



St. Mary's Academy

October 2006 Newsletter
Volume I

International Day

Travel the world and get a glimpse of other cultures at **International Day** at St. Mary's Academy on **Sunday, November 5th, 2006**. Bring the whole family. The cost for your travel to other parts of the world is only \$2.00 each (children under ten are free).

Start the day with the International Day Mass at 10:30 a.m. in Alumnae Hall. Then purchase lunch in the cafeteria at any of the countries represented. Return to Alumnae Hall during the afternoon where you will be entertained by local talent that will take you to the lands where their songs originate. Try your luck with our

monetary draw. Raffle tickets have been sent home with the students. Please make an effort to sell them. At \$1.00 per ticket they sell well. Advertise the day while selling the tickets. Individual pavilion raffles are also part of the International Day activities.

The ever-popular home baking table will be ready for business as well. Baking can be dropped off on Friday, November 3rd, Saturday, November 4th or Sunday, November 5th, before 1:00 pm.

We look forward to seeing you at this annual family event.

Hockey Development Program at SMA

When approached in early June with the concept of a hockey skills development program for our students and the possibility of starting in the 2006 – 2007 school year, we thought it was pie in the sky!

Many calendar drafts later, multiple phone calls to bus companies and indoor ice rinks along with canvassing the school community, we are very excited and proud about launching this unique program on October 17.

The program consists of 50 hours of on-ice training at the River Heights Arena open to all levels of

skaters under the direction of Mr. L. Bumstead and a professional, qualified coaching team whose focus is overall player development. This non-competitive environment promotes success, fun and learning. There are twenty-two players registered to date, with ice time from 7:00 a.m. to 8:00 a.m. twice a week.

Thank you to parents and faculty for helping us continue to enrich the lives of our "girls" through initiatives such as these.



People of Prayer

This is our focus as a community for the 2006-2007 year. At our opening school Mass on September 8th, our banner, which was designed by Mrs. Nickel, was brought forward. It has our theme and the scriptural challenge from Paul's Letter to the Philippians to "Pray without ceasing". The invitation to be People of Prayer in an intentional way this year was presented. The banner has and will accompany each retreat and the retreat theme is added to the banner. Pray All Ways (staff retreat), As it was, is and will be... (Grade 12), and Me, My friends and Jesus (Grade 8) are now included on the banner. We have also introduced a prayer cloth – it is a small cloth brought back by our students

who participated in service experience in Guatemala and was made by the local people. This cloth also travels to our retreats, Wednesday morning prayer, staff meetings, peer support retreat and anywhere else that can remind us that we are connected as people of prayer within our community and globally.

Being People of Prayer is not a project. It will not be completed or perfected by June. It is a journey that calls us into a deeper relationship with God and others. This is our mission as a school rooted in the Holy Names of Jesus and Mary and our mission as disciples.

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Dates to Note:

- Nov. 1- All Saints Day Mass 8:30 a.m.
- Nov. 5 - International Day
- Nov. 7, 8 - S1 Retreat
- Nov. 9 - Report Cards Distribution (3:20 p.m.)
- Nov.10 - Remembrance Day Service (11:30 a.m.)
- Nov.14 - Parent Teacher Conference (2:50 –8:50 p.m.)
2:30 p.m. dismissal
- Nov. 16 - Parent Teacher Conference 1:00-9:00 p.m. (no school)
- Nov. 17 - In-Service no School
- Nov. 24 - Junior High Dance
- Dec. 1-3 - Nonsense II
- Dec. 7 - Immaculate Conception Mass 8:30 a.m.
- Dec. 8 - Immaculate Conception Feast Day (no school)
- Dec. 15 - 2:30 p.m. dismissal
- Dec. 22 - Christmas Service, time - tba
- Dec. 25 - Jan. 5 Christmas Break

Education a Gift We Share

SMA is piloting a **Christmas Gift Card** program to support the Holy Names Sisters and Associates teaching HIV/AIDS orphans in Lesotho, Africa. Donations for gift cards are \$5.00 and up.

Maybe you would like to pay to sponsor the tuition of a child for one year—tuition including books and lunch is \$600.00. Tax receipts are available.

Consider giving a Christmas Gift Card to that special someone on your Christmas List.

