



Sacred Heart High School

280 Gladstone Avenue North, Yorkton, Saskatchewan, Canada, S3N 2A8

Phone (306) 783-3128

Fax (306) 783-8406

School website: www.christtheteacher.ca

School e-mail address: sacredheart@ctcs.ca www.christtheteacher.ca

"Faith Knowledge Unity"

September 04, 2008

Welcome Back, Saints

Dear Parents/Guardians:

Welcome to the new school year! I hope you had a wonderful summer and return to this school year excited about the opportunities that lie before us. Some have the excitement of coming to a new school with new courses, friends, and extra-curricular programs. For others, excitement comes from being one more step closer to graduation and the many opportunities that may present – post-secondary education, travel, or entering the work force just to name a few. Whatever the case may be, we hope that that energy and excitement carry on throughout the school year.

We hope this year allows students to build on their past experiences – to learn from both their successes and their challenges. This can be in the classroom, on the football fields, gyms, theatre, or other areas of their extra-curricular interests and involvement. We also hope it is an opportunity to continue along on their faith journey – their relationship with God. In all these areas, we hope students and parents feel that they are supported well from the services our school provides.

Our Catholic high school identity permeates all of our programs and interactions. We promote various service projects and a spirit of volunteerism both in our school and in the community. Sacred Heart students can be found working at many charitable projects – whether it be food hampers at Christmas time, gathering materials for the gift boxes we send overseas, our SRC sponsoring community service clubs, our Peer Support program, or individuals completing service hours in the community.

Thank you for your continued support of Sacred Heart High School. We invite all community members to be active in our school events. The staff of Sacred Heart hopes that the 2009 – 2010 school year will be an enjoyable and rewarding experience for all students.

God Bless!

Mr. Chad Holinaty
Principal

Mr. Trent Senger
Vice-Principal

Faith Education

At Sacred Heart High School, all students are required to enroll in a Christian Ethics or Social Justice class. Through these courses, students will explore religious thought; faith development and spirituality based on the teachings of Jesus Christ.

To celebrate our faith we will conduct a school mass or liturgy once a month. **Students are required to attend all celebrations even if they do not have a scheduled class at that time.**



Failure to participate in the Christian Ethics Programs or religious celebrations will result in sanctions and may result in the student being asked to withdraw from Sacred Heart.

SHHS Fan Centre

School clothing and merchandise orders will be taken in the month of September. Stadium jackets, hoodies, sweats, window stickers, and coffee mugs are only some of the items on sale. Stop by the Fan Centre to try on samples and place your orders. Alumni clothing is available as well.

Student Smoking

Students have been advised that Sacred Heart is a non-smoking facility. This includes the building proper, the school grounds and fields, and the parking lot. Students who choose to smoke must leave school property. As well, students have been asked to respect our neighbours, and not go onto private property when smoking. Students found to be smoking on school property will face suspension.

Upcoming Events

September

- 07 Labour Day – school closed
- 08 School Community Council Meeting – 7:00 pm
- 10 Sr. Saints Football @ Canora
- 11 School Opening Mass
- 11-12 Girls Soccer @ Moose jaw
- 11-12 Jr. Volleyball @ Regina
- 11-12 Sr. Girls Volleyball @ YRHS
- 14 Staff Inservice – school closed
- 14 Jr. Saints Football vs. Esterhazy
- 15 Staff Inservice – school closed
- 17 Sr. Saints Football vs. Swann River
- 18 Candle Light Ceremony & Luncheon
- 18-19 Girls Soccer @ P.A.
- 18-19 Jr. Boys Volleyball home tournament
- 18-19 Sr. Boys Volleyball @ Lanigan
- 21 Jr. Saints Football vs. Canora
- 24 Sr. Saints Football @ Esterhazy
- 25-26 Sr. Boys Volleyball @ Langenburg
- 25-26 Girls Soccer home tournament
- 25 Saltcoats cross-country
- 28 Jr. Saints Football vs. YRHS

October

- 02-03 Sr. Boys Volleyball @ Weyburn
- 02-03 Sr. Girls Volleyball @ Estevan
- 02-03 Boys Soccer home tournament
- 05 Jr. Saints Football @ Melville
- 06 School pictures
- 08 Early dismissal (12:00 pm dismissal)
- 08 Sr. Saints Football vs. Lumsden
- 12 Thanksgiving Day – school closed
- 13 Jr. Saints Football @ Kamsack
- 15 Sr. Saints Football @ Fort Qu'Appelle
- 16-17 Sr. Boys Volleyball @ Regina
- 16-17 Sr. Girls Volleyball @ Regina
- 19-23 Education Week “Achieving My Inner Best”
- 23-24 Jr. Volleyball District Playoffs
- 23-24 Sr. Girls Volleyball home tournament
- 23-24 Soccer Regional Playoffs
- 24 Sr. Football Playoffs
- 30-01 Sr. Boys Volleyball home tournament
- 30-01 Sr. Girls Volleyball @ Weyburn
- 30-01 Soccer Provincials

