



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, Box 1480
 Walkerton, Ontario N0G 2V0

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

October 2008

Prayer for October

I have many things to be thankful for, God,
 and sometimes I remember them and other times I forget.
 When something large or small goes wrong,
 it fills my mind and I forget those things for which
 - when I remember - I am thankful.

Help me to remember the good things, God.
 Help me to name them, to savour them and to be thankful
 to you.

Amen



Life Chain is on Sunday,
 October 5th, from 2 to 3 p.m.
 There are still about 100, 000
 babies aborted in Canada each
 year. Join tens of thousands of

Canadians as we stand in prayerful silent witness
 against the killing of unborn children. Please go to the
 Walkerton library at 1:45 to pick up your sign.
 Refreshments to follow at the library.

EARLY DISMISSAL DAYS

Wed., October 29th, 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

Late Taxi/Bus Schedule 2008

Oct. 1,2,6,7,8,14,15,16,20,21,22,27,28,30
 Nov. 3,4,5,11,12,13,18,19,20,24,25,27
 Dec. 1,2,3,10,11,16,17,18,



Epi-Pens

It is very important
 that the staff of
 SHHS be aware of
 all students with life-
 threatening allergies.



Each year the school
 develops an anaphylactic plan to ensure that we know
 who carries an epi-pen and where the epi-pen is located
 in the event of an emergency. At the high school level
 students should carry their epi-pen with them at all times.
 It is also recommended that a spare emergency epi-pen
 be given to the main office. If you are a student who
 carries an epi-pen (or have any other serious medical
 condition) please see Mr. Kuntz to ensure that we have
 the information required to assist you in the event of an
 emergency.

ENCOUNTERS WITH CANADA

Have you heard about **Encounters with Canada**?

Encounters with Canada is a one-week program of
 Canadian studies held at The Terry Fox Canadian Youth
 Centre in **Ottawa**. Each week from late September to
 early December and from late January to early May, over
 138 high school students aged 14 to 17, come from across
 the country to our Nation's Capital for a "once in a
 lifetime" opportunity.

The program week is divided into two parts. The first part
 of the week is centred on Canadian Institutions and
 includes visits to Parliament, the Senate and a guided tour
 of the National Capital Region. The second part of the
 week is organized around one of the eleven sub-themes:
 Sports and Fitness, Arts and Culture, Medicine and Health,
 Science and Technology, Law, Royal Canadian Mounted
 Police, Journalism and Communications, Business and
 Entrepreneurship, Social Sciences, International Affairs,
 and Canada Remembers.

Contact Mr. E. King today for more details.



Telephone / Attendance: (519)881-1900 Fax: (519) 881-4819
 Website: www.bgcdsb.org~shhs Email: shhs@bgcdsb.org

FACING THE INCONVENIENT TRUTH

An evening information session will be held on Wednesday October 22nd at Sacred Heart High School at 6:59 p.m. in the gymnasium. The topic is climate change and the environment. Admission is free.

SCHOOL COUNCIL

Our next School Council Meeting of the year will be held on Wednesday October 8th in the school library at 7 p.m.. Members of the School Council this year include: Murray Kuntz (Principal), Ed King and Nancy Skiba (Teacher Representatives), Michelle Walker (CUPE Representative), Georgina Barlow, Jackie Dally, Lauriss Detzler, Patti Golem, Megan Hendriks, Ron Motz, Karin Mulder, Wayne Poechman, Terry Schurter and Gina Williams (Parent Representatives).

Video Surveillance for Buses

“The use of video surveillance may be in effect. The personal information is collected under the authority of the Education Act S. 170 and will be used to reduce/prevent property vandalism, theft and violence and to ensure the safety of students. Questions about this collection should be directed to:

FIPPA Coordinator, Bruce Grey Catholic District School Board, Catholic Education Centre, 779-16th Avenue, Hanover, Ontario, N4N 3A1 519-364-5820.

