



# Sherwood School Council Newsletter Nov 2010

School Council E-mail: [sherwood.sc@hwdsb.on.ca](mailto:sherwood.sc@hwdsb.on.ca)  
Sherwood School Website: [www.hwdsb.on.ca/sherwood](http://www.hwdsb.on.ca/sherwood)  
Next meeting: Dec 7/2010, begins at 6:30pm in the library

Chairperson: Angela Koklis  
Principal: Randy Gallant

## 2010-2011 School Council Members

- Angela Koklis—Chair
- Don Wilson—Vice Chair
- Cindy Anderson—Secretary
- Robin Gagnon
- Brenda Della Maestra
- Tina Bender
- Amanda Vernon
- Blair Gerrish
- Randy Gallant—Principal
- Evelyn Wilkie—Vice Principal
- Wendy Yarr—Vice Principal
- Sandra Valeri—Teacher Rep.

## Sherwood Saints Welcome You

Greetings everyone and welcome to Sherwood Secondary School. This is the first School Council Newsletter for the 2010-2011 school year. I hope you enjoy it and find worthwhile information about our school. On behalf of School Council, I would also like to extend a very warm welcome to all of our new Sherwood students and parents, whether you are coming in as a new grade 9 student, or transferring over from another school district, welcome to the neighbourhood! This may or may not be your first visit to Sherwood, and we want to do our



best to make your visit as carefree and enjoyable as possible. Please ask any of our Sherwood Ambassadors (wearing green

SAINTS shirts) for assistance. They will help you navigate your way through the school to the areas you wish to see. My name is Angela Koklis and I am the new School Council Chairperson this year. I look forward to meeting many of you in the hallways or at school events. Sherwood School Council meets for regular meetings on the first Tuesday of the month, at 6:30pm in our school library. We would like to welcome any parent or community representative to attend one of our meetings, and join in the discussions on what is happening in and around our school, and what we as a school and a community are doing. You can email the School Council any time at [sherwood.sc@hwdsb.on.ca](mailto:sherwood.sc@hwdsb.on.ca) for more information.

## Sherwood is Growing Champions For Life

There are many ways to win, and Sherwood sure has its share of amazing athletic teams! So what makes a great athlete, a great coach or a great team? What keeps Sherwood at the forefront in the sports news? It's the nature of the coaches, their behaviours and positive messages they are delivering to our kids, that's what makes the difference! We will all agree some coaching methods are more admirable than others. We'll all agree that some wins can actually cost more than pride, but at Sherwood, they strive for both long-term victories and winning for life! When all the coaching theories are tried, tested, and evaluated, only one approach to winning

has long term benefits that reach far beyond our scoreboards, it reaches our kid's hearts and desires: "The Growing Champions Philosophy." This approach is called many different names, but in almost every case, the basic characteristic is the same and sets it apart from the all the other techniques used. There is no better approach to "growing a champion" than the power of positive leadership! It strengthens our kids mentally, emotionally and physically. As parents, we too play an integral part of "growing a champion" in our child. We are the best source of unconditional love and positive leadership. Five key points to remember when growing

your champion:

- 1) Kids need to know what or who is most important in their family and in their life.
- 2) The opinion that matters most to your child is "what they believe you think of them"
- 3) Kids are looking for heroes at home, at school and everywhere else. You be their hero!
- 4) To learn discipline
- 5) Playing sports provides 3 major components to a child: to have fun, to learn life lessons, and to experience competition whether winning or losing. How is your "Champion" growing?



## Sherwood

(Home of the Saints Since 1967)

### Offers so many programs and clubs for students:

- Arts, Drama and Dance
- CAP (Caring Adult Program)
- Environmental Sciences
- Fashion Design
- Cosmetology Programs
- Graduation Committee
- Guitar and keyboarding Classes
- Language Courses
- Leadership & Peer Support Programs
- LMBM (Let Me Be Me)
- Math Society
- Philosophy/Movie Club
- RAP Tutor English
- Repertoire Ensemble
- SAC (Student Athletic Council)
- SAINTS (Student Ambassadors Introducing New-comers)
- Specialty Athletic Programs
- STAT (Students Together Against Tobacco)
- Technology courses
- YAY (Youth Aiding Youth)

and so much more...

