



# ST. MARY'S ACADEMY

## Newsletter for Parents and Students

February 2020

### President's Message

Mrs. Connie Yunyk (Scerbo '77) — cyunyk@smamb.ca



Jesus said: *"I have come to cast fire upon the earth; and wish that it were already kindled!"*  
Luke 12:49-51

In this February newsletter entry, GRATITUDE is my focus. In Luke's passage Jesus proclaims that fire

ignited by love can be transformative. Throughout our 150th birthday year of celebrations, we gave thanks to our legacy as a faith-based school in the tradition of the

Sisters of the Holy Names of Jesus and Mary (SNJM). Special memories were created from the May 1st launch to the December 8th Mass of the Immaculate Conception. We felt much love and support from our greater SMA community for their presence, prayers and well wishes throughout this celebration year – we have estimated that over 1500 people attended our events! Thank you!

We are grateful to the founders - The Grey Nuns and the Sisters of the Holy Names of Jesus and Mary for embracing with hope and love the mission of education in 1869 in the Red River Settlement which later became the City of Winnipeg in 1873. From very humble beginnings, St. Mary's Academy has and continues to nurture young women in spirit, mind and body and to challenge each student to reach her

full potential as an individual created in God's image. We are grateful to all parents and guardians who have entrusted their daughters' education and formation to St. Mary's Academy, which to date totals over 64,000 alumnae who have and continue to **hold high the torch** in their professional and personal lives and for the greater good of their communities. SMA is grateful to all lay faculty and staff, who over the years, have embraced the mission and charism personally and have infused the student experience with care and compassion.

Finally, SMA is grateful to the many men and women who have sat around the boardroom tables as stewards of our school, whether it be the School or Foundation Boards, Parents' Guild or SMA Alumnae Association – your commitment to honoring and sustaining our legacy is deeply appreciated! St. Luke's gospel passage ignited a fire in our Foundress in the early 1800s and we have inherited this everlasting flame to continue the legacy today. *Blessed Marie-Rose, continue to pray for us!*

### Senior School Principal's Message

Mrs. Michelle Klus — mklus@smamb.ca



Hard to believe that we are already into the second part of the school year. In a blink of an eye the sun will be shining and the students will be attempting to juggle frolicking outdoors and being prepared for the end of the school year. I wish the students all the best as they continue to learn and grow throughout the remainder of the year.

The clubs at SMA are in full swing. Special Events are busy preparing for Spirit Week which takes place the week before Spring Break. The Human Rights Team is preparing for their educational/fundraising dinner on March 17, which is focused on raising awareness of social justice issues. Campus ministry is engaging with students on a variety of important issues and activities. Athletics is getting ready for the Athletic Banquet on April 29, while day-to-day they organize and support our sports teams and intramurals. Mission Club is working hard and raising awareness as well as funds for a variety of SNJM supported groups. The Spark Newspaper is ready to roll out their latest edition. Peer Support just wrapped up a very successful Grade 10 Mental Health Day. The Yearbook group are busy collecting and editing digital memories from events throughout the entire year. The Green Team are hard at work on their latest campaigns and recently raised funds to aid in support of wildfires in Australia. Each group should be applauded for their tireless work in raising awareness and funds for important issues and groups and for strengthening the SMA community as a whole.

We have two International trips taking place over Spring Break. There are over sixty students and supervisors attending Exploring Literary England 2020 and Sustainable Living in Germany and Switzerland 2020. Thank you to the organizers for their dedication to expanding student experiences.

Plans are already well underway for the next school year including; re-registration of current students, course selections as well as the admission process of new students. Course options were completed online via PowerSchool in early February. **Report cards go out to students on February 20. Parent/Teacher Conferences take place on February 27 and February 28.** Booking conferences opens on February 21 at 8:00 AM via Conference Manager. Instructions will accompany report cards and are also available in the SMA weekly Communiqué. I encourage all parents to meet with their daughter's teachers as regular communication is crucial. Keeping our students focused on their school work and commitment to school clubs and teams is essential over the next few months. Parental support plays a vital role in the successful completion of the school year. We appreciate being able to work collaboratively towards success for our students.

