

NEPEAN HIGH SCHOOL NEWSLETTER #3

April 18, 2008

In this issue.....

Alumni Evening – 1
A.P - 4
BOHO – 2
Costa Rica Report - 7
Dates to remember – 6
Drama - 1
EarthCARE Expo - 2
Field Trip Planning – 3
Australia – (Sr. Boys Rugby) – 3
Boston – (Music) – 4
China: Beijing, Xi'an, Shanghai - 4
Europe – (History) - 3
France – (Ski) - 3
Italy-(Music) – 3
Saskatoon – (Sr. Boys Basketball) - 3
Stratford - 3
French News - 4
Garden Clean-up – 1
Graduation - 5
Lost & Found – 6
Mathematics - 8
Music - 7
Musical Instrument Donation – 1
Ottawa Race Weekend/Canadian Athletes Now - 8
Principal's Message – 5
Safe Schools, Safer Students - 6
Spanish News - 4
Student Services - 2
Teacher Appreciation Breakfast - 2

Encore Instrument Donation

The OCDSB Advisory Committee on the Arts is collecting gently used instruments for distribution to our schools. Take this chance to clean out your basement! Drop off your instruments between April 12 and 19 at Confederation High School, Leading Note music store, Ottawa School of Speech and Drama, or Ottawa Folklore Centre. For information, visit www.ocdsb.ca, and click on the Encore logo, or call 613-596-8211, extension 8185.

Garden Clean-up

Garden clean-up of the front garden at Nepean High School (May 10th 9:00 a.m. – noon).

Anyone who is interested or students that need volunteer hours; please come out and help us get the gardens ready for spring. Bring your gardening tools with you. For more information, contact Carolyn Montague, Co-chair of the Parent Council at

Carolyn.Montague@sympatico.ca .

Nepean Alumni Evening

On Friday, June 6, the past will meet the future!

An Alumni Evening will be held at the school for all former students of who attended Nepean High School since its opening in 1923!

This special event will run from 7:00 p.m. until 11:00 p.m. and will feature a light dinner (beef on a bun) and entertainment, (an art display and band concert), will be provided by present students of the school.

All this, and more, for only \$25.00. Although we're operating on a break-even basis, any additional money will accrue to the School Council for school projects. A cash bar will be open during the evening

There will be a gathering of specific groups such as the Senior Boys' Basketball team which won the city and Eastern Ontario Championship in 1957. The team of 1959, which also won the city championship, will gather to reminisce. We hope other groups will also meet and greet.

Should you wish to become involved in the planning of the event, please contact Barb Mitchell, co-chair of the Parent Council at nhspe@ncf.ca

We look forward to this event as a spectacular gathering of all those who once called Nepean their home school.

Drama

The spring production of Chicago is going into full-throttle as May approaches. Running May 14th, 15th, 16th. Chicago is huge production involving many members of the staff and student body. The cast and band - with help from the drama production class - is working hard to ensure a great show. To add to the

excitement there will be the option of attending a dinner, hosted by Nepean, before the show on opening night. Tickets will be sold starting mid-April. Call 613-722-6551 for more information, visit www.nepeanhighschool.com, or look for the order form included with the report card.

This fall Nepean's two improv teams (Dream Team Supreme Xtreme and Ellipsis) competed at the annual Connor's Cup tournament. The natural talent from both teams was evident as they played with enthusiasm and placed only a few points away from each other.

In March, Nepean's final team coached by Ms. Coltman and comprised of Michael Stringer, Anique Wallace, Alexandra Augustine, Luke Gauvin, Emma Childs, Sarah Allan-Wiseman, Irina Teodorescu and Emma Robinson- competed in the regional tournament at the National Arts Centre. With a strong first night, the team immediately earned themselves a spot in the regional finals. Hoping to place in the top three in order to continue on to the national tournament, the team competed with energy and passion but fell short as they placed fourth. The countless number of Nepean supporters that attended eased the pain of the defeat.

