WEEK OF JUNE 17 - 19, 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 <u>continue to do so.</u>

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.

WEEK OF JUNE 17 - 19, 2024

IMPORTANT DATES

JUNE = NAT'L INDIGENOUS HISTORY MONTH JUNE = ITALIAN HERITAGE MONTH JUNE = FILIPINO HERITAGE MONTH JUNE = PORTUGUESE HERITAGE MONTH JUNE = PRIDE MONTH JUNE 17-20: GRADE 12 EXAMS **JUNE 19: JUNETEENTH** JUNE 20-26: REGULAR EXAM TIME JUNE 21: NAT'L INDIGENOUS PEOPLES DAY JUNE 24: SAINT-JEAN-BAPTISTE DAY JUNE 27: EXAM REVIEW DAY **JUNE 27: GRADUATION DAY JUNE 27: CANADIAN MULTICULTURALISM** DAY JUNE 28: PD DAY SEPT. 3: PD DAY SEPT. 4: FIRST DAY OF SCHOOL





DAD JOKE OF THE WEEK

Which is faster, hot or cold?

Hot, because you can catch a cold!



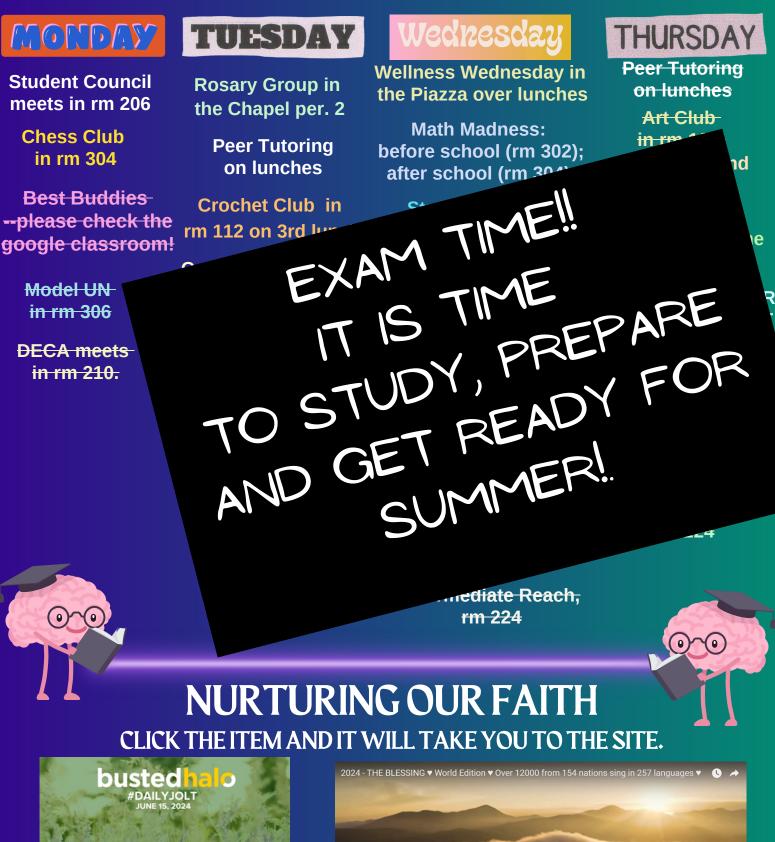
Quote for the week

"THE MOST CONVINCING SIGN THAT SOMEONE IS TRULY LIVING THEIR BEST LIFE, IS THEIR LACK OF DESIRE TO SHOW THE WORLD THAT THEY ARE LIVING THEIR BEST LIFE. YOUR BEST LIFE WON'T SEEK VALIDATION."

@JAYSHETTY



WEEK OF JUNE 17 - 19, 2024



The world is charged with the grandeur of God.

-- GERARD MANLEY HOPKINS

NAME ONE THING YOU WITNESSED TODAY THAT LEFT YOU IN AWE. the WORLD Blessing

hope without borders

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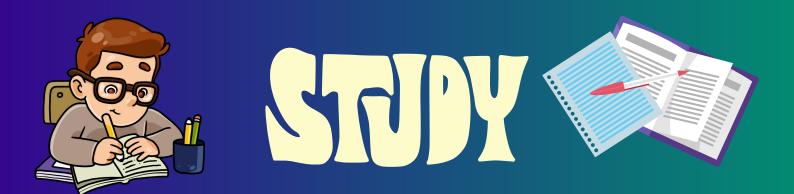
WEEK OF JUNE 17 - 19, 2024

Students are reminded to clean out your lockers by the end of the day on Wednesday. There will be extra garbage cans on every floor so it will be easier to discard what you need to discard. Again, lockers are to be cleaned out by Wednesday!!

Attention Crewsaders: the Cafeteria will be closing for the summer on WEDNESDAY. The cafeteria will not be open during exams. It will reopen in September!

FIRST DAY OF SCHOOL IS WEDNESDAY, SEPTEMBER 4, 2024! SEE YOU THEN! HAVE A SAFE, RESTFUL, ENERGIZING SUMMER SABBATH!

Please check the "Lost & Found"--if anything in there belongs to you, please take it home with you.





HOW TO WRITE AN EXAM



1. Bring a couple of pens, pencils, an eraser, a highlighter and **a** calculater (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, ttake 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.

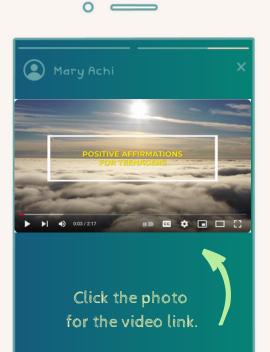
7. Once you've answered the questions that you know, turn your attention to the questions you are unsure of as you won't be that unsure of them now that your confidence has been boosted!

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







Your message...

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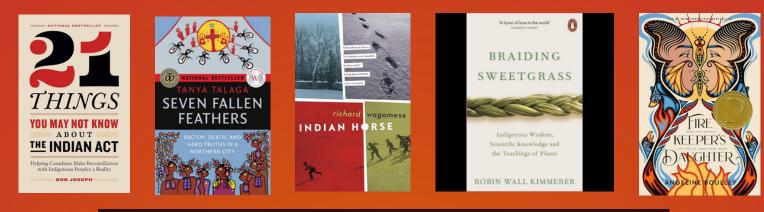
Loving God, in this time of culminatings and exams, Help me be focused and disciplined to study and prepare as I have been taught to do. Please don't let me hesitate asking for help if I need it. Help me breathe and stay calm knowing You are always with me. Our Lady of the Assumption, pray for us!





JUNE = NATIONAL INDIGENOUS HISTORY MONTH

Here are some resources to look into, if you wish, over the summer, to learn more about Indigenous history, life and culture.



Namwayut: we are all one. Truth and reconciliation in Canada | Canada is ...





We must learn to believe and trust others, to believe in a power greater than ourselves, whom we worship and who gives us strength to be a worthy member of the human race. To sustain our spirituality, we need to walk it every day.



Respect means giving honour to our Elders and fellow students, to the strangers that come to visit our community, and to all of life. We must honour the basic rights of all others.



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We learn to give thanks: to always be thankful for the Creator's bounty, which we are privileged to share with others, and for all the kind things others do for us.