drugs. I’ll do everything I can to help keep you away from them.”*

*“I drank alcohol and smoked marijuana because I was bored and wanted to take some risks, but I soon found out that I couldn’t control the risks — the loss of trust of my parents and friends. There are much better ways of challenging yourself than doing drugs.”*

## Act Now

You can begin to more closely monitor your child’s activities. Have a few conversations. Ask: Who? What? Where? When? Reflect with your child on why he/she is using drugs and try to understand the reasons why so that you can help solve the problem. When you get a better idea of the situation, then you can decide next steps. These could include setting new rules and consequences that are reasonable and enforceable — such as a new curfew, no cell phone or computer privileges for a period of time, or less time hanging out with friends. You may want to get them involved in pro-social activities that will keep them busy and help them meet new people. For more information about how to set and enforce rules, visit the [Advice area](#) on [www.TheAntiDrug.com](http://www.TheAntiDrug.com).

**Advice In Your In-box: Sign up for the [Parenting Tips newsletter](#).**

For specific advice about what to say and how to start the conversation with your teen, read these [talking points](#).

For more information, [download the brochure](#), “*Suspect You Teen is Using Drugs or Drinking? — A Brief Guide to Action for Parents*” (PDF).

# Go SHHS GO!

## SHHS Girls' Hockey



The girls hockey team completed their regular season atop the tight BAA standings. Only 3 points separated the top 5 teams. While the Lady Crusaders played tough, they ran into penalty trouble in the semi-finals and were defeated 3-2 by West Hill. Good luck with your town teams, ladies.

## SHHS Senior Boys' Hockey



The Sacred Heart senior boys' hockey team captured its third straight BAA championship title last Wednesday (Feb. 18<sup>th</sup>) defeating the Kincardine District Knights by a score of 7 - 4 at the Harry Lumley Bayshore in Owen Sound. The puck Crusaders clinched first place overall in league play and advanced to the gold medal game on the strength of a 10 -0 quarter final victory over St. Mary's and an 8 - 1 win against John Diefenbaker Secondary of Hanover.

Sacred Heart will defend its CWOSSA championship Wed. Mar. 4<sup>th</sup> and 5<sup>th</sup> in Waterford, setting their sights on a three-peat at OFSAA in their quest for a first-ever provincial title.

Coaches Orr and Hambrook would like to congratulate the entire team on a successful season thus far. They would also like to remind the boys that their journey is not yet complete: still two check marks to go!

## Senior Boys' Basketball - Season Summary

This year's installment of Senior Boys' Basketball Team was a fine group of young men that achieved great success on the court. Before competing at the CWOSSA championships (Feb.27), the senior boys' season record was an impressive 18 wins and 10 losses. In district play, the boys finished atop the BAA south division regular standings with a record of 9-1. In playoffs, the boys beat Kincardine and Peninsula Shores respectively in their BAA quarter-final and semi-final. The Crusaders lost to an impressive group from OSCVI in the BAA finals, but managed to qualify for the CWOSSA championships by making it to the BAA gold medal game. Mr. Dunn and Mr. Striukas would like to thank these student athletes for their dedication to the Sacred Heart basketball program over the last four months.



## Junior Boys' Basketball - Season Summary

The 2008-2009 junior boys basketball team has nearly closed off on one of their most successful seasons in Sacred Heart history. This year's accomplishments bettered that of last year's success, including a 1st place (undefeated) finish in the BAA South Division, a place in the BAA Final Four District Championship, and a berth in the CWOSSA Final Four Regional Championship, which will be played this Friday, Feb. 27<sup>th</sup> at Sacred Heart. They also finished as runners-up in their lone tournament appearance of the season at Central Huron. Their current record stands at 14 wins and 2 losses.

The boys demonstrated a sincere commitment to the team, improving on their skills in each and every practice and game. With strong leadership coming from the veteran core of players, such as Riley Knox, Mitch Bamsey, Alex Eckensweiler, Patrick "The Tower of Power" Kritz, and Sean Desjardins, it became obvious that the junior boys were on a mission of success from the onset of the season.

Both Mr. Dunn and I would like to thank all of the boys for the hard work and dedication that they put forth this year. I am personally proud to have coached such a classy group of individuals who truly define what sportsmanship, perseverance, and commitment mean here at The Heart.

D. Striukas

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