

CRUSADER CHAPLAIN CHATTER

ANNOUNCEMENTS: WEEK OF JANUARY 23-27, 2023

MONDAY

SENIOR SCHOOL REACH MEETS IN ROOM 224.

MODEL UN MEETS IN ROOM 306. SEE YOU THERE!

STUDENT COUNCIL = RM 204.

CHESS CLUB MEETS ON MONDAYS IN ROOM 212.

TUESDAY

CONCERT BAND PRACTICES IN THE MUSIC ROOM.

WORKSHOP CLUB MEETS IN RM 106!

EVERY OTHER TUESDAY CRUSADER ARTS COUNCIL MEETS AT 4:45 A.M. IN THE DRAMA ROOM! EVERYONE WHO LOVES ART AND THE STAGE ARE WELCOME!

Wednesday

WELLNESS WEDNESDAYS DURING LUNCHES IN THE PIAZZA.

MATH MADNESS IN THE MORNING & AFTER SCHOOL IN ROOM 112.

WORKSHOP CLUB MEETS IN RM 106!

INTERMEDIATE REACH EVERY WEDNESDAY, ROOM 224 AFTER SCHOOL.

SPECTRUM GSA MEETS IN RM 202.

ASSUMPTION AND THE WORLD IN RM 110.

ROBOTICS, RM 223.

THURSDAY

SENIOR REACH IN ROOM 224 AFTER SCHOOL.

ART CLUB MEETS IN RM 108 THIS WEEK.

FRIDAY

ROCK BAND AFTER SCHOOL, BY THE MUSIC ROOM.



AFTER SCHOOL CLUBS WILL BE ON HOLD THIS WEEK SO YOU HAVE MORE TIME TO FOCUS ON YOUR PREPARATIONS FOR EXAMS. THESE CLUBS WILL RESUME IN SEMESTER 2!

MEDITATION IN THE CHAPEL TODAY (MON. JAN. 23RD) ON BOTH LUNCHES. COME AND SEE FOR YOURSELF HOW THIS WORKS!

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.

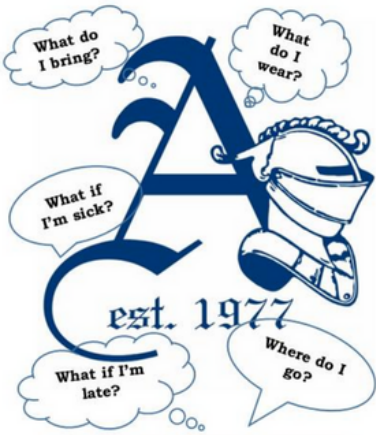
CHECK THE BULLETIN BOARD OUTSIDE OF PHYS. ED. FOR ALL UPDATES REGARDING TEAM SPORTS, PRACTICES AND GAMES!

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

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EXAM SURVIVAL GUIDE



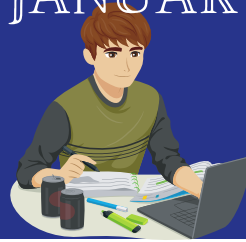
BROUGHT TO YOU BY THE STUDENT SUCCESS TEAM

JANUARY 2023 EXAM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Jan. 26 Period 1 Exam	Jan. 27 Period 2 Exam
Jan. 30 Period 3/4 Exam	Jan. 31 Period 5 Exam	Feb. 1 Exam Make-Up Day	Feb. 2 Exam Review Day	Feb. 3 PD Day
Feb. 6 First Day of Second Semester!				

SPECIAL NOTES:

- Exams are written in full uniform.
- You do not need to attend school on days when you do not have an exam.
- Grade 9 and 10 exams are written from 8:15 - 9:45
Grade 11 and 12 exams are written from 8:15 - 10:15 **(with the exception of pre-AP and AP course exams)**
- Exams will be written in your regular classroom unless special arrangements have been made.
- Pencil cases, purses, bags, coats, notebooks are not permitted in the examination room.
- School buses will be running at **regular** times in the morning **and** afternoon, so you may want to arrange car-pooling with some friends to get home.