On April 23, Nepean will once again compete in the English Speaking Union's Shakespeare on the Platform competition. After three years as the city champions, we hope to bring home the plaque again!

Whew! It's a busy time in drama!

BOHO (Branching Out to Help Out) Kindness Week:

Teacher Supervisor: Ms. Hatton
Heads: Adam Moscoe, Frank Liu, Alison Teskey, Yin Cai, and Siddanth Arya.

For the past two years, Branching Out to Help Out has been providing Nepean students with opportunities to have fun, earn community service hours, and show Ottawa how teens are making a difference. One highlight this year was our very 'boisterous' participation in the first-ever "Kindness Crew" bus tour, part of the Ottawa Kindness Week in February. Twenty-five keen Nepean students joined community leaders, university students and the media for a day of random acts of kindness around the city. From giving out free hugs at the bus station, to playing piano for seniors, to giving blood, we helped lift the spirits of our fellow citizens. Other events this year included Halloween For Hunger, the Celebrity Sports Dinner, the Snowsuit Fund's Annual Gala, Salvation Army, the

Bell Walk for Kids Help Phone and of course, many of Nepean's own events. We are constantly looking for new, fresh ways to help out in our community.

EarthCARE Expo.



Simon Jackson is coming to Ottawa. Don't miss your opportunity to hear one of Time Magazine's Heroes of the Planet. Mark your calendar for the EarthCARE Expo, May 8 from 11 am to 1 p.m. at Confederation Education Centre, Woodroffe at Hunt Club. Everyone is welcome.

Teacher Appreciation Breakfast Tuesday, May 22, 2008 (7:00 -9:00 a.m.)

All of you bakers out there – it is time once again to bake up a storm and show our teachers and administration how much we appreciate all they do. If you are interested in helping out please contact Bev McKee who is co-ordinating the event with Carolyn Montague. Baked goods can be dropped off that morning or earlier if possible to Bev or Carolyn.

Student Services

Our guidance team organized and administered 350 Jackson Vocational Interest Surveys (JVIS) for all of our grade 11 students in March. Now that the 15-page Reports have been returned to each student we're hoping that they take the time to sit down with their parents and go over the results. Guidance is happy to meet with students to talk about the results as well. If course adjustments need to be made please make those requests now.....don't wait until September when many classes are full. On April 30th Nepean will be running its annual

Career Fair in the library. This year some of the visitors are: Starbucks, Katimavik, City of Ottawa, Youth Employment Services, Ottawa Veterinary Hospital, Canadian Border Services, Algonquin College, University of Ottawa, Carleton University, A Medical Doctor, Cordon Bleu, Justina McCaffey Haute Couture, Ottawa School of Art, Natural Health Sciences School, Trillium College, Paramedics, Fire, Military, Public Service Commission, Ottawa-Carleton Lifeskills, MJM Luxury Renovations, Ottawa Montessori Academy, and many more. Our recent "Pay IT Forward" initiative was a great success and our "Empowering the Bystander" initiative is just around the corner. Summer School registration will begin May 2nd and we have the information in guidance right now. Grads.....40 hours of community service by May 31sthave you completed them?

Field Trip Planning for 2008 – 2009:

The following trips are in the planning stage for the academic year 2008 – 2009:

Stratford Trip:

Nepean will be embarking on its seventh annual Stratford sojourn, October 2 & 3 of 2008. In this year's jam-packed itinerary, we will be seeing three plays: *Cabaret*, *Caesar & Cleopatra*, and *Taming of the Shrew* as well as participating in the ever popular Pre-Show Chat with the principal actors of the *Shrew*. We will return late Friday evening sated and ready to re-enter regular life. The cost of the trip, \$250.00, includes all tickets, our one night hotel stay at The Festival Inn, and the bus fare. Rich in culture *and* camaraderie, this trip promises to be as successful as its predecessors! For further information please contact: connie.landry@ocdsb.ca

Band Excursion to Italy:

The NHS Music Department is proposing a cultural and performance based excursion to Italy in October 2008 (October 18/08 – October 27/08). This is a wonderful opportunity to explore and discover European history and cultural achievements. As well, students will have a chance to display their own musical talents in selected venues. For more information please contact: rocco.romeo@ocdsb.ca

