

Dr. Martin LeBoldus High School

High School

Newsletter - March 2009

Greetings from Administration!



Dear Parents and Guardians,

Hard Work = Success

Semester one of the 2008-2009 school year wrapped up on January 28, 2009 and as we look at our attendance and academic results, the semester was tremendously successful. Our students demonstrated a great deal of dedication to ensuring that they were in school every day and on time for each of their classes. In return, we have seen academic averages that are excellent at every grade level. We were also very pleased with the results of the national CAT3 examinations that all of our grade 10 students were involved with in October 2008. In the areas of reading, writing, and math, our grade 10 students scored the same or higher than they did last year and our average scores were higher than the Canadian Average for all three exams that were written. Such results are a reflection of the hard work of all of our students and the dedication of all LeBoldus teachers. We are confident that such results will continue if our students can consistently focus on the four things that will lead to their ultimate success:

1. attending school regularly and punctually;
2. coming each day with a positive attitude and with a willingness to work hard in each of their classes;
3. completing all assignments to the best of their ability and submitting each assignment by due dates;
4. studying for all exams and organizing for all assessments.

If these four habits are adhered to, then we emphasize that not only will our students pass their classes, they will also earn the academic marks that they are capable of achieving. If, for some reason, a student is struggling with any of the four key points listed above, then it will be difficult for him/her to reach his/her full potential.

Registration for the 2009-2010 School Year

Our school counsellors met with all of our current students by grade on Monday, March 2 and Tuesday, March 3 to discuss the registration process for the 2009-2010 school year. At these meetings we discussed a number of academic considerations for students to keep in mind as they prepare to choose classes. All students received their registration booklets in a TAG period on Tuesday, March 3. They will need to complete these registration booklets (with all of their subject selections for next year) and return them by Friday, March 13. It is important that your son's/daughter's registration booklet be returned A.S.A.P. as this will ensure that he/she will be timetabled into all classes that he/she is requesting.

Parent-Teacher-Student Conferences

Parents/Guardians and students will have an opportunity to visit with our teachers on **Thursday, March 26**. Interview request forms were distributed to all students on Wednesday, March 11 and emailed to homes (where email addresses have been provided). We hope that all parents/guardians will take advantage of this opportunity to discuss the progress of their children with our teachers and, as always, your son/daughter is invited to attend conference appointments with you. Please remember that all conferences are by appointment only and all request forms need to be returned to the main office by Thursday, March 19, 2009.

CSCC (Catholic School Community Council)

Our parent council has been meeting on a regular basis since September of this academic school year. The meetings focus on information sharing (from school administration, teacher representatives, parents, and LeBoldus students) and on discussing ways that we can continue to improve our school to better meet the needs of the students and community we serve. To be effective, the council needs the creative ideas and input of all parents. On behalf of the committee chair, Cindy Haynes, we invite all parents to attend our next meeting on March 25, 2009 beginning at 7:00 p.m. in our school resource centre. See you then!



Golden Suns Generosity

We continue to emphasize in our school an awareness of the needs in our greater community – locally and throughout the world. Two initiatives our LeBoldus community has embraced in semester two are:

- We raised money for Telemiracle which took place on March 7 and 8. This event was particularly significant for our LeBoldus community as our own Best Buddies Blues Band was invited to perform on Sunday, March 8. The group, consisting of musicians from our FIAEP program and their mainstream buddies, represented us in true Sun fashion. At the end of their performance, they were able to present a cheque on behalf of our LeBoldus community in the amount of \$1,638.00.
- Mr. Leon and a number of our students and teachers once again organized the 12th Annual Pancake Breakfast that took place on Thursday, March 12. We had members from our school board and our LeBoldus CSCC who helped cook and serve. Well over 400 tickets were purchased by our students, staff, parents, and community members. The breakfast truly brought us together once again as a caring community and over \$2,000.00 went directly to Development and Peace.
- Canadian Blood Services provided an opportunity for our LeBoldus community (staff and students) to donate blood on March 10. We had a terrific turnout of students and staff who gave generously, providing the “gift of life” for others.

