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October 31, 2025

Dear Notre Dame Families,

We have fully settled into the natural rhythm of the school year. The initial flurry of September is behind us, and our community is operating with a comfortable, productive momentum. There are high levels of student engagement, as you will see below. Teachers and staff continue to facilitate meaningful experiences for our students, both inside and outside of the classroom.

A recent highlight this past month was the celebration of our Academic Award recipients from the 2024/2025 school year. It was truly wonderful to see these students honoured for their outstanding academic achievements and dedication to excellence. Our fall sports continue with teams actively engaged in practices and games, showcasing skill and competitive spirit. Many of our clubs and activities continue to thrive, providing enriching opportunities for our students.

We also appreciate the strong partnership we have with our families during this important time of the year. The recent distribution of our high school letters of intervention followed by parent-teacher interviews underscore the value we place on open communication with parents/guardians. Progress Reports for our 7/8 students will be shared in the coming weeks and parent-teacher interviews will be the next step for that panel as well. This bridge between teachers and parents is essential in helping every student achieve their highest potential.

Thanksgiving weekend offered a much-needed chance for students, staff and families to catch our breath, to recharge our spirits, and to reflect on the many blessings in our lives. At Notre Dame, we continue to focus on the Board's theme of *Building Bridges*. This month, we placed a special emphasis on understanding one another - fostering empathy, engaging in open dialogue, and appreciating our diversity - all in an effort to make those lasting, meaningful connections that strengthen our community.

Sincerely,



CHAPLAIN'S MESSAGE

It's Halloween, or as it used to be called, All Hallow's Eve, the evening before our Church's feast All Saint's Day (hallows, like "Hallowed be thy name..." like Holy... Saints... you get it.) All Saints Day kicks off a month dedicated to remembering, including Nov. 2nd's All Souls day, Nov. 8th's Indigenous Veteran's Day, and finally Remembrance Day on Nov. 11th. Here at Notre Dame, we celebrate all of these days as a faith-filled community. A group of educators has been busy envisioning a meaningful Remembrance Day assembly that will highlight many students including our cadets, and the chapel will have a space throughout November for students and staff to light a candle and say a prayer for anyone they know who has died. I hope you, too, have the opportunity to spend time this month remembering and sharing stories with family and friends about loved ones who have passed on, and that your evening tonight is filled with a little more sweetness than mischief. God bless!

SAFE SCHOOLS UPDATE

[Upcoming Lockdown Drill - Message to Parents/Guardians](#)

SCENT-REDUCED SCHOOL

Staff, students, volunteers, and visitors must be mindful that scented products may be problematic for many individuals. People with allergies and asthma, as well as those with other conditions, report that certain odours, even in the smallest amounts, can trigger an adverse reaction or attack. In order to keep the school environment safe for those with chemical sensitivities, students, staff and visitors are asked to refrain from wearing or using scented products at Notre Dame.

Thank you for helping to make Notre Dame a safe, healthy, and respectful workplace and learning environment for all who learn, work and visit this property.

YOUTH MINISTRY INSTITUTE

On **October 8, 2025**, some of our intermediate and high school students participated in a Youth Ministry Institute event at Annunciation Parish. It was an awesome day focused

on building community. It brought together hundreds of students, including our senior and intermediate ECL classes. Guided by our fantastic chaplaincy leaders, the goal was to build bridges and foster a loving environment for all students. Everyone got a chance to connect with their peers through pumpkin carving, dancing, honest discussions, and a delicious lunch! Our students left feeling inspired and ready to be a positive force within the Notre Dame community! A big Thank you to everyone involved in planning and funding this event!



M.E.T.R.O. PERFORMANCE SKILLS WORKSHOP

Motivate, Elevate, Train, Respect, Overcome. This initiative was created by ND Eagle alumni, Gerrome Choeung-Boateng and Ali White. The goal of this program is to give back to youth by helping them build confidence, strengthen their mental fortitude, and grow both on and off the field/court.

