

October 2009



Greetings from Administration!



Dear Parents and Guardians,

The 2009-2010 school year is now well on its way and on behalf of our teachers and support staff, we would like to thank all of our families who have shown such terrific support for our Golden Suns community. We are excited about the school year and our commitment is to the ultimate success of each and every student in our school. With this in mind, administration has had an opportunity to meet with all students by grade. Student and staff safety was a primary topic at these grade meetings and we discussed with our students the protocol and procedures we have developed (in consultation with central office and the Regina Police) concerning the following three emergency situations:

1. **FIRE** – schools have traditionally developed evacuation routes and practiced fire drills to ensure that the school building can be evacuated in a suitable period of time. We will, again this year, have six fire drills (three in semester I and three in semester II)
2. **SECURE THE BUILDING** – in a situation where a danger existed in the community surrounding our school, and on the request of the Regina Police, our outside doors would be locked and our entire building secured. All students would remain in the school until the Regina Police and/or other emergency agencies cleared us to do otherwise.
3. **LOCKDOWN** – we believe our school is a safe place for all staff and students, however in the case where a threat was inside our building, we do have protocol in place to secure our students safely in rooms. Such protocol includes everything that the Regina Police Service would do in such an emergency situation. We will have two lockdown drills this year (one in semester I and one in semester II).

In our grade meetings, we also thanked our students for the tremendous work they do each and every day, not only in our school but also in the larger community. We also reminded all students of the key ingredients for academic success in our building (ingredients that are transferable to being successful in all avenues of life – work, relationships, and family life)

The Four Criteria for Student Success

It is our belief that all of our students can experience success if they are committed to:

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 points 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.

Common Attendance Practice

All four high schools in our system follow a common attendance practice that is aimed at emphasizing what we consider to be the most important of the four criteria for success – *regular attendance and punctuality*. We believe that if our students are present in each of their classes on a regular basis, then our teachers can truly help them to understand the curriculum that is being covered. Our attendance practice stresses that we are expecting all students to attend their classes and to be punctual for these classes a minimum of 85% of the time (this translates into no more than 15 excused and unexcused ab-

sences or lates for any individual class each semester).

We do understand that extenuating circumstances will sometimes need to be considered with this practice and we would like to remind all parents/guardians that attendance appeal forms are available in our main office. We use two types of forms: a **prior knowledge** form which is to be filled out two weeks before a planned event (provincial or national competition, RCS sanctioned travel, medical procedures) that will have a student being absent from school for a period of time; and an **emergent issue/extenuating**

circumstances form that will most often have to be completed after an unplanned situation (a funeral, a sudden illness or hospital stay) has occurred. Finally, although family vacations will not be considered as reason for an exemption, we ask that an **extended period of travel support** form be completed by your son/daughter two weeks prior to your trip. With advanced notice, our teachers are better able to offer academic support before a student leaves for an extended trip. Please visit our website (www.rcsd.ca/leboldus) for complete information.

Progress Reports

Our students received their first progress (grade book) reports on October 8, 2009, approximately six weeks into semester one. These marks will be a preliminary indication of how the semester is progressing academically for your son/daughter. Many of our parents/guardians were able to meet with semester one teachers at our **Parent/Teacher/Student Conferences** which occurred on Thursday, October 22. Hopefully, these meetings, combined with our progress reports, have allowed for a clear understanding of your son/daughter's progress, and for discussion with your child concerning his/her academic goals.

Golden Suns Generosity

A continued emphasis and focus in our school is on developing an awareness of the needs in our greater community – locally and throughout the world. Taking to heart the words of Ann Frank: “How wonderful it is that nobody need wait a single moment before starting to improve the world”, our students, teachers, and support staff have definitely shown their generosity in a number of ways:

- In September, the school took on raising money for the Terry Fox Foundation. Last year, in a challenge with Miller High School, LeBoldus was able to raise \$8,200 for this worthy cause. This year the event again

culminated in a walk/run for the entire student body and we are proud to announce that our staff and students were able to raise \$12,700 for this worthy cause. Further, a number of our teachers were on the receiving end of some friendly pies that ended up in their faces and Mr. Hartney, Mr. Cornish, Tyler Hydaman, and Aaron Higgins had heads and beards shaved.