Further information on this important project will arrive to families in early November.



Congratulations to fifty-one Senior 4 students who were presented with their Super Sixer pins at the Blessed Mother Marie Rose Mass on October 6th. Our thoughts and prayers are with you and all Senior 4 students as you enjoy and cherish your final year as students of St. Mary's Academy.



Invitation

Everyone is invited to join us for Wednesday morning Mass or prayer starting at 8:00 a.m. in Holy Names Chapel

New Look—New Format

As you can see, we have reorganized and redesigned our newsletter for better readership.

What do you think?

Email your thoughts, ideas and comments to:
canorthcott@stmarysacademy.mb.ca.

Parents Beware of Internet Dangers

According to wiredafety.org, 70% of girls aged 11½ to 15 are at risk for revealing personal information on the internet. Rampant teenage attraction to chat rooms and make-your-own websites such as *Piczo* and *My Space* increase the dangers of meeting strangers online, loss of privacy, putting people in jeopardy, copyright infringements, exposure to inappropriate material, and unintended interest from internet predators. These websites are dangerous because *anyone* can access what is posted. Photos and/or identifying information such as first/ last names, family facts, phone number(s), address, hobbies and school are absolutely inadvisable. Parental knowledge and close supervision will ensure that your daughter's Internet activities are safe. Experts suggest that parents keep connected computers in a public area of the house, frequently check the browser's history, and invest in monitoring software. If your daughter has a website, it is

important to visit it often to see what is there. The following websites are highly recommended to help parents become better informed about the dangers of Internet activities for teens:

www.deal.org

www.bewebaware.ca

www.safekids.com

www.webwisekids.com

www.internet101.ca

www.cyberwise.ca



If any parents are interested in attending an evening session related to Internet safety by the educational department of the Winnipeg Police Service, please email dkolton@stmarysacademy.mb.ca. A session will be organized depending on the number of responses received by November 1, 2006.

SMA Student Council Has News for You

Welcome to the new 2006-07 Student Council. This year Senior Executive is as follows: Co-Presidents Cielle Wachnian and Alix Kendall, Treasurer Stefany Morrison, Secretary Kayla Ketcheson, Gr. 9 rep Gabby Morrill. This year our Junior students will be forming a Student Council of their very own. The Junior Council will be led by the class presidents and vice presidents in an attempt to empower all Junior students and make them accountable for their own events.

The girls have hit the ground running...the girls started the year off welcoming new students on "Buddy Day" with tours and treats.

The Senior girls were busy planning The Walk for Breast Cancer Research with St. Paul's High School and Balmoral Hall. The event was a huge success despite the cold weather. The Juniors also planned a walk that took place at SMA. We are very pleased to announce that \$2,900 was raised and donated to the Canadian Breast Cancer Foundation on behalf of the students of St. Mary's Academy.

October will be another busy month with the Grade 9 sleepover on October 20 and a Senior Dance on October 27. October 31 will be a costume colour day and each homeroom will be planning their own mini events, as well as planning some fun activities in school spirit.

Parent's Guild Report

The Guild has been busy already. September has been spent with activities that welcome our new families to St. Mary's community. We hope your daughters are feeling 'at home'!

Sister Susan has presented the Guild with the school wish list in the amount of \$13,750. In addition to this the Guild has annual commitments of \$16,700. Stay tuned, as we will keep you informed of our purchases as the year progresses.

Please keep December 5, 2006 free on your

calendars for the Parents Guild Christmas Dinner. Everyone is welcome. Contact a Guild member for details.

The Guild would like to acknowledge the contribution of Nicola Guttormson, Maggie Mahon and their committee for the wonderful job they do at the various hospitality events throughout the year. These events include the Wine & Cheese Open House, Staff Appreciation Luncheon, Open House for prospective new students and Convocation. Thank you for sharing your time and talents.

Club Lemon???

Hello from the Campus Ministry Office at SMA! This fall has been amazing! In addition to the great weather, God has blessed us with a community of people with incredible gifts! We have celebrated two school Masses, several Wednesday am prayer/Masses, three retreats, and introduced Club L.E.M.O.N. What is it? It is Leaders Embarking on a Mission Over

Lunch. Offered weekly, it provides Junior and Senior High students a chance to build community, talk about faith issues and life. These sessions are planned and facilitated by our YouthLeader 2006 Team (a way of keeping leadership skills strong and serving the community!).