SCHOOL DANCE

Our first school dance of the year will be held on Friday October 3 from 7:30 pm to 11:00 p.m.



Mission Trip

The news is out! Our school board has approved a mission trip to the Dominican Republic in March. We are working to assemble a team of 18 students to accompany Mr. and Mrs. King to work at the NPH orphanage north of San Pedro de Macoris. We will live and work at the orphanage as well as continue to help in the local community with playground equipment. Students will have an opportunity to be of assistance and learn of life in another part of our world. We will be collecting clothing and fundraising for the trip. Your prayers and support for the upcoming project are very much appreciated. If you are interested in helping please contact Mr. Peter King at the school.

SHHS School Photo RETAKE Day Wed. Nov. 12th, 2008



Invitation to all Students, Families and Staff who have been involved with the Bruce-Grey Catholic District School Board **RAINBOW'S PROGRAM.**

On Oct. 7th a Rainbow's 20th Anniversary Mass is being held at Holy Family Church, Hanover at 7:00 p.m. All are welcome to attend this celebration. Join us after for refreshments and social time.

Driver Education Classes 2008-2009



Session # 2	Oct. 11 - Nov. 1 Oct. 11, 18, 25 Nov. 1	Saturday 4 - 6 ¼ hr. sessions 9 a.m. - 4 p. m.
Session # 3	Nov. 3 - Dec. 8 Nov. 3, 5, 12, 17, 19, 24, 26 Dec. 2, 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 - 2 ½ 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 - 2 ½ 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.



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EQAO RESULTS

Individual results from the 2007-2008 EQAO Grade 9 Math Testing were mailed home last week. Our students fared well on the testing. A summary of our school results are outlined in the charts below:

Grade 9 Academic Level Math:

% of Students Scoring at Levels 3 and 4	
Sacred Heart High School	75%
Provincial Average	75%

Grade 9 Applied Level Math:

% of Students Scoring at Levels 3 and 4	
Sacred Heart High School	46%
Provincial Average	34%

Students enrolled in Grade 9 Academic Math (MPM 1D1) or Grade 9 Applied Math (MFM 1P1) this semester will write the EQAO Grade 9 Math Test in their regular math class during the week of January 12th.

TAKE OUR KIDS TO WORK DAY

Grade 9 students across the province will be participating in Take Our Kids to Work Day on Wednesday November 5th, 2008. Students are encouraged to attend the workplace of a parent, relative, friend or community host, in order to learn more about the world of work. Information regarding this day and the required consent forms have been sent home with Grade 9 students. If you have questions about Take Our Kids to Work Day please contact Mrs. Mount or Ms. Slosser in the Guidance Department.

INTERIM REPORTS

Interim Progress Reports will be sent home with the students on Monday, October 20th by each classroom teacher. Please review the results with your child. If your child does not bring home their interim reports or if you have concerns regarding your child's progress, please contact your child's classroom teacher.

Parent-Teacher Interviews will be held on Thursday October 23rd from 5:00 - 8:00 p.m. in the school gymnasium. All parents are encouraged to attend.

CO-CURRICULAR INVOLVEMENT THRIVING!

Congratulations to the students and staff of Sacred Heart High School for their active involvement in co-curricular activities. At the present time the following activities are underway:

