



Sherwood School Council Newsletter

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Chairperson: Angela Koklis
Principal: Randy Gallant



Santa Claus Parade

This year's 2011 Hamilton Santa Claus Parade, held on Saturday November 12th, the Hamilton communities were visited by even more "live" Saints than last year, the 4-legged kind that is! Joining our Sherwood Secondary students, athletes, repertoire band and cheerleaders were five real "Sherwood Saints" all 535 lbs of them: *Cooper, Dutch, Princess, Gucci* and *Taiko*. They were a huge hit with everyone, young and old! Everyone donned their Christmas hats and Saints gear, including our great school principal Mr. Gallant, and showed their true Sherwood Spirit! Special thanks go out to the Ladds family, the Bergeron family, the Baker family and the Addante family for allowing their "Saint" to be part of the Sherwood Team. Their support and participation was truly appreciated.



Sherwood Helps Break The Silence

November 14-18, was the annual Anti Bullying Campaign. The HWDSB Corporate Communication and Safe and Caring Schools units worked with a multi-stakeholder planning committee to prepare materials and workshops to support all of our schools for this important cause. This year's theme was *Stand Up, Speak Out, Help to Break the Silence*. In addition to the Board initiatives, The Hamilton Coalition for Bullying Prevention and Intervention held a free, interactive two hour seminar on November 16 at Westdale Secondary for parents, educators and students. It was hosted by Dr. Tracy Vaillancourt, the Canada Research Chairman in Children's Mental Health and Violence Prevention at the University of Ottawa. Dr.

Vaillancourt is an international expert in aggression and bullying in both children and youth, and was a great asset to the Bullying Awareness campaign by letting parents and students know successful ways to help eliminate bullying. Throughout the HWDSB schools, several means of communication were used to effectively promote the week: student-designed posters were on display to raise awareness. a series of staff in-services were held with chosen topics for discussion and resourcing and bullying topics were added to staff meeting agendas. Rest assured, Sherwood is doing everything they can to make Sherwood a safe learning environment for all our kids!



"What's the Buzz on Drugs and Alcohol"

For parents, this is a pivotal time in helping kids make positive choices when faced with drugs or alcohol. The average kid's age for trying drugs the first time is 13! The good news is you can help your teen stay healthy and drug-free, and beat those odds. Kids who learn the risks of drugs and alcohol from parents are up to 50% less likely to use them. So, most important, stay involved in your child's life. Young teens may say they don't need your advice but




they're listening more than they'll ever admit to. Make sure you talk to them about their choice in friends, drinking and drug use. In teens it usually starts as a social behaviour first. Alcohol is one of the most widely available psychoactive drugs. Both alcohol use and drug use share some common physiological, social, and economic variables. Do your part as a parent and help your teen live a healthy, drug-free life! Visit <http://www.teenchallenge.ca/tci/canadian-drug-stats> for lots of great tips and information.

Music To Our Ears

Sherwood School held their annual fall Coffee House and Music Night on October 26th. A whopping 100+ tickets were sold which has been one of the largest Fall turn outs in past years. We sure do have some very talented kids at Sherwood! Keep your ears tuned for the second semester Music Night where the kids will include both electric guitars and drums in their performances. Another night you won't want to miss!



South ARC is scheduled to meet on the following dates from 6 p.m. to 9 p.m. at the Education Centre, 100 Main Street West in Hamilton: **Wed December 7, 2011, Wed December 14, 2011 and Mon January 16, 2012.** They are also scheduling a Public meeting (location TBA): **Tuesday January 11, 2012.** For all ARC meetings, bus tickets and childcare are available upon request. Please contact HWDSB Switchboard at 905-527-5092, ext. 2291 or email hilda.krenciglowa@hwdsb.on.ca



Sherwood Secondary Continues to Build Stars!