Crime Awareness Presentations

The Winnipeg Police Service, Crime Prevention Section along with Citizens for Crime Awareness is hosting Crime Awareness Presentations throughout the city at various schools and community clubs during October and November. These presentations enhance the current Neighbourhood Watch Program. The presentations are designed to inform citizens of current crime trends and how to take preventative measures.

The presentations will cover the following topics:

- Crystal Meth in Your Neighborhood
- Residential Home Security
- Neighbourhood Watch

The Service invites the public to attend these one and a half hour Presentations. Each begins at 7:00 pm . For a complete listing of dates and places go to the Winnipeg Police Service web site, at www.winnipeg.ca/police, under Crime.

You can make a difference -plan on attending one of these presentations in your community.

Laura Milner White Committee

This committee, organized to honor the work of Laura Milner White who died of cancer in 2005, works to provide special activities for underprivileged children in Winnipeg. Presently the committee focus is on providing music lessons to students of Mulvey School. If any member of our school community has a musical instrument you would like to donate to the program

please email laurascommittee@mts.net.

Students of SMA interested in volunteering as music teachers for the children of Mulvey School are asked to email the address stated above. We were delighted to learn that indeed one student of SMA has signed up as a volunteer.

News from the Home of the Flames

The SMA High School Cross-Country Running Team boasted 17 members this year, providing plenty of athletes to make up both a Varsity and a Junior Varsity Team. The girls competed in three Conference Meets this fall and the grueling early morning practices paid off with the Varsity Team placing 1st by a landslide (over 100 points), and the Junior Varsity Team missed 1st place by only 4 points to capture 2nd. On October 12th, our 17 athletes competed in the MHSAA Cross-Country Provincial Championships held in Roseisle, MB. The course was tough (hills, hills, hills...), and the weather was worse (cold and windy), but the girls met the challenge, and all ran a great race. Although we came home empty handed, the experience has left the girls with an appetite for reclaiming the championship next year.

Our Junior High Team, while small in numbers (8 girls), is certainly not lacking in competitive spirit. They participated in two Conference Meets at La

Barrier Park this fall with fantastic results. The girls will be running in the Athletics Manitoba Provincial Championships on Saturday, October 21st at Harbour View Golf Course. We wish them the best of luck!

The volleyball season is well underway with five teams, involving 95 students, training hard and practicing with enthusiasm, commitment and dedication. The grade 7 athletes just completed their first friendly participation tournament. It was a huge success. The Grade 8 and Grade 9 teams have been selected and have begun play in their respective divisions.

The Junior Varsity and Senior Varsity teams are presently competing at a high level of competition in the West Winnipeg Athletic Conference. Both teams are highly dedicated and working hard to maintain high standards of play. Come out and support our teams!



Autumn Prayer

*God of Autumn, the trees
are saying goodbye to their
green. - help us to let go
when we need to do so.*

*God of misty days and
harvest moon night, there is
always the dimension of
mystery in our lives. May
we gain strength from this.*

*God of the harvest - Grant
us patience when we do not
see the blessing.*

*God of geese going south for
another season, your wisdom
enables us to know what
needs to be left behind and
what needs to be carried into
the future.*

*God of flowers touched with
frost and windows wearing
white designs, may your love
keep our hearts from growing
cold in the empty seasons.*

*God of life, you entrust us
with the freedom to choose
life. For all this we are
grateful.*

Amen

Seeds of Peace Dinner & Movie

Thursday, October 26 6-8:30 PM

Dinner by De Luca's

Desserts homemade by students

Pembina Fine Wines Wine Table

Fort Garry Brewing Beer Table

Door Prizes

After dinner, viewing of the documentary Seeds (www.seedsthemovie.com) about the Seeds of Peace camp which brings together adolescents from both sides of armed conflicts around the world. A counselor from the camp will be present for a Q and A session after the viewing.

Tickets are \$20 or 8 can be purchased at once for \$120 (\$15 each). Tickets are available at the Wellington Crescent entrance during office hours or arrangements can be made with Mr. D. Swirsky at dswirsky@stmarysacademy.mb.ca

Proceeds go to fund the SMA Amnesty Group campaigns.

