



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

November 2008

Prayer for Peace

Dear God we pray for all the men, women and children presently caught in war-suffering. And as we stand with them, we cry in our hearts for peace.



God of Justice we seek a better way to live with each other.

Help me to see that better way must start right here, right now with me.

Help me to see that I can give peace a chance by the way I treat my friends, my family, my teachers, my students, myself.

Help me to see the many times I find myself caught in warring ways.

Help me to find creative ways of being with my anger, of healing my fears, or working through my conflicts.

Give me the strength to start over and continue to give peace a chance.

LOCKDOWN PLAN

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

Recently we practiced a lockdown drill as required by the Ministry of Education. 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.



Late Taxi/Bus Schedule 2008

Nov. 3,4,5,11,12,13,18,19,20,24,25,27
Dec. 1,2,3,8,10,11,16,17,18,

NATIONAL TAKE OUR KIDS TO WORK DAY

On Wednesday, November 5th, our grade nines will be among hundreds of thousands of students who are participating in *Take Our Kids to Work Day*.

Permission forms were sent home with students in early-October.



Take Our Kids to Work is a one-day job-shadowing experience for Grade nines. It provides a chance for students to connect what they are learning in school with what happens in the workplace. *Take Our Kids to Work* also allows young people to clarify goals for the future so they can choose appropriate school courses.

Workplace safety is of the utmost importance during *Take Our Kids to Work*. Parents must determine areas that are safe for visiting and provide their child with supervision throughout the day.

EARLY DISMISSAL DAYS

Wed., November 26th, 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



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

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

Keystone Child, Youth & Family Services

- Oct. 21 & 28 Parenting Effectively through Separation/Divorce
- Oct. 23 Adolescence: A Time of Fast and Furious Change for Parents and Kids
- Nov. 6 Effective Parenting During Adolescence Makes a Difference
- Nov. 13 A Parent's Reponse to Adolescent Drug and Alcohol Use

Location: Bruce Power Visitors Centre
Time: 4:30 pm - 5:30 pm

Refreshments will be provided

*For information or to register please call Heather Baker
 519-361-3484*

heather.baker@brucepower.com

SCHOOL COUNCIL

Our next School Council Meeting will be held on Wednesday November 19th at 7:00 p.m. in the library. Everyone is welcome to attend. Jackie Dally and Wayne Poechman are the co-chairs of our School Council for the current year.

SCHOOL DANCE

Our next school dance will be held on Friday Nov. 7, 2008 from 7:30 pm to 11:00 p.m. Get involved—see you there.



MID-TERM REPORT CARDS



Mid-term Report Cards will be distributed to students on Monday November 17th. Semester 1 Parent-Teacher Interviews were held on Thursday October 23rd. If you have a question or concern regarding your child's progress please contact your child's teacher.

Please complete the Response Form on Page 2 of the Report Card and return it to the main office at the school.

PHOTO RETAKES

Photo Retakes are November 12 from 9:30-10 am. See Mrs. Hicks (S102) for information and forms.



GRAD PHOTOS

Grad photos are November 11-14th. Appointments are available from 8 am until 5 pm. See Mrs. Hopcraft (E111) for an appointment.

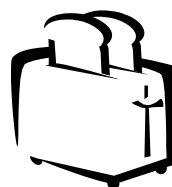


A sitting fee of \$20 is required for all those wanting proofs. This fee includes a copy of the composite with photos of all the grads taken by this photographer.

If a photo is required only for the grad section of the yearbook and/or for the composite, no sitting fee will be charged.

PLEASE NOTE: ONLY GRAD PHOTOS TAKEN BY THE SCHOOL PHOTOGRAPHER WILL BE INCLUDED IN THE YEARBOOK AND USED IN THE COMPOSITE.

Breakfast Club



Breakfast Club is a popular spot once again this fall. As always, we have some wonderful volunteers - some new to our program and some who have returned to offer their help.

This year we find ourselves low on funds so if anyone would like to make a food or financial donation it would be greatly appreciated. Please leave your donation at the office or bring it to breakfast club in the seminar room.

Driver Education Classes 2008-2009



Session # 3	Nov. 3 - Dec. 8 Nov. 3, 5, 12, 17, 19, 24, 26 Dec. 1, 3, 8 10	Monday & Wednesday 10 - 2 ½ hr. sessions 3:30 - 6 p.m.
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.



