

**Holy Trinity
Catholic
Secondary School**



Newsletter

Message from the Principal

Although the snow is still lingering, Spring is finally here and with it comes the joy of the Resurrection and new life. April starts with the Easter Season which will last until Pentecost Sunday. Thank you to all families for your generosity with our Lenten Projects. Our Holy Thursday Liturgy was on March 29th this year due to the early Easter weekend.

This is the last term of the school year and there is much work to be done, but also some fun activities to look forward to. We have many exciting events to prepare for. April 10th is a very important day province wide for all grade ten students, as they will be writing the OSSLT. Please ensure that your child is well rested and present that day. This is the only opportunity to write this mandatory test this year. Our female rugby Falcons will be leaving on April 16th for an amazing trip to Ireland. April also marks "Mental Health Week." We will have various activities during the week of April 23-26th.

Enjoy the great weather Spring will bring us!

Yours in Catholic Education,
Stacey Krol

Upcoming Events

April 2: Easter Monday (no school)

April 10: OSSLT

April 12: Bravo Breakfast @ SJCSS

April 16: Girls Rugby trip to Ireland

April 23: Presentation for Mental Health (am)

April 24: Dress down day supporting Mental Health
Rugby Trip Participants Return

April 25: Community Partners Info. Fair

April 26: Secondary report cards sent home
Defeat Depression Fun Day

April 27: PD Day –No school for students

Athletics

With the arrival of spring and warmer weather on the way, Holy Trinity athletes are preparing for the spring sport season. Tryouts will be occurring during April for our 4 soccer teams: Junior Boys', Junior Girls', Senior Boys', and Senior Girls. The teams will be travelling to Kingston for tournament play on April 11th (girls) & April 12th (boys). The Senior Boys' will then play in indoor tournament in Cornwall on April 13th and the Senior Girls' will play on April 20th.

The Girls' Rugby team has been meeting on a regular basis in anticipation for the start of their season. As well, the girls are off to Ireland from April 16th to April 24th.

All students interested in joining track & field should listen to the announcements and see Mr. Bailey or Mr. Reimnitz for more information.

Mr. McCue and the baseball team will start preparing for their season during the month of April.

We also wish our badminton teams the best of luck with their upcoming SD & G tournaments. The midget team (Mr. Manson), junior team (Mr. Scott) and senior team (Mrs. Burke) will once again be fielding competitive teams.

Finally, congratulations to the 7/8 boys and girls "A" & "AA" basketball teams on winning 3 local CDSBEO Annual Basketball Tournament Championships.

Go Falcons Go!

Chaplaincy

March Break has come and gone, and already we're into the Easter Season!

On March 29th we held our Holy Thursday Liturgy. It was a meaningful way to lead into the Easter Triduum, offering some time of reflection on what Easter means in our Catholic Faith, and how wonderful salvation for all is!

Thank you to all those who contributed to our Just-Us Falcons Lenten campaign to collect items for various groups in need. The grades 7 and 8 students collected spare change for our sponsor child Emmanuel in the Philippines, providing him with access to medical care, education and supplies needed for school, as well as three meals a day. The grades 9 and 10 students collected toiletries and cheer gifts for St. Joseph's Continuing Care Centre. The grade 11 and 12 students collected canned meat and peanut butter for the Agapè Centre Food Bank. These are all much needed items, and we thank everyone for their generous Lenten almsgiving!

May the Easter Season bless you abundantly and may you have a happy spring!

Lauren Webster, Chaplaincy Leader

Music and Choir

The Arts Department has been busy rehearsing for our upcoming Musical, "Back to the 80's." Tickets are \$10 per person and can be purchased at the door. Show dates are Thursday May 17th, Friday May 18th and Saturday, May 19th 2018 at 7:00pm. There will also be a matinee performance on Saturday at 1:00pm. "Back to the 80's" promises to be a great show for people of all ages!

Finally, our annual Music Trip is quickly approaching. Students will be departing the morning of Wednesday, May 30th 2018 to New York City and will return in the evening of Saturday, June 2nd. Students will be touring Carnegie Hall, Central Park, 5th Avenue, Chinatown, Little Italy, Carlo's Bakery, Times Square and much more. We will also be watching two musicals (to be determined) live on Broadway!

Mark your calendars: Our annual Spring Concert/Arts Awards will be held on Thursday, June 14th 2018 at 7:00pm in the school Cafetorium. Admission will be \$5 at the door and will feature performances by the Dance Class, Vocal Class, Choir and the Music Classes. All Arts students are encouraged to attend as the Arts awards will be distributed on this evening.

