

# Sabre Source



## ... From the Principal

Dear Parents / Guardians:

Southwood students are well into the second semester. On March 11<sup>th</sup>, 2015 the interim reports were distributed by the classroom teachers. The interim reports provided early indications of student achievement. March 25<sup>th</sup> was our Southwood Parents' Night which provided an opportunity for parents to discuss the progress indicated on the interim reports. The formal April report card provides a further update on student achievement and learning skill information. If you have questions regarding your child's achievement, please contact the teacher at 519-621-5920 or by email.

Our school community fundraising initiative to replace our stage lighting and sound system is now in full swing. We have raised \$7,000.00 to date. The donated money will allow us to replace essential electrical systems allowing future work to continue. The replacement of both systems will cost approximately 62,000 dollars so we need the support of our school community to make this happen. Parents and community members are able to donate online through our school website. If you are donating towards our lighting and sound system, please indicate that when completing the online donation. Any donation over 15 dollars will receive a charitable donation receipt.

School climate in the Waterloo Region District School Board (WRDSB) includes: relationships among students, and between students and faculty; the teaching and learning environment; school safety, and the physical school environment. At Southwood, we have offered a variety of events to help support a positive school climate which was highlighted by our "Spread the Love" initiative. The inclusion work done by our students, staff, School Council, and community groups was recognized by the Ayr News. I would like to thank the Waterloo Region Suicide Prevention Council for their significant support of our 2015 well-being projects at Southwood.

We have had significant extra-curricular success this winter that I would like to share with you. Our Sears Drama crew and cast won the local Sears Drama Festival and will be representing Southwood in Barrie, Ontario at the Regional Sears Drama competition. Our Girls' Hockey Team won CWOSSA and were quarterfinalists at the AA Ontario Championships. Our girls' volleyball team won CWOSSA and were also quarterfinalists at the AA Ontario Championships. The Southwood boys' basketball team were semi-finalists at CWOSSA. Jonathan van der Veen won two gold swimming medals at the OFSAA swimming championships. Our vocalists found great success at the Ontario Vocal Festival. Most recently, two Southwood junior badminton players won WCSSAA and will be competing at CWOSSA.

Our spring extra-curricular program is already in full swing. Our spring season will include Southwood teams participating in badminton, boys' and girls' soccer, rugby, softball, and track and field.

We are excited to announce that for the upcoming school year (2015-2016), we will be using School-Day, an online portal that lets us share school news and events with parents. With School-Day, you will be able to receive school news and announcements, complete permission forms, and pay for any school service, product or event, all online. We are sure that you will find School-Day easy to use, and we appreciate your help in improving our communications and significantly reducing the amount of paper our school consumes. We look forward to using this new system with you, and we are certain that you will find the School-Day portal very useful.

What's in it for parents?

School-Day can be accessed from any web browser and gives parents real-time, secure access to up-to-date information, and the ability to:

- Receive email communications from your child's school
- Approve permission forms online
- Register your child for extra-curricular events
- Make online payments for yearbooks, student cards, sports fees, trips or other activities
- Update your mobile device with calendar events specific to your child
- Minimize the risks associated with sending money to school with your child ("backpack delivery") and
- reduce the environmental impact of photocopying permission forms and announcements

Sincerely,

Mr. Hugh Lambert  
Principal

## ... From the Classroom

### From Co-operative Studies

Our Co-op and OYAP (Ontario Youth Apprenticeship Program) students have successfully started their work placements in a variety of career fields related to their in-school studies, interests, and future plans.

Over the coming weeks we look forward to hearing about the many great experiences and opportunities our students will participate in while at their placements.

In addition to gaining skills related to specific workplace tasks, these students will develop and demonstrate responsibility, organization, initiative, and self-regulation. Perhaps what sets co-op apart more than anything else is the need for students to exercise social and personal skills required to work effectively with others of varying personalities, ages, expectations, and experiences. In this process mature approaches to collaboration are being developed and once again this semester valued workplace relationships are being built.

We gratefully acknowledge this semester's employer partners who make co-operative education possible.

Team Vincent Motor Sports, Therm-All Heating Cooling and Refrigeration, Alltrade Industrial Contractors, Cambridge Toyota - Service, Rare Charitable Research Reserve, St. Andrew's Public School, Highland Public School, CW Kitchens, Force Productions, Fix Auto - Collision Repair Centre, Drayton Entertainment - Dunfield Theatre, BoltonSmith Inc., Whistle Bear Golf Club.