COLLEGE/UNIVERSITY PRESENTATIONS AT SHHS

The following colleges/universities will be visiting Sacred Heart on the following dates:

Mon., Nov. 3	1:00 p.m.	Lakehead University, Thunder Bay
Wed., Nov. 5	11:00 a.m.	Cambrian College, Sudbury
Thurs. Nov. 6	1:00 p.m.	University of Guelph, Guelph
	11:00 am	Conestoga College
Tues. Nov. 11	1:30 p.m.	York University, Toronto
Wed. Nov. 12	9:30 a.m.	Loyalist College, Belleville
Wed. Nov. 12	1:00 p.m.	University of Waterloo, Waterloo
Thurs. Nov. 13	11:00 a.m.	Laurentian University, Sudbury
Thurs. Nov. 13	1:00 p.m.	Algoma University, Sault St. Marie
Fri., Nov. 14	1:00 p.m.	University of Toronto
Wed. Nov. 19	12:45 p.m.	Humber College, Toronto
Thurs. Nov. 27	1:00 p.m.	Fanshawe College, London



COLLEGE AND UNIVERSITY APPLICATIONS

For students planning to apply to postsecondary schools this year, the deadline for college applications is February 2, 2009 and the deadline for university applications is January 14, 2009. However, it is the hope of our Guidance Department that all applications will be completed prior to the Christmas Break. The PIN information required for the University application process is now available at the Guidance office. The OEN information required for the College application process is also available at the Guidance office.

SCHOLARSHIP WINNERS

Congratulations to the following Sacred Heart graduates who were awarded Queen Elizabeth II Aiming for the Top Scholarships:

Holly Batte	Gillian Fischer
Crystal Fortney	Melissa Grubb
Laurel Hoffarth	Josh Tighe
Thomas Weishar	Shawn Williams
Shelby Zettler	

These scholarships are awarded by the Government of Ontario to students who graduate with top marks at their high school and plan to continue their studies at an Ontario College or University. The scholarships are worth up to a maximum of \$3500 per year, for up to 4 years in total.

House of Commons Page Program Deadline - Monday, December 1, 2008



House of Commons Pages are selected from high schools across Canada every year. They serve the House of Commons while beginning their studies at a university in the National Capital Region.

Pages are contracted to work at the House of Commons for one year beginning in late August 2009. They will work a minimum of 15 hours a week and their work schedule is coordinated with their university schedule.

A salary of \$11,461 will be paid in 26 equal payments to Pages throughout their working year. In addition, a sum of \$1,200 will be paid at the successful completion of the contract in August 2010.

Each candidate must:

- be a Canadian citizen or permanent resident;
- be graduating from a secondary school and beginning full-time university studies in September 2009;
- have an overall academic average of at least 80%
- have a superior knowledge of both official languages, as evaluated by the House of Commons;
- apply to a university in the National Capital Region, be accepted and accept the offer of admission.

Further information and application forms are available at the guidance office and on the Internet. Applications may be submitted online at <http://www.parl.gc.ca/hocpage>.

This year's deadline for application is Monday, December 1, 2008.



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

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.

Royal Canadian Legion Remembrance Day Contest

Students are encouraged to submit a poem, essay or a poster on the subject of Remembrance. There is an in-school contest for entries, and prizes will be awarded for the top three poems and essays. All entries for the literacy portion of the contest must be submitted to Mrs. Sakal in room E113, by Friday, Nov. 7th.

See English teachers for the essay and poem requirements and Ms. George for the poster expectations. Good luck writers and artists!



DATES TO MARK ON YOUR CALENDAR

November 5 th	National Take Our Kids to Work Day - Grade 9 Students
November 7 th	School Dance
November 10 th	PD Day
November 11 th	Remembrance Day Service
November 11 th - 14 th	Grad Photos
November 12 th	Picture Retake Day
November 17 th	Mid-Term Report Cards Sent Home with Students
November 19 th	School Council Meeting - 7:00 p.m.
November 26 th	Early Dismissal Day - 1:19 p.m.
November 26 th	Cabaret
December 4 th	Semi-Formal Dance
December 5 th	PD Day
December 15 th	Interim Reports
December 18 th	Advent Mass
April 2 nd	Literacy Test

STUDENT CARD DISCOUNTS

It pays to be a Sacred Heart Student! Show your student card at the following local businesses and receive a discount:

