News from the Knights

Virtue of the Month: Fortitude

Father, I pray for courage as I begin this day, for I understand there is work to be done, burdens to be carried, and joys to be celebrated.

And when this day is done, O Lord, may I have the courage to see Thy guiding hand in the friendships that have been made, in the hurts that have been healed, and in the strength that has been given.

Amen

Athletic Upcoming Events

Gold Cup action unfolds for the boys basketball teams at both the Junior and Senior levels beginning on Friday, January 13th. Games are scheduled at both O'Gorman High School and Timmins High and Vocational School.

All parents are welcome to attend.

GO KNIGHTS!!!!

LINK Help Available for Exam Prep

Tuesday January 17th is the 5th Annual Hot Chocolate and Cram Night. It will start at 6:30 and end around 8:00pm. HC&CN is an evening of fun and studying/exam prep for the grade 9 students. Mr. Basso and the Link Leaders will be on hand to help reduce anxiety and to work with grade 9 students as they prepare for the big days. We will have hot chocolate and study rooms for those who attend.

All grade nine students are welcome.

Exam Study Tips

- 1. Study ahead of time so you feel properly prepared.
- 2. Find a quiet space free of distractions when studying so you can focus.
- 3. Create a study schedule and follow it diligently.
- 4. Split up blocs of time spent studying with short breaks to refresh yourself.
- 5. Organize your notes based on classroom reviews offered by subject teachers.
- 6. Get a good night's sleep.

 Pon't stay up all night
 studying just before the exam.

Grad Fundraising Draw

Once again our graduates are selling tickets. Our grand prize:

2 Ntll tickets—Senators VS tlabs
Plus \$1 500 spending money
2 tligh performance sport
watches

Praw Pate: Wednesday, Feb. 15, 2012

Tickets may be purchased from a graduate or from the guidance office.

Special thanks to our sponsors: Enterprise Rent-a-car and Shoppers Home Health Care.

Only 2 800 tickets available.

Mark Your Calendar! Jan. 24th EQAO Mathematics Assessment Jan. 26th,27th,30th, and 31st Final Examinations for semester 1 courses