Senior Boys Basketball:

The Nepean Senior Boys Basketball team is planning a trip to Saskatoon, SK in January 2009. They will compete in the Bedford Road Senior Boys' Invitational basketball Tournament, the BRIT

(<http://schools.spsd.sk.ca/britbasketball/index.html>). The BRIT will celebrate its 41st Anniversary in January 2009. The tournament dates are January 8th, 9th, and 10th, 2009, and it generally attracts the top teams from the four western provinces of Canada, British Columbia, Alberta, Saskatchewan and Manitoba. Twice teams from New York participated, winning the tournament once. Nepean's last appearance at the BRIT was in 1993, when they won the tournament under the guidance of past coach Tony House (current host of Ottawa's "Big Bad Sports Show" on Rogers). The BRIT Committee, 35 teachers and 8 alumni work with over 250 student volunteers to ensure that the students are able to run a successful tournament. For more information please contact: brendan.byrne@ocdsb.ca

March Break Ski Trip to France:

This unique opportunity will take place during March break (March 15 – March 21). The group is planning on going to Val Thorens—the highest ski resort in Europe! The trip is designed for advanced skiers/snowboarders since we spend most of our time on the beautiful sunny slopes of the 3 valles ski domain, which is connected by a common ski pass. We will immerse ourselves in the French culture, improve our French speaking skills, and of course enjoy the French cuisine. For more information please contact: leona.novotny@ocdsb.ca

Senior Boys Rugby:

The Senior Boys Rugby Team is planning their second Tour to Australia, in March 2009. The team last embarked on a similar Tour in March 2007, and it was such a success, that we are doing it again! The team will depart just before March Break, and spend two weeks "down under", mostly on the Gold Coast, immersing themselves in rugby culture, billeting with peers in a foreign country, all the while visiting local tourist attractions. Some highlights of the Tour include visiting the Currumbin Wildlife Sanctuary (<http://www.currumbin-sanctuary.org.au/content/home.asp?>), surf lessons at Collangatta, a 7's Tournament at Fraser Coast Anglican College at Hervey Bay (<http://www.fcac.qld.edu.au/>) and watching a Rugby Union Super 14 game (<http://www.super14.com/>) and/or a Rugby League game (<http://www.nrl.com.au/>). For more information please contact: brendan.byrne@ocdsb.ca

March Break European History Tour:

This trip being offered for the March break of 2009 is a unique and wonderful opportunity for the students of NHS. This trip will begin in the gothic city of Brussels, Belgium and from there students will spend a few days

seeing the Canadian battlefields of the First World War. This includes stops in Ypres (John McCrae's medical bunker), Arras (Vimy Ridge), and Amiens (Beaumont-Hamel). Students will then travel to Normandy and stay in Caen (William the Conqueror's hometown) and visit the D-Day landing beaches of WWII. The Trip will conclude in the beautiful city of Paris, France before returning back to Canada. For further information please contact: kenzie.tobin@ocdsb.ca or peter.sanford@ocdsb.ca

Junior Band and Vocal Singers:

The music department is planning to go to Boston in late April, 2009. There will be a number of performing opportunities for the students during the trip, including a stop in Brookline to perform for the same students that performed for Nepean High School earlier this year. For further information please contact: jean.francois.fauteaux@ocdsb.ca or lee.carter@ocdsb.ca

China: Beijing, Xi'an and Shanghai

This exciting excursion may take place during the March break of 2009. Here, the phenomenal becomes the everyday. Access Beijing's Forbidden City, walk along the Great Wall and stand face-to-face with Xi'an's life-size Terra-cotta Warriors. Immerse yourself in the Chinese culture, interacting with local students, enjoying a traditional Peking duck dinner and visiting a family's home to share in their customs. Truly experience the insider's China with visits to the Summer Palace, the Forbidden City and Tiananmen Square. For further information please contact: chris.goodsir@ocdsb.ca

Advanced Placement (A.P.) News

AP Exams:

51 students will be writing 74 exams during the week of May 5th, 2008. Exams will be written according to the following schedule:

May 5 (p.m.) French Language
May 7 (a.m.) Calculus AB
May 8 (a.m.) English Literature
May 9 (p.m.) European History
May 12 (a.m.) Biology
May 13 (a.m.) Chemistry

All AP students will be asked to attend a pre-admin. meeting in the Library on April 24, at 12:50. Specific information will be distributed and important paper work will be filled out. Attendance is mandatory.