<i>Walkerton</i>	<i>Discount</i>
The Shoe Shack	10 % off
Godfather's Pizza	Slice & Pop \$3.15, slice \$2.63
Victor Lair	15% off regular priced merchandise
Stedmans	10% off
Towne Convenience	710 ml pop with reg. Size chocolate bar \$2.00
TK's Deli & Pizzeria	10% off of purchase over \$5.00
Subway	Free cookie with any purchase
White Rose Café	10% off
A.J.'s Art Supplies	10% off
HDTV & Electronics	10% off
Cartwright's Shoes	10% off any price
Simply Deli-cious	10% off
Essential Aesthetics	\$5.00 off any service (Not valid with any other offer)
Lifeology	5% off regular priced merchandise
Kisses Ladies Fashions	5% off regular priced merchandise
Joy Source for Sports	10% off regular priced clothing
Annie's Chocolates	
/Sugar Shack	No tax on any ice cream product
Phoenix Street Wear	No tax (13%)
New Orleans Pizza	Free Pop w/Pizza Slice
Loung Sing Restaurant	10% off eat-in & take out (not including buffet or specials)
<i>Hanover</i>	<i>Discount</i>
Harvey's/Swiss Chalet	10% off any combo



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!Buenos dias! From the Spanish Club

The Spanish Club is alive and well at the Heart. We are 25 members strong, and are having a great time learning to communicate in a second language, third language for some. Also, we are learning some aspects of this culture.



For some of us it is a third language. Students and teachers who will be traveling to the Dominican Republic in 2009 have also joined our group.

Everyone is welcome to join us: we meet every Thursday, at lunch in room E110. No prior knowledge is necessary.

We all learn together. !Juntos!

Mrs. Mayer

GRADE 9 REGISTRATION FOR SEPTEMBER 2009

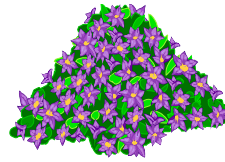
We are currently compiling a mailing list identifying all current Grade 8 students and parents who may be interested in coming to Sacred Heart High School in September. We will use this list to send out information regarding upcoming dates (Parent Nights/ Student Orientation Days), information about our school and registration procedures. Grade 8 students currently at one of our feeder schools will automatically receive this information. However, if you know of students currently attending a public or private school who may be interested in attending Sacred Heart in the fall, please have them call the school (519) 881-1900 and ask to be added to our mailing list. Thanks for your assistance in getting the word out.

PLANNING AHEAD

The board has renewed its licence to access the website www.myblueprint.ca. This website allows students to enter the secondary school courses they plan to take and then see the post-secondary programs and careers that are open to them. This is particularly beneficial for students in Grade 8 planning their secondary school program as well as students currently in secondary school. To enter the website use the activation key "sacredwalk". Students are then able to create a profile and go from there.

OYAP

What do you plan to do with your future? Have you considered starting an apprenticeship while still in high school? Visit the Guidance Office for more information about the Ontario Youth Apprenticeship Program.



Special Thanks

A special thank you to Jeff Davis from Davis-Hill Nursery, Walkerton for graciously donating several different types of perennials to our flowerbed located at the front of the school. The added colour is a welcoming change!

All Parents and the General Public are invited to visit the 9th Annual Honour A Hero display at the Walkerton Legion on

November 2nd from 12:00-4:00 and between Nov. 3rd to 7th from 9:00am-5:00pm and evenings from 6:00pm - 8:00 pm. The approximately 400



feet of display takes in the 32nd Battalion, WWI, WWII and Afghanistan. There are personal stories, photos, uniforms, medals, badges and many more artifacts never seen before.

BUS CANCELLATIONS



Winter is rapidly approaching. In the event of inclement weather please listen to our local radio stations for bus cancellations.

Go SHHS GO!

