

Heart Beat

The Sacred Heart School of Montreal



Listen to your Heart Beat

Welcome! Sacred Heart is happy to share the first edition of the Heart Beat with all of you. While we have been sharing a bi-yearly newsletter with our alums for almost 10 years, our school has a long history of community newsletters dating back to the 1970s. What better time to bring our whole community back together than the present? We hope you enjoy and look forward to hearing more news from you for future editions!



Make your voice heard!

We would like your thoughts on Sacred Heart to help us build our next marketing campaign. We have been using the tagline "Preparing Girls To Change The World" and, although we still stand strongly behind that, we think it might be time for a change. As Sacred Heart alumnae, your input matters and is greatly appreciated.

Thank you for filling out our survey by typing the following into your web browser's address bar:

rb.gy/etfofz



Shawn O'Donnell

Head of School

Just over half the school year has gone by, and the time has been well spent all together! Our Sacred Heart community has accomplished so much already: an incredible fall sports season, with both our Juvenile volleyball and soccer teams taking home the gold; a great visit from our friends at the Academy of the Sacred Heart Ash Rosary in New Orleans; and honouring poetry and song with our BLCs and CLBs. We've celebrated lots of important Sacred Heart traditions, from Sports Day and Spirit Day all the way to our beautiful Christmas concert and Christmas Wishes, and most recently, a great DASHABUSTADD!

The year isn't over yet, and more traditions remain to be celebrated - but what's most important is that we do so together. Sacred Heart is at its best when our whole family is able to be together in person, whether that's to raise funds like during this year's incredibly successful Girls for the Cure or Hoops for Hope, or simply to have a great time! Whether you're a current student or parent, an alum or past family member, faculty or staff: Sacred Heart would not be what it is today without all of you and your contributions to our school's beating heart. And that, in my mind, is certainly something to celebrate!



Tara Durley '85

Alumnae Association President



During the month of February, schools throughout the country acknowledge Teacher Appreciation month in various ways, and Sacred Heart is no different. For decades, whether the annual event was called Mistresses' Feast, Faculty Feast or currently DASHABUSTADD, students, and their parents, show their appreciation for the wonderful dedication of the faculty and staff. Recently, I reflected on the impact our Sacred Heart educators have had on us all, as alumnae.

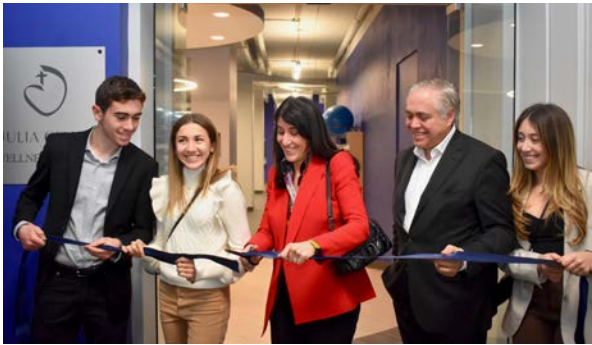
In the spirit of Saint Madeleine Sophie Barat, our Sacred Heart teachers have always tried instilling in us an intelligent faith, a spirit of compassionate action and courageous hope. They have educated us to become well-rounded human beings. As alumnae, we have all been gifted with these skills and I shall be forever thankful to them.

With February's cold winter days behind us and spring right around the corner, there is much to be thankful for and excited about. I would like to extend my gratitude to the existing and newest members of the 2023-2025 Alumnae Association Board. This dedicated group of alumnae work diligently to ensure opportunities for engagement within the Sacred Heart community. A young alum event will take place in downtown Montreal sometime this spring, and mark your calendars for the Fall Alum Reunion at the school on October 20th, 2023!

