



St. Boniface Diocesan High School Newsletter

ISSUE

1

March
2021

Hours of Operation

School Opens: 7:30am – 4:00pm

Office Hours: 8:00am – 4:00pm

Student pickup – by 4:00pm

Student Access Times Pandemic Precautions

7:55 am – 8:10 am

Front Doors: Grade 9

Accessibility Doors: Grade 10

8:10 am – 8:25 am

Front Doors: Grade 11

Accessibility Doors: Grade 12

3:00 pm dismissal

Grade 11: Front doors

Grade 12: Accessibility Doors

3:13 pm dismissal

Grade 9: Front doors

Grade 10: Accessibility Doors

Please remind students that they are to exit the same doors they enter through and that they are to leave the school immediately after dismissal, and not to remain inside the school or on school grounds.

Retreats, Assemblies and Masses

Due to pandemic concerns all retreats, assemblies and masses will be cancelled until further notice. Masses and other events, where practical, will be held virtually.



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Principal's Message



It is hard to imagine that we are in mid-March. Our staff continues to support students in acquiring the necessary skills to meet curriculum expectations. Even amidst

COVID and its restrictions, our students still find a way to enjoy being a part of our school. We are truly blessed to have such wonderful and dedicated students.

With registration and reregistration well underway, we look forward to seeing our returning families and we are excited to meet new prospective families. I want to thank all the students, staff and parents who helped coordinate our first virtual open house. We truly missed hosting our guests on-site, along with the experience associated with meeting potential SBDHS families and students in person.

As we are in the Lenten season with the solemn celebration of Ash Wednesday on February 17th, our staff was able to enjoy a meal together on Shrove Tuesday. Mr. Pritchard and Mrs. Herr cooked pancakes with all protocols in place to respect COVID. Lent is a time of prayer, alms-giving, and fasting.

At SBDHS, we are continuing to strengthen our partnership with parents to develop each of our students. As Catholic school educators, we hope to inspire your son(s)/daughter(s) by developing their body, mind and spirit. We hope our students learn to be: Continuous Learners, Creative and Critical Thinkers, Engaged Citizens, Self-Directed and Resilient and Spiritual Leaders.

Yours in Catholic Education

Ms. J. Siska - Principal



2020/2021 Honour Roll

Congratulations goes out to all our honour roll students! 85 students achieved a final mark of 85% to earn a place on this semester's roll. To view the roll please see the framed poster which is located near the school office. Great job Centurions!

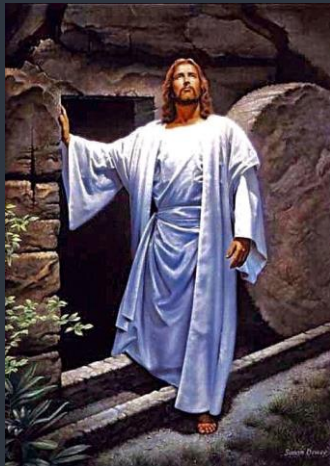
Dates to Remember

March 2021

March 1 – Registrations due
*March 3 – MFIS Annual Dinner
March 5 – World Day of Prayer
March 14 – Daylight Savings
March 15 – MADD Presentation
March 23, 24 - Reconciliation
March 28 – Palm Sunday
March 29 – April 1 – Spring Break

April 2021

April 4 – Easter
April 5 – Easter Monday No School
April 12 – Parents' Guild Meeting
April 13 – Easter Mass
April 20, 21 Report Cards Distributed
April 29 – Parent Teacher Conferences
*Event may be pre-empted by Covid



Easter Verses

"As they entered the tomb, they saw a young man, dressed in a white robe, sitting on the right side; and they were alarmed. But he said to them, 'Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; he is not here. Look, there is the place they laid him. But go, tell his disciples and Peter that he is going ahead of you to Galilee; there you will see him, just as he told you'.

Mark 16:5-7

"Wishing all our students and families a blessed Holy Week and a joyful Easter. He is Risen!"



Looking for a new opportunity to help your community? Why not become a member of the SBDHS Board of Directors?

The Board is looking for new volunteer members to help serve the school in a governance role. Join a motivated, community-minded small group of people who want to ensure a healthy and positive Catholic school experience for your child and their peers.

The Board of Directors meets monthly, helping provide oversight and planning, leadership, and strategic direction for SBDHS. We support the school's administration and help ensure the well-being of the school, both financially and spiritually.