- In November, our students will once again complete poppy pledges that endorse their desire to show their support, respect, and acknowledgment for those that sacrificed so much for the freedom that we enjoy.

In December, the school's focus will once again be on Christmas Hampers for the less fortunate in our city. We will kick off this focus with a December 9 school Mass that will be followed by a community meal.

As you can see, LeBoldus “Spirit” is alive and well in our school community.



Drama Production - "Down to Earth"

Our drama students, under the direction of Ms. Gavin and Ms. Pinnow-Weber, will be staging the play, Down to Earth, in the Dr. Martin LeBoldus Theatre on Thursday, November 19, Friday, November 20, and Saturday, November 21. This fantasy-comedy tells the story of two angels who descend from heaven to complete a mission on earth. Their attempts to escort mortal souls to meet their Maker is compromised by a mischievous tag-along, who becomes obsessed with all things mortal, including love. The ensuing mayhem and misunderstandings will delight audiences and make for a most entertaining evening. Tickets for this production are on sale now and can be purchased at lunch hour or anytime from our main office. Costs are \$10.00 for adults, \$7.00 for seniors and students, \$5.00 for children 12 and under, and there is not charge for individuals who are 5 years of age or under.

Touch the Sun!

As we begin our 32nd year of providing quality Catholic education to students, we are amazed at the many traditions that have been developed over the years and we are proud of our alumni who are contributing in so many positive ways to society throughout the world. Many alumni continue to take great interest in all of the extracurricular activities our school offers, and we know that they would be proud of the many accomplishments of our students this year. We are proud of all of our students and would especially like to recognize the following:

- Our golf team represented Regina in September at the provincial golf competition held in Weyburn. The team finished in second place and took home silver medals. Congratulations to Alyssa Kosior, Emily Wees, David Haines, Zach McIntosh, Aaron Vogel, and Daegan Wall.



- In cross country 15 of our team members participated in the Provincial Championships and our Leboldus team won the Silver medal in the school category. Congratulations to the entire team (please see a more detailed write-up in the Cross Country section of this newsletter)



- In volleyball congratulations goes out to our junior girls who finished in first place in league play. Best of luck to all four teams as they begin playoffs.



- In soccer our girls team were city champions and our boys team were city champions. Both teams will represent Regina at provincials and we wish them all the best of luck.



- After bringing home the city and provincial championship titles last year, our football team finished first in league standings and they will begin their defence of the city and provincial championship crowns.

Congratulations to the coaches and players of all these teams! They are all truly representative of the quality student athletes, teachers, and coaches we have at Dr. Martin LeBoldus High School.

*Well Done,
Teams!*

CSCC

The LeBoldus Catholic School Community Council (CSCC) is a non-fundraising body of parents who act in an advisory manner. Information about upcoming events and formation of new policies/practices are discussed at our meetings. It is a very casual atmosphere and there is always opportunity for individual questions. On behalf of Iris Sirke, the CSCC Chair, all parents are invited to come check the CSCC out at 5:00 p.m. on Tuesday, October 27 in the LeBoldus Resource Center (Library). The meeting will be around one hour in length. Hope to see you there.

