

Dr. Martin LeBoldus High School

November 2007



Message from the Principal

The 2007 -2008 school year is well underway and students have settled into the routine of school life. We are excited about this school year and the achievements of many of our students. We remain committed to the success of the students in our school and will continue to promote best practices to support each student.

Besides academics, our extra-curricular programs have been very successful this fall. We are extremely pleased and proud of the involvement of our students. Our teams have represented the school and the Sun spirit very well and are to be commended for their efforts. Mr. Foord has included a list of the successes of our athletic teams in another area of the newsletter for your reference. The Golden Suns continue to shine!!

Advent Celebration

The True Meaning of Christmas

Advent is around the corner! The Church gives us the gift of the Liturgical year beginning on the First Sunday of Advent. Our students will celebrate by participating in daily Advent prayers presented in the morning. They will bring forth their caring and charity as each class will build a family hamper to be delivered to a family in need. As Catholics we start our new year, not with just a special day, but with a whole season of waiting and anticipation. Just as our own years are highlighted with celebrations, reflective times, and even sorrow, we can derive comfort in the knowledge that God has a marvellous plan for each of us.

Let us reflect on the coming of Advent through this special prayer:

*Oh God, December nears!
The time of Christmas chaos has begun!
Garlands on poles; lights on houses;
adults in a hurry; children in a frenzy;
signs of Christmas are everywhere.
Or are they?
Oh God, Advent nears.
A time of anticipation. Waiting.
Knowing you will come. Wondering.
How will you come?
What will be the signs of your presence?
What are the signs of Christmas?
Jesus, born of Mary, laying in a manger,
God Incarnate, the Word made flesh.
They knew you would come, but not how.
That was a surprise, a miracle,
a sign that only a few could see.*

*Oh God, Advent is coming
It is a holy season of waiting,
We are watching for signs of your coming.
Help us not to confuse the flow of bright lights
or the bustle of holiday activity with
the real signs of your Christmas gift.
Open our eyes to see you in surprising places;
the faces of our students and teachers,
the community of our classroom and school,
our friendship with colleagues and,
our partnership with parents.
Open our hearts to experience anew the miracle:
You are born and live among us, fully human, fully God.
We know You have come and will come again.
We do not know how. That is always a surprise. A miracle.
Give us the eyes of faith, O God, that we may see.
Amen.*



As we prepare for the coming of our Saviour, Jesus Christ, our students will be reflecting on the true meaning of Christmas. As the Christmas season quickly approaches, it is easy to forget that before this wonderful celebration, there is time for preparation. During Advent, we are preparing to receive Christ more fully into our lives. May your family preparations and celebrations bring you closer into the warmth of God's love this Season.

Regina Catholic Schools "Best Buddies Blues Band" Award:

Regina Catholic Schools' "Best Buddies Blues Band", under the direction of Chris Hamilton, was honoured at the October 26th Regina and District Association for Community Living's Celebration of Inclusion/Evening of Inspiration. The Best Buddies Blues Band is comprised of Alternative Education students and buddies from Dr. Martin LeBoldus High School. The RDA CL Award is the third honour to be bestowed to the Best Buddies Blues Band since the Band's forma-

tion in 2005. The Band received finalist status in the Lieutenant Governor's Award for Innovation in the Arts and also received an award from the Saskatchewan Music Educators' Association (SMEA) for Outstanding Music Education. The Best Buddies Blues Band members enjoy performing and have often showcased their talents at many local events in Regina and southern Saskatchewan. On November 2, the group performed at the SMEA Awards Banquet and they also auditioned for Telemiracle on November 4.

Regina and District Association for Community Living is a member of the Saskatchewan Association for Community Living (SACL). This is a non-profit organization that ensures citizens who have an intellectual disability are full, active, and valued members of society, and that they have worthwhile opportunities and a range of choices in all aspects of life.



Presentation and Discussion on "TEEN DRUG AND ALCOHOL USE" Wednesday, November 28, 2007 6:45 PM - LeBoldus Theatre

The CSCC Executive has secured presenters Rand Teed and Bob Polischuk to come to LeBoldus to discuss with parents the following topics:

- Effects on Adolescent Brain Chemistry and Development
- Binge Drinking, "How Much is Too Much?"
- Should I Provide My Children With Alcohol?

For further information,
please contact Education Committee Chair, Rhonda Wheatley at 585-1906
Council meeting to follow immediately after speakers' presentation

KNOWLEDGE WORKS

presents David A. Wolfe, Ph.D,
Specialist in Risk Behaviours
in Adolescents

Parents Evening: "What Parents Need to Know about Teens" Facts, Myths, & Strategies

**Thursday, November 29, 2007
7:00 PM
O'Neill High School Old Gym
(use parking lot entrance)
134 Agryle Street
No Charge**

Caring for Yourself

When You Have the FLU (Influenza)

PANDEMIC INFLUENZA -

Influenza viruses change continuously as they circulate around the world. Major changes associated with higher rates of illness and death occur periodically and are called pandemics. Although there is no pandemic human influenza strain in the world, there has been wide publicity in the past few years about the need for planning for one and about a pandemic of bird (avian) influenza. For individuals and families, the health behaviours that help to limit the spread of seasonal influenza and other types of respiratory viruses every year will be the same ones that will be useful in limiting the spread of a pandemic influenza strain:

- staying home when you are ill

- with an infection
- coughing and sneezing into a sleeve or tissue
- washing your hands to get the virus off your hands

WHAT ELSE MAY HAPPEN DURING A PANDEMIC?

