Exam Preparation Tips

Here are 10 useful tips to keep in mind:

1) Make sure you get lots of sleep during the nights leading up to your exam(s). Even though studying is very important, it is also extremely important to get a consistent amount of sleep every night.

2) If it helps, use different colors for your study notes. Highlighters and post-it notes can help you to emphasize relevant information. This will help you to memorize key points faster!

3) Make sure you use appropriate lighting while studying. Avoid studying in rooms that have cool fluorescent light bulbs which are harsh for your eyes and cause straining. Proper lighting results in a more efficient and successful study period!

4) Try to avoid distractions by turning off your cell phone or putting it in a different room. Keep your television off and only check for social media notifications during your breaks.

5) Take exercise breaks in-between studying to help you feel refreshed. Put together a short 5-10 minute workout that includes jumping jacks, sit ups, push ups and other exercises to get your heart rate up and blood flowing!

6) After you have finished your exam, be sure to reward yourself. Go out with some of your friends, watch a movie, or do something small to treat yourself for a job well done.

7) Be sure to mark on your calendar what days and times you will study. During each planned study time, also plan what you are going to study. This will ensure that you do not lose out on study time or forget important topics!

8) Strive to eat healthy and whole foods! Staying away from processed and fast food will improve your memory, strengthen your mind and help you to remain mentally alert. Nuts, apples, veggies and dip, and lean proteins are some good foods to incorporate into your daily diet.

9) Try using different methods of studying such as creating mind maps, reciting the lines out loud, drawing diagrams, or even typing out your study notes. Find different methods that work for you, and practice them alone or with a partner.

Good luck and remember to take care of yourself both mentally and physically!

Follow us! 

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Important Dates

Jan. 25-31: Exams
Jan. 30: Bell Let’s Talk Day
Feb. 1: PD Day (Secondary)
Feb. 4: Semester 2 Begins
Feb. 14: Report Cards Distributed
Feb. 20: Family Day
Mar. 6: Ash Wednesday
Mar. 11-15: March Break

Student Highlight - Negar Houreh


I would like to talk about a couple of things that are different between here and my home country. In Canada, we don’t have any limitations, so we can follow our future dreams. However, in Iran, we have some limitations. For example, we can’t always study our favorite subject in university. This is because we have to pass an exam before entering university, and certain people receive priority over others in Iran. Also, another limitation we face in Iran is that we have to wear a Manto scarf and pants, whereas in Canada this is not mandatory.

My plan for my future is to be a Dentist. I also love photography and other creative subjects like this, but I’ve made a promise to my self that I must work hard to be successful in whatever I choose.

There are many good things about Canadian culture, especially driving! People in Canada drive with extreme caution, and so far I think Canada has the best weather in the world. So, I think Canada is the best country!

Live, laugh and smile...

-Negar Houreh, St. David - Grade 10
The Waterloo Catholic District School Board is dedicated to the well-being of students, families and staff by addressing the need for further enhancement, and addition to, programs pertaining to the development of resiliency, strengths based education, social and emotional learning, and behavioral competence within the context of Catholic education and our Catholic community.

The Waterloo Catholic District School Board began the year by launching the “Elephant in the Room” campaign, partnering with the Mood Disorders Society of Canada. The campaign is in place to reduce stigma regarding mental health concerns by creating safe, supportive school environments and thus ensure that students, families and staff not only feel supported but also look to our schools as places where positive mental health is fostered and enriched. Please visit https://www.wcdsb.ca/programs-and-services/mental-health-and-well-being-at-wcdsb/ for more information on awareness and tips for parents involving the mental health of your children.

In support of improved mental health and well-being, the board is also addressing an extension of community, addition to curriculum in regards to resiliency programming, building coping strategies and stress management skills, mental health literacy and training for staff, and consistent review of existing protocols as well as additions if needed. The Waterloo Catholic District School Board is devoted to ensuring that students, families and staff not only feel supported but also look to our schools as places where positive mental health is fostered and enriched. Please visit https://www.wcdsb.ca/programs-and-services/mental-health-and-well-being-at-wcdsb/ for more information on awareness and tips for parents involving the mental health of your children.

