

CRUSADER CHAPLAIN CHATTER

WEEK OF JAN. 22 - 26, 2024

We pause to honour the land
on which we live, work and learn.

This land is sacred:
it is the land of many First Nations
and the Metis;

From the lands of the Anishinabe
to the Attawandaron,
The Haudenosaunee and the Metis,
who lived, worked and learned on this land
and kept a peaceful balance with the land
and all its creatures and inhabitants
and continue to do so.

As we begin our week,
Let us honour this land, its rich history,
the many First Nations and the Metis
and commit to continue learning
how to keep a peaceful balance with this land
and with all those who call this land home.

We are only as healthy as this land is healthy.

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IMPORTANT DATES

JAN. 25 - 31: EXAMS
FEB. 1: EXAM REVIEW DAY
FEB. 2: PD DAY
FEB. 5: SEMESTER 2 BEGINS
FEB. 8: TEAM PHOTO DAY
FEB. 13: SHROVE TUESDAY/MARDI GRAS
FEB. 14: ASH WEDNESDAY--LENT BEGINS!
(& VALENTINE'S DAY)
FEB. 19: FAMILY DAY HOLIDAY
FEB. 12-MAR. 1: GRAD PHOTOS
FEB. 28: PINK SHIRT DAY
MAR. 11-15: MARCH BREAK
MAR. 21: PARENT/TEACHER INTERVIEWS
MAR. 27: HOLY WEEK PRAYER SERVICES
MAR. 29: GOOD FRIDAY
MAR. 31: EASTER SUNDAY
APR. 8: PD DAY



SAVE THE DATE



DAD JOKE OF THE WEEK

I spent my entire life savings on pasta.

It was worth every penne.



Quote for the week

"In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit."

-Albert Schweitzer



For More Information

@assumptioncrusader
gobluego.ca

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MONDAY

Student Council
meets in rm 206

DECA meets
in rm 210.

TUESDAY

Rosary Group in
the Chapel per. 2

Peer Tutoring

Wednesday

Wellness Wednesday in
the Piazza over lunches

THURSDAY

Peer Tutoring

EXAM TIME!!
IT IS TIME
TO STUDY AND
PREPARE.

Student
Association -
rm 107

Robotics - rm 223

Intermediate Reach,
rm 224

Sr. Reach,
rm 224

NURTURING OUR FAITH
CLICK THE ITEM AND IT WILL TAKE YOU TO THE SITE.



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Hey Book Clubbers - let's reschedule our meeting this week to the first week in February. Then we can finish Little Women and start our new novel - what a great way to start semester two!! Stay tuned for further details in February! Happy reading Book Clubbers!

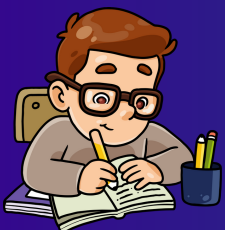
This is the week that exams begin and our first semester courses end—tips for preparing for exams and for effective studying habits are available through your teachers and on our school website.

Attention Teachers and Junior Boys basketball players. Please excuse the members of the Junior Boys Basketball team today at 1:30pm for their game against STA. Good luck boys!

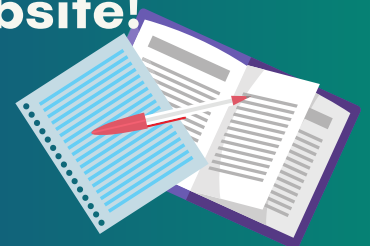
Check the Phys. Ed. bulletin board for your team updates and tryout information!

Please check the “Lost & Found”—if anything in there belongs to you, please take it home with you. Otherwise, anything left over will be donated to a local agency.

Exams are THIS week! If you need academic support or help with homework, please make sure you reach out to your teachers and tutors now! Now is the best time to start adapting healthier habits with studying and time management! Tips for exam preparations and for studying more effectively are available through your teachers or on our website!



