



NDC COURIER

September



- Please note the upcoming dates in this newsletter.
- * Sept 12th - Meet the Teacher at 7:00 p.m.
 - * Sept 21st - PICTURE DAY
 - * Oct 5 - Thanksgiving Liturgy at 10:00 a.m.
 - * Oct 26th - Photo Retake Day

MEET THE TEACHER

Just a reminder that our Meet the Staff evening is on Tuesday, Sept 12th at 7pm. It will be about a 30 minute presentation in the gym followed by an opportunity for parents to cruise around the school and say hello to teachers in their classrooms. This is a wonderful first step on the path to effective communication with our new parents.



ATTENDANCE

If your child is not going to be in school, the school office **MUST** be advised by a parent/guardian.

You can call the office 24 hours/7 days a week at **652-2231**. Outside of office hours you will hear a recorded message giving you the option to report an absence.

Please make your child aware that cell phones are to be turned off during class time instruction.



Cross Country has begun!!

The NDC Timberwolves are getting their running on!

Open to ALL STUDENTS
Practices
Tuesday, Wednesday & Thursday
3:30-4:40



CHRIST THE REDEEMER CATHOLIC SCHOOLS
ALL SCHOOLS EXCEPT – CENTRE FOR LEARNING@HOME,
ASSUMPTION, AND CLEAR WATER ACADEMY – SEE BELOW
2017-2018 SCHOOL YEAR CALENDAR

7 Civic Holiday
23, 24, & 25 New Teacher Orientation
25 Undefined Operational Day
28 - 29 Professional Development Days
30 Teacher Prep Day
31 First Day for Students

AUGUST 2017						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER 2017						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

4 Labor Day

9 Thanksgiving Holiday
10 Professional Development Day

OCTOBER 2017						
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29	30	31				

NOVEMBER 2017						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

5 Daylight Savings Time Ends
11 Remembrance Day
24 No School in-lieu of P/T Interviews on Nov 23

23-31 Christmas Holidays

DECEMBER 2017						
S	M	T	W	Th	F	S
					1	2
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31						

JANUARY 2018						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

1-7 Christmas Holidays
31 Professional Development Day

1 First Day of Second Semester
19 Family Day Holiday
20-21 Faith Days
22-23 Teacher Convention

FEBRUARY 2018						
S	M	T	W	Th	F	S
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25	26	27	28			

MARCH 2018						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

11 Daylight Saving Time Begins
23 No school in lieu of P/T interviews on Mar 22
30-31 Easter Holidays

1-8 Easter Holidays

APRIL 2018						
S	M	T	W	Th	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY 2018						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

21 Victoria Day

28 Last Day for Students
29 Undefined Operational Day

JUNE 2018						
S	M	T	W	Th	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

JULY 2018						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1 Canada Day

DAILY SCHEDULE

The school doors are unlocked at 8:00 a.m. When students enter the school they may use the gathering area, Founder's Hall, or the gym if it is available and supervised. During class-time, trips to lockers and the washroom should be minimal. Students are expected to organize themselves such that they rarely have to utilize their lockers or the washroom during instructional time. Students are expected to move promptly from one period to the next once the bell sounds.

NDC TIMETABLE 2017-2018			
Monday - Thursday		Friday	
Warning Bell	8:30	Warning Bell	8:30
Attendance & Prayer	8:33 – 8:41	Attendance & Prayer	8:33 – 8:41
Block 1	8:44– 9:59	Block 1	8:43– 9:37
Reading Flex	9:59– 10:219	Block 2	9:39 – 10:33
Block 2	10:22 – 11:37	Block 3	10:35 – 11:29
LUNCH	11:37 – 12:19	Block4	11:31 – 12:25
Warning Bell	12:15		
Block 3	12:19 – 1:34		
Self Directed Study	1:36 – 2:051		
Block 4	2:04– 3:19		

NDC TIMETABLE – ALTERNATE (when we have an assembly or special events) 2017-2018	
Monday - Thursday	
Warning Bell	8:350
Attendance & Prayer	8:33 – 8:41
Period 1	8:44– 9:52
Period 2	9:55 – 11:04
Period 3	11:07 – 12:16
LUNCH	12:16 – 12:058
Warning Bell	12:55
Period 4	12:58 – 2:07
Period 5	2:10 – 3:19

School Fees:

School Fees – please note that the Government of Alberta has passed legislation to end the practice of general school fees. Therefore, there are no school fees to be paid this year. Fees will only be charged for things such as extra-curricular activities, team fees, field trips, etc. Families with outstanding fees from last year can still make payments on those fees through the office or on-line.

