

Annual Hockey Game Provides Big Thrills

There was no shortage of thrills in the annual hockey game between St. George's Catholic School and St. Andrew's Catholic School, when the two met for their annual game at the Long Sault Arena in January.

In front of hundreds of screaming fans from both schools, St. George's narrowly beat St. Andrew's by a final score of 6-4. St. George's Coach, Vicki Akins, said it was a great game for many reasons, "Both teams really showed incredible spirit and gave it their all. It was such an evenly contested game too, that certainly made it exciting for all the students who turned out to watch."

At least two hundred students and staff turned out from both schools to show their support. Many wore face paint in their school colours and held up large signs to cheer on their teams. One group of St. Andrew's players got in on the act by also donning face paint.

St. George's Principal, Carole Legros, said the day was fantastic. "It's a wonderful way to promote our Catholic values through good sportsmanship. The game also allows us to strengthen our

extended Catholic community through the ties between our two schools. I am certainly looking forward to defending our title next year."

This is the tenth year that St. George's has played in an annual hockey game to help raise school spirit. St. Andrew's became the official opponent last year and hopes to get the win in January, 2009.



St. George's players defend their end in their annual game against St. Andrew's

St. Andrew's Coach, Sue Dingwall, was pleased with her team's effort. "It's too bad we didn't win, but our players had a lot of fun and our fans certainly did too. The atmosphere was truly amazing."

Both schools wish to thank teachers Sheldon McDougall, from St. Andrew's and Etienne Ferland, from St. George's, for refereeing the game.

Lenten Message

from CDSBEO Principal of Religious & Family Life Education, Tom Jordan

Lent is a journey full of anticipation and repentance. Each year we have the opportunity to symbolically travel the path from creation to salvation during Lent, thus experiencing God's plan for us as revealed in the Scriptures. Lent is a time to review and renew our experience as people of God. Prayer, penitence, almsgiving and self-denial all help to prepare us for the annual commemoration of the Death and Resurrection of Jesus.

For some, Lent is viewed as a sad season, a time for ashes, fasting and sacrifice. Yet the truth is Lent should be a joyful season. The Resurrection of Jesus has happened and the gloom of death has already been defeated. Let us rejoice! This Lent, consider fasting from the tendency to look at the negative side of things, from complaining or feeling sorry for ourselves.

Be open to a change of heart during Lent; a conversion that will bring you to a deeper understanding and relationship with God. Allowing this to happen will bring greater life to us as individuals and to our school communities.

Secondary Students: Building Success

Students in Mr. Claude Doucette's grades 11 and 12 Construction Technology class at St. Luke Catholic High School in Smiths Falls are taking on the responsibility of expanding their current facilities by building a large multi-use structure on the school's grounds.

Once complete, the 25 foot wide by 55 foot long building will serve a number of purposes. The first of two sections is a large interior which will be used as a shop, art studio, and small gymnasium. A fenced-in, roofed section at the front of the building will provide an area for students to complete tasks such as small engine repair.

"What is amazing," said Mr. Doucette, "is that it's the students doing most of the work on this project for their own benefit. They see our younger students and know that this building is going to give them new opportunities to be successful in their education."

The project began in December with excavation of the site and the pouring of the foundation. Students began working on the structure in January and hope to have the building completed by June of this year.

"We have been very fortunate to have developed a number of partnerships in the local community that have provided us with much needed equipment and supplies, such as insulated work suits and head apparel for cold weather," said Mr. Doucette.

Additional partnerships as well as sponsors continue to provide materials and other forms of support.



Mr. Claude Doucette and his students in front of the new addition to the school.

Construction Technology is a course that has been included in the Specialist High Skills Major (SHSM) Pilot Project currently underway at Notre Dame Catholic High School in Carleton Place.

The SHSM program also includes two automotive technology components running at St. Joseph's CSS in Cornwall, and St. Francis Xavier CHS in Hammond, as well as a Biology Program at St. Michael CHS in Kemptville.

These programs allow students to gain necessary credits towards their Ontario Secondary School Diplomas, while providing valuable experience in specific industries, and the certifications that go along with them. This gives our students the opportunity to enter a post secondary environment with more knowledge than previously available, as well as potential opportunities to enter the workforce immediately following their high school years.

Cookies for Cancer:

A Monthly Highlight at St. Patrick Catholic School

Staff and students at St. Patrick Catholic School in Rockland, look forward to the one day each month that grade 5 student, Alanna Longley, and her mother, Christine, bring in dozens of cookies to sell to the students. The monthly effort dubbed *Cookies for Cancer* sees every penny raised go to help fight cancer.

