

What's Happening St. T's!?!?



Welcome to St. Theresa's Catholic High School!

This booklet has been created to share with you all of the “extra” things taking place throughout our school that you can be a part of.

Most of these activities are free to St. Theresa's students and many don't even

need any experience to join!

Get involved and get active! See any of the teachers listed, or feel free to drop into an event that you are interested in. Come to Student Services for more information!

Clubs & Committees!!!

ART Club

Staff Contact: Ms. Atkinson (Room 232)

When: Thursdays - 3 to 5 pm September to December

Hello ART LOVERS! We are looking for youth who want to express themselves visually through ART. Beginners and experienced artists are welcome. Interested in joining THE ART YOUTH COUNCIL? It begins this Thursday and here's all you need to know....

WHERE: Just down the road at the Midland Cultural Centre / Quest Art School & Gallery at (333 King Street)

WHEN: Thursdays - 3 to 5 pm September to December

Got a question? See Ms. A in the Art Room #232.



Colouring Club

Staff Contact: Ms. Dalziel (Room 108)

When: Week 1 Wednesdays during Junior & Senior Lunch in Room 108

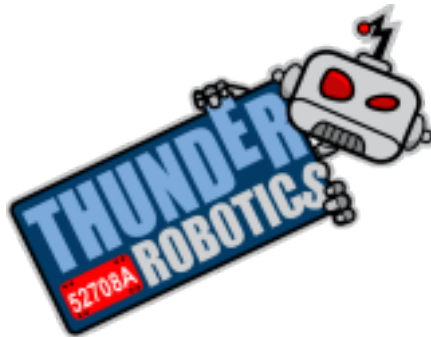
Find your true colours and join the Colouring Club. Come to room 108 during lunch to slow down and enjoy some mindfulness with friends or by yourself. Relax, unwind, and colour outside the lines! Building community through colouring in the “zen den.”

Competition Robotics

Staff Contact: Mr. Coulas and Mr. Dunford (Room 207)

When: November - April

Are you interested in gaining some experience in coding and/or building robots? St. Theresa's Thunder Robotics team will be competing in the VEX Robotics Competitions this year. See Mr. Dunford in room 207 for more information on how to join the competition robotics team.



Dance Club

Staff Contact: Ms. Rumney (Room 228)

When: Day and time to be determined after welcome/sign up meeting

Students are invited to join Ms. Rumney for dancing fun. We will work on endurance with dance cardio routines, stretching to increase flexibility, and explore popular dances like TikTok trends and line dancing combos. Please speak to Ms. Rumney in room 228 for more information.

Elmvale Fall Fair Float Building

Every Thanksgiving weekend Elmvale hosts its annual Fall Fair, and St. Theresa's is proud to be a part of it! Join us for the Float Building / Decorating the week before Thanksgiving, and then be a part of the school parade on Friday as well as Saturday. Elmvale and Area students love getting to represent the St. Theresa's Thunder at their home town parade. See Mr. Fay for details!

Embroidery Club

Staff Contact: Mrs. Gignac (Room 210)

When: April after school one night per week

Students will work on a spring floral embroidery project.

Euchre Club

Staff Contact: Ms. McCormack

When: Thursdays during lunch in the library

Come to the library on Thursdays during lunch to learn to play Euchre - the classic Ontario card game!

Equity & Inclusion Club

Staff Contact: Mr. Gignac, Ms. Dalziel & Mrs. Laurin (Room 221)

When: Mondays 2:00 - 3:30pm

This is a club for anyone interested in making St. Theresa's a safe and inclusive environment that fosters inclusivity through education and actions. We are change makers and allies and we want to do our best to make everyone in our building feel seen, included and welcome. If this sounds like a club for you, please join us every Monday in room 221 after school from 2:00 - 3:30pm.

Games Club

Staff Contact: Mr. Dusome (Room 240)

When: Ongoing throughout year (Monday to Thursday - Junior Lunch)

Games such as Monopoly, Stratego, Connect 4, Sequences, Chess, Checkers and various card games.



Green Streak!

Staff Contact: Mr. Coulas

When: Ongoing throughout year (lunch times in Room 231)

Green STREAK (St Theresa's Environmental Action Club) will try to address environmental issues and concerns within our school community and attempt to find some solutions to improve our planet. Bring your lunch and a friend and let's think globally and act locally. Everyone is welcome!

House Committees

Staff Contact: Mr. Gignac, Mr. Sparks, Mr. Fay

When: Ongoing all year

All students are assigned to a “house” based on the first letter of their last name. Students remain in the same house for their entire time at St. Theresa’s. All students are encouraged to join their house committee and help organize spirit events for their house. Winning house receives a team breakfast and bragging rights each June. See any of the teachers listed for more information.

Junior Band Helper

Staff Contact: Mr. Irvine

When: Wednesday Nights (5-6:30) Room 255

Students with instrumental music experience are needed to assist with the Junior Band. Rehearsals run one night each week. Community Service hours are available for this. See Mr. Irvine in the music room for more information.



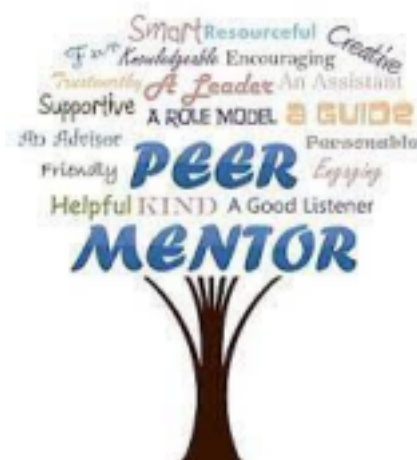
Peer Mentors

Staff Contact: Guidance Counsellors in Student Services

When: Ongoing!