Math Department

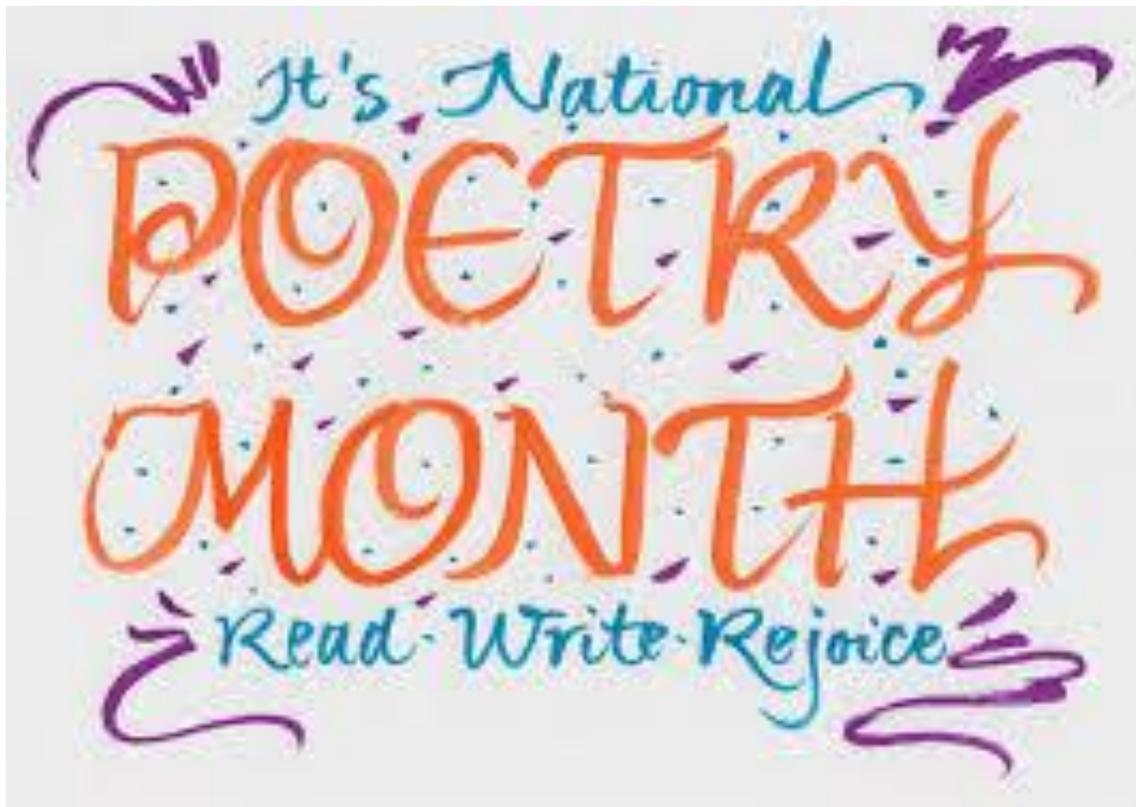
The University of Waterloo Mathematics Contest will be written in the library this month by registered students. The Euclid will be written by participating grade 12 students on April 11th. Grade 9 through 11 students write their respective tests on April 12th. Good luck to all of Holy Trinity's contest writers. To access practice materials, or to learn more about these contests visit <http://cemc.uwaterloo.ca>.

With midterm approaching, students are encouraged to speak with their math teacher if requiring extra support. Lunch time support is available. If you would like to hire a math tutor, contact HT's math lead, Tracy MacDonald, at 613-936-0319 for a list of names.

Grade 7 to 10 math students also have access to Homework Help, a FREE online math help resource funded by the Ontario government and administered by TVO. Homework Help is a live, one-on-one tutoring opportunity with Ontario teachers. Homework help is offered Sunday to Thursday, from 5:30pm to 9:30pm ET. Visit <http://homeworkhelp.ilc.org> to sign up. Students will need their Ontario Educational Number which they will find on their last report card.

Library News

April is National Poetry Month which was established in 1998. National Poetry Month brings together schools, publishers, literary organizations, libraries and poets from across Canada. During April 2018, we will celebrate the 20th anniversary in Canada. This year, the library is excited to see what Falcons will bring to the celebration of poetry. Visit the library to see what poems are being celebrated each day. There will be a Poet "Tree," Selfie poems, Poem in your Pocket Day, a poetry writing contest and much more.



Mental Health/Defeat Depression Week April 23-26

Defeat Depression is a National Mental Health Awareness, Anti-Stigma and Fundraising campaign that provides hope and reduces stigma for people affected by depression and other mood disorders. Across Canada, volunteers are organizing walks, runs and other physical or social activities to get people talking about mental health. Funds raised through these activities will support our community organizations that provide direct services to individuals and families affected by mental illness. Money raised during the week's activities listed below will go towards this campaign.

During this week at H.T., students will be participating in many events that promote resiliency, provide information, and boost overall mental health.

Monday April 23 – Motivational Speaker

Chris Nihmey, a spokesperson for Bell Let's Talk will launch our week with a school wide motivational talk. This event will take place at 9:30am in our gymnasium.

Tuesday April 24 - Defeat Depression Campaign Day – “Blue Day”

Students can pay \$2.00 to dress down and wear blue to help raise money for our local Mental Health services.

Rainbow coloured cupcakes will be sold at lunch for \$0.50 by our Sources of Strength Team. Students will choose and decorate a cupcake that matches a strength they have.

Wednesday April 25 - Community Partners Fair Day

From 9:30-12:30, local Community Mental Health Agencies will be set up in our atrium to provide valuable information to our students about their services. A passport activity will encourage student involvement. Prizes can be won for completing their passport.

Thursday April 26 - Move For Mental Health Day

1. Period 1 – Grades 7-12 Pep Rally
2. Period 2 – Student/Teacher Volleyball game
3. BBQ lunch - \$5.00
4. Period 3 & 4
 - Grades 9-12 - Participate in various activities promoting mental health and wellness
 - 7/8 – Spring Fling, “Semi-formal” dance in the gym
5. 7:00pm – Spring Fling High School Dance – price to be determined

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when you buy any 2 golf shirts and 2 pairs of shorts between March 28th and April 22nd, 2018

