



Celtic X-Press

4 High Street, Waterloo, ON N2L 3X5
<http://stdavid.wcdsb.ca>

Telephone: 519-885-1340
 Attendance: 519-885-4352
 FAX: 519-885-1345

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

April 17	Civvies Day
April 18	Holy Thursday Liturgy
April 19	Good Friday
April 21	Easter Sunday
April 22	Easter Monday
April 23	Spring Food Drive
April 25	Arts Trip to Chicago
April 29	Mental Health Week
April 30	Resilience - Dr. Hallman
April 30	Transitions/Agency Presentation
May 2	Report Card Distribution
May 6	Catholic Education Week
May 7	School Mass
May 9	Arts Night
May 15	Canoe Trip
May 15	Civvies Day
May 20	Victoria Day
May 21	Spirit Week
May 24	Spirit Week Assembly
May 28	YPR Assembly (Gr. 10)
May 31	P. A. Day
June 26	Graduation



A MESSAGE FROM OUR LEADERSHIP TEAM

This year our Pastoral Plan's theme is "Called to Belong."

As a caring Catholic community we are always looking for ways to ensure that everyone can find a place to thrive and truly feel like they belong to the Celtic community. As a staff we have challenged ourselves with #oneword2019 and every week we pick one of those words and show how we have lived up to that word.

We know that time goes by very quickly and we want to spend time making a difference in the lives of our students. One of our favourite words so far has been **celebrate** – so much happens that we don't always take the time to celebrate all of the good things that are being accomplished.

We celebrated our achievements with a mini-assembly and ice cream sandwiches during lunch – all students were invited to see what has been going on and to join in the celebration as one big Celtic family.

We are called to belong and together we live each day showing each other what that means.

Glenda Leusink, Michael Ambeau and Kevin Hinsperger

St. David Leadership Team

CALLED TO BELONG

*"All are one in Christ Jesus."
 (Galatians 3:28)*

ACOUSTIC CHARITY CONCERT

As has been the tradition for the past 11 years, our Celtic Arts community came together on Thursday, March 7th to put on a charity concert for a great cause.

Roughly a dozen wonderful acts performed a variety of songs focussing on themes such as love, hope, and acceptance.

As a tribute to our fellow Celtic musician, Nico Flamenco Steiner, who tragically passed away this past August, funds raised went to support the Mennonite Central Committee's important work in South and Central America.

The St. David Arts Council would like to thank Period 4 students and teachers for opening their hearts and their wallets for this wonderful cause. We raised over \$1200 and performed to a capacity crowd!



FROM THE DEACON'S BENCH

We are beginning a very busy time here at St. David.

We have been participating in our morning reflections for the liturgical season of Lent. We have shared a passage of Scripture and a reflection each day to start us on the right foot.

On Wednesdays during lunch we have a small but dedicated group that gathers in the Chapel to pray the Rosary. Prayers are offered for individual and school intentions.

We will also have our Holy Week observances with the Stations of the Cross on Holy Thursday. We encourage all Celts to take part in the Holy Week and Easter celebrations taking place in their local Parish. May the remainder of Lent be a time of reflection and prayer for all and may the coming Easter season be one of celebration and joy.

St. David, pray for us.
Deacon Ed

UPDATES FROM STUDENT COUNCIL

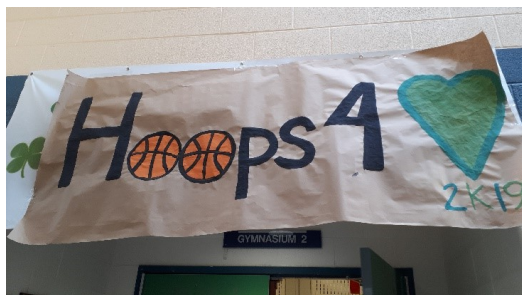
Spring is always a busy time for the students of St. David Student Council.

We began the month of March by delivering pancakes to homeroom classes on Shrove Tuesday. On March 22nd we hosted our annual Hoops for Heart basketball tournament in support of the Heart and Stroke Foundation. Our students raised \$900 with 9 teams participating and showing their Celtic spirit!