Alanna has truly adopted our Board theme *Called to serve...as disciples of Christ!* She says the project combines two of her favourite things, "I like helping people by raising money for charity and I really like baking. So I thought it was a great idea to put the two together and start Cookies for Cancer."

Alanna told her mother, Christine, about the idea, and together they approached the school. Student Support Worker, Mary Jane Murphy, thought it was a great idea. Mrs. Murphy said when they finally got started, it was an instant success. "We actually ran out of cookies the first time and we had to turn people away. You only have to look at the long lines to see how our students have embraced the idea. I think the way it has caught on is amazing."

St. Patrick Principal, Judith Boucher, said the entire school gets behind the effort and knows it's about more than just buying a cookie. "Our students know that with each cookie they buy, they are helping to fight cancer. Everyone at the school is incredibly proud of Alanna. We each have gifts to

share with others; Alanna is using hers to help those in need."

For Alanna, picking cancer research as her charity of choice was an easy decision. "So many people in the world have cancer. I have people in my family that have been hit with it too. I just thought this would be a great way to help them out."

The cookies are sold for 25 cents each and sell out each and every month. Alanna's mother told Ms. Boucher that the first two *Cookies for Cancer* days have raised close to \$200.

Alanna and her mother plan to run the fundraiser until the end of the school year, and Ms. Boucher said she would welcome hosting the fundraiser again next year.



Alanna Longley, creator of Cookies for Cancer

Reading Camp A Big Success at St. John Bosco Catholic School

The St. John Bosco Catholic School community in Brockville welcomed Kingston author Sarah Perry for two days of class visits to discuss different facets of the writing process. Topics of discussion included plot development, character development, and poetry.

“We really enjoyed having Ms. Perry here,” said St. John Bosco Principal, Donna Balemba. “She has this wonderful ability to connect with the students. We would certainly love to have her back.”

Ms. Perry also helped host the school’s first Reading Camp on January 23. Students and parents came to the school with sleeping bags and pillows for an evening of shared reading.

Ms. Perry spoke to the more than 150 in attendance about how she has developed

as a children’s author. CDSBEO Special Education Coordinator, Dawn Fewer, and Literacy Consultant, Christine Campeau, shared ways that parents can engage their children in shared reading.

“Our parents are learning methods based on individual learning styles,” said Ms. Balemba. “The camp was definitely a big success and I look forward to the next one.”



St. John Bosco Principal Donna Balemba and Grade 5 students Ryan Coulombe and Riley Serviss with Kingston Author Sarah Perry.

What I like about winter...

In the winter I can make snow angels. In the winter my dad can come out with me to make a snow fort. - Cameron Cooper, Grade One, Immaculate Conception

Good Samaritan Trust Fund Donation

Fundraising efforts for the Good Samaritan Trust Fund continue across the Board. St. Joseph Catholic School in Toledo is showing why it is known as “The Little School with the Big Heart.” Working with the community, the school has raised \$933 for the Trust Fund.

The Board established the Good Samaritan Trust Fund in an effort to support students and families within our Catholic schools. It targets the needs of students whose situations are not currently addressed by existing charity organizations. The Trust Fund keeps with the mission of Jesus Christ, whose primary concern was for the poor and marginalized.

St. Joseph raised the \$933 through Christmas donations to teachers in lieu of gifts, and through a raffle for two large gift baskets, organized by School Secretary, Jane Gzik.

Principal, Dorothy Quattrocchi, said she was moved by the outpouring of support. “Our students, their parents, and the entire St. Joseph Catholic School community once again came together

for a wonderful cause. We may be a small community, but time and time again we produce such amazing results, especially when it comes to answering the call of the less fortunate.”

Leeds Trustee, Robin Reil, said that the fund has already provided much needed relief and support in its short existence. “There is a growing need for this fund and what it provides to all of our communities. It has helped so many people in areas such as special medical costs, assistance for parents who have had to miss work due to a child’s serious illness, and clothing needs, just to name a few.”

The \$933 raised by the St. Joseph community will be used where needed across the CDSBEO’s eight counties. “This effort is amazing,” added Mr. Reil. “We are so grateful for this generous donation, and we thank the Toledo Catholic community on behalf of those this money will help. It will truly make a difference in the lives of so many.”

