

OPEONGO HIGH SCHOOL 2011 FALL NEWS LETTER



RENFREW COUNTY BASKETBALL CHAMPIONS

The **Opeongo Junior Girls Basketball Team** was undefeated this year with a 10 – 0 conference record. The girl's intense defence combined with their ability to score in the offensive zone made for a very successful season on the court.

After eliminating Madawaska Valley in semi-finals the girls faced a talented Arnprior team. The Wildcats put their record on the line in their quest for a perfect season and a county championship against a talented Arnprior team. In a team effort over four quarters of great basketball, the Wildcats completed their perfect season going 12 – 0 in the conference defeating Arnprior 40 – 37 to become the Upper Ottawa Valley High School Athletic Association Junior Girls Champions.

The girls represented UOVHSAA at EOSSAA and, in their typical fashion, played their challenging defensive style of basketball. The Wildcats competed exceptionally well against both North Granville (Kempville) and Almonte in games that certainly could have gone either way, but did not qualify for the final.

Congratulations to an outstanding "team":

Player	#	Position
Kathryn David	20	Forward
Courtney Jackson	3	Guard
Michaela Kuno	10	Forward
Taylor Labrabois	21	Guard
Brooklyn McIntrye	1	Guard
Shanna MacPerson	13	Guard
Shannon Russell	14	Forward
Riley-Ann Schmidt	2	Guard
Judline Wren	11	Guard
Mr. Kevin Grady		Coach
Mr. Ted Wren		Coach

UPCOMING EVENTS AT OHS

- ◆ **SCHOOL MUSICAL**—Beauty & the Beast, Nov.24, 25 & 26 @ 6:30 p.m.
- ◆ **STUDENT MENTAL HEALTH WORKSHOPS** @ The Royal Ottawa, Nov. 28 & 29. Approximately 40 Opeongo students attending
- ◆ **SCHOOL COUNCIL**—Nov. 28 @ 6:00 p.m. in the OHS library.
- ◆ **PROJECT HUDUMA FUNDRAISER**— Nov. 30, "Assembly Day" with *Free the Children* and *Right to Play*
- ◆ **WINTER MUSIC CONCERT**—Wednesday, December 14th @ 7:00 p.m., \$5 Adult, \$3 under 12
- ◆ **ODYSSEY THEATRE PERFORMANCE**—Mary's Wedding, Dec. 8, 9 & 10 @ 7:00 p.m.
- ◆ **WINTER STUDENT COUNCIL SEMI-FORMAL**—December 16
- ◆ **EXAM DATES FOR SEMESTER 1**—Jan. 27, 30, 31, Feb. 1 & 2.

Principal's Message

Hello Parents/Guardians and Friends of Opeongo!

The first half of first semester has gone incredibly fast this year...it is hard to believe that we are almost nearing the beginning of December.

As you know, Opeongo is focusing on the "3 Cs" this year: classes, character and commitment. In our classes teachers have been busy planning and implementing a wide variety of interesting educational opportunities for our students. The vast majority of Opeongo students are enjoying academic success at this point in the semester .. Congratulations! Our character virtue for this year is RESPONSIBILITY and we have been talking in many ways about how to be a responsible school community. The third 'c' stands for commitment. Our big fundraising commitment this year is called "Project Huduma". We have committed to raising \$8500 to build a school in an impoverished area of Kenya. This is in partnership with the Toronto organization "Free the Children".

In keeping with the Ministry of Education's Equity and Inclusive Education policy, the Opeongo staff has committed to the following inclusive education strategy: we commit to consistently interrupting sexist, racist and homophobic language and actions in our school. We would ask for your support in this endeavour so as to make all students feel safe and free to be a unique individual here at Opeongo.

In addition we are committed to inviting you into our school community in any way that will help aid the successes of our students. Please do not hesitate to contact any of us with any comments, questions or suggestions for improvement throughout the year. Our email addresses all follow the same format as the one you see listed for me below (last name, first initial followed by the @ sign...) Email is an EXCELLENT way for us to communicate as all classrooms are equipped with a computer.

In closing, I cannot ignore that our school community is still grieving the tragic and sudden death of one of our grade 12 students: Mark Springer. This event has certainly caused far-reaching ripple effects in our school. We continue to provide our grieving students supports at school and information about supports out of school. Our thoughts, strength and prayers are still very much with Janet, Ken and Amanda Springer and Mark's entire extended family and friend groups.

Please do not hesitate to contact us any time. Yours in education,

Amy Johnson
johnsona@renfrew.edu.on.ca

Did you Know?.....

Last year Opeongo Students did an online survey called "Tell Them From Me". Here is a snapshot of what our students had to say...

- 44% of our students take part in school clubs
 - 42% of our students play school sports
 - Our students spend – on average – 1.4 hours per day watching TV
 - Our students spend – on average – 0.5 hours per day reading for fun
 - Our students spend – on average – 1.1 hours per day doing moderate physical activity
 - 82% of our students said they plan to complete high school
 - 17% of our students plan to pursue a trade or apprenticeship program
- 59% of our students plan to pursue a post-secondary education

Of concern to staff here at Opeongo is the following:
Only 29% of our students said they were interested and motivated in their learning (The Canadian norm for these grades is 26%.)

That being said, we are discussing student motivation at our staff meetings and on our professional development days. It is our goal to see improvement in this – and a few other – areas this school year. The online climate survey will be completed again at Opeongo in February 2012.

