



Colonel By Secondary School

A Message from the Principal...

24 Oct 2019

Dear Parents and Guardians,

It has been a few busy weeks at Colonel By and we find ourselves quickly approaching the end of the first term. By now, students are well settled in to their classes and teachers have provided feedback on a variety of tasks completed as part of the course. Students are encouraged to monitor their own progress in class by recording achievement levels, engaging in conversation with their teachers and following course content through the various electronic and print resources provided by teachers.

Basketball Coach Needed - This year, we find ourselves in need of a coach for the Junior Boys' Basketball team and we are appealing to the parent community to see if there are any volunteers available. The season typically runs from December to the end of February and consists of eight league games, which usually start at 4:00pm. Practice times at the school are available in the mornings or after school. Basketball experience is needed and a police records check will be arranged. If interested, please contact Athletic Director Pat Lacasse (pat.lacasse@ocdsb.ca).

Post-Secondary Program Applications - Yesterday, students in grade 12 received information about the application process for colleges and universities. The application deadline for Ontario universities is Jan 15, 2020 and for Ontario colleges is Feb 1, 2020. Parents and students are encouraged to join the Student Services staff for an information presentation about the university application process on Oct 29 at 5:00pm. Following the presentation, Colonel By is proud to host the University Information Program fair in our gymnasium. Representatives from all 21 of Ontario's universities will be present to share information about their programs and services. Doors open at 6:00pm. Many scholarship applications are open now and students should be researching opportunities to get thousands of dollars in financial support for their studies. Click [here](#) for more information or speak with a guidance counsellor.

Cyber-Security - October is Cyber-Security month. To help promote awareness of online risks, central staff have sent an email directly to all students with tips and hints on how to protect themselves from phishing scams. A copy of the message is provided for you here: [Phishing - what to do.pdf](#)

International Education Information Fair (Nov 12, 2019) - Students are invited to the Ottawa-Carleton Education Network's fifth annual fair at Confederation Education Centre (1645 Woodroffe Ave) from 8:00am to 2:00pm. Learn about the OCDSB's International Certificate Program, international language acquisition, study abroad opportunities, and attend workshops to enhance global awareness. Registration is free. Sign up at www.ocenet.ca Students who choose to attend should have their parents inform the CB attendance line by emailing cbattendance@ocdsb.ca Students who need assistance with transportation to the Fair should speak with their guidance counsellor.

Prime Minister's Awards - Do you know a terrific teacher? Consider nominating them for a 2020 Prime Minister's Award! This program honours innovative and outstanding elementary and secondary school teachers and early childhood educators who are helping prepare Canadian youth for the challenges of tomorrow. 2020 nomination packages are now available at www.pma.gc.ca Nomination deadline is Jan 14, 2020.

School Council - The next School Council meeting will take place on Tuesday November 19 at 7:00pm in the Learning Commons. Parents, guardians, students, and community members are encouraged to work with the Council which serves as an important advisory body to the Principal. For more information, visit the [School Council web page](#).

Healthy Living Tip from Ottawa Public Health

Active Transportation (AT) - Did you know that children need at least 60 minutes of physical activity each day? Finding ways to fit this into daily routines is hard for busy families. AT is any human-powered form of transportation such as walking or wheeling. Making the choice to send your child to school on foot or by bike is a great way to be active. There are lots of benefits in the classroom for children who walk or cycle to school on a regular basis. Some of these benefits include:

improved concentration and better coping with stress;

being outside helps prevent feelings of isolation and increases their social interactions;

walking and biking to school can also save you money and lead to fewer cars on the road;

allows children to get the recommended 60 minutes of physical activity each day.

The new LRT trains and stations are bicycle-friendly and OC Transpo buses allow passengers to bring their bikes during the warmer months of the year.

Have a great week, Cougars!

Sincerely,

Steve Spidell, Principal

www.colonelby.com | 613-745-9411
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