SHHS Cheerleading Team

Coaches: Mrs. Stanislow, Miss Waechter, Mrs. Hicks

Kyle Steckley
Courtney Hicks
Kaitlyn Moran
Sarah Burgess
Kate McDonald
Trevor Uitvlugt
Sarafina Pagnotta
Melissa Noonan
Destiny Genereux
Shealagh Mallory
Maria Dales
Cassie Davidson
Emily Brown
Shelby Collins

Kaela Steckley
Keelan Waechter
Tessa Al
Alisa Lieber
Natalia Baldo
Kelsey Berberich
Kristen Luinstra
Ashley Love
Wendy Xie
Vanessa Huber
Emily Mallett
Heather Reinhardt
Celina Brown

NEW

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Students “Explore Design” Careers



43 students from Mr. Johnson’s communication courses, Ms. George’s media art class and Mr. Gagnon’s marketing class attended the Explore Design Fair for Youth at the Metro Toronto Convention Centre on October 1st. Students attended workshops/presentations all day at the convention centre covering topics like Portfolio Design, Animation, Interior Design, Web Design, Logo Design, Game Design, Landscape Design, Programming, Automotive Design and Advertising. They also toured the CBC building and had access to representatives from numerous colleges and universities who explained their programmes to the students.

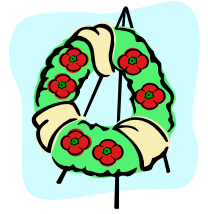
NSAID Day



Photo of Kevin Brooks the guest speaker from Oct. 24 who had a great impact on our students when he implored students to not drink and drive, like he had, and the consequences he has suffered since then.

Friday October 24th we hosted National Students Against Impaired Driving Day. We started off with a video quoting relevant statistics related to impaired driving. Seventy-two students spent the day with white faces and talking as little as possible. These 72 people represented the people who are hurt or killed by an impaired driver during the time we are at school. That’s one person every five minutes of every day in Canada. The day finished with a terrific presentation in our gym by Kevin Brooks who travels across the continent speaking to students about making good choices related to safe and sober driving.

History Classes Remembering Our Veterans



The history classes at Sacred Heart will be honouring our veterans with special events over the next two weeks. Our grade ten and older history classes have the opportunity to see an educational Canadian movie production called **Passchendaele**. It is written and directed by Canadian Paul Gross (TV series *Due South*) and is “a story of passion, courage and dedication set during the height of the First World War. The film shows the heroism of those that fought in battle, and of those that loved them.” It is part of our grade 10 history curriculum in particular. Our students will be attending the morning of November 4th. If parents would like to attend this viewing please leave a message for Dave Johnson at SHHS, 519-881-1900 or have their son/daughter inform their history teacher.

Students from our history (and other) classes will also be attending the **Honour A Hero display at the Walkerton Legion** between Monday, Nov. 3rd to Friday Nov. 7. This awesome display is not to be missed as Mr. Clarence “Butch” Kieffer and the Walkerton Legion always produces a stirring tribute to our veterans.

The whole school will honour our veterans with a **Remembrance Day Service on Nov. 11th** and SAC and some history classes will be laying a wreath at the Walkerton Cenotaph ceremonies. *Lest We Forget.*

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.



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PARENTING TIPS:

Your Teen Wants to Attend a Party

1. Call the parent of the host/hostess to:
 - Verify the occasion.
 - Be sure that an adult will be present.
 - Be certain that there will be no alcohol or other drugs permitted.
 - Offer Assistance.
2. Know where your teen will be.
 - Have the address and phone number of the house with the party.
3. Know how your teen will get to and from the party.
 - Assure your teen that you or a specified neighbor or friend can be called if he/she needs a ride home.
 - Discuss with your teen the possible problem situations which might necessitate such a phone call.
 - If you are not going to be home, let your teen know where you can be reached.
4. Be sure your teen understands when he/she is to be home.
5. Be awake or have your teen awaken you when he/she arrives home.
 - This can be a good way to check the time as well as a way to talk about the evening.
6. If your teen is staying overnight with a friend following a party, check with the parents of the friend beforehand to verify that:
 - This is acceptable to them.
 - They will be home.
 - You both agree on curfew hours.
- Uninvited guests or those bringing in alcohol or another drug should be asked to leave. Be ready to notify the parents to ensure their safe transportation home.
3. Anyone who leaves the party should not be allowed to return.
 - This will discourage people from leaving with intent to drink and/or use drugs and then return to the party.
4. Encourage small parties.
 - Keep parties small (10-15 teens per adult). Go over party plans with your teen prior to the event.
 - Avoid open-house parties. This type of party limits the control of both parent and teen over the party.
 - Keep a guest list.
 - Encourage your teen to plan organized group activities or games.
 - Set time limits which will enable teens to be home before their curfew.
5. Set ground rules with your teen beforehand.
 - This will give you both a good opportunity to express feelings and concerns.
 - Let your teen know your expectations of him/her.
 - Help your teen understand your philosophy of non-alcohol and non-drug parties.
6. Plan to have plenty of food and non-alcoholic drinks available.
 - Teen favorites are pizza and chips. Food preparation also can be an important part of the fun, such as making popcorn, toasting marshmallows, making pizzas or subs.

