

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 and Senior Boys' and Junior and Senior Girls'. The teams will travel to Kingston for tournament play on April 10th (boys) and April 11th (girls).

All students interested in joining the Track and Field team should listen to 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 (Mme. Harrington), Junior team (Mme. Longtin) and senior team (Mrs. Burke) will once again be fielding competitive teams.

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

Go Falcons Go!



Literacy

The Ontario Secondary School Literacy Test (OSSLT) has been completed. Each student who writes the assessment will receive his or her results in June. For those students who were unable to write this year or were deferred, a specialized support program will be put into place in September to ensure support and guidance is provided to prepare them for the 2020 OSSLT. In preparation for next year's OSSLT, students in grade 9 will be working on skills relevant to the OSSLT throughout the year with an in-class assessment to take place later in the year.

To all parents and students, on behalf of the literacy team at HT I wish to thank you for your support and dedication as we work to enhance our students' paths toward reading and responding to the world around them.

Math Department

Holy Trinity Mathletes are preparing to write Waterloo Math contests this April. Preparation materials can be found on the University of Waterloo Centre for Mathematics and Computing website. <https://www.cemc.uwaterloo.ca/contests/contests.html>

All math students are reminded of the following available resources:

- * Interact with your math teacher. Lunch math help is available.
- * Use your textbook to view notes, examples and attempt practice questions
- * TVO Mathify

Students in grades 7 to 10 are able to connect online with qualified Ontario math teachers for math tutoring from 5:30pm to 9:30pm, Sunday through Thursday. Find the needed OEN number on a recent report card to sign up for Mathify. <https://tvo.org/mathify-reg>

- * Use the Internet to view mini lessons on YouTube or visit [khanacademy.ca](https://www.khanacademy.ca) for free courses, lessons, and practice

Cooperative Education

April 2nd - Co-op Integration Day in room 211 (Summer Company Presentation Period 1 and Career Fair day in atrium)

April 18th - Last day for winter session integrated classes at SLC

April 23rd - Dual Credit applications open for Fall 2019 - Equal consideration deadline is May 10th. Highlights include: Introductory Welding, OYAP opportunities in Automotive, Carpentry and Welding and 20+ integrated options across multiple disciplines. Stop by the co-op office to see Mr. Dionne and pick up a course listings and application form.

Agriculture

Spring is finally here and the Agriculture SHSM students are springing into action. The greenhouse is bursting with seed trays and seedlings-- from asparagus to zucchini. Each student is responsible to maintain a six-garden guild of vegetables. They will be responsible for planting when the seedlings are ready and harvesting when the vegetables are ripe.

But that is not all what is happening this month:

The Aggies (Agriculture students) are constructing chicken coops, compost bins and raised beds, in addition to adding wood-chip mulch throughout the four and half acres of Falcon farms.



Grades 7 and 8 News

Congratulations to our grades 7 and 8 Basketball teams on a very successful tournament which was held on our home court! Our boys' and girls' AA teams as well as our girls' A team won this year's championship titles! Way to go, Falcons!

The grade 7s traveled to the sugar bush for both a delicious and educational field trip. On the same day, the grade 8s attended their annual retreat at Precious Blood Church in Glen Walter. They completed Alpha program activities, had small group discussions and took part in prayer sessions. The day culminated with the students completing their Profession of Faith.

All students are encouraged to continue putting forth their best effort in all their studies to conclude a successful last term.

Grade 7/8 celebrates Earth Day!

Thursday, April 18th – Recycled Art Fair – Our grade 7/8 Student Council is hosting a Recycled Art Fair on Thursday, April 18th in the afternoon for all grade 7/8 students. Students will be creating arts and craft activities using recycled art supplies.

Earth-Hero Drawing Competition - Our grade 7/8 Student Council is asking that any grade 7/8 students interested in creating a Earth Day Superhero, submit their drawing to Mrs. Duncan by Wednesday, April 17th. Mrs. Krol will choose the winner and the winner of the drawing competition will receive a large pizza to be shared with his/her friends on Thursday. The winner will also win a SPINNOBI from Kids Korner. Good luck to all participants!

Chaplaincy

We are now into the middle of Lent, which is a wonderful opportunity for reflection and spiritual growth. Spiritual growth often requires patience, just as we have been patiently (or not so patiently!) waiting for spring to finally spring.

Here at HT we have a very busy month ahead. By the time you read this, our annual Grade 8 retreat will have taken place (on March 27). This retreat is an important part of the Alpha program we're running in Grade 8 religion classes, which gives a fresh and exciting introduction to basic Christian teachings. We are also showing the Alpha videos to a small group of Grade 10-12 students at lunch on Thursdays and we are in the planning stages for a retreat for these students.

In early April, we have two special events. *Just Us Youth Day* is a social justice day for Grade 10 students from across the CDSBEO, taking place in Kemptville on Tuesday, April 9. The day features music and a keynote address from Jacob Moon (a singer-songwriter and guitarist, who also works on behalf of groups that sponsor children and fight human trafficking), as well as presentations from various charitable organizations. (This event was originally scheduled for November 27, and was postponed due to weather.) The second special event is a social justice workshop day, with an emphasis on the sanctity of human life, for Grade 12 religion students from both Holy Trinity and St. Joseph's. This will take place on Monday, April 8.