EXAM PROCEDURES

EMERGENCY SCHOOL CLOSURE OR BUS CANCELLATION

If the school is closed or the buses are cancelled, the remaining exam schedule will be shifted forward one day.

ABSENCE DUE TO ILLNESS:

Parents/Guardians must contact the school if a student is too ill to write an exam according to the schedule. Following a conversation with either Ms. Thomas or Mr. Laurin, the examination may be rescheduled to Wednesday February 1 in a room specified by the Vice-Principal. A doctor's note may be required.

RETURN OF COURSE MATERIALS:

Students are responsible for returning assigned course materials according to the classroom teacher's preference. This includes the return of any electronic devices that are the property of the school.

ACADEMIC DISHONESTY:

If a student is caught cheating during an exam, or if a student is in possession of any material that could be used for cheating during an exam, the incident will be reported to a Vice-Principal immediately and a mark of ZERO may be assigned.

NO ELECTRONIC DEVICES OF ANY KIND ARE ALLOWED INTO THE EXAM ROOM

(with the exception of non-programmable calculators).

This includes earbuds and smartwatches.

SPECIAL TIPS

Prepare an "Exam Kit" ahead of time:

- Grab a medium or large zip-loc bag and fill it with a couple of pens, pencils, ruler, eraser, calculator, Kleenex package. Since it is see-through, you will be allowed to bring it in to the exam room with you!

Know your stuff:

- Don't try to cram all your studying in on one night! Break the material into chunks, and take breaks. Check in with friends, but put the phone away.

Get plenty of sleep each night.

Eat breakfast.

PRAYER FOR SUCCESS IN EXAMS

Lord, you know the anxiety that I'm feeling right now -
Please calm my spirit.
Come and still my nerves.
For the questions I am about to be given -
Help me to read them slowly and correctly.
For the words I am about to write -
Help me to recall everything fully.
For the teachers who read my work -
Help them to mark with justice and fairness.
I give all these prayers to You,
And ask that this day you would give me the success that my heart desires.
For Your kingdom and glory
-Amen-



The Three Learning Styles

<https://www.youtube.com/watch?v=IopcOwfsoU>

(video note - reading and writing is grouped with VISUAL for us)

Auditory
(the listener)

Learning by hearing

Read your notes out loud

Study in a quiet space (no noise),

Visual
(the seer)

Learning by seeing and reading

Use visual cues like maps or charts

Make outlines, lists, and colour code your notes (highlight important parts)

Kinesthetic
(the doer)

Learning by doing

Benefit from tactile learning like labs, stations and role playing

Create flashcards and plan to take breaks

IMPORTANT NOTE: Learning Styles/ Preferences do not represent limitations on an individual's abilities or intelligence level. It is simply an understanding of how you make sense of information (how you learn best). This means you can work and study better NOT longer.

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Upcoming Events

JAN. 23-24: MATH EQAO
JAN. 25: BELL LET'S TALK DAY
JAN. 26 - FEB. 1: EXAMS
FEB. 2: EXAM REVIEW DAY
FEB. 3: PD DAY
FEB. 6: FIRST DAY OF 2ND SEMESTER
FEB. 6-24: GRAD PHOTOS
FEB. 17: PD DAY
FEB. 20: FAMILY DAY
FEB. 22: ASH WEDNESDAY

save the date

• you are •
CAPABLE

STRONG YOU ARE

HANG IN THERE YOU MUST

DAD JOKE OF THE WEEK

Why haven't aliens visited our solar system yet?
They looked at the reviews.
Only 1 star.