We have plenty more activities planned for the spring season! Our Multicultural Week ran April 1-5th with activities, a presentation by Tammy Webster (our board Aboriginal Support Teacher), and our Multicultural Fair on April 5th. We focus on Mental Wellness April 29th-May 3rd with special attention to healthy habits and how we can make changes to our way of thinking about Mental Health.

We acknowledge the gift of Catholic Education during Catholic Education Week, May 6th- 10th. In addition to celebrating Mass together, we will look at how we are each called to be Joyful Disciples by hearing from a number of innovative speakers at our InspirED speaker series on May 9th. We will be lead to make changes in our local and global community by participating in our We Act Water Walk Challenge on May 8th as well as our Foodbank challenge.

Look forward to hearing more details about these events, and stay tuned for information about Spirit Week in May as well as our upcoming Student Council Elections.



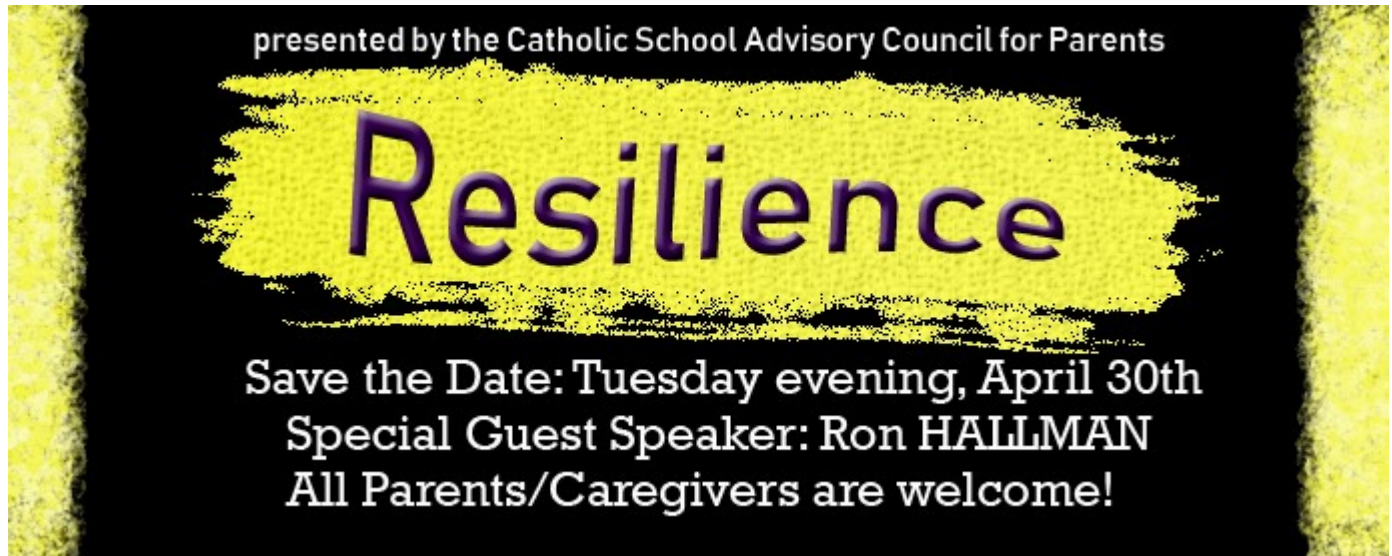
FITNESS FEEDS THE COMMUNITY

This is an event put on by our healthy school team and recreation leadership class at St. David's on May 10th during period 3 & 4 and open to the community in the evening.

The purpose is to promote overall wellness and success for all through the participation and enjoyment of learning how to be active in a fun way! Building our community relations is important to us and we are pleased to be partnering with Waterloo Fire Fighters, Public Health, The Food Bank of Waterloo Region, Depth Training and university athletes to feature activities such as spike ball, ultimate frisbee, basketball, weight training circuits, soccer and many more-all in our outdoor space!

This is a family friendly event in the evening and all are welcome. Please bring non-perishable food items or a monetary donation for admission. We are excited to promote wellness through fitness and food while working to improve our community well being! Looking forward to seeing you there on May 10th!





St. David School Council and the Catholic School Advisory Council for Presents:

A special talk by Dr. Ron Hallman on Resilience.