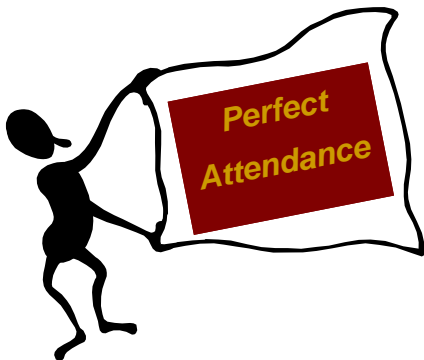
LeBoldus “Spirit” keeps growing in our school community and we thank everyone for making this just a terrific school !

“Let Us See Your Glory in the Ashes”

The season of Lent began on February 25 with Ash Wednesday liturgies that we celebrated in our theatre. Lent is the most important season in the Church year and we will be doing a number of things within the school to help our students prepare for this important Church Season that culminates with Holy Week and the observance of the Easter Triduum (Holy Thursday, Good Friday, Holy Saturday); leading us prayerfully to Easter Sunday on April 12. Throughout this season we have been emphasizing with our students the idea of intentional acts of goodness – those times when we can purposefully look at ways of doing good. Our charitable collections in March were definitely opportunities for our students to do just this, however, they have also been encouraged to look at intentional acts of goodness that they could take on within our community.

Mr. Dave Ripplinger
Principal

Mrs. Janet Chabot
Vice Principal



*The following
students are
being
recognized for
their
**Perfect
Attendance**
in
Semester One:*

Carissa Carlson
Cherry Lynn Costa
Claudine Costa
Stefan DeSantis
Michelle Degelman
Randy DeLa Cruz
Brent Flaman
Ubong Idem
Robbie Keith
Alex Koster
Patrick Malone
Scott Noble

Robel O'Mikael
Monique Paquin
Nolan Schmidt
Ashley Siller
Matthew Stingen
David Taylor
Michael Taylor
Alana Toporowski
Gaetan Tremblay



All Graduation fees
were due by Thursday, March 12.

**Graduation
2009**

All school fees must be paid before Grad Banquet seats will be assigned. The Graduation procedures information package has been e-mailed to all graduates and is also available in the school office.

Contact Mrs. L. Nishnik at
l.nishnik@rcs.sk.ca
if you have any questions
or concerns.

From Our CHORAL Department:

RICHARD NACE CLINIC – Our Choral Department has had a very busy second semester. We were very lucky to have Richard Nace from Seattle, Washington here to work with all of the high school choirs for a week. The choirs worked on individual repertoire as well as two Mass choir pieces to perform with the rest of the high schools. We all gathered at St. Martin's Parish to share our individual music and to sing our Mass pieces together. The evening ended with a fun student social where students had a chance to mingle with each other.

JAZZ FUSION 2009 – This year's Jazz Fusion Workshops had participating groups not only from LeBoldus, but Miller, O'Neill, Campbell, Swift Current, and two schools from Moose Jaw. We were fortunate to have Jason Smith and his group Audio Radiance from Creston, Iowa, here to perform and work with us this week. The group also managed to perform to several of our elementary school students in concerts held at Miller and O'Neill. The Friday evening Showcase concert featured vocal jazz choirs Eclipse and Rayze from LeBoldus as well as the other schools and our special guest group Audio Radiance.

CHOIR TOUR - Our annual spring tour from March 22 - 25 was to Edmonton, Alberta this year to work with Scott Leithead who just returned from a year sabbatical in Africa. Both the Chamber Choir and Concert Choir were able to work on vocal production and various other choral concepts. We would like to thank Mr. Majewski and the parent chaperons who helped to make our tour a success.

COFFEE HOUSE - The 6th Annual LeBoldus Coffee House will take place on Wednesday, April 29, in our gymnasium. This is an evening filled with performances by the Concert Choir, Chamber Choir, and Vocal Jazz Choirs as well as individual students who will sing solos, duets and small ensembles. Desserts and drinks will be provided with your \$5.00 ticket which are available from any Choral student. There will also be a silent auction held that evening. If you have a business and you would like to donate an item, please contact our Choral Department.

MINGA MOVEMENT - The Minga Movement members have been involved in studying about Sustainable Development issues in our community and the world. Groups of students will be taking on individual projects concerning water usage, recycling opportunities and government funding. We will have presentations from Free the Children here to work with the group: on March 31 - a small group presentation and May 8 - a school presentation. The group will be continuing to raise funds for the O Ambassador's Program to help a community in East Africa.