### Junior School Principal's Message

Mrs. Carol-Ann Swayzie (van Es '80) — caswayzie@smamb.ca



It's amazing to think that we are already well into the month of February, preparing ourselves for the Lenten season and a deeper understanding of how we can give from the heart for our Common Home.

Our junior students are well established in their courses, continuing to grow as they face increased academic challenges and learn to navigate the changing dynamics of this age group. Our junior students were out in full force during our Open House, eagerly sharing their time, their perspectives, their stories and their experiences at SMA. It was a joy to witness their energetic personalities and their willingness to be a part of this welcoming evening. They truly are wonderful ambassadors for our school community.

**February progress reports are being distributed to all students on February 20**—these provide an update of your daughter's progress in her academic growth to this point of the year. **We look forward to meeting with parents and guardians at our upcoming Parent/Teacher conferences on February 27 and 28.** When school and family work as partners, so much can be achieved! As was the case with our November conferences, all conferences are booked online through the Conference Manager system, which opens on February 21.

As we look forward to Spring, we have many events and celebrations occurring: Spirit Days just preceding Spring Break, Lenten preparations, Holy Week and Easter celebrations. There are plans for a spring dance for Junior School students, with a date to be determined. For those of you looking well ahead to planning/preparing for the year's end: Grades 7 and 8 write their exams the week of June 15. Once completed, the students will be finished with regularly scheduled classes. SMA's Junior Extended Service Experience Beatitude Attitude will take place from June 22–25.

And before we all know it, another year of learning and growing will be drawing to a close, with a chance to enjoy the summer holidays and return anew for a new year of learning.

## Mission and Charism Sr. Michelle Garlinski '88, SNJM — mgarlinski@smamb.ca



As I compose this contribution for our newsletter, I am reflecting on **Catholic Schools' Week**. Catholic Schools' Week is usually the week that precedes the Louis Riel long weekend. Sometimes this week is overshadowed by report cards, Valentine's day and candy grams. The focus that Manitoba Catholic Schools chose this year for the week was Social Justice. This is a good reminder to us that Social Justice is not just a nice sentiment or secular concept, it is a foundation of the Catholic

Tradition. St. John Chrysostom (Doctor of the Church) said, *"If you don't see Christ in those at the door of the church or at the door of your house, you are not going to see him on the altar, either."* Blessed Marie-Rose, our SNJM Foundress, was very committed to the Gospel and justice. Serving those in need, caring for the sick and educating young girls was her lived experience and legacy. This month at SMA, our Mission Club is focusing awareness and collecting donations for Holy Names House of Peace; The Human Rights Team is honoring Black History Month and Campus Ministry is advocating and supporting awareness against Human Trafficking. This is a good primer for us as we approach the season of Lent that invites us to more prayer, service and giving. Lent begins on Ash Wednesday, February 26. Our theme as a school community is, *Marked by Love*. As always, parents are welcome to join us at our Ash Wednesday prayer service, which will include the distribution of ashes, on February 26th at 11:35 AM in

Alumnae Hall.

As we prepare ourselves to enter into the Lenten season, may we remember that we are marked by the love of Jesus and called to share that with others.

## Our Journey to JESE (Junior Extended Service Experience) 2020

Thank you to all of the students who applied for our Junior Extended Service Experience (JESE). We are delighted to share that 20 junior high participants will be part of this inaugural SMA program. Our next step on the journey is inviting Grade 11 students to apply as JESE senior high leaders (application deadline is March 2). We will be appealing to our parent community in the spring to assist in small ways. Stay tuned for further updates in the communiques.

