

1211 South Russell Rd.  
Russell, Ontario K4R 1E5  
Phone # (613) 445-0810  
Fax # (613) 445-1520  
www.sta-russell.com

March 2009

Volume 5 – Issue 7

# ST. THOMAS AQUINAS CATHOLIC HIGH SCHOOL



“Called to serve...as disciples of Christ!”

*Message from the desks of your Principal and Vice Principal:*

Dear Parents/Guardians,

Our school community gathered on Wednesday, February 25<sup>th</sup> for our **Ash Wednesday Service to begin our Lenten Journey at St. Thomas Aquinas**. We begin to prepare our hearts for Easter as we recall our baptism and penance needed in preparation for the greatest feast of the year.

Our school community wishes safe and memorable trips to **France and Poland** for our staff members and students who are traveling to Europe this March Break. We look forward to hearing about their wonderful experiences from their European travels. We also wish success to our **Mexico Mission Team** on their spiritual journey to **Cuernavaca** on this March Break.

Our staff invites you to join us for our **Gr. 7, 8 & 9 Open House on Thursday, March 26<sup>th</sup> at 7:00 p.m.** This night will provide an opportunity for parents and students to meet our school staff and hear about our wonderful programs at St. Thomas Aquinas Catholic High School.

We **congratulate** our high school students who have put forth their best effort this past semester. We are pleased to share the names of those students who have achieved an 80% average or higher and have received the prestigious **Summa Award** for their diligent efforts in their academic studies.

**Our staff is so proud of our students' accomplishments** in their extra and co-curricular activities. We encourage all our students to continue to become active school members and experience the pride of our **Raven Spirit and our Commitment to Excellence** at St. Thomas Aquinas Catholic High School.

Our **Homework Club** will continue to run Tuesday and Thursday afternoons to support our students in their academic studies from 2:45 p.m. to 4:30 p.m. in our beautiful library. Students are reminded to sign up for late buses for this learning opportunity.

**Our Catholic Church's intention for the month of March** that the role of women may be more appreciated and used to good advantage in every country in the world.

We ask for your prayers that we play a lead role teaching our students these lessons of our Lord.

## **DATES TO REMEMBER**

**March 3** – Grade 8  
Grad Photos

**March 6** - Term 2,  
Grade 7 & 8  
Report Cards sent  
home

**March 6** – Grade 9  
to 12 Progress  
Reports sent home

**March 9** – Catholic  
School Council  
meeting

**March 12** – Parent  
Teacher Interviews  
for Grade 7 & 8

**March 13** – Last day  
before March  
Break

**March 26** – Open  
House for Grades  
7, 8 & 9

*Yours in Catholic Education,*

*Richard James, Principal*

*Ralph Sharples, Vice Principal*

## ***Notes from the Chapel***

*Lord, on your mercy I lay down those decisions to change what I always put off until tomorrow.*

*Lord, on your tenderness I lay down my faith sometimes hesitant as it struggles to take flesh in my daily actions.*

*Lord, on you I lay down my life to be revived!*

## **Lent Continues**

For the remainder of Lent, up until the arrival of Easter we continue our self-improvement Lenten project here at St. Thomas Aquinas. For me personally it has been a struggle some days to fully let go of the temptations that pull me away from being the best I can be. The temptation to be less patient, to be anxious, to be less confident – these are the issues that I work hard to eradicate from my life. I am thankful for the remaining days in Lent!

### **Pancake Breakfast**

Our Shrove Tuesday pancake breakfast was a tremendous success serving well over 1000 pancakes to staff and students. I am so very proud of the S.T.A.Y. team who arrived with griddles in hand at 5:30am to begin the four hour long flipping and serving extravaganza!

### **Ash Wednesday Liturgy**

On February 25<sup>th</sup> our school commemorated the beginning of the Lenten season with three successful Ash Wednesday liturgies celebrated by Fr. Tim. We are grateful for our school choir under the direction of Ms. Decoeur and Ms. Poitras for adding the joy of music to our school liturgies and to Mr. Cornellier and Mr. Lovett for operating our sound system and ensuring voices could be heard. We are also very thankful to Mr. D'Alessio's Grade 10 Religion class for their leadership in proclaiming the word in our celebration, decorating our stage, and preparing a media presentation for their peers. I am so thankful for the many talented staff and students at STA who make our liturgical celebrations powerful and memorable.

