

CENTRAL NEWS

April 2016

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Principal's Message

Greetings from Stratford Central!

1. Report Card and Response Form

The information on this report card represents academic achievement in courses to date (February-April). Please take the time to absorb all the information contained within the report card. Use pages 2 and 3 to assist with acronyms as well as criteria used to create the report card.

Page 2 is a response form that must be returned back to the school no later than Friday, May 6. Please have your son/daughter return the response form to their Period 1 teacher.

2. Health and Wellness Week/Day

Stratford Central staff and students have been very proactive this school year trying to promote positive mental health and wellness. The following is a description as to the purpose of the week.

At Stratford Central School, we take pride in listening to the needs of our students. In recent years, it has become apparent that our students want to learn tools to de-stress and practice self-care in order to improve their mental health, academic performance and overall enjoyment of life. One in five teens in Ontario struggles with some form of mental health issue, and it is estimated that around 70% of mental health struggles start in childhood or adolescence. In an attempt to help all teens along their journey, a team of students and staff have developed the first annual, **Health & Wellness Week** which will take place Monday, May 2nd to Friday, May 6th.

During this week, students will become more aware of their mental health, the importance of taking care of it and reducing the stigma surrounding mental illness. The week starts with an assembly with guest speakers from the JACK Project ([HYPERLINK "https://www.jack.org/"https://www.jack.org/](https://www.jack.org/)) followed by inspiring information, stories and performances by our students. The week progresses with lunch-time workshops that promote self-care such as yoga, meditation and art therapy. The culminating event occurs on Friday, May 6th. On this day, over 40 community professionals have committed to a session-based day of workshops that will help all of our students discover the benefits of taking care of their mental health.

The student members of this team feel it is important to reach out to fellow peers with the intention to foster a pro-active community at Stratford Central. This week was developed by students for students with the realization that health and wellness incorporates many aspects including social, emotional, physical and environmental components. The intention was to provide multiple access points for their peers to participate in a variety of activities that are included in the entire health and wellness spectrum. It is the hope

that all students will be able to develop their personal health and wellness journey, by learning new habits for health that can be used for a lifetime!

Please visit the following website to learn more about the day, and the modules being offered.
www.melissamari.wix.com/ramsbeing

Thank you,
The Health & Wellness Team at Stratford Central

3. Drop off and pick up students

Recently the Fire Inspector for the City of Stratford has expressed concern about access to the front of the school at the beginning and end of the school day. From his perspective, trying to get emergency vehicles to the front of the school at those 2 times of the day would be challenging given the parked vehicles in the vicinity at that time.

To address this concern, the school sent a synrevoice (telephone) message to each household asking parents to avoid dropping their son/daughter off at the very front of the school and asking parents to consider dropping their son/daughter off in the lower parking lot.

We appreciate the efforts of all students and parents as we continue to address this concern.

4. Timetable 2016-17

The school has been busy building a timetable for the 2016-17 school year. Stratford Central will be offering roughly the same number of classes as in the 2015-16 school year. New this year is a partnership with SNWSS with respect to offering several combined courses at the grade 12 level. These courses include FSF3U/4U (French), ADA3M/ADC4M (Dramatic Arts), HSB4U (Social Sciences), MCT4C (Math), SPH4U (Physics) and CLU4M (Law). Several of these courses would not normally run in either school due to low course enrolment at this time. However, when students from both schools are combined, a class can be offered. This allows both schools to run more course offerings in each respective school.

During the next 2 months, students will be contacted by Student Services to make adjustments to their timetables for the 2016-17 school year. Please continue to make your selections wisely.

5. School Council/Parent Council

School Council/Parent Council continues to meet once a month. The theme the entire school year revolves around how parents can help their son/daughter at school. During the month of May, Mark Cassone from Student Services will be presenting information related to post-secondary destinations. In addition, students from Mrs. Wilson's Social Science class will present their school findings on mental health and wellness. All are welcome at these meetings. The next meeting occurs on Tuesday May 24th in the library beginning at 7:00pm.