Thank You

If you are interested in providing a training opportunity for our students in the future, please contact the Co-operative Education office at 519 621-5920 ext. 441



Pictured: Cameron Birk at Team Vincent Motor Sports

### From Family Studies

The grade 9 and 10 foods classes are learning about nutrition and how to improve their eating habits. As well, they are learning to prepare fabulous healthy dishes for their families. The grade 12 nutrition and health class are learning about healthy eating and nutrition. As part of the summative for the unit students will be completing a diet analysis assignment that will help them track what they are eating and make dietary changes according to the recommended percentages outlined by Health Canada. The fashion class will be planning and gathering resources for sewing projects.

Students in the parenting course are developing the skills and knowledge that will allow them to have a positive relationship with young children. They will be learning about child development, communication and discipline techniques and what type of parent they will be. This knowledge will prepare them for the practical experience of acting as a "mom or dad" for several days while taking their infant simulator home with them this semester. The students in Living and Working with Children are spending the semester exploring the career possibilities that await them after leaving high school. They will study child development and behavior and will have the opportunity to organize and plan activities for "Toddler Day" at the school on June 2<sup>nd</sup>. Talia Runstedler is shown in the photograph; she is taking part in a pregnancy simulation, wearing an empathy belly. This practical experience will help students understand the discomforts of pregnancy.



Pictured: Talia Runstedler

# ... From the Classroom

## From Languages

Students in the grades 10 and 11 French classes here at Southwood have had the opportunity to experience French culture in the past month. They have listened and watched a variety of modern day music/videos, and even prepared an in-class “Crêperie.” They were all encouraged to bring as much French attire on this day, and really had fun participating in this authentic French cuisine day. The students took turns preparing crêpes for the customers (their classmates), and in turn being the customer and learning how to order menu items in French. Throughout the course of the semester, they will continue to explore the fascinating francophone world, and be encouraged to research on their own and bring their findings to share with the class. Overall, our French Sabres really are intrigued about how students their age in other parts of the world live and interact.

Class: FSF2DI-02



Class: FSF2DI-01



Class:FSF3UI-01



The Languages Department will be planning our next trip to Elora for a viewing of a Francophone movie and lunch at “Le Café Crêperie.” We will be taking all of our Languages students from Grades 9-12 who are currently taking French. This is an all-day event, and will be taking place on Thursday, April 30<sup>th</sup> 2015, and Thursday, May 7<sup>th</sup> 2015.

Southwood’s Languages Department

*“Knowing languages means understanding our world and humankind”*

## From Science



In March and April, Mrs. Deacon’s Grade 11 Biology class participated in fetal pig dissections and had a chance to explore heart-lung “plucks”. The “plucks” were generously donated by a local abattoir. In May, the SBI 3UI students will have the opportunity to participate in a field trip to the University of Waterloo’s Human Cadaver Lab. During this tour, the students will have the opportunity to explore bones, models, and wet cadaveric specimens covering a variety of human body systems. The students are strongly encouraged to participate, as this field trip will be an excellent opportunity for them to put their classroom skills to work by observing and studying many of the body systems they have learned about in their course. All of Mrs. Deacon’s 2014-2015 SBI 3UI students are welcome to attend, and should see Mrs. Deacon as soon as possible to sign up.



Pictured above: Adam Proctor, Lola Vidakovic, Calista Davis, Emmanuel Perez, Malachi Ramsay  
Pictured right: Rebecca Kuch, Shelana Barclay, Jonah Janke, Riley Turner

## From Visual Arts

Congratulations to both Nicole Emmanouil and Emily Forte who competed at the ‘Junior Brush Off’ painting competition held at the Idea Exchange in Cambridge. Both artists performed with poise, showcasing their creativity and talents by completing an acrylic canvas painting in only 30 minutes. Nicole Emmanouil was one of two artists that will advance to the ‘Junior Brush Off’ held at The Museum in Kitchener on Saturday April 25<sup>th</sup> at 7pm. The event will host 20 young artists from across the region of Waterloo. Please come out to support Nicole.

