



Father Michael Goetz Secondary School

WEEKLY NEWSLETTER

November 13th /2022

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'Take a Risk... Get Involved... Be Committed'

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Greetings to the Goetz Community,
Happy World Kindness Day! Another busy week is upon us. Unfortunately, our old nemesis the flu seems to be taking its toll on our community and most others. Please read the important message from Peel Public Health below. Stay well!
Mr. Coccimiglia

awards night has been postponed to semester 2

AN IMPORTANT MESSAGE FROM Region of Peel Working for you Public Health

It's cold and flu season! Cold and flu season is here, and it is already a bad one. We want to remind parents/guardians that before heading to the emergency room, book an appointment with your family doctor or at your [local COVID Cough and Cold Flu Clinic](#).

If you're unsure if you need to take your child to the emergency room, you can:

- Call your primary care provider
 - Call Health Connect Ontario (formerly TeleHealth) at 811 or chat online with a nurse 24/7: [Health Connect Ontario | Health Connect Ontario \(gov.on.ca\)](#)
 - Use the online symptom checker at [Sick Kids: Virtual Urgent Care | SickKids](#)
- Don't forget to continue practicing other protective measures such as hand washing, avoiding touching your face, staying home when ill and masking for 10 days after being symptomatic to help protect your children, yourself and others from viruses that are circulating.
- It's cold and flu season. Free flu shots are now available across Peel. You can get a flu shot at:
- Family doctors' offices and walk-in clinics for adults and children over 6 months of age
 - Participating pharmacies for adults and children 2 years or older
 - If you don't have a health card you can get the flu shot from a [community health centre](#) or at a local pharmacy.

A Message from Our Chaplaincy Leader...



POWER HOUR
EXTRA HELP IN ALL COURSES!
AVAILABLE IN THE LIBRARY AFTER SCHOOL ON TUES/WED/THURS

HAVING TROUBLE KEEPING UP WITH SCHOOL EVENTS?
JOIN THE SCHOOL GOOGLE CLASSROOM FOR IMPORTANT INFO DIRECT FROM THE SCHOOL!
•bgbn75z is the join code for Grades 9-11 Students
•qybat5s is the join code for Grade 12 Students with important graduation information

For Students, by Students

From your Mental Health Champs:

Coping Strategies for Taking Tests

What Does Stress Look Like during Tests?

- 1 Nausea or dizziness
- 2 Difficulty breathing
- 3 Constantly comparing yourself to others
- 4 Constantly worry about failing
- 5 Sweaty/shaky hands

"I can do all things through Christ who strengthens me" - Philippians 4:13

Tips and Tricks to Reduce Test Stress...

Prepare Well
To ensure you know all the information on the test, make sure to study well and practice!

Ask for Support
It's important to know YOU ARE NOT ALONE! Whenever you feel stressed, anxious, or overwhelmed, reach out to a trusted adult.

Sleep
Getting a good nights sleep helps retain your memory and creativity. It is crucial to not cram your studying in the night before!

Protective Factors

- Breathing Exercises
- Do What You Love! Take part in your hobbies
- Engage in positive self-talk

Gator Athlete of the Week
Diane Gutierrez
Grade 11
Girls' Flag Football

From the Coach's Corner: Diane stepped into a defensive role for the first time this season and came away with two interceptions! Not to mention it was a playoff game!

Mon Nov. 14	Tues Nov. 15	Wed Nov. 16	Thurs Nov. 17	Fri Nov. 18
			Midterm Marks Due	OUAC/OCAS upload
SB Basketball Practice 6:45 am	OSSLT Book One P1 Romaniuk/Bird/Celar P2 Haraschuk	Math Extra Help Rm 109 7:30 am	SB Basketball Practice 6:45 am	SHSM Certification All Day Room 211
OSSLT Practice P1 Romaniuk/Bird/Celar P2 Haraschuk	Math Extra Help Rm 113 2:30 pm	OSSLT Book Two P1 Romaniuk/Bird/Celar P2 Haraschuk	Math Extra Help Rm 111 7:30 am	SB Basketball Tourney Friday & Saturday Turner Fenton
Math Extra Help Rm 115 2:30	Power Hour Extra Help Library 2:30	Elizabeth Fry Girls Group 1:00	Grade 10 Retreat – Dr. Simone Stasicka	Muslim Student Group Rm 258 12:30
VG Flag Football Practice 2:30	Mural Club Rm 132 2:30	Campus Ministry 2:30	Goetz Black Voices Rm 250 2:30	Book Club Library 2:30
VG Basketball Practice 2:30	VG Flag Football Semi Finals v Joan of Arc 2:30	DJ Club 2:30	Power Hour Extra Help Library 2:30	Hispanos Goetz Rm 245 2:30
SB Volleyball Playoffs v Central Peel 3:30	Yoga Club Drama Room 2:30	Wellness Club Library 2:30	Math Club Rm 117 2:30	SG Volleyball Tryouts 2:30
Breakfast Club Front Foyer Everyday 8 to 8:10	VG Basketball Playoffs v. Meadowvale 3:30	Power Hour Extra Help Library 2:30	Robotics SHSM 2:30	Robotics Club 2:30
		JB Basketball Tryouts 2:30	JG Volleyball Tryouts 2:30	
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