### **Senior Residence Visits**

Our first of many senior to senior dances was an amazing success! On February 18<sup>th</sup> grade twelve students celebrated a belated Valentine's Day Dance with the senior residents of the Osgoode Care Centre amidst many hearts, balloons and baked goods. St. Thomas Aquinas students were treated to home baked goods and many appreciative smiles, while our students shared the gift of gab and dance with jubilant seniors. I offer thanks to staff who assisted with this venture, especially Mrs. Kathy Mack and a heartfelt thanks to Roxborough Bus Lines who helped to make this venture possible and viable.

### Lesotho Coin Collection

During the Lenten season we will once again collect loose pocket change and pack it up for our brothers and sisters in Africa. Last year's campaign raised over \$5,000.00 and we are hoping to meet this amount this year. The program supports the basic needs of education and health for the young people of Lesotho and like the Good Samaritan, we are called to help those in need.

### Rock-A-Thon

On Friday, February 20, we held our annual Rock-A-Thon fundraiser for grade seven and eight students. This year, our fundraising efforts reached a total of \$1,400.00 which will go toward supporting CHALICE, a Catholic organization that is constructing the 'Hello School Boys Home' in Tamil Nadu, South India. Supporting this residential facility will allow boys from remote villages to attend school and help them escape the cycle of poverty and slave labour. I wish to thank the many staff who helped to make this event possible. Mr. Brookes, Mr. Reid, Mr. Fitzsimons, Ms. Zylstra, Mr. Kwok, Mr. Curtis and Ms. McMartin thank your for volunteering your time to stay at the school overnight. Thanks to Mrs. Clement, Mr. Reid, Mrs. Mack, Mr. Furlotte, Mrs. Harding and Mrs. Wright for hauling in the rocking chairs for students and to Mr. Cornellier for setting up the sound system. Deep felt thanks gratitude to the S.T.A.Y. team for organizing many of the overnight activities. Finally I wish to thank the students who worked diligently to raise funds to help our brothers in developing countries. I am proud to be part of such a caring Catholic community.

### March Mass Schedule

**Listed below you will find our Mass schedule for the month of March. As always, parents and guardians are welcome to attend any of our Mass or liturgy celebrations at the school.**

- |          |   |
|----------|---|
| March 4  | Chapel Mass at 9:00am with Mr. Furlotte's first period class  |
| March 6  | Mass and Exposition of the Blessed Sacrament at OLMM at 9:00am with Ms. Turner's first period class |
| March 11 | Chapel Mass at 9:00am with Ms. Landry's first period class  |
| March 13 | Mass and Exposition of the Blessed Sacrament at OLMM at 9:00am with Ms. Matte Hogue's class         |
| March 25 | Chapel Mass at 9:00am with Mr. Longval's first period class   |
| March 27 | Mass and Exposition of the Blessed Sacrament at OLMM at 9:00am with Ms. Barrie's first period class |

**Some of the Saints We Remember this Month** (Twenty-Third Publications)

March 4 – *Casimir* – Born of kings and in line to be a king, Casimir was blessed with many virtues, including knowledge. Even as a teenager he was known for his goodness, and lived a disciplined life, sleeping on the ground, spending a great part of the night in prayer, and dedicating himself to lifelong celibacy. At one time he was sent by his father to lead an army into war but he refused. He returned home and made the decision never to involve himself in war.

*Dear God, it is difficult to live a life of self-control. I know that this is what you call me to, and this discipline will bring many rewards. However, I sometimes give in to temptation. When I fail, I pray for a reconciled and renewed relationship with you. Amen.*

March 8 – *John of God, religious* – John led a wild life until he was forty. His acts of penance were as passionate as his previous life had been. Then he was visited by Blessed John of Avila who advised him to be more actively involved in tending to the needs of others rather than in enduring personal hardships. John gained peace of heart and began his work with the poor. He established a house for the sick and the poor and continued a deep interior prayer life reflected in his spirit of humility. Twenty years after his death his followers formed the Brothers Hospitallers.

