

FROM THE DESK OF MR. HART

Your son / daughter should have carried home their Semester 2 Mid-Semester Report Card on April 26, 2010. All our students have reached the mid point of semester 2. This is a good time for students to pause and reflect on their progress to date. The information contained on this report card will help students formulate their personalized plan for success between now and June.

I encourage you to visit our website at www.hwdsb.on.ca/highland for our complete newsletter. In an effort to be more environmentally friendly, we are only distributing paper copies of the newsletter to families who request them through the office.

We are well into semester 2 and spring is definitely in the air. Students are fully engaged in their studies and a variety of co-curricular activities. All of our spring sports are under way: Boys' and Girls' Soccer, Midget Boys' Basketball, Junior Boys' Football, Girls' Fastball, Boys' Baseball, Track and Field, and Badminton.

We were all very excited to hear Dundas has been voted Hockeyville 2010. The JL Grightmire Market Street Arena wins the right to host an NHL Pre-Season Game, \$100,000 in arena upgrades, and will play host to a Hockey Night in Canada broadcast.

I think we can all be proud we live in a community that pulls together to achieve great things. In the final voting results, Dundas received over 1 million votes. In conversation with Barry Forth, the leader of the Hockeyville bid, he told me Highland was a huge contributor. Well done, Highland!

The altruistic spirit of helping others continues to grow at Highland this semester. Our Arts councils (Music, Visual Arts, and Drama) joined the World Awareness Club, HAVEN, and the Students' Council in supporting the amazing, student-driven CONNECT-4-HOPE Steering Committee to raise over \$7000 for the Creation of Hope charity. Hundreds of students have been an integral part of the educational and fundraising activities that have been supporting the building of a self-sustaining orphanage in Kikima, Kenya. The culminating activity, led by the Steering Committee, on the evening of April 22 resulted in a sensational fashion show, coffee house, and vendor display, which took over the building and invited our local community to celebrate the spirit of our new Program of Choice, Global CONNECT. Our students demonstrated that they are indeed true leaders, visionaries, and humanitarians.

Thank you to Mrs. R. Forster for overseeing our Cancer Awareness assembly and the many students who planned and organized this event. Highland staff and students raised over \$9000 this year. This money will be put to good use helping those affected by Cancer.

Our Cats and Cops basketball game organized by Mrs. Couture was a big success again this year. Many of our hometown Hamilton Tiger Cat players and police officers teamed up to play against Highland students and staff in a fun Basketball Challenge Game. Although we did not win the game, the McMaster Children's Hospital was the big winner as we raised over \$800 dollars in support of their charity. This event will be televised on CHTV ~ Entertainment Tonight on Thursday May 6th.

The Highland community provides tremendous support and encouragement to our students on a regular basis. I would like to thank parents and members of the community for enhancing and enriching the learning of our students. You are all valuable members of Highland's Educational Team. Together we significantly influence positive change in the lives of our students.

MUSIC DEPARTMENT

Highland's Music students will be incredibly busy between now and the end of June. Here are some of our planned events:

"Memphis in May" - We leave on the 27th of April and return on the 3rd of May. Some highlights of our itinerary: sightseeing in the downtown area, including the legendary Beale Street, the inside of the Peabody Hotel to see the famous "duck march", FedEx Forum (home of the Memphis Grizzlies) and Autozone Park, (home of the Memphis Redbirds). We will also make stops at the Memphis Rock 'N' Soul Museum, the Memphis Zoo, Sun Studio and Graceland. One of our most memorable visits will be to the National Civil Rights Museum and the Lorraine Motel, where Dr. Martin Luther King, Jr. was assassinated.

Cedar Point - Our Junior students will be going to Sandusky, Ohio. We will be leaving at 6:00 a.m. on May 20th and returning late on the 21st after spending time at Cedar Point, where we will play and be adjudicated.

Final Concert - Our Spring Concert, which highlights all of our bands and their accomplishments throughout the year, will be held at Redeemer University College on June 1st, starting at 7:30 p.m. We would invite all parents, students, and friends of Highland to come out and enjoy this superb evening of music.

STUDENT SERVICES

Cooperative Education

The Co-operative education program is well under way and the students are actively participating at their placements. The Co-op teacher regularly visits students at their placements. As a culminating activity, the Co-op students are expected to compile a Portfolio of their placement experiences and future employment goals.

Co-op students return to class about once a month for an Integration Day. During most of these classes students give "Bring and Brag" presentations where they talk about their placements and are encouraged to bring placement items, perform a demonstration or organize an activity that engages the class. Congratulations to students who presented first! Your creativity and presentation skills were impressive!

CO-OP 2010/11 - Counseling sessions are currently being held for students selecting Co-op for the 2010/11 school year. Most students have met with the Co-op teacher for their Intake Interview. Potential Co-op students **MUST COMPLETE and submit a CO-OP APPLICATION** and attach a current good **RESUME**. [The green Co-op applications are available in Guidance and the Co-op Office (202)]. During these 15-20 minute counseling sessions, students will learn about the Co-op program and receive a **Co-op brochure** to bring home. Transport is not provided by the school. Attendance is very important to accumulate hours and it is strongly advised *that students avoid taking extended vacations during co-op*.