Pre-AP – PSAT

The College Board, the non-profit organization that manages the AP Program, also offers the PSAT/NMSQT. This is a test that students can write while they are in grade 10 or grade 11. Once these tests are marked, results are available to the school and the student via a web-based program called AP Potential. It identifies students who are likely to score a 3 or better on a given AP Exam. AP Exams are marked on a scale of 1 to 5; most universities will grant a university credit or placement for a 3, 4, or 5. Based on research that shows strong correlations between PSAT/NMSQT scores and AP Exam results, AP Potential is designed to help increase access to AP and to ensure that no student who has the change of succeeding in AP is overlooked.

Our students will again be able to write the test (PSAT) in October 2008. Unlike AP exams, the PSAT may be written more than once. There will be more information distributed about this later in May, at which time students will be asked to register.

Languages - Spanish News

After studying Latin dance and music, students enrolled in Spanish this semester were treated to a salsa lesson by Ray Amini, a dance instructor from the University of Ottawa. It was a huge success and all students interested in learning more are welcome to attend classes every Friday at 6:00 p.m. at the University.

The Spanish class mural in room #317H is almost complete. Mr. Fischer would like to thank all of the dedicated painters who helped bring a little piece of the Rivera and Miro to Nepean.

The Spanish Cultural Day will be held on May 9th this year. It is a full day of cultural activities sponsored by the Spanish Embassy and includes dancing, singing, food and music. All students enrolled in Spanish and in the 2007-2008 year are welcome to attend. The cost is \$12.00 per person. Students who are interested in attending are asked to see Sr. Fischer before May 1st.

Languages - French News

The Nepean High School Languages Department was proud participant in the OCDSB French Public Speaking Contest held at Canterbury High School on March 20th, 2008. We would like to congratulate all the students who participated in the contest. Special congratulations go to five of our students who placed first, second or

third in their respective categories. They are: Veronica Green (3rd – Extended Category, Jr.), Miranda Dixon-Luinenburg (3rd – Immersion Category, Sr.), Sabrina Mtanos (3rd – FSL Plus Category, Jr.), Melanie Judges (2nd – Immersion Category, Jr.), Margo Comeau (1st – FSF Plus Category, Sr.). We wish the best of luck to Margo who is going onto the provincial competition in Toronto, in May. Great big thanks to Mme Pelletier who helped prepare the students for the event.

On April 29th, two of our grade 12 students, Quang Nguyen and Aminadav Witzman, will be attending the University of Ottawa Forum, *French for the future / Le français pour l'avenir*. We hope that it will be an enriching experience for them.

We also wish the best of luck to our 18 grade 11 and 12 students who will be competing in the joining Ottawa-Carleton University French Contest on May 1st. Thank you again to Mme Pelletier who has been coaching this fine group of young Francophile.

The last of our good luck wishes go to our 21 grade 12 students who will be writing the French Language AP exam on May 5th.

Lastly, *Summer Work Student Exchange* is presently recruiting youth who are 16 and 17 to participate in a 6-week work exchange program. The program allows students to improve their French speaking skills while living and working in Quebec. Their local coordinator will be visiting our grade 10 and 11 French class in the next weeks. However, visit www.summer-work.com if you want more information.