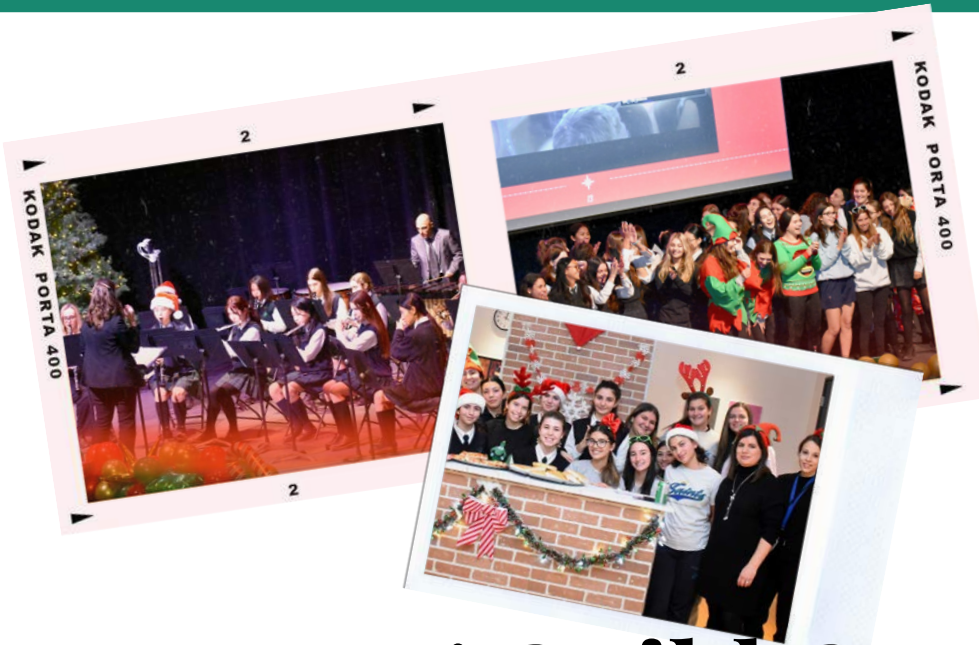


Grand Opening! Julia Cianci Wellness Center

After many years of hard work and fundraising, the Julia Cianci Wellness Center marked its grand opening on November 18th, 2022, with much of the Sacred Heart community in attendance. Students, faculty, families, alums, and friends to the school came together to celebrate a dream becoming reality for our community and to honour the legacy of Julia Cianci '18. We are so proud to celebrate Julia's memory while giving our students the opportunity to take care of their mental & physical health!



SCHOOL NEWS



Our Christmas celebrations were a great success! Not only were we wowed by the beautiful music performed by students from Sec I to Grade 12 at our annual concert, we had Christmas in January with a belated Christmas Wishes filled with fun interviews, skits, and songs. Finally, we raised over \$4,000 for St Gabriel's Parish as part of our delicious Christmas food market and holiday photos with faculty!

Parents' Guild Corner



Our Parents' Guild always goes above and beyond to organize great events that not only raise funds for important improvements to the school, but also bring us together as a community. Our Comedy Night in October was an incredible success, and our parents also debuted a fun new activity this year: wreath-making in the art room! Thank you Parents' Guild volunteers for your continuous and generous support!



Faculty News

Congratulations to Mr. Julian Beauvais, who recently married the love of his life, Ms. Anna Kaoulina, on Saturday, November 19, 2022, in a small private ceremony. Following their wedding, the couple spent a wonderful week in Mexico for their honeymoon.



SCHOOL NEWS

Many important Sacred Heart traditions take place in the fall, and this year, they were back in full swing! Sports Day was truly a rodeo to remember, with Hardey winning our Spirit Award, Trincano in first place, Duchesne in second, and DuRousier in third. With close to \$80,000 raised for St. Mary's Hospital, Girls for the Cure was a resounding success; and Spirit Day saw lots of fun tricks and treats for all!



Grads 2023

The school year may not be over yet, but our Secondary Vs have already experienced quintessential Sacred Heart "lasts". The Sec V Retreat, the annual Stratford trip, the Grad Ring Ceremony, and Pasta Night - all were great successes and emotional moments for our Sec Vs! With a few more "lasts" to go, we hope our future grads have a fulfilling end to the school year!



