

February 2018

## President's Message

Mrs. Connie Yunyk (Scerbo '77)



"Lent summons us, and enables us, to come back to the Lord wholeheartedly and in every aspect of our life."

We are called by Pope Francis to find our way back to Jesus during this season of Lent; a time for prayer, reflection and almsgiving. Here at SMA, we are called to Wake Up (Retrally Theme) to ways in which we can be a better version of ourselves through our daily and intentional relationship with Jesus throughout the year, but especially during Lent. Every action, significant or small-scale in nature can pave the path back to the Lord. I encourage us all to be mindful of this call today and throughout the Lenten season.

Our students and faculty have experienced a flurry of activity during the months of December, January and February. From our very successful musical production Cinderella in early December along with a myriad of athletic/sports events and games, mid-year

assessments in December and January, Open House in mid-January and report card readiness in February to name a few, our students and faculty are looking forward to a much deserved break at the end of March. Thank you EVERYONE for your constant commitment and demonstration of pride for our school.

Gratitude is also extended to our Parents' Guild who have kept our staff well-nourished on many levels over the past few months; we appreciate the massage chairs and delicious appreciation lunch in early February. Many Open House attendees commented on your enthusiastic and informative presence on January 16. Finally, the intentionality and care demonstrated with planning Torch Talks on January 20 is very much appreciated. Once again, all attendees were exceptionally grateful for the timely topic, Perspectives on Cultivating Wellbeing in Young Women. It is so evident that everything our Parents' Guild plans and executes is to improve life at SMA! What an amazing group of parents!

Where to begin to thank our Advancement and Communication Team for another successful An Evening at the Academy held January 27. Over \$105,000 was raised thanks to the generosity of our guests, with a major portion directed to our Bursary Fund. Financial assistance needs are increasing; in the current

year over \$340,000 has been dispersed to 75 qualifying students. Growing our Bursary Fund ensures diversity in our school, a value rooted in the mission and vision of the Sisters of the Holy Names of Jesus and Mary. Thank you for sharing this vision with us!

Finally:

- Strategic Plan work continues (progress report to be shared in the near future)
- 2018-2019 budget will be ready for SMA Board approval in March
- Discussion continues regarding options resulting from the Traffic Flow Study of our grounds
- Building Condition Assessment awarded to a local firm, comprehensive report to be submitted by the end of April
- We hope to see you at our annual Marian Awards for Excellence Brunch taking place on May 12 at The Gates on Roblin, more details to follow!
- Initial planning has begun for *Happy 150th Birthday St. Mary's Academy* celebrations in 2019... stay tuned for details!

I wish you all a prayer-filled and reflective Lent and may you all be showered with our Lord's choicest blessings as we journey toward Easter!

## Senior School Principal's Message

Mrs. Michelle Klus



There are less than five months remaining in this school year! Soon spring will be here and students will be enjoying the sunshine and preparing for their final exams. Plans are already well underway for next year including the school calendar, re-registration of current students, course electives selection as well as the admission process of new students into our community.

**Option (electives) and Program Information for students currently in Grades 8 to 11 will take place on Tuesday, February 20 during the school day. There is also a Course Option (electives) Information Meeting for parents that will take place on Monday, February 26 at 6:30 p.m. in Alumnae Hall.** Parents are encouraged to review the Electives Sheet with their daughter(s) before signing and returning it to the school office. The forms will be accepted in the school office starting on March 5. This should allow ample time to discuss your daughter's options and come to an agreement as a family. As some electives only have one section and space is limited in the senior grades, it is very important that the sheet be returned as close to March 5 as possible to ensure a spot in that course.

A reminder that Parent Teacher Conferences will take place on March 1 and 2. Keeping our students focused on their school work and commitment to school clubs and teams is essential over the next few months. Parental support plays a crucial role in the successful completion of the school year. We appreciate being able to work collaboratively towards success for our students.

## Junior School Principal's Message

Mrs. Carol-Ann Swayzie (van Es '80)



It's hard to believe that winter is waning, and we are now immersed in the season of Lent. It is a time where we renew our understanding of this important season and reflect on how we can integrate our personal practices into this renewed perspective.

