

CRUSADER CHAPLAIN CHATTER

ANNOUNCEMENTS: WEEK OF APR. 17-21, 2023

MONDAY

SENIOR SCHOOL REACH MEETS IN ROOM 224.

MODEL UN MEETS IN ROOM 306. SEE YOU THERE!

STUDENT COUNCIL = RM 204.

DECA IN RM 211

CHESS CLUB MEETS ON MONDAYS IN ROOM 212.



DUNGEONS & DRAGONS/GAMES CLUB MEETING TODAY IN RM 214..

You are doing
★GREAT!★

TUESDAY

CONCERT BAND PRACTICES IN THE MUSIC ROOM.

CLUB FRANCAIS IS IN RM 205.

BEST BUDDIES IN RM 202.

WOODSHOP CLUB IS IN ROOM 106.



TODAY
is a
NEW
DAY

Wednesday

WELLNESS WEDNESDAYS DURING LUNCHES IN THE PIAZZA.

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

WOODSHOP CLUB MEETS IN RM 106!

ROBOTICS, RM 223.

CHAPLAINCY CLUB MEETS IN RM 202.

ENTREPRENEURSHIP CLUB MEETS IN RM 211.

INTERMEDIATE REACH, EVERY WEDNESDAY, ROOM 224 AFTER SCHOOL.

THURSDAY

SENIOR REACH IN ROOM 224 AFTER SCHOOL.

ART CLUB MEETS IN RM 108 AFTER SCHOOL

DEBATE CLUB MEETS IN RM 222 AFTER SCHOOL.

CRUSADER ARTS COUNCIL: LAST THURSDAY OF THE MONTH IN THE DRAMA ROOM!

FRIDAY

ROCK BAND AFTER SCHOOL, BY THE MUSIC ROOM.

LUNCH TIME PEER TUTORING IS BACK!

TUESDAYS AND THURSDAYS ON BOTH LUNCHES IN ROOM 104B.

ATTENDANCE ON BOTH DAYS IS MANDATORY FOR PARTICIPATION IN THIS PROGRAM.

YOU MUST SIGN UP AND REGISTER BEFORE YOU CAN BEGIN. IF YOU WANT TO BE TUTOR, OR NEED A TUTOR, SEE THE APPROPRIATE QR CODES ON THE POSTERS AROUND THE SCHOOL. FOR MORE INFO, SEE MRS. TIMPERIO OR MRS. BEDFORD.

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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Life @ Assumption this week!

A HUGE CONGRATULATIONS TO OUR ASSUMPTION SENIOR REACH TEAM ON THEIR LATEST SUCCESS! THE SENIOR TEAM DEFENDED THEIR BURLINGTON TITLE AT REGIONALS WHERE THEY EMERGED VICTORIOUS WITH A SCORE OF 430 - 290! THE TEAM WILL NOW ADVANCE TO THE CONSENSUS NATIONAL CHAMPIONSHIPS THIS WEEKEND. CONGRATULATIONS, AND GOOD LUCK!

OUR ASSUMPTION TRIVIA NIGHT WAS HELD THIS PAST SATURDAY: WHAT A GRAND SUCCESS IT WAS! THANK YOU TO EVERYONE WHO MADE IT SUCH A MEMORABLE EVENT! OUR TRIVIAMASTER, MR. COLTERMAN WAS THE PERFECT HOST FOR IT! WE ARE ALREADY LOOKING FORWARD TO NEXT YEAR'S EVENT!

CONGRATULATIONS TO THE MEMBERS OF THE JR. BOYS HOCKEY TEAM FOR THEIR CHAMPIONSHIP SHOWING LAST THURSDAY! THE BOYS DEFEATED CORPUS CHRISTI AND ND IN BACK TO BACK GAMES. WAY TO GO BOYS!!! GOBLUEGO!

