

# Newsletter

Information for St. Mary's Academy parents and friends

# NEWS

February 2015

## President's Message

Mrs. Connie Yunyk (Scerbo '77)



As we prepare ourselves for the solemn Lenten season ahead, I am mindful and grateful for the many blessings so far this year, most notably the SNJM community, Board members, faculty and staff who have assisted and guided me in my transition. May each one of you experience a special time of prayer, penance and good works in the weeks ahead as we prepare for Easter.

I am delighted Ms. Amy Houston ('03) has joined our Advancement Office as Alumnae Relations, Advancement and Special Events Coordinator. As a student, Amy excelled in academics and school life, as she will as part of our Advancement office team. Welcome Amy!

Two upcoming SMA-hosted special events I hope you will consider attending are the 3rd annual Female World Sport School Challenge from March 12-15 at the MTS Iceplex, and our 11th annual Marian Awards for Excellence Luncheon on Saturday, May 9 at the Manitoba Club.

### Female World Sport School Challenge

Our SMA prep hockey team will compete against seven teams from across Canada in this top level, Hockey Canada initiated showcase tournament. For more information please go to [www.fwssc.ca](http://www.fwssc.ca).

### Marian Awards For Excellence

On Saturday May 9, we will recognize two distinguished alumnae Gwen Buccini ('67) and Carol Hryniuk-Adamov ('72) for their exemplary commitment to education and service.



Gwen Buccini ('67)



Carol Hryniuk-Adamov ('72)

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## Marian Awards for Excellence Saturday, May 9, 2015

Mimosa Reception at 10:30 a.m.

Brunch at 11:00 a.m.

The Manitoba Club, 194 Broadway

Tickets \$75 each or two for \$140

Tickets available online as of March 10, 2015

[www.stmarysacademy.mb.ca](http://www.stmarysacademy.mb.ca)

For information contact Georgine Gaudes at [ggaudes@stmarysacademy.mb.ca](mailto:ggaudes@stmarysacademy.mb.ca) or 204-478-6030

## Principal's Message

Mrs. Josie Audino



Subsequent to the Christmas holidays, SMA has resumed its busy agenda. The Grade 12 students wrote the Provincial English Language Arts exam in early

January; everyone passed. All students have written the mid-year assessments and teachers are now preparing report cards which will be distributed on February 20th. The sports activities continue to be frequent and intense: badminton, track, basketball, hockey, etc. We have so much to look forward

to: I love to read month, Catholic Schools' Week, the Japan trip, sports tournaments, and Lent.

Thank you to the student volunteers, the ambassadors, the leadership students, staff and members of the Parents' Guild who helped make our Open House a very successful event. Approximately 450 people attended the information session on January 27th. The next morning, the Grade 7 students attended an "egg presentation" and the Grades 8 to 12 students attended a "Free the Children presentation" on Hunger. Both presentations were well received and we are thankful to Mrs. May who organized the presentation for the Grade 7 students and the Potash Association for sponsoring the Free the Children event.

Dean Murray, from the Faculty of Mathematics of the University of Waterloo came to work with some of our students. His presentation was very well received. Mr. Murray made the following comment: "I thoroughly enjoyed the time I spent with your students. They were attentive, motivated and fully engaged. They did extremely well solving my problems." Thank you to Mrs. Zonneveld for organizing this opportunity for the students.

We continue to share our gifts in a number of different ways. Our students, Staff and Parents truly try to be a People of Service!

We look forward to seeing you at the Parent /Teacher Conferences which are scheduled for February 26th and 27th.



February 2015

## Campus Ministry

Ms. Michelle Garlinski

**“Turn away from sin and be faithful to the Gospel”** These are the words that mark us on Ash Wednesday and challenge us on our Lenten journey. In some ways, these words might need to be posted on our fridge, banners on our social media devices, our lockers, or anywhere else that can remind us daily of the invitation that Jesus offers us as we try to prepare for Easter as faithful disciples.

So how do we do it? Let's follow the Gospel from Ash Wednesday; serve others, pray a bit more and fast from our overwhelming

abundance so others have what they need. This is how Lent can keep us on track.

### Here are some practical suggestions:

**Serve:** join in on the SNJM Solidarity in Service day February 28, see advertisement on page 5.

**Pray:** join us for Wednesday morning prayer at 8 a.m., spend 10-15 minutes with God each day, or schedule Sunday worship first in your weekend commitments.

**Fast:** drop the Starbucks or Tim's run each day and add the coffee money to Mission collection at school or eat out less and try to have a family meal once or more a week with good conversation questions.

This is all part of our training as disciples – especially as we get ready for Easter. So Tap into your Talents and reach in and out! Blessings on your Lenten journey!