*Loving Lord, I will do acts of charity and goodness to reconcile my relationship with you and those who I have offended. I will sacrifice my own selfish desires to show you how much I desire to live in union with you. Amen.*

March 17 – *Saint Patrick, bishop* – At the age of sixteen Patrick and a large number of his father's slaves were captured by Irish raiders and sold as slaves in Ireland. For six years he worked as a shepherd, suffering from hunger and cold, until he escaped. His captivity had meant spiritual conversion and after years of study he was made bishop. He felt the call to work in Ireland, and returned there and converted many to Catholicism. He ordained a large number of priests, divided the country into dioceses, held church councils, founded several monasteries, and continually urged his people to greater holiness in Christ. He was a man of action, with a rock-life belief in his vocation.

*Lord of the missions, you call us to be a servant to all your people. As St. Patrick brought you to the Irish, may we, through our acts of faith and love, bring all people to you. May we embrace our suffering, enduring it as you endured the cross. May our suffering forge greatness within and bring us the treasure of the heart. Amen.*

***May we all experience God's forgiveness and grace as we prepare to celebrate the Risen Christ!***

Joy & Peace in Christ,  
Mrs. Brenda Reinkeluers  
Chaplaincy Leader

**Honor Roll 2008 – 2009  
Semester 1**

<b>Grade 9</b>	<b>Grade 10</b>
Maggie Colledge Gabrielle Cowan Dominic Crouzat Jordynn D'Angelo Melissa Descarie Brittany Doyle Sarah Facette Kelsey Hanes Jordan Heuvelmans Zacharie Laneville Kayla Neville Chris Rozon Victoria Sheldrick Dylan Sosnowsky Kaitlyn Thacker	Kyle Beehler Jamie Bouchard Dylan Brind'Amour Joelle Chartrand Rachel Clothier Jessica Facette Saxon Giddings Marlee Grady Emma Guillet-Gagnon Lianne Hebert Adam Hubers Brendyn Johnson Erika Landry Hillary Losier Lindsay Lovenuk Colin Lussier Roman MacDonald Hayley Martin Carl McIntosh Amanda Monette Mackensie Morris Sean O'Malley Superna Ramesh Shelby Raven Rachel Smith Brienne Strutt
<b>Grade 11</b>	<b>Grade 12</b>
Brianna Bekkers Kristina Cowan Tristan Delorme Fiona Donnelly Stephanie Dresch Clayton Hall Isabel Martineau Tanis McMahon Shane O'Donnell Amanda Ramos Tessa Smits Kelly Ann Speagle Lisa Ballantyne	Taylor Cochrane Caitlin Coons Lindsay Donnelly Amber Doyle Jason Farmer Alicia Gosselin Evan Hammond Silene Hebert Christine Innes Kate Jackson Yuri Kim Thomas Krol Kelly McCormick Amanda Mesman Amber Scrivener Katie Tanner Leanne Timmins Emma VanDusen Sarah Vink Leah Wake



## **Co-operative Education Office**

**Mr. Francis Zandbelt  
Ms. Ann-Marie Turner  
(613) 445-0810 Extension #123**

Students or parents interested in obtaining more information about our Cooperative Education are encouraged to contact the Co-op office at the above phone number. Students can also request an appointment with Mr. Zandbelt or Ms. Turner in the Guidance Services office.

### **What is Co-operative Education?**

Co-operative Education here at St. Thomas Aquinas Catholic High School is an educational program for students operated jointly by the school and the community. Participating students receive out-of-school experiential training designed to compliment the in-school portion of the course. This experience helps students make informed decisions about career destinations. Students also develop the work habits, knowledge and job skills necessary for successful transition from secondary school to the workplace or post-secondary education.