For more information on The Good Samaritan Trust Fund, please visit www.cdsbeo.on.ca/good-samaritan.htm.



St. Joseph Catholic School students Josee Chartrand (left) and Caitlin Mills are joined by Principal Dorothy Quattrocchi (back left) and Secretary Jane Gzik, as they present a donation to Leeds Trustee Robin Reil, for the Good Samaritan Trust Fund.

Message from CDSBEO Director of Education, Bill Gartland

I am pleased to present the second edition of the CDSBEO Messenger. This year continues to be an exciting one for our Board, particularly when considering the number of facility upgrades which will soon benefit so many of our students.

Solid progress has been made for the Board to proceed with three major construction projects. In Toledo, St. Joseph Catholic School will be receiving a new addition which includes five new classrooms and significant service upgrades. In Prescott, a new school construction project will provide a single facility for students at St. Joseph and St. Mark Catholic Schools. Finally, Mother Teresa Catholic School in Russell will receive a four classroom addition to replace the Annex. The Board is extremely pleased with these recent developments; they will undoubtedly contribute to greater opportunities for our students.

Excellence in Catholic education continues to resonate throughout our school communities. Our parents, staff, students and trustees make a difference in so many ways. I thank all of you for the good work you do.

I hope you enjoy the good news we are delivering in this issue of the Messenger. It truly celebrates the good things that are happening in our Board.



Director of Education, Bill Gartland with Notre Dame CHS student Kevin Courtland



On Shrove Tuesday, schools across the CDSBEO participated in pancake breakfasts. Tyler Lovenuk and Kathleen Clement, pictured above, are two members of the St. Thomas Aquinas’ Youth (S.T.A.Y.) group. They, along with 13 other S.T.A.Y. members, served up 1,400 pancakes to 500 staff and students. The flipping began at 6:00 a.m. and all were fed by 10:00 a.m. It was an amazing success that raised funds to support school outreach programs, but more importantly, to raise awareness of the arrival of Lent the following day.

Raven About You At Bishop Macdonell

Submitted by Paul Mantha, Vice-Principal, Bishop Macdonell Catholic School

Bishop Macdonell Catholic School in Cornwall has launched two initiatives as part of its continuing efforts to develop long lasting core values.

school’s sports mascot, the Raven, but also incorporate the idea of mutual support as the school grows and learns together.

The school has aligned several Catholic Graduate Expectations with the seven values found on the CDSBEO’s Board Theme Banner: *hope, charity, temperance, fortitude, faith, prudence and justice*. Each month, staff and students work towards building these values into their lives.

The school is also recognizing random acts of kindness. Each morning during announcements, students are encouraged to perform an act of kindness. Witnessed acts are recorded on a Raven’s feather and presented to the office. Students caught committing these kind acts, get to read them during the following day’s announcements and post their feather on the *Raven About You* bulletin board. The Raven on the bulletin board will eventually be made up of acts of kindness, a beautiful symbol of the goodness of the school’s students.

Student advancement in these areas is recognized by awarding *Raven Tags*. The tags can be attached to students’ book bags, pencil cases, or zipper pulls. So far, students have enjoyed collecting the tags, as they not only reflect the

From Catholic Student Trustee, James King

When elected Catholic Student Trustee in April 2007, there were immediate intentions established in my mind regarding how to pursue the 2007-2008 CDSBEO school year.

Without hesitation, three main themes for the year were apparent: community, Catholic student leadership and maximizing potential. Thus far, there have been countless circumstances where these themes were acknowledged and demonstrated.

In November, CDSBEO students were in full fledged participation as grade 10 students lobbied for environmental rights and social justice action during the *Dream Out Loud Just-Us Youth Day Symposium*. This day provided the occasion for our students to embrace the world we live in, and act as stewards of Christ during the process. The entire experience provided an illuminating sense of gathering and commitment to change the world.

As the year continues, students are steadily capturing more opportunities to demonstrate themselves as leaders of today and tomorrow. The Student Senate, which consists of two representatives from each secondary school throughout our Board, continues to openly discuss student policy and establish the process of projecting "the student voice".

With the realm of second semester getting underway, my original goals that I began the year with, pleasantly fail to cease. My plans include networking with other Student Trustees throughout Ontario, which provides opportunities for retrieving thoughts and ideas. However, more importantly, this grants me an opportunity to promote the CDSBEO and all our accomplishments.

Graciously, I look forward to maintaining my position of Catholic Student Trustee for the remainder of the year, as students, staff and administrators alike continue to learn and grow together in the image of Christ.