Presenting Sponsor

## 3rd Annual Female World Sport School Challenge

St. Mary's Academy is pleased to host the 3rd annual *Female World Sport School Challenge* (FWSSC) taking place at the MTS Iceplex from March 12-15, 2015.

The FWSSC is in its 3rd consecutive year however, this is the first year that SMA has sole ownership of this Hockey Canada initiated event.

This year's eight-team tournament brings together Canadian female hockey teams from seven Sport Schools along with one AAA Regional team. Sport School teams participating include two Winnipeg schools: St. Mary's Academy and Shaftesbury Hockey Academy. They are joined by the Banff Hockey Academy from Banff, AB, St. Francis Xavier High School from Edmonton, AB, Warner Hockey School from Warner, AB and two teams from Pursuit of Excellence Hockey Academy in Kelowna, BC. The Thunder Bay Queens are the AAA Regional team joining the challenge this year.

Individual game tickets are \$5 each (children 12 and under are free). Tournament Passes are \$25 each. Available at the door.

The tournament game schedule, as well as other information can be found at [www.fwssc.ca](http://www.fwssc.ca).

In addition to showcasing elite female hockey action, the tournament weekend also features a Banquet on Saturday night with Olympic Silver Medalist Janine Stephens (Hanson '01) as Keynote Speaker, and CBC Video Journalist Jill Coubrough ('06) as Master of Ceremonies.

### Banquet Details

**Saturday, March 14, 2015**

Cocktails at 6:00 p.m.

Dinner at 7:00 p.m.

Victoria Inn, 1808 Wellington Avenue

Tickets: \$75 each

Purchase tickets from [www.fwssc.ca/banquet](http://www.fwssc.ca/banquet)

or contact Georgine Gaudes for details:

[ggaudes@stmarysacademy.mb.ca](mailto:ggaudes@stmarysacademy.mb.ca) or

204-478-6030

### Volunteer for the Tournament

SMA is looking for adult volunteers to fill various positions during the tournament weekend.

#### Volunteer duties may include:

- Sales (game tickets, programs, 50-50 etc.)
- Hospitality (team nutrition etc.)
- Event Operations (game videotaping etc.)
- Game Operations (penalty box attendants etc.)
- Banquet (set-up and take-down, ticketing etc.)

For further information and to register as a volunteer, visit the [fwssc.ca](http://fwssc.ca) website.

Thank you!



Janine Stephens (Hanson '01)



Jill Coubrough ('06)

[www.fwssc.ca](http://www.fwssc.ca)



[twitter.com/FWSSChallenge](https://twitter.com/FWSSChallenge)



February 2015

## Graduation

Mrs. Vivian Epp and Mrs. Mary-Anne Lovallo

### Request for Grade 12 Parent Volunteers

Parent volunteers are still needed for Safe Grad Entertainment, Silent Auction, and Decorating committees. Please contact Mrs. Epp at [vepp@stmarysacademy.mb.ca](mailto:vepp@stmarysacademy.mb.ca).

### Request for Grade 11 Parent Volunteers

Grad 2015 parents are asking Grade 11 parents for assistance with decorating the venue for the Graduation Dinner/Dance. Volunteers are required on the evening of June 22 and during the day of June 23. If you are interested and available, please contact Mrs. Epp at [vepp@stmarysacademy.mb.ca](mailto:vepp@stmarysacademy.mb.ca).

### Important Dates for Graduates

**February 26:** Grad Parents' Meeting at 8:00 p.m. in Alumnae Hall.

**March 25:** First Payment due of \$250

**April 29:** Final Payment due of \$225 plus any additional expenses.

**April 29:** *Brunch Seating Request* and *Graduation Attendance* forms are due to Mrs. Lovallo (room 201).

**May 28:** **Parent-Daughter Mass** in Alumnae Hall at 8:30 a.m. followed by Brunch at the Victoria Inn 10:30 a.m. to 12:30 p.m.

**June 2:** **Alumnae Induction** after closing Mass (only attended by Graduates)

**June 23:** **Dinner Dance** at the Winnipeg Convention Centre (6:00 p.m. to 11:00 p.m.) followed by **Safe Grad Party** at the Winnipeg Convention Centre (11:00 p.m. to 4:00 a.m.).

**June 25:** **Convocation Rehearsal** (for students only) in Alumnae Hall 9:00 a.m. to 11:00 a.m.

**ATTENDANCE IS MANDATORY**

**June 26:** **Convocation** in Alumnae Hall 2:00 p.m. Students must be at school no later than 1:00 p.m.



## Online Safety

Ms. Dawn Bohonos

### Online Safety - A Valuable Lesson

**"Would I send this video or picture to my own family?" If the answer is no, then DON'T SEND IT!**

This was one of the important messages Constable Sandra Murner related to grades 7, 8, 9 and 10 girls during **Online Safety** presentations held at SMA on November 12th and January 22nd.

