

Mother Teresa



Middle School

A Jesuit Academy

SEPTEMBER 2012

Principal Message—Mr. C. Kleisinger

Well the new school year is upon us and we couldn't be more excited. If last year was incredible, this one is shaping up to be even better. This summer we completed the second phase of our renovations – creating a grade 7 classroom, completing the hallway and adding a large multipurpose room. These additions will allow us to welcome a second group of grade 6's to Mother Teresa Middle School and better accommodate our breakfast, lunch and enrichment programs. I would like to thank **Regina Catholic Schools, PCL Construction, Harvard Developments, Stantec, Sun Electric and K D Mechanical** for their time and effort during the renovation.

We hope everyone enjoyed a relaxing and restful summer. We had an incredible trip to Calgary and Banff with our Grade 7's and a wonderful, two week, Leadership Academy at the University of Regina with our grade 6's and 7's. We would like to thank **Alison Fisher and Chas Bonnor from the University of Regina** as well as **Father Kevin Lynch** for allowing us to stay at the Cochrane Retreat House in Cochrane. We would like to express a sincere thanks to **Mr. Mo. Bundon and Michelle Carr** for providing an incredible lunch following our mountain hike in Canmore. As well, a big thank you to **Jim & Michelle Braun, Loraas Disposal LTD.** and **SaskTel** for your generous donation towards our summer leadership academy. You have all played a huge role in making our summer one to remember.

We have also added some additional staff that will help us to serve our students and their families. We would like to extend a warm welcome to **Mr. Greg Rieder** who is our new Grade 7 teacher. Mr. Rieder accompanied the Grade 7's on their summer trip to Calgary in July and by all indications they have started to bond and are going to have a great year ahead. **Amy Perrey** is also joining us on a half time basis and she will teach Social Studies and Phys. Ed. to the Grade 6's and 7'. She also has a wonderful background in Arts Education and a keen knowledge of Technology that will serve our students well. **Ivon Bellavance S.J.** is a Jesuit from Montreal and will be spending the year with us completing his Regency. Ivon is an accomplished artist/sculptor and has even designed for Cirque De Solei in the past. He will serve in a variety of areas and help out in the classroom as well as with our enrichment programs. We are very fortunate to have him. **Jane Brundage and Jordan Carr** from the University of Regina will be joining us as Interns in the fall and will be with us until Christmas. They will be working primarily with Ms. Cote and will be involved in all aspects of school life. The Grade 7 students are already familiar with Jane and Jordan as they volunteered at the school last year. We look forward to helping them learn over the next few months and watching them develop into fine, young educators.

Other than that, **Ms. Keith, Mr. Kleisinger, Ms. Cote, Mr. Gonzales, Ms. Stordy, Ms. Ruth and Lloyd** are all back this year and ready to go. First up in the extra-curricular department is cross country running and touch football. We have a new bus this year and we will be picking up twice the number of students so your cooperation is required. Students/families can really help Lloyd out by being outside and ready on time so the bus can stay on schedule. We thank you in advance for your support. September will be an incredibly busy time at the school and we would like to wish **Ms. Stordy and her fiancé Kent** all the best in her upcoming wedding on September 15th.

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**Please join us for our monthly....
Parent/Student Meeting & Supper
Thursday, Sept 20th
5:00pm**

Please RSVP by **Friday, September 14th** to
estordy@mtmschoolregina.com or 569-6867



MTMS MISSION MEASUREMENT

A Solid Foundation for a Successful Student Year!!

Written by Gwen Keith – MTMS Executive Director

MTMS aims to provide an enhanced holistic Government approved, faith based middle school education based on our unique MTMS BRAND.

As a newly Qualified Independent School we will show high literacy and strong accountability giving our students equitable opportunity and smooth transitions.

MTMS will apply its innovative BRAND consisting of the following practice standards in a strengths based setting.

