



# St. Mary's Academy

February 2007 Newsletter

Volume I

Number 3

## Mind, Body & Spirit - Young Women's Awareness Day

**Monday March 12** will be a regular school day, with a bit of a twist however! As the news headline states this is a day to specifically focus on nurturing the mind, body and spirit of our student community. Plans are developing for an informative, fun-filled and inspirational day.

The day begins with the entire school community gathering in Alumnae Hall with our **Keynote Speaker - Ms. Sami Jo Small**, a member of Canada's National Women's Hockey Team addressing the gathering on the topic of team work. This will be followed by a question & answer session.

In conjunction with our "in motion" project, **Mrs. Lia Arniel ('87)** will present on the topic *Girls, fit for life. No excuse!* We will then go for a walk in our neighborhood. Lunch on this special day will be from 12:30 p.m. to 1:10 p.m.

The afternoon will see the junior and senior students organized for specific activities. The Grade 7 and Grade 8 students will participate in a number of youth focused physical activities in the gym and they will

view a film related to healthy eating and body image. The Grade 9 to Grade 12 students will participate in two (40-minute) concurrent sessions. Choices for these sessions will focus on topics such as body image, storytelling, music therapy, eating disorders, and blood typing. Please note that choice forms will be distributed to students and collected prior to this day.

The day will end with a musical production by Fubuki Daiko - Performing Drummers and a video presentation of community life at SMA from September to March.

Registration will take place at 8:30 a.m. on Monday, March 12 and activities end at 3:30 p.m. There will be a nutrition break at approximately 11:00 a.m. with special nutritious snacks provided by the school. Families and students please note that **attendance for this day is compulsory.**

Students are encouraged to participate in the logo contest related to this special day in the theme of Mind, Body, Spirit. A lucky student could win \$25.00.

## Healthy Schools - What Are We Doing?

Healthy Schools is a provincial government initiative to promote the physical, emotional and social health of youth. In compliance with this initiative, we have taken major steps at the Academy to improve the health of our girls by making some changes in the food served in the cafeteria, vending machines selections, as well as, running programs and events to increase physical activity.

In the cafeteria french fries are offered only a maximum of three per month; the "slushie" drink machine has been removed and replaced with a multi-juice dispenser; many more "healthy choice" items are available, such as wraps, salads and fresh fruit and fresh vegetables; sugared "soda" pop is no longer available; and we have attempted to increase milk consumption by having a "milk only" service line staffed by Grade 9 and Grade 10 Home Ec. students to reduce waiting. It is of special interest to note that Chartwell's, the company that runs the S.M.A. cafeteria, is using it as its model on "how to institute healthy choices" for all Chartwell school cafeterias in the province!

If you have visited the school cafeteria recently, you possibly noticed that more "healthy alternatives" are available in the vending machine. There are less chocolate bars and candy and more cereal/granola

bars, baked chips, juice, and milk. We have not eliminated junk food entirely but we are providing our girls with the opportunity to make a healthy choice!

With the assistance of the Dairy Farmers of Manitoba, we are participating in the "Milk Never Stops" reveal and win campaign where students can win prizes when they purchase milk. During March, nutrition month, we will run a month long prize campaign. The Dairy Farmers of Manitoba also provide schools with fun prizes to increase fitness and milk consumption awareness. A week of activities is scheduled prior to spring break.

Lastly, as a school, we are participating in the "Manitoba in Motion" program to get our student body moving. We had a "walk" in October and plans are underway for two more before the school year is over.

We are working hard to continually educate our girls on healthy lifestyle choices; giving them an opportunity to initiate changes; and with your continued support in reinforcing these practices, we will have healthier, happier and more productive students!



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## Dates To Note

<i>Feb. 20 - S1, S2, S3 Pascal, Cayley and Fermat Exams</i>
<i>Feb. 21 - Ash Wednesday Service 8:30 a.m.</i>
<i>Feb. 28 - Parent Teacher Conferences 5:30 - 9:00 p.m.</i>
<i>Mar. 1 - No School am - Administrative Time Parent Teacher Conferences 1:00 - 9:00 p.m.</i>
<i>Mar. 2 - Professional Development No School</i>
<i>Mar. 4 - Fashion Show (see pg. 4)</i>
<i>Mar. 8 - International Women's Day Breakfast - Ms. Liz Crawford</i>
<i>Mar. 12 - Young Women's Awareness Day - Compulsory Attendance</i>
<i>Mar. 13 - Grade 9 Immunizations</i>
<i>Mar. 15 - Grade 7 Science Fair</i>
<i>Mar. 19 - 23 - Spirit Week</i>
<i>Mar. 21 - Grade 8 Medieval Feast</i>
<i>Mar. 26 - 30 - Spring Break</i>
<i>Apr. 5 - Holy Thursday</i>
<i>Apr. 6 - Good Friday - Public Way of the Cross - 9:30 No School</i>
<i>Apr. 9 - Professional Development No School</i>

2007-08

### RE-REGISTRATION

Be advised that you will be receiving by mail your re-registration package the week of March 19.