Wrestling



Our Best Buddies Blues Band performed at TeleMiracle in Saskatoon and presented them with a cheque from LeBoldus High School

The City Finals for Wrestling ended on the weekend with LeBoldus displaying a very strong showing. Our team of ten men and one woman saw seven wrestlers placing in the top six with special mention going to our medalists, Levi Ziegler 66 K - Gold Medal City Champion; Gaelan Malloy 70K Gold Medal City Champion; Brenton Wirachowsky 82K Gold Medal City Champion; Shaun Trotman 58K Bronze Medal. These four individuals will now travel to Saskatoon to represent Regina and LeBoldus in the 2009 Provincial Championships. My thanks goes out to all the wrestlers and their parents who have supported our team this season. Special thanks to my two volunteer coaches who have spent countless hours with myself and our team developing and honing their skills, Coach Sean Barry and Coach Matt Pfeifer.



Tom Metz, Wrestling

Calendar of Events:

March -

- 11 - Progress Report Card #5
- 17 - Staff Meeting - Students Dismissed at 1:00 PM
- 18-19 - Optimist Band Festival
- 20 - School Holiday - No School for Students
- 24 - School Ring Days
- 26 - Student-Parent-Teacher Conferences - No School for Students
- 27 - Staff Retreat Day - No School for Students
- March 29 - April 4 - Band Days

April -

- 10 - Good Friday
- 12 - Easter Sunday
- 13-17 - Easter Vacation
- 21 - Staff Meeting - Students Dismissed at 1:00 PM
- 23 - Progress Report Card #6
- 29 - CSCC Meeting - 7:00 PM

May -

- 4 - AP French Language Exam- PM
- 5 - AP Computer Science Exam-AM
AP Spanish Exam - AM
- 6 - AP Calculus Exam - AM
- 7 - AP English Literature Exam-AM
- 8 - AP Studio Art Exam - PM
- 12 - AAP Psychology Exam - PM
- 18 - Victoria Day Holiday
- 19 - Staff Meeting - Students Dismissed at 1:00 PM
- 21 - Progress Report Card #7
- 24 - Final Band Concert
- 27 - CSCC Meeting - 7:00 PM

June -

- 10 - Spring Awards Night-7:00 PM
- 16-22 - Course Finalization Days
- 17 - CSCC Meeting - 7:00 PM
- 22 - Graduation Mass - Holy Rosary Cathedral - 7:00 PM
- 23-Graduation Exercises-2:00 PM Banquet-7:00 PM / Dance at Conexus Arts Centre
- 23-24 - Semester-End Administration - No School for Students
- 25 - Teachers' Institute
- 26 - Progress Report Card #8
- Report Card Distribution—8:30 AM
- Teachers' Institute



Touch the Sun !

With our winter sports quickly coming to an end, we are proud of all of our students, coaches, and advisors and we would especially like to recognize the following:

- Our Improv team, Lithium 9, are the provincial champions for 2009 and they will be travelling with their coach/advisor, Mrs. Lichtenwald, to Nationals which will be held this year in Ottawa from April 13 to April 18.
- In curling, our junior and senior boys rinks both won bronze medals in this year's city championships.
- In wrestling, our boys team finished 5th in the city championships winning two gold medals and one bronze medal.
- In basketball, both our junior boys and girls basketball teams participated in city championship games on March 10. The teams represented LeBoldus in true Golden Sun fashion and both brought silver medals back to the school.
- Ms. Magnusson and a number of our jazz students once again hosted Jazz Fusion, an event that saw school representation from throughout our province. The three days of music culminated with a

performance on Friday, March 6 in our LeBoldus theatre that was simply outstanding.

- The Optimist Band Festival takes place on March 18 and 19 (Conexus Performing Arts Centre). Best of luck to our LeBoldus Junior Band as they perform on March 18 at 4:00 PM and to our LeBoldus Senior Band who perform on March 19 at 3:25 PM

Congratulations to the coaches, advisors, trainers, managers and players of all these teams/groups! They are all truly representative of the quality students, teachers, and coaches we have at Dr. Martin LeBoldus High School.



