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Heart of the community, success for each, a place for all.

Important Dates

Jan. 7	Back to school.
Jan. 9	LINK Activity
Jan. 10	Grade 8 Parent Night
Jan. 17	Grade 9 Math EQAO
Jan. 21	Grade 9 Math EQAO
Jan. 23	Cookies & Cram
Jan. 24	Quiet Day
Jan. 25	Period 1 Exam
Jan. 28	Period 2 Exam
Jan. 29	Period 3 Exam
Jan. 30	Period 4 Exam
Jan. 31	Credit Recovery Day
Feb. 1	P.A. Day
Feb. 4	Semester 2 Begins



A CHRISTMAS WISH FROM YOUR LEADERSHIP TEAM

Our Christmas wish for all students, staff and families of St. David is to let the Peace, Joy and Love of Christmas into your homes.

May it fill your heart throughout the festive season and renew your spirit to enter 2019 filled with that same Peace, Joy and Love.

– Glenda Leusink, Michael Ambeau, Kevin Hinsperger

A CHRISTMAS PRAYER

Hail and blessed be the hour and moment in which the Son of God was born of the most pure Virgin Mary, at midnight, in Bethlehem, in the piercing cold.

In that hour, we beseech Thee, O God, to hear our prayer and grant our desires, through the merits of Our Saviour Jesus Christ, and of His blessed Mother.

Amen.

St. David, pray for us.

ECO-SCHOOLS UPDATE

EcoSchools was up and running with a campaign for December.

Battery Recycling

Did you know:

- 1) Batteries are comprised up of 25% steel, which can be 100% recovered for reuse
- 2) 60% of alkaline batteries are made up of manganese, potassium and zinc, which can actually be reused in fertilizer as a micronutrient.

(<https://uwaterloo.ca/sustainability/blog/post/whats-big-deal-battery-recycling>)

Please recycle your used batteries in the bins provided. Also look for our little libraries located on both floors of the school. Take a book, leave a book. Going green has never been this cool.



A GREETING FROM MR. AMBEAU

Hello Celtic Community,

My name is Michael Ambeau and I have joined the St. David Leadership Team this year.

It is my extreme pleasure to be working alongside all of the Celtics in the role of Vice-Principal.

I have been a teacher in the WCDSB for 16 years, my stops have taken me from St. Benedict's to St. Mary's and now a member of the Celtic community. Over the years I have taught Geography, Student Success, and Guidance, as well as program head for four years. I look forward to meeting and working with the students, parents and staff of the St. David community.

If you would like to learn more about what is going on at the school please follow us @StDavidCeltics or myself at @michaelambeau



OPTIONS IN PHYS. ED CLASSES



FINDING JOY AT CHRISTMAS

When it's difficult to find joy during the holiday season

Feelings of loss, grief, loneliness, stress and conflict can all intensify during a holiday season. Putting on a “brave” face and being with a crowd may take more energy than you have, yet being alone does not make it any better. The pause of “normal” routine and structure of a school or work day can also intensify feelings of discomfort. Holiday and family function “busyness” can be overwhelming.

Elizabeth Kubler Ross, a Psychologist who is well known for her expert work in grief said:

“People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within”.

We all have light from within, yet at times when your light may be faint, gift yourself ways that will allow you to still see your beauty. Let others help your light to shine. Leave a light on to help yourself. Give gifts to yourself to help this light to shine brighter. Hold onto hope that your light will not be faint forever.

Gift yourself some self-care. It is something that most of us are not good at. Gift yourself an activity that makes your heart smile, if only for moments at a time. Specific memories that when your eyes are closed make you smile can be images that you treat yourself with when times are difficult. When was the last time you did something that made you smile as a child? Gift yourself with patience – breathe when demands are placed on you and gift yourself breath before responding to any request, text, invitation, demand or conversation. Gift yourself stillness, because we are a culture that thrives on constant movement. Slow down. Put electronics away for periods of time and gift yourself time alone. Gift yourself honesty when you have had enough and accept it. Don't push yourself. Rest. Gift yourself treats, but be mindful of things like coffee, energy drinks, alcohol or drugs that will move you away from the self-care you need and deserve. Gift yourself with warm tea, water and good sleep.