Principal's Message

We are currently beginning the staffing process for the 2008-2009 academic school year. The process will continue through May and June. Our overall enrolment for the next school year is projected at 1175 students. The importance of this number is that it determines our staffing level and thus the number of teachers that we will have for the coming year. In the early going it is encouraging to note that things are looking stable for next year in that our present staffing levels will be maintained, and our present timetable offerings will remain constant into next year. With the introduction of five new courses for 2008-2009 I am very confident that we at Nepean continue to create pathways for all students to have the opportunity to learn, be engaged and successful.

I have had the privilege of working with Senator Vivienne Poy over the last four years and am pleased

Nepean will be involved with **the 5th Era 21 Networking Breakfast for young Canadians on May 8 at the Parliamentary Restaurant**. The theme of the Breakfast panel, offered by the J'Nikira Dinqinesh Education Centre in Ottawa, in conjunction with the Ottawa Asian Heritage Month Society, is *The Global Power of Young Canadians*. The Breakfast is offered jointly as an Asian Heritage Month and Black History Month event and targets grade 12 students.

The intent of the Era 21 Networking Breakfast is to encourage young people who make up our nation's unique citizenry, to network across their diverse ethnicities and cultures, and access global opportunities. The panel has been invited to stress the importance of self-motivation, networking, skills development, and cultural fluency, transcending racial and cultural divides, toward leadership in our rapidly changing globalized economy. This year's speakers will be: Adrian Harewood, journalist and Host, All in a Day on CBC Radio, Yasir Naqvi, Member of the Provincial Parliament for Ottawa Centre, and Usha Tamba Dhar, Executive Director, Sage Youth, and the Excellent in Literacy Foundation.

I would like to end with a thank you to all the students, staff and parents who get involved in so many activities at Nepean High School. You really do make a difference to the quality of life at Nepean. Thank you on behalf of all those who benefit from your efforts.

As always, many initiatives and events are being planned for the next two months, so please note the special dates section of this newsletter. Should you feel the need, please feel free to contact me here at school (613-722-6551) as I would be happy to meet with you to discuss any issues or concerns.

Nepean Graduates 2008

The Nepean High School Graduation Ceremony will be held at Centrepointe Theatre on Wednesday, June 25, 2008 at 11:30 a.m. All graduates are asked to be at Centrepointe Theatre at 10:30 a.m. to pick up their cap, gown and tassel and for the organization of the procession into the theatre. Graduates will keep their cap and gown as a souvenir after the ceremony. Each graduate may invite 3 guests to the ceremony.

All 2008 Graduates should have completed the Graduation Ceremony Survey Form by January 31, 2008. This form is available in the Main Office. It should be completed even if a student is not intending on participating in the Graduation ceremony at Centrepointe Theatre.

All graduates must have completed 30 credits including 18 compulsory and 12 elective credits as well as the Ontario Secondary School Literacy Test and 40 hours of community service to be considered a 2008 graduate and participate in the ceremony. Graduates should submit their community service hours before May 31, 2008.

A souvenir invitation for Graduates will be available in the Main Office by the end of May. Graduates are invited to collect their invitation at their convenience.

If you have any questions about the graduation ceremony, please contact Vice Principal Nancekivell at Nepean High School at 613-722-6551.

Lost and Found

Students are reminded to check the lost and found on a regular basis for any missing articles of clothing, notebooks etc.

Dates to remember:

April 25 – Deadline to drop course
May 20 – School Council Meeting – 7:00 p.m.
May 26 – O.S.A.I.D. Assembly
June 16-23 – Examinations
June 25 – Graduation Ceremony - Centrepointe
June 26 - Report Card Day

Key Club Annual Spaghetti Dinner

On Tuesday, April 8, Nepean's Key Club hosted their eighth Annual Spaghetti Dinner. It was a huge success and a great time was had by all. This year the event raised \$1,500 to support The Education Foundation of Ottawa's *Students in Crisis Fund*. This fund provides winter clothing, food vouchers, emergency medication, running shoes, emergency transportation, and much more for hundreds of low-income OCDSB students and their families. Key Club would like to thank the chef, Lorant Gabor of Sixth Sense Catering, who offered his time for the third year in a row. Parma Ravioli, Produce Depot, Starbucks and Harvest Loaf's generous donations make this event possible and their support is much appreciated. Finally, a big "thank you" to the students, parents, staff and community members who attended!