Please go to <https://christtheredeemer.schoolcashionline.com>

If you are new to NDC, please create an account. If you have an account but forgot your username and/or password, click on the “forgot your username” or “forgot your password”. It will send you an e-mail to let you know your username or to reset your password.

If there are any errors or concerns on your fees, please call Janet Bennett at (403) 652-2231.

Attendance:

PROCEDURES TO FOLLOW WHEN ABSENT

When a student will be absent from school or have a pre-arranged appointment that they will be late to school for, parents are to notify the school by calling the attendance line at 652-2231 or e-mail

dhartung@redeemer.ab.ca

The attendance line is the main line and is open 24 hours a day. Parents are asked to leave a message. If students know in advance that they will be absent it is their responsibility to make arrangements with their teachers regarding coursework, assignments and exams.

PROCEDURES TO FOLLOW WHEN LATE

Students who are late for class, either in the morning or afternoon, must report to the office to obtain a late slip. Students will need parental phone call or note indicating a prearranged appointment as an excuse for lates. All unexcused lates will be tracked through the office. Three unexcused lates in a calendar month will result in administrative intervention with detention/suspension being a reasonable escalating consequence.

PERMISSION TO LEAVE SCHOOL

Any student wishing to leave the building during school hours due to illness, or a prearranged appointment must receive permission from the office and their parents and sign out. In cases where a written note from parents is not provided, parents will be contacted before the student is allowed to leave the school. In rare cases that parents cannot be contacted, the situation will be referred to School Administration

PowerSchool:

All students' grades, assignments, and attendance can be accessed through PowerSchool. Parents need a special code to first sign up for this. After an account is created, you no longer need the access code. The link to PowerSchool is <https://powerschool.redeemer.ab.ca/public>

We will be sending these codes and instructions home with your child shortly.

If you have an account but forgot your username and/or password, click on the “forgot username or password”. It will send you an e-mail to let you know your username or to reset your password.

Your child has been given their own access code which does not need an account to be created. They can access their PowerSchool at any time on any computer or phone.

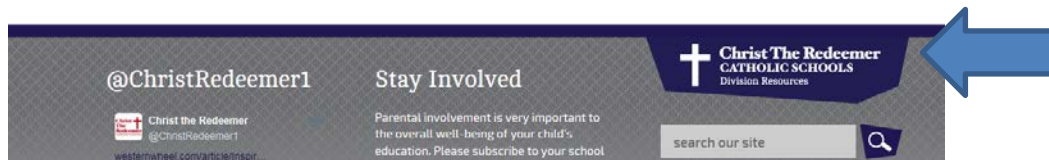
Website:

We are trying to constantly keep our website up to date and current. We are still working on the site to make it a little more user friendly. Some “tabs” are still under construction, but hopefully will be rectified soon.

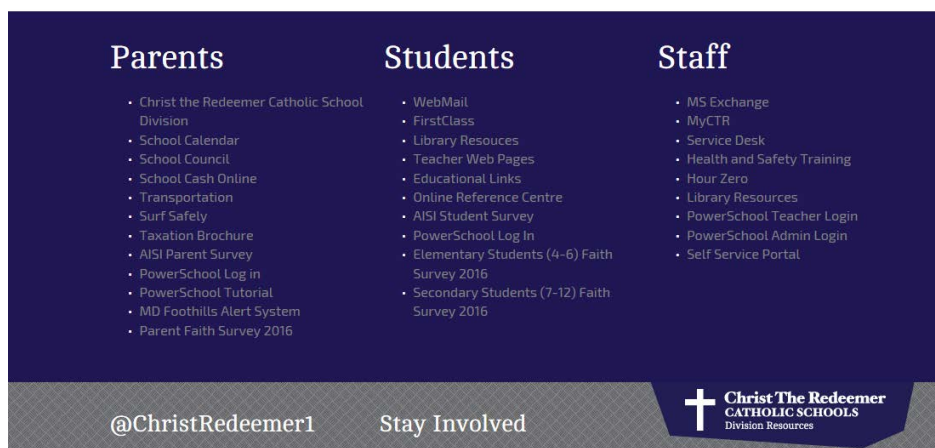
There are a lot of links within our website that have lots of information. Go to <http://www.notredamecollegiate.ca> and just start looking around. Click on the upper tabs and see what is there. Get familiar with our website.

When you hover over something and your cursor turns to a hand, it is a link. Click on it and it will take you to other things. For example: under the school picture there is a calendar with the number 31 on it. Hover over it and your cursor will turn into a hand and you can click on it. Also, there are daily announcements that your child sees every morning. It is all the news and meetings for students. Click on “daily announcements” and it will take you to a page where you can click on the daily announcement link and see what your child sees every day. You can also click on the different side links (School News, Athletics, Fine Arts, School Council, and Parish). If there is any news, it will be there.