A group of Grade 1 students recently did a project on the 5 senses and they were to draw a picture of how to see, smell, taste, touch, and hear JOY. Interestingly enough not one student drew a purchased item to complete their project. I thought it was perfect lesson to share with you as part of this article as it was so inspiring and illustrated that finding joy can be done in such simple, often overlooked ways. See joy in little children tobogganing or building a snowman; hear laughter or birds singing; smell home baked treats or fresh air after the snow falls. Taste the falling snow on your tongue; feel the warmth of a fire or the “prickles” of a Christmas tree, or the beating of your own heart.

If you or a loved one is in need of assistance during the Christmas Holidays, consider the following resources:

Here 24/7 – for any mental health crisis or consultation – 1 844 437 3247

Safe Haven Youth Shelter – 519 749 1450

Women's Crisis Safety Shelter – 519 742-5894

Emergency Food Hamper Program – 519 742 0662

Helpful websites that also offer resources and positive inspiration:

www.kidshelpphone.ca

www.mindyourmind.ca

www.calm.com

www.copingcentre.com

Additional walk-in help over the holidays:

CMHA/Here 24-7 walk-in assessment at 1 Blue Springs Drive Waterloo is open:

Dec 21, 27, 28 10am-5pm

January 2, 3, 4 10am-5pm

Front Door Walk-In Services at 1770 King St. E Kitchener – January 2, 2019 12-6:30pm and January 5 2019 9-3:30pm
(Walk-in Services at Langs, 1145 Concession Rd. Cambridge on Dec 27 2018 9-3:30 and January 3 2019 9-3:30pm)



GUIDANCE NEWS

Celtic Express Guidance News December 2018

Grade 9 Take Our Kids to Work Day

On Wednesday November 14, many grade 9 students enjoyed the opportunity to experience and learn about the world of work as they begin to explore possible career paths. From all reports, this was a great learning opportunity for our grade 9 students.

Grade 8 Day

On Wednesday November 14, we were excited to welcome our grade 8 students to experience a day in the life of a Celtic. Students were provided with a timetable to explore 4 different high school classes and enjoyed lunchtime activities. We look forward to welcoming our new Celts in September!

University and College Fairs were held at St. David and senior students were provided the opportunity to attend and connect with colleges and university representatives from across Ontario.

Post Secondary Planning Meetings: Guidance counsellors have met with all grade 12 students in both September and November in order to discuss post-secondary options. Information was provided to assist students in decision making for next year including how to pursue apprenticeships, job search resources, financial planning and application processes for both college and university.

Grade 8 Parent Night

On Thursday, January 10, 2019 we look forward to welcoming all grade 8 students, and their parents, to learn more about secondary school at St. David. The evening is open to all grade 8 students in Catholic, public and private schools. Parents and students will have the opportunity to see all of the amazing learning that is happening both inside and outside of our classrooms. The night will run from 6:30-8pm.

11 UP!

Guidance counsellors will be meeting with all grade 11 classes in January in order to provide information about course selections for grade 12. At this time, we will also discuss future pathway options as students look toward their senior year at St. David. Guidance counsellors will also be meeting with each grade 11 student individually following semester two midterm reports to review their grade 12 course selections and discuss pathway planning.

Course Selection

Guidance counsellors will be visiting all classes in February to offer guidance and support in making their course selections. Students are encouraged to dialogue with their parents, teachers and guidance counsellors in order to make accurate and appropriate selections. Courses must be entered by February 28, 2019. Visit D2L and look for myBlueprint in the "Pathways" group **OR** visit: www.myblueprint.ca/waterloocatholic

Timetable and Course Changes

Please be aware that several student timetables have been changed for semester 2 due to a variety of factors (requests to switch back to the schedule students had in September cannot be accommodated).

Guidance counsellors will be available for course changes up until Friday Feb. 8th. Please be aware that our priority for course changes are:

- Students in grade 9, 10 or 11 who do not have 4 courses on their timetable for semester
- Students who do not have the prerequisite for a course on their timetable
- Students in grade 12 or year 5 and do not have enough courses on their schedule to reach 30 credits by the end of this year.
- Level changes (example moving from academic to applied)

We cannot accommodate teacher requests or requests to be in classes with friends.

GUIDANCE NEWS (CONTINUED)

University of Waterloo - Grade 10 Family Night 2019

If you're in Grade 10 and planning to attend university, you and your parents are invited to learn what you can do now to prepare.
February 21, 2019

Evening (time to be confirmed)

Learn about

- finding the right program and university
- applying to university
- financing an university education

A question and answer period will follow.