Club/Activity - Teacher Contact	No. Of Participants
Photography Club - Miss George	24
Band - Mrs. King	40
Yearbook - Mrs. Hicks, Mrs. King, Mrs. Hopcraft, Miss Becker	10
Youth For Life - Mr. P. King	12
Student Activity Council - Mrs. Hicks, Mr. Striukas	59
Public Speaking - Mrs. Sakal	5
Drama Club - Mrs. Davidson	80
Badminton Club - Mr. Gagnon, Mr. Hicks	30
Jr. Girls' Soccer - Ms. White	21
Jr. Boys' Soccer - Mr. Striukas	20
Jr. Girls' Basketball - Mrs. Kroeplin-Frank, Mr. E. King	17
Sr. Girls' Basketball - Mrs. Kroeplin-Frank, Mr. E. King	8
Girls' Rugby - Mr. B. King, Mrs. Detzler	29
Boys' Rugby - Mr. Charette, Mr. Elphick	50
Jr. Boys' Volleyball - Mrs. Dunn, Miss McTeer	12
Sr. Boys' Volleyball - Mr. Dunn	16
Girls' Golf - Mrs. Young, Mr. Hicks, Mrs. King	4
Boys' Golf - Mr. Ward, Mr. Orr, Mr. Kittel	4
Tennis - Mrs. Young	5
Cross Country Running - Mrs. Mount, Mr. Hambrock	8
Girls' Hockey - Mr. Johnson, Mr. Turcotte	25
Boys' Hockey - Mr. Orr, Mr. Hambrock	60
Chess Club - Miss Gorecki, Mrs. Kunkel	12
Weightroom - Mr. Dunn, Mrs. Dunn	75
OSAID - Mr. P. King	12
Total	638

Way to get involved Sacred Heart!!!

It's not too late to get involved in many of the clubs listed above. See the teacher listed above for more details.

The winter sports seasons start in November (Girls' Volleyball, Boys' Basketball, and Hockey). Listen to morning announcements for more information.



COLLEGE/UNIVERSITY PRESENTATIONS AT SHHS

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

Wed., Oct. 1	1:00 p.m.	St. Clair College, Windsor
Tues., Oct. 14	10:30 a.m.	Georgian College, Owen Sound, Barrie & Orillia
Tues., Oct. 14	1:00 p.m.	Nipissing University, North Bay
Wed., Oct. 15	9:30 a.m.	Huron University College, London
Wed., Oct. 15	11:00 a.m.	Ridgetown College, Ridgetown
Wed., Oct. 15	1:00 p.m.	Kings College @ Western, London
Wed., Oct. 15	2:00 p.m.	Renison College @ U of W, Waterloo
Thurs., Oct. 16	9:30 a.m.	Brock University, St. Catharines
Thurs., Oct. 16	11:00 a.m.	University of Windsor, Windsor
Thurs., Oct. 16	1:00 p.m.	Ryerson University, Toronto
Fri., Oct. 17	2:00 p.m.	Wilfrid Laurier University, Waterloo
Mon., Oct. 20	11:00 a.m.	Conestoga College, Kitchener
Mon., Oct. 27	9:30 a.m.	Fleming College, Lindsay & Peterborough
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
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 INFORMATION FAIR

A College Information Fair will be held at Conestoga College in Kitchener Wednesday October 8th from 9 a.m. to 12:30 p.m. Most colleges in Ontario will be represented at the fair. A bus from Sacred Heart to Conestoga College will be arranged. See Guidance for more information and to sign up.

OTHER INFORMATION FROM GUIDANCE

- SAT and ACT information is available in the Guidance Office for students interested in applying to American universities
- A representative from Y Employment Services is in the Guidance Office every Wednesday morning to help students with resumes, job searching etc.

40 HOURS

A reminder that students must complete 40 hours of volunteer service prior to graduation. Mrs. Mount visited Grade 9 Classes last week to explain this requirement.



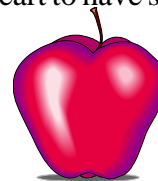
Students who plan to graduate in June are asked to submit the required paperwork to the office a.s.a.p.

STUDENT CARDS

If you have yet to pay your \$20 student card fee please do so asap. Payment can be left in the main office. Student cards will be distributed in early October.

WORLD TEACHER'S DAY

October 5th is World Teacher's Day. Many thanks to all of our teachers for their continued hard work and dedication. We are blessed at Sacred Heart to have such an outstanding and caring staff.