HELPING YOUR CHILD SUCCEED AT SCHOOL

→ THE TOP 6 SECRETS TO STUDENT SUCCESS

1. Let your child know that you think it is important that he or she does well in school.
2. Talk to your kids about school.
3. Read to your child when they're young (and even when they're older).
4. Go to concerts and sports events.
5. Read your child's report card.
6. Go to parent teacher interviews

People for EDUCATION web site:
www.peopleforeducation.com



ODYSSEY THEATRE PERFORMANCE

Opeongo's Odyssey Theatre will present Canadian Playwright Stephen Massicotte's 2002 play "Mary's Wedding". "A play with a heart as big as the land that serves as its backdrop" (Playwrights Canada Press), "Mary's Wedding" will run on the OHS stage December 8th, 9th, and 10th. Curtain is at 7pm each night.

It is the eve of Mary's wedding, a night filled with dreams: dreams of love, dreams of war, and dreams of what may be.

Set during and in the immediate aftermath of World War one, Mary (Shelby Roy) and Charlie (Paul O'Brien), filled with the passion, vulnerability, and impulsiveness of youth, find one another sheltering in an abandoned Saskatchewan barn during a thunderstorm. A tentative love is born amidst the uncertainties of tumultuous times

COOL Guest Speakers & Field Trips!

In HOSPITALITY Class.....

Mrs. Clark's hospitality class was visited by Karen Sandu is a food inspector from the Renfrew County Health Unit. Karen delivered the food handlers course to all students who are required to write an exam at the end of the course. All students that received 70% or higher receive a certification for food handling from the health unit. She is going to return next semester for the hospitality class.

In the SCIENCE Department....

So for this semester, the SPH3U/4U class has had weekly guest speakers from the Deep River Science Academy Inreach program. We are piloting a mentorship program, with scientists from the NRU at Atomic Energy of Canada sharing with the class a current project developing alloys from the automotive industry. This has certainly provided enrichment and challenge for the students involved.

Last week, we had a graduate student in aerospace engineering with the Canadian Space Agency present workshops with our Grade 9 science classes, and to the senior physics class and other interested science students. Finally, in December, the Young Aboriginal Scientist program starts again. We have eight eager participants looking forward to their science challenges and presentations. Another initiative is to encourage participation in the Renfrew County Science Fair. Already several groups of students have begun to develop their projects with magnetic levitation transportation being the one closest to being show-ready.

In ETS 4U....

Mr. Scott's class (and a few extra thespians!) attended David French's *Salt Water Moon* at the NAC in October.

In History....

Mr. Pierce's senior history students enjoyed a great field trip to Prescott, Ontario where they toured Fort Wellington a War of 1812 sight. They also toured the sight of "The Battle of the Windmill" - an 1838 battle dubbed 'the Alamo of the North'.

In Art.....

Ms. Stevens is planning a trip to the Ottawa Art Gallery before the end of the semester. This will be open to all art students. The gallery is internationally acclaimed and would be an exceptional experience for all Opeongo art students.

Reminders....

Please call the school if you know your son/daughter will be away for an appointment. If we get the call the day before or the day of an absence it DRASTICALLY reduces the work of office staff. Thank you! :)

Please do not allow your son/daughter to stay after school to catch the late bus unless they are on a team or in a club. This will ensure their safety by ensuring they are under supervision of a staff member.



INFORMATION ITEMS



OPERATION SNOWSUIT Renfrew County Child Poverty Action Network

Starting immediately our school will be **collecting new and/or gently used snowsuits and footwear on behalf of CPAN**. Please take this opportunity to check your closets and donate any snowsuits and/or boots that your child (or children) may have outgrown. **Please note:** These must be **clean and in good repair** as CPAN does not have facilities or the manpower to clean or repair these items. New items and/or cash donations are also very gratefully received.

CPAN can be reached at 613-735-2374 ext. 250



OPEONGO HIGH SCHOOL WATER SAMPLING

Water sampling has been conducted at Opeongo High School. The sampling results have been received and show that the sodium is at an elevated level.

Sample 1: 32.5 mg/L

Sample 2: 32.3 mg/L

As the sodium level remains at an elevated state, anyone with hypertension or on a sodium restricted diet should consult their physician.

The public health unit confirms that the water is safe for consumption.**

FIFTH DISEASE



Fifth Disease is an infection of the respiratory system and is caused by virus called parvovirus B19. Outbreaks of Fifth Disease can occur at any time of the year, but most often occur in winter and spring. Fifth Disease is not highly contagious and is believed to be spread through direct contact or by breathing in respiratory secretions from an infected person. At least half the population is immune. **Proper hand washing is important for the prevention of many commonly occurring diseases in our schools. ****

***For current information on the above health issues please contact the Renfrew County Public Health Unit.*

RENFREW COUNTY JOINT TRANSPORTATION CONSORTIUM



Communication procedures for transportation cancellations/breakdowns/delays during the school year.

1. **Check the Internet**
2. Listen to area radio stations/watch local TV stations
3. Transportation cancellations are for the day
4. Parents have the first responsibility
5. Know your child(ren)'s transportation provider & route #
6. Do not call the radio/TV station/transportation provider, schools, school boards, or RCJTC.
7. Provide the RCJTC & your child(ren)'s school with updated emergency contact information