## Campus Ministry Mrs. Joanne Steeves (Weight '90) — jsteeves@smamb.ca

November, December and January were full of faith and fun in Campus Ministry. Our students were able share their gifts in many ways from learning about *"Our Common Home"* with Development and Peace to being Bearers of Light and sharing their time and talent. Students hosted bake sales and led prayer services, created Christmas cards and sang carols and helped with hospitality at our Open House. In keeping with our theme for the year as we celebrate our legacy students are challenged to cast fire and make a difference through learning, faith, service and leadership.

Many students have been able to volunteer with **AMS@SMA (A Monthly Service at St. Mary's Academy)**. November and December had them wrapping gifts for the women and babies at Villa Rosa, and spreading joy as an Angel Squad for Misericordia Health Center. In January they went to the Welcome Home and shared in community for their family dinner night and February's service had a few of our students at West Broadway Youth Outreach

for *"Nails, Ponytails and LEGOmania"*. We are looking forward to going to Ronald McDonald House to help with baking and crafts in March. A reminder that all grades 7 to 11 students service learning hours need to be completed by March 27.

During **Catholic Schools Week** our focus was Social Justice. Students were asked to help create Hygiene Care Bags for the Salvation Army's SNOW camp (Safe Night Off Winnipeg Streets), supporting Winnipeg women who are caught up in Human Trafficking.

On February 25 Campus Ministry will host our annual **Shrove Tuesday Mardi Gras Pancake Lunch**. Lunch includes pancakes and sausages prepared by Academy Bistro as well as hot chocolate and a sweet treat. Campus Ministry reps will be selling tickets in their classes and in front of the cafeteria from February 18 to 21. This is a wonderful way to celebrate community as we prepare to enter into Lent with a school wide **Ash Wednesday Service on February 26**.

During Lent we will highlight Development and Peace's Share Lent campaign, *"For our Common Home"*, focusing on the Amazon and its peoples. Each week during Lent we will focus on a different symbol of solidarity that reflects the threats faced by the people of the Amazon and helps move us towards a greater respect for the Earth.

Blessings on your Lenten journey!

### During Lent we will offer the following in Holy Names Chapel:

- Wednesday Morning Prayer at 8:00 AM
- No Frills Friday Mass at 1:05 PM in Holy Names Chapel on March 13 and 20.
- Celebration of the Sacrament of Reconciliation will be celebrated in March with our Grades 7 and 8 classes and a *"Come and Go"* reconciliation service for the staff and student body.

## Drama Department

Ms. Laura Davey '05 — ldavey@smamb.ca  
Ms. Eliana Dell'Acqua '03 — edellacqua@smamb.ca

The Grades 9, 10, 11 and 12 Drama students are busy bees this time of year! Our girls are working around the clock to entertain audiences with their talents on SMA's stage for their final performance exams. Family and friends are welcome to come and watch!

### Grade 9

On **February 25** our Grade 9 students will perform *The Diary of Anne Frank*. The

show is a wonderful tribute to the WWII historical play and the students are working tirelessly to communicate this incredible story. **Show time is from 10:30 AM to 12:35 PM.** Hope to see you there!

### Grade 10

Our **Grade 10s** are working with two different genres for their exams: farce and murder mystery. The students will keep audiences intrigued with two comical

murder mystery plays entitled *And Then There Was One* and *No Body to Murder*. These cryptic comedy performances will be on **April 30 from 10:30 AM to 12:35 PM.**

Stay tuned for exciting news regarding the Grade 11 and 12 final Drama productions – we hope to release information soon! Thank you for all of your continued support of our program!

## Black History Month

Black History Month Committee



February is **Black History Month**. A group of students came together to form a Black History Month Committee and they organized a month-long showcase to raise awareness and celebrate the diverse traditions and cultures of the black community.

### Black History Month Showcase Week One

'Activist of the day' announced. Activist and what they did to empower black culture is highlighted.

### Week Two

Spoken word, slam poetry and storybooks read in the Library over the lunch hour.

### Week Three

Silence and prayer showing solidarity for black lives lost over the years. Pins handed out to students.