On **Thursday October 9th**, student athletes from the Senior Boys' and Senior Girls' Basketball teams and the Boys' Varsity Flag Football were invited to join Mrs. Smith's Fitness class for a special athletic skills workshop that was hosted by M.E.T.R.O.

Performance. The focus of the training session was to enhance students' basketball and football skills.



ARTS DEPARTMENT UPDATE

St Basil's Collaboration with the Women in the Church Group

Building bridges in the community! 7 graduates from last year (Nevaeh, Renelia, Genela, Diane, Heldana, Constance and Ashley) partnered with St Basil's to add their artistic interpretation to a collection of art featured in the church hall. They learned about and depicted inspirational women who have made a significant impact in the Catholic church and in the lives of many: Thea Bowman, Marguerite D'Youville, Dorothy Day, Kateri Tekakwitha and Mary Magdalene. Each painting incorporated their individual styles and connected to the group through colour and

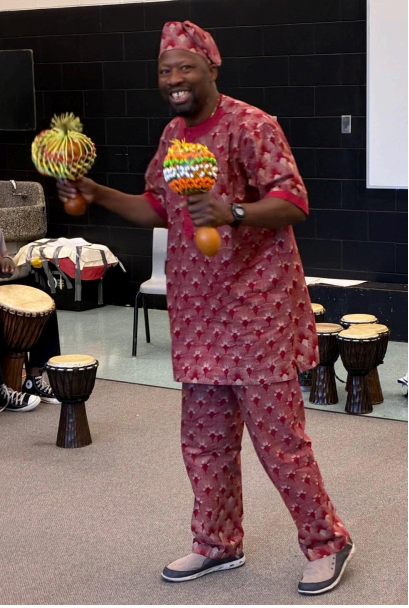
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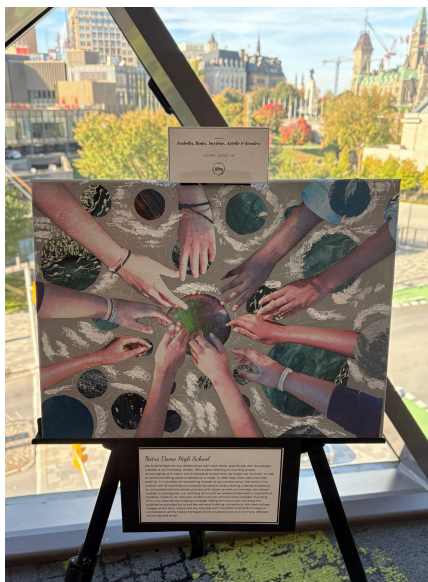
On October 19 the community was invited to a prayer service entitled "Who Has Seen the Face of God?" During the service, the paintings were at the front of the church and a reception followed to celebrate the work. We are so proud of their work and their place in the church, reminding us of how far our community spreads. Big thank you to Isabella who helped finish the yellow lines, symbolizing the Holy Spirit, flowing through each piece.



Grade 7 West African Drumming Workshop

We welcomed Fana Soro to ND recently, thanks to a grant from MASC and ImmerseArt. He engaged all the grade 7s in a drumming workshop in French, teaching them basic beats and techniques of the djembe. Some senior students also joined in for the second session and will put the lessons to practice in the music room





OCSB Art Contribution - Building Bridges

ND was represented at the Christian Community Day PD for all OCSB staff on Oct 10, as our collage, photography, multi-media artwork was on display at the Rogers Centre. Five of the senior visual arts students worked together to represent ways we build bridges at school, showing how we've been asked to reach out to each other more often and find ways to build connections. The artwork will hang at the Board office for the duration of the year, displaying the student names and artist statement.

BLACK STUDENT FORUM

On **Friday, October 24**, a delegation of 10 Notre Dame students contributed to the 6th annual Ottawa Black Student Forum (BSF). Over 200 black identifying students attended the event at St. Paul High School. Three of our grade 12s helped lead the conversations as facilitators for conversations including educating local administrators and building connections throughout our community.