Co-operative Education programs are approved by the Ontario Ministry of Education. Following successful completion of the student's period of workplace experiential training, students receive credits towards his/her Ontario Secondary School Diploma. The program has a certain amount of flexibility; however, details are to be worked out jointly by the teacher, and the employer.

Cooperative education students began their semester preparing for their workplace experiential placements with a one week pre-placement orientation. During this week of preparation, students reviewed workplace safety information, job readiness skills, and participated in reflective learning sessions. Students also completed their Standard First Aid/CPR certification. Well done!

Students will soon be returning to St. Thomas Aquinas for their first co-op Integration Day, March 2, 2009. We look forward to seeing all the students and listening to all their wonderful workplace experiences in a **Bring and Brag** presentation during this day.

If you are a business owner or are aware of an organization that may host a high school cooperative education student, please contact the St. Thomas Aquinas Cooperative Education Department at **613-445-0810 ext. 123**. We look forward to expanding our community contacts and supporting local businesses through student experiential learning.

# Help Lesotho

## STACHS Lenten *Help Lesotho* Coin Drive

St. Thomas Aquinas CHS is proud to be entering its third year as a Helping Hands School for *Help Lesotho*, an Ottawa based charitable organization that helps the many families in need in Lesotho, Africa. **Our annual Help Lesotho Lenten Coin Drive began on Ash Wednesday, February 25<sup>th</sup>, 2009.**

Please start setting aside your pennies, nickels, dimes etc. for this important global outreach project. We will gladly accept all loose change. All donated coins are rolled by student volunteers during their lunch hour.

St. Thomas Aquinas families have been extremely generous in the past, donating \$3000.00 for Paray Catholic High School in Lesotho in our inaugural year of the coin drive, and another \$5000.00 for Khethisa High School in Lesotho last year. Funds raised during the 2009 Coin Drive will once again go toward supporting the food program, purchasing school uniforms, tuition, classroom supplies and equipment for the students of Khethisa High School.

Please consider setting aside your loose change to help needy children and families in Lesotho. Even the smallest amount makes an incredible difference in meeting the essential needs of needy children and families in Lesotho!

More information about the wonderful work of the Help Lesotho organization can be found at [www.helplesotho.ca](http://www.helplesotho.ca)



Lesotho student Raphoka proudly wears her tattered school uniform.

During winter, Lesotho students wear coats or blankets at all times, as most schools have no heat.

## **Quick Facts on Lesotho**

1. Lesotho has the world's 3rd highest incidence of HIV and AIDS
2. Lesotho ranks 7th from the bottom of the UN poverty list of countries
3. Lesotho is entirely surrounded by South Africa
4. Lesotho is the 3rd highest country in the world
5. Life expectancy is 35 years of age
6. 63% of the population is under 24 years old
7. Orphans and vulnerable children want to go to school more than anything else
8. In HL twinned schools in Lesotho the percentage of orphans can be as high as 65% (and rising)

## **Quick Facts on the Help Lesotho Charitable Foundation**

1. Founded in late 2004 by Dr. Peg Herbert
2. Needs are decided by local leaders and their communities
3. More than 9,000 orphans, vulnerable children, youth and grandmothers benefiting from its programs
4. 15 schools in Lesotho are helped by the Schools Helping Schools program in Canada
5. HL builds leadership among the orphans and youth
6. HL has 200 grandmothers involved in a wonderful program in various villages
7. HL has five areas of foci:
  - a. Orphans and Vulnerable Children
  - b. Grandmother Support
  - c. Leadership Development and Training
  - d. HIV/AIDS and Gender Equity
  - e. Education and School Projects
  - f. HL purchases its goods in nearby villages to support the local economy.

## **St. Thomas Aquinas CHS Help Lesotho Coin Drive**

**February 25 – March 27, 2009**

**Congratulations to our Sr Boys Basketball Team for winning the PRSSAA Championships!**



**ST. THOMAS AQUINAS CHS RAVENS BASKETBALL TEAM TAKES CHAMPIONSHIP**  
The senior boys basketball team slam dunks the Prescott-Russell championship game last Wednesday, February 11th at St. Thomas Aquinas against the Cougars from l'Escale.

