

St. Nicholas Staff

Principal

Philip Capobianco

Vice-Principals

Joe Hum, West
Linda Meulenbroek, Central

Guidance Lead Teacher

Michelle Deveaux

Intake & Assessment Officers

Jill Baizana, Central
Trudy Lothian, West

Senior Office Administrator

Johanna Ackerman

Office Administrators

Najwa Al-Khoury, Central
Audrey Barrett, West
Crystal Gordon, West
Adam Hobbins, West
Heidi Lovejoy, West
Carmal Mayer, West



Post-Secondary Applications

The deadlines for equal consideration to apply to university or college have passed for entry into programs beginning in September 2017. If you are still interested in applying, contact the post-secondary institution for advice on program availability before completing an application.

To research programs go to:

**electronicinfo.ca (universities) or
ontariocolleges.ca (colleges)**

Shrove Tuesday, Ash Wednesday, Lent & Easter: What's it all About?

On Tuesday, February 28th, St. Nicholas will serve a pancake breakfast.

Pancake Day, which is also known as **Shrove Tuesday**, marks the day before **Ash Wednesday**, which itself marks the first day of **Lent**. Lent, like Ramadan, is a time of abstinence and reflection, prayer and almsgiving (helping the poor or sacrificing something of yourself). For Christians, Lent is the 40 days that lead up to **Easter** and Easter is the fundamental celebration of Christian belief — that Christ died for humankind (on **Good Friday**) and three days later was resurrected from the dead (**Easter Sunday**). Easter is the celebration of the resurrection of Jesus. Christians believe Jesus died on the cross for their sins and then rose from the dead to give the promise of new life, both in this world and the next.

Pancakes became the traditional food to eat before Lent because they were a great way to use up any stocks of milk, butter and eggs, which were forbidden during the abstinence required of Lent. *Shrove* - as in Shrove Tuesday - stems from the old English word 'shrive', meaning 'confess all sins'.

February

Mark Your Calendar!

Soup Day

Wednesday, February 22nd
Enjoy a mug of soup and a roll from 11:45 a.m. to 12:30 p.m.



Family Day

The school will be closed on Monday, February 20th for Family Day.

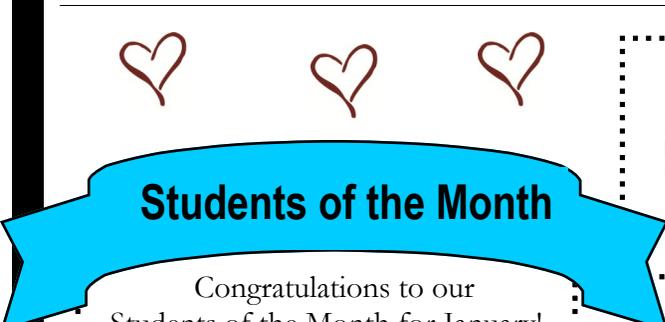


Credits @ Work

If you need to leave day school to go to work, check out our Credits @ Work Program first.

You can earn credits while you work!

The St. Nicholas Breakfast Program is offered every morning from 8:30 a.m. to 10:00 a.m.
Thank you to the Ottawa Network for Education!



Congratulations to our Students of the Month for January!

**Melissa Jenkins
Basil Lazore**

Do you have an IEP?

Students with an IEP are often able to get extra time on exams. See Student Services to see if you qualify.



Is it your goal to graduate this year?

Save the Date!
June 22nd, 2017
at 7:00 p.m.

Register Anytime!