CDSBEO Student Creative Corner

Friendship

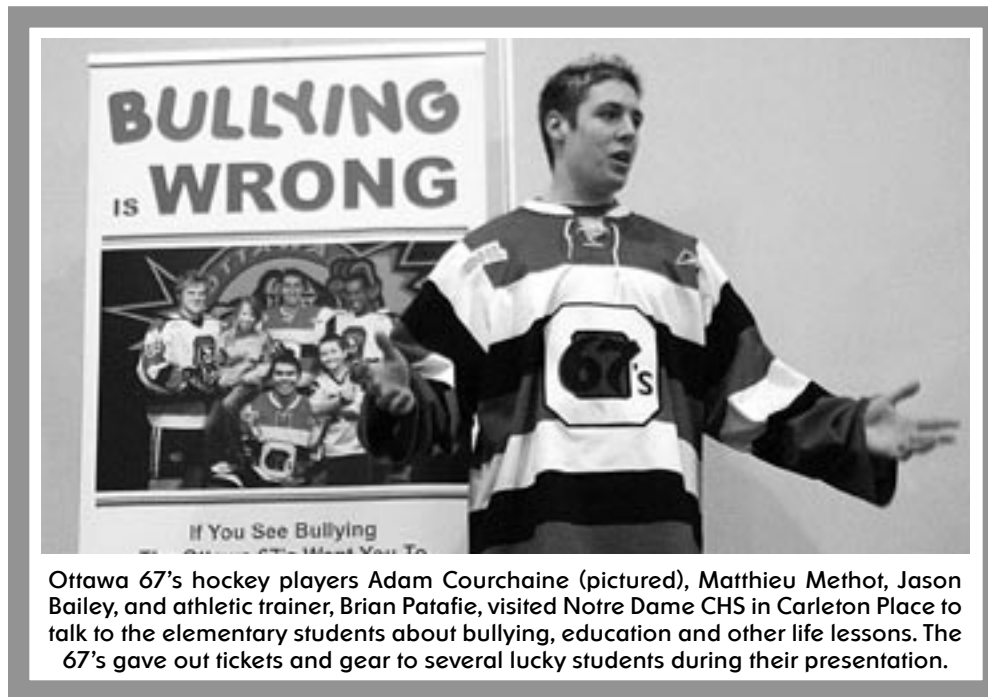
by Rachel Martin
Grade 3

St. Francis Xavier Catholic School, Brockville

*Friendship is fair.
Friendship is care.
Friendship is used everywhere.
Friendship you use
at school and home.
Friendship is important everywhere!
Friendship is fighting
Friendship is nice –
sugary and spice.
You should solve problems
and help people out.
Being Friends and having friends
is important.*



Rachel Martin, Grade 3 student, St. Francis Xavier Catholic School



Ottawa 67's hockey players Adam Courchaine (pictured), Matthieu Methot, Jason Bailey, and athletic trainer, Brian Patafie, visited Notre Dame CHS in Carleton Place to talk to the elementary students about bullying, education and other life lessons. The 67's gave out tickets and gear to several lucky students during their presentation.

Creating Communities of Peace

The Board remains committed to making our Catholic schools caring, safe places for all. Our vision is for students to think clearly, act wisely, feel deeply, and live responsibly, while caring for one another's well being. Bill 212, the new Safe Schools legislation, has provided us with the opportunity to further develop and revise our Catholic Codes of Conduct and bullying prevention and intervention plans.

Progressive discipline plays an important role in this process. Our

framework for progressive discipline is Called to Care, Called to Action, and Called to Rebuild, as disciples of Christ.

The Gospel values of compassion and forgiveness, along with the concept of the restoration of justice, will be integral whenever any type of suspension is considered. The Board will provide Alternative Behaviour Learning Environment (A.B.L.E.) Programs to students when required.

The following is the winning entry in to the St. Mary CHS anti-bullying poetry contest.