Parent Resources:

Safe Schools, Safer Students

The following list of titles relate to the presentation "Safe Schools, Safer Students," given at the February School Council meeting. I would like to thank the parents who have sent along suggestions to supplement this list. This bibliography includes works on surviving the pressures of adolescence including relational aggression, information specific to girls and boys, as well as general background information. The section on relational aggression includes one work (Garbarino and DeLara) which includes information on relational aggression with boys as well as girls. As noted in my talk, we are seeing an increase in the incidence of relational aggression among boys. It is hoped that these works will assist parents, educators, and teens to navigate the teenage years more effectively, form positive relationships, and to become inoculated against relational aggression and negative peer pressure. I have kept the list short to focus in on the key works that I have found most illuminating.

Relational Aggression:

Rosalind Wiseman: *Queen Bees & Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends & Other Realities of Adolescence*
Cheryl Dellasega and Charisse Nixon: *Girl Wars*
Cheryl Dellasega: *Mean Girls Grown Up*
James Garbarino and Ellen deLara: *And Words Can Hurt Forever: How To Protect Adolescents From Bullying, Harassment, And Emotional Violence*

Girls:

Mary Pipher: *Reviving Ophelia: Saving the Selves of Adolescent Girls*
Cheryl Dellasega: *Surviving Ophelia: Mothers Share Their Wisdom in Navigating the Tumultuous Teenage Years*

Boys:

James Garbarino: *Lost Boys: Why Our Sons Turn Violent and How We Can Save Them*
Dan Kindlon: *Raising Cain: Protecting the Emotional Life of Boys*

General Information:

John Seita and Larry Brendtro: *Kids Who Outwit Adults*
Michael J. Bradley: *Yes, Your Teen is Crazy!: Loving Your Kid Without Losing Your Mind*
Leonard Sax: *Why Gender Matters: What Parents and Teachers Need to Know about the Emerging Science of Sex Differences*

An Amazing Time in Costa Rica

The following is Mr. Drummond's report on the [See Earth Trip](#) to Costa Rica in March, 2008



March 10th: I had just finished a three-day rafting trip into the Pacuare River rainforest when I heard about the 56 centimeter snowfall that hit Ottawa. They say that timing is everything, and the timing was perfect to be in Costa Rica!

The Algonquin College trip organizers did a fantastic job of introducing us to the culture and natural wonders of this beautiful equatorial country. During our ten-day trip, we visited several farms that practiced sustainable agriculture, including organic banana, cocoa, and coffee plantations. After our paddle down the Pacuare River, we experienced the local culture in a small village, Santa Maria de Dota, where we were billeted with local families. Our last stop was to the top of Mount Irazu, the tallest volcano in the country, where we were treated to spectacular vistas at an altitude of over three and a half kilometers.

I was lucky to travel with a keen group of inspiring teachers from both the Public and Catholic Boards, and will have the privilege of work with them again this summer when we run a week-long summer camp in July. This camp will comprise of three grade 9 students from each participating school, and is expected to be an educational and fun time for all!

Music Department

The second semester has been very busy for our music department. Both Intermediate and Senior Concert Bands attended the Capital Region MusicFest and once again demonstrated their excellent musicianship to the adjudicators. They received a performance rating and were invited to the National Festival. The Junior and Senior Stage Bands also entered the festival and were also deemed worthy of receiving an invitation to MusicFest. We would like to extend our appreciation to the students for their continued efforts towards excellence in music performance.

In March, Mr. Carter hosted a choir from the Boston area. They performed on our stage for many of the Nepean H.S. student body. Prior to the concert, our choir and the Brookline High School Camerata shared a lunch and some choral experiences. The meeting was so positive that the NHS Choir and Intermediate Band are planning to go to Boston in April 2009. More information will be distributed in September.

In late May of this year the choir will be heading off to a number of elementary schools to give our students and theirs some choral enjoyment. Dates will be forthcoming.