Our junior students are deeply settled into their routines, and continue to grow as they face academic challenges and experience the changing dynamics that are part and parcel of this age group. The joy and energy of our junior students never ceases to amaze me, and was evident during our Retrally Day on February 8. Despite it being late winter, our students are now looking at their transition into their next year at SMA, with our Grade 8 students choosing options in preparation for their move into their senior years' experience.

We look forward to meeting with parents and guardians at our March Parent/Teacher conferences. When school and family work as partners, so much can be achieved! As was the case with our November conferences, all conferences are booked online through the Conference Manager system. As we look ahead into spring, our final dance for Junior School students is on Friday, April 27. For those of you looking ahead to planning/preparing for the year's end: Grades 7 and 8 write their exams the week of June 18th. Once they write their exams that week, the students will be finished with regular classes. Should students wish to review their exams afterwards, they are asked to make an appointment with their teacher on Tuesday, June 26th. Reports cards will be available for pick up from homeroom teachers on June 29th between 8:30 a.m. and 9:30 a.m.



February 2018



## Female World Sport School Challenge March 1-4, 2018 | Bell MTS Iceplex



Presenting Sponsor

St. Mary's Academy is pleased to host the 6th annual *Female World Sport School Challenge* (FWSSC) taking place at the Bell MTS Iceplex from **March 1-4, 2018**.

This year's tournament brings together the following six North American female hockey teams: host St. Mary's Academy Flames Prep, Balmoral Hall Blazers from Winnipeg, MB, Banff Hockey Academy from Banff, AB, Gentry Academy from St. Paul, MN, Minnesota Revolution from St. Paul, MN and the Thunder Bay Queens from Thunder Bay, ON.

**Friday, March 2 is RBC Game Night**  
Come out and cheer on our Flames as they take on the Minnesota Revolution at 6:30 p.m.

Individual game tickets are \$5 each (children 12 and under are free). Tournament Passes are \$20 each. Available at the door.

### Tournament Banquet

In addition to showcasing elite female hockey action, the tournament weekend also features a Banquet on Saturday night

with keynote speaker Bailey Bram, 2018 Olympian, Canadian Women's Ice Hockey Team. Master of Ceremonies for the evening is alumna and first ever Captain of the Flames Prep Team, Nicole McGlenon '12. First Team Awards are presented during the evening.

### 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)
- Banquet (set-up and take-down, ticketing etc.)

For further information and to register as a volunteer, go to [www.fwssc.ca/information-for-volunteers/](http://www.fwssc.ca/information-for-volunteers/) OR contact Shauna Angers at [shaunaangers@hotmail.com](mailto:shaunaangers@hotmail.com).

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



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



[instagram.com/FWSSChallenge](https://www.instagram.com/FWSSChallenge)

## Banquet Details

**Saturday, March 3, 2018**

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 Judy Ashcroft at [jashcroft@smamb.ca](mailto:jashcroft@smamb.ca) or 204-478-6048.

**Banquet Keynote Speaker**  
Bailey Bram



**Banquet Master of Ceremonies**  
Nicole McGlenon '12

## Charism and Mission Office

Sr. Michelle Garlinski '88, SNJM

2018 marks a very special year for the Sisters of the Holy Names of Jesus and Mary (SNJM)—this is our 175th Anniversary year. We recognize the official establishment of the Congregation on December 8, 1844. However, October 28, 1843, was the founding of the SNJM Congregation. Upon the arrival of Eulalie Durocher (Mother Marie-Rose) and Melodie Dufresne to the school house, they joined Henriette Cere to begin the mission of education in the faith in Longueuil, Quebec. Throughout this year, our SNJM Congregational Leadership Team will be sharing information and reflections for us to keep the 175th year close in

our thoughts and prayers. A special 175th prayer was designed for the Congregation, this prayer is being prayed by Sisters, Associates, and all connected to SNJM ministries. All teachers received the prayer and we have started praying it in various ways. We share this prayer with you (find it on the last page of this Newsletter), as collaborators with us on the mission of Education in the Faith, by your choice in sending your daughter to St. Mary's Academy. Perhaps you can place it on the fridge or choose a day each month to pray it with your daughter. We celebrate with joy that we are part of this story and we give thanks to God for what has been, is and what is to come.

