



## Board meeting report from Catholic Student Trustee, Alexa Meeson

### Student Trustee Report - March 7, 2017

As the snow starts to melt, our students are starting to end their winter sports seasons and look forward to spring events, including badminton, soccer and training for track and field. Students across the CDSBEO participated Pink Shirt day on February 23rd, in awareness of bullying.

A group of our secondary students participated in the Eastern Ontario Skills Competition, many students winning various competitions. To be precise, over 100 CDSBEO students were in attendance and 18 won medals!

As requested last meeting, I am very proud to announce that St. Mary CHS, over the course of 15 years, has collected and donated 350,000 cans, and on top of that over \$25,000 in donations!

Carrying their spirit of giving and kind hearts, schools across the Board have begun their Lenten projects. To name a few, St. Francis Xavier started their Lenten Clothing Drive on March 1st. As well, St. Mary CHS began their Lenten project of collecting money for families in developing countries. Holy Trinity CSS classes have started to collect items that can be donated to their local women's shelter.

St. Anne Catholic School celebrated Shrove Tuesday with a pancake lunch. On February 5th St. Francis de Sales went on a field trip to Pakenham Ski Hill!

St. Finnan's Catholic School grades 6 and 5 students had a wintery three days at Ecole de Neige in Saint-Emile-de-Suolk. Students and staff were involved in a number of winter sports including: skating, snow shoeing, tubing, skiing, and drama presentations. One student stated that it was the best trip he had ever been on!

### Student Trustee Report - March 21, 2017

Before the break, two of our Cornwall schools gathered for their 11th Annual Bishop Cup on March 9th. Staff, students and administration gathered to support. St. Joseph's Secondary School Panthers beat out the Holy Trinity Catholic Secondary School Falcons with an 8-3 final victory. In theme of hockey, the St. Mary Crusaders in Brockville held their 10th annual Defeat Depression student hockey game on March 10th.

I want to take the time to congratulate and wish good luck to the students whom have qualified to represent their schools at the Knights of Columbus free throw competition at the district level.

As we are in the season of Lent, many of our schools are celebrating through mass, prayer and sacrifice. In theme of Lent, I would like to share an idea with you that was shared at my own Parish. Many of us, when we look upon Lent, think of fasting through giving up something we love. Instead of fasting from chocolate or chips, a reading from Pope Francis was shared with us, that I believe has a deeper purpose. It reads:

"Fast from hurting and say kind words. Fast from sadness and be filled with gratitude. Fast from anger and be filled with patience. Fast from pessimism and be filled with hope. Fast from worries and have trust in God. Fast from complaints and contemplate simplicity. Fast from pressures and be prayerful. Fast from bitterness and fill your hearts with joy. Fast from selfishness and be compassionate to others. Fast from grudges and be reconciled. Fast from words and be silent so you can listen." -Pope Francis

Traditionally my family gives up electronics for lent, with the objective of communicating more. Although after sitting down and reading over what Pope Francis has proposed we decided to fast from these actions and feelings that draws us away from our faith. We have this posted on our fridge at home, in remembrance to keep our basic faith practices in mind, and to be the best Christians we can be. I think we can attempt to follow this, not just through the season of Lent, but throughout the year, and as a result be more fulfilled.