



February 2015

Five Keys
To Success
Here At
O'Gorman High

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

News from the **KNIGHTS**



Shrove Tuesday

Students and staff will be celebrating Shrove Tuesday with pancakes. Shrove Tuesday is the last day of feasting before Lent begins on Ash Wednesday.

Pink Day

On **February 25, 2015** we encourage everyone to wear something pink to show that we are all working together to prevent bullying in our schools, in our communities and online.

Family Day

This year, Family Day will be on February 16th. There will be no school on this day.

There's nothing as important as the security and happiness of your family.

Family Prayer

Dear God,
It's sometimes thankless, always exhausting. Being part of a family has responsibilities. Every now and again, when we pause in prayer, we remember: In caring for each other we follow in Your way. It is a divine calling. We're holding the circle of life together. Bless us as we deal with the routines of life. Honor our efforts with perfect peace and abundant joy. Keep us well. Grant us healthy prosperity. Hold us tight in Your everlasting care.
Amen.

Healing Through Hip Hop

Twenty students from O'Gorman High will be invited to participate in this workshop on Tuesday, February 17th from 12:30 to 3:00, at the Timmins Native Friendship Centre.

Shibastik will deliver a message of empowerment, self respect and self worth. This workshop will inspire pride in Native people of all ages. .

If your child is interested in attending, please have them sign up at the office.

Aboriginal Session First Nation, Métis and Inuit Student Learning and Leadership Conference - February 24-27, 2015

Three O'Gorman High School students will be heading down to the Tim Horton Memorial Camp in Parry Sound to take part in this leadership conference. This conference will provide enhancement opportunities for students in the following key areas:

- Developing Leadership
- Nurturing critical thinking and literacy skill and
- Meeting youth developmental needs required for successful transitions/well-being.

The program will also combine traditional camp activities in a culturally enriched program.

Mark Your Calendar!

Feb. 13 – Report cards go home.
Feb. 16 – Family Day
Feb. 17 – Shrove Tuesday
Feb. 17 – Grade 8 Parent Information Night
Feb. 18 – Ash Wednesday
Feb. 19 – Parent session – Course Selections – 7:00 to 8:00





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Monthly Virtue: Temperance

What is Temperance?

Temperance is one of the four cardinal virtues. The Catholic Encyclopedia notes, "temperance is concerned with what is difficult for a person, not in so far as the person is a rational being precisely, but rather in so far as she/he is an animal." It is the control of the desire for pleasure. In this sense, it corresponds to fortitude, which restrains our fears, physical as well as spiritual. St. Thomas Aquinas ranked temperance as the fourth of the cardinal virtues, because it serves prudence, justice and fortitude. The moderation of our desires is essential to acting rightly (prudence), giving each one their (justice), and standing strong in the face of adversity (fortitude). Temperance is the virtue which attempts to overcome the human condition that "The spirit is willing, but the flesh is weak" (Mark 14:38).

ThinkFast 2015: Take 25 Hours and Change the World

A Thinkfast brochure will be inserted into your child's report card for you and your child to consider. Thinkfast 2015 will take place on February 28th to March 1st. All forms are due back at the school on February 23rd. Funds raised from the Thinkfast retreat will go Development and Peace.

For forty days and nights, Jesus fasted in the Judean desert as a test of his faith.

Semester 2 Reminders

- Students are expected to wear the school uniform during the full school day and are expected to abide by the established uniform regulations. Please refer to p. 5 to 7 of the Code of Conduct.
- Please make sure to contact the school each day that your child will absent, stating the name and the reason for the absence. A message with the student name, parent/guardian and the reason for the absence can be left on the answering machine.
- Students are to use the travel time between Period 1 & 2 and Period 3 & 4 to go to their locker and the washrooms. During these times, students are not permitted outside.

News from Guidance

Course Selections Assembly – all students will take part in grade assemblies on February 19th to discuss and review course selections for next year.

Period 1 – Grade 11 students

Period 2 – Grade 12 students

Period 3 – Grade 10 students

Period 4 – Grade 9 students

The last day to enter courses through Career Cruising for next year is March 1st.

Check Us Out on Twitter

Catholic Parent Council - @ohs_council

Guidance - @OHS_Guidance

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