

St. Mary's School

Morning Memo – Week of June 18, 2018



1. Follow us on Twitter: @stmarys_mh, Instagram , and Facebook
2. Open registration is on now. We are still accepting applications for spots in all programs including the Fine Arts Academy. If you know anyone who is looking for a school for their child for next year, encourage them to call the school and arrange to meet with administration. We accept both Catholic and non-Catholic students.
3. **It is June and we still have some outstanding chocolate money that needs to be collected.** The funds raised go to support Blue Day, Fun days and pay for many student activities. If you have not paid your chocolate money yet, it is not too late. Please send money, chocolates or a combination of both into the office ASAP.
4. As we complete the school year, and as you begin your back to school shopping this summer, please keep St. Mary's Dress Policy in mind:

DRESS POLICY

Students' appearance and dress is to reflect a standard of modesty and courtesy that is appropriate and fitting for an educational environment of the school and for making a smooth transition to the work place. Clearly not appropriate for school are extremes of style including, but not limited to, the following: exposed under-garments, open side shirts, "see-through" attire, clothing that shows buttocks, obvious cleavage, and/or excessive waist/midriff, and clothing with symbols, insignias, and printed messages that are inconsistent with the District Mission Statement. Facial and body ornaments (e.g. protruding spiked jewellery) that may endanger safety are unacceptable. All dress and attire should reflect Catholic values.

The Principal or the Vice Principal shall make the final decision on the acceptability of any style of dress. All violations will be dealt with on an individual basis. Students in violation of the dress code may be required to cover up or change their clothing, or may be sent home to do so. If parents come in with proper clothing, the student will remain in the office until the parents arrive and the change in clothing has occurred. Subsequent violations may result in a suspension.

Students may not wear hats or headwear including hoods and bandanas in the school.

5. Congratulations to all students and staff who participated in our "Word of the Week" program last week. We will continue this week. Staff and students are encouraged to be "caught" using the word of the week. If this happens they will be given an entry form for a draw to be completed on Friday mornings during announcements (Staff draw will occur monthly).
 - Student word – cajole - to deceive by flattery; coax
 - Staff word — taciturn - silent; not in the mood to talk

6. Upcoming Events

- Monday – No Assembly
 - Detentions start this week for outstanding library books
- Tuesday-
- Wednesday – Gr. 9 FLA Exam Part B
- Thursday – Activity Day
 - Walk for Wishes
 - Aboriginal Day
- Friday – Grade 9 Farewell at 1:00pm

7. With final exams just around the corner today's article is about memory. The final section deals with long-term memory which is what students need to engage in order to succeed on their exams. Enjoy...

Helping Students Remember What's Taught

"Teachers need to understand how memory works," says Bryan Goodwin (McREL) in this article in *Changing Schools*. "The brain plays all kinds of tricks to get us to remember some things but forget others, and we need to know how to trick it back. That's right: The human brain can be outwitted." Most of what we see, hear, smell, taste, and touch is quickly forgotten, which is okay since there's way too much information coming in every day to digest and retain. Cognitive scientists have mapped out the highly selective pathway to long-term memory:

- Sensory register – This fleeting awareness lasts mere seconds.
- Immediate memory – Information can be held here for about 30 seconds.
- Working memory – By focusing on information (perhaps by jotting notes or underlining a text) we can hold a limited amount of data for 5-20 minutes.
- Long-term memory – To get this far, there must almost always be repetition, rehearsal, contextualization, or application.

What are the implications of all this for classrooms? Goodwin has the following suggestions for getting important knowledge and skills past students' mental filters:

- *Sensory register and immediate memory:*

- Capture students' interest. Create a safe and comfortable learning environment and then hook their emotions and curiosity.
- Help students commit to learning the new knowledge. The best way is to help them see how the new information fits into the bigger picture and affects their lives – basically answering their question, *What's in it for me?*

- *Working memory:*

- Focus on the target knowledge. This requires an active process like taking notes, close reading, watching a process being modeled, or an active discussion.
- Make sense of it. New information will rapidly fade unless it's in bite-sized chunks, clustered with related content, and connected with prior knowledge.

- *Long-term memory:*

- Practice and rehearse the new knowledge. “Cramming seldom works,” says Goodwin. Cognitive scientists have shown that retrieval practice (quizzing oneself) and distributing practice over several days are the best way to embed lasting memories.
- Develop multiple connections. The more students think about, use, and apply new information in real-life situations, the more neural pathways they establish in their brains and the more readily students can access the information in the future. They need to use it or they will lose it.

“Introducing a Research-Inspired Student Learning Model” by Bryan Goodwin in *Changing Schools*, Spring 2018 (Vol. 79, p. 2-4), no e-link available; Goodwin can be reached at bgoodwin@mcrel.org.

Important Dates 2017-2018

June

19-22	Detentions for outstanding Library books at lunch
20	Grade 9 French Language Arts Achievement Part B Exam, Grade 7 and 8 French Language Arts Part B
20	Art Club 3:18-4:30PM
21	Fun Day and Walk for Wishes
21	Aboriginal Day
22	Grade 9 Farewell
25	Grade 9 Social Achievement Exam, Grade 8 Science Exam, Grade 7 English Language Arts Part B
26	Grade 9 English Language Arts Achievement Part B Exam, Grade 8 Social Studies and Humanities Exam, Grade 7 Math Exam
26	Grade 6 Orientation 1:00 pm
27	Grade 9 Math Achievement Exam, Grade 8 English Language Arts Part B exam, Grade 7 Social Studies and Humanities Exam
28	Grade 9 Science Achievement Exam, Grade 8 Math and Grade 7 Science Exam
29	Last Day for Teachers