Our Holy Thursday Liturgy of the Word will be held at 10:45 on April 18 in the gym. All are welcome to attend.

I am continuing to spend time getting to know as many students as possible. It's hard to imagine my year at Holy Trinity is almost complete. It's been spectacular, and although I'm already starting to miss everyone here, I'm so excited about everything happening over the next five weeks.

Michael Trolly, Chaplaincy Leader

Mental Health/Defeat Depression Week April 29th to May 3rd

During Mental Health/Defeat Depression Week, students will be participating in many events that promote resiliency, and overall mental health. We will also be raising money to support the National Defeat Depression Campaign. Money raised will be donated to our local Children's Treatment Centre which supports many of our students.

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. Funds raised will support community organizations that provide direct services to individuals and families affected by mental illness.

Monday April 29 – Motivational Speaker

Erica Humphry is an award winning fitness instructor and motivational speaker who strongly advocates for youth mental health and stigma reduction. The message she brings to youth focuses on positivity for both body and mind. Her message motivates youth to practice the motto "When in doubt, work out and ask for help". She will deliver this message to grades 7-9 at 1:00pm and grades 10-12 at 2:30pm.

Tuesday April 30 – TAMI Workshop

Students in grade 8 will finish the TAMI workshop (Talk About Mental Illness), a workshop delivered by the Children's Mental Health Association.

Wednesday May 1 - 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 May 2 - Understanding Your Strengths Day

Our Sources of Strength Team will be educating our student body about the importance of recognizing your strengths. They will be selling rainbow coloured cupcakes will be at lunch for \$1.00. Students will choose and decorate a cupcake that matches a strength they have. The money raised will go towards our Defeat Depression Campaign.

Friday May 3 - Move for Mental Health Day & Casual Day

Students will participate in activities during this day to promote the connection between activity and positive mental health.

Students are encouraged to pay \$2.00 to dress down on this day. This year's money will be donated to our local Children's Treatment Centre.

Arts Department

The Arts Department has been busy rehearsing for our upcoming musical, *Jesus Christ Superstar*. Tickets are \$10 per person and can be purchased at the door. Show dates are Thursday May 16th, Friday May 17th and Saturday, May 18th 2019 at 7:00pm. There will also be a matinee performance on the Saturday at 1:00pm. *Jesus Christ Superstar* promises to be a great show!

Finally, our annual Music Trip is quickly approaching. Students will be departing for New York City on the morning of Wednesday, May 29th 2019 and will return in the evening of Saturday, June 1st. 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 one live Broadway musical!

Mark your calendars: Our annual Spring Concert/Arts Awards will be held on Thursday, June 13th 2019 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 as well.

Guidance Department

On April 2, the CDSBEO will be hosting a career fair at Holy Trinity CSS. HT students from grades 7 to 12 will be in attendance. The events are being organized in partnership with the Experiential Learning coordinator, OYAP coordinator, and community partners. These partners will be promoting careers and employment opportunities available in our school communities. Students will have the opportunity to explore virtual reality, operate simulators.

Women in Trades sessions (for girls only) will take place. Bailey Morrissette, a St. Joseph's CSS graduate, was registered in the Ontario Youth Apprenticeship Program (OYAP), became a licensed electrician, and is now a project lead/estimator for a local electrician company.

A draw will be held for an iPad mini for those who complete the event passport.



HOST *an* **international student!**

Learn new customs and create lifelong friendships

The CDSBEO, in partnership with MLI Homestay, is currently seeking families to host international students for the 2019/2020 school year, ranging from Grades 7-12. There are opportunities to host students for short-term stays, for one semester, or for the whole school year. MLI Homestay will pay a supplemental fee to compensate for costs associated with hosting a student.



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CATHOLIC DISTRICT SCHOOL
BOARD OF EASTERN ONTARIO

Hosting an international student is a unique way to share our culture, while learning about international cultures and customs.

If you are interested in this rewarding opportunity, please contact
Cindy LaRocque 613-284-2613 or email: international.education@cdsbeo.on.ca

Personal Support Worker Program

The Catholic District School Board of Eastern Ontario would like to announce our upcoming Personal Support Worker program information sessions. Our next session will begin in September. To register go to www.coned.cdsbeo.on.ca/psw/program-outline/ and link to the PSW program, followed by clicking on Program Outline and Information/Registration Sessions.

Program information sessions are as follows;

Vankleek Hill on Tuesday, May 14, 2019 at St. Jude Catholic Elementary School from 3- 4:00
Cornwall on Wednesday, May 15, 2019 at Holy Trinity C.S.S from 2- 3:00
Brockville on Thursday, May 16, 2019 at St. Mary C.H.S from 3 – 4:00
Smiths Falls on Friday, May 17, 2019 at St. James Catholic Education Centre from 2- 3:00

Other programs that are offered through the CDSBEO for adult learners include:

- Evening Cooperative Education
- eLearning
- OYAP (Ontario Youth Apprentice Program) including adult Meat Cutting Program in Cornwall, PLAR (Prior Learning and Assessment), Adult Dual Credits in affiliation with Algonquin College, St. Lawrence College and Loyalist College. Applications are due in May.

Please contact Kevin Dionne, Coordinator of Continuing Education and Experiential Learning for more information at kevin.dionne@cdsbeo.on.ca