Congratulations to Sr. Michelle Garlinski who professed her first vows with the Sisters of the Holy Names of Jesus and Mary on January 3, 2018. Thanks be to God.



Sisters Maureen Delaney, Michelle and Lorraine St-Hilaire

February 2018

## Campus Ministry

Mrs. Joanne Steeves (Weight '90)

In January we hit the ground running in Campus Ministry. Students were busy helping to prepare for our Open House, Breakfast Club and organizing the annual Retrally. The Justice Walkers were able to visit and serve at Gonzaga Middle School and the Welcome Home twice in January.

AMS@SMA (A Monthly Service at SMA) had a record number of students go to Ronald McDonald House to help clean and bake goodies for the families in residence there. The J.R. Club LEMON crew ran the SMA Amazing Race, completing various tasks throughout the school building community and having fun.

### Retrally

Our annual Retrally Day was packed full of faith, friends, fun and food, as our community spent the day together. Our presenter, Greg Walton, challenged and encouraged us to live out our Mission to LOVE. How each and every day we can do simple things to help all those around us. A huge THANK YOU goes out to the student planning team, all the grades 11 and 12 student leaders and encouragers. Thank you also to the staff and Parents' Guild who helped the day move smoothly.

We had a wonderful Shrove Tuesday pancake lunch as we bid farewell to Ordinary Time. Our focus this Lent is to **Wake up!** This is based on our Retrally theme—Wake

Up and Smell the Coffee: Ignorance Is Not Bliss. Be sure to check the daily bulletin for the challenge each day on how you too can "Wake Up". Blessings on your Lenten Journey!

### Lent in Holy Names Chapel

During Lent we offer the following in Holy Names Chapel:

- Wednesday Morning Prayer at 8:00 a.m.
  - Mass on Fridays at 1:05 p.m.
- Families are welcome to attend.

Celebration of the Sacrament of Reconciliation will be celebrated in March with our grades 7 and 8 classes and a "Come and Go" reconciliation service for staff and students.

## Drama Department

Ms. Eliana Dell'Acqua '03

The Drama department is bustling in preparation for our high school final performance projects! Our Drama students are working extremely hard in order to dazzle and dazzle audiences with their talents.

### Grade 9

On March 14 our Grade 9 students will perform the infamous *The Diary of Anne Frank*. With costumes and props well on their way, and the students working around the clock, this is a show you are not going to want to miss!

### Grade 10

On April 19 our Grade 10 students will

perform *Whodunit*, *Rule of Three: Afternoon at Seaside*, *The Rats and The Patient*. The students will delight us with not one, but four murder mysteries that are sure to keep you on your toes.

### Grades 11 and 12

On May 24 at 7:00 p.m. our Senior Drama students will perform *Game of Tiaras*. A murderously hilarious play about a King and his treacherous Disney princess daughters, heads will roll in the race for the throne! Parents and family of all the performing arts students are welcome to day and night productions, hope to see you there! It is my pleasure to announce that one of

our very own students, Miss Ryleigh Anderson, has been chosen as a finalist in the Scirocco Drama Manitoba High school Playwriting Contest! As members of the SNJM community it is our motto that we Cast Fire in our daily lives, and Ryleigh has done just that with her play "Pressure Cooker". With the help of professional dramaturges and directors, "Pressure Cooker", will be performed at the Tom Hendry Warehouse Theatre on June 7 and 8 and the audience will choose the winner. Let's go support our Flame and help her cast her fire!

Stay tuned for exciting announcements regarding our school-wide fall Drama Production next year – we hope to release information soon! Thank you for all of your continued support of our program!

## Music Department

Ms. Anastasia Geras

We have some exciting plans in progress for the spring! We are looking forward to a collaborative concert with St. Paul's High School and St. Boniface High School on May 23 at St. Bernadette's Parish. As part of this collaboration we will have two choir clinics on March 10 and on May 12. This will be an excellent opportunity for our Con Fuoco choir to sing with and learn with other choral groups.

Our spring concert is slated for April 29, details will be available soon.