Standing Up

by Sydney Mazurek and Kennedy Serviss

Grade 7

St. Mary Catholic High School

*My books are scattered on the floor.
Must I be the kid to ignore?
As I rush to my class, missing some things,
I am close to the door, as the bell rings.
I slowly walk in, head low with shame,
Should I tell the teacher, the bully's to blame?
I find my seat sink into my chair,
Because of the bully my life is unfair.*

*I go home that night, my tears no longer to keep,
I run to my room and cry myself to sleep.
I decided at last, when I see him tomorrow,
I'll stand up to him and be free from my sorrow.*

*He thought he ruled, thought he'd won,
He scared me a lot, but I didn't run.
When I walked up to him and looked in his eye,
He realized I wasn't just going to cry.
I told him how I felt and what he'd done to me,
I turned and walked away, finally free.*

*The next day I saw him outside again,
He said he'd now try to be a friend.
I guess a bully can change his way,
As long as the victim stands up some day.*

Expanding Opportunities: CDSBEO Continuing Education Programs

The Catholic District School Board of Eastern Ontario's Board office in Cornwall recently hosted a Certificate and Pinning Ceremony for students completing the Personal Support Worker (PSW) program. The program is delivered by the CDSBEO's Adult and Continuing Education initiative through St. Matthew Catholic Learning Centre.

PSWs work in a variety of areas within the health field, assisting in the long-term care of patients. The pins are presented to graduates as proof of registration with the Ontario Long-Term Care Association.

School and Board officials, teachers, and family praised the graduates for their hard work and dedication.

St. Matthew CLC Principal, Bev Bellefeuille, noted that several graduates couldn't attend the ceremony because they were already employed in the field. "The fact that many graduates could not be here today, because they are working, is a testament to the success of this program. In fact, 70% of our graduates already have jobs and the others have gone on interviews and should be working shortly."

Superintendent of Education, Mark Musca, said the program allows students to reach their potential. "We are so pleased with the response to the Personal Support Worker program. Our students keep telling us that they are so grateful that this course is available and that it is

giving them a new direction in life, or even another chance at personal success."

The program has also inspired its students. Sharron Ellis says this program is only the beginning for her. "I'm going to complete my secondary school education and attend college to become a registered practical nurse. I may also go on to be a registered nurse, or maybe even teach. This has been a life changing opportunity for me, and I'm thankful for it."

Superintendent of Education, Jane McMillan, addressed the graduates, honouring them for their dedication to the program and for taking up such an important occupation.

The CDSBEO plans to expand the program to other jurisdictions. Earlier this year, Alternate and Continuing Education programs expanded across the Board, with a new night school program at St. Mary Catholic High School in Brockville. A night school program has been running in Cornwall for more than ten years.

Mr. Musca said these programs are all about opportunities. "The program is wonderful for people in Brockville and the surrounding area. There has been a demand for this type of initiative in this part of the Board for some time now. We are very pleased that more people are able to further or complete their education."

Reading Cup Underway at Immaculate Conception Catholic School

After a rowdy, rousing, cheer filled kick-off, students and staff at Immaculate Conception Catholic School in Cornwall, are ready to read their way to the *Reading Cup* – a hockey themed reading challenge.

The initiative was launched by Immaculate Conception Principal, Donna Nielsen. “Each class represents a team in the league. Students can earn ‘goals’ for their teams by reading a certain number of minutes per week. This raises the total number of goals scored for each class week-to-week,” said Mrs. Nielsen.

Each student will receive a reading log to complete and to submit each week to be eligible for other incentives.

The number of minutes to earn a goal varies based on grade level. The top reader/high scorer in each class every week will also earn five *Immaculate Conception Book Bucks* to be used

towards the purchase of a book from the school’s book order system. A separate *Book Bucks* draw will also be held each week for all participants who score a goal, two goals or a hat trick.

“This is a wonderful opportunity for our students,” added Mrs. Nielsen. “We’re encouraging our parents to get involved with the challenge and to spend even more time reading with their children.”

The contest is also being used to hone math skills for the school’s grade 6 class. They will be tracking the statistics of each class on a large grid, posted in the gymnasium for all to see.

Teams also include an entry from the staff, known as the Silver Stars. “Our teachers will be following the same rules as the students,” said Mrs. Nielsen. “The only difference is that when they win the *Book Bucks*, they’ll be winning a new book for our school library.”

Teams are also encouraged to challenge one another on a week-to-week basis until the conclusion of the *Reading Cup* season on Sunday, May 4, 2008. Mrs. Nielsen will present the *Reading Cup* trophy to

the winning class on Monday, May 5. The class team name will be engraved on the trophy and it will occupy a place of honour in the school, until it is presented again the following year.



Immaculate Conception Teacher Mrs. Carrie Seguin’s Team “Tangerine Heat” is ready to go for gold in the school’s Reading Cup challenge.