If a pandemic strain is not much worse than normal seasonal influenza there may not be any special measures necessary. If it is much worse, however, there may be special measures put in place temporarily. These measures could include using different health care facilities than usual, working to ensure the sickest people are treated first, and that vaccines and antiviral drugs are distributed effectively. There may

also be temporary restrictions on large gatherings.

SCHOOLS -

Children in large groups transmit respiratory viruses easily, this is the way they build up immunity to common illnesses. During a flu pandemic, public health officials may recommend temporary school closures as a means of slowing the spread in some circumstances.

ADDITIONAL RESOURCES -

For a detailed approach to planning for yourself and your family in case of any emergency, please visit Public Safety Canada's website at: http://getprepared.ca/index_e.asp

OUTDOOR HOCKEY

Outdoor Hockey at Leslie Park (west side of McTavish between Saskatchewan Drive and Victoria Avenue) will be on Tuesdays this season. We will have Skills & Drills from 5:00 PM- 6:00 PM for all players. Hockey for the younger, or less-skilled, players will be from 6:00 PM - 7:30 PM and the older or more skilled players will play from

7:30 PM - 9:00 PM. As usual, we will have sandwiches and something warm for the children each Tuesday. There is no charge to join the Outdoor Hockey League. Anyone who



shows up will get to play. Outdoor Hockey will begin as soon as there is ice that can be skated on. That should be around the third week of December. For further information, contact Susan at 569-1472 or Kim, Sport Venture Library at 751-2411. If you need skates or hockey equipment, the schools will have the forms or you may download it at: www.ehrlo.com/ecs

RETREATS FOR STUDENTS, PARENTS & STAFF WITH JERRY GOEBEL - CONVERSATIONS YOU NEED TO HAVE WITH YOUR CHILDREN BEFORE THEY GRADUATE -

For over thirty years, Jerry's ministry has offered concerts, workshops, retreats, and church and high school mission weeks for audiences ranging from children to adults. He helps young people develop a sense of value, mission and purpose. His primary goal is to help young people become vital participants in their communities. He does this by connecting adults with the youth in their community in ongoing relationships that teach young

people values because they are valued.

Jerry Goebel Parent Presentation
Tuesday, November 27
7:30 PM
O'Neill High School - Old Gym

LeBoldus Athletics

Golf – City Champions, 6th place finish at Provincial Championships in Estevan. Jon Williams 4th place in Sr. Boys' Division at Provincials.

Football – 4th place in the Schwann Conference, with a 3-2-1 record. City Semi-Finalist.

Soccer, Boys - 1st place, 7-0 record, city-finalist, Bronze Medal at Provincials

Soccer, Girls – 1st place, 7-0 record, City Champions, Silver Medal at Provincials

Volleyball, Sr. Boys - 1st place, 8-0 record, City Champions, Silver Medal at Provincials

Volleyball, Sr. Girls - 6th place, 4-5 record, Semi-Finalists

Volleyball, Junior Boys - 1st place, 11-1 record, City Champions

Volleyball, Junior Girls - 2nd place, 7-2 record, City Champions

Cheerleading – The cheer team has just begun and will be involved in cheer competitions this season.

Curling – The season has just begun.

Hockey – Tryouts have just begun; the league begins November 27

Basketball –The league began on November 19.

Cross Country - The LeBoldus Cross Country Team had another great season this year. In keeping with tradition, we captured individual honours, team trophies, a City Championship, and last, but not least, a Provincial Medal. Congratulations to all of our runners for contributing to the dominance and success of the LeBoldus Cross Country program.

In the Regina District, silver medals were won by Jessica Furlan in Senior Girls, Danielle Thiel in Junior Girls and Jared Suchan in Junior Boys. Special mention goes to Marc Beaton, Jesse McCabe and Nicole Turmel for winning bronze medals in their respective divisions. Le-Boldus, again, came away with the City Cross Country Team Championship and qualified a large contingent of runners to participate at Provincials.

On October 13 Prince Albert hosted the Provincial Cross Country Championships. LeBoldus High School, as a team, captured a Silver medal at that meet, led by Jessica Furlan and Danielle Thiel, who won bronze medals in the Saskatchewan Senior Girls' Division and the Saskatchewan Junior Girls' Division, respectively.

It was a great year with many great moments. Thank you to all our athletes for representing LeBoldus High School with such effort and class. Nothing succeeds like success!

Calendar of Events

November -

22 - Progress Report #2
27 - Rotary Carol Festival
28 - CSCC Meeting - 7:00 PM

December -

6 - System Christmas Choral Concert
9 - Band Concert - 7:00 PM
19 - CSCC Meeting - 7:00 PM
21 - Progress Report 3 / Last Day of Classes

January -

7 - Classes Resume
23-29 - Course Finalization Days
23 - CSCC Meeting -7:00 PM
30-31 - Semester-End - No School for Students

February -

1 - Progress Report 4 - Semester 2 Begins
13 - Parent Night School Cancelled - More Information will be Forthcoming

18 - Family Day Holiday
19 - Staff Meeting - Students Dismissed at 1:00 PM

February -

21 - Parent Night Transition - Gr. 8 Students - 7:00 PM
27 - CSCC Meeting - 7:00 PM
28-29 - Teachers' Institute/ Convention