Dr. Ron Hallman PhD, is a registered psychotherapist with the College of Ontario Psychotherapists. His doctorate is in Psychology/Education from Capella University. Ron is passionate about coaching, leading, and providing strategies to individuals and groups toward healthy relationships. He has 27 years' experience in providing support to individuals and groups in the workplace, presenting seminars for businesses, and leading coaching courses within many Human Resource endeavors. He has worked effectively with many educational institutions, representatives of government ministries and programs as well as individuals from both large and small businesses. Ron currently owns and operates Unlimited Potential Inc., an organization that brings workplace interventions, seminars, and coaching as well as providing qualified staff to work in homes of people with disabilities.

Ron brings a very effective combination of expertise and experience when providing conflict resolution and workplace development support. He is particularly capable of providing assistance and direction in the establishment and maintenance of positive workplace environments. He also has had great success in coaching supervisors with their supervision skills with particular focus relating to the supervision of "difficult employees".

In Ron's private counselling practice he deals with a wide variety of issues which include relationship issues, anxiety, phobias, depression, drug/alcohol issues, family dynamics and individual issues.

Ron has worked alongside the KW counsel for addiction and suicide prevention. He also served as the CEO of an organization providing care for youth in trouble with the law.

We invite all parents and caregivers to join us for this amazing speaker.

Agency Information Night
Tuesday, April 30th, 2019 5:00 - 7:00 p.m.
at St. David Catholic Secondary School
for all families at, St. David, St. Mary's
and Resurrection.

Agency Information Night

St. David CSS, St. Mary's HS,
and Resurrection CSS **families**

Tuesday, April 30, 2019

5:00 p.m. - 7:00 p.m.

St. David Catholic Secondary School,
4 High Street, Waterloo

Join us to learn about the many amazing Kitchener-Waterloo agencies
and services that can support a smooth transition
to an active, enjoyable adult life!

You are also welcome to attend a speaker session with
Ron Hallman, Ph.D., on ***building resilience***, at 6 p.m. in the Library,
sponsored by the St. David CSS Parent Council.

A “come and go” event. Light refreshments will be provided.

Please respond by Monday, April 22nd to:

Maureen O’Grady – St. David CSS
519 885 1340 extension 5646
Maureen.OGrady@wcdsb.ca

GIRLS' RUNNING CLUB

This is a 6 week program open to all female students and staff at St. David CSS.

It is sponsored by Shoppers Drug Mart and Grand River Hospital. We meet every Monday and Wednesday after school in the courtyard from 2:45-3:45 to train for the culminating activity being the Run For Women 5km Run at Shades Mill, Cambridge May 5th, 2019.

We will walk and jog around the community and enjoy nature along the way! The purpose is to combine the awareness of physical activity and positive mental health to promote community building among both students and staff. More information about the program and sign up for the run can be found here:
<http://www.shoppersloveyou.ca/events/run-for-it-1295>

RUN FOR FUN!

LINK

Are you interested in...

- Honing your leadership skills?
- Fostering a culture of kindness in our school community?
- Welcoming and mentoring Grade 9 students as they join our school community?
- Developing strong friendships with like minded peers?

If you are currently in Grade 10, 11 or 12 and will be attending St. David next year, apply to be a LINK leader for the 2019-2020 school year! See the key dates below and feel free to speak with Mrs. McClenaghan if you have any questions about the program.

Key Dates	BE a LINK Leader--Make a Difference!
April 9 or April 16	Link Information Session in Room 228 at 11:00 sharp! (Applications distributed at this time) It is mandatory to attend ONE of these two sessions.
April 25	Applications due to Mrs. McClenaghan in Room 228.
April 30- May 4	Link Crew Interviews
May 14	Link Crew Established
May 21	Link Crew Training (Period 3 and 4)



SCHOOL START UP



There are a few changes to the 'School Start-Up' process this year. A few highlights:

- * The 2019-2020 Registration process is now being referred to as the '**School Start Up**' process.
- * The 2019-2020 School Start Up Packages are being distributed via homerooms on **May 15th**.
- * Student Information Verification Forms (SIVF) will be included in the School Start Up Package.
 - ⇒ Please read, edit, complete and return the SIVF to the homeroom teacher or Main Office by **June 13th**.
- * All other school start up forms and the student activity fee must be completed and paid through School Cash Online. These items will be attached to your SCOL account on June 1st.
- * 'Registration' days are being replaced with **'Timetable Pick-Up & Photo' Days**: Cafeteria
 - ⇒ Grade 9 & 10 **ONLY** Wednesday, August 28th 9am-12pm
 - ⇒ Grade 11 & 12 **ONLY** Thursday, August 29th 9am-12pmStudent photos will be taken during the Timetable Pick Up

If you have any questions, please contact the Main Office.