## Library

Ms. Sheryl Chongva & Ms. Kelsey Jennings

We've been busy wrapping up our "I Love to Read" activities. Thank you to our student leaders and teams who created the "Guides & Gurus" daily challenges, organized the school-wide scavenger hunt and counted donated books. Congratulations to SMA for completely wiping out our original goal for our book drive! We have 1,050 books and we've increased our goal to 2,018! Can we do it? All books are due into the Library by February 23. They will then be distributed to reading and literacy programs in Winnipeg.

## Generations Day

Mrs. Kerri Moore (McIvor '94)

On **Tuesday, April 17, 2018** we are excited to host the grandparents/generational mentors of our Grades 7 and 9 students at **Generations Day!** This is a great opportunity for our students to tour their grandparents around our campus and share their experiences as a student at SMA. Information and invitations will be distributed to our Grades 7 and 9 students in March.

February 2018

## Family Studies

Mrs. Gina Unger

Grades 10 and 11 students of the Family Studies courses have been immersed in child care responsibilities this year – both with infant simulators and real children.

The Grade 10 students (Home Ec 20G) took the Real Care infant simulator home for a few nights to try their hand at parenting. Some experienced a loss of sleep and a certain amount of stress, but most students enjoyed caring for their baby. Our field trip to the Birth Centre on St. Mary's Avenue was also a real eye-opener as "Midwife Abby" candidly described the realities of birth and parenting with her natural energy and humour.

The Grade 11 girls are part of a Child Care Practicum component once a cycle. Throughout the year students visit nearby elementary school classrooms, daycares, nursery schools, or a drop-in centre. By the end of the school year the girls will have worked in three entirely different child care settings so as to learn more about child development and related careers.

The 24 students have enthusiastically embraced the program and it has been a positive one for all! Guided on-site by teacher-supervisors, the girls readily take initiative with the young children, giving attention where needed most. As I make my rounds each week, I've observed such a variety of activities: students joyfully pulling little ones on sleds around the playground,

teaching reading skills, playing make-believe, and helping out in the art room or gym. There are always welcoming smiles whenever the SMA students arrive!



## Basketball

Ms. Adriane McElrea

Our basketball season is off to a great start with five Flames' teams — Varsity, Junior Varsity, grade 9 and two combined grades 7 and 8 teams.

The Varsity team is led by co-coaches Shiela Howe and Tommy Semchyshyn (SPHS, 2016). The Varsity team has been in three tournaments so far this year and they have taken first place in all of them!

The JV team is led by head coach Dan Law and assistant coach Danielle Mackenzie '16. The JV team and Varsity team both recently competed in the JAVA JAM Basketball

tournament in Brandon, Manitoba. The JV team took home fourth place and the Varsity team took home the championship trophy! Special congrats go to Chloe Ellerbrock and Nikki Gebken who were tournament All-Stars!

Our two grades 7 and 8 combined teams are called the Red Flames and the Blue Fire. The Red Flames team competes in the Fox division of the Pembina Trails Athletics Association. The team is coached by Jayden Ramjohn. The Blue Fire team is led by coaches Daliny Yang and Aida Hananusic. This team competes in the Triano division of the Pembina Trails Athletics Association, the highest and most competitive tier in the league. They have competed in two tournaments so far and have taken second

place in both of them.

Our grade 9 basketball team is coached by brother sister duo Jordan and Meghan Neufeld. This team has had a great start to the year and they must be commended for their dedication and outstanding attendance in both games and practices.

Our program is blessed to have a great squad of talented athletes. Good luck to all teams in their upcoming playoffs and thank you to our coaches for all of their hard work with our teams!

To see rosters and results of games for Varsity and JV teams, go to our website: [smamb.ca/student-life/athletics](http://smamb.ca/student-life/athletics). And, please check out our Athletics Instagram account, [@smaathletics](https://www.instagram.com/smaathletics) for updates.