PARKING

Just a note to parents and family who are dropping off and picking up students at Sacred Heart., we have busses dropping off and picking up at our school. Therefore, parents are asked to not stop in the yellow zones to allow loading for busses. Thank you.

Please log on to www.christtheteacher.ca to access information, schedules, procedures, bus routes / times, and other information.

Thank You

Our SRC and entire student body would like to send out a huge “Thank You” to Yorkton Toyota for sponsoring the vehicle to be awarded as part of our SRC Magazine Campaign. Thank you to Yorkton Toyota for supporting our programs through your generosity!

Shuttle Service

Rural students who transfer busses at Yorkton Regional High School will have shuttle service to and from Sacred Heart available to them. Shuttle busses will depart from YRHS at 8:40am and 8:50am each morning. At the end of classes, busses will leave SHHS at 3:25pm and 3:30pm for students to meet their bus at YRHS.

Attendance Reminder

It is the policy of our school that all student absences are to be verified by a parent or guardian. If an absence is not explained ahead of time, this will delay the student's return to class. Currently, we are spending a considerable amount of time each morning verifying student absences. You can help us minimize this by doing the following:

1. For known absences for events such as medical appointments, family holidays, etc. please notify the school by phone or letter prior to the absence.

2. For emergency absences, such as illness, family emergencies, etc. please notify the school as soon as possible. **Please make the contact prior to 9:00 am the next school day.**

The school does not require notification of absences because of school-sponsored activities.

Details regarding school policy regarding recommends, attendance monitoring, or other school policy may be found in the student handbook and/or by contacting the school directly.

Sacred Heart has a message manager, which allows parents or guardians to leave messages for the school at any time (24 hours).

School Policy: Cell Phones

During our opening assembly, students were advised of the following school expectations:

- Cell phones must be turned off and put away at all times in our school building (including noon hours or breaks). Students found using their cell phones in the school will have their phones confiscated and returned at the end of the day. If a second offence occurs, the phone will be confiscated and returned only to a parent or guardian.

Sacred Heart School Community Council (SCC)

The Sacred Heart School Community Council consists of parent, staff, student, and community representation. The purpose of the Council is to provide parents with the opportunity to give input into the programs and policies of Sacred Heart, as well as work with the school staff to support academic and character goals. All parents are welcome to attend meetings, with the opportunity to join the Council. **Our next meeting is on September 8 at 7:00 pm in the SHHS Library.**

Luncheon Invitation

Friday, Sept. 18

All Parents New to SHHS

All parents of students new to Sacred Heart are invited to join us for lunch on Friday, September 18 from 12:00 – 1:00 pm. As an extension of the Candle Light Ceremony all new students and students in their graduation year will participate in that morning, we would like to invite all new families to attend lunch that day. In the upcoming days, you should receive an invitation with an RSVP date of September 11. Please let us know if you are able to attend lunch that afternoon. Gr. 12 students will be invited to sign up to bring salads or side dishes.

Please come for lunch, meet other new families, and be introduced to the staff of SHHS!

Parish Information

St. Mary's Ukrainian Catholic Church

155 Catherine Street

783-4594

Divine Liturgies

Saturday evening 7:00 p.m. (English)

Sunday 9:00 a.m. (Ukrainian)

11:00 a.m. (English)

Pastor: *Fr. Peter Pidskalny, C.S.s.R.*

St. Gerard's Roman Catholic Church

125 Third Avenue North

782-2449

Sunday Masses

Saturday evening 7:00 p.m.

Sunday 9:00 a.m.

11:00 a.m.