Constable Murner is a member of the Winnipeg Police Service School Education Unit and discusses online safety with students in 52 schools across Winnipeg. She is well informed about this topic and provided valuable information to SMA girls.

Constable Murner began her presentation by dispelling three myths that apply to social media:

**Myth #1: Everything online is temporary.** According to Constable Murner this is false. Online information can be very hard to remove. Even if you delete a post, someone may have already made copies and distributed the information. It is out there forever.

**Myth #2: Online profiles can be completely private.** Not so said Constable Murner. Your personal information can be

passed on by anyone who has been allowed access into your site.

**Myth #3: Posting a risqué photo is fine as long as it really is you and not someone else.** Constable Murner warned that any picture uploaded on the web can be downloaded by anyone and be copied or posted online forever! This can result in a permanent digital footprint.

### Cyber bullying

Constable Murner discussed how online interactions can lead to cyber bullying or exploitation. She revealed that at least 42% of all students have experienced cyber bullying. This can lead to emotional damage, criminal charges and/ or civil law suits. It is important to report cyber bullying immediately to a trusted adult.

Constable Murner also informed students about the tactics that cyber predators use to entice innocent victims. They begin online friendships, asking many personal questions and gaining a victim's trust. Interactions may lead to sexual talks and an offer of money or gifts for sexual acts. Predators may try to meet victims, offering to pay for airline tickets to visit.

Constable Murner stressed that cyber predators pretend to be people they are not and lurk in online chatting, gaming and social networking sites. Her advice was to only allow people you know in real life to be your friend online.

### Sexting

Constable Murner raised the issue of sexting, which is sending sexually explicit messages or photos electronically, primarily between cell phones. She stated that if you send such photos and you are under the age of 18, you are distributing child pornography. Her message was clear. You can be arrested for sexting!

Constable Murner ended her presentation with wise advice: **Be responsible and think about your choices when going online.**



February 2015

## From the Career Counsellor

Ms. Teresa Uruski

### **Gr. 12 Post-Secondary Planning**

Grade 12 students are reminded to check the SMA Career Information website for regular updates on admission and scholarships presentations.

#### **Note the following deadline:**

**March 1, 2014:** Application Deadline for scholarship consideration: University of Winnipeg and University of Manitoba

Students who are applying out of province are also reminded to email Ms. Uruski asap with the information of where their official school transcript needs to be sent, along with their assigned student number for that post secondary institution.

### **Gr. 11 Post-Secondary Information Sessions**

Grade 11 students attended the **University of Manitoba** Info. Days on Feb 19th. This event offered students the opportunity to get a tour of the U of M Campus and to find out more about the programs offered at the university. The students also received information about the advantages of be-

coming an affiliate of **St. Paul's College** at the University of Manitoba.

Representatives from both the **U of M and U of W** met with students on Feb 5th and 6th to review program and faculty options, including the review of high school course requirements.

**University of Winnipeg** Open House was on Feb 18th. The event provided students the ability to ask questions and obtain detailed information from both professors and current students.

**Red River College Open House** was on Feb 17th at all three of their campuses.

### **Gr. 10 Career Development Classes**

All Grade 10 students started their Career Development Classes in February. They will also have an opportunity with their parents to meet with representatives from the Universities of Manitoba and Winnipeg and Red River College as part of **SMA's annual Post Secondary Information Evening at 7:00 p.m. on Wednesday, Feb 25th.**

Students will be attending the **Rotary Career Symposium** on April 21st where they will spend the day learning about a variety of career and additional post-secondary educational opportunities. **This activity is mandatory for all Gr. 10 students.** Further information along with the permission form will be provided to your daughter in March.

A **very BIG thank you** to the Parents Guild for their generous donation this year which will pay for our transportation to the Symposium. Students are also encouraged to attend the Open House events as listed in the above Gr. 11 section.

### **Gr. 12 Advance Placement Students**

All students currently enrolled in AP classes at SMA will receive an information package regarding the option to sign up for the Advance Placement Exams which are offered by the US College Board during the month of May. Students are asked to review this option with their teacher and parents and return their 'intent form' by March 6th.

## Mission Club

Ms. Teresa Uruski

### **Mission Club Monthly Organization Focus**

During the month of February, Gr. 8 and Gr. 12 Mission Reps will be organizing major fundraising activities for our SNJM Sister Schools in Lesotho Africa. A Colour Day was also hosted by the Mission Club on Feb 6th.