Generally, we need people with expertise in different areas to have a well-rounded Board. You may have experience in finance, education, management, marketing, communications, human resources,

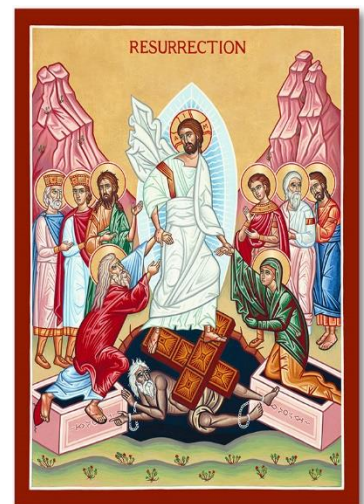
or other skills that you could bring to the Board in a volunteer capacity. Some of our recent initiatives include developing the Board of Directors' Priorities for a Safe & Caring School (involving our entire 'family' including the church, administration, teachers, students and families); striking up a Board human resources committee; and working together to help ensure the school remains on a solid financial footing by overseeing budgets.

Some of our current members continue to serve on the Board despite the fact that they have already served long terms, or have children who have graduated from SBDHS (with sincere gratitude to dedicated executive members Larry Wandowich (Chair) and Sandy Raposo-Lloyd (Secretary-Treasurer), and we could *really* use some fresh faces on the Board. Just listening to banter from Vicar General Father Carl Tarnopolski is worth it! Or hearing the sage advice of Sister Susan Wikeem (former director of

Update Board of Directors

"Join a motivated, community-minded small group of people who want to ensure a healthy and positive Catholic school experience for your child and their peers."

St. Mary's Academy), and input from fellow Board members Sylvester Oyamenlen (Vice Chair), Clark Sinnott, Ela Kotula, Lisa Saunders and of course, SBDHS Principal Jaime Siska. Whether you are a parent, SBDHS alumni or other community member who wants to assist the Catholic Church's mission of education, we would love to hear from you.



Calling all grade 9 - 11 Centurions

Don't forget to register for the
2021-22 school year!

Apply online at www.sbdhs.net





REPORT

Safe and Caring Advisory Committee

"We're excited to continue to promote awareness and foster diversity and safety"

Welcoming, caring, respectful, and safe environment...

The Safe & Caring School Advisory Committee was formed in December 2020, with a mandate is to ensure the school environment is a safe place, by embracing diversity and safety, and by promoting awareness and action plans.

The members of this committee are:

- Principal: Ms. Jaime Siska
- Parent Representative: Mr. Ian Currie
- Staff Representative: Ms. Jennifer Walker
- Student Representative: Miss JM A.

We held our first meeting this February, virtually (safety first!) to discuss the committee's purpose, our roles, and an upcoming "environmental walkthrough" of the school. We held the walkthrough in March, to determine if the posters, artwork, and other media that are displayed publicly on bulletin boards and elsewhere throughout the school, demonstrate our school's values. The review was thorough; every single classroom and hallway plus the gym and the library. We looked for content that exhibits topics such as culture, indigenous perspectives, gender equality, student interests, religion, humour, rules, and so much more.

The walkthrough confirmed that all our school values are displayed, although there is room for improvement (for instance, some classrooms don't contain media that demonstrates our values, and some of our values could receive more visibility throughout the school), so we're submitting recommendations to the leadership team and will prepare an action plan. We're excited to continue to promote awareness and foster diversity and safety. Stay tuned for more information as we provide updates in future newsletters.



REPORT

Mental Health Commitee

"Support from our families, friends, colleauges, and faith will carry us through...."

The MHC's mission is to create awareness and peer-to-peer supports for both students and staff, so together we can tackle the deleterious mental effects associated with the Covid pandemic and other everyday stresses. The committee has undertaken a number of initiatives, including the setting up of a "well-being room" where students can find a soothing retreat from the bustle and noise of busy school life. Other initiatives include an awareness poster campaign, the distribution of informational literature, and the construction of a large student-painted wall mural. The first step is to shatter the stigma often associated with mental health, and to get our students and staff to talk to each other and build support networks. No one has to suffer alone, in isolation or in silence. Support from our families, friends, colleagues, and faith will carry us through so we may emerge stronger as a community.



Colouring Eggs with Food Dye

To start, cover a table with layers of old newspaper to soak up any spills.

Create a drying rack by sticking pins into a sheet of thick foam board.

For colorfast egg dyes, mix 7-8 drops of food coloring into 1 cup of hot water. Stir in 1/4 cup vinegar. For more intense colors, use small amounts of professional-quality food coloring gels or pastes, available at craft, cake decorating and kitchen supply stores.

If you're doing multi-colored eggs, let them dry thoroughly between coats of dye.

Adding Flair

Wrap eggs with twine or rubber bands before dyeing to create a striped effect. Remove after drying.

Create patterns with small bits of tape or stickers and remove after dyeing and drying.

Dab rubber cement on eggs and rub it off after dyeing and drying.

For spattered eggs, dip egg in a base color and let dry. Dip a clean toothbrush in a contrasting liquid color and carefully flick bristles with your fingers to make paint splatter onto egg.