GUIDANCE UPDATES

Please follow us for guidance related information, upcoming events and important dates.

Website: stdavid.wcdsb.ca

Volunteer and Employment Opportunities

Please see the bulletin board outside of guidance for both volunteer and summer employment opportunities in our community.

Summer School

If you are interested in taking a course through online learning or in class, please come to guidance to find information on course options and availability as well as to pick up a registration form.

Graduating Student Information

**Join our google classroom with code wp8y6z for updates
and scholarship opportunities**

Post Secondary Applications:

Students are reminded to check the status of their applications online at the college and university application websites. All communication between the student and the post secondary institution will be delivered through these websites and emails.

College Applicants:

Students who have not yet applied to college may be able to do so at this time. This will depend on the availability of the course to which you want to apply. Please visit the ontariocolleges.ca website apply to determine if your desired program is still accepting applications. May 1 is the deadline to accept your offer from the college you plan to attend.

University Applicants:

University acceptances continue to be issued until the end of May. June 3 is the deadline to accept your offer from the university you plan to attend. In mid-June the universities will post all their programs that still have space. Please go to <https://osap.gov.on.ca/> and look for the link.

OSAP

The **Ontario Student Assistance Program** will be open early May for students to apply for government loans and grants. Go to <https://osap.gov.on.ca/> to apply.

Community Service Hours

All graduates are reminded to complete their 40 hours of community service and submit them to guidance or online at hourrepublic.com by **APRIL 26, 2019** to be eligible for graduation.

Need to fill in the form - please go to the [St. David Website \[click here\]](#) for a copy.

Graduation Ceremony

Graduation Ceremonies will be held on **at 7 pm on Wednesday June 26** at the **Waterloo Recreation Complex**.





At St. David CSS, a program aimed at supporting student mental health and wellness is well underway. The Umbrella Project's aim is to strengthen a student's coping methods by deepening their understanding of mental wellness and giving them tools to build skills that will help them through times of adversity.

Key Belief: "Skills Can Be Built"

The Umbrella Project encourages the belief that "umbrella skills can be built". The skills we are focusing on at St. David this year include: Grit, Resilience, Self Compassion, Integrity, Kindness, Gratitude, Mindfulness, and Empathy. The underlying purpose of the Umbrella Project is for students to recognize that with time and patience, everyone can develop a growth mindset, strengthen umbrella skills, and be equipped to manage life's inevitable rain.

Leading up to exams, the Umbrella Project hosted "Wellness Week" to encourage physical, emotional, and spiritual wellness during times of heightened stress. Students were invited to participate in a variety of activities including Motivational Monday, Yoga in the Chapel, Together Table, a Ted Talk, and Spikeball. Spikeball was effectively promoted by our Grade 11 Marketing Class to help students "Spike Away Stress". In partnership with a Grade 9 Physical Education class, 53 students worked together to learn, promote, and teach others the exciting activity of Spikeball. The classes assembled the equipment and organized an inspiring lunchtime event in the gym where they taught other students to play the game and "spike away" their exam stress. A full gym of students engaged in a new physical activity, strengthened social connections, and in turn, learned positive ways to manage stress.

"Difficult roads often lead to beautiful destinations." -Zig Ziglar

The Umbrella Project is helping students recognize that at times, life can present obstacles and challenges that seem insurmountable. At St. David, we are learning to weather these storms together as a Catholic community while growing and strengthening our umbrella skills.



EASTER SERVICES AT OUR LOCAL CATHOLIC CHURCHES

St. Agnes

PALM SUNDAY (April 13/14, 2019)

Saturday - 5:00 p.m. Sunday - 9:00 a.m., 11:00 a.m., 7:00 p.m.