NEW

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ALTERNATE BUSING

In keeping with board policy regarding alternate busing, students are reminded that they are not able to ride a bus different than the one to which they are assigned for reasons such as going to their job, visiting a friend, dental appointment etc.. Permission to ride a different bus is only given by the board in the case of different places of residence of parent/guardians. If alternate busing arrangements are needed for such a reason, an application form available from the school (or downloaded from the board web site) must be completed and returned to the board office for approval.



TRANSPORTING EQUIPMENT ON SCHOOL BUSES

- Musical Instruments

May be transported in cases only and shall be kept on the student's lap.

- Skates

All skates transported shall have the blades suitably protected with guards and shall be tied together or be in a suitable equipment bag. The skates shall be placed on the floor at the student's feet.

- Hockey Equipment

Hockey sticks may only be transported with the approval of the school Principal and Bus Operator. Hockey equipment may not be transported on a school bus on a home to school route. On a charter bus, hockey equipment may be transported if it is stored in the storage space underneath the bus or inside, provided it does not block any exits or the aisle of the bus.

- Skis, Poles & Snowboards

May not be transported on a school bus on a home to school route.

- Skateboards

May not be transported on a school bus.

- Laser Pointers

May not be transported on a school bus.

- Animals

May not be transported on a school bus.



DATES TO MARK ON YOUR CALENDAR

Thurs. Oct. 2

Fri. Oct. 3rd

Wed. Oct. 8th

Mon. Oct. 13th

Mon. Oct. 20th

Wed. Oct. 22nd

Thurs. Oct. 23rd

Wed. Oct. 29th

Fri. Nov. 7th

Mon. Nov. 10th

Tues. Nov. 11th

Nov. 11th to 14th

Wed. Nov. 12th

Mon. Nov. 17th

Thurs. Apr. 2nd

School Mass

School Dance

School Council Meeting - 7 p.m.

Thanksgiving Holiday

Interim Report Cards Sent home by Classroom Teachers

Parent Information Session -

Facing The Inconvenient Truth

- 7 p.m.

Parent-Teacher Interviews

- 5 - 8 p.m.

Early Dismissal Day - 1:19 p.m.

School Dance

PA Day

Remembrance Day Service

Grad Photos

Photo Retake Day

Mid-Term Report Cards Sent Home

Literacy Test

Chaplain's Corner

Ah Sunshine, colorful leaves, active wildlife; all signs of God's beauty in creation. As the harvest is gathered it is a time of thanksgiving for all the gifts that we have received. We have begun a year full of new opportunity to do and learn many things. The work, the study that we do now is like the seeds planted in the spring. We might not see immediate change or instant results but if we continue to care and work hard our efforts will bear fruit. Although graduation may seem like a long way off now our work like that of the farmer will yield results. Work hard, enjoy your year and celebrate a blessed Thanksgiving.

Mr. P. King



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Go SHHS GO!

Senior Girls' Basketball Team

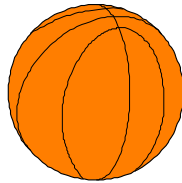
Coach: Ms. Kroeplin -Frank

Alanna Anstett	Kelly Scheuerman
Bryanna McNall	Aletta Schurter
Hilory VonHatten-Baer	Victoria Rogers
Linda Black	Bridget King

Junior Girls' Basketball Team

Coach: Ms. Kroeplin -Frank

Breann Glasier	Katie Brown
Carley Moore	Julie Chesney
Alyson Spitzig	Sammy Weber
Becky Busby	Taylor Summer
Pam Howe	Courtney Hicks
Haela VonHatten-Baer	Justine King
Lindsey Lippert	Crissa Fidler
Alecia Seifried	



Girls' Basketball Schedule 2008

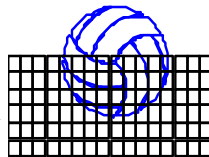
Game Times: 4:00 pm (Sr.) 5:30 pm (Jr.)