Our Best Buddies Blues Band at Applause Dinner Theatre

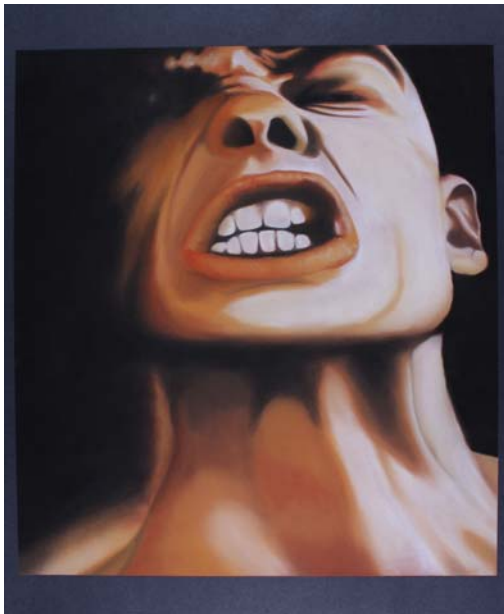
Attendance and Academics

Please note that progress reports and attendance profiles (by email) were distributed on March 11, April 23, and May 21 of semester two. Parents/guardians will have **up until one week after the issue of each progress report and attendance profile** to ensure that their son's/daughter's attendance profile is accurate, and/or to call the school to make any necessary changes/corrections. Prompt attention to all attendance issues is greatly appreciated as it allows us to ensure that our records are accurate and up-to-date at all times.

Our current RCS secondary attendance practice stresses that students must be in attendance for each class they are registered in a minimum of 85% of the time (no more than 15 absences). We appreciate the commitment our students have shown in regards to adhering to this practice and we believe that such diligence with attendance has allowed all students to be more academically successful. The practice does take into account emergent issues (funerals, medical situations) and prior knowledge situations (provincial/national competitions and prearranged surgeries) by offering exemptions in these circumstances. Excluded from any exemptions are family holidays and we appreciate the care families have shown in booking holidays during non-school days and/or in conjunction with school holidays.

Critical in our school year are Course Finalization Days. These occur over five days at the end of each semester and they allow teachers to test a student's mastery of material in a more comprehensive and/or practical manner. During CFD's, the system expectation is that all students will be in attendance. If you are aware of special circumstances that will keep your son/daughter away for a particular CFD, please inform Mr. Ripplinger in writing (d.riplinger@rcs.sk.ca) as soon as possible.

Student Artwork



by: Madeleine Lepage
Grade 12



by: J.T. Papandreas
Grade 12

Student Well-Being and Safety

The first and foremost mandate for all Regina Catholic Schools is to ensure that students are learning in a safe and orderly environment. With this in mind, we have established emergency protocol for a number of possible scenarios (fire, natural disasters, lockdown situations). We practice fire drills throughout the year, our staff has been inserviced in regards to emergent circumstances, and we have discussed with all students (by grade) safety issues (including lockdown situations).

We have established **designated student parking** in our east parking lot in order to better maintain safety in this area and we believe that this has worked very well. In regards to parking and traffic flow, our concerns still center around ensuring that **parking on our community streets** is done in such a manner as to not add to difficulty that motorists will encounter with visibility. We have reminded our students that parking on corners is prohibited and that vehicles must be a good car length from any corner. We have also asked students to leave at least half a car length of open area when parking at a driveway entrance. We appreciate the efforts our students have made in adhering to these requests.

The potential for an accident in our school area is greatest in the morning during student drop-off (8:00 AM – 8:30 AM) and after school during student pick-up (3:00 PM – 3:30 PM). It is our hope that caution can be used during these peak traffic flow times. We request that vehicles do not park or stop in our designated bus lane on 25th Avenue. We also suggest that during these two busy times vehicles will avoid attempting turning left (heading east onto 25th) out of our student parking lot. Instead, if a right turn could be made onto 25th (heading west) and then Albert street be utilized in proceeding toward a particular destination.

We know that students come to school each day with many **personal belongings** – the most significant of these being jackets, ipods, mp3's, cell phones, book bags, and other significant items. **Every student in our building has been assigned a locker** to utilize for the year. Our expectation is that all personal belongings will be placed in an assigned locker that will then be locked (using a school issued lock only). If your son/daughter is indicating that he/she does not have a locker, please ask him/her to come to the main office and we will rectify this situation immediately.