Pictured below: Emily Forte



Pictured Above: Nicole Emmanouil

# ... From the Field

## FROM THE COURT



Southwood’s Sr. Girls Volleyball Team had a very successful season this year finishing 8<sup>th</sup> overall in the WCSSAA league and 1<sup>st</sup> at AA CWOSSA in Owen Sound on Feb. 23<sup>rd</sup> which earned them a berth to AA OFSAA in Dryden, Ontario, held March 8-12, 2015.

There was a flurry of activity that had to happen in order to make this trip to North Western Ontario feasible and cost efficient for both parent and student budgets. Thankfully with the financial help of the school and a generous donation from a local business, MacNeil & Dodd Pharmacy in Ayr, the trip was a huge success.

The girls played extremely well in pool play, defeating the 2<sup>nd</sup> seed team- C.C. Samuel-Genest from Ottawa, defeating the 5<sup>th</sup> seed team- General Amherst H.S. from Amherst, which secured 1<sup>st</sup> place in the pool and, despite losing the 3<sup>rd</sup> match to the 12<sup>th</sup> seed-Fort Frances H.S., it did not change our hold on 1<sup>st</sup> place. The team met one of our goals of finishing in the top 8 out of 16 teams and advanced to the ¼ finals to play Scarborough’s Francis Libermann, but in our pursuit of being in the top 4, the girls fell short of their goal despite winning the 1<sup>st</sup> set in extra points. It was a tough loss for our Sabres but they held their heads high with pride.

- The top 4 finishers were
- 1) Eden High School- St. Catherines
  - 2) Widdifield High School- North Bay
  - 3) Huron Park Secondary School- Woodstock
  - 4) Francis Libermann- Scarborough

- The trip was full of highlights such as:
- 1<sup>st</sup> airplane ride for Sam Warner- the plane had propellers on it
  - driving 400 KS through Northern Ontario with watchful eyes on “NIGHT DANGER” “MOOSE WARNING”
  - a drive –by tour of the smelly pulp mill and watching a transport truck hoisted straight up in the air to unload

## FROM THE COURT (cont’d)

- a visit to the home of our awesome ambassadors, Linda and Wayne, for a post-game party
- designating dinner-time as a “cell phone-free zone”!
- scary story-telling in the hotel room with sound effects like real pounding on the door
- visit/tour of Lakehead University
- 2-hour clinic at the university run by the head coach Chris Green
- eating at the world’s largest on campus pub called “The Out-Post”
- playing an exhibition match against an 18U girl’s team who were preparing for a weekend tournament in Deluth, Minn.

We enjoyed our Northern Excursion and will reflect upon our trip for years to come. These young ladies are growing up fast and I wish them all the best in their future endeavors.

## FROM THE SWIM TEAM

This winter both rookie and experienced swimmers took to the pool practicing three days a week.

By December all swimmers were competition ready. At WCSSAA, many personal bests were achieved by all swimmers. At the finish of the meet Jon van der Veen, Austin Scott, Taylor Goheen, Kirsten Gerger, Joshua Stephenson, and Nick Poole qualified for CWOSSA in individual events and all relays moved forward. Jon van der Veen won Gold Overall Senior Boys title with three first place finishes.

In February at CWOSSA Sabre swimmers took to the pool once again with hopes of qualifying for OFSSA. Jon van der Veen once again took 3 first place finishes leaving everyone in his wake and CWOSSA Senior Boys title. Kirsten Gerger’s first place finish in the 50M back moved her forward to OFSSA. Para swimmer Joshua Stephenson also qualified in both the 50M Freestyle and Backstroke.

At OFSSA in March Jon van der Veen proved his dominance in the pool by winning two gold medals and setting two new OFSSA records in both the 100M Individual Medley and the 50M Fly.

# ... To the Future

April 23.....	Mid-Term Reports – Semester 2
April 30.....	Club / Team Photo Day
May 13.....	School Council meeting (7:00 p.m.)
May 18.....	Victoria Day Holiday
May 28 – June 12 .....	Semester 2 - Grade 9 Math Assessment

June 15 .....	Year End Assembly
June 18 – 24 .....	Examinations – Semester 2
June 25 & 26 .....	P.A. Day – No Classes
July 8 – 9 .....	Semester 2 Report Cards available

Check out Southwood’s online school calendar for up-to-date events