GRADE 10 CIVICS EXCURSION

On **Monday, October 27**, our grade 10 Civics students enjoyed a day in the inner workings of our government. Our first stop was an in-depth one-on-one session with our Senator Rebecca Patterson at the Senate on Sussex Street. Students were invited down to the Senate chambers where they sat in the seats of Senators and were free to

ask questions regarding the life of a Senator. Our next stop was the House of Commons where students sat in the gallery. Here students were free to listen in on a governmental debate. On this day, the debate was regarding Citizenship and Immigration. Students were quite engaged and did not want to leave curious as to how the discussion was going to end. We may have some future Senators and Members of Parliament in our midst. Definitely worth the visit.



WISE WITH DATA - INTRODUCTION TO CODING WORKSHOP

Machine learning drives automation, personalization and data driven decision making across a variety of industries. On **October 29**, Notre Dame students were hosted by Wise With Data Founder Ian Ghent, in the development hub in Gatineau. The day-long workshop enforced critical thinking, language acquisition and problem solving as foundational skills for future data engineers/scientists, software developers and cyber security specialists. The hands-on event has introduced the fundamentals of python and pyspark programming language.



YEARBOOK

The '25 - '26 Notre Dame Yearbook is currently on sale during each lunch in the cafeteria (payment via either cash or card), or through School Cash Online. The yearbook can be purchased for an 'early bird' price of \$45 until **October 31st**. Don't miss out on the chance to celebrate another great year at ND with your own yearbook!

ONTARIO SECONDARY SCHOOL LITERACY TEST (OSSLT) - IMPORTANT DATES

Monday, Nov 3: Members of our Literacy Team will meet with all Grade 10s to explain test tools & navigation. Students will be given access to sign up for Learn and Lunch sessions on this day.

Thursday, November 13: Students will be given the opportunity to write the practice test in their Period 3 class.

November 4, 6, 11 & 13: Students will be given the opportunity to participate in voluntary lunchtime sessions to practice and prepare for the Literacy Test (must sign up in advance).

Tuesday November 18: All eligible students will write the Literacy Test.

If you have a student who is in Grade 10, 11, or 12 this year, who will be writing the OSSLT, there are several ways in which they can prepare for the test:

1. Students are encouraged to complete the online [Practice Test](#) which has an identical format to the OSSLT. Students will also be given direct instruction during class time during the month of November.
2. If any students would like additional practice with literacy concepts through our Student Success Department, please ensure your student signs up for our Learn & Lunch Sessions on Monday Nov 3rd when our team meets with all grade 10 students to discuss the test
3. [Click here](#) **if you wish to learn more about the OSSLT**

TAKE OUR KIDS TO WORK DAY

On Wednesday **Nov. 5th**, Canada's longest-running, highest-profile career exploration event is back!! **Take Our Kids to Work Day** allows students to participate in person or virtually at school. All **grade 9** students will be participating in some form.

Parents are encouraged to make arrangements to have their child attend work with them on Nov 5th. Students are asked to complete this [Permission form](#) and return it to school asap. (Permission Forms were handed out in students' homeroom classes.)

Students who remain at school will participate in career exploration activities in class. **Students who participate in the community will not be responsible for any additional work from school that day.** If you cannot take your child to your workplace,

students are also able to visit a workplace with a relative, neighbour or family friend. We are hoping all students will be able to take part in this exciting day!!

UPCOMING GRADE 12 EVENTS

A reminder to parents that you can view the weekly grade 12 email update on our website. All important information regarding all things grade 12 is shared in these emails.

November 5 - Carleton University Presentation (period 4) in the Auditorium. Students must sign up to attend.

November 14 - Grad Fee Due = \$60 (grad fee can be paid through School Cash Online)

December 16 - Awards and Scholarship Presentation (period 3) in the Auditorium

7/8 UPDATES

Ottawa 67's Field Trip Day - On **November 12**, all students who signed up for the 67's Day Field trip will spend the day at the Canadian Tire Centre to watch our Ottawa 67's in action! Students will travel by school bus to and from the CTC and be home in time for regular dismissal.

* ***Students should bring the following:*** a lunch (concession lines are typically very long and quite slow), water bottle, jacket, money (if buying lunch/snacks). Backpacks and bags should remain at school. Given that this is a school event, students are expected to be in Notre Dame uniform while on the trip.

