

CRUSADER CHAPLAIN CHATTER

ANNOUNCEMENTS: WEEK OF OCTOBER 24-28, 2022

MONDAY

CHESS CLUB, ROOM 212 AFTER SCHOOL! CHECK MATE!

MODEL UN, AFTER SCHOOL RM 306

FINAL WEEK TO SIGN UP FOR THE MECO FOAM RUN !!! GATHER SOME FRIENDS UP AND ENJOY THIS WONDERFUL ASSUMPTION COMMUNITY EVENT. MANY PRIZES TO BE WON INCLUDING A CHANCE TO PIE SOME OF OUR FAVOURITE ADMIN. TEACHERS AND COACHES!!! HEAD TO CASH ONLINE TO PARTICIPATE.

TUESDAY

JUNIOR SCHOOL REACH MEETS IN ROOM 224, TUESDAYS & WEDNESDAYS.

CONCERT BAND PRACTICES IN THE MUSIC ROOM.

EVERY OTHER TUESDAY CRUSADER ARTS COUNCIL MEETS AT 7:45 A.M. IN THE DRAMA ROOM! EVERYONE WHO LOVES ART AND THE STAGE ARE WELCOME!

Wednesday

WELLNESS WEDNESDAYS DURING LUNCHES IN THE PIAZZA.

SPECTRUM GSA-MEETS IN RM 202 AFTER SCHOOL.

INTERMEDIATE REACH, EVERY WEDNESDAY, ROOM 224 AFTER SCHOOL.

MATH MADNESS IN THE MORNING & AFTER SCHOOL IN ROOM 212.

THURSDAY

SENIOR REACH IN ROOM 224 AFTER SCHOOL.

ART CLUB IN THE ART ROOM: 108.

FRIDAY

ROCK BAND IN THE MUSIC ROOM!



BREAKING NEWS

TO EVERYONE WHO SIGNED UP FOR SPORT SHSM. PLEASE CHECK GOOGLE CHAT TO ACCESS ALL ANNOUNCEMENTS REGARDING SHSM OR SEE MRS FERNLEY.!

ARTIST OF THE MONTH! SUBMISSIONS NOW BEING ACCEPTED FOR NOVEMBER. THIS IS FOR ALL MUSICIANS, DANCERS, SINGERS, ACTORS AND VISUAL ARTISTS! SUBMIT YOUR ART WORK TO ROOM 104 OR QUINTAL2@HCDSB.ORG BY OCT. 27TH! WINNER WILL HAVE THEIR ART DISPLAYED ALL MONTH AND RECEIVE AN INDIGO GIFT GARD!

LUNCH TIME PEER TUTORING IS BACK! IF YOU ARE INTERESTED IN BEING A TUTOR OR ARE IN NEED OF A TUTOR, PLEASE SEE THE BLUE OR ORANGE QR CODES POSTED AROUND THE SCHOOL. IF YOU HAVE ANY QUESTIONS, SEE MRS. BEDFORD OR MRS. TIMPERIO IN THE STUDENT SUCCESS OFFICE.

CHECK THE BULLETIN BOARD OUTSIDE OF PHYS. ED. FOR ALL UPDATES REGARDING TEAM SPORTS, PRACTICES AND GAMES!

ANNOUNCEMENTS ARE ON GOBLUEGO, MYSCHOOLDAY APP, SOCIAL MEDIA AND THE TV OUTSIDE THE MAIN OFFICE.

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Upcoming Events

- OCT. 24: GRADE 9 RETREAT
- OCT. 25: ROSARY GROUP AT ASSUMPTION
- OCT. 27: AP INFO NIGHT
- OCT. 31: CRUSADING FOR CANS!
- NOV. 1: ALL SAINTS DAY
- NOV. 2: ALL SOUL'S DAY/ROSARY GROUP
- NOV. 2: TYKTKW; GRADE 8S ARE HERE
- NOV. 3: GR. 8 PARENT INFO NIGHT
- NOV. 4: LAST GRADE 9 RETREAT

Save the Date

Crusading for Cans--
hand out those flyers!



DAD JOKE OF THE WEEK

Astronomers got tired of watching the moon go around the earth for 24 hours.

They called it a day.