## Parent and Alumnae Volunteers Needed

Ms. Amy Houston '03

### Parent Alumnae Mentors to Share Stories and Experiences of Empathy

The Human Rights Team is hosting **IGNite; Inspiring Generations Nite on Friday, March 16 at 5:30 p.m. in the cafeteria.**

The goal is to inspire our young generation through teaching the importance of empathy in regards to social change. We are seeking parent alumnae who have human rights/social (in)justice experience and are willing to share their experience and discuss how empathy and understanding are fundamental principles when making social change, even in the simplest ways. **Anyone interested in participating can contact Amy Houston, Alumnae Relations Coor-**

**inator, at [ahouston@smamb.ca](mailto:ahouston@smamb.ca).** We look forward to your involvement to help make this event meaningful!

### Alumnae and Parents to Act as Panelists for Mock Interview Preparation

A joint partnership between the Career and Alumnae Offices—SMA wants to offer an authentic chance for Grade 12 students to develop career readiness skills, practice professional interview skills and foster the development of a mentorship network.

Mock Interviews take place on **Monday, April 9 from 1:30 p.m. to 7:00 p.m.**

Students participating will present the following to the panel: resume, letter of reference, a piece that exhibits growth mindset, a small body of work that documents the student's skills and experiences. Panels will run 30-minutes in length beginning with introductions, a 10-minute student-led portfolio presentation, 5-minute Q&A, and 5-minutes of feedback given by the panel.

Each panel will consist of three professionals (parents, alumnae, dads are welcome too!) who align with the student's post-secondary or vocational area of interest. We are in need of your insight and expertise to make this experience as life like as possible. **If you would like to participate in this mentorship event please contact Amy Houston '03, Alumnae Relations Coordinator at [ahouston@smamb.ca](mailto:ahouston@smamb.ca) no later than March 9, 2018.**

February 2018

## From the Parents' Guild

Mrs. Kelly Moon

The Parents' Guild has had a very busy couple of months! The Cash Lottery wrapped up before Christmas Break with the draw occurring on December 22nd. Congratulations to all of the winners! Thank you to Melanie Jones and her committee for all of their hard work which contributed to the success of the Cash Lottery. Together, we raised \$18,000! We are pleased to report that some of the funds have already been distributed to the school to purchase three 3D printers and five Apple TV's to help enhance the student's learning. The grade 7s and 10s were treated to cupcakes on February 2 for meeting their quota which was the equivalent of one sold book per student. Thank you to Kristy

Berault (James '97) and her company "And a Cupcake Too" for supplying the amazing cupcakes! The students of 10-3 were the lucky recipients of the pizza party for selling the most tickets.

The Guild was delighted to be present again at the Open House on January 16. A huge thank you to our Hospitality team for organizing the snacks and refreshments for the evening!

**Torch Talks** quickly followed on the morning of January 20. It was an excellent morning with keynote speaker Katya Adamov-Ferguson '03 discussing her Master's research about reconciliation and its potential to cultivate well-

being in young women. This was followed by a panel discussion led by Stephanie Zirino '07 and three former SMA students, Lindsey Fennell '07, Andrea Jackson '09 and Julia Jones '13. The panelists shared their perspectives on how their experiences as students at SMA influenced their wellbeing post-graduation. Thank you to Nancy Shippam for her hard work in organizing this event and to Lucia Whitney, Candace Partyka and Kristi Cumming for providing the refreshments throughout the morning.

### Guild Executive Vacancies & Next Meeting

Looking ahead, the Parents' Guild will be seeking several volunteers to fill some vacancies on our Executive. If interested, please contact Kelly Moon at [skmoon@shaw.ca](mailto:skmoon@shaw.ca) for further information. Hope to see you at our next Parents' Guild meeting on Tuesday March 6 at 7:00 p.m. in Durocher Library.

## An Evening at the Academy & Academy Closet

Mrs. Kerri Moore (McIvor '94)

A huge thank you to all that helped make our 3rd Annual *An Evening at the Academy*, our gala dinner in support of the Mother Marie-Rose Bursary Fund, a wonderful success! Over \$105,000 was raised! We are grateful for the support of our sponsors, donors, guests and volunteers and are looking forward to next year's event on Saturday, January 26, 2019.

Congratulations to the *Academy Closet Pop Up Shop* Committee on a very successful inaugural event on February 10, 2018. Thank you to this Committee of SMA Alumnae for all of their dedication and hard work in putting on this event and to our school community who came out to support it!