**Alums, Moms,
& Faculty!**

Hoops for

A big thanks to all our SHSM community who came back to play with us!



Ritou '98, Jocylyne '00, Jane '01;
Joanne '97, Priya '01, Arlene '93, Lori '96



2020: Liana, Anna, Elena, Lauren, & Julia
2021: Alyssa



2013: Jessica, Elisabeth, Alexandra, Sarah, Larissa,
& Ms. Gabriella D'Onofrio



2021: Sarah-Nicole, Laurena, Megan, Sofia,
Jessica, Ava, & Cettina (not pictured)



Ms. Kennedy Lane '16



2022: Charlotte, Salma, & Jenna



2016: Gurleen, Sarah, Rosemarie, & Tatiana



2022: April & Erika



2018: Victoria, Tatiana, Sara, Kristen, Lilah,
Gabriella, Talia, Pina, Kayla, Alessia, & Laura



Moms: Linda, Nancy, Emilia, Cathy, Margaret,
Marisa, Natalie, Marla, & Lucy



2019: Erika, Caitlin, Daphne, Jasmine, & Tiana



Staff: Mr. Angelo Gallo, Mr. James McRae, Ms. Jennifer
Newton '06, Ms. Megan Littman, & Ms. Lauren Quintal

Not pictured: Louisa, Dalia, Sabrina, & Laura (class of '15)



Hope 22

Student teams!



Hoops for Hope '22 was an incredible day of friendly competition, all in honour of the memory of Julia Cianci '18, whose love and passion for basketball was clear throughout all of her years as a Saint at the school. Through the round-robin basketball tournament, all of you who played and donated were able to raise over \$21,000 for SHSM's bursary fund, so more students can experience a Sacred Heart education, and the Liana's Dream Foundation, to raise awareness and funds for finding a cure for diabetes!



ALUM NEWS

Simone Holder '84

The comedy of Simone Holder '84 may have made us split our sides at this year's Comedy Night, but we're not the only ones she's made laugh! January 26, 2023 saw a mini class of 1984 reunion at Simone's performance at Absolute Comedy in Ottawa, pictured from left to right: Simone Holder, Clare Dillon, Patricia Tramley, Rania Cassar-Awe, and Jocelyn Taguchi '84.



Jessica D'Amico '06

Jessica D'Amico (Sacred Heart, '06) and Benjamin Humphrey (Loyola, '06) recently welcomed their beautiful baby boy Leo Humphrey-D'Amico on July 27, 2022. Jessica and Ben met at a Loyola High School dance in 2004 and have been together ever since. They were married August 22, 2015 and are now happily living with their new bundle of joy!



Tiffany Piergiovanni '08

On November 11, 2022 at 11:30 PM, Tiffany Piergiovanni '08 and her husband Alex Piché, son of Suzanne Nault (CSB, 1969), welcomed Liliane Suzanne Piché into the world. Congratulations!



Gabriella Michetti '10

Congratulations to Gabriella Michetti '10 on her marriage to Michael DiMeglio on August 13, 2022, with these Sacred Heart alumnae in attendance, in order from left to right: Angela Onesi '85, Alexia Mitchell '10, Gabriella Michetti '10, Laura Michetti '19, and Lili Del Campo '93.



ALUM NEWS



Beatrice Mackie '16

Beatrice Mackie '16 has been keeping busy! Not only was she valedictorian of McGill's Faculty of Law '22, she interned for 2 months at the federal Department of Justice over the summer (and took a well-deserved 5-week solo travel trip across Europe to celebrate her graduation!) and is now studying for the bar. Says Beatrice: "It's been challenging and a lot of work, but I'm learning a lot and I'm excited to apply everything I'm learning."

