



Colonel By Secondary School

A Message from the Principal...

30 Jan 2020

Dear Parents and Guardians,

You're invited!

Selecting for Success - Feb 4, 2020 at 7:00pm

Parents, guardians and students are invited to a course selection information session presented by the Student Services Department. There will be two separate sessions: Ontario Program in the Learning Commons and IB Programme in the Cafetorium. The Selecting For Success session will guide you through the course selection process in order for you to support your students with these important pathway decisions.

Students are receiving course selection information in presentations this week and next. Related resources are available at www.colonelby.com

Term 2 Report Cards - Feb 5, 2020

As part of its current labour action, the Ontario Secondary Schools Teachers' Federation has established sanctions relating to secondary report cards. Students in grade 9-12 will receive report cards as scheduled. The report cards will include marks and learning skills but no comments.

Colonel By Secondary School Council presents:

A Student Well-Being Information Evening With CHEO Experts

Thursday February 6, 2020 7:00-9:00pm

Colonel By SS Learning Commons

Join us for a carousel presentation with three local experts in youth health and well-being. Each session will include an opportunity to interact and ask questions. This event is open to parents, guardians and students.

Session A: Sitting is not the new smoking, but moving is important

Presenter: Allana LeBlanc, Exercise Physiologist

Allana started her academic journey in Nova Scotia and finished right here in Ottawa, completing her PhD in Population Health with the University of Ottawa. Allana has spoken to audiences of all shapes and sizes around the world on the importance of healthy active living. Allana is currently working as an epidemiologist with the Public Health Agency of Canada and an Affiliate Investigator with the Healthy Active Living and Obesity Group at the CHEO Research Institute.

Session B: Making lifestyle changes requires some motivation and a whole lot of good habits

Presenter: Dr. Michelle Guerrero, Post-Doctoral Fellow, CHEO Research Institute

Michelle Guerrero is a postdoctoral fellow at the Children's Hospital of Eastern Ontario, working within the Healthy Active Living and Obesity Research Group. She completed her undergraduate degree at Laurentian University. She then moved to Windsor to complete her Masters in Human Kinetics and PhD in Kinesiology. Most of her education and training has focused on the psychology of physical activity and exercise. Michelle is also a certified Health and Wellness coach and helps people adopt healthy lifestyles and behaviors.

Session C: Setting up for Success: Using food as the foundation for building a healthy family and healthy home

Presenter: Stephanie Carson, CHEO Research Coordinator

Stephanie Carson developed a true interest in preventative health after learning about the science of human health and the role lifestyle plays on health outcomes while completing her Bachelor of Health Science at the University of Ottawa. She began to look at physical activity, nutrition and healthy living as an investment, a proactive solution that can help reduce the burden of chronic lifestyle-related diseases and ultimately help improve quality of life. She moved on to pursue a Master of Science in Human Health and Nutritional

Science at the University of Guelph, and she continues to be a passionate health and wellness advocate who aims to inspire others in the community to live a healthy life.

Snacks and refreshments will be available. Donations to support School Council initiatives would be appreciated.

[PLEASE RSVP USING THIS LINK.](#)

Parent-Teacher Interviews - Feb 13, 2020 from 4:00-8:00pm

Parents, guardians and students are invited to join us for parent-teacher interviews. Appointment request forms will be included with the grade 9 and 10 report card packages. Grade 11 and 12 students may collect an appointment form from the Main Office. Alternatively, you may download and print an appointment request form which will be sent by School Messenger next week.

Unfortunately, given the size of our student population, we are rarely able to accommodate all requests for interviews. Nevertheless, our teachers are happy to schedule an alternative opportunity to chat on the phone or meet in person at a time that is mutually convenient. Teachers' email addresses can be found on the Faculty page of our website.

We look forward to welcoming you to any or all of these events!

Sincerely,

Steve Spidell, Principal



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

www.colonelby.com | 613-745-9411
Follow the Principal on Twitter @ColByPrincipal