Register at:

<https://uwaterloo.ca/future-students/grade-10-family-night>

Walk-In Counselling Available “Front Door”

Do you have concerns about your teenager’s behavior, emotional state, or mental health? Are you concerned about possible self-harm or drug use issues? Are these issues creating family conflict for you? The Walk-In Counselling at Front Door helps families with children up to 18 years of age to get started on the road to understanding. Through a single family counselling session, the experienced counsellors there help identify issues and equip families with tools and strategies to address their concerns. The focus of the session is determined by each family’s unique needs. Front door is located at 770 King Street E., Kitchener. Walk-In counselling hours are Saturdays: 9am-3:30pm and Wednesday: 12pm – 6:30pm. Appointments are available on a first come basis and are free of charge. Family member directly involved in the concern are encouraged to attend.

Important Information for Grade 12 Students

Resources for post-secondary planning

www.tcu.gov.on.ca and www.apprenticesearch.com for apprenticeship information

www.ontariocolleges.ca for college information

www.electronicinfo.ca for university information

www.indeed.ca for workplace opportunities

College Applications

Students applying to college need to create an account at www.ontariocolleges.ca Applications are due February 1, 2019 for equal consideration.

University Applications - PIN numbers

Grade 12 students who wish to apply for university are reminded to pick up their PIN numbers in the guidance office. Applications are due January 16, 2019.

Community Service Hours

Visit www.volunteerkw.ca for local volunteer opportunities. **Grade 12 students must complete these hours by April 26, 2019 in order to be eligible to graduate.**



GUIDANCE NEWS (CONTINUED)

Scholarship and Bursary information

Students looking to pursue post secondary education are encouraged to research and apply to the many available scholarships and bursaries available. Websites which are helpful include

www.scholarshipscanada.com

www.findmyscholarships.com

www.scholartree.ca

www.studentawards.com

Students are also reminded to join the guidance GOOGLE classroom (class code **wp8y6z**) as guidance counsellors will use this platform to share information on upcoming scholarship information and due dates.

OSAP

Students can now apply for the Ontario Student Assistance Program (OSAP). Please visit www.ontario.ca/page/osap for information and use the aid estimator to quickly assess what financial assistance you may receive .

JUNIOR. GIRLS BASKETBALL TEAM FINISHES 2ND AT D8



ST. DAVID MEMORIAL BASKETBALL GAME



The St. David Memorial Basketball Game was held on November 30, 2018.

This project was led by the Physical Education Leadership Class.

The theme was, "Remembering Our Celtics" and was an opportunity to remember those from our Celtic family that have left us too soon.

BYOD

Bring Your Own Device and Purchase Program

Partnership with STAPLES Canada for Chromebooks and Windows 10 Cloudbook.

WCDSB has made significant investments to ensure our students and staff have access to a variety current technologies. The use of technology to support learning remains a key priority to ensure that students are equipped with the skills to flourish in an increasingly digital world. Chromebooks and Windows 10 Cloudbooks have proven to be versatile, reliable, and affordable digital tool in the classroom.

As students have engaged more with the technology that is available in their classrooms, many families have expressed interest in purchasing a device for their child to use at school and at home. Many parents have reached out, seeking advice about which technology would best support their child's learning, is reasonably priced, yet durable enough to withstand the wear and tear of daily use as it's transported back and forth to school each day.

More information can be found on the BYOD information page on the school board website:
<https://www.wcdsb.ca/programs-and-services/byod/>

If you are interested in pursuing this opportunity, you need to [download and print out this document](#) and take it to your nearest Staples store.

FROM THE DEACON'S BENCH



Heart of the Community, Success for Each, A Place for All



Advent and Christmas Greetings!!

It has been a very busy time in the Chaplaincy Department with classroom and Chapel visits and with special Liturgies.

I have also been involved in a couple of very interesting Field Trips. The first was the Gr. 12 Religion "Walking Retreat" in downtown Kitchener. This group spent the day visiting the various projects of The Working Centre and seeing true Social Justice in practice.

Next, I accompanied a group of Gr. 11 Religion students on a "Temple Tour." We visited a Hindu Temple, Jewish Synagogue, and finished off at St. Mary's Church. It was a fun and informative day for sure.

At the start of Advent, Mrs. Foran's Religion/Drama class did a wonderfully prayerful Liturgy to light the first candle on our Advent Wreath. The group did 2 liturgies in the cafeteria during period 1.