Finally, we are all aware of the risks that **alcohol and drugs** pose to everyone in society, especially teenagers. Our LeBoldus SADD chapter has made this an awareness focus again this year, bringing in a guest speaker in September and organizing a MADD multimedia presentation in March. The key emphasis in both presentations was on understanding that life is precious and must be treated this way, with a real emphasis on not abusing drugs and/or relying on them in creating a good time for ourselves. A substance abuse report from the University of Maryland (on page 9) stresses that alcohol, tobacco, and hard drug use is the number one concern among teenagers today. Our RCS drug educator, Mr. Rand Teed, in a letter to the editor (on page 10) would concur with the Maryland study. What worries Mr. Teed most is the increased acceptance of drugs as a common and normal part of life for some teenagers. There is great pressure on all parents/guardians today in regards to helping teenagers lead healthy and active lives. Knowing the **signs/symptoms of drug and alcohol problems** has become part of a parent's challenge and Mr. Teed (randteed@accesscomm.ca) is available to discuss parental concerns at any time.

CESAR FAX

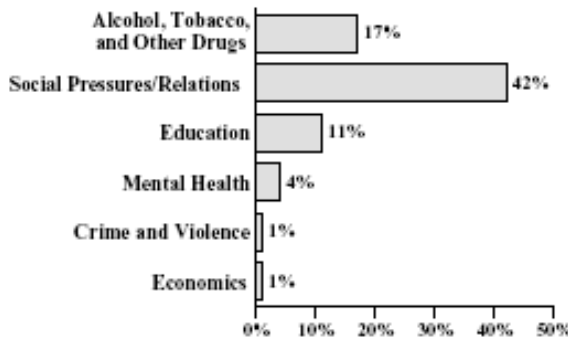
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**A Weekly FAX from the Center for Substance Abuse Research
University of Maryland, College Park**

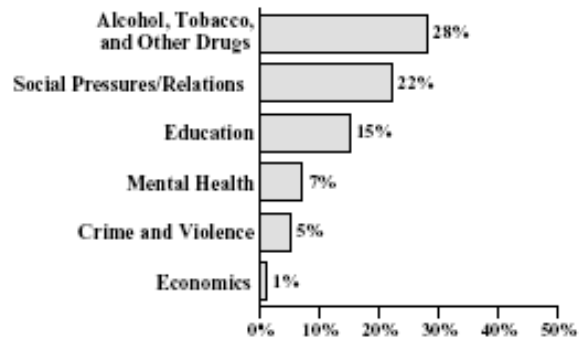
Parents Think Social Pressures Are Main Concern of Teens While Their Teens Say They Are More Concerned with Alcohol, Tobacco, and Other Drugs

Parents of teenagers overestimate how important social pressures are for teenagers, according to data from a national telephone survey conducted earlier this year. Forty-two percent of parents of teenagers reported that social pressures and relationships, such as fitting in, peer pressure, and sexual issues, were the top concern of teenagers, compared to only 22% of teens. In contrast, parents underestimated the importance of alcohol, tobacco, and other drugs in the lives of teenagers. More than one-fourth (28%) of teens reported that drugs are the number one problem facing people their age, compared to only 17% of parents. These findings are similar to those found by the same survey two years ago (see *CESAR FAX*, Volume 15, Issue 35).

While More Than 40% of Parents Think Social Pressures Are the Top Concern of Teens . . .



Their Teens Are More Likely to Say Drugs Are Their Number One Concern



*Teen respondents were asked, "What is the most important problem facing people your age—that is, the thing which concerns you the most?" Parent respondents were asked "And from the point of view of teenagers like your own, what do you think he or she would say is the most important problem someone their age faces?" Both questions were open-ended.

NOTES: Data are from a random sample of households in the 48 continental states who had a youth ages 12 to 17 living in the household. Telephone interviews were conducted between April 3 and May 13, 2008 with 1,002 teens and between April 17 and June 3, 2008 with 312 parents of interviewed teens. The margin of error is +/-3.1 percent for the teen survey and +/-5.5 percent for the parent survey.