Student Well-Being and Safety

As our Regina Catholic Schools division continues to ensure that students are learning in a safe and orderly environment, it continues to address student well-being needs as they relate to worldwide health concerns such as the H1N1 Virus, smoking, and the safety of all students and teachers in relation to fire, lockdown, and natural disaster. The most immediate concern in our media has, of course, been centered on H1N1. Our system is cooperating with RQHR in all aspects of their commitment to keep all in our community healthy. In this regard, please note the following initiatives that our system is supporting:

1. Vaccinations will be carried out by RQHR personnel in all schools sometime in November. Parent/Guardian consent forms must be completed and signed for all students who desire to be part of the vaccination process.
2. Handwashing will continue to be a system-wide focus for the prevention/spread of H1N1 as well as other flu-related viruses. In this regard, liquid soap is available in all of our washrooms and we have been reminding students to wash their hands frequently throughout the day (especially before eating) with warm water and soap.
3. Hygiene Practices will also continue to be emphasized with all of our students. A “hands off the face” approach is recommended as much as possible (this is why we are encouraging everyone to cough and sneeze into an arm and not into a hand). Gargling with mouthwash (or warm salt water) has also been recommended as a preventive approach as well as one that can slow down the proliferation of a viral infection. All good hygiene practices will help ward off potential viral and bacterial infections.
4. Disinfection of Common Surfaces will be a focus for maintenance staffs in all schools.
5. Kleenex and Hand Sanitizer will be available in all classrooms in our building (an individual school initiative). Both of these can again support the other habits of hand-washing and good hygiene.

RQHR (www.rqhealth.ca) has sent out considerable information and continues to stress that the symptoms for H1N1 almost always began with cough and fever. Some common symptoms are fatigue, muscle aches, sore throat, headache, decreased appetite, and runny nose. Sometimes individuals will experience nausea, vomiting, and diarrhea. If your son or daughter is experiencing a number of flu-like symptoms, the recommendation is that he/she stay home to recover. If symptoms worsen or an individual begins to experience difficulty breathing (or shortness of breath), it is important to seek medical attention.

Health and Wellness Expo

On Tuesday, October 20, 2009, our school hosted a Health and Wellness Expo for all of our students. Mrs. Horvath and Mr. Arsenault organized for 25 different groups/organizations/businesses to set up displays in our gymnasium. The displays dealt with a number of different aspects of wellness (physical fitness, nutrition, bereavement, cancer awareness, pregnancy, lifestyle choices, yoga, career options, and many more). Each grade was able to spend one hour in the gymnasium to visit all of the displays and to talk to the representatives from each group. A one hour presentation on drug and alcohol awareness was also part of the day for each grade level. Mr. Ted Gross and Mr. Dwayne Hoewing presented to our grade 11's and 12's on the realities of impaired driving, and Mr. Rand Teed presented to our grade 9's and 10's on “What Kind of Brain Do You Want?” (with a focus on the effects drugs can have on our brains, physical bodies and lives).

As we approach the season of Advent, we wish all of our families continued health and God's blessings.

Yours in Education,

Mr. Dave Ripplinger
Principal

Mrs. Janet Chabot
Vice Principal

Band Christmas Concert - date change



The LeBoldus Area Band Christmas Concert has been changed to Sunday, December 6 at 7:00 PM in our gymnasium. Grey Cup is scheduled for Sunday, November 29. As a result, we decided to change our date in hopes of cheering on the Riders in the Grey Cup.



Mattias Graham was selected to participate in the Saskatchewan Music Educators Association Provincial Honour Band from November 5 - 7.

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KICK OFF CLINIC

The Choral Department held its annual Kick-off Clinic on October 1 & 2 at LeBoldus and Miller. We were very fortunate to welcome Dr. Geoffrey Boers, from the University of Washington to lead us in workshops.

SMEA PROVINCIAL HONOUR GROUPS

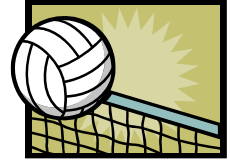
LeBoldus has many talented students. Six of our choir members will participate in the Provincial Honour Choir on November 5, 6, & 7. Musically-talented students from across the province will come together under the direction of a guest conductor to rehearse and perform in a grand concert on Saturday, November 7, at Campbell Collegiate. Congratulations to the following students - Taryn Luterbach, Tanya Tazzioli, Zach Phair, Owen Lareau, Patrick Malone and Daniel Malone.