HOSTING A PARTY

1. An adult should be present throughout the party.
 - As a parent, you can bring in snacks, non-alcoholic beverages, etc. Not only will your visibility help keep the party running smoothly, but it will also give you an opportunity to meet your teen's friends.
 - When possible, do not have a party in a separate part of the house. When it is in the main flow of the home, your presence will seem more natural and non-obtrusive.
 - You may want to ask another responsible adult to help chaperone the party.
2. Alcohol or other drugs should not be served or available
 - Be alert to the signs of alcohol or drug use.
 - Explain to your teen that you (the parent) are legally responsible for anything that happens to a minor who has consumed alcohol or drugs in your home.
7. Some other ideas:
 - Get to know your teen's friends and their parents.
 - Many parties occur spontaneously. When they do, it is recommended that the above guidelines be applied.
 - If, despite your precautions, things get out of hand, do not hesitate to call the police department for assistance.

<http://www.madison.k12.wi.us/aod/index.htm>



Get the Flu Shot...It's Free!

Protect yourself & those around you.

2008 Walk-in Community Flu Clinics

No appointment needed

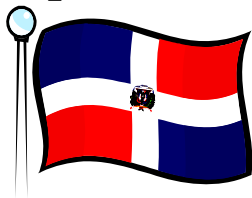
Wed. Nov. 5	Saugeen D.S.S.	Port Elgin 4 - 8 pm
Thurs. Nov. 6	Kincardine D.S.S.	Kincardine 4 - 8 pm
Thurs. Nov.13	O.S.C.V.I.	Owen Sound 4 - 8 pm
Tues. Nov. 18	Durham & District Community Centre	Durham 4 - 8 pm
Wed. Nov. 19	Chesley Community Centre	Chesley 4 - 8 pm
Thurs. Nov. 27	Walkerton D. S. S.	Walkerton 4 - 8 pm
Mon. Dec. 8	Hanover Heights Community School	Hanover 4 - 8 pm

You can also receive a Free Flu Shot from Public Health by calling 519-376-9420 or 1-800-263-3456 for an appointment at one of the clinics located in Owen Sound, Port Elgin or Walkerton.

www.publichealthgreybruce.on.ca

Dominican Republic Mission Trip

In March of 2009, 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 first SHHS mission trip;



Emily Golem	Jake Lantz	Jessica Mackinnon
Katrina Grubb	Kelsey Neil	Dan Kuntz
Latisha Barger	Laura Voisin	Logan Daly-Doersam
Olivia Nussey	Rebecca Croker	Ryan Power
Sarah Johnson	Selena Cassidy	Trevor Uitvlugt
Allana Durrer	Chris Zettel	Mikuta Waldoch

We now need to fund raise and collect clothing, tools and sporting goods to take with us to the children of the orphanage. 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 speak with Mr. Peter King or Mrs. Joy King, the chaperones and staff advisors.



CABARET 2008 ... TALENT TAKEOVER AT CAMP C*L*A*S*H*



Once again, Sacred Heart High School is making preparations for their annual cabaret production. This year's cabaret will be held on Wednesday, November 26, 2008 at 7:30 p.m. in the school auditorium, with the snow date being Thursday, November 27th. Doors will open for this event at 7:00 p.m.

The annual variety show entitled *Talent Takeover at Camp C*L*A*S*H** features a wide spectrum of student talent acts including singing, instrumental musical numbers, dancing and appearances by both the grade nine and senior bands.

The plot for this year's Cabaret follows a group of rival camps, an Arts based camp called Camp Discovery and the neighbouring military camp referred to as Camp Elite. A.J. the leader of Camp Elite, brings in a secret display of termites which she plans to use as a demonstration tool in group dynamics and cooperation. Unfortunately, Waldo, a hands on sort of gal, gets into the termites letting them loose thereby causing the military camp to become infested with termites. Making short work of the wooden structures, the termites move on leaving the campers of Camp Elite without a campsite. Taking matters into their own hands, they plan a friendly takeover of the arts camp leaving the arts campers, led by Luke, in the cold. When the conflict between the two camps threatens to escalate, the owner of the two camps, Jamie Scott, proclaims that the only way to truly settle their differences is to "compete" for top place at the talent show with the winner getting sole rights to the use of the remaining camp site. Declaring war, the two sides begin to clash and the talent takeover begins. What they do not realize is that Jamie has other ideas in mind, once again proving that talent and creativity are true equalizers.