Wed. Oct. 1	KDSS @ SHHS
Mon. Oct. 6	SHHS @ CDHS
Wed. Oct. 8	SHHS @ JDSS
Wed. Oct. 15	WDSS @ SHHS
Mon. Oct. 20	SHHS @ SDSS
Wed. Oct. 22	SHHS @ KDSS
Mon. Oct. 27	CDHS @ SHHS
Wed. Oct. 29	CDHS @ SHHS
Mon. Nov 3	Winner Playoff 1 vs Team in # 1
	Winner Playoff 2 vs Team in # 2

Senior Boys' Volleyball Team

Coaches: Mr. Dunn, Miss McTeer

Brayden Berberich	Derrick Browning
Brandon Coghlin	Jake Detzler
Ian Eckensweiler	Brandon Finnie
Josh Hadwen	Tony Howe
Brock Mount	Ethan Mount
Nathan O'Hagan	Jason Poechman
Colten Schaus	Ryan Small
Joey Terwoord	Mark Wilhelm



Junior Boys' Volleyball Team

Coach: Mrs. Dunn

Jake Barclay	Ben Carroll
Ryan Craughwell	Sam Eckert
Eric Elliott	Naythan Evers
Kurtis Inglis	Morgan McBurney-McGeachie
Zach Petteplace	Justin Reinhart
Kyle Scheuerman	Andrew Walsh

Boys' Volleyball - Game Times 2:00 p.m.

Thurs., Oct. 2nd - SHHS & SDSS @ WDSS
 Tues., Oct. 14th - SDSS & KDSS @ SHHS
 Thurs., Oct. 16th - SHHS & CDHS @ WDSS
 Tues., Oct. 21st - KDSS @ SHHS
 Thurs., Oct. 30th - SHHS & WDSS @ SDSS
 Wed., Nov. 5th - BAA Playoffs

Junior Girls' Soccer Team

Coach : Ms. White

Erika Weber	Emily Meyer
Dallas Fahrer	Jocelyn Critchfield
Stephanie Hess	Julie Mittelholtz
Colleen Hundt	Claire Tomlinson
Megan Grubb	Madison McFadden
Celina Brown	Sammy Weber
Heather Cummings	Becky Busby
Jordan Rutledge	Christina Kaufman
Sara Strader	Jess Schmalz
Celeste Reinhart	

Junior Boys' Soccer Team

Coach : Mr. Striukas

Mitch Bamsey	Jordan Beckberger
Sam Boersma	Dave Carroll
Josh Cote	Sean Desjardins
Alex Eckensweiler	Brett Fischer
Paul Gill	Dustin Grubber
Jarred Kerr	Lucas McGlynn
Brad Pitt	Lucas Ranck
Jeff Ruttan	Devlin Schellenberger
Brennan Senra	Tyson Soers
Garrett Weigel	Jordan Wendorf



Junior Boys' & Girls' Soccer Schedule 2008

Tues. Oct. 7	SHHS @ SDSS
Thurs. Oct. 9	JDSS @ SHHS
Tues. Oct. 14	SHHS @ KDSS
Thurs. Oct. 16	SHHS @ WDSS
Tues. Oct. 21	WHSS @ SHHS
THurs. Oct. 23	Possible Challenge
Tues. Oct. 28	Boys' BAA Final 4 Tourn.
Thurs. Oct. 30	Girls' BAA Final 4 Tourn.
Nov. 6/7	Jr. Boys' CWOSSA @ St. Benedict in Cambridge

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NEW

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

Yearbook Executive 2008 - 2009
Mrs. Hopcraft, Mrs. King, Miss Becker,

Mrs. Hicks

Sarah Johnson - Editor-in-chief
 Krystal Gies Pamela Reed
 Laura Voisin Karen Grubb
 Reaghan Murphy Kendra Stuempfle
 Brandon Koebel Alex Reinhart