### Week Four

Party! Black culture gallery of displays including clothing, music, food, art and pop culture takes place over the lunch hour. Mayor Brian Bowman will attend; bringing greetings from the City and speaking about Black History Month.

## I Love to Read Month

Ms. Sheryl Chongva — schongva@smamb.ca  
Ms. Kelsey Jennings — kjennings@smamb.ca

Our **2020 I Love to Read Month** festivities have kicked off strong with a number of events to promote reading to all our community.

Our annual book drive for literacy and community projects has collected 422 books – a good start towards our goal of 1010 books. In honour of Black History Month, the library hosted a 'Slam Poetry and Spoken Word Café' at lunch on Tuesday, Feb 11. 'Speed Dating with Books' was offered to our grade 10 English classes on Feb 13. Students chose a genre table and

spent 5 minutes getting to know one of the books on the table. Once time was up they switched tables and started all over with a new genre. Students were also encouraged to compete in our Scavenger Hunt (Feb 3-13), Book Review Contest (Feb 3-27), and Survivor Challenge (Feb 18-27) for a chance to win prizes from Chapters, McNally Robinson, Academy Bistro and a selection of books.

A special thanks goes out to our planning committee for all their hard work!



## An Evening of Social Justice:

### The Children of Today for the Future of Tomorrow

Human Rights Team

The **Human Rights Team** is excited to host a banquet that is both educational and charitable. Guests will hear from a panel discussing various human rights issues with proceeds going to fund girls' education in Kenya.

**Tuesday, March 17 in SMA's Cafeteria**

**Reception at 5:30 PM**

**Dinner at 6:30 PM**

**Dinner catered by The Gates on Roblin**

Tickets are \$25 each and are available from SMA's reception office, during lunch hour

outside of the cafeteria or by contacting Mrs. Tejal Friesen at [tfriesen@smamb.ca](mailto:tfriesen@smamb.ca) or 204-477-0244 ext. 422.

## Torch Talks: Presentation for Parents

Parents' Guild



Torch Talks 2019

Annually, the Parents' Guild hosts **Torch Talks** which is a Ted Talks style event that provides parents with information about a timely topic. The Guild is pleased to present the following Torch Talks on **Saturday, February 22 from 10:00 AM to Noon in the Sheila Chipman Atrium:**

### **Topic: Addiction Among Us: Subtle Signs, Supports & Stories of Resilience**

Specifics covered include:

- early warning signs
- symptoms of substance use disorders
- common drugs of abuse
- impact of drug use on the brain, body and mental health

- addiction risk factors and protective factors
- how to talk about addiction in the family
- addiction resources

The session will also include a clinician's personal story of addiction and recovery, as well as time for the audience to pose questions to the panel.

Presenters:

Dr. Jeffrey Waldman, Forensic Psychiatrist

Dr. Burron, Emergency Physician

Jennith Guertin, Addictions Counsellor

Carey Lai, Pharmacist

All parents and guardians are welcome to attend. Admission is free. Light refreshments are provided.

**RSVP to [torchtalks@smamb.ca](mailto:torchtalks@smamb.ca)**

## Track and Field

Mr. Demetro Danyluk — [ddanyluk@smamb.ca](mailto:ddanyluk@smamb.ca)



Congratulations to all the indoor track and field athletes that have competed throughout the winter at the University of Manitoba. Everyone is working hard to achieve their personal bests and attempting to get on the podium. We have discovered some new talent at SMA which will help with the development of the program and will motivate other athletes with their own development. The senior team will complete the indoor season with the High School Series Championships on March 10. The team has been training since November

and despite this, it is still not too late to join the track and field team. The outdoor season will commence at the end of the indoor season. The outdoor season begins on Wednesday March 11. Contact Mr. Danyluk if you're interested in joining the team, [ddanyluk@smamb.ca](mailto:ddanyluk@smamb.ca).

We are looking forward to a competitive season this spring.