Tickets for *Talent Takeover at Camp C*L*A*S*H** will go on sale at Sacred Heart High School's main office and Holst's Office Supply in Walkerton beginning Monday, November 10, 2008. Admission prices are \$8.00 for adults, \$5.00 for students and seniors and \$3.00 for children 12 and under. For further information, call the school at (519) 881-1900. Join the Sacred Heart students in a fun filled camping lark.

NEW

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CO-CURRICULAR ACTIVITIES

The fall season for co-curriculars is quickly drawing to a close. In the winter season, boys' basketball, girls' volleyball and boys' and girls' hockey will be starting up. Students are encouraged to listen to upcoming announcements for try-out dates. Students may also talk to the coaches listed below for more information:

Jr. Boys' Basketball - Head Coach: Mr. Striukas, Assistants: Adam Schuessler, Mr. Dunn

Sr. Boys' Basketball - Head Coach: Mr. Dunn, Assistants: Mr. Striukas, Adam Schuessler

Jr. Girls' Volleyball - Head Coach: Mrs. Dunn, Assistant: Ms. McTeer

Sr. Girls' Volleyball - Mrs. Mount

Girls' Hockey - Mr. Johnson, Mr. Turcotte

Boys' Hockey - Mr. Orr, Mr. Hambrock

Remember to get involved!

Cross Country Season a Success

The cross country running team has ended a very successful season of competition. The team began practices in early September and attended a number of meets throughout the month of October. Team members include Kristen Luinstra, Heather Cummings, Becca Feeny, Kyle Bross, Zach Bross, Cole Breckell, Adam Thomas and Brent Wilhelm.



The team had a strong showing at the OSCVI Invitational with three runners - Heather Cummings, Becca Feeny and Kyle Bross - securing finishes in the top six. As well, the senior boys' team - Kyle Bross, Zach Bross, Cole Breckell, Adam Thomas and Brent Wilhelm - captured 2nd place, just one point short of the championship team.

The results of the BAA Championship found two Sacred Heart athletes in the top 10 of their respective races. Heather Cummings finished 7th in the junior girls' race. Kyle Bross was 5th in the senior boys' division.

The team enjoyed a great CWOSSA experience on October 23rd, at Piper's Glen Golf Course, Port Elgin. There were over 65 schools competing at the CWOSSA level with up to 262 runners in each race. Kyle Bross was the top male runner for Sacred Heart finishing 40th out of 262 senior runners. Heather Cummings led our female contingent with a 37th placing out of 152 junior competitors.

We are very proud of our athletes. Each team member is congratulated for their dedication, hard work and team spirit throughout the season.

Mrs. C. Mount and Mr. C. Hambrock
Coaches

Girls Hockey Team is Defending BAA Champs

The Girls Hockey Team is set to begin their defence of the Bluewater Athletic Association title as the season begins the week of November 17th. Eight weekly games will follow and the girls are also registered in tournaments in Listowel, London and host the 10th Annual Crusader Challenge Girls Hockey Tournament on Thursday, January 8th, 2009.



The website to check to keep up-to-date on local high school sports is www.bluewaterathletics.com. Check it out, as it is maintained by SHHS student Corey Moyer and has all the BAA action.

Chaplain's Corner

November is here with a bang! All Saints Day Saturday November 1st. We are blessed to belong to a community of believers that goes back before the time of Christ. We are all connected to those who have lived worthy lives dedicating themselves to building the Kingdom of God. If you and I have a problem with just about anything there is a saint we can ask to intercede for us in prayer. For example Maria Goretti knows all about forgiving an attacker. Thomas Moore knows how hard it can be to be honest about what we are asked to do in the name of our work. Mary the mother of Jesus knows all about how hard it is to let go as our children leave the nest. If you're down or confused talk to a saint in prayer, your confirmation saint is a great place to start. Have a super month as we journey toward another season of Advent.

Mr. P. King



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.

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