ANY STUDENTS WHO ARE INTERESTED IN PLAYING JR. OR SR. TENNIS SHOULD ATTEND A BRIEF BUT IMPORTANT MEETING IN ROOM 118 TODAY AFTER SCHOOL. GO BLUE GO!

FOR ALL POTENTIAL GRADS : THERE WILL BE A MANDATORY GRAD MEETING DURING PERIOD 1 ON THURSDAY. ENSURE YOU ARE PRESENT IN PERIOD 1; TEACHERS WILL ESCORT YOU DOWN TO THE CAFETERIA. VERY IMPORTANT INFORMATION WILL BE SHARED REGARDING THE GRADUATION DINNER DANCE AND CEREMONY. YOU WILL ALSO RECEIVE IMPORTANT UPDATES FROM STUDENT SERVICE AND THE VALEDICTORIAN VOTE WILL OCCUR AT THIS TIME.

ANY CURRENT GRADE 12S WHO ARE CONSIDERING RETURNING NEXT YEAR, PLEASE COME TO GUIDANCE ASAP TO GET YOUR FORMS AND BOOK AND APPOINTMENT WITH MR. MCDUGALL.

ASSUMPTION'S ECO-CLUB TEAM HAS PLANNED AN EARTH DAY WEEK FULL OF FUN ACTIVITIES INCLUDE: A RECYCLING SORTING ACTIVITY, A KAHOOT IN THE CAF, A NATURE WALK AND MUCH MORE! ECO-CLUB IS RUNNING A BATTERY RECYCLING PROGRAM IN THE UPCOMING WEEKS! START GATHERING ANY USED BATTERIES THAT YOU WOULD LIKE TO RECYCLE AND DROP THEM OFF IN A BIN AT THE LIBRARY

Keep guessing the song title and artist and the administrator who chose that song! The April Song Challenge is on! Make sure you submit your answers before the end of period 1! So far, in the lead is Mrs. Murdoch's class with 25 points, tied for 2nd place are Ms. Molon's class and Mr. Haley's class with 22 points, and tied for 3rd place are Ms. Timperio's class, Mr. Rousselle's class and Ms. Bedord's class with 20 points. Keep up the great work at guessing, let the points add up and the homeroom class with the most points after April 28th will win the prize. A reminder that answers submitted the day after will NOT be accepted. Good luck everyone!

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Upcoming Events

APR. 20: GRAD MEETING PERIOD 1

APR. 24: PD DAY

APR. 26: SCHOOL MASSES

APR. 26: DR. CLINTON PRESENTATION

MAY 1-5: CATHOLIC EDUCATION WEEK

MAY 4: JOURNEY WITH JESUS

MAY 17: SPRING PLAY

MAY 18: LIFE SKILLS PROM

MAY 22: HOLIDAY

MAY 25: GRADE 8 BBQ

MAY 25: SPRING MUSIC NIGHT

MAY 26: BATTLE OF THE BANDS

DAD JOKE OF THE WEEK

Over the weekend, I went to the theatre to see a performance that was all about puns.

It was a play on words.



Quote for the week

"Give yourself space to slow down. It will put you in closer touch with the present moment. That will help you hear your own voice, recognize what you're holding that needs to be left behind, and move forward with greater clarity." (@HeyCoryAllen)

Together
We Can!



