



Sherwood Secondary School Council

Meetings begin at 7 p.m. in the Library
April 1, 2008
May 6, 2008

Phone: 905-383-3377, Principal R. Gallant
Chairperson R. Gagnon
E-mail: Sherwood.SC@hwdsb.on.ca
School Website: www.hwdsb.on.ca/sherwood

*School Council Information is posted on
the bulletin board located in the main
hallway outside of the Auditorium
(adjacent to the Guidance Office)*

SHERWOOD

Home of the Saints

- ♦ March Break,
March 10-14/08
- ♦ Grade 10 Literacy
Test, Mar. 27/08
- ♦ 11:35 am Dismissal
Days—April 8 &
May 28/08
- ♦ Mid-term Reports
issued Apr. 15/08
- ♦ PD Days—Apr. 25,
June 24 & 26/08
- ♦ Pasta Dinner-
Auction-Karaoke
Night, May 7/08
- ♦ Spring Music Night
May 29/08
- ♦ Second Semester
Final Exams,
June 17-23
- ♦ Graduation Day,
June 25/08 (Gr.12)
- ♦ June 27/08, Board
Holiday
- ♦ Labour Day,
September 1/08

Advance Notice for **Sherwood Showcase Events**—Try Something New!

- * Come on out to a **Coffee House** event in the Sherwood Auditorium in May. Further details for this “entertainment extraordinaire” pending. Please stay tuned!
- * **Student Council Pasta Fundraiser & Silent Auction**—Bring your family, appetites and singing voices to dinner and karaoke in the school cafeteria on **May 7** starting at 5:30 to 8 p.m. Who wants a turn at the microphone? Challenge your fellow Saints and choose from over a thousand songs! You will find fabulous items for bid but be early! Dinner tickets available at the door.
- * **Music Night**—Your toes will be tapping to the tunes on **May 29/08**. Please join us for our spring musical evening under the direction of Ms. Morrison, Ms. Holinaty and Mr. Malcew as our Music students take centre stage.
- * **Arts & Drama Festival**—It’s Shakespeare at Sherwood this May (date not yet confirmed). Prepare to be impressed by artistic displays and our creative Sherwood students. Rock-on!
- * **G-r-a-d-u-a-t-i-o-n—Indeed!** Wednesday, June 25 in the Sherwood Auditorium. Afternoon Ceremony begins at 1 p.m. and seating is limited. Who will be the 2008 Valedictorian? Graduates get to shimmy and shake at the Prom Dinner/Dance June 23 at Marquis Gardens Grande, Ancaster.

Welcome to March Parents’ Night 2008 From Sherwood School Council

Say “Hello” to the Saints Ambassadors on duty who are assisting with school navigation and teacher locations tonight, *plus* we extend a warm welcome to our parents visiting this evening. Please don’t miss the upcoming, awesome, Sherwood Student spring events. Additionally, all parents are welcome to attend the two remaining School Council meetings in April and May. Have you had a chance to read the electronic newsletters on the school website? Everything you need to know about Sherwood is online now. Thank you for attending the spring Parents’ Night at Sherwood. Enjoy!

Sherwood Secondary School Council

Coming together is a beginning... keeping together is progress... working together is success!

Did you know? Fast facts about teens and dieting...

- About one out of every two teenage girls and one out of every four teenage boys have tried dieting to change the shape of their bodies
- More than 33% of girls who are at a healthy weight still try to diet
- Teens who diet may not be as psychologically healthy as other teens

Here are some suggestions for parents, teachers, coaches and other mentors to help a teen who is weight-preoccupied or dieting...

- Find out why they are dieting and what effect it is having on their lives
- Acknowledge what they feel by letting them know that you understand the pressures to be thin
- Help teens challenge media norms about how we are supposed to look
- Advise teens that dieting doesn't work and may lead to overeating
- Learn to praise teens, especially girls, for qualities other than appearance
- For coaches, be aware that your comments about weight may be very powerful. Direct or indirect suggestions that weight loss would enhance performance can be very damaging to young athletes
- Enjoy all 4 food groups every day. Following Canada's Food Guide can be helpful. Eat healthy, balanced meals and snacks
- Encourage teens to be active every day
- Be a positive role model by showing that you accept your own body's shape and size, as well as that of others and by being physically active

For more information about weight preoccupation and eating disorders, visit the Canadian Paediatric Society online at www.cps.ca

Sherwood Resources

What to expect from exams? How to create study notes? How to answer multiple choice questions? Get tips and advice from the Sherwood website. Check out and download the **Exam Prep Slide Show** for grade 9 students from www.hwdsb.on.ca/sherwood

Do you need time to finish homework, study or use a computer? Would you like assistance with test preparation or organizing notes? **The Homework Club** is open Monday and Wednesday mornings from 8-8:30 and Tuesday and Thursday after school from 2:35-3:05 p.m. Drop in to see Ms. Lew and Ms. Persichini in **Room 332** for study strategies, textbook reading and more!

Individual counselling is always available in the **Guidance Department** regarding course selection and career paths. Contact 905-383-3377, Ex. 225 for educational planning, financial help (bursaries/scholarships) or referrals to outside agencies. **Volunteer and employment information** is posted regularly on the bulletin boards in the Guidance waiting area. In addition, a Public Health nurse is available at the school 2 half-days each week to discuss specific medical concerns. Referrals are made through the Guidance Office.

Sherwood students can earn credits toward a graduation diploma for learning accomplished on-the-job. How? Students develop the responsibilities, knowledge and skills required for entry to employment or further education through the **Cooperative Education Programme**. For more information or to pick up an application form, please see Ms. Pankerichan or Ms. Schreuer in the Coop Office Room 234 or telephone 905-574-4310. A current resume is also required.

Online learning is the delivery of programmes using the internet providing interactive computer-based lessons with flex hours. The Hamilton-Wentworth District School Board has an expanded selection of eLearning credit courses available. For more information please go to the eLearning website: www.hwdsb.on.ca/elearn/

H-W Public & Catholic School Board Exclusive! Real-time tutoring online for **grade 9 math students** Sunday to Thursday evenings from 5:30-9:30 p.m. with Ontario teachers. Student registration requires the Ontario Education Number found on the student report card or available from the homeroom teacher. Access to hundreds of math resources, interactive tools, virtual concept-specific seminars 24 hours a day, 7 days a week with "WHAT" (Wentworth-Hamilton Ask a Teacher) until June 30, 2008. Please visit what.ilc.org