### Make Some Noise!

If you're taking in the action at the Female World Sport School Challenge make some noise with SMA thunder sticks! Stop by the Corner Store table at the Iceplex on Friday March 2, and pick yours up for just \$5!

### Donate Your SMA Uniform

Please consider donating your SMA uniform apparel when replacing outgrown items. The Corner Store sells gently worn apparel at a reduced cost with net proceeds going to school projects, equipment, scholarships and bursaries. Donated uniform items can be dropped off at the Corner Store or the School Office.

**MARIAN AWARDS**  
FOR EXCELLENCE  
*Hold High The Torch*  
**14th Annual**  
**Marian Awards for Excellence Brunch**  
Saturday, May 12, 2018 at 10:00 a.m.  
The Gates on Roblin, 6945 Roblin Boulevard  
Tickets: \$75 each | Tables of 8 and 10 available  
Tickets available in late March from [www.smamb.ca](http://www.smamb.ca)

**eastar**  
a musical by Shawn Coughlin

**Good Friday, March 30 at 7:00 p.m.**  
**Holy Saturday, March 31 at 2:00 p.m.**  
Alumnae Hall, St. Mary's Academy

Eastar is an energetic rock opera, written by Shawn Coughlin, which brings to life the story of Jesus of Nazareth. It will be performed by young Manitobans ages 12 to 30.

Tickets are \$15 for adults and \$10 for youth  
Purchase online at [www.eastar2018.com](http://www.eastar2018.com)

## Dates To Note

### February 2018

- 26 Elective Courses Meeting with Parents
- 26-28 Wpg Harvest Food Drive

### March 2018

- 1 Wpg Harvest Food Drive
- 1 Parent-Teacher Conf. 4:30 p.m. to 7:30 p.m.
- 2 No Classes
- 2 Parent-Teacher Conf. 12:30 p.m. to 4:30 p.m.
- 1-4 Female World Sport School Challenge
- 6 Parents' Guild Mtg, 7:00 p.m.
- 16 Colour Day supporting disadvantaged people of Wpg/Esther House

### 19 Student Re-Registration Deadline

- 21-23 Spirit Days
- 26-30 Spring Break

### April 2018

- 2 No Classes, Easter Monday
- 3 Classes Resume

## An Evening at the Academy



Student Volunteers



l-r: Bev Laping, SNJM Associate  
Mrs. Deb May, Teacher



l-r: Box Cox, SMA Board Chair, Connie Yunyk, President  
Ken Cranston, SMA Foundation Board Chair



Torch Talks



Academy Closet Alumnae Organizers. Back l-r: Claire Aiello '12, Emily Palmer '13  
Front l-r: Orycia Karpa '14, Kathrine Pulak '12, Alexis Baily '12



Campus Ministry Retrally Team with Sr. Michelle, Mrs Steeves and  
guest speaker and musician, Greg Walton



Sisters of the Holy Names of Jesus and Mary at Sr. Michelle's Profession of First Vows



Grades 7 & 8 Blue Fire, 2nd place in the John W Gunn Basketball Tournament



Flames Varsity Basketball Team, JAVA JAM Champions



Holy Mystery, Sacred Fire,  
we thank you for one hundred and  
seventy-five years  
of journeying to new horizons  
where the known and the unknown meet.

In the depths of our hearts  
and down through the years  
we have known a call from Marie-Rose  
to meet one another at the horizon of hope,  
rooted in the Holy Names of  
Jesus and Mary.

May the boundaries of our vision  
be transformed into dawns of possibility.  
May the fire of our charism  
draw us into the heart of the world  
in ever-deeper communion with all in love.

Holy Mystery, Sacred Fire,  
we come to you in awe, wonder  
and radical amazement.  
As you lead us into futures unknown  
may our faith be unwavering  
and our hearts on fire.  
May we turn our sights to new horizons,  
confident that the path forward  
will appear in your time.

We were there,  
we are here,  
we'll be there, my sisters, my brothers,  
we'll be there.

*Sisters of the Holy Names of Jesus and Mary  
175th Anniversary Prayer*