Co-op students will find out when they have their co-op after timetabling - in the upcoming month.

CALLING ALL EMPLOYERS - **Be a part of the Co-op program!** Inquiries are always welcome for businesses or organizations interested in taking on a co-op student. WSIB is

covered by the HWDSB. Contact the Cooperative Education office for details – 905 627-9458

Guidance Office

Graduation: Parents and Guardians, please ask your potential graduates to show you all of the graduation details in their First Class Conference. Dates and times are posted. You will also find the important Grad Gown forms (including their height and fee) and Grad Bio forms (announced as grads cross the stage). Please pay attention to deadlines for submission.

Students who still need to hand in their 40 hours of Community Involvement must do so to purchase a prom ticket. All hours must be in by the beginning of June so we can finalize our graduation program.

A message for Grade 11's – It is not too early to start exploring colleges, universities and apprenticeships. Colleges and universities are offering campus tours. Take your parents and friends and go check them out. You may discover new school and program possibilities that you may miss online. If you can't get away, start your research online. The links to many resources about apprenticeships, colleges and universities are on our school website www.hwdsb.on.ca/highland and our board career site www.future1234.ca

A message for grade 10's – Save your Career Studies portfolios. Now that you have started your resume-building, ensure that you complete your 40 Hours of Community Service and keep track of what you do. Remember that next year you may get a part-time job, learn to drive and get more homework. Do your volunteer work this summer, while you have the time.

A message for grade 9's – Now that the good weather is coming, it is more difficult to use your 75-minute lunch period wisely. Remember that exams are not far away and the more you prepare in advance, the better you will do. Come to the library for extra help, computers and school supplies. Take the first half of your lunch to socialize and eat, then get down to work – drag your friends in with you – it's always more fun to study in groups! Also, see the message to the grade 10's. Look for community service opportunities and get your 40 hours done...you will not regret giving to others or fulfilling this requirement early.

Resource Room

A reminder to parents: please return signed copies of the IEP (Individual Education Plan) and, if applicable, the Notice to Dispense with the IPRC.

HIGHLAND ATHLETICS

The winter season is complete and Highland has once again shown remarkable success on the courts, in the pool and on the ice. Several teams were in the hunt for city championships. Basketball continues its revitalization with a couple of impressive playoff runs from our junior and senior boys' teams. Building for the future, our midget

team is currently engaged in their regular season schedule. On the ice, both boys' and girls' teams also had great seasons. The girls advanced to the Championship game, while the boys were upset in the playoffs after an undefeated regular season. It was a breakthrough season for the girls' waterpolo program with both teams having their best season ever, culminating with a trip to the championship game for the junior team.

More of the same success can be expected this spring as many teams gear up for great seasons. Baseball and softball are on deck, soccer kicks off and track & field is soon to be off and running. Junior football also carries on the tradition of great football teams, with their season getting under way.

Highland recently hosted a Grade 8 basketball tournament in order to acclimatize future Highland stars with the spirit of Highland. Sir William Osler took home both the boys' and girls' championships. SWO will be back on the 13th of May for their school Track & Field meet which Highland will be hosting.

Athletics are a strong and important component of student life at Highland. One way in which Athletics are supported at Highland is through our annual Trivia Night. This year the date is Friday May 7th and you can be part of this successful evening. Prizes for our awards are gratefully accepted or perhaps you'd like to enter a team in this fun and competitive night. For more details contact Mr. Gardiner at the school.

2009/10 has been a great year for athletics. Here's hoping the spring seasons carry on that tradition.

TECHNICALLY SPEAKING ...

Classes are working well as the semester has become in full swing. Mr. Clapiz, Mr. Lane, Mr. Kruis, Mr. Seiler and Mr. Utjesinovic have set benchmarks for students to aspire to. More recently for example, Highland technology students have always took part in Local, Provincial and National Skills competitions, and this year is no different. Several Board technical competitions are taking place over the next month, and in fact, many Technology students have already competed. Congratulations to the students who have come in 1st, 2nd, 3rd, and to those who are moving on to the next level of competition at the Provincial level. Highland Technology Teachers are proud of the students who have competed in the following competitions: Manufacturing, Welding and Precision Machining, Transportation and Vehicle Service, Construction and Cabinet Making, Technological Design and MAD 4 CAD, Computer Engineering and Robotics, Exploring Technology and Bridge Building Competition in supporting weight and overall aesthetics. Highland students have won 1st place for 3 consecutive years in this competition at Mohawk College and congratulations to those students who have worked many hours after school to achieve such an accomplishment. The Skills Canada competitions are an enjoyable and rewarding experience for students to get involved with, as it helps prepare them for their future. Highland Technology Teachers are thankful for all students who have participated in these competitions. Highland Technology Teachers are also grateful to the parents, members of community and interest groups who have donated and supported the tech programs here at Highland -- you make this a great learning community.