REGINA CATHOLIC SCHOOLS SYSTEM CHRISTMAS CONCERT

The annual system Christmas Concert entitled "Celebrate" will be held at the Conexus Arts Centre on Wednesday, December 2, at 7:00 PM. Tickets are available from any LeBoldus Choral member for \$8.00 each. There will be performances by all high school choirs as well as the LeBoldus Junior Choir, Senior Choir, Chamber Choir and Vocal Jazz Choirs. This is an excellent way to start the Advent season.

Senior Girls' Volleyball

The Senior Girls' Volleyball Team is off to an amazing start this season. They are undefeated in league play with a 9-0 record. They have also won both the Mega Wish Tournament and the Guardian Cup in Saskatoon. The coaches would like to congratulate all team members on a terrific season! Play-offs will be starting in November and we invite everyone out to watch our team. Our players are: Julia Buckingham, Kim Higgins, Courtney Hoffman, Gina Jestadt, Brooke Kezama, Meagan Lane, Eilidh MacDonald, Emily Matthewson, Lauren Neumann, Lindsay Nicholson, Carlie Parker, Sydnee Picton & Anna Pringle.



Cross Country

Fifteen of our students participated in the Provincial Championships for Cross Country. Danae Suchan captured a Gold medal in the Midget Girls division and Danielle Thiel won a Bronze medal in the Senior Girls division. Nicole Turmel, Jared Suchan and Mike Morgan finished Top Ten in their respective divisions. Overall in the province, the LeBoldus High School Team were Silver medalists finishing second out of all the 4A schools that competed.



In the Regina City Championships, LeBoldus finished second overall in three categories: Overall Boys, Overall Girls and Overall Team. LeBoldus captured City Championships in the Midget Girls division and the Senior Boys division. Individually, Danae Suchan was the City Champion in Midget Girls and Danielle Thiel was the City Champion in Senior Girls. Nicole Turmel was a Silver medalist in the Senior Girls division and Jared Suchan was a



by: Becky Lockert - Gr. 12



by: Dane Sharmel Santos - Gr. 10



by: Rebecca Toderian - Gr. 12



by: Emma Power - Gr. 10



by: Megan Florizone - Gr. 12



by: Air Amonpiticharoen - Gr. 10



RECYCLE

The Art Department would welcome any plastic containers and/or lids (margarine containers, ice cream pails, etc). If you would like to recycle your stuff, please drop it off in the office or in the Art Department.



By: Emma Yeo - Gr. 12

*Resurrection Parish Bake Sale
(at the Bazaar)
Saturday, November 21, 2009
9:00 AM - 3:00 PM
Come out for lunch
Homemade soup, sandwiches, cabbage rolls
Tea, coffee & more*

(All parish members are asked for donations of baking. Please bring them, priced, to the church hall on Friday, November 20, between 7:00 PM - 9:00 PM or on Saturday, November 21, first thing in the morning).

Calendar

November -

- 11 - Remembrance Day Holiday
- 17 - Staff Meeting Day - Students dismissed at 1:00 PM
- 19 - Progress Report #02
- 19, 20, 21 - Drama Production
- 20 - PD Day - Students dismissed at 1:00 PM
- 24 - CSCC Meeting - 7:00 PM - in Resource Centre
- 29 - Advent Begins
- 30 - Rotary Carol Festival

December -

- 2 - High School Choral Concert - 7:00 PM - Conexus Arts Centre
- 6 - Band Concert - 7:00 PM in the LeBoldus Gym
- 18 - Progress Report #03
- 22 - Last Day of Classes - Staff Meeting Day - Students dismissed at 1:00 PM
- Dec. 23 - Jan 5 - Christmas Holidays

January -

- 6 - Classes Resume
- 18 - 22 - Course Finalization Days
- 25 - 26 - Semester End Administration - No School for Students
- 26 - CSCC Meeting - 7:00 PM in the Resource Centre
- 27 - Progress Report #04 - Report Card Distribution - Semester 2 begins
- 29 - Teachers' Institute