**The deadline for submitting forms and payments is April 3.**

After this date we will declare these spaces vacant and will begin issuing acceptances new applicants awaiting a response from the school.

### SMA SCHOOL CLOSURE DUE TO WEATHER

Please listen to radio stations CJOB, CBC, or HOT 103 to hear if the school will be closed and/or school events cancelled due to bad weather conditions.



### Parent/Teacher Conference Forms

These forms are included with this newsletter and the term report card. We ask that you return the completed form to the homeroom teacher as soon as possible. This ensures the best chance of getting your first choice for conference times.

Please note that if you do not receive a confirmation of your conference times by the evening of Tuesday, February 27, contact the school office at 477-0244.

### Team Manitoba

Congratulations are extended to Ashleigh Bunting, Grade 9, Nicole Dubois, Grade 10 and Alexa Laidlaw, Grade 11 who have been selected to participate in the **2007 Canada Winter Games** in Whitehorse, Yukon from February 23 to March 10.

Good luck girls!

## On the Court & In the Rink

Athletics are going strong at St. Mary's. All our student athletes are working hard to develop their skills on the court and on the ice.

The basketball teams and hockey team are competing very well against the other top teams in the province. The varsity basketball team is ranked in the top 10 provincially and prior to exams the team were tournament finalists at the Miles Mac Invitational. The Junior Varsity team has defeated a number of ranked teams and are now ranked in the top 10 as well. This team won the Windsor Park Invitational on January 20<sup>th</sup>. The Grade 9 basketball team is developing into a very strong unit. They also were tournament champions on January 20<sup>th</sup> winning the Lockport Invitational. The Grade 7 and Grade 8 basketball teams are working hard



### Cell Phone Alert

Cell phones are an ever present item in the world of youth and as a school community, we accept that students will bring their cell phones to school. However, the school has the responsibility to ensure that the school, in general, and the learning environment, in particular, are safe and conducive for learning. Therefore, St. Mary's Academy upholds its cell phone policy as stated on Page 10 of the Student Agenda - Students observed using cell phones/camera phones during the school day

## Advancement Office

We are now more than half way through the school year and preparations are already underway for re-registration of returning students and registration activities for new students who will arrive in September.

In meeting and getting to know the students it is clear to us that for them St. Mary's Academy is an extraordinary place. Each day in some way they inspire and motivate all of us to work diligently so that they are provided with the quality education generations have come to expect from the Academy.

Getting to know the faculty and staff is also an enriching experience. They have a profound impact on the young women they interact with

## Careers - Choices & Opportunities

Emily Enns, a Grade 12 student, will spend a week in Ottawa this term learning about our Canadian government through the sponsorship of the **Forum for Young Canadians** program. Emily will experience first hand how our government works. Enjoy your week in Ottawa Emily!

Grade 11 students attended the University of Manitoba Info Day on Feb.13, 2007. This was a wonderful opportunity for our students since they were given an opportunity to experience first hand information from the various faculties

to develop their skills. These athletes have great potential; keep encouraging them to strive for excellence.

The St. Mary's hockey team is working hard to find that winning touch. They have a number of games left before the playoffs begin on February 25<sup>th</sup>.

Congratulations to Elisabeth Hewett and Stephanie Baines for being selected for the rookies allstar game. Also congratulations to Rebecca Hewett, Susan Deane and Courtney Lofto (our SMA import) who were selected for the league's all star game.

Thank you to all the coaches for their dedication and commitment to the development of St. Mary's student athletes.

will have their phones taken away. Students or parent/guardian can pick up such phones only after 3:30 p.m. dismissal.

In light of the increased number of problems related to unacceptable use of cell phones, students who repeatedly violate the policy guidelines will experience other consequences including detention, service time, etc. Parents are asked to call the school office at 477-0244 if they must contact their daughter during the school day.

on a daily basis. The commitment, dedication, kindness and positive attitude they bring to work each day shows in the smiles of the students and the laughter that rings in the hallways. They work tirelessly for their students and we in the Advancement Office have a deep sense of respect for all of their efforts.