## The Ravens Continue to Soar

During the past two weeks, the senior girls' volleyball team at St. Thomas Aquinas Catholic High School captured both the league (Prescott / Russell) and the regional (EOSSAA) championships for the third consecutive year. Furthermore, the girls stretched their league and playoff record to a perfect 54 – 0 over the last three seasons.

In 2007 and 2008, the team finished the year by winning the single "A" EOSSAA championships at the junior age level. Now that the team has captured the title at the senior age level, they have earned the right to compete in the provincial (OFSAA) championships to be held on March 10 and 11 in Port Hope, ON. Community members interested in obtaining updates on the team's progress during the competition may do so by following the links to the girls' "A" volleyball championships on the OFSAA website.



St. Thomas Aquinas' Biology Department, under the leadership of teacher Amanda Poitras, is very excited to offer an 8-day trip to **COSTA RICA** during **March Break, 2010**. This trip will be open to **all senior high school students** (that is, students currently in Grades 10 and 11).

The trip, organized through the educational tour company Explorica, will be filled with a variety of amazing experiences, including a tour of two **volcanoes**, a **kayaking tour**, a **canopy tour**, a **horseback ride**, and a visit to an **exotic frog sanctuary**. Students will also have the opportunity to **plant a tree** in the Santa Elena Biological Reserve.

In order to gauge the level of interest in this trip, Miss Poitras is asking that you contact her directly, either by email at [amanda.poitras@cdsbeo.on.ca](mailto:amanda.poitras@cdsbeo.on.ca), or by phoning the school.

## **COMMUNITY SERVICES HOURS OPPORTUNITY**

### ***Easter Bunny Breakfast – Metcalfe Co-op Nursery***

March 20<sup>th</sup> – evening set up from 9:00 PM on

March 21<sup>st</sup> – Breakfast from 6:00 AM to 1:00 PM or 8:00 AM to 1:00 PM

## **Registration for 2009-2010: A Message from Your Catholic Education Coalition**

### **Kindergarten**

The Catholic Education Coalition reminds you that the Kindergarten registration process gets underway on February second. Our Kindergarten programs help students get off to the best possible start through playing, watching, listening, and exploring, while discovering the many gifts God has given them.

### **Secondary**

A reminder to families of Grade 8 students who are looking at secondary school options, that our Catholic high schools offer a faith filled environment with outstanding academic and specialized programs in arts and technology -- not to mention

championship sports and great extra curricular activities. We proudly offer English and French Immersion programs. We urge all parents to be active participants in this vital decision in your child's future.

Call your local Catholic school for more information about registration or call 1-800-443-4562 for more information.

### *SEAC Meetings*

*March 25 Kemptville Board Office*

*April 30 Thursday St Michaels Gymnasium (Special Education Forum/Workshops) time to be confirmed but I believe it is going to be 5:30 to 9:00*

*May 27 Kemptville Board Office*

*June 10 Kemptville Board Office*

### **Lent in Our Catholic Schools: A Message from Your Catholic Education Coalition**

Lent offers us a opportunity to deepen the value and meaning of our Christian lives, and it provides us with the opportunity each year to rediscover the mercy of God so that we, in turn, become more merciful toward our brothers and sisters. In our Catholic Schools you will see the students and staff preparing for Easter in many different ways through prayer, symbols, special projects and community service. Traditionally when we think of Lent, we often think of some form of self sacrifice (giving something up that we like), but an excellent way to prepare for Easter can also be to do more for others.

Your Catholic Education Coalition (CEC) reminds you that Lent is also an excellent time to recall our own baptism (or in some cases, to prepare for it) and penance. In this Year of St. Paul it our hope that everyone will be able to experience more fully the gift of God's mercy for us and our world

If you would like more information about the CEC or if you are interested in becoming a member, please speak to your school principal or contact Carole Flaro at 800-443-4562 ext 210 or [carole.flaro@cdsbeo.on.ca](mailto:carole.flaro@cdsbeo.on.ca) .