For marbled eggs, coat eggs with a base color and let dry. Mix canola or other light cooking oil into another color of dye (1 teaspoon oil per cup of dye) and quickly dunk eggs. The oil will repel color in some places and the dye will adhere in others, creating a marbled effect.

Source: Allrecipes.com



Course/Activities Briefs from our Team



English, Art, and Drama

Our art courses encompass both theory and practical work, with a study of art history combined with art-making in a variety of mediums. Students are encouraged to explore their creativity and voice it through artistic expression. Our drama courses include a study of monologue, radio plays, acting methods, mime and storytelling, and culminates with live performance. Our English studies are rather expansive and include creative and non-fiction storytelling, document formatting, novel studies, and developing students' writing skills in a variety of forms.

Ms. Jennifer Walker



Music and Choir Studies

The theme for our courses is "Come Learn Music", where students participate in a journey of discovery into the joys of singing and guitar playing. Students learn the fundamentals of reading sheet music and engage in various exercises and study projects to develop their technical skills and their "ear for music". As their knowledge, abilities and confidence grow our students participate in group and solo performances both in-class and at various events and venues. The course is ideal for students interested in developing a strong foundation in the fundamentals of music reading, singing and guitar-playing.

Mr. Greg Cooper



Religion and Accounting

The purpose of the Religion program is to familiarize students with the Bible, to create a firm foundation for the Catholic faith, and to help them develop a deeper love and respect for Scripture. This course will acquaint students with both the Hebrew Scriptures (Old Testament) and Christian Scriptures (New Testament), as well as how to use the Word of God in their prayer life. Our Business courses help students gain knowledge about the world of commerce in an exciting and interactive environment which will enhance their interpersonal skills while establishing a foundation in financial literacy. These courses are an ideal primer for students interested in pursuing post-secondary studies in any business discipline.

Mr. Jeff Lesage

Board of Directors Members

Mr. Larry Wandowich
Chairperson

Mr. Sylvester Oyamienlen
Vice-Chairperson

Mrs. Sandy Raposo-Lloyd
Secretary/Treasurer

Sr. Susan Wikeem
Member

Fr. Carl Tarnolpolski
Member

Mrs. Lisa Saunders
Member

Mr. Clark Sinnott
Member

Ms. Ela Kotula



Campus Ministry

Many of our Campus Ministry students were involved in planning our online THINKfast this year. It was an amazing 25 hours of fasting, praying and educating ourselves about the struggles of those who live in the Global South. We even raised \$170 for Development & Peace in the process!

Our online Alpha Program comes to an end in April. We have journeyed through 13 sessions of thought provoking videos that have helped us to grow together as a community. We shared many powerful conversations and moments of prayer together! We look forward to running Alpha again next year!

And thank you to all the families that supported our soup drive in support of The Welcome Home in February. They were overjoyed to receive over 70 cans of soup!



Centurion Store

High quality branded active and casual wear at reasonable prices!

Our Centurion store has been re-stocked and we have a good selection of items for sale. From tee-shirts, sweat shirts, socks, caps, sweat pants and lanyards, we stock a variety of sizes to fit everyone. Visit the library to view the items or for a fitting. Buy now while supplies last and support your school at the same time!

[Click here to view and download the Catalogue](#)



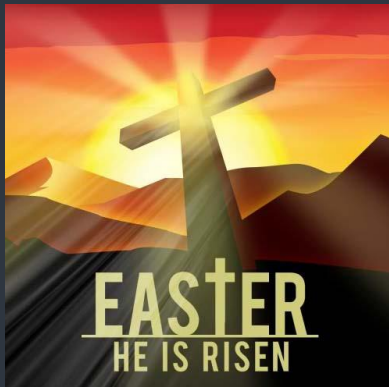


Counsellor's Corner

Re-registrations have been received and Course Selection Forms will be processed to

determine the school timetable for next year. Student timetables will be generated over the summer and sent out in late August. Those who have not met the required pre-requisites will be notified so that course adjustments can be made. Students who fail a compulsory course during this year will need to take the course at Summer School in order to stay on track for graduation and to meet pre-requisite requirements.

For any questions about course selections or post-secondary preparation, please contact the Guidance Counsellor, Mrs. Herr.



10 Signs of Teen Depression that Parents Should Recognize

1. Persistent sadness
2. Self-loathing
3. Loss of interest in all activities
4. Irritability and isolation
5. Anxiety
6. Loss of energy
7. Disturbed sleep patterns
8. Change in appetite and body weight
9. Reckless behavior
10. Suicidal tendencies

Depression can lead to serious problems so parents are encouraged to talk to their teens and be aware of their social media use. If the signs become serious, experts recommend seeking professional advice.



Student Council News

It has been a busy couple of months for the SBDHS Student Council as we have been planning and organizing many student activities. Our dress-up days are proving to be popular with students and staff with School Colours Day, Stay Afloat Day, Sweats and Hats Day, Pink Shirt Day, and Neon Day being past themes. Over on our Instagram - @sbdhsstuco - we are always posting updates, reminders, and other educational and informational material.

