



ACSS WEEKLY UPDATE

VOLUME: 5

MAY 4, 2021

ACHIEVING

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BELONGING

UPCOMING EVENTS

DEPARTMENT SPOTLIGHT PHYSICAL EDUCATION

STUDENT SPOTLIGHT MADDIE SUITOR

May 3rd – 7th
Catholic Education Week

May 5th
School Council Meeting. Click [here](#) to join @ 7:00 p.m.

May 24th
Victoria Day

June 2nd
School Council Meeting

June 28th
Last Day of School
Virtual Graduation




On April 20th students in Mr. Consoli's Grade 12 Kinesiology class finished the quadmester off with a virtual visit to Maclean Sports Physiotherapy. Students spoke with Registered Physiotherapist Richard Maclean about anatomy, how to recognize injuries, as well as a variety of treatment options. Richard provided a guided demonstration of patient care and took questions about educational avenues that led to a career in physiotherapy. Thank you to Richard and his team for the great experience! Determination, hard work, perseverance, and the power of positivity will be the BIG message delivered on May 25th to members of Assumption's Phys-ed. classes by Canadian WWE and Impact Wrestling alumni Cody Deaner. Cody will share stories and lessons about persevering through hardship and showing resilience while chasing your personal goals. Goal setting is a big part of the Phys-ed. curriculum, and his virtual visit will be a top rope addition to the lessons our students get every day.

Maddie Sutor may seem small and quiet, but she's a force to be reckoned with on the ice. Even as a freshman at Assumption, her coaches knew they had something special. As she prepares to finish up her final year at Assumption, those who have been lucky enough to coach her in both ice hockey and field hockey, know just how talented, respectful, and committed she is. Described as "skilled and smart" by her Assumption hockey coach, Adrienne Henry, she has spent the last 2 years playing for the Jr. Burlington Barracudas. At the same time, she has been everything her coaches needed her to be, while suiting up for her high school hockey team. It takes a special individual to be able to commit to two hockey programs at once, and Maddie showed it is possible to thrive while doing both. Maddie has committed to play in an Ivey institution called Union College in Schenectady, New York. This fall, she will head there on a scholarship to play



Division 1 hockey and study in a program within the medical field. As one of the top students in her Kinesiology class, this seems like a perfect fit. She is really excited to have the opportunity to pursue post-secondary athletics and academics next year. She really feels she owes it to her teachers, coaches, and family for helping her achieve her goals. We wish her all the best in her academic and athletic pursuits. Congratulations Maddie!

 @assumption_physed





ASSUMPTION

CATHOLIC SECONDARY SCHOOL

#GO
BLUE
GO

HEALTH & WELL-BEING

MAY - MENTAL HEALTH MONTH

GET LOUD PROJECT

Hello ACSS staff and students! On behalf of Assumption's Team Get Loud, we are inviting you to participate in a school-wide project to promote well being during mental health month in May. We're looking for short video clips - even 5 seconds is

enough - of staff and students talking about mental health. Once it's made, the Assumption Gets Loud video will be played on social media for the HCDSB community to see.



Not sure what to say? We're here to support you. Feel free to talk about any of the following topics, or share your own story or message of encouragement:

- What does mental health mean to you? Why is it important?
- How do you take care of your mental health?

Submit videos via the following form by **MAY 9, 2021**: <https://forms.gle/8vHrRBZNMBgAW91g8>

We can't wait to hear you Get Loud, Crusaders! Go Blue Go!

HEALTH & WELL-BEING

MAY - MENTAL HEALTH MONTH

EMOTIONAL WELL-BEING OF CHILDREN

WITH ADDITIONAL NEEDS

The Special Education Advisory Committee (SEAC) at HCDSB is pleased to be hosting a **speaker series to discuss inclusivity**

and diversity, and how to better support children with additional needs.

For the health and safety of our HCDSB community, **all sessions will be offered virtually, and will be recorded live and available on the Board's YouTube channel.**

Emotional Well-Being of Children with Additional Needs ~ Thursday, May 6, 2021

Join us for this week's virtual session with Dr. Louise Porter on **Thursday, May 6th at 7:00 PM**. The presentation will cover topics such as physical disabilities, chronic illness and anxiety, and how parents and educators can support the emotional well-being of learners with additional needs.

A link to the live session is available [HERE](#).

If you cannot attend this virtual session on the scheduled time and day, a link to the recorded presentation will be available on [HCDSB's website](#) and [YouTube channel](#) for later viewing.

Questions?

If you have any questions you would like Dr. Porter to address in her presentation, please submit them through [this form](#).

More Information

To learn more about upcoming speakers, please visit our [Board's website](#).