## Basketball

Ms. Nicole McGlenen '13 — nmcglenen@smamb.ca

### Home of Flames Basketball

We are now 7 weeks into the 2019-2020 basketball season. We have four teams comprised of 55 students, five coaches and one teacher working towards a successful season in all aspects.

Our **Grade 7 athletes** with Coach Deb May and help from Nicole McGlenen, have been participating in the Nash Division within Pembina Trails Athletic Association. The squad has played against a mix of teams, challenging our grade 7s to participate to the best of their ability. The girls have 2 league games remaining before playoffs in March. The girls have played hard, developed individually and as a team while having lots of fun both on and off the court.

The **Grade 8 team** with Coach Joel Neufeld have been practicing hard and have 1 league game remaining with the Pembina Trails

Athletic Association (Nash Division) and are looking forward to playoffs. The team has fought hard all season with a winning record going into the last 2 weeks of the season. The girls have 2 tournaments remaining, Ecole Ness Middle School (Feb 21-22) and General Wolfe (March 6-7) to cap off the season.

Our **Junior Varsity team**, coached by Gerry Towes is currently involved in its league play with the West Winnipeg Athletic Conference Tier 1. They have competed in four tournaments to date, finishing with a highlight of 3rd in our very own St. Mary's Academy Invitational. The girls have 4 league games remaining before league playoffs begin the first week of March. The team has fluctuated in and out of ranking quoted by the Manitoba High School Athletic Association. The team just returned from a big tournament with lots of team bonding in Brandon where they finished 5th.

The **Varsity team** with Coaches Brad Gusdal and daughter Haley Gusdal are currently ranked in the top ten in the Province according to the Manitoba High School Athletic Association. The team has 2 league games remaining before they look for a spot in provincials after competing in league playoffs. The team has participated in 2 tournaments this season finishing 2nd place in both the St. Mary's Invitational and Crocus Plains Java Jam in Brandon, MB. Congratulations to all teams on an awesome season thus far! Stay tuned for more great information regarding playoff games for all 4 teams. Thank you to all the volunteer coaches. We are surrounded by fabulous role models, amazing dedication and commitment to improving and strengthening our basketball program. Thank you for your continued support of the athletic department. For more information please contact Jen O'Leary, Nicole McGlenen or Demetro Danyluk at 204-477-0244.

## Female World Sport School Challenge



SMA hosted our **8th annual Female World Sport School Challenge** at the Bell MTS Iceplex from January 30 to February 2. This tournament featured 16 top level female hockey teams from across Canada and the United States. Additionally, there were numerous scouts in attendance from both U-Sport and NCAA schools.

Exciting hockey action took place over the four days with the following three teams medalling:

- Gold: Edmonton Pandas**
- Silver: St. Mary's Academy Flames Prep**
- Bronze: Northern Alberta Xtreme**

Following the tournament CTV News named our Flames Prep team, Sports Stars of the Week.

A tournament banquet took place with alumnae Randi Marcon '15 as Master of Ceremonies and Dwayne Green, Executive Director, True North Youth Foundation was the Keynote Speaker. Dwayne gave a compelling talk about mental wellness that was punctuated by his personal story of his lived experience.

Tournament photos are accessible from the homepage of [fwssc.ca](http://fwssc.ca).

## From the Alumnae Office

Happy New Year! We finished off December by inviting the class of 2019 back to the school for our annual Drinks Under the Dome. The most recent SMA graduates gathered in the Sister Susan Wikeem Boardroom over drinks and appetizers to reconnect with their classmates and collect their yearbooks. We loved hearing about what the girls have done during their first few months outside of the walls of the Academy, and look forward to reconnecting with them again soon!

We hit the ground running in 2020 to prepare for our upcoming **Career and Mentorship event; Grade 10 Career Speakers on Friday, March 6**. Grade 10 students will spend the afternoon hearing from a group of alumnae from a variety of backgrounds, and they will share a day in the life of their job, what drew them to their field, and obstacles they faced along the way.