There is also a tab that is hidden that is a little difficult to find. It has all the parent resources in it...the school calendar, PowerSchool links, school cash on-line, transportation info, etc. (see pictures below to the hidden tab).



Click on the Christ The Redeemer Catholic Schools Division Resources on our website.



Also, under the “Stay Involved” is where you can sign up for our newsletter. We encourage parents to subscribe. You can unsubscribe at any time.

Brain Food – The Correlation between Healthy Eating and Learning

If you happened to see any of the Jamie Oliver *Food Revolution* program on TV this year, you are probably familiar with the great correlation that exists between what children eat and their health. The simple input-output idea makes sense with regards to basic health. What you put into your body as fuel will determine how well your body performs for you. With regards to education, the same equation is true; what you eat has a huge impact on how much or how little you learn.

With the health and learning of our students a top priority, our School Council and staff have worked very hard over the past several years to help institute Healthy Schools practices at Notre Dame Collegiate. We are making great gains and see this as being a pivotal year in this campaign to have students take their eating habits seriously.

The following excerpt is taken from *Brain-based Learning* by Eric Jensen, a very respected expert on how the brain learns.

How much does what we eat (or don't eat) affect our brains and thinking? Plenty, say researchers. Vitamins and other nutrients are essential to brain development, neural maintenance, and brain metabolism. Glucose, a blood sugar, is the sole source of fuel for our brain cells, yet many learners skip breakfast – our first opportunity to refuel after overnight glucose depletion. And in spite of the fact that alertness, memory, visuospatial ability, attention, and planning/organizational skills are directly impacted by critical vitamins, many learners are deficient in these nutrients (LaRue, Koehler, Wayne & Chiulli, 1997; Ramakrishna, 1999).

Your brain uses tyrosine to make the neurotransmitters dopamine and norepinephrine. These two electrically charged chemical messengers are critical to alertness, quick thinking, and fast reactions, and they help you perform calculations, maintain attention span, and increase conscious awareness. Tyrosine is found in protein-rich foods such as milk products, meats, fish, eggs and tofu.

Good nutrition promotes healthy functioning of neurons – the essential building blocks of mental performance. The brain's most critical need is for oxygen and glucose, and the only way to provide this fuel is to consume foods rich in the necessary nutrients. Its second most important need is water – pure water – every day for optimal learning. The brain is composed of 80 percent water and is highly sensitive to variances in pH levels. The transmission of neurons is dependent on the polarity of each cell, which is influenced by calcium, potassium, and water. Typically, thirsty learners drink coffee, tea, or soft drinks, but these drinks are diuretics, and the body processes them as foods rather than water. The sugars bind to the water, and the beneficial effect of the liquid is therefore lost.

So, with all of this research telling us the critical importance of proper food and drink to learning, Notre Dame Collegiate is making efforts to ensure that students are provided with the opportunity to consume the right things.



NOTRE DAME TIMBERWOLVES

Coaching Staff 2017-2018

“Building Tradition through Character Development”

FALL SPORTS

Golf Team	Mr. Roman
7/8 Flag Football	Mr. Farstad / Mr. Fox
X-Country Running	Mr. Asselstine, Mrs. Coucill/Peppler
7 Volleyball Boys	Mr. Whalley
7 Volleyball Girls	
8 (Jr B) Volleyball Boys	Mr. Sekura
8 (Jr B) Volleyball Girls	Mrs. Twohey
Jr. Varsity Volleyball Girls	Mr. Roman
Jr. Varsity Volleyball Boys	Mr. Baldwin / Mrs. Sicotte
Soccer Girls	Ms. Laroque & Mrs. Matti

WINTER SPORTS

7 Basketball Boys	Mr. Swan
7 Basketball Girls	Hayley Chisholm & Mrs. Twohey
8 (Jr B) Basketball Boys	Mr. Whalley
8 (Jr B) Basketball Girls	Ms. C. Chisholm
Jr. Varsity Basketball Boys	Mr. McCallum
Jr. Varsity Basketball Girls	Mr. Brunette
Sr. Varsity Basketball Boys	Mr. Roman
Archery Club	Mr. Dunphy
Girls Run Club	Mrs. Fox
Wrestling	Mrs. Carlucci (Assistant Coach)
Curling	

SPRING SPORTS

Girls Run Club	Mrs. Fox
Archery Club	Mr. Dunphy
Soccer Boys	Mr. Whalley
Badminton	Mr. Phu
	Ms. Cote
	Mr. Farstad
Ultimate Frisbee	Mr. Reid
Track & Field	Fox/Chisholm/Brunette/Lonsberry

Kids Plus™ Accident Insurance

For your convenience, we have made arrangements for families to voluntarily purchase student accident insurance through the Kids Plus™ Accident Insurance program, underwritten by Industrial Alliance Insurance and Financial Services Inc.