Tell Your Friends

Monday through Friday
8:30 a.m. to 2:30 p.m. OR

Pre-register online! Check out our website:
<http://ads.ocsb.ca>

Please provide:

- ◆ High School Transcript
- ◆ Photo Identification
- ◆ Proof of Address
- ◆ Birth Certificate
- ◆ \$20 Consumable Fee (cash only)
- ◆ Immigration Papers (if applicable)

Cure your myths and get a dose of truth about colds and the flu

- 1. Feed a cold, starve a fever**
It's never a good idea to starve yourself. Keep eating a healthy, balanced diet. Whether you have a fever or cold, it's vital to keep drinking to avoid becoming dehydrated.
- 2. Vitamin C can prevent flu**
Vitamin C offers little protection against colds for the ordinary population, say researchers who reviewed 30 trials involving 11,000 people.
- 3. The flu vaccine gives you flu**
The vaccine is made from an inactivated (dead) virus so you can't get the flu from it. At worst, the jab might leave you with a sore arm or a slight fever.
- 4. Never kiss someone with a cold**
It is very hard to catch a cold by exchanging saliva as the virus travels in the mucus from the respiratory system. Unless you have a bad cough and some of the respiratory mucus has made its way into your saliva, the cold virus will not be transmitted by kissing.
- 5. If you go outside with wet hair, you'll catch a cold**
You could go outdoors with wet hair every day and wouldn't catch a cold, provided you didn't see anyone else who had one. You catch colds from people, not the elements.
- 6. You'll get sick if you don't wrap up warm**
Even if you're cold and shivering there is no greater chance of getting sick than if you are warm and comfortable.
- 7. A hot toddy will help your cold**
Alcohol suppresses the immune system, leaving you potentially more prone to viral infections.
- 8. You should stop exercising if you get a cold**
Listen to your body. If you want to swim or go to the gym and feel well **enough** and your symptoms are all above your neck, it's fine. However if you start feeling ill, stop.

Scholarships and Awards Corner



Will you be attending college or university in September 2017? This section highlights various sources of post-secondary funding. Read this box each month to learn about different community awards, loans and bursaries for which you can apply:

[Ontario Student Assistance Program \(OSAP\) osap.gov.on.ca](http://osap.gov.on.ca)

2017 Thomas G. Flanagan S.C. Scholarship Award

This award recognizes a woman from a racialized or Aboriginal community who expresses a career interest in policing. The application is available online from:

ottawapolice.ca or ottawapoliceboard.ca.

This award is valued at \$1500.

Deadline: February 28th, 2017.

The Society of St. Vincent de Paul Award

This award recognizes an Ottawa Catholic School Board graduate who has been accepted into full-time studies at Saint Paul University.

This award is valued at \$5000.

Deadline: June 7th, 2017 at 4:00 p.m.

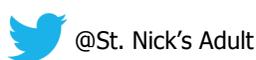


Summer Employment Opportunities

The **Summer Employment Opportunities (SEO)** program provides up to 5,000 students with the opportunity to gain valuable work experience through supervised summer employment in the Ontario Public Service.

These positions enable students to gain valuable work experience and develop skills which are transferable to the labour market. Positions for summer 2017 will be posted on **January 3rd, 2017** with six different closing dates between January 17th and March 28th.

Go to www.gojobs.gov.on.ca/Pages/SEP.aspx for detailed information.



@St. Nick's Adult



facebook.com/St.Nicks.Ottawa



<http://ads.ocsb.ca>

Earn your Community Service Hours by Volunteering for Canada's 150th

Are you 16 or older and looking for an exciting and rewarding way to be involved in Canada's biggest celebrations? Volunteer with Ottawa 2017! With activities in every corner of the city and throughout the year, there will be plenty of opportunities to lend a hand and have some fun. Gain valuable skills and experience, engage and inspire your community, develop meaningful friendships and create memories to talk about for years to come. Be part of the magic! Go to: <http://www.ottawa2017.ca/get-involved/volunteer/>.

CANADA150FOR150 VOLUNTEER CHALLENGE



Volunteer Ottawa is leading a nation-wide campaign in partnership with Volunteer Canada and Volunteer Centres across the country to encourage Canadians to give 150 hours of volunteer time in 2017 in celebration of Canada's 150th Anniversary. We invite all Ottawa residents to give as many as 150 hours of your time in 2017 and give back to your country and your community by making a difference in people's lives. Go to: volunteerottawa.ca. Go to: <http://www.ottawafestivals.ca/>

Find volunteer opportunities at volunteerottawa.ca or in Saturday's Volunteer Round Up column in the *Ottawa Citizen*.