Quote for the week

*"Apologizing doesn't always mean you're wrong and the other person is right. It means you value your relationship more than your ego."
(@motivational - Twitter)*



For More
Information

@assumptioncrusader
gobluego.ca



GOOD NEWS STORIES

CHALLENGING THE STIGMA OF STAMMERING

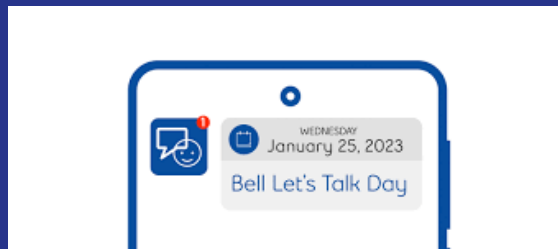
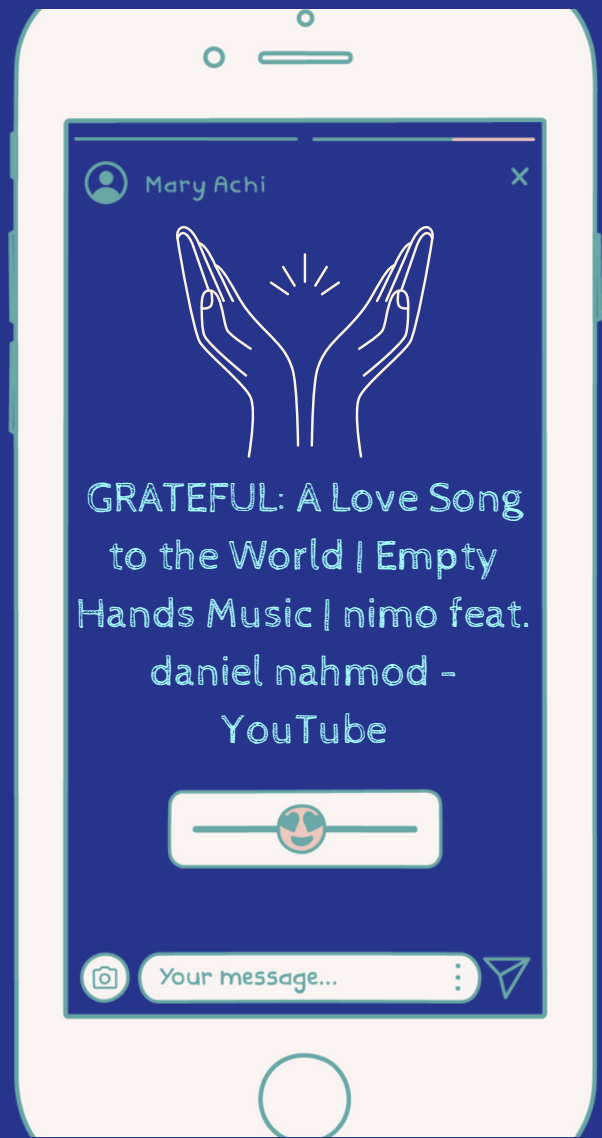
United Kingdom |

More than 1.5 million adults in Great Britain report having a stammer, according to a survey by the British Stammering Association (STAMMA). Of that number, around 70 per cent of British adults try to hide it by choosing their words more carefully or speaking less. The stigma attached to the disorder can often lead to low self-esteem and social isolation for the people it affects; to help combat that, the organization is transforming the public's perception of stammering.

Since 2018, STAMMA has launched a series of awareness campaigns. One such campaign, "No Diversity Without Disfluency," calls for broadcast media to feature more people who stammer.

"It is time to end the zero visibility of stammering," said Jane Powell, CEO of STAMMA. "Until we hear and see people who stammer in the media, people will continue to respond inappropriately." The organization has already collaborated with one radio show to hire a broadcaster with a stammer.

—Robert Liwanag



Prayer



Loving God,
Please give me peace of mind in these challenging days. Take away my fear of exams and give me courage to face them with confidence and competence. You have given me all I will ever need to get through this, let me use those gifts now so I may become a better version of myself.
Amen.

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. Prodeus, Social Worker
- Your Guidance counselors
- Your teachers



@msrchaplain