ONE DAY
AT A TIME

FAITH
(OVER)
FEAR

hello
sunshine



For More
Information

@assumptioncrusader
gobluego.ca

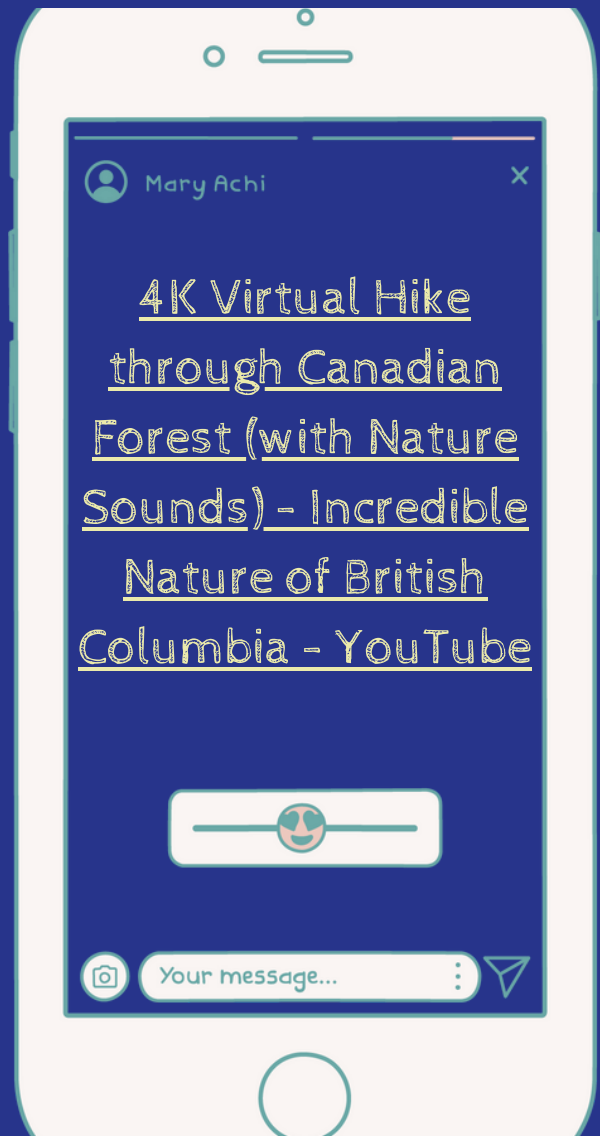
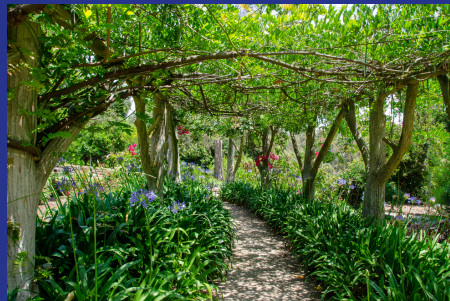


GOOD NEWS STORIES

NEW STUDY SUGGESTS 'NATURE PRESCRIPTIONS' IMPROVE BOTH PHYSICAL AND MENTAL HEALTH

Nature prescriptions are gaining popularity as a form of social prescribing in support of sustainable health care. Researchers from UNSW Sydney analyzed 28 studies that tested nature prescriptions and found that these free and available prescriptions provided both physical and mental health benefits. The research was led by Professor Xiaoqi Feng from UNSW Medicine & Health and Professor Thomas Astell-Burt from the University of Wollongong... "The evidence shows that nature prescriptions can help to restore and build capacities for better physical and mental health. What we need now is to work out how to make nature prescriptions happen in a sustained way for those people with high potential to benefit, but who currently spend little time in nature," said Prof. Feng... Compared with control conditions, nature prescription programs resulted in a greater reduction in systolic blood pressure and diastolic blood pressure. Nature prescriptions also had a moderate to large effect on depression and anxiety scores... Research shows that contact with nature also reduces harms, including those from poor air quality, heatwaves, and chronic stress, while encouraging healthy behaviors such as socializing and physical activity. This can help to prevent issues including loneliness, depression and cardiovascular disease... "This study is built upon a long-term program of research that we are doing, where we show contact with nature – and trees especially – is really good for strengthening mental and physical health across our lives," said Prof. Feng... Although Canada already has a national nature prescription program, Feng says more research is needed to implement it in Australia.

For more on this story, click the title.



Prayer



Loving God,
 Help me this week to be a better person; to put into action the values that foster faith, hope, love, trust, forgiveness, understanding, compassion and reconciliation. Let my life be the good news and not just my words.
 Amen.

If you need support there are many at Assumption who care about you:

- 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