SOURCE: Adapted by CESAR from The National Center on Addiction and Substance Abuse at Columbia University (CASA), *National Survey of American Attitudes on Substance Abuse XIII: Teens and Parents*, August 2008. Available online at <http://www.casacolumbia.org/articlefiles/380-2008%20Teen%20Survey%20Report.pdf>.

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Letter to the Editor

Adolescent Drug and Alcohol Use

I have been working in this field for a long time and it is looking to me that we are on the edge of or perhaps even in the middle of an epidemic. There are more and more kids using more and more drugs and alcohol and they are doing it at younger ages. The number of academic and attendance problems at schools is increasing; the majority of these can be linked directly to excessive substance use. The number of adolescents and their parents seeking help from professionals for substance use disorders is on the rise.

What seems to be happening is an increased normalization of substance use, it just creeps a bit higher every year. What used to be a weekend thing has become several times a week. There is still the belief that drugs are bad, but that alcohol is not a drug and, therefore, it is OK. We also have a lot of people believing that Marijuana is not really a drug and that it is OK. Lots of parents are buying alcohol for their children in the hopes that somehow that will control what they are doing.

Adolescents are very susceptible to becoming drug or alcohol dependent. This doesn't mean that they are drug addicts or alcoholic but it can become a problem for teenagers very quickly. When you need a substance to perform a function you become dependant and adolescents, because of their developmental stage, are at greater risk. Many adolescents feel that they can't have fun without some sort of drug or alcohol enhancement. They say things like "it is just on weekends" (which if true doesn't mean it is not harmful, especially if it is every weekend), "everybody else is doing it" (which isn't entirely true; its around 60 % though) or "its just a little weed" or "its just alcohol". If it was just a little and once and awhile it might be less problematic; unfortunately teens are not generally creatures of moderation.

Another issue, which is helping to create the problem, is the increasing frequency that teens are partying (their term for whenever they are using drugs and alcohol). What used to be once a week has become several times a week, any time they get out early from school seems to be cause for a party, and it is becoming more common for the kids to drink/drug before going to watch football or basketball games. Many teens are feeling the need to pre-drink or pre-drug before they go out. This type of use is another symptom of being drug/alcohol dependant. There is an increasing and significant number of teens (around 10%) who are using daily.

One of the biggest concerns right now is the ready acceptance of trying other drugs. There has been a huge influx into our communities of a drug called Ecstasy. The main component of this drug is Crystal Methamphetamine, the drug that caused so much concern a few years ago. It is back, readily accessible and very cheap. The fact that the kids are calling it ecstasy or sometimes they just call it "pills" some how seems to make it ok. It isn't just the typical "druggie" kid who is doing this drug. It is all over the place and the normalization of drug and alcohol use makes it much easier to take the next step to move "up" to trying this drug. It is addictive, damaging and dangerous. Cocaine, morphine and oxycontin are also become very available to teens.

One of the symptoms of excessive drug and alcohol use is depression. Many parents are picking up the signs of depression or severe mood swings in their children and of course are concerned. Many kids end up on anti-depressants because of drug/alcohol use and because they are afraid to admit to their parents or doctors that they have been regularly using substances. Teens are also masters of minimization, they will tell a bit of the truth to try to make people feel a bit better but never let the whole cat out of the bag.

We are in the middle of what is almost epidemic, teens are using younger and younger, the expectation of having to party to have fun is getting greater and greater. Like anything else, if you get going too fast you increase the risk of crashing. Parents need to be the ones to start putting the brakes on some of this. Check your kid's stories, talk to other parents, and don't randomly condone regular and or excessive drug or alcohol use. Watch for symptoms: changes in grades or attendance, mood swings, evasiveness, using anger to avoid discussion or consequence. Get educated about this issue and don't just pass it off as "they're just going through a stage". As parents, educators and adults it is our responsibility to try to keep our kids safe and growing in the right direction.

Rand Teed, B.A. B.ED, ICPS (Internationally Certified Prevention Specialist)

Developer of the Drug Class Program and TV Series

Secretary of the Board of SABAS (Saskatchewan Association for the Betterment of Addiction Services)

306-501-0123

randteed@accesscomm.ca