Students in grade 9 who are interested in helping with the grade 8 Transition activities are invited to apply to be a Peer Mentor. Peer Mentors will assist with the Grade 9 Orientation Day, Welcome Day in August, Camp Marygrove Thunder Activity Day, and many more fun events! The Peer Mentor Roll will continue in your grade 10 year and some students will be asked to continue as Senior Mentors until they graduate! This is a great way to show your leadership skills and get involved.

See a Guidance Counsellor in Student Services for more information. Community service hours are available to students who are a part of this program.



Prom Committee

Staff Contact: Mrs. Gignac & Mrs. Rumney (Room 210)

When: September - May (at Senior Lunch)

Grade 12 students are invited to be a part of the Prom Committee. Students will plan and organize aspects of their Grade 12 Prom.

Science Exploration Club

Staff Contact: Mrs. Gignac (Room 210)

When: November, senior lunch

Students are invited to join Mrs. Gignac for some Science Exploration. We'll be looking at a wide range of interesting things, including doing some unique dissections. Please speak to Mrs. Gignac in room 210 for more information.



Sewing Club

Staff Contact: Ms. Larmand

When: Tuesdays - 2 - 3:30pm (Room 123)

This opportunity is a drop-in format and you can come and go as needed.

Thunder Radio

Staff Contact: Mr. Dalziel (Room 112)

When: Ongoing throughout year

Do you want to learn more about the music you love? Now you can! Thunder Radio offers you a chance to listen and evaluate not only your favourite bands and albums, but also to hear a variety of popular music as we explore the culture and history that has helped create the vibrant sounds of modern day music. As a group we will learn how to critically examine music and write credible music reviews. If you enjoy music and are looking for an avenue to share your enthusiasm, Thunder Radio is the place for you!



Thunder Tech Crew

Staff Contact: Mr. Irvine, Mr. Mei

When: Ongoing all year.

Students are encouraged to join the Thunder Tech Crew. We will train you! Students will assist with all technical aspects of various events running throughout the school. See any of the teachers listed above if you are interested in learning more about sound and lighting and joining the Thunder Tech Crew!



Thunder Vocal Academy

Staff Contact: Mr. Mei & Mr. Irvine

When: All year, one night per week.

Do you like to sing? Join Mr. Mei and Mr. Irvine one night each week to rehearse for various performances throughout the year! Everyone is welcome.

Athletics

Please note: Many of these teams involve try-outs. All students are welcome to attend the try-outs as scheduled. Athletic fees may be involved for some teams.
Please see Mr. Fay in the Thunder Athletics Office if you have any questions!

WHAT SPORTS DO WE OFFER AT ST. THERESA'S?

| Season | GIRLS BOYS CO-ED | | |
|--|--|---|---|
| FALL (runs Sept. - Nov.) | Jr. and Sr. Basketball Jr. Coach: Mrs. Hrizo-Moreau Sr. Coach: Mr. Gignac | Jr. and Sr. Volleyball Coach: Mrs. Cox | X-Country (Novice, Jr., Sr.) Coach: Ms. Diening |
| | Open Golf Coach: Mr. Laurin | Jr. and Sr. Football Jr. Coach: Mr. Coulas Sr. Coach: Mr. de Munnik | Jr. and Sr. Swimming Coach: Mrs. Bolton |
| | Cheerleading Coach: Mrs. Wickett | Boys Soccer Coach: Mr. Stoesser | Sr. Tennis Coach: Mr. Murton |
| | | Sr. Golf Coach: Mr. Laurin | |
| WINTER (runs Nov. - March) | Jr. and Sr. Volleyball Jr. Coach: Mrs. Cox Sr. Coach: Mr. Coulas | Jr. and Sr. Basketball Coach: Mr. Hayden | Jr. and Sr. Nordic Skiing Coach: Ms. Diening |
| | Varsity Hockey | Varsity Hockey | |

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|-------------------------------------|---|---|--|
| | Coach: Mr. Pellarin | Coach: Mr. Fay | Jr. and Sr. Alpine Skiing Coach: Mr. Gignac |
| | Open Curling <u>Coach: Mr. Brodeur</u> | Open Curling <u>Coach: Mr. Brodeur</u> Jr. Boys Hockey <u>Coach: Mr. Fay</u> | Jr. and Sr. Badminton <u>Coach: Mr. Murton</u> Wrestling <u>Coach: Mrs. Cox</u> |
| SPRING (runs March - June) | Jr. and Sr. Soccer Coach: Mr. Pellarin | Field Lacrosse Coach: Mr. Brodeur | Ultimate Frisbee Coach: Mr. Lajner |
| | Varsity Softball Coach: Mr. Fay | Varsity Baseball Coach: Mr. Irvine | Open Rowing Coach: Mr. Simpson |
| | Ball Hockey Mr. Pellarin | Ball Hockey Coach: Mr. Brodeur | Track and Field (Novice, Jr., Sr.) Coach: Mr. Hudak, Mr. Dalziel |
| | Rugby Club Mr. Coulas | Jr. Golf Coach: Mr. Laurin | Jr. Tennis Coach: Mr. Murton |