



JMSS School Update – Sunday, September 27, 2020

This message will cover the following 5 information items:

1. OCDSB Secondary School “Full Year View”
2. Wednesday, September 30 – Rowan’s Law Day
3. Wednesday, September 30 – Orange Shirt Day
4. JMSS High Performance Athletics (HPA) Program review
5. OSTA Update – Reinstated Services

OCDSB Secondary School “Full Year View”:

Late last week the OCDSB released a [“Full Year View” of the 2020-2021 school year](#). The Full Year View outlines the dates that Cohort A and Cohort B will be in-School, as well as indicate the class students will study when they attend. Last week I shared a schedule with you and for consistency, called courses “Day 1 class” and “Day 2 class”. In the Full Year View “Period 1 = Day 1 class”, and “Period 2 = Day 2 class”.

This week (September 28 to October 2): Period 2

Cohort A: In School – Mon, Wed, Fri. Remote Support – Tues, Thurs

Cohort B: In School – Tues, Thurs. Remote Support – Mon, Wed, Fri

Dates of Significance:

Wednesday, September 30 – Rowans Law Day & Orange Shirt Day

Monday, October 12 – Thanksgiving Day (no school)

Friday, November 13 – Last Day of Quadmester 1

Monday, November 16 – First Day of Quadmester 2

Monday, December 21 to Friday, January 1 – Winter Break (no school)

Friday, January 29 – Last Day of Quadmester 2

Monday, February 1 – First Day of Quadmester 3

Monday, February 15 – Family Day (no school)

Monday, March 15 to Friday, March 19 – March Break (no school)

Friday, April 2 – Good Friday (no school)

Monday, April 5 – Easter Monday (no school)

Wednesday, April 14 – End of Quadmester 3

Thursday, April 15 – Start of Quadmester 4

Friday, April 23 – PD Day (no school)

Monday, May 21 – Victoria Day (no school)

Tuesday, June 22 – Last Day of Quadmester 4

October 2020						
S	M	T	W	T	F	S
27	28	29	30	1	2	3
	Subject 2	Subject 2	Subject 2	Subject 2	Subject 2	
4	5	6	7	8	9	10
	Subject 1	Subject 1	Subject 1	Subject 1	Subject 1	
11	12	13	14	15	16	17
		Subject 2	Subject 2	Subject 2	Subject 2	
18	19	20	21	22	23	24
	Subject 1	Subject 1	Subject 1	Subject 1	Subject 1	
25	26	27	28	29	30	31
	Subject 2	Subject 2	Subject 2	Subject 2	Subject 2	

Wednesday, September 30 – Rowan’s Law Day:

The last Wednesday of September is Rowan’s Law Day. Rowan Stringer was a student at John McCrae Secondary School. Rowan loved rugby. A competitive and keen athlete, she was captain of her high school’s team. Tragically, in May 2013, 17-year old Rowan died as the result of head injuries she sustained while playing rugby. In the week before her last game, Rowan was hit twice while playing, likely sustaining a concussion after each blow. When she was hit again in her final game, Rowan suffered what is known as Second Impact Syndrome— catastrophic swelling caused by a second injury to a brain still healing from previous trauma. Rowan collapsed on the field on May 8, 2013, and died four days later.

In March of 2018, the Ontario government passed a law known as Rowan’s Law. Designed to protect amateur athletes, including students, and to educate parents/guardians, coaches, teachers, and officials about the dangers of concussions, it

is the first law of its kind in Canada and benefits both athletes and non-athletes. Rowan's Law is also about education. By increasing concussion awareness and knowledge, we can change Ontario's culture around sports, physical activity, and injury. Rowan's Law makes it easier for those who experience concussions to SPEAK UP, get the help they need, and take the time necessary for recovery, with the support of everyone around them.

On Wednesday, we will recognize the importance of Rowan's Law day with a purple ribbon campaign. We be talking with our JMSS students about concussions, recognizing the symptoms of concussion, the importance of speaking up, and seeking help ([Concussions: The Basics](#) – Parachutecanada.org) . Families, who are interested in continuing this important conversation at home, can find resources at <https://teachingtools.ophea.net/> and <https://parachute.ca/>. **#hitstopsit**
#RowansLawDay

Wednesday, September 30 – Orange Shirt Day:

Orange Shirt Day is a solemn day of remembrance. Recognizing Orange Shirt Day helps to raise awareness and to educate our students and communities on the history and long-lasting inter-generational impacts of the Indian Residential School system.

Orange Shirt Day was created during the St. Joseph Mission Residential School Commemoration Project in Williams Lake, BC, in May 2013. Former student, Phyllis (Jack) Webstad, told her story of her first day at residential school when her shiny new orange shirt, bought by her grandmother, was taken from her as a six-year old girl, which prompted the realization that many survivors have similar stories.

On Wednesday, we will wear Orange, and speak to our JMSS students about the legacy of the Indian Residential School system. Families who would like to continue this conversation at home can find more information on the official [Orange Shirt Day website](#), the [Legacy of Hope Foundation website](#), and on the website for the [Truth & Reconciliation Commission](#). **#everychildmatters**

JMSS High Performance Athletic (HPA) program review:

In 2019, OCDSB trustees requested that the school board begin an examination of the High Performance Athletic. As part of that process, senior staff is taking the opportunity to collect information from students, parents, OCDSB staff – including staff at JMSS, as well as community athletic associations and coaches about their experiences relating to the program. This information will help to inform the discussion and ultimate recommendation regarding the continuation of the HPA program, that is scheduled to go to the Board in November, 2020.

It is important that we hear about your experience with regards to the High Performance Athletic Program at John McCrae. Your feedback will help to inform the future of the program: whether it should continue as it is, be moved to another school, be expanded

to be in more schools, or be phased out. The OCDSB plans to release this survey later this week. When the survey is released, I will send another communication to our JMSS community to ensure that the voice of our students, families and amateur sports organizations has an opportunity to be heard.

Transportation Update: Reinstated Services

The Ottawa Student Transportation Authority (OSTA) manages transportation for our OCDSB students. This week, OSTA has started working on reinstating. As service is ready to resume for a group of students, a notice will be sent to the school and the school will contact the families of the cancelled route. OSTA will also send a notice to families who are subscribed to our e-mail list. To ensure you are receiving notifications please [sign up here](#).

For more information on reinstated services, visit the [OSTA Website](#)

Have a wonderful week!

Erin O'Grady



Erin O'Grady (Pronouns: she, her)
Principal - John McCrae Secondary School
613-823-0367 x 2000
erin.ograd@ocdsb.ca
103 Malvern Drive
Ottawa, Ontario
K2J 4T2
<https://johnmccraess.ocdsb.ca/>
@JMSSprincipalograd

We acknowledge that John McCrae Secondary School rests on unceded and unsurrendered Algonquin Territory. We thank the Algonquin Nation for hosting us and recognize their enduring presence on this land.