The Council also undertook a number of initiatives during Black History Month, including showcasing many local black entrepreneurs and their businesses, compiling a Black History Month music playlist, and a poster campaign which honoured notable figures including Nelson Mandela, Harriet Tubman, Jackie Robinson, Anne Cools, Viola Desmond and Rosa Parks. For Valentine's Day, we encouraged sending Valentine's E-Cards to St. Jude patients, and we also held a fun Candy Jar Guess! In affiliation with our Business Innovations and Entrepreneurship students, Student Council has many exciting activities and events in the works. Our event ideas include a snack and food business, forming a mental health and wellbeing initiative group, video game tournaments and more.

Thank you to everyone who has participated and helped us so far with creating a memorable year!
JM Andradado, SBDHS Student Council President



Year Book Back Issues

Back issues of our year book are available for purchase at our Centurion Store. Not all years may be available but our collection is quite comprehensive - our oldest edition dates back to 1967! Click here for an order form: [Click for Order Form](#)



Join the Parents' Guild

Being on the guild does not mean volunteering hours of time (but you sure can if you like). The meetings are once a month and generally run under an hour. If time is not on your side we would even love you to volunteer your ideas.

We embrace everyone from different walks of life with different ideas and opinions. Any bit of participation is welcomed. We have executive positions open and if that's not for you, why not become a member at large and get in on the voting process? Or just be present to hear what's going on in the school!

With fundraising events being a bit slower this year due to the pandemic, it's a great year to try us out. I encourage you all to come and see for yourself how important it is for the school and our kids, to have us as parents, involved with their home away from home.

May God keep you healthy and safe and watch over our school.

Jacquelyn Kelly Chairperson

Parents' Guild Executive Members

Mrs. Jacquelyn Kelly
Chairperson

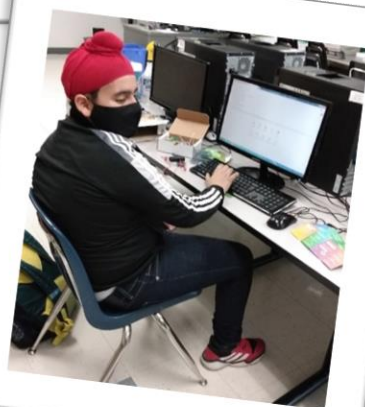
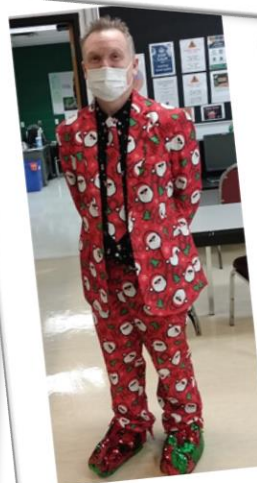
Mrs. Dorothy Herr
Staff Representative

Ms. Sandy Raposo-Lloyd
Board Representative

Mrs. Ning U.
Secretary



School Life in Pictures





April 2021

Monthly School Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 GOOD FRIDAY	3
	SPRING BREAK					
4 EASTER	5 EASTER MONDAY NO SCHOOL	6 School Resumes	7	8	9 Parental Communication Targeted Learning Groups Staff meeting-2:30 pm	10
11	12	13 EASTER MASS COMPRESSED C 2:00 PM	14 Principals' Meeting	15	16 ADMIN DAY MFIS EDUCATORS PD REPORT CARD WRITING	17
18	19	20 Report Cards Distributed - Cohort A	21 Report Cards Distributed-Cohort B	22	23 PD DAY	24
25	26	27	28	29 Lock & Hold- 9:30 am Parent Teacher Conferences 5:00 pm- 8:30 pm	30 Parental Communication Targeted Learning Groups	1



May 2021

Monthly School Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 A-1	4 A-2	5 B-1 Fire Drill– 10:45 am	6 B-2 GRAD PHOTOS Cohort B	7 Parental Communication Targeted Learning Groups Staff meeting– 2:30	8
9 Mother's Day	10 A-1 GRAD PHOTOS Cohort A Parents' Guild @ 6:30	11 A-2	12 B-1 MARIAN MASS 1:45 PM - Compressed C Fire Drill– 1:20 pm	13 B-2	14 Parental Communication Targeted Learning Groups	15
16	17 A-1 Track & Field	18 A-2	19 B-1 Arts Showcase 7:00 pm	20 B-2	21 PD DAY	22
23	24 A-1 VICTORIA DAY NO SCHOOL	25 A-2	26 B-1 SPORTS BANQUET	27 B-2 Student Gov't Grade Wars (TBD)	28 Parental Communication Targeted Learning Groups	29
30 Trinity Sunday	31 A-1					