- ♦ **Optimized Time for Student Learning**
 1. School Culture of Delivered High Expectations and Mutual Accountability.
 2. Active Student Engagement in Academic Goal Setting and Chartering Progress.
 3. Expanded Time - School Day and Year.
- ♦ **Time to Help Students Thrive in School and Beyond**
 4. Faith based Jesuit Academy – Ignatian Pedagogy
 5. Holistic Education – Mind, Body, Spirit
 6. Commitment Beyond Graduation
- ♦ **Continuous Improvement of MTMS Staff**
 7. Evidence Based School Relentlessly Assessing, Analyzing, and Using Student Data.
 8. Innovative Team with Strategic Learning and Alliances.



MTMS has two key goals for 2012-13 that the MTMS BRAND facilitates

- **Student attendance of 97% or better.**
- **Each student making at least one grade level based on potential in reading and math.**

I want to personally welcome our new grade 6 students to our “game changer” school and congratulate them for their attendance and participation at our summer camp. Grade 7 students....you ROCK!!! ALL 17 of you have stayed with us for over the last 12 months and showed significant leadership at our 3 weeks of summer camp. Parents and other readers of this Newsletter check out our 2012 report on the [MTMS Summer Student Leadership Academy](#) on our website. This was made possible through the help of our relentlessly dedicated MTMS staff, significant community financial and in kind donations and many volunteers.

Watch for my monthly updates celebrating how MTMS measures our mission of student learning!

A Message from Mr. R. Gonzales—Graduate Support Director

Welcome back students and parents to our second year of Mother Teresa Middle School!

Wow, can you believe we are back into the swing of things! I am so excited to start our second year with two grades filled with wonderful, motivating, and eager students selected at our school! As the Graduate Support Director, I will continue to do many things to get the year started in the right direction for all students!

1. I will build strong relationships with the parents/guardians and students. This will include phone calls, texts, and home visits. I will work closely with our staff and meet with students on a daily basis.
2. Attendance is one of the biggest drives at our school. The key is to maintain 97% or better! We achieved this last year and we have the same expectations this school.
3. Our enrichment program will be in full swing right away starting from 3:15 to 4:15 p.m.! The month of September will consist of Power Hour, Growing Young Movers, Cross-Country, McKenzie Art Gallery, Mindfulness, Flag Football, and Cooking! There will be sign-ups for each activity so students will have different options after school!
4. I look forward in seeing all the students once again. Let's get ready for another exciting at MTMS!

A Message from Miss K. Hognerud —Band Teacher

Welcome to the 2012/2013 school year! My name is Miss Katrina Hognerud, and I am the North Area Band Director for this upcoming year. I am very eager to begin the band program with your student and am looking forward to a year full of music, learning, and fun! As our band program gets underway, here are a few things to remember:



Schedule:

*****Due to a mandatory schedule change across our school division, band will now take place on a DAY 1 TO 5 CYCLE this year.*****

Sectionals: Grade 6 & 7 sectionals take place each week, **beginning next week on Monday, September 10.** This is where Miss Hognerud travels to each elementary school and works with the students in small groups. (Please note: if your student attends St. Mary School, they will have Mr. Kory Gibbs as a sectional instructor, but will still attend Full Band with Miss Hognerud). **Each school has an assigned sectional day during the week, which will rotate with the school's day cycle system.** Please see the list below to see which day of the week your sectional will occur on:

St. Michael/Mother Teresa – Day 4

****Please ensure that students have their instrument and necessary supplies before Tuesday of next week****

For the first two weeks (from Monday, Sept. 10 – Friday, Sept. 21), sectionals will be one hour in length. This is to ensure that students have the best possible start on their respective instrument. After September 21, sectionals will revert to the normal length of a half hour per week.

Full Band:

Grade 6 Full Band will occur on each DAY 5 from 1:30pm – 2:30pm, beginning in October. Full Band is where all of the North Area Band students come together at O'Neill High School for a rehearsal as a large group. The **first Full Band rehearsal will occur on Wednesday, October 10.** More information will be provided at a later date.