The **16th Annual Marian Awards** for

**Excellence Brunch** will be held on Saturday, May 9, 2020. **Nominations Accepted for Marian Awards For Excellence**

We are accepting nominations from our community and encourage you to consider nominating an SMA Alum who continues to *Hold High the Torch* by exemplifying our mission and vision in the world. Nominations will be accepted until March 10, 2020. Information can be found at [smamb.ca/events/marian-awards-for-excellence](http://smamb.ca/events/marian-awards-for-excellence). Watch for this year's Marian Award recipient announcement in early April!

On Thursday, April 16 we're excited to host our third annual **Panel Interviews** event. Panel Interviews offer Grades 11 & 12 students the opportunity to develop career readiness skills, practice for professional interviews and gain mentorship support.

We invite members of our SMA community to act as panelists and mentors to the participants. As a panelist, community

Ms. Emma Sherren '11 — [esharren@smamb.ca](mailto:esharren@smamb.ca)

members have the opportunity to provide insight and career expertise to our future graduates. Each interview includes a feedback and Q&A period for further discussion.

Our Panel Interviews event has continued to receive an incredible amount of positive feedback and support from members of our community. They continue to be overwhelmed by the amazing achievements of our students, and the students find the program to be immensely valuable in their preparations for life after SMA.

To become a panelist, please contact Emma Sherren '11, Alumnae Relations and Events Coordinator, at [esharren@smamb.ca](mailto:esharren@smamb.ca) or call 204-478-6030.

Students wishing to participate in the event can contact Ms. Lindsey Fennell '07, Academic Advisor at [lfennell@smamb.ca](mailto:lfennell@smamb.ca) or 204-478-6039.

**The deadline to confirm participation in Panel Interviews is March 13, 2020.** Thank you in advance for your support!

## From the Advancement Office

Mrs. Kerri Moore (McIvor '94) — [kmoore@smamb.ca](mailto:kmoore@smamb.ca)

**Legacy Rose Garden is 70 % Sold**

Don't miss out on your opportunity to be a part of the Legacy Rose Garden, scheduled for construction over the summer of 2020. Although all 15 "Decades of Roses" have sold out, we do have engraved benches (limited quantity left), flagstones and bricks available. Some families are purchasing a brick as a graduation gift or to commemorate their generations of SMA "girls". More information can be found on our website at [smamb.ca/about/150th-birthday/Legacy\\_Rose\\_Garden/](http://smamb.ca/about/150th-birthday/Legacy_Rose_Garden/)

Contact Kerri Moore at [kmoore@smamb.ca](mailto:kmoore@smamb.ca) or call 204-478-6031 if you have any questions.

**Generations Day**

On Thursday, April 23, 2020 we are excited to host the grandparents and generational mentors of our Grade 7 students at **Generations Day!** This is a great opportunity for our students to tour their guests around our campus and share their experiences as a student at SMA.

Information will be distributed to our Grade 7 students in early March.

**Table for One Hundred**

SAVE THE DATE – Our Table for One Hundred Father/Daughter event take place on Friday, June 5, 2020. Watch for our ticket launch in early April.

## From the Admission Office

Mrs. Kerri Moore (McIvor '94) — [kmoore@smamb.ca](mailto:kmoore@smamb.ca)

We are once again thrilled with the turnout for our annual Open House, held on January 14, 2020. Through February, we welcome new applicants to SMA to write

their entrance exams and be interviewed by SMA staff. Thank you to our staff and student volunteers who generously give of their time to facilitate our admissions

process and for making prospective families feel so welcome. Looking forward to welcoming a new group of young women to the SMA community in the Fall!

## AROUND THE ACADEMY



The Sound of Music



Multi-generational Book Club with Mrs. Lovallo, January 2020



Female World Sport School Challenge



Female World Sport School Challenge



History of Science at SMA presentation with Mrs. Falconer, February 2020



Track and Field



Black History Month



I Love to Read Month