Pastor: *Fr. Basil Chomos*

SACRED HEART STAFF 2009 - 2010

Principal

Mr. Chad Holinaty

Vice-Principal

Mr. Trent Senger

Teaching Staff

Mrs. Cathy Brischuk

Mr. Brian Chisholm

Miss Laura Dean

Mr. Dean DePape

Mr. Gregory Digout

Mr. Perry Enns

Mrs. Jeanne Fetsch

Mr. Jim Grela

Mr. Garrett Karcha

Mr. Chris Hansen

Mrs. Teresa Hartman

Mrs. Amber Hershmillier

Mr. Scott Hoffort

Miss Linda Lauritsen

Mrs. Darlene Jordens

Mr. Curtis McCoshen

Mr. Curtis Moen

Mrs. Melissa Moen

Mr. Michael Oleskiw

Mrs. Adrienne Popowich

Miss Megan Shaw

Ms. Rachel Sterzuk

Mrs. Dietta Todos

Mrs. Tricia Tratch

Mrs. Helene Tremblay-Boyko

Miss Samara Worth

Mrs. Kim Wyatt

School Counsellor

Mrs. Kerrie Shearer

Secretaries

Mrs. Muriel Fedorowich

Mrs. Jane Labash

Librarians

Mrs. Jeann Spilak

Mrs. Jane Labash

Pastors

Fr. Basil Chomos, St. Gerard's Parish

Fr. Peter Pidskalny, St. Mary's Parish

Support Staff

Mr. Rob Beletic

Mrs. Lana Haider

Mrs. Tracey Malayney

Mr. Scott Musqua

Mrs. Linda Seitz

Mrs. Cynthia Wolkowski

Caretaker

Mr. Jaret Zelionka

Housekeepers

Mr. Justin Burton

Mrs. Ksenija Ivan

Mrs. Jadwiga Klimek

How To Get Good Grades

In Ten Easy Steps

By Linda OBrien

This year, each of our Grade 9 students will receive a copy of this booklet. Throughout the year, we will refer to the suggestions it contains. Each month, we will feature one of the chapters for all parents/guardians, and students to review. This month, the focus is on self-assessment and goal setting.

What Kind of Student Are You?

To find out what kind of a student you are, read the following 10 questions and put check marks in the spaces that best describe you.

Always Sometimes Never

1. I complete homework assignments.
2. I have all necessary materials when I go to class (book, pencil, etc.).
3. I use the time teachers give us in class to get started on homework.
4. I take good notes.
5. I ask and answer questions in class.
6. I use tricks to memorize information.
7. After reading an assignment in a textbook, I know what I've read.
8. I get along well with my teachers.
9. I am good at taking tests.
10. I am happy with my grades.

Give yourself 2 points for each *Always* response, 1 point for each *Sometimes* response, and 0 for each *Never* response. Add up your score.

What Your Score Means

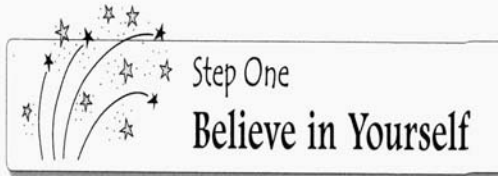
20-15 points: You are a very good student. This book will be mostly a review for you. It could, however, help you raise your grades even higher.

14-10 points: You are a student who could be getting better grades. With this book, you will be able to improve your grades significantly.

9-5 points: You're probably not getting very good grades. This book can help you change that. It could even change how you feel about school.

4-0 points: Your grades need serious improvement. Don't give up. This book can help you turn your grades around!

Regardless of your score, this book can help you improve your grades!



"To succeed, we must first believe that we can." Michael Korda

In order for you to succeed, you have to believe in yourself and in your abilities. Here's a little story to help illustrate this idea:

Two high school athletes are preparing to compete against each other. They are the same size, and they have about the same athletic abilities. Everyone assumes that it will be an exciting match.

The first athlete runs out. He looks confident, and as he waits, he continues to warm up and stretch. The people nearby can hear him muttering to himself, "I'm ready. I can do this."

The second athlete appears. He slowly shuffles out with his head down, and as he waits, he stands and fidgets with his watch. Those nearby hear him mutter, "I'm gonna get killed."

Two athletes, same size, same abilities... Even before the competition starts, everyone knows who's going to win.

Whether you're an athlete preparing for competition or a student tackling a difficult subject, it's important that you believe in yourself. You need to recognize the talents and abilities that you possess, and you must know, and believe, that you can succeed!

Take a minute now, and in the grid below, list the courses that you're currently taking. Then in the "Grade" column, write down the highest grade you think you can earn in each course this grading period.

Course	Grade

Think of these grades as your academic goals for this grading period. Believe in yourself, and believe that you can achieve these goals!

Later this month, students in the Christ the Teacher School Division, along with those in neighbouring divisions, will conduct a very important study on the needs, attitudes, and behaviours of our students.