VISUAL ARTS

The Highland Visual Arts department is “Dundas Hockeyville”. Over 20 art students helped in promoting the bid for the 2010 Hockeyville contest. We painted 10, 4 x 8 foot plywood boards with the Hockeyville logo and images from hockey games. Our boards were featured around town and displayed in front of the Town Hall to encourage voting. Did you catch our photos in the Dundas Star? Great community involvement from Highland’s Art Department!

The Grade 12 and grade 11 student artwork was featured in the Pulse Section of the Hamilton Spectator this past February.

The ever popular “Masquerade Ball” was held in February and was a success! The VAC invited their friends to celebrate this unique opportunity. We created masks to match our formal attire and danced in amongst the balloons and glitter. Fabulous!

Our annual VAC Leadership Camp will be held this Fall in Sept. (watch for the date). The VAC will plan all events for the 2010-2011 school year.

The VAC will also be part of the Global Connect kick-off “Connect- 4-Hope” on April 22. We will be responsible for a fashion show segment where many of our art students will be creating their own original clothing. Some will be creating in the spirit of recycling – outfits from newspaper, garbage bags etc. Who knows? Anything goes! We will also be responsible for sound, lights, set designs and our own food booth as well.

As always, the Visual Arts Department is exhibiting the talented art work of Highland students. The Carnegie Gallery in Dundas April 28 –May 1st with the reception Friday April 30th @ 7:00 PM, The Loose Canon Gallery, (date TBA) and “Art Expo” June 9th in our gym. Awards will be given out on June 9th for: Best Junior Art works - given by Curry’s Art Store, Best Grade 11 Senior Art works – given by -The Dundas Valley School of Art, Best grade 12 display given by- Highland’s School Council, The Most Promising Artist Grade 12 student given - by The Carnegie Gallery and a piece of art is purchased for the Principal’s Award. Hope to see you out to one or all of all student shows!

Our classes are engaged in many activities this spring. The grade 12’s are deep into their “Something Old, Something New, Something Borrowed, Something Blue” neo-dada painting, the grade 11’s are sculpting their alter-ego portraits in modeling clay, grade 10’s are also looking in the mirror – Baroque style, grade 9’s are painting/decoration their clay animal as self masks, photography students are digitally producing “impossible situations” and the non—traditional grade 10 class are working towards creating fashions for the runway “Are You the Next Top Designer?”

Our visual arts students hopped aboard 2 buses to spend a day at the Art Gallery of Ontario. Not only did they view the AGO’s classic – postmodern collections and they were privileged to see the King Tut exhibit! Photography Students will be sent on a photo shoot at the Kensington Market, and DVSA to enhance their visual arts experience!

DATES:

April 22nd - “Connect -4- Hope” fashion art creations

April 28th - May 1st Carnegie Gallery Show

April 30th - Reception 7-9om @ the Carnegie Gallery

May (Date TBA) Loose Canon Gallery Art Show

June 9th – “Art Expo” Annual all grades featured Art Exhibition in the Gym – open all day

June 9th – “Art Expo” reception and art awards 7-9 pm (Gym)

FITSPIRIT – MAY 12, 2010 (PERIODS 3 AND 4)

Over the past two years, a program called *Girls Active Living (GAL)* has been established at our school. The purpose of GAL is to increase the awareness in the female teen community about the importance of physical activity. Research shows that female adolescents consistently engage in less physical activity than their male counterparts.

This program provides all girls with an opportunity to increase their physical activity levels in a non-competitive fun environment during lunch hour times. The program is student-driven, with a teacher advisor, and Public Health support. GAL has run activities such as zumba, yoga, Pilates, belly dancing and kick-boxing.

Highland is now planning a fantastic event for female students. We have invited the program *Fitspirit* to come to Highland. *Fitspirit* provides dynamic motivational presentations delivered by female Olympic athletes to female students. This presentation provides tangible ways to motivate females between 13 and 17 years of age to adopt a healthy, active and well-balanced lifestyle. This is one strategy to address prevention of chronic disease and obesity. In combination with the *Fitspirit* assembly to the female students, we are planning to offer a free, healthy and nutritious lunch on May 12th, the day of the *Fitspirit* presentation.

As a leader in the community, Highland is modeling and promoting a healthy school environment through this exciting event.

Minds Matter
What every parent should know about their teen’s mental health
May 12th 7-9 pm
Highland Secondary Gym.

This evening presentation is on May 12th 7-9pm at Highland Secondary School in the gym. It is brought to you by Youth Net Hamilton and the Schizophrenia Society of Ontario.

Minds Matter is an evening of information for parents on what they should know about their teen’s mental health.

During this workshop parents will learn the signs and symptoms of mental illness but also the myths and facts that also go along with identifying mental health concerns. Parents will learn practical tips on how to help their teen develop and maintain good mental health and learn where to go in the community for additional support if needed.

Don’t miss this free and exciting opportunity.