



Ms. A. Peluso
Principal

SANDALWOOD HEIGHTS SECONDARY SCHOOL

PRINCIPAL'S NEWSLETTER

April 2018

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Dear Students, Parents, and Guardians:

As we welcome Spring, we are so pleased to reflect on the wonderful achievements and initiatives at Sandalwood that have occurred since our last newsletter. Hopefully you have enjoyed this semester as much as I have and are making excellent progress. As you review your report card, please take the time to reflect on your learning skills and work habits. Carefully review the comments that your teachers have made to help you to improve and be even more successful in the remainder of this semester. As always, I encourage you to reach out to your teachers for feedback on how you can improve your performance. We look forward to seeing you at our Parents'/Guardians' Night on May 3, 2018 where you can continue these conversations with your son or daughter's teachers.

We have much to be proud of again this semester, as you can see from some of the inserts in this newsletter. I would like to congratulate our Climate Student Leaders who have recently completed their training on Healthy Relationships. They will share this knowledge with others and teach others about positive interactions and healthy relationships. I am also very happy to report that we are a **5-2-1-0** school promoting healthy active living. We have partnered with Peel Health to educate and model healthy and positive choices to fight the increasing and alarming rate of diabetes within our community. We hope that you will join us in this campaign and lifestyle to ensure our Sandalwood family stays happy and healthy. Please see the news item in this newsletter for more information. We will be hosting an Information Night on May 10th to share more information and gain your feedback; I hope that you will join us.

As the nice weather begins, remember to stay the course and maintain your commitment to your studies. As always I remain committed to supporting our students to be and do their very best.

With my best wishes,

A Peluso
Principal

Health and Physical Education Happenings!

1. SABRE SPIRIT WEAR

Sabre Spirit wear is now available and easier than ever to order!

All you have to do is visit our online shop:

<https://sandalwoodheightssecondaryschool.entripyshops.com/?>

[Utm_source=SandalwoodHeightsSS&utm_medium=emailtoparents&utm_campaign=esshoppoweremails](https://sandalwoodheightssecondaryschool.entripyshops.com/?utm_source=SandalwoodHeightsSS&utm_medium=emailtoparents&utm_campaign=esshoppoweremails)

2. WOW

Wednesdays are 'Women On Weights' days, after school in the weight room. We are encouraging all Sabre girls to come out and increase their personal strength, fitness and comfort level in the weight room!

3. DID YOU KNOW: Physical Activity = Academic Results AND Increased Happiness!

Did you know that when you are active you are smarter, and you actually feel happier?

FACT: Those who are Physically Educated can expect to achieve up to 40% higher on test scores.

FACT: Physical Activity is the most readily available, yet underutilized, medicine and coping strategy in the world!

FACT: When we dedicate a small amount of our day to intentional exercise, we are naturally less stressed AND better able to manage anxiety and feelings of depression.



Sandalwood Heights has become a 5210 School!!

- What does this mean? - **5-2-1-0** is a plan for getting more PEOPLE, more ACTIVE, more OFTEN.
- Enjoying **5** or more servings of vegetables and fruit per day
- Powering down—reduce screen time by **2** hours per day
- Being active—at least **1** hour a day
- Choosing healthy—**0** sugar-sweetened drinks
- WHY?? Rates of TYPE 2 Diabetes in Peel Region (specifically the area surrounding our school community) are among the highest in the province and across the Greater Toronto Area (GTA).
- HOW?? **5-2-1-0** Healthy Communities Initiative is seeking to spread this message to the entire community, to address diabetes, by empowering residents to make healthier eating decisions and active lifestyle changes.

COMING SOON:

- Student Information
- A Parent Information Night so we can learn more and do more to stay healthy.

Our **Graduation Ceremony** will be held on **June 28, 2018** at Sandalwood Heights Secondary School at 7:00 pm.

Your fee of \$25 covers your gown, cap, v-stole and tassel. All are yours to keep. The fee also includes a souvenir picture which is taken and picked up the night of Commencement.

Due to the large graduating class, we have to limit the number of guests to 2 per graduate.

We hope to see you there!!



Let's work together to stay safe

- ◇ Use the cross walks and **DO NOT** jay walk across Torbram or Sandalwood
- ◇ Use our thruway lanes to drop off students and **DO NOT** block traffic by stopping on Sandalwood
- ◇ Use our thruway lanes and not the staff parking lot as a drop off point as cars are reversing to get in and out of parking spots

THANK YOU FOR DOING YOUR PART TO KEEP OUR SANDALWOOD FAMILY SAFE.



"There is no failure except in no longer trying."

.....Elbert Hubbard

SANDALWOOD'S 9TH ANNUAL PROM



The prom will be held on June 26th, 2018 at **Le Jardin Conference and Event Venue**. Tickets are available on School Cash Online for \$95 until **April 13th**. Guest tickets are also available.

BUY NOW BEFORE IT IS TOO LATE!!

"Sandalwood students participated at the annual Peel Skills competition winning Gold and Silver medals. Congratulations to DJ Olive/Anthony Duong on their Gold medal in the Robotics and Control Systems team category and to Prashant Mistry and Nikki Kapadia who won Gold and Silver respectively in the Electronics category.