### Mental Health & Wellbeing

- Front Door
- Carizon
- Here 24/7
- Ray of Hope
- OK2BME at KW Counselling
- Grand River Hospital – Child & Adolescent Services
- Cambridge Memorial Hospital
- Mood Disorders Society of Canada (Elephant in the Room Campaign)
- Active Cambridge
- Parents for Children’s Mental Health
- Waterloo Region Suicide Prevention Council
- UMIND – Kids Health Links Foundation & Lutherwood

### Extra Curricular Activities

As an international student, it can be intimidating to find activities and clubs to join. Even though you may not be aware of how to get more involved in your school, you can always ask for help from your Guidance Counsellor! Here are some activities and clubs taking place in your school:

- **St. Mary’s**: https://stmary.wcdsb.ca/student-life/clubs/
- **St. David**: https://stdavid.wcdsb.ca/students/teams-clubs/
- **St. Benedict**: https://stbenedict.wcdsb.ca/student-life/clubs/
- **Monsignor Doyle**: https://doyle.wcdsb.ca/student-life/clubs/

Each high school offers clubs involving the arts, math, health, sports and many more! You can also speak to your Guidance Counsellor about Student Council and how to try-out for athletic teams. Also, if you are a student who is passionate about the environment, inquire about any environment clubs you could join. St. Mary’s even has a Multicultural Club, a DECA Business Club and a Random Acts of Kindness Club! If your school has a Key Club, joining that club would allow you to meet lots of students and learn more about who you are and how you can contribute to society.

### Join a Club

- Math Club
- Soccer Club
- Chess Club
- Guitar Club
- Video Game Club
- Drama Club
- Science Club
- Yearbook Club
- Choir

### Why Do We Like Sports?

Nowadays, going to the gym and doing sports play a more important role in people’s daily lives. Doing sports is tiring and there are always a lot of people at the gym. First of all, being tired is not the only thing that sports does to us, as there are many more outcomes. Some people are looking to change their physical appearance and look better, some are expecting stronger muscles, and some may just want an overall healthy body. The common point of all these goals is that they must be achieved through doing sports. This is one of the reasons that people do sports. Next, being tired is usually a negative thing, but not all of the time. It always seems like the “bad things” outweigh the “good things”. It’s interesting that we can be thankful for the “bad” things, as they teach us to appreciate the good and be happy. We appreciate being tired from exercising and doing sports, because it means we will be healthier in the end.

Many years ago, the first time I tried to develop the habit of doing sports, it was not much fun. That’s because my parents asked me to do it, and it felt like a decision between life or death. In the end, I chose to live. However, when I look back now, I already forgot how painful that was. To my surprise, this is a main reason that I am good at basketball, table tennis, and running. The decision I made before gave me a lot of confidence that helps me in my current gym class. Like Steve Jobs said: “you can’t connect the dots looking forward, you can only connect them looking backwards.” In fact, I am a lucky guy, because not everyone has the same parents as mine. The World Health Organization estimates that the number of deaths caused by lack of exercise worldwide is more than 2 million per year. Note, that inactivity and lack of exercise can reduce the immune capacity of the body and lead to sudden death due to inadequate immunization of certain diseases and viruses.

I wish we all have a healthy body.

- Boyang Jiang, Resurrection-Grade 11
In addition to fulfilling diploma requirements, volunteer hours are mandatory as well. Opportunities that become known will be on the announcements and on your Guidance bulletin board. It is a requirement of graduation that each student complete 40 hours of community service (10 hours per year). Click here to track your hours if you wish: [www.hourrepublic.com](http://www.hourrepublic.com).


To receive an Ontario Secondary School Diploma, students need to complete at least thirty (30) credits in secondary school (one credit is normally one course). Students planning to attend university can include the required six university/college preparation courses in their senior level of studies in order to meet university entrance requirements. More information on graduation requirements can be found at: [https://www.wcdsb.ca/wp-content/uploads/sites/36/2017/02/graduate.pdf](https://www.wcdsb.ca/wp-content/uploads/sites/36/2017/02/graduate.pdf)

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Hi! My name is Orkia and I'm a grade 11 student from Iran. When I was a child, I always hoped to be able to study in another country such as Canada. So I am now actually here to study and try another life! This is my dream. I like to study here because I can choose my classes by myself. Also, when you are in your class, it is very enjoyable. If you have problems, you can tell your teacher and they answer your question very kindly. I have gym class during period one and this week we had Zumba and yoga! It’s so much fun.

I’m from Iran, and we celebrate a lot of things during the year. One of these celebrations happened in December and we call it ‘Yalda Night’. This involves celebrating the longest and darkest night of the year. Family and friends gather on this night to eat and read Hafez (a form of poetry). Fruits such as watermelon and pomegranate are the most popular foods eaten during this celebration. The reason for these fruits, is that the color red means ‘dawn and the glow of life’. Hafez is very important to Iranians and includes making a wish before selecting a poem from a book of Hafez. The poem they choose is what dictates if and how their wish will come true. I like Canada because you can do anything you like, and you can drive when you are 16 years old! Christmas has passed and I hope you had a nice holiday. Merry Christmas and Happy New Year.

-Orkia Salmanzadeh, St. David-Grade 11

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### Graduating High School?

**Talk to your Guidance Counsellor about Grad Photos!**

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