

Miller Comprehensive High School

NEWSLETTER

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PRINCIPAL'S MESSAGE

Loving Father,
help us remember the birth of Jesus,
that we may share in the song of the angels,
the gladness of the shepherds,
and worship of the wise men.

Close the door of hate
and open the door of love all over the world.
Let kindness come with every gift
and good desires with every greeting.
Deliver us from evil by the blessing
which Christ brings,
and teach us to be merry with clear hearts.

May the Christmas morning
make us happy to be thy children,
and Christmas evening bring us to our beds
with grateful thoughts,
forgiving and forgiven,
for Jesus' sake.

Amen.

by Robert Louis Stevenson

Well, we are back after the holiday and in the middle of the Christmas season. As we start to wind down semester one, I would once again like to wish all of our families a wonderful New Year and I hope you had a very merry and blessed Christmas. As we move into 2010 may we have a year filled with love, health and happiness. As always, if you have any questions or concerns or if there is something that we can do to help, please call us at the school. Take care and God Bless.



GRADUATION INFORMATION MEETING

A reminder to all parents of grade 12 students eligible to graduate in June 2009 – an informational meeting will take place on **Tuesday, January 12th, 2010** in the Theatre at 7:00 pm. Information about Graduation Mass, Exercises, Banquet, fees, etc. will be presented at this meeting. Following this portion of the meeting, interested parents will have an opportunity to meet to discuss the after-graduation festivities.



Reminder to students who take the yellow school bus. If you plan on taking the yellow school bus for Semester II you must purchase a Semester 2 Bus Pass before February 1, 2010. You may purchase the Semester 2 bus pass by paying with one cheque for \$152.50 or by five postdated cheques dated for the first of each month for \$30.50 (February, March, April, May and June).



COURSE FINALIZATION DAYS

The "Course Finalization Days" or final exams/final assessments will occur as follows:

Monday, January 18, 2010	-	Period 1 assessment
Tuesday, January 19, 2010	-	Period 2 assessment
Wednesday, January 20, 2010	-	Period 3 assessment
Thursday, January 21, 2010	-	Period 4 assessment
Friday, January 22, 2010	-	Period 5 assessment

Each teacher will determine what the final assessment will be and will communicate this with your son/daughter. There are two types of assessments.

TYPE ONE Performance Assessment		TYPE TWO Final Exam	
8:30 am:	Report to class	8:30 – 10:00 am:	Consultation & Optional Review
10:00 – 10:30 am:	Break	10:00 – 10:30 am:	Break
10:25 am:	Warning Bell	10:25 am:	Warning Bell
10:30 am – 12:30 pm:	Back in Class	10:30 am – 12:30pm:	Exam
All students must be in the classroom for 4 hours.		Two hours in the exam room is compulsory	

Monday, January 25, 2010 and Tuesday, January 26, 2010 are semester turn-around days in which the students are not required to be at school. Report cards and Semester 2 timetables will be distributed during a special Advisor class at 8:30 a.m. on Wednesday, January 27, 2010. Regular classes will begin at 8:45 am. All students are expected to be prepared for a full day of classes.

Greetings, from your Regina Catholic School Division Board of Trustees!

Khrystos Rozhdaetsya! Slavimyoho! ~ Christ is Born! Let us worship Him!

As the New Year begins, may it bring joy to your moments, happiness to your days and warmth and laughter to your home! January is a busy month for the Board. The Board of Trustees values communication with its many partners, in order to build relationships, direction, and support, as our Division continues to provide a quality Catholic education for all students. The Board meetings include:

- **January 19** – Catholic Connections, Catholic community groups connected in service and/or education to others.
- **January 19** – Catholic School Community Council Executives
- **January 20** – Home-based Educators
- **January 27** – Clergy

Kindergarten and Pre-Kindergarten registration is now underway at all of our twenty-four Elementary schools. To register your child for Kindergarten or Pre-Kindergarten classes please contact your local school or call the Catholic Education Centre at 791-7200. The next public Board meeting is set for January 18th 2010. Enjoy a warm month of January.