Prashant Mistry
Nikki Kapadia

Anthony Duong
DJ Olive



The Gold medal winners will be representing the Peel District School Board at the Skills Ontario Competition, May 7-9, at the Toronto Congress Centre."

ParentConnect

Online parent portal to access important student information

Parent Connect is a safe and secure website, created by the Peel District School Board, that acts as a single point to stay informed and to access all electronic services provided to Peel Board parents and legal guardians.

The parent-friendly website will allow you to view school-based alerts and information, access real time absence reporting, view current and historic elementary report card information, get up-to-date busing information, review secondary school credit history and diploma status, and more.

To learn more about the benefits of ParentConnect, visit our school website or www.peelschools.org/parentconnect

Programming Competition

"The Grade 12 Computer Science class sent three teams of four students each to compete at the annual Programming Contest hosted by the Educational Computing Organization of Ontario. Eighty four teams from 26 high schools in Peel competed. Each team had one computer to solve five programming problems in 3 hours. While Sandalwood did not qualify for the Regional competition, we did have a lot of fun and learned a lot to prepare ourselves for next year's contest!!"



DECA On February 9th and 10th, 13 members from Sandalwood's DECA Chapter, competed at the provincial division, held at the Toronto Sheraton Hotel. Students participated in a variety of business events and categories and successfully applied their communication, numeracy and problem solving skills.

Mehreen Shahid, who competed in the Retail Merchandising (Individual Event), placed Top 6! It was momentous for the chapter as *hundreds* of competitors across Ontario were competing in the same event. Way to go Mehreen! All of our students demonstrated proficiency, poise and represented Sandalwood well!



Sandalwood's DECA Chapter continues to strive in the competition and are well prepared year after year. Sandalwood Business is proud to be building the next generation of great leaders and business professionals!

Sandalwood DECA is also pleased to announce that we have sold many **2018 Sandalwood Grad Hoodies** for our graduating students. **If you are interested and have not placed an order, please visit School Cash Online to view the hoodie and make payment.**



Other Business Please note that we are in the final stages of accepting **Business SHSM** applications for next year. Current grade 9 and 10 students are encouraged to explore this opportunity. Please come by the Business office for any questions and to pick up an application.

"The ornament of a house is the friends who frequent it." —Ralph Waldo Emerson

FROM THE GUIDANCE AND CO-OP DEPARTMENT

Attention Potential June Graduates:

Potential June Graduates are reminded of the 40 hours of volunteer work that must be completed as a requirement of their secondary school diploma. Bring completed volunteer hour forms to the Guidance Office before June 1st, 2018.



Summer School Information:

Summer school registration is open! Please visit <http://www.peelschools.org/summerschool> for Peel District School Board course offerings, dates and locations and visit <https://www3.dpcdsb.org/programs-services/summer-learning> for Dufferin-Peel Catholic

District School Board information. Students are required to register online for Peel courses and complete a registration form for Dufferin-Peel courses. Space is limited therefore students are encouraged to register early.

Visit the Guidance *MyClass* website for important announcements and links to helpful websites. <http://schools.peelschools.org/sec/sandalwoodheights> - click on "BYOD page", then click on "MyClass" enter Username: **parent** and Password: **parent**, then click on "Guidance".



- Parents'/Guardians' Night—6:00 pm—May 3rd
- School Council Meeting—May 10th-7:00 pm—Room 115
- Late Start—(Classes start 12:10 pm) - May 10th
- VICTORIA DAY HOLIDAY—May 21st—NO SCHOOL
- Grade 9 EQAO Math Test—June 8th
- In Class Assessments—June 5-14th
- Grad Breakfast—June 18th
- Final Summatives—June 20-25th
- Athletic Banquet—June 22nd
- Sandalwood's Prom 2018—June 26th
- Commencement—June 28th
- Final Reports Distributed/Exam Review-10 -12 pm-June 28th

Sikh Student Association

On February 16th, Sandalwood Heights' SSA hosted a visit from the Ministry of Education. The Minister of Education, Indira Naidoo-Harris announced that a new educational resource will be

available for students and staff to access curricular resources that focus on Sikh Heritage. In honour of this visit the SSA organized a Sikh Heritage Gallery which exhibited many historical, religious and cultural artifacts. The event was also attended by the Director of Education, Peter Joshua, MPP Harinder Malhi, MPP Vic Dhillon, Executive Director of the Sikh Heritage Museum Pardeep Singh Nagra, our school Superintendent Pat Noble and Trustee Harkirat Singh. The SSA would like to acknowledge the hard work of all the students and staff who made this event such a success.



Students Driving Cars to School

Students who wish to drive to school must register their car in the main office to receive a parking tag. A \$3.50 fee will be charged to cover the cost of the tag. Space is limited.

In order to have the privilege of parking on school property, students must follow the rules or they will immediately lose their parking privileges. Students who park without a tag take the chance of receiving a ticket and/or having their car towed by the city of Brampton Parking Authority at the car owner's expense.