Girls' Golf Team
Coach: Mrs. Young

Shelby Collins Janna Dally
 Courtney Hicks Brittany Merchant

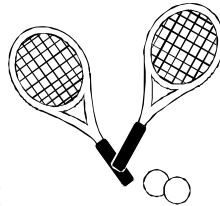
Mon. Sept. 29th - CWOSSA



Boys' Golf Team
Coach: Mr. Orr / Mr. Ward

Lyle Pinder Tyson Soers
 Joey Terwoord Garrett Weigel

Wed. Oct. 1st - CWOSSA



Tennis Team
Coach: Mrs. Young

Josh Hadwen Cecilia Ranieri
 Joe Scharbach Colten Schaus
 Matt Schuett

Remembrance Day Contest

Students are reminded of the Royal Canadian Legion Remembrance Day Poster / Essay / Poetry Competition. See Mrs. Sakal in room E113 for details regarding the poem and essay components. Miss George in room N117 can provide students with details regarding the poster portion of the contest. The theme is "Remembrance".

PLEASE CALL

If you know that your son or daughter will be away from school, PLEASE CALL and let us know. It saves our office staff a lot of time, and allows us to stay on top of attendance issues before they become major problems. Messages can be left 24-hours a day at 519-881-1900.

2008 - 2009 Student Council
Mr. Striukas & Mrs. Hicks

President	Tash Ruetz
1st President	Mark Zettler
Student Trustee	Jordan Hadwen
Treasurer	Brandon Koebel
Secretary	Yvon Verberne
Sales & Promotions Managers	Sara Girdler, Bridget King Callee Rice
Tech & Video Personnel	Mark Zettler, Jordan Hadwen
Grade 9 Representative	Stephanie Hess, Brady Collins
Grade 10 Representative	Courtney Hicks
Grade 11 Representative	Leah Cantlon
Grade 12 Representative	Claire Lafortune
Trintiy Representative	Courtney Bushell
Spirit Convenors	Aven Hoffarth, Jon Ruetz
Spirit Committee	Sierra Kimpel, Justine Lennox, Christina Lorentz, Emily Mallett, Bryanna McNall, Erin Neil, Jen Wagner, Laura Webb, Wendy Xie
Assembly Coordinators	Jess Barlow, Kyle Bross
Assembly Committee	Chloe Detzler, Allana Durrer, Brittany Gamble, Haley Hill, Katrina Kupferschmidt, Aletta Schurter, Chris Zettel
Dance Convenor	Sara Kelly, Kyle Parks
Dance Committee	Kara Bechberger, Maggie Berberich, Lindsey Borth, Richelle Busby, Kascha Fishcer, Emily Golem, Vanessa Huber, Nick Lang, Meg Lennox, Lindsey Lippert, Mike McGlynn, Jill Pitt, Graeme Poechman, Allan Rogers, Colten Schaus
	Shealagh Mallory
	Lisa Bohnert, Julie Chesney, Becca Croker, Janna Dally, Karen Grubb, Emily Lougheed,



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The Adventures of Grade Nine Appreciation Day!

by Colleen Hundt



Three, two, one, start your activities!

These are the words we heard while we were starting our first activity of the afternoon of grade nine appreciation day. Our first activity was relatively awkward. We placed an orange between our chins and our chests. Once it was in the proper position and remained there, we were to pass the orange to the individual beside us without using our hands. Whichever team did this without dropping the orange or using their hands more times than the other, won.

My personal favourite was named *Bruce County Fishing*. This involved a wheel barrel, your team with partners of two, a broom stick with a string and a very small sand bucket attached to it. There was an obstacle course in the middle, at one end there was a large tub filled with water and at the other end there was an empty five gallon pail for your team and one for the opposing team. The object of the activity is that one individual sits in the wheel barrel and holds onto the broom stick which has the string attached to the sand pail, while the other individual wheels them to the tub filled with water. You must fill your sand pail up with water and then return to your group going through an obstacle course and pour the water in the large pail and the next two students must do the same until your whole group has gone. To determine whose group won, you measure how much water is in each team's five gallon pail and whoever had more water in the pail won. I enjoyed getting the wheel barrel ride. In conclusion, I think that the student council did an amazing job at organizing the afternoon. I had so much fun and I'm sure other grade nines enjoyed it as much as I did.