## Music To Our Ears

Sherwood was 1 of 2 Hamilton schools that have been awarded \$10,000 to buy new musical instruments. We were awarded the money by Musiccounts, a Canadian music education charity, who is associated with the Canadian Academy of Recording Arts and Sciences (CARAS). Musiccounts spent nearly half a million dollars, to grant opportunities and access to Canadian students of all ages and backgrounds, for their school music programs. They support a wide array of programs, anything from keyboarding to brass ensembles. The schools were selected based on criteria that included economic need, the condition of musical instruments, the number of students, the dedication of our school staff and the overall impact the grant would make not only in the school, but in our community as a whole.

## Y.A.Y. For Kids

Sherwood School has a Youth Aiding Youth Club (YAY) where leadership and team building opportunities are offered between junior and senior students. Within this program, senior students help the younger ones through various social, emotional and academic issues, such as how to deal with bullying issues, how to talk to their peers, how to ask teachers or other mentors for help, how to respect themselves and others, as well as many other school and social issues. If you know of a junior student that may benefit from this, or to learn more about this program, please contact the school Guidance Office at 905-383-3377, ext. 225.

## Santa & The Saints

This year's 2010 Hamilton Santa Claus Parade, held on November 13th, our communities and our Sherwood families, not only got a visit from Santa, they were able to see the "Real Sherwood Saint" (the four-legged kind). Joining our Sherwood student athletes, repertoire band, cheerleaders and the School Council Chair, was the real Saint, "Cooper" (St. Bernard that is). He was a big hit with everyone, young and old! Everyone donned their Christmas hats and Saints gear, to show the true Sherwood Saints Spirit! Special thanks go out to the Ladd family for allowing Cooper to be part of the Sherwood Team.



### Important Dates:

- Nov 16—Midterm Report Cards
- Nov 19—PA/LCD Day, no school
- Nov 24—Grade 8 Parent Night 6:30-8:30 pm
- Nov 25—University Application Assembly
- Dec 2—Music Night
- Dec 7—School Council Meeting 6:30-8:00 pm
- Dec 20-31—Christmas Break
- Jan 3—Classes Resume
- Jan 24-28—Semester 1 Final Exams

## Getting Pumped About Fitness



Recently, the Fitness & Wellness Program at Sherwood received upgrades courtesy of the HWDSB, to our fitness room which included both renovations and new equipment (such as spin bikes and exercise machines). Our school's non-competitive and unique approach towards fitness, help increase both your child's interest and enjoyment, when it comes to their fitness levels and abilities. The Fitness and Wellness Program can also lead to the "Health and Wellness Specialist High Skills Major Program" that is currently offered within our school, at the senior levels grade 11 and 12.

## Can The Saints Be Any Greener?

We all know our school team color is green, but can we get greener? Absolutely! Sherwood Secondary has recently embraced the new, province-wide Ontario EcoSchools program. This program was created to help schools become more eco-conscious, while sharing environmental education, based on the Ontario curriculum. By adopting this program at Sherwood, we are joining the network of 40 school boards and 1200+ schools, that are actively working on changing the landscape of Ontario schools. With its points-based system, EcoSchools can hold an eco-conference, use more natural light in classrooms, reduce power usage by turning off computers, adopt a waste-free lunch, auditing their weekly garbage, planting trees on the school grounds and much more. By the HWDSB

embracing the Ontario EcoSchools program, it is a way to encourage our schools in their sustainable practices, and to help our Sherwood students in their ecological literacy. According to the Superintendent of Education, they are very excited to see the interest that already exists in the schools, and to know that the team of educators they trained, are sharing the eco messages in their respective schools. The training of staff, involved an overview of the program, interactive workshops and games, as well as the sharing of information and best practices from other school boards that are already using the EcoSchools Program. The EcoSchools will have 4 pillars: ecological literacy, waste minimization, energy conservation and school ground greening. To read more about the EcoSchools Program, visit the HWDSB at [www.hwdsb.on.ca](http://www.hwdsb.on.ca)

Did you know... that [askON.ca](http://askON.ca) is a real-time chat, research and information service for students in Ontario? This chat service is jointly staffed and provides resources from over 50 public, college and university libraries across Ontario. They'll answer questions on a wide range of subjects and within minutes you could have the homework help you needed! They will use their skills and experience to help you find the information that you may have trouble finding on your own. To learn more about this helpful service, to view their chat hours or the participating libraries, visit [askON.ca](http://askON.ca)



Did you also know... that Sherwood has more than one library... it sure does! All students not only have access to the school library, we have a "virtual library" as well. Please visit [www.hwdsb.on.ca](http://www.hwdsb.on.ca), click on "students" then select "virtual library" (the username is: secondary, the password is: library). This is a database with vast quantities of information, to assist in all their research or homework needs, right there at their fingertips, in the privacy of their own homes!