Pink Panthers Strike Again - Anti-Bullying Awareness at SJCSS

By Katherine Bakker, Grade 12 student, St. Joseph’s CSS

At St. Joseph’s Catholic Secondary School the usual school colours of red, white and blue were recently replaced by a sea of pink. The students and staff wore pink to symbolize anti-bullying awareness.

Age and gender made no difference to these students and staff members, most adorned in pink from head to toe.

The idea came from a sermon delivered by Father Sean Shallow at school Mass. Father Sean told the story of a school in Nova Scotia where a ninth grade student was mocked for wearing pink on his first day of school. A couple of students overheard the ninth grader’s conversation with the bully and rather than step in immediately, they went home and explained their concern on the internet

site Facebook. They then bought dozens of articles of pink clothing. The next day at the Nova Scotia high school, the student body showed their unity by all standing up to the bully and wearing pink.

Father Sean continued to explain that everyone can do their part in the fight against bullies. The St. Joseph’s Student Council took this message to heart by making a special theme day for anti-bullying. The students and staff enjoyed the challenge of wearing all pink for the cause.

While adjusting his pink wig, School Co-Prime Minister, Scott Sanderson said, “It’s really encouraging to know that so many people in our school support the anti-bullying cause.”

His opinion was echoed by many other students. Alyssa Strasser added, “It’s great to see so many of us join together to fight against bullying. It shows how even something really small, like wearing a pink T-shirt, can have a great impact.”

Some attribute the spirit to join the cause to the family aspect recognized at St. Joseph’s. Students explained that it shows how much we all need to depend on one another and that like a family, when one person is being hurt, it hurts everyone.



St. Joseph’s CSS shows their true colours by wearing pink to raise anti-bullying awareness.

Liturgical/School Calendar

March 10 to 14, 2008	March Break
March 16, 2008	Passion Sunday
March 20, 2008	Holy Thursday
March 21, 2008	Good Friday
March 22, 2008	Holy Saturday
March 23, 2008	Easter Sunday
March 24, 2008	Easter Monday
April 25, 2008	Early Dismissal Day
May 4, 2008	Ascension Sunday
May 9, 2008	Professional Activity Day
May 11, 2008	Pentecost Sunday
May 19, 2008	Victoria Day
June 18 to 24, 2008	Secondary Examination Days
June 24, 2008	Last Day of School
June 25, 2008	Professional Activity Day

CDSBEO Executive Council Members

Bill Gartland, Director of Education
 Gordon Greffe, Associate Director of Education
 Dr. Donaleen Hawes, Superintendent of Education
 Jane McMillan, Superintendent of Education
 Mark Musca, Superintendent of Education
 Marg Shea-Lawrence, Superintendent of Human Resources & Religious Education
 Carole Flaro, Executive Assistant to the Director of Education

CDSBEO Trustees

Ronald Eamer - Board Chair
 City of Cornwall and Glengarry County
 RR#1, 18904 Glen Road
 Williamstown, K0C 2J0
 Telephone: 613-931-2369
 Ronald.Eamer@cdsbeo.on.ca

Nancy Kirby - Vice-Chair
 Lanark County
 159 Charlotte St.
 Carleton Place, K7C 1Y9
 Telephone: 613-257-3134
 Nancy.Kirby@cdsbeo.on.ca

Todd Lalonde
 City of Cornwall and Glengarry County
 851 Kenyon Crescent
 Cornwall, K6H 6Z1
 Telephone: 613-933-6442
 Todd.Lalonde@cdsbeo.on.ca

Brent Laton
 Grenville County
 Box 1445, 1005 Massie Drive
 Prescott, K0E 1T0
 Telephone: 613-925-3313
 Brent.Laton@cdsbeo.on.ca

Robin Reil
 Leeds County
 9 Scace Avenue
 Brockville, K6V 2A3
 Telephone: 613-345-4354
 Robin.Reil@cdsbeo.on.ca

Karen McAllister
 Dundas County and Stormont County
 Box 327, 75 St. Lawrence Dr.
 Ingleside, K0C 1M0
 Telephone: 613-537-8153
 Karen.McAllister@cdsbeo.on.ca

Sue Wilson
 Prescott County and Russell County
 RR#2, 7951 County Road 10
 Vankleek Hill, K0B 1R0
 Telephone: 613-678-3306
 Sue.Wilson@cdsbeo.on.ca

James King
 Catholic Student Trustee
 Representing Students - All Areas
 c/o St. Mary Catholic High School
 40 Central Avenue, Brockville, K6V 4N5
 James.King@cdsbeo.on.ca