We also have the pleasure of getting to know you, the parents and friends who contribute so generously to St. Mary's Academy. It is because of your fidelity, faith and involvement that the Academy can continue to provide this unique educational environment, advancing the student body as they learn to be leaders and find their gifts.

Thank you for your generosity and support.

on campus.

A final notice to families that the Myers-Briggs Type Indicator workshop is scheduled for Saturday, March 10, 2007 from 8:30a.m to 2:00p.m. Presently there are **five** openings. To register your daughter contact Mrs. Beaucage-Pena at 478-6044.

All Grade 9 students will participate in the Career Symposium at the Winnipeg Convention Centre on April 12, 2007. Watch for further information and permission forms in early April.

## Campus Ministry...Hot! Hot! Hot!

The power of prayer was alive and well throughout January as our students tackled their exams. We are pleased to announce that our YouthLeader 2006 team has been meeting with the Holy Rosary YouthLeader team to plan the Archdiocesan Public Way of the Cross. The theme for this city-wide event is *Bridging the Way*. The walk starts at 9:30am April 6<sup>th</sup> (Good Friday). It will begin and end at St. Mary's. Many hands are needed to help with this event. If you and/or your daughter would like to help with: hospitality (before or after), parking, publicity, music, or carrying the cross please email [mgarlinski@stmarysacademy.mb.ca](mailto:mgarlinski@stmarysacademy.mb.ca) before March 10<sup>th</sup>.

Lent begins *Ash Wednesday, February 21<sup>st</sup>*. Please join us at our school assembly for the Liturgy of the Word and distribution of ashes at 8:30am in Alumnae hall. All are welcome.

Throughout Lent our Wednesday 8am prayer will be Taize services. Grade 7 and Grade 9 students will have an opportunity to celebrate the sacrament of Reconciliation. There will be come and go services for the rest of the school community.

**Extra! Extra! Hear all about it!**

**Spring/Summer opportunities for our  
Grade 10-Grade 12 students!**

Come hear the details about these opportunities on Thursday, February 22<sup>nd</sup> at 7:00 p.m. in Alumnae Hall. Parent(s) and students are encouraged to attend.

## Mission Work at SMA

Once again, St. Mary's community came through! Students and staff put together 612 hampers for the people who attend the Immaculate Conception Drop In. They were much appreciated by all! The extras were brought to other agencies in the inner city. Our thanks to Mr. Mark Chipman for the truck used to bring the hampers to the Church, as well as, Mr. Murray Leppky from Red River Packaging for the lovely gift bags!

We are now planning our Valentine's Day raffle

## Artbeat Studio Visit

Recently, our Peace through Justice Class (Grade 11) went on a field trip to Artbeat Studio, a studio organized to provide consumers of mental health services and their caregivers opportunities to engage in creative expression for the purpose of promoting recovery and empowerment through art. The studio promotes "recovery" through solidarity with the poor for justice, community, compassion, courage, hope, joy, humour, and faith.

From the responses that follow you get a glimpse of the wonderful work this setting provides as seen through the eyes of our students and how such student experiences have a positive and special affect on participants - "It totally surpassed any expectations I had." "I really liked

### Catholic Studies Trip

This first time experience for SMA is set for May 19-23, 2007! We will depart Saturday morning for Collegetown MN – home of St. John's and St. Benedict's University and the St. John's Bible project. This trip will be a combination of our learning and reflection on our Catholic roots.

### Young Neighbors in Action

YNIA is a week long justice and service experience being held in Toronto from July 8 - 14, 2007. The week focuses on young people and adults coming together in a city to help those in need. Each team is assigned a work placement where they go to daily. Each evening they re-gather with the larger community of participants and learn more about the why of what they experienced through the day and what they can do about it personally and collectively. For more information about the program visit their website [www.cmdnet.org](http://www.cmdnet.org). Click on Youth Ministry, then Young Neighbors in Action.

### YouthLeader 2007

Back by popular demand! The Archdiocese of Winnipeg is sponsoring this program for parish and school groups from August 13 - 17. The experience of the group from last summer was so positive we want to offer this opportunity again to our students. To learn more about it visit the Archdiocese of Winnipeg website at [www.archwinnipeg.ca](http://www.archwinnipeg.ca)

and our annual Hunger Meal. This meal will take place during the Lenten season with proceeds going to projects in the Developing World.