## ENCOUNTERS WITH CANADA- CAREER EXPLORATION PROGRAMS

*Encounters with Canada are presently recruiting for the 2009 winter session. Each week approximately 120 to 130 students from across Canada, age 14 to 17 years old gather at The Terry Fox Canadian Youth Centre (in Ottawa) to take part in a multitude of theme-related career activities. Any student interested in this once in a life time experience should contact his/her school counsellor. For more details, please go online at [www.ewc-rdc.ca](http://www.ewc-rdc.ca) or call 1 800 361-0419 ex 237.*

Below you will find the list of activities that participants took part in during the fall session.

### Sports & Fitness

- Participants took part in various sporting activities such as – Broomball, Ultimate Frisbee, Fitness and Martial Arts
- Physical fitness activities undertaken by the students were – Wall Climbing, Hiking in the Gatineau Park, visiting the Lafleche Caves, Aerial Experience, and Biking.
- All participants took in presentations from – Jean Labonte (Paralympic gold medalist in sledge hockey), and Kelly Mulcair (Nutritionist).

### Medicine & Health

- Participants attended presentations from - Arianne Richeson (Distress Centre), Kelly Mulcair (Nutritionist – Topic: “Fuel for my Body), JP Trottier (Paramedic), Dr. Debbie Cardigan (Family Doctor), Dr. Sasha Hamid (Chiropractor).
- Students visited a variety of institutions – Algonquin College, Agricultural Museum, La Cite Collegiale, Museum of Nature, and Ottawa Hospital.
- All participants took part in a medical ethics discussion.

**\*Next Session – February 1<sup>st</sup>-7<sup>th</sup>, 2009 (92 spots available)\***

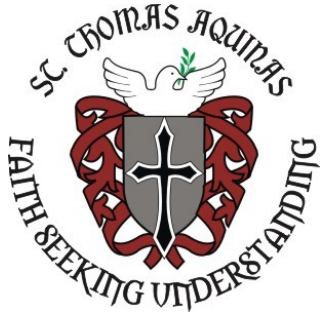
**\*Last Medicine & Health Week – 133 Students (No need for the ER – Registrations are always healthy in this week so send them in fast!!)\***

### Arts & Culture

- Participants had the choice to participate in activities such as – Clay Sculpture, Reflecting on Anne of Green Gables (at the Library & Archives Canada), Painting with Tempa and Oil Pastel, Felt Monster, Improvisation/Theatre Activity, Jugglery, Song Writing, Medieval Times & Encyclopedia of Music in Canada.
- Students visited various arts and culture locations – Kumik Elder Lodge, Richard Robinson Academy of Design (Fashion), Ottawa Little Theatre, Ottawa School of Art, and the Arts Court.

**\*Next Session – February 8<sup>th</sup>-14<sup>th</sup> (102 spots available)\***

**\*Last Arts & Culture Week – 136 Students (A masterpiece every time – Registrations for this week are always a work of art! So send them in when you get them!)\***



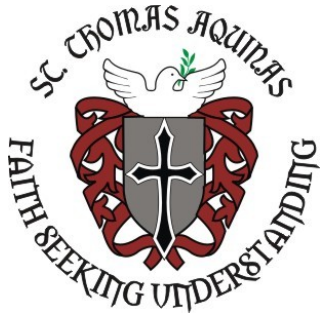
# GRADE 9 TO 12

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Principal: Richard James  
 Vice-Principal: Ralph Sharples



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4	5	6 Progress Reports sent Home	7	
8	9 Catholic School Council Meeting - 7 PM	10	11	12	13 Last day of school before March Break	14	
15	16	<b>MARCH BREAK</b>				20	21
22	23	24	25	26	27	28	
29	30	31					



## GRADE 7 & 8

### St. Thomas Aquinas Catholic High School

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Grade 8 Grad Photos	4	5	6 Term 2 Report Cards sent Home	7
8	9 Catholic School Council Meeting - 7 PM	10	11	12 Parent / Teacher Interviews	13 Last day of school before March Break	14
15	16	17	18	19	20	21
<b>MARCH BREAK</b>						
22	23	24	25	26 Open House for Grade 7, 8 & 9	27	28
29	30	31				