



May 2014

Five Keys
To Success
Here At
O'Gorman High

Be Here.
Be on time.
Be Involved.
Be Prepared.
Be Respectful.

News from the **KNIGHTS**



Mid-terms Reports

For the parents who were unable to attend the parent/teacher conferences on April 24th, and would like to meet with the teachers, please contact the school to arrange a time for this meeting to take place. Mid-term reports for second semester were sent home on April 25th. If you have not received it, please contact the school and for a new copy.

Uniform Fittings

Uniform fittings for the 2014-15 school year will take place on May 28th and 29th in the school cafeteria. All students who will be attending O'Gorman High and need new uniform pieces are invited to attend these fittings from 6:00 pm to 8:00 pm each night.

New SHSM "Health and Wellness"

The Ministry of Education has approved a third Specialist High Skill Major in Health and Wellness. For more information regarding this SHSM and the other two SHSM, please contact the school.

Scholarship in memory of former Superintendent of Education – Mr. Ron St. Louis

In memory of Mr. St. Louis and all of his work with to support students, the O'Gorman Family is please to announce the Mr. Ron St. Louis Award. This award will be present to a deserving graduate of the ACCESS center.

Children's Mental Health Week

May 4th to May 10th Workshop for parents: **Strengths-Based Parenting Strategies to Enhance Psychological Well-Being in Children and Adolescents.**

Dr. Rawana will describe the role of strengths in the psychological development of children and adolescents. Particular emphasis will be given on the development of a positive identity in youth and components to healthy developmental growth. In addition, Dr. Rawana will highlight a strengths approach to parenting and strategies that are effective in enhancing positive development in children and adolescents and increasing parent-child engagement.

June Exam Schedule Reminder

Below is the June exam and class schedule for the week of June 17th to the 20th;

June 17th – Period 1 exam in the morning.

Period 2, 3 & 4 classes in the afternoon.

June 18th – Period 2 exam in the morning.

Period 3 & 4 classes in the afternoon.

June 19th – Period 3 exam in the morning.

Period 4 class in the afternoon.

June 20th – Period 4 exam in the morning.

Promotion meetings and emergency exams –

June 23 & 24.

Mark Your Calendar!

May 11 – Mothers Day
May 19 – Victoria Day – No school
May 21 – Career Fair
May 26 – CLC – Shortened day
May 28 – 29 – Uniform Fittings





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Virtue of the Month - Humility

Humility Prayer

God, I am far too often influenced by what others think of me. I am always pretending to be either richer or smarter or nicer than I really am. Please prevent me from trying to attract attention. Don't let me gloat over praise on one hand or be discouraged by criticism on the other. Nor let me waste time weaving imaginary situations in which the most heroic, charming, witty person present is myself. Show me how to be humble of heart, like you.

Litany of Humility

O Jesus! meek and humble of heart, hear me.

From the desire of being esteemed, *deliver me, O Jesus.*

From the desire of being loved,
From the desire of being extolled,
From the desire of being honored,
From the desire of being praised,
From the desire of being preferred to others,
From the desire of being consulted,
From the desire of being approved,

From the fear of being humiliated, *deliver me, O Jesus.*

From the fear of being despised,
From the fear of suffering rebukes,
From the fear of being calumniated,
From the fear of being forgotten,
From the fear of being ridiculed,
From the fear of being wronged,
From the fear of being suspected,

That others may be loved more than I, *O Jesus, grant me the grace to desire it.*

That others may be esteemed more than I,
That, in the opinion of the world, others may,
increase and I may decrease,

That others may be chosen and I set aside,
That others may be praised and I unnoticed,
That others may be preferred to me in everything,

That others may become holier than I, provided that I may become as holy as I should, *O Jesus, grant me the grace to desire it.*

Catholic Education Week

Catholic schools are Catholic communities. Catholic schools are faith communities. We – parents, students, teachers, administrative and support staff – walk and grow together in the faith which we received at our Baptism. And it is the 'together' that we grow. Our growth is primarily a relationship with God, who at our Baptism, called us by name. But the response of each of us to that growth is both personal and communal. We grow in our faith in the nurturing atmosphere of our Catholic community be that of our local parish, our home, or our Catholic school community. Our school community will celebrate Catholic Education Week 2014 in ways that are appropriate to our students' age. We invite you to participate in one or other of these activities as your personal time and work schedule may permit.

There are five sub-themes for each day of Catholic Education Week:

Monday – Serve with faithfulness

Tuesday – Serve with humility

Wednesday – Serve with compassion

Thursday – Serve with justice

Friday – Serve with joy

There are a number of activities which will highlight how our school is 'Serving in the Love of Christ'. We hope to see many of you during our school activities.

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