The North Area 7/8 Full Band will meet each DAY 1 from 10:15am – 11:15am. Full Band is where all of the North Area Band students come together at O'Neill High School for a rehearsal as a large group. The **first Full Band rehearsal will occur on Tuesday, September 25.** The students will be transported by bus from their respective schools to O'Neill for rehearsal and back (further details regarding bus pick-up times will be provided closer to our first rehearsal).

Miss Katrina Hognerud – North Area Band Director
Cell: 533-9086 Email: k.hognerud@rcsd.ca

Turkey and apple meatballs

Serves 5

Apple works well with turkey, giving it a subtle sweetness. These meatballs are sure to be a hit. Serve them with applesauce to dip or over whole-grain noodles or brown rice.

Ingredients

- ★ 1 lb (500 g) extra lean ground turkey
- ★ 1 cup (250 mL) panko (Japanese breadcrumbs) or regular dry breadcrumbs
- ★ 1 cup (250 mL) grated, peeled apple (about 1 apple)
- ★ 2 eggs
- ★ 1 tsp (5 mL) onion powder
- ½ tsp (2 mL) black pepper

Directions

Preheat the oven to 400° F (200° C) cover a cookie sheet with parchment paper.

In a large bowl combine all the ingredients and mix very well. Using an ice cream scoop, form the mixture into balls, smaller than a golf ball. Make 15 meatballs.

Place the meatballs on the cookie sheet and cook for 15 minutes. Flip them over and cook for an additional 10 minutes and until they are no longer pink inside. Serve immediately.

Nutritional information per serving (3 meatballs)

- ★ Calories: 225
- ★ Protein: 20 g
- ★ Total fat: 10 g
- Saturated fat: 3 g
- Dietary cholesterol: 134 mg
- Carbohydrate: 13 g
- Dietary fibre: 1 g
- Sodium: 111 mg
- Potassium: 235 mg

September 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
9	10 3:15-4:15 X-Country Football Practice	11 Gr. 6 Immunization 3:15-4:15 Art Class G.Y.M Girls Football Game vs. Sacred Heart	12 3:15-4:15 X-Country Gr.6 Power Hour Gr.7 Cooking Girls Football Practice Boys Football Game @ St. Timothy 3:45pm	13 3:15-4:15 X-Country Meet Art Dance	14 Wear Grey Polo Shirt, Khaki Pants & Black Shoes School Dismisses @ 3:30pm	15
16	17 3:15-4:15 X-Country Gr. 7 Power Hour Gr. 6 Mindfulness Boys Football Game vs. St. Gregory 3:45pm	18 3:15-4:15 Art Class G.Y.M Boys Football Game @ Sacred Heart 3:15pm	19 3:15-4:15 X-Country Gr.6 Power Hour Gr.7 Cooking Boys Football Practice Girls Football Game @ St. Mary 3:30pm	20 Wear Blue dress shirt, navy skirts/pants & black shoes School Pictures Parent Meeting/ Supper 5pm 3:15-4:15 X-Country Meet Baking Class	21 School Dismisses @ 3:30pm	22
23	24 3:15-4:15 X-Country Gr. 7 Power Hour Gr. 6 Mindfulness Boys Football Game vs. St. Mary 3:45pm	25 3:15-4:15 Art Class G.Y.M Girls Football Game vs. St. Gregory 3:30pm	26 SIAST Dental Presentation 1PM 3:15-4:15 X-Country Gr.6 Power Hour Gr.7 Cooking Girls/Boys Football Practice	27 3:15-4:15 X-Country Meet	28 School Dismisses @ 3:30pm	29
30	1 3:15-4:15 X-Country Gr. 7 Power Hour Gr. 6 Mindfulness	2 3:15-4:15 Art Class G.Y.M	3 3:15-4:15 X-Country Gr.6 Power Hour Gr.7 Cooking	4 3:15-4:15 X-Country Meet	5 School Dismisses @ 3:30pm	6