Quote for the week

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

Jimmy Dean

For More Information
@assumptioncrusader

gobluego.ca



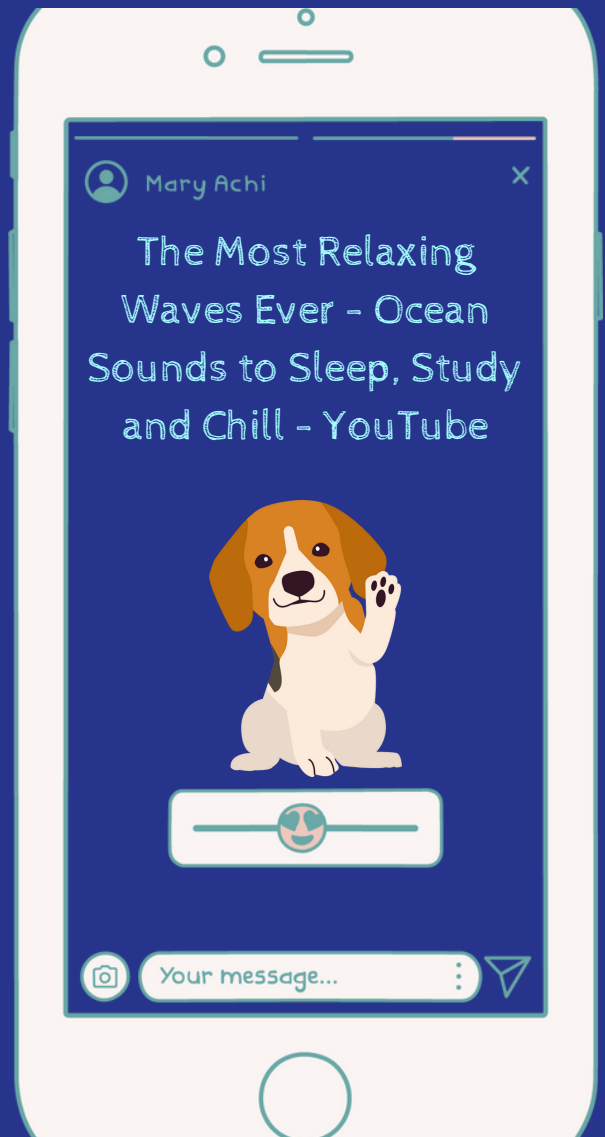
GOOD NEWS STORIES

MOM RUNS HAIR SALON INSIDE HOSPITAL TO PAMPER PARENTS OF NICU BABIES

The mom of a former NICU baby has opened a hospital beauty bar to spoil other parents of high-risk newborns. When Pulley heard that Riley Children's Health wanted to provide pampering services in one of its two family rooms, she was excited. "I knew this could be special," she said. Offering to lead the initiative, Pulley donated a chair from her salon, Three Seventeen Hair Design. She also contacted her distributor, which agreed to provide \$150 worth of free hair care products, and she volunteered her hair styling skills. On Sept. 14, "Beauty Bar" opened on the third floor of Ronald McDonald Family Room Maternity Tower at Riley. Inside the space, parents can relax in a HydroMassage chair, doze in a nap pod and snack on fruit and granola bars. Pulley also goes out of her way to pamper and style postpartum moms and sleep-deprived dads at no charge. "We shampoo, blow dry and give scalp massages on the second Wednesday of each month," she explained. Apart from a salon experience, Pulley wants parents who feel isolated to know: "You've got this." "There is hope in my story because my daughter is thriving," said Pulley, who welcomed a son named Joey two years ago. "We made it." Pulley understands just how medicinal self-care can be. "You completely lose all sense of yourself when you have a baby in the NICU," she recalled. "My first mom completely relaxed in the chair; she just closed her eyes and breathed. My second was completely exhausted."

The nonprofit offers three programs: housing located near hospitals for families of sick children; family rooms situated inside hospitals to eat or shower; and mobile programs that bring health care services to deserving communities.

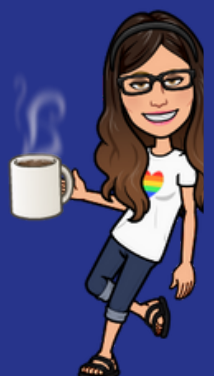
For more on this story: *Hair Salon Inside Indiana Hospital Pampers Parents Of NICU Babies (today.com)*



*Loving God,
so many people are
pretending: saying things they
think people want to hear, or
presenting a false sense of who
they are to the world. Help me
be real; I want to be someone
who is authentic that others can
depend on. Give me the
courage I need to be myself.
Amen.*



*Stay True
and
Be you*



If you need support there are many
at Assumption who care:
Mr. McDougall. Principal
Mr. Laurin. Vice-Principal
Ms. Thomas. Vice Principal
Ms. Rerecich. Chaplain
Ms. Misener. CYC
Ms. Burns. Social Worker
Your Guidance counselors
Your teachers



@msrchaplain