Ten steps towards healthy families through *Intentional Courtesy*

Healthy, happy children, their families and communities are nurtured through the life-long habit of intentional courtesy.

1. **Identify and articulate your family's strengths.**

When we take the time to look positively at the strengths and gifts of our family members, we begin to see and recognize the good in them and in ourselves. In this way the "good" things in our relationships become the centre and focus of meaning in our family.

2. **Our kids learn their values by who values them.**

Feeling valued is directly related to the time and attention given. Ask yourself the question: how do I show my family that I value them. How much time and attention do I spend with my children or my spouse – and is it quality, focused time? What kinds of people are showing my kids that they value them? Do those people live up to the values I want my kids to live by? What can I do to change my relationship with my family for the better?

3. **Kids develop character by doing conscious acts of courtesy to those who they value.**

Do I model intentional courtesy to all that I meet – even those who frustrate me and those I would rather not be around. If not, in what ways do I need to act to demonstrate the value of courtesy in getting along in my relationships with others, God and even myself? Are we part of a community that supports and shares our common values with our children?

4. **There are great benefits in taking time to work towards creating a set of family values together so that when we articulate those values together, we all embrace the rewards and consequences.**

When we come together as a family and agree on the values we want to live by we can celebrate the rewards of working together plus we are all aware of the consequences of not living by our common values. This cooperation leads to moments of forgiveness and reconciliation and allows love to be experienced in the midst of poor choices as well as good ones. We come to understand we are accountable and loved even when we make mistakes.

5. **Together we work on helping our children develop habits around their values.**

Maturity is the ability to articulate your values and then make your life choices, including relationships, based on those values. What opportunities can we create to enable our children to articulate (express/communicate) and discuss their values. What life choices can we make together to enable our children to create life-giving habits out of their values?

6. **We can never underestimate the power we use in our relationships.**

Do you want to be authoritarian or influential on your kid's lives? What's the difference? Ask yourself: Do I want my children to remember me as being controlling and authoritarian or do I want them to choose their values because I influenced them in a positive way? Do I want my kids to inherit the values I hold dear because they find them relevant and meaningful?

7. **All healthy animals play – all healthy families play – play is defined as a senseless activity for fun.**

When couples stop playing their relationship is hurting. When we hurt as a couple, the strain of that struggle is felt by our kids. In what ways can we make time to rediscover our playful hearts and rekindle our relationships? Do we need help? How can we learn to play again with our children no matter what age they are? When was the last time we had family fun together?

8. **When courtesy dies relationships die.**

We learn courtesy by watching how courteous my mom and dad are to each other. Courtesy is acts of kindness, justice and mercy. As we mature we learn how to be courteous despite how others treat us. This unconditional courtesy plants the seed of healthy, happy relationships – this courtesy is at the heart of Jesus' unconditional love for us all.

9. **All healthy organisms build on transparency and accountability and you can see this most clearly when something has gone wrong.**

As parents, do we apologize when we're wrong? Am I courteous and strong enough to admit my mistakes? Is this authenticity meaningful to me and how can I help my children see that admitting to and learning from mistakes is a strong, courteous and desirable value to live by?

10. **I C U**

- a. **Intentional** – Christ tell us to go to the least accepted and most rejected. Jesus challenges us to go to those who most challenge us – when our children drive us nuts they need us most.
- b. **Communal** – we cannot sustain our values alone, the more counter cultural our values are, the harder it is to sustain them alone. We need to engage "community" in a significant purpose and in doing so we help our kids find a meaning which helps enable them to sustain their values. We do it together and we create a safe place for all God's children.
- c. **Unconditional** – We are called to be unconditionally courteous no matter how we are treated. I value the way I want to be treated and it is also the way I will treat others no matter how they treat me. This formative building block for relationships is constructive for you, for me and for the community, as it builds trusting relationships.