HOLY THURSDAY (April 18, 2019)

7:00 pm (Vigil to Midnight)

GOOD FRIDAY SERVICES (April 19, 2019)

10:00 am Children & Families

3:00 pm

Stations of the Cross at 7 pm

HOLY SATURDAY (April 20, 2019)

11am Novena & Blessing of Baskets

EASTER VIGIL

8:00 pm

EASTER SUNDAY (April 21, 2019)

Mass: 9:00 am & 11:00 am (No 7:00 pm Mass)

DIVINE MERCY SUNDAY (April 28, 2019)

Mass: Sat. 5:00 pm; Sun. 9:00 am, 11:00 am & 7:00 pm - Holy Hour at 3:00 pm with singing of the Divine Mercy Chaplet

St. Boniface Parish

PALM SUNDAY (April 13/14, 2019)

Saturday - 5:00 p.m. Sunday - 10:00 a.m.

HOLY THURSDAY (April 18, 2019)

7:00 pm

GOOD FRIDAY SERVICES (April 19, 2019)

3:00 pm

HOLY SATURDAY (April 20, 2019)

EASTER VIGIL

7:00 pm

EASTER SUNDAY (April 21, 2019)

Mass: 10:00 am

St. Clement's Parish

PALM SUNDAY (April 13/14, 2019)
Saturday 5:00 p.m. & Sunday 9:00 a.m.

HOLY THURSDAY (April 18, 2019)
7:00 p.m.

GOOD FRIDAY SERVICES (April 19, 2019)
3:00 p.m.

HOLY SATURDAY (April 20, 2019)
EASTER VIGIL
8:00 p.m.

EASTER SUNDAY (April 21, 2019)
9:00 a.m.

St. Teresa of Avila – Elmira

PALM SUNDAY (April 13/14, 2019)
Saturday - 5:00 p.m. Sunday - 9:30 a.m.

HOLY THURSDAY (April 18, 2019)
7pm (Vigil to Midnight)

GOOD FRIDAY SERVICES (April 19, 2019)
11:00 a.m.

HOLY SATURDAY (April 20, 2019)
EASTER VIGIL
8:00 pm

EASTER SUNDAY (April 21, 2019)
Mass: 10:00 a.m.

St. Teresa of Avila Parish – Kitchener

PALM SUNDAY (April 13/14, 2019)
Saturday - 5:00 p.m. Sunday - 10:00 a.m.

HOLY THURSDAY (April 18, 2019)
7pm (Adoration to Midnight)

St. Teresa of Avila Parish – Kitchener (cont'd.)

GOOD FRIDAY SERVICES (April 19, 2019)
2:30 p.m. Divine Mercy Adoration
3:00 p.m. Good Friday Liturgy
7:00 p.m. Stations of the Cross

HOLY SATURDAY (April 20, 2019)
11:00 a.m. Blessing of the Easter Food

EASTER VIGIL
8:00 pm

EASTER SUNDAY (April 21, 2019)
Mass: 10:00 a.m.

St. Michael

PALM SUNDAY (April 13/14, 2019)
Saturday - 5:00 p.m. Sunday - 9:00 a.m., 11:00 a.m.,
7:00 p.m.

HOLY THURSDAY (April 18, 2019)
7:30 p.m. - Mass celebrated followed by Procession of the
Blessed Sacrament to the Repository with Adoration until
10:00p.m.
(Night Prayer will be celebrated at 9:30pm)

GOOD FRIDAY (April 19, 2019)
11:00 a.m. - Passion Play
Noon - Solemn Liturgy adapted for children
3:00 p.m. - Solemn Liturgy of Good Friday
7:00 p.m. - Passion Play

HOLY SATURDAY (April 20, 2019)
9:00 a.m. Morning Prayer
10:00 a.m. - Blessing of Easter Food
8:00 p.m. - Solemn Easter Vigil *(Note: No 5:00pm Mass
or Confessions)*

EASTER SUNDAY (April 21, 2019)
7:30 a.m., 9:00 a.m., 11:00 a.m. *(Note: No 7:00pm Mass)*

ATHLETIC COUNCIL UPDATE

The athletic council has been providing many different intramurals and activities over the last couple of months.