Kids Plus™ Accident Insurance offers protection against the unexpected costs of injury from accidents, and is especially valuable for families who:

- do not have medical or dental plans,
- have limited plans, as it may help supplement health and dental benefits, or
- have active children who enjoy sports and outdoor activities.

Kids Plus™ Accident Insurance has a selection of plans to suit most budgets. Benefits include coverage for:

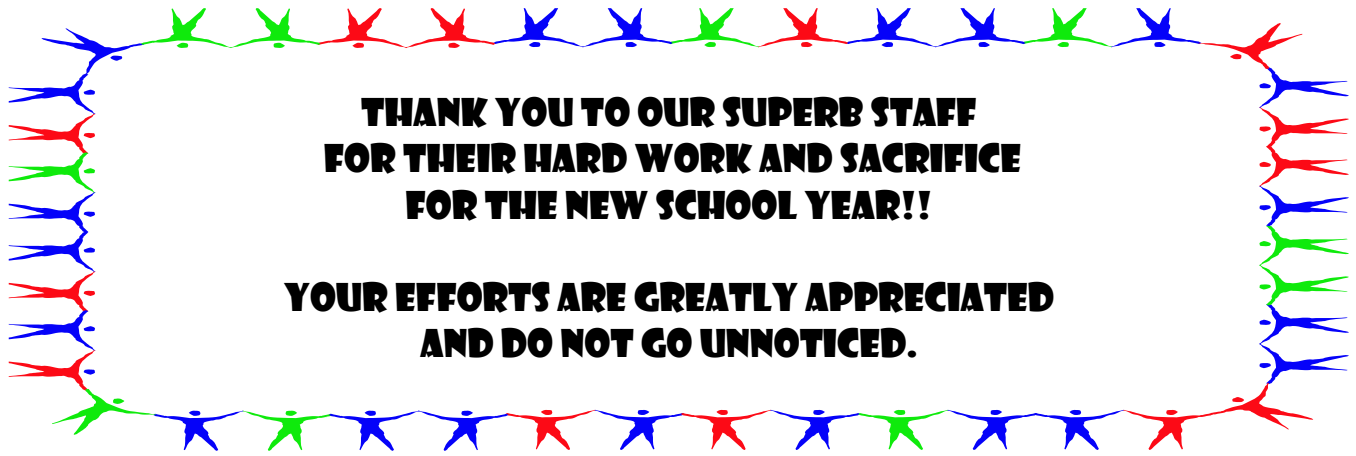
- The full school year (September to September), 24 hours a day, whether at school or at home;
- Expenses that are often limited or not covered by private or group insurance plans, or Provincial Health Insurance Plans - such as ambulance, physiotherapy, private tutoring, counselling, and much more;
- Injury-related dental treatment (including future dental treatment up to age 26);
- Out-of-province or country emergency medical expenses.

If your address changes during the school year, your Kids Plus™ Accident Insurance plan is transferable from school to school, anywhere in Canada.

Insurance premiums are \$13.50 and \$31.95 per year, depending on the plan selected, and your child is covered all the time, not just while at school. A discounted premium is available for families with 3 or more children.

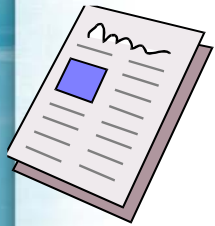
For more information or to apply online, please visit www.kidsplus.ca, or speak with a Kids Plus™ Client Service Administrator at **1-800-556-7411**.





**THANK YOU TO OUR SUPERB STAFF
FOR THEIR HARD WORK AND SACRIFICE
FOR THE NEW SCHOOL YEAR!!**

**YOUR EFFORTS ARE GREATLY APPRECIATED
AND DO NOT GO UNNOTICED.**



OUR NEWSLETTER IS ON THE WEBSITE

You can access the monthly newsletter on our website at

<http://www.notredamecollegiate.ca>

We also send out our monthly reminder that our newsletter is on the website. If you are not receiving it by e-mail and would like to, please contact Deanna at the front office at 652-2231.

The Terry Fox Run/Walk will take place on Sunday, September 17 at George Lane Park (Group Site B). Registration begins at 9:00 am and the official event will start at 10 am. However, participants are welcome to come and walk/run the route until 1 pm. This event is free but the purpose is to raise funds for the Terry Fox Foundation so pledges can be collected or donations made. All monies will be collected the day of the run. This year is the 35th Anniversary so we really want to celebrate the great things Terry did and the lessons we have learned from him. If anyone needs more information, I can be contacted at 403.652.8026 or mccredieb@fsd38.ab.ca.