The greatest need to date in Lesotho is to provide funding for educating the children who live in the orphanage and to students living in poverty who are unable to attend school. The SNJM's provide direct care for orphans along with assisting families in need with food, medication and finances.

If you would like to make a donation, please contact Ms. Uruski at the school for assistance.



### **Yes you CAN**

#### **Food Item Drive for Winnipeg Harvest**

During the first week of March the Mission Club will be organizing the collection of food items for Winnipeg Harvest.

Last year students and staff were generous in contributing over 650 items for the drive. A special 'thank you' to the students in Grade 8 for bringing in the most items = 192. This year our goal is 1000 items!

## Parents' Guild

Mrs. Kristi Cumming

The Oxford Dictionary defines a volunteer as "a person who freely offers to take part in an enterprise or undertake a task." Clearly, our volunteers at SMA are so much more than that, and we want to say thank you!

Thank you to those who work in the Tartan Shop, the Corner Store, serve at Open House, volunteer at bingo, run a pavilion at International Day, type committee meeting minutes, and the list goes on... For every small task and every big job that you undertake – thank you!

To all the parents, grandparents and siblings that donate their time and talent to the SMA Community to help make it the amazing place that it is – we just want to say **THANK YOU!**



February 2015

## Advancement & Alumnae News

Ms. Georgine Gaudes

**“Since we tread along the same way, let us lend a hand to one another to help surmount the difficulties that present themselves.”**

- Mother Marie Rose Durocher

In order to advance the vision and mission of SMA, we ask each year that all families consider to the best of their ability to engage in a program of *Annual Giving*. The *Annual Giving form* will be included in your re-registration package and you can choose to donate to an endowed bursary fund,

school programs, building fund or undesignated. All gifts are tax-deductible.

### Save the Date

Homecoming will be held on Saturday, September 26, 2015 at St. Mary's Academy. Check out the SMA website, and the SMA Alumnae Facebook and Twitter pages for more details in the weeks to come.



[www.facebook.com/smaalumnae](http://www.facebook.com/smaalumnae)



[www.twitter.com/smaalumwpg](http://www.twitter.com/smaalumwpg)

## I Love to Read Month

Ms. Sheryl Chongva

On January 28, 2015, the SMA library launched ***I Love to Read*** month with activities that include:

- **Reading Bingo Contest**

- **Guess Who?** (a guessing game of matching staff to the books they read). Ballots are available in the library and the deadline is March 3.

- **Book Price is Right:** with Mr. Saj

- **Book Drive for *Share the Magic*:** we are collecting gently used books for *Share the Magic*, a program which donates books to children and adults in Manitoba. Our school goal for the Drive is to collect 1,000 books. We'll be collecting books until March 3 at 4:00 p.m.

Thanks to the staff and students who have collaborated to launch, promote and support I Love to Read Month. Happy Reading!

SNJM  
**CELEBRATING**  
**140**  
years  
IN MANITOBA

The Sisters of the Holy Names of Jesus and Mary invite you to continue celebrating our 140th year in Manitoba by participating in a ***Solidarity in Service Day***.

**Saturday, February 28, 2015**

Join with others or on your own to reach out and serve in whatever way possible.

“We are challenged by the Gospel and by the needs of society to unite our efforts with those around us to attain for all people conditions of life more equitable and more worthy of human dignity.” SNJM Constitution #14



**“For everything there is a season.”**

Ecc. 3:1

## Dates To Note

### February 2015

- 20 Report card distribution (period 4)
- 21 New student entrance tests #1
- 24 Pascal, Cayley & Fermat math contests
- 25 Gr 10 post sec info night, 7:00 p.m.
- 26 2:30 p.m. dismissal
- 26 Course options info. for parents, 7:00 p.m.
- 26-27 Parent-teacher conferences
- 27 No classes

### March 2015

- 1 New student entrance tests #2
- 1 New student interviews #1
- 2-6 Wpg Harvest Food Drive
- 6 Colour day
- 7 New student interviews #2
- 10 2:30 p.m. dismissal
- 10 Parents' Guild Mtg, 7:00 p.m.
- 12-15 Female World Sport School Challenge
- 17 Grade 9 Immunizations
- 20 Re-registration deadline
- 25-27 Spirit days
- 30-April 3 Spring Break
- April 7 Classes resume



# Around the Academy



So You Think You Can Dance?



SMA Open House



Christine Lamontagne shows the Grade 11's a dance from Nouvelle-France



Grade 8 Egyptian Museum and Bake Sale



Shrove Tuesday Pancake Lunch



Ash Wednesday