Please come on out for a good time, good food, and a good cause and movie.

Christmas Is Coming

Get a jump-start on Christmas with the following great gifts from the Corner Store:

Hoodies	\$55.00
Track Pants	\$40.00
Yoga Pants	\$40.00
Tank Tops	\$40.00
Boxers	\$40.00
Water Bottles	\$ 5.00

Want an extra special gift, choose a school ring (not Grad ring) in a choice of styles starting at \$99.00.

Open Monday, Wednesday & Friday from 12:35 pm to 1:35 pm.

Cash and cheques only.

No debit or credit cards accepted.



SMA is selling the Show and Save Coupon books in support of the St. Mary's Art Tour 2007 to Italy.

Books can be purchased for \$15.00 each. Please contact Mrs. Yunyk

International Day Orders

Ukrainian Pavilion

Members of the Ukrainian Pavilion are now accepting pre-orders for frozen perogies and cabbage rolls. They can be picked up on November 5 at the Ukrainian Pavilion on International Day.

Prices as follows:

\$3.00 / dz. perogies

\$3.50 /dz. cabbage rolls

\$3.25/dz. cabbage rolls for orders of 10 dz. or more

Please indicate whether you would like your bulk order in large roasters or 1 dozen packages. Send cash or cheque along with your order to

Mrs. D. Watkin c/o Amy Gnutel (Sr. 2) at SMA.

Polish Pavilion

The Polish Pavilion is pleased to offer pre-orders on the following European style cream tortes:

Lemon Chiffon Torte \$25.00 each

Hazelnut Torte \$25.00 each

Pick-up will be on International Day.

Orders must be received and pre-paid in advance by October 27. Call 837-6968 to place orders.

Uniform Shop

This "unique boutique" is located adjacent to the entrance to the cafeteria and is staffed by parent volunteers. The shop is open every Friday over the lunch break from 12:35 p.m. to 1:35 p.m. with a percentage of all uniform sales payable to the Parent Guild. These monies are used to fund projects in the school.

Shoppers are asked to note that PST is now being charged on all adult sized merchandise. If you are under 15 you must remember to fill out the PST exemption form that is in the shop. GST is charged on all purchases.

A final note of interest to shoppers is that Halpern's does not accepts personal cheques as payment for merchandise purchased at the Uniform Shop. You may pay using cash, debit card, VISA or Mastercard. If you are sending your credit card with your daughter, she will also need a note, signed by the cardholder, indicating that she has permission to use the card.

SMA UNIFORM SHOP PRICE LIST

Article	Price	Article	Price
Washable Kilt	\$80.00	Long Sleeved Blouse	\$32.00
Short Sleeved Blouse	\$30.00	V-Neck Pullover	\$51.00
Sleeveless Vest	\$49.00	Tie	\$18.00
Summer skirt - new	\$45.00	old	\$25.99
Golf Shirt - new	\$26.00	old	\$23.00
Knee Socks	\$ 6.50	Or 3 pairs for	\$18.50
Cotton/Lycra Tights	\$15.00	Opaque Tights	\$ 8.00
Kilt Pin	\$ 2.50		

Nunsense II

SMA welcomes back the Little Sisters of Hoboken with our SMA production of NUNSENSE II: The Second Coming by Dan Goggin, December 1, 2 and 3rd at SMA Alumnae Hall. This musical comedy is full of laughs and upbeat songs, providing the "rest of the story" to our original popular production of NUNSENSE in 1999.

The Homeroom Ticket Contest kicks off on Monday, October 23rd. Tickets will be sold at the ticket booth in Alumnae Hall foyer each day beginning at 1:05 pm. At \$10.00 a ticket, with pre-assigned seating, we recommend you purchase your tickets early to avoid disappointments!

Friends of the Academy may purchase tickets by calling 477-0244. Just a reminder that all tickets purchased in this manner may not be counted in our homeroom ticket contest.



Those show dates again are
Friday, December 1 at 8 p.m.,
Saturday December 2 at 8 p.m.
Sunday December 3 at 2 p.m.
See you at the show!