The senior girls' basketball team is hosting a dinner theatre on **Thursday, January 14th** at 6:30 p.m in Gym A. It will feature Miller's Improv team as the entertainment. There will also be a silent auction. The money raised will help fund the girls' tournament in Edmonton. Tickets are \$10.00. Call the main office if interested in purchasing tickets. Thank you for your continued support.



Cell Phone Legislation

Starting January 1, 2010, it will be against the law to use hand-held cellphones to talk, text, email or surf the internet while driving. The law also prohibits new drivers, meaning drivers in Saskatchewan's Graduated Driver's Licensing (GDL) program, from using cellphones of any type while operating a motor vehicle.

Be smart and put your phone away and leave it alone when you get behind the steering wheel and please always remember to take care out there.

ACADEMIC CALENDAR

January – June 2010

JANUARY

- 6.....Classes Resume
- 12.....Grad Parent Meeting – 7:00 pm
- 15.....Last Day of Regular Classes
- 18,19, 20, 21, 22.....Final Assessment
- 21, 28.....Hoopfest
- 25,26...Semester Turnaround Days- no school
- 27.....Semester 2 Begins – Progress Report #4
- 29.....Teacher Institute – No School for Students

FEBRUARY

- 5.....RE Congress Fundraiser
- 11.....Pep Rally – Assembly Schedule
- 12Winter Holiday – no school
- 15Family Day Holiday – no school
- 16.....Staff Meeting – Students dismissed at 1:00 pm
- 17.....Ash Wednesday Liturgy
- 18,19.....Hoopfest
- 22.....Grade 9 Retreat
- 22.....Jazz Coffee House – 7:00 pm
- 23.....Information Meeting for Parents of
Grade 8 students -7:00 pm &
Grade 9, 10 & 11 students – 8:00 pm
- 23.....Grade 10 Retreat
- 24.....Grade 11 Retreat
- 25.....PLC Day – students dismissed at 1:00 pm
- 26Teacher Convention – No School for Students

MARCH

- 10, 11, 12.....Jazz Fusion
- 11.....Progress Report #5
- 12.....Teacher Institute – No School for Students
- 16.....Staff Meeting-students dismissed at 1:00 pm
- 17, 18, 19, 20 ...Optimist Band Festival
- 25.....Parent-Teacher Conferences – no school for students
- 29.....Vocal Jazz Coffee House – 7:00 pm
- 30,31.....Grade 12 Retreat

APRIL

- 2.....Good Friday Holiday – No School
- 5 – 9.....Easter Vacation
- 15 – 18....Choral Trip
- 16.....Staff Meeting-students dismissed at 1:00 pm
- 20Blood Donor Clinic
- 22.....Progress Report #6
- 22.....Spring Social
- 23.....PLC Day – students dismissed at 1:00 pm
- 26 – May 1Band Days

MAY

- 4.....AP Computer Science Exam – am
- 5.....AP Calculus Exam – am
- 6AP English Literature Exam – am
- 7.....Easter Pentecost Mass – Assembly Schedule
- 11.....AP Psychology Exam – pm
- 18.....Miller Band Concert – 7:00 pm
- 18.....Staff Meeting – students dismissed at 1:00 pm
- 20.....PLC Day – students dismissed at 1:00 pm
- 21.....Holiday – no school
- 24.....Victoria Day Holiday – no school
- 27Progress Report #7
- 27.....Wellness Day – pm
- 28.....Election Pep Rally – Assembly Schedule

JUNE

- 1Associate Schools Concert
- 2Spring Choral Concert – 7:00 pm
- 4Year End Mass – Assembly Schedule
- 9.....Spring Awards – 7:00 pm
- 16.....Last Day of Regular Classes
- 17,18, 21, 22, 23.....Final Assessment
- 23.....Graduation Mass – 7:00 pm – Resurrection Parish
- 24.....Graduation Exercises – 1:00 pm – Delta Hotel
- 24.....Graduation Banquet – 6:30 pm – Delta Hotel
- 24,25...Teacher Institute – no school
- 28.....Last Day of School Year – Students Pick-up Report Card