We also welcomed several of our local Priests to give students and staff the chance to receive the Sacrament of Reconciliation (Confession). It is always so great to see our priests in our school.

I look forward to the coming year with anticipation of the many good things God has in store for St. David CSS.

May you have a safe, happy, and blessed Christmas.

St. David, pray for us.

Deacon Ed

ATHLETIC COUNCIL

Hey, Celtics!

Our athletic council has had a fantastic year so far and has been busy with intramurals and other fun activities throughout the last couple of months. We finished up with our basketball intramurals and on October 30th, we held a fantastic Bump Contest at lunch where Celtics got together and tried to be the last to get "bumped" out of the basketball game. Congratulations to the junior winner, Romnick Z. and senior winner, Sebastian L. We are also currently running dodgeball intramurals from Tuesday to Friday at 11:15am and on November 23rd, we had our 8th annual dodge ball tournament where Celtics got together during period 3 and 4 and played dodgeball.

Remember, we also have our "Open Gym" at lunch so come on down, it's all for fun!

Coming up next we have intramural ball hockey starting after school. Come down to the gym to get active, become involved and have some fun Celtics! Hope to see you there!

For more information on intramurals visit www.stdavidintramurals.ca and for more information on St. David athletics, be sure to follow us on Twitter @StDavidAthletic and our Instagram @stdavidcss.

That's all for now Celtics, have a great end of the semester!

Paige Lipczynski (Athletic Council)



GRADE 8 OPEN HOUSE - SPREAD THE WORD...

Grade 8 Students and Parents:

Thursday, January 10th at 6:30 p.m.

Get all your questions, and more, answered by attending the

St. David Open House for Grade 8s.

Bring the whole family!

CELTIC ARTS UPDATE

November and December were busy months in the Arts Department! Here are some of the great things that have been keeping us busy:

November 8th - Arts Showcase at St. Benedict

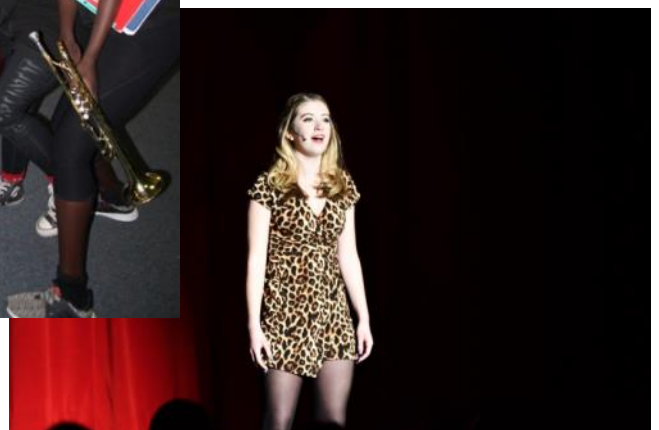
Ms. Foran, Mrs. Lehmann, and a bus load of Arts Students traveled to St. Benedicts C.S.S. to share their talents with Arts students from our board's 4 other high schools. It was a wonderful celebration of WCDSB Arts. Bennies Arts were wonderful hosts and our Celtic Artsies made us very proud!

November 11th - Remembrance Day Ceremony

As part of the soulful ceremony planned by Ms. Gay, Deacon Ed and their team, Arts students Chloe Stroh, Elisabeth Gillies, Becca Nijhuis, Sarah Lucier, and Rebecca Wardell performed moving songs on the theme of remembrance. In addition, Kandace Reitzel and Matty Weiss touched us with their dramatic recitation of *In Flanders Fields*.

November 28th-30th - Sister Act

After 3 months of hard work, our production of Sister Act was a smashing success. All of the students and staff (approximately 90 people), who put their heart and soul into this musical will remember this experience for a long time to come. Thank you to those of you who took the time to come out and support the show.



CELTIC ARTS UPDATE

December 13 - Winter Arts Night

This night was a wonderful celebration of what our Arts Classes have to offer. We had spectacular visual art in the foyer, light hearted and engaging drama presentations, multimedia videos and animations, as well as some seasonal and not-so-seasonal music.

December 20th - Christmas Arts Social

The Christmas Arts Social is a social event planned by our awesome Arts Council. Any student who is taking an arts class or is involved in the arts in any way, is invited. There were snacks, a movie, fun activities, and just some time to relax and catch up with other artsy friends.