The Trip to Italy is in full gear and 35 students from grade 10-12 will be traveling from October 18-27. Rehearsals for the **Italian Job** will begin in May.

Please make note of the following dates:

April 17 - Music Night – 7:30 pm. Doors will open at 7. General admission is \$6.00

May 1 - Putman Jazz Café, featuring the NHS Sr. Stage Band

May 15, 16, 17 - Presentation of Chicago the Musical

June 1 - Dovercourt Music in the Park starting at 11:00 am

June 4 - Grade 12 Solo Recital

A band trip to Boston is in the works for the Intermediate Band and choir for spring 2009. Information about the trip will be distributed in September.

The Trip to Italy is in full gear and 35 students from grade 10-12 will be traveling from October 18-27. Rehearsals for the **Italian Job** will begin in May.

Mathematics Department



Students from grade 9 -11 participated in the University of Waterloo Mathematics Contests on February 19, 2008. The school champion – in Pascal (grade 9) was Chris Halliday, in Cayley (grade 10) Ying Ting Lu, and in Fermat (grade 11) Yin Cai.

Students who deserved a certificate have to place in the top 25% of contestants: Daniel Worswick, Jung Song Yu, Christy Irick, Libby Edwards, William Au, Matthew Stevenson, Iain Avis, James Taylor, Vincent Le, Sarah Lee-Johnston, Robert Souter, Edward Sun, Han Wang, and Thomas Young.

Congratulations!!!

Grade 12 Euclid contest was held on April 15, 2008. On Wednesday, April 16, 2008, invited grade 9 – 11 students have written the problem solving contests.

Ottawa Race Weekend / Canadian Athletes Now

Nepean High School will be creating its own "team" of racers for the Ottawa Race Weekend, May 23, 24, 25 (<http://www.ncm.ca>), in order to help raise funds for the Canadian Athletes Now Fund (<http://www.canadianathletesnow.ca>). As the national charity of the Ottawa Race Weekend, the Canadian Athletes Now Fund supports Canadian Athletes training to compete for our country at the Olympic Games. The fund was created by Ottawa native Jane Roos (Bell HS) in 1997, and has supported over 500 athletes since its inception. As a school, our goal will be to have at least 208 student runners in the MDS Nordion 5km run/walk, on Saturday, May 24 at 5pm, and we will set our fundraising goal to be \$6000 - this is the amount necessary to support one athlete from the fund. Any parents, relative and community members who have already signed up for race weekend, or are

planning on signing up are also more than welcome to join our "Team Nepean". More details will be available shortly - check the school website in early May, and watch for information on the School Council email list (To sign up for occasional email messages from the Parent Council please visit: <http://lists.ncf.ca/mailman/listinfo/nhspsc> .

Hilson Avenue Public School Garage Sale

Saturday, April 26, 2008

9:00 a.m. – 1:00 p.m.

at

Hilson Avenue Public School

(off Richmond Road, 1 block east of Kirkwood)

contact: 613-729-0229

***fairy* GODMOTHER Inc. OF OTTAWA**

This program helps graduating students who are unable to afford a prom ensemble attend their prom dressed like a true Cinderella. There is no charge, it is confidential and each student will receive personal assistance at one of our fitting dates to find the perfect dress. This is our 6th prom season and we have collected over 1000 beautiful current-style dresses, shoes, accessories which are loaned to the students for prom night and then we ask that they are returned to Browns Cleaners where they will be cleaned and repaired for next year. To book an appointment call 613-232-PROM.

Broadview's Book Bonanza

Broadview Public School is planning its 33rd Annual Book Bonanza! Donations of gently used books, comics, videos, DVDs and compact discs (music, not computer games please). For advanced pick-up call Trish Smith at 613-729-3698 or bring donations to the school starting May 1. Dates of sale:
May 8 from 4:00 p.m. - 9:00 p.m.,
May 9 from 9:00 a.m. – 9:00 p.m.,
May 10 from 9:00 a.m. – 12:00 noon.