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# Sir William Mulock Secondary School

## WEEKLY BULLETIN: THE RAVEN'S CALL

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Principal, Joseph Ravesi  
Vice Principal, Brian MacIsaac  
Vice Principal, Maureen Weaver

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**Home of the Ravens**  
**Developing students of character, who are literate and numerate, is our main priority.**

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### Character Attribute for the Month of May is Fairness

#### Week 33, May 4-8, 2009

##### Monday, May 4

- Staff Meeting
- Philips/Hamilton S and Jr/Sr Girls Soccer Teams to Newmarket H.S., Dismissal 2:05pm
- Prior and Sr Boys Baseball Team, hosting King City, Dismissal 11:10am

##### Tuesday, May 5

- School Council Meeting – 7:00 pm in Library
- Dougherty/Humphrey and IDC4U/BOH4M to Rogers Centre, Departure 10am, Return 4pm

##### Wednesday, May 6

- Bowen and 11U Biology to Tannery Creek, Departure 8:10am, Return 11am
- Pfenning/Gillis and Girls Rugby Team, hosting Scared Heart, Dismissal 2:45pm
- Sherwood/Walters and Boys Lacrosse Team to Richmond Hill High School, Dismissal 1:45pm
- Prior and Boys Baseball Team to Newmarket High School, Dismissal 11:10am

##### Thursday, May 7

- Poste and TPA4C First Aid Course, room 144, 8:30am-2:45pm
- Dougherty and Golf Team to Cardinal Golf, All Day
- Loria/Prior and TPA3C to Markham Civic Centre, Dismissal 11:10am, Return 3pm
- Andreacchi and Reading Club to Premiere Ballroom, All Day
- Battle of the Bands, Cafeteria, 3-5:30pm

##### Friday, May 8

- Poste and TPA4C First Aid Course, room 144, 8:30-2:45
- Kukurudza and AWZ201 to Metro Zoo, Departure 8:30am, Return 2:45pm
- Pfenning/Gillis and Girls Rugby Team to Sutton D.H.S., All Day
- Prior and Boys Baseball Team to Benjamin Vaughan Diamonds, Dismissal 1:05pm
- Philips/Hamilton S. and Jr/Sr Girls Soccer Team to Huron Heights S.S., All Day

#### **GRADUATING NEXT YEAR? Stay informed ...**

The Guidance Department **STRONGLY** encourages all current grade 11 students and parents to register as a member of Mulock's Grad E-group. It is a vital tool to help all potential "grads" keep informed about apprenticeships, college and university news, scholarships, meetings and pending deadlines.

Follow these steps:

1. Send us your first and last name in an e-mail to [mulockgrads-subscribe@yahoogroups.com](mailto:mulockgrads-subscribe@yahoogroups.com)
2. You will receive an immediate e-mail to your account.
3. **Reply and send the e-mail** to complete your registration.

You will be notified within 48 hours once you have been approved.

Please book an appointment if you need individual assistance.

## **Heart2heart Counseling**

Parenting teens in the new millennium brings unexpected challenges such as substance use, self esteem and identity issues, and media pressures. If you are concerned about how to manage this important period in your teen's life, this workshop will help you. The workshop will be held on May 20<sup>th</sup>, 2009 from 7:00 to 8:30 pm at the Aurora Public Library. There is no charge for this event, however registration is necessary and is due by May 18th. For more information, therapist bios, and to register through a secure online form, go to [www.heart2heart-counseling.com](http://www.heart2heart-counseling.com) and select "Group, Seminars & More" on the navigation bar.

### ***Shared Solutions on the Go***

#### ***Tips For Reaching a Shared Solution***

- 1) Listen actively and intently.
- 2) Acknowledge the other party's position.
- 3) Acknowledge the validity of the other party's feelings.
- 4) Apologize if it seems appropriate to do so.
- 5) Use humor.
- 6) Change the timing of a meeting or take a break.
- 7) Use "Yes... and" instead of "Yes...but".
- 8) Ask questions that elicit a "yes" response.
- 9) Change language from "you" to "us".
- 10) Agree on a shared, mutually acceptable solution.

*(Source:Adapted from Windle and Warren1999)*

#### **Quote**

You've got a lot of choices. If getting out of bed in the morning is a chore and you're not smiling on a regular basis, try another choice. ~Steven D. Woodhull