Kimberly Ribble-Orr, born August 1973 was not only raised in Hamilton, she was a 1991 Sherwood graduate herself. I was granted the pleasure of an e-interview by this great Olympic Champion, so we could honour our own famous Sherwood alumni. Kimberly told me she has many fond memories of her days at Sherwood, the best are winning the soccer championships, working with disabled students in class and geography with Mr. Kirkland. As an Olympian travelling the world, she was very fortunate to compete in many of the places she studied during his class. Kimberly began her judo career when she was about 7 yrs old and hasn't looked back. When she was a kid training in a local club, she was the only young girl there among grown men, bigger and stronger than her. She said "It didn't affect me at all; it made me want to be stronger and better than the men. I kind of saw myself as one of them. We were training in a sport we loved and all wanted to be the best at." It took her 8 years after graduating to make it to the Olympics but she is now one of the very best in Canada and earned her title as Judo Fighter, Canadian 78kg Champion, at the Sydney Australia Olympic Games in 2000. I



asked Kimberly what it felt like to be there that day, a Champion in Sydney, she told me it was almost indescribable. She didn't know whether to cry or faint but the moment they announced "Canada" as she marched in the athlete's line, she remembers the fans with painted faces, the Canada flags and the enormous applause. What an incredible moment for this Hamiltonian. Kimberly has also represented Canada as a national team member for almost 12 years. She has competed and medaled all around the world. She now has her own studio where she trains athletes on their quest for excellence. The discipline she learned while balancing being an athlete, her schoolwork, a job, the compassion and understanding, her hard work and dedication made this girl's dream of becoming an Olympian a reality. She said if she could offer advice to kids today it would be that "It's going to be very difficult, many people will tell you it won't happen but don't listen to them. Listen to your heart, listen to your body and listen to your mind and believe in yourself."

Did You Know.... Animal Crackers aren't really crackers? They're cookies originally imported to USA from England in the late 1800s. Barnum's circus-like boxes were designed with a string handle so that they could be hung on people's Christmas trees!



Holocaust Education Week was November 1-9. The Holocaust is a way to help us recognize how cruel humans were but it's also a way to recognize the ongoing spirit of those people who perished or were lucky enough to survive. Throughout our city there is extensive awareness for not only in our schools but in our community. Many venues featured leading voices in Holocaust or Human Rights awareness and many more had the actual Holocaust survivor themselves. While they told their stories, one can't help but see their amazing conviction and courage during these terrible atrocities they lived through, truly inspirational!

Is It a Snow Day?



The decision to close schools on a bad weather day is a very difficult one, and always made with the safety and security of student & staff in mind. Since winter will be upon us soon, here's a note to let you know how that decision is made and what you can do as a parent. In the event of bad weather, the Transportation Dept. have their bus carriers drive their routes (as early as 4:00a.m.) and assess conditions of the roads. The HWDSB begins to receive reports back from the carriers around 5:30 -6:00 a.m. Meanwhile, Transportation Dept. is verifying weather forecasts through local media and contacting City of Hamilton Works Department. They'll determine what roads have been cleared or when they are expected to be serviced for traffic, if at all. The cancellation of transportation immediately triggers the closure of schools. School Boards across Ontario have varying policies about school cancellation rules. At HWDSB, the cancellation of transportation is linked to the cancellation of School and Board Administrative Operations. Please remember, as a parent, you always have the choice on whether or not to send your child to school, regardless of transportation availability. The Weather Hotline is 905-521-2535 or listen to your local radio stations early in the morning, they always announce closures for Public and Catholic schools in our area.

Saints Go Marching In...

On November 2nd, Sherwood Secondary School held their annual Student Awards Presentation. For those parents, grandparents and family members who attended, you would have saw the 460 "Saints" march with pride into the auditorium. The awards are given in recognition for students who had either Honours, Proficiency, a Departmental or a Specialty Award in their Grade 9, Grade 10 or Grade 11 year. Principal Gallant, the two Vice Principals, as well as all the teaching and administrative staff expressed how proud they were with this many students reaching achievement level... *460 kids is close to one third of the whole Sherwood school population...*

Sher-Wood Like to be a Saint...

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 • Are you a parent, a grandparent,
 • School Council member or a retired
 • teacher looking for volunteer work?
 • Do you have experience working with
 • children? If so, then the Hamilton
 • Roots of Empathy Program (ROE) just
 • might be perfect for you. They are
 • currently recruiting volunteers to
 • train as a Roots of Empathy instruc-
 • tor for a JK-Grade 8 classroom. The
 • ROE Program has a mom and infant
 • visit classrooms once a month to
 • teach young kids about caring and
 • respect of others. As an instructor
 • you will coach the kids in observing
 • and how to interact with infants. If
 • this sounds like something you're
 • interested in, please visit
 • <http://www.rootsofempathy.org> or
 • contact Jeanette Day, Program Co-
 • ordinator at 905-574-6876 ext. 225
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