



Colonel By Secondary School

A message from the principal....



28 Feb 2020

Dear Parents and Guardians,

It has been a challenging month for students, parents and staff as we have dealt with escalating labour action and weather disruptions. Despite these challenges, we have enjoyed some exciting and inspiring events over the past few weeks, including two amazing Black History Month assemblies, Pink Shirt Day and a Student Well-Being

Information Evening hosted by your School Council. Here's a bit more information and news for you...

Heathers The Musical: High School Edition (Mar 4-6, 2020 at 7:00pm) - This year's show features more than 100 cast members, crew and musicians! Doors open at 6:30pm and there is no reserved seating. Tickets are \$10 and can be purchased in the Main Office or at the door. There is limited seating so it is recommended to get your tickets in advance. *Please note that this show is rated PG-13 for instances of coarse language, adult themes and violence.*

[Heathers poster.jpg](#)

Neighbourhood Safety - Please note that the Beacon Learning Centre, south of Colonel By, is a private childcare facility. In the interest of their children's safety, we ask that parents do not use their driveway as a drop-off or pick-up zone. We would also like to remind you that the driveway is reserved for buses and permit holders in the morning and after school. CB students may be dropped off and picked up on Ogilvie Road, north of the school. Please exercise caution when passing through our neighbourhood and when passing through crosswalks. Thank you for your cooperation!

Wanted: Plastic Yogurt Containers - Our Eco-Club is collecting plastic yogurt containers for germinating and cultivating plants. These plants will eventually grow in the CB vegetable garden or be sold as fund-raisers in the spring. You can donate your clean 750-900mL containers in the main office.

School Graduation Celebrations - Parents are reminded that Colonel By Secondary School is honoured to host two separate celebrations for our graduates. The Graduation Breakfast will take place in late May or early June. Details will be shared with potential graduates in the spring. Commencement takes place on June 24, 2020 at 10:00am for the graduating class of 2020 and their parents. The ceremony will take place at the Adult High School Auditorium, 300 Rochester Street.

Prom is the dinner dance and "after party" organized by a student committee which determines the location and cost. This is NOT a school-sanctioned event, and school staff will NOT be present during the evening. An external event company has assisted student organizers. Details of the event are being shared here to ensure that all graduates and their families have accurate information. We encourage families to have conversations regarding the safe enjoyment of prom events and for parents to know their graduates' plan for the evening.

Speaker Series: Technology Misuse and Mental Health (Mar 12, 7:00-9:00pm, Henry Larsen Elementary School) - It's not easy being a parent or guardian in modern society. Despite our best efforts, many children, youth, and adults struggle with mental health issues. Modern society tends to disconnect us from what we need for mental health and resiliency. One possible factor may be excessive screen time, which is not surprising as modern video games, social media and entertainment media have been purposely designed to be addictive. As a result, our hunter-gatherer brains are tricked into spending excessive amounts of time in front of a screen, which means less sleep, nature, physical activity, healthy nutrition and face-to-face human connection. The good news is that it is not too late. There are many things we can do as families, communities and a society in order to reduce our screen addiction, and reconnect to sleep, nature and one another. Join Dr. Michael Cheng, a child and family psychiatrist at CHEO for this informative presentation. Please note: CBC's The Nature of Things will be filming the event as part of an upcoming documentary.

CELEBRATING STUDENT SUCCESS

OFSAA Gold for Nordic Ski - Congratulations to Colonel By's Junior Girls Nordic Ski Team for winning Gold at the provincial championship in Huntsville earlier this month! In fact, 23 athletes from Colonel By qualified for, and competed at OFSAA this month--a record number for the school. Congratulations to all members of the team!

Pink Shirt Day 2020 - This annual event, which takes place across Canada, reminds us that bullying does not belong in our schools or communities. It is a day to celebrate what makes us different from one another. In the days leading up to Pink Shirt Day, [CougarVision](#) aired several PSAs that highlighted the theme of the day. Everyone arriving at the school on Feb 26 was greeted by the Student Council, with pink Cougar Paw tattoos and invited students and staff to the cafeteria for an all-you-can-eat waffle breakfast. Anyone wearing pink was treated to an ice cream sundae at lunch and lunchtime karaoke competition featured songs of kindness and inclusion!

Debaters at OSDU - Congratulations to all members of the CB Debate Team for an excellent showing at the Ontario Student Debating Union provincial competition last weekend. Results are below:

Bilingual Category of Speaker Ranks: Ina Zeng (gr 11) - 9th; Joyce Liu (gr 11) - 8th; Catherine Ma (gr 11) - 4th; and Joy Liu (gr 11) - 2nd.

Team Score: Joy Liu and Catherine Ma - 4th (qualified for Nationals).

English Category of Speaker Ranks: Carol Guo (gr 12) - 6th; Collin Wang (gr 12) - 3rd.

Team Score: Carol Guo and Collin Wang - 3rd (qualified for Nationals).

Many thanks to teacher-supervisors Ms. Bigham, Mr. Kritchever, Mr. Wasyluk and Mme. Kitchen for their support throughout the season!

Colonel By Wins Again! - Congratulations to Geneviève Fleuriau Chateau (grade 12) for winning this year's Royal Ottawa Hospital Youth Video Contest. The contest strives to inspire the world through acceptance, support and inclusion of those affected by mental illness. Geneviève takes home a \$1000 prize and will be honoured at a black tie gala next week. This is the fifth consecutive year that Colonel By has taken home the prize. The winning video will be released at the gala and we'll be sure to share it here as well!

CB Student Earns Vimy Pilgrimage Award - Charlotte Schwartz (grade 10) is one of 20 Canadian youth selected by the Vimy Foundation to visit Belgium and France in April 2020. The Vimy Pilgrimage Award recognizes Charlotte's demonstration of outstanding commitment to volunteer work in the community. The Award includes a fully-funded educational excursion to Belgium and France to study Canada's contributions to the First World War effort. She will attend the Vimy Day commemoration ceremony at the Canadian National Vimy Memorial in France followed by visits to museums, cemeteries and historic battlefields. To learn more about the Award and the Vimy Foundation, visit their website by clicking [here](#).

NEWS FROM SCHOOL COUNCIL

Student Well-Being: On February 6th, your School Council hosted its second annual Student Well-Being Information Evening featuring a team of experts from the Children's Hospital of Eastern Ontario. Their presentations focused on the ways in which sleep, activity and diet can impact a student's academic achievement and emotional well-being. Their slide presentations can be access on the [School Council webpage](#). Your Council hopes to make this an annual event and will share information with the CB community in the winter of 2020.

Next School Council Meeting: March 24 at 7:00pm in the Learning Commons.

COMMUNITY NEWS AND EVENTS

23rd Annual Children and Youth Powwow (Mar 21 and Mar 22, Monpetit Gym at University of Ottawa) - The Children and Youth Powwow Committee supports, empowers and honours the diverse identities that make our circle whole. This exciting event, run in partnership with uOttawa, is open to the public. Please see the attached poster or visit the event's [facebook page](#) for more information.

[Children and Youth Powwow.pdf](#)



Just a reminder that you can always catch up on daily news and information by visiting our [CougarVision page](#).

Many thanks to all of our parents and guardians for your support!

See you soon,

Steve Spidell, Principal

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Follow the Principal on Twitter @ColByPrincipal