The survey is titled *Search Institute Profiles of Student Life: Attitudes and Behaviours*. It will provide our school and community with a wide range of information, such as how students spend their time, their perceptions of school and community life, and their participation in a wide range of risky behaviours. Most important, the survey will tell us the extent to which our students are experiencing Developmental Assets. Developmental Assets are the “building blocks” of positive relationships, opportunities, skills and values that young people need to grow into healthy, caring, and responsible young adults. The survey results will help all of us as we seek to address the developmental needs of our youth. It will help in coordinating the services offered to youth in our school and the larger community. This survey is part of a coordinated effort among schools, law enforcement, youth services, and other local agencies with a mission to support healthy lifestyles among our youth.

Additional Information:

- Students will be given one full class in which to complete the survey. The surveys are completed anonymously. No one will know how individual students respond to the questions.
- All students within each classroom place their completed surveys into one envelope. The envelope is then sealed. All envelopes from our school are sent directly to Search Institute (Minneapolis) for processing. No one at our school will review any of the completed surveys.
- The final report will present findings by the total group, by grade, and by gender. No individual student data are reported.
- Students are told that their participation is voluntary and that they may skip items if they so choose.
- The survey is not a test they take for school grades, and their grades will not be affected if they choose not to participate.

Please give serious consideration for your child to participate in this study. A copy of the survey is available for your review in the Main Office. The value of a study of this kind depends upon the participation of every student.

If you do not want your child to participate, you must contact the Main Office by Friday, Sept. 11, 2009. If no contact has been made, your child will be asked to participate in the study.

If you have any questions, please contact Mr. Holinaty.

Thank you.

SHHS Magazine Fundraising Campaign Notice

Sacred Heart High School will be running its annual magazine subscription campaign again this year and would appreciate your continued support. We would like to start by thanking Yorkton Toyota for once again offering their support with a 2002 Oldsmobile Alero which we should see on the school lawn next week! Thank you so much for your support.

Though there are other companies that may ask for your new and renewal magazine orders, it would be very much appreciated if you renewed your subscriptions with a SHHS student. A large portion of the funds stay here in our school (**40%**). Please note that these funds are used to help all students and sports teams throughout the school year.

There are three ways to order a magazine:

- 1) **NEW** subscriptions may be purchased.
- 2) **RENEW** current subscriptions now as the new order only begins after current subscriptions expire.
- 3) Send a **GIFT** subscription. **Gift cards are available from the school or online.**

ONLINE ORDERING: Visit www.ccrp.ca and use SHHS's magazine campaign code **SK19** to support the school. If a student sells a magazine online and would like to receive credit they need to print a copy of the confirmation for that order and hand it in to receive their prize.

Return all magazine orders ASAP and please remember:

- Make all cheques payable to **Sacred Heart High School SRC**
- If paying by credit card (Mastercard and Visa **ONLY**) please ensure card numbers and expiry date **AND** security code are clear and correct. "CCRP School Magazines" will appear on your statement, not the name of the school.
- Extra order forms are available from the school and online.

CCRP does not endorse "door-to-door" sales. This "Family and Friends" program helps to keep money in your community and we thank you in advance for your participation! Your support is greatly appreciated!!!!



SACRED HEART HIGH SCHOOL
School Clothing Order Form

(All prices are tax included)

Name: _____ Grade: _____

Item	Size	Color	Activity	Qty:	Cost	Total
<u>Saints Hoodie</u>	S M L XL 2XL	Grey			\$40.00	
<u>SAINTS T-Shirts</u> Graffiti	S M L XL 2XL	White			\$8.50	
<u>Sweatpants</u> (Open Bottom)	S M L XL 2XL	Green			\$39.00	
	S M L XL 2XL	Gold			\$39.00	
<u>Phys Ed Shorts</u>	S M L XL	grey			\$18.00	
<u>Phys Ed Shirts</u>	S M L XL 2XL	white			\$8.00	
<u>Long Sleeve T-Shirts</u> White/graffiti	S M L XL 2XL 3XL	White			\$15.00	
<u>Long Sleeve T-Shirts</u> Green/ Graffiti	S M L XL 2XL 3XL	Green			\$15.00	
<u>Lanyards</u>					\$6.50	
<u>TOTAL</u>						
<u>PAID BY:</u>	<u>CHEQUE #</u>	<u>CASH:</u>	<u>DEBIT/MC/VISA:</u>			

Please make cheques payable to
"Sacred Heart High School"

ALL ORDERS MUST BE PREPAID

THIS ORDER FORM MUST BE RETURNED NO LATER THAN Sept 25, 2009

IF you have any questions ask Brenna Senger