Lastly, at Stratford Central we continue to strive to provide opportunities for all of our students. Our students continue to take pride in their efforts, demonstrate excellence and create positive memories. Please contact the school with any questions or concerns.

Regards,
Kevin Mills, Co-Principal

Dates to Remember

Mon., May 2 - Iceland Parent Meeting 6:15pm
Fri., May 6 - Return Report Card Response Form
Mon., May 9 - Professional Development Day
Tues., May 17 - Music Night 7:00pm
Mon., May 23 - Victoria Day Holiday
Tues., May 24 - Parent Council Meeting 7:00pm
Fri., June 10 - Professional Development Day
June 23-29 - Semester 2 Final Exams
Thurs., June 30 - Exam Review 10:00-11:00am
Fri., July 8 - Second Provincial Report Card
Fri., July 8 - Report Card pick up 9:00am-12:00pm

Student Services

Summer School

Summer school forms will be available in Student Services in mid May and details (location, date, times) will be included with the application form. There are usually four types of courses available:

- a) Make-up credits: are available for some of the courses in English, Math, Science and Careers/Civics.
- b) Co-op: available to students who need co-op to complete their SHSM OR for students who are one or two credits short of graduation.
- c) Transfer Course: for students who are looking to change from grade 9 applied math to grade 10 academic math.
- d) New credit courses - usually in ENG3U. There is a possibility that ENG4U and GLC2O (Careers) / CHV2O (Civics) will be offered as well.

OSAP

On May 5, there will be an OSAP (Ontario Student Assistance Program) presentation for students in grade 11 and 12. Students are encouraged to sign up in Student Services as the presentation is during period 2.

Timetables for 2016-17

1. Students looking to change course selections should Make an appointment with a counsellor as soon as possible.
2. New for September 2016 - Students sign up for Alternate courses when selecting courses. These courses will now be added to a student's timetable if a conflict exists with the student's original choices.
3. Timetables for the 2016-17 school year will be issued before exams begin in late June. Students who have one semester that is much heavier should book an appointment with a guidance counsellor to determine if there are other possibilities. Counsellors will see students who have a conflict in the timetable before the timetables are issued.

Field Trip to Iceland

The Canadian and World Studies department is running an international field trip to Iceland over the Easter break in 2017. On the trip, students will explore the history, culture, and physical geography of Iceland. Students will explore glaciers, geysers, volcanoes, waterfalls, and geothermal energy. Activities include hiking, soaking in medicinal thermal pools, and horseback riding. There will be a parent meeting on

Monday May 2nd at 6:15pm in the library to introduce the trip itinerary, the travel company (Worldstrides), and the supervising teachers. We hope you will join us. See Mr. Leitch or Mrs. McConkey for details.

Dramatic Arts

The senior drama class, ADA 3M/4M, has established themselves as a theatre company named Lunchbox Theatre. They produce a show once or twice a month in the auditorium at lunchtime; anyone is welcome to attend for free! This year's focus is an original comedic piece called *Psyikea*, which follows a group of eccentric employees at a store remarkably like Ikea. There will be 6-8 episodes presented between March and June, with each episode running 15-20 minutes. The students in the class work as an ensemble to create all elements of production: creative advertising, set, costumes, props, direction, choreography, acting and writing (of script, original music)! We have already produced two successful episodes - *Employee of the Month Contest* and *You've Got the Right Stuff...Baby?* - and are looking forward to our next show - *The Overnighter* - which we are presenting on May 12th.

Theatre Central

This year Theatre Central produced two shows: our Fall show, *Delightful Quarantine*, and our Sears Drama Festival piece, *The Ninth Train*. We were excited to receive two awards for our Sears production: both Aveleigh Keller and Zach Misener received Awards of Merit for their acting. We normally do a third show in the spring, but the second half of this year has been very busy with My Academy and the upcoming World Children's Festival. We look forward to our TC Gala at the beginning of June and are in the planning stages of some fun pieces to share with you!

Forget-Me-Not Theatre

Students are busy preparing a piece for the upcoming Mental Health Awareness assembly on May 2nd. We have had smaller projects this year, but members of the community are in contact with us about future projects. It is exciting to be involved in theatre committed to social issues and needs!