We had an amazing after-school intramural ball hockey league and an intramural indoor soccer league. We also helped SAC with the Hoops for Heart Charity Basketball Tournament and were able to help raise \$900!

Thanks for contributing to our community for such a great cause and staying active.

Don't forget about our "Open Gym" at lunch as well. Come on down, it's all for fun!

Coming up we have intramural handball. Grab some friends, make a team and get active at 11:15am from Tuesday to Friday.

Hope to see you in the gym!

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.

[Celtic Intramurals – It's All for Fun](http://www.stdavidintramurals.ca)

www.stdavidintramurals.ca

Retired Super Teams . What are Super Teams? And How Do You Become a Super Team? Super Teams participate in all of the intramural leagues at lunch.



FRENCH TRIP TO SAINT-DONAT

At the end of February, a group of Grade 10 to 12 French students from the WCDSB participated in a 4 day trip to the small village of Saint-Donat in Quebec.

We took part in several outdoor activities such as skiing, snowboarding, skating, cross-country skiing, and snowshoeing. Every day we took the bus to Mont Garceau where we would either ski or snowboard.

Being someone who has never touched a pair of skis before, it was so exciting being able to take the lift on the last day and try out some of the big hills. My favourite activity was tubing. Groups of people would line up their tubes and fly down the hill at high speeds, which always evoked excited screams followed by laughter and snow-covered faces. The focus of the trip was “Legends of Quebec Folklore”.

Students were assigned classic French legends, and in those groups, we got to act out, discuss, and sing about some aspects of the legends. My favourite part of the trip was at meals when we were able to communicate with employees who only spoke French. It was exciting to be able to use the skills that we acquired in class, in real life.



We also explored different areas of Quebec culture by taking part in ecological and musical workshops. Near the middle of the trip, we went down into the village which gave us the chance to explore the area and talk to some of the locals. Every night, we did something different.

The widely loved event was the talent show, which sparked amazement, applause, and lots of laughs. It was so interesting to really delve into the French language and experience authentic French culture in a little village surrounded by mountains.

It was an awesome opportunity for students to learn out of a conventional classroom setting. After experiencing the food, activities, and traditions of Quebec, I have a new sense of appreciation for French language and culture.

Maria Kanellis, Grade 10 French Student at St. David CSS

VOLUNTEER OPPORTUNITIES

Math Buddy - Number Ninjas

[16+] **Frontier College** is looking for passionate, dedicated people who want to help kids learn through fun games and real world examples. No experience required!



Emily [waterloo@frontiercollege.ca]

Summer Yoga Instructor

[16+] Are you looking to spread your love of Yoga? **Adults In Motion** is looking for volunteers who are willing to teach some of the moves!



Laura [aimvolunteerskit@gmail.com]

Big Bike Event Day Volunteers - 2019 Big Bike

[16+] Volunteers will enthusiastically greet riders coming out to Big Bike Day! Help out **Heart and Stroke Foundation of Canada** team by taking registrations and giving out T-shirts. (May 28)



Beth [Beth.Kerr@heartandstroke.ca]

Literacy Tutor - Newcomer Family Literacy

[16+] In partnership with YMCA Immigrant Services, YMCA Family Language and Learning volunteers assist ELL students and newcomer families. Assist **Frontier College** by volunteering.



Emily [waterloo@frontiercollege.ca]

A CELTIC-BRATION

What a terrific Celebration of Celtics!

We invited all students to the cafeteria to celebrate the amazing accomplishments of our Athletes and Team Dave.

Many of our girls hockey team were recognized for their outstanding season and winning GOLD at OFSSA. This was the first OFSSA title for these girls- a historic season for the team.

Joining the hockey team were members of the swim team, including Jun Park who set an OFSSA record in the 50m Fly.

Congratulations to Team Dave who are having a successful year so far!

Trevor Zuber came 4th in OFSAA wrestling in Ottawa.

Such dedication from all these students!

The celebration was guided by Ms. Spoltore and grade 11 student Sam Donsig.

All students enjoyed a celtic-bratory ice cream bar!