STUDY





HOW TO WRITE AN EXAM

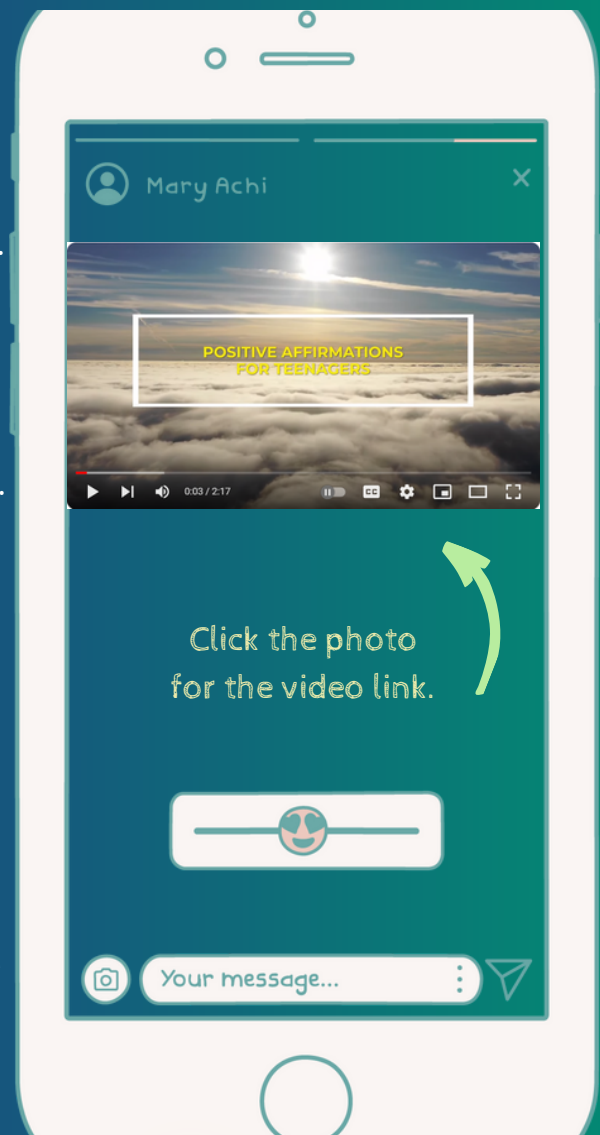


1. Bring a couple of pens, pencils, an eraser, a highlighter and a calculator (if it's a math/science exam).
2. Once the time starts, do not start writing as soon as it begins. READ EVERY QUESTION FIRST ON THE EXAM. ALL OF THEM.
3. Circle the questions you know...you know you know...you could answer these in your sleep!
4. Put a question mark next to the questions you are unsure of.
5. Once you have finished reading ALL the questions, start answering the ones you know. Balance these with how much each question is worth. If the question is worth a lot of marks, do those first. Secure those marks.
6. This is where you need to trust me because you may not believe what I'm about to say: as you are answering the questions you know, your confidence is going to increase and information is going to pop into your brain regarding those questions you are unsure of...once this happens, stop writing, take your pencil and jot down the point under the appropriate question so you don't forget it. Then, continue answering the question you were writing when that piece of information came into your mind.
7. Once you've answered the questions that you know, turn your attention to the questions you are unsure of as you won't be that unsure of them now that your confidence has been boosted!

This approach will help you maximize your time in the exam and insure you secure the marks on the exam that you can get. Good luck! I wish you much success this semester!

If you need support, please remember we are here for you:

Mr. McDougall (Principal)
Ms. Davison (VP)
Mr. Laurin (VP)
Ms. Rerecich (Chaplain)
Devin Misener (CYC)
Bailey Jones (SW)
Guidance Counselors
and your teachers



Prayer



*Loving God,
in this time of culminatings
and exams,
Help me be focused
and disciplined
to study and prepare
as I have been taught to do.
Please don't let me hesitate
asking for help if I need it.
Help me breathe and stay calm
knowing You are always with me.*

*Our Lady of the Assumption,
pray for us!*

X @msrchaplain