SHHS School Clothing 2008/2009

Sponsored by SAC

ITEM	COLOUR	PRICE
Men's Tearaway pant	red/black	\$40.00
Women's Tearaway pant	black	\$40.00
Men's Fleece pant	black	\$30.00
Women's Fleece pant	red/black	\$30.00
Men's Full-zip Hooded Sweater	red/black	\$42.00
Women's Full-zip Hooded Sweater	red/black	\$40.00
Men's Baseball Tee	white/black	\$20.00
Women's Baseball Tee	red/black	\$20.00
Men's Boxer Shorts	black	\$17.00
Women's Full-Zip Yoga Sweater	black	\$50.00

Order forms available on the front counter
in the main office.

CRUSADER FITNESS

by Britt Gamble



The newest addition to Sacred Heart High School is the newly renovated weight room. With an encouraging slogan painted on the wall saying "*CRUSADER FITNESS... WHERE*

CHAMPIONS ARE MADE" it encourages healthy living along with a good way for sports teams to develop. The gym includes state-of-the-art Life Fitness work out machines, along with free weights and two fly wheel bikes. All of the Life Fitness equipment can be used for dual workouts.

In order to work out in the weight room, students must go through an orientation and learn how to use each machine properly. Once students have gotten a permission form signed by their parents, they will receive a pass. To enter the gym this pass is needed to be worn. There has been 75 students signed up for the gym thus far this year. The gym is open for students use at all times excluding lunches, as long as a teacher is around as well as a buddy in the weight room.

With the help of student support, Mr. Dunn and Mrs. Dunn hope to begin a fitness club to help students become active during the winter. This can only be done if enough students sign up, so if you're interested in fitness or just want to join the gym, see Mr. Dunn or Mrs. Dunn soon!



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Profiles from the Heart



Natasha Ruetz

Tash is currently a Grade 12 student at Sacred Heart. Tash is our current Student Council President. She and the student council are actively organizing a number of school events to ensure that we have a fun-filled year here at the Heart. She hopes to see everyone at the first school dance on Friday October 3rd. Tash is also actively involved in our school Trinity Leadership Program. In the community, she keeps active with hockey and swimming. Next year, Tash plans to enrol in a pre-health program that will lead to a career in nursing. Tash is a past graduate of Sacred Heart School in Mildmay.



Mark Zettler

Mark is also a Grade 12 student at Sacred Heart. Mark is the current Vice-President of our Student Council. He has been involved with student council for the past few years and is also a member of the school Robotics team. In the community Mark plays hockey and works part-time at Grants. Next year, Mark plans to return to the Heart for a fifth year and hopes to land a co-op placement at Bruce Power prior to heading off to post-secondary to pursue a career in engineering. Mark is a past graduate of Mother Teresa School in Walkerton.



Jordan Hadwen

Jordan is a Grade 12 student at Sacred Heart. Jordan is our current Student Trustee on the Bruce Grey Catholic District School Board. Jordan was elected to this role by his peers last spring. Jordan is also actively involved in co-curricular activities at our school (Student Council, Robotics and the Sound and Lighting Crew). In the community he volunteers with the Roots of Bruce Program and the Alzheimer's Walk for Life each year. Next year, Jordan plans to return to Sacred Heart for a fifth year before heading off to college for a Lighting/Sound Technician Program. Jordan is a past graduate of Sacred Heart in Mildmay.



Kelley Kunkel

Mrs. Kunkel graduated from Sacred Heart High School in 1982. Mrs. Kunkel grew up in the fine hamlet of Chepstow where she attended Mary Immaculate School. Mrs. Kunkel is currently working as our Library Technician in our school library. Mrs. Kunkel has taken her library studies course through Mohawk College in Hamilton and also has her Teaching Assistant Course. When not at work she enjoys gardening, reading, biking, running and spending time with her husband and two boys.

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