In the meantime, we continue our weekly collections for different organizations. Thank you to the Grade 11 students who designed the posters used in advertising for the different agencies that we support.

the art. The pictures and carvings told a story about the artists and what they were going through." "I loved the different mediums: weaving, painting, sketching, pottery, wood carving." "I liked how Tara showed us around. It was cool to have one of the actual artists show us around and give us a demonstration." "I really liked the atmosphere. It was warm and cozy and safe." "The video about the people who went to Artbeat was excellent. It showed the gratitude and progress that the artists have made." "Our visit opened my eyes to how people actually are affected by mental illness, and the common social misconceptions." "It was a great experience. I would definitely suggest taking the second term class there!!"

## *Symbols of Lent in Our Home*

Let this lent be a time you CHOOSE to make your home holy – helps raise our minds and hearts to God. Our world is full of so many images that lure our minds and hearts elsewhere. Gather one or all of these symbols in a special place during Lent.

*A Crucifix/Cross* ... We probably all have one in our home. If not, Lent might be a wonderful time to buy one and place it in a central place.

*Water* ... A simple bowl of water, in a central place, can be transformed into an ongoing reminder of our journey to the font of baptism. A blessing prayer for it could be: "Lord, may this water remind us of our baptism and be a blessing for our home, where our dying and rising in you is lived each day. Bless us, as we sign ourselves with it each day."

*Sand* ... Perhaps a bowl of sand can help us remember our journey. God led the people in their journey in the desert. Jesus himself reenacted that journey to face his own temptations. The desert can be a place of retreat, where there is a freedom from distractions. It can be a good place to be led and to face our temptations.

*Candle* ... Imagine having a candle in a central place in your home. Imagine praying together as we begin Lent. "Lord, thank you for the gift of your Light in the midst of all darkness. Let this candle be a symbol of our faith in your presence among us." Light this candle whenever you feel tempted away from the Light of Jesus, experiencing tensions at home, or whenever we need special graces.

*Bible* ... The Word is so important for us during Lent. Perhaps the prominent presence of a Bible in our home can represent our desire to let God's Word into our lives.

## ***The Corner Store***

The Corner Store is conveniently located in the SMA Cafeteria and is open

Mondays, Wednesdays and Fridays  
from 12:35 to 1:35 p.m.

The Corner Store will also be open during the Spring Uniform Sale on

April 10, 2007 from 5 to 7 p.m.

Come check out our  
new Zip-Front Hoodie!

Zip-Front Hoodie	\$60.00
Regular Hoodie	\$55.00
Sweat Pants	\$40.00
Yoga Pants	\$40.00
Boxer Shorts	\$20.00
Mitts	\$20.00
Water Bottle	\$ 5.00

Run out of paper? Pen dry out? We also offer an assortment of everyday school supplies!

## **REMINDER!! LAST CHANCE FOR FASHION SHOW TICKETS**

**Wednesday Feb 28, 2007  
at Parent-Teacher Conferences**



## **2007 Spring Fling in the South Pacific**

Sunday, March 4, 2007

Ticket \$25.00

Doors Open 11:00 a.m.  
Luncheon & Fashion Show to follow.

## **SUMMER UNIFORM SALE**

**Tuesday April 10, 2007**

**5:00 – 7:00 p.m.**

Summer uniforms may be worn starting May 1. Details on the summer uniform can be found in the 2006/2007 student agenda. For those students who wish to purchase a summer uniform, they will be on sale

Tuesday, April 10, from 5:00 – 7:00 p.m. in the Lounge/Cafeteria.

**Please note that the school year calendar has an  
incorrect date for the Spring sale.**

All students who wish to replace or add to their summer uniform are also encouraged to attend this sale.

Friday, May 18, 2007 will be the last day the Uniform Shop

## **Parenting with Virtues**

St. Boniface Diocesan High School is hosting an evening with parents on

### **Parenting with Virtues**

(Empathy, Conscience, Self-Control, Respect, Kindness, Tolerance, Fairness and Honesty)

Wednesday, March 14, 2007

7:00 - 8:30 p.m.

St. Boniface Diocesan High School  
282 Dubuc Street

Guest speakers are

Father Martin Bradbury and

Clinical Psychologist, Dr. Rayleen De Luca

Father Martin will speak on

### **"What are Virtues"**

in order to provide parents with an opportunity to examine their conscience and discern about their personal situations.

Dr. De Luca will speak on

**"Practical Ways for Parents to Live these  
Virtues with their children"** .

Refreshments will be provided.

## **St. Mary's Athletic Awards**



**Assembly and Luncheon**

**Friday, May 25, 2007**

**\$10.00 per ticket**

All those interested in attending are asked to forward payment to the Phys. Ed. office.

Please note that cheques must be made payable to St. Mary's Academy.