JUNIOR SHOW

On **Wednesday, November 19th**, the Junior Show, ***Employees Must Wash Hands Before Murder***, will take place at 7:00pm. Tickets will be \$5 at the door.

We have very talented students in grades 7,8 and 9 in our cast and crew, and they have been working very hard to prepare this production under the leadership of Ms. Lauren Wallace. We hope to see many of you there!

GARDEN RENEWAL NEWS

The Roots and Resilience project (outdoor garden renewal) received an environmental grant. This week, we will be starting to take out the rotting boxes and fix things up. We

may be looking for help from staff and students (snacks & volunteer hours will be in the mix too!). More information is coming soon.

7/8 ATHLETICS

The 7/8 volleyball teams will be in action during the month of November. The boys and girls will be participating in a tournament on **November 5th** at St Francis Xavier HS. We will be hosting the annual table tennis tournament for five schools on **Dec 2nd** which will be followed by badminton.

HIGH SCHOOL ATHLETICS

Fall Teams Enter High-Stakes Playoffs!

The fall season is wrapping up with immense excitement as several of our teams charge into the playoff rounds! We encourage all members of the Notre Dame community to come out and support our athletes.

A huge congratulations and good luck to the following teams:

- **Varsity Girls Basketball:** Our girls have earned the right to **host their Division Semi-Final!** They will face off against **Gisele Lalonde** on **Monday, November 3rd**. Come pack the gym and show your spirit!
- **Senior Boys Volleyball:** The senior boys begin their playoff journey right away! We wish them the best of luck as they fight for the championship.

Season Wrap-Ups and Winter Previews

The **Boys Varsity Soccer** team officially concluded their successful season last week after a determined run. Congratulations to all the players and coaches on a fantastic effort this fall!

Looking ahead, the gym is already heating up for the winter schedule:

- **Boys Basketball** teams will be tipping off their season very soon.
- **Senior Girls Volleyball** teams will also be starting tryouts and practices in the next few weeks.

Stay tuned to the school announcements for tryout dates and game schedules!

GO EAGLES!

VOICES OF ND

The excerpt below was taken from a personal essay written by grade 10 student, Lydia Assani. It was a response to an article published by a former ND student who is now studying journalism at Carleton.

Representation should be anywhere and everywhere. I never understood how much it meant to me until I came to Notre Dame High School. For the first time in my life, there were teachers my colour, people in clubs that shared similar experiences with me, and teenagers that share the same culture as me. Being around people who could see me for who I am, made me beyond comfortable. In the article, Iya Mendoza wrote; "but it just felt different being able to see myself in a stranger." That's exactly what I felt when I came to Notre Dame and saw people that were like me.

Currently I have an ample amount of people, mentors and connections that help me grow in many different ways. Strong influential women like; my mother, Mrs. Hollingsworth, etc, are all women who make me feel seen and represented. And having them makes me feel like I'm enough and capable of anything.

NOTRE DAME CATHOLIC SCHOOL COUNCIL

Caregivers are warmly invited to attend the upcoming School Council Meeting on **Thursday, November 20 at 6:30 p.m.** in the Learning Commons.

This meeting offers an opportunity to discuss school initiatives, share feedback, and collaborate on ways to enhance our students' learning experience. Your participation and insight are greatly valued as we work together to support our school community.

Light refreshments, including pizza, will be provided. We look forward to seeing you there.

NOTRE DAME WEBSITE

We encourage families to continue to visit the [Notre Dame Website](#) with their child to stay up to date with our school.

SCHOOL CALENDAR

November

5 - Take Our Kids to Work Day (Gr. 9)

7 - PD Day

11 - Remembrance Day

13 - 7/8 Progress Reports Available

18 - OSSLT

19 - Junior Drama Show

20 - 7/8 P-T Interviews & School Council Meeting
28 - Indigenous Student Forum

December

5 - PD Day
16 - School Council (Morning Gathering)
19 - Last Day before Christmas Holidays