Vanessa Pugliesi '16

Congratulations to Vanessa Pugliesi '16, who recently got her first major credit on a TV series as a VFX Production Coordinator on HBO's House of the Dragon! She shared a few words about her experience:



"Working on House of the Dragon was one of the coolest experiences of my life so far, especially as a massive fan!

In the pre-shot work, we worked on creating the dragons based on the director's vision and personalities for each one. Compared to Game of Thrones, the dragons all had their own looks, quirks and personalities which was fun to put together and make come to life. They felt like our babies.

One of my favourite moments was the episode 1 premiere - seeing it on the big screen and watching our months of hard work come together was something I'll never forget."



Laura Pitruzzello '18

Congratulations to Laura Pitruzzello '18 who is currently a first-year dental student at Université de Montréal, following the completion of two years of a Bachelor of Science in Anatomy and Cell Biology at McGill University. This past summer, Laura also held the position of Pharmacovigilance Intern at Pharmascience, as part of the Next Generation Leaders program.



ALUMS OF '00-'09
JOIN US FOR A

CHECK OUT OUR SOCIAL MEDIA
IN MARCH FOR MORE DETAILS
drinks, food, raffles & 2000s Trivia

Spring Social





Welcome back Alum BBQ '22!



After two years without gatherings, September 24, 2022 saw our alums return to their old stomping grounds for a long-awaited reunion! This year, the school hosted our former students for a fun outdoor BBQ and celebrated those returning for anniversary years ending in "2" and "7"; especially honouring our special Jubilarians from the class of 1972!



Our Jubilarians – the class of 1972!



Our anniversary classes!



Bottom: the class of 1977



Top: the class of 1982
Bottom: the class of 1992



Top: the class of 2007
Bottom: the class of 2012



In Memoriam

Alumnae

Mary Louise (Luisa) Mena '46 (Sault),
sister of Josephine '46

Diana Palmer '55 Baillie

Ann Stevenson '56

Louise Dessaulles '60 Mason

Andra Leimanis '93 Kalnins

Ruven Ferdinand – Peterkin '07, niece
of Ayanna '91

Family & Friends

Mr. Attilio Costaguta, father of Marie Claire '96

Mr. Michael Farrell, husband of Regina (Gina)
MacDonald '71, father of Catherine (Cassie) Farrell
'06, Rolf, & Claire Farrell '07

Mrs. Edda Mastropasqua (Former Faculty)

Dr. Gerald Stanimir, brother of Lillian Stanimir '71

Mrs. Josephine Vaupshas, mother of Teresa '76,
Rosemary '78, grandmother of Katherine Stavro '04,
Lauren Vaupshas '07, & Stephanie Des Marais '16

Ms. Mariam Krayem, mother of faculty member Mr.
Julian Beauvais

Mrs. Edda Mastropasqua

Mrs. Edda Mastropasqua, beloved member of our Sacred Heart faculty from 1986 to 1996, passed away peacefully on December 23, 2022, at the age of 83. Edda's passion for the arts and her remarkable creativity and humour will forever be remembered by all who knew her, from 30 years of past students to members of Montreal's creative communities and, most importantly, to friends and family members. Sacred Heart was honoured to have been able to host a memorial for her in our chapel on January 15, 2023, to celebrate and commemorate her life.



Andra Leimanis '93 Kalnins

Andra Kalnins (Leimanis) '93 passed away on July 3, 2022, at the University of Chicago Hospital. She was a mindfulness instructor, patient advocate, former nurse, and family nurse practitioner graduate. After her diagnosis of early-stage triple negative breast cancer in 2016, Andra committed herself to advocacy and empowerment, determined to encourage herself and others to keep living joyful, connected, and meaningful lives. She asked her sister Ilga Leimanis '89 to help develop ideas for a personal project connected to her patient advocacy work, and an initial idea-generation sketching workshop became the start of a year-long artistic collaboration. The sisters intended to spend precious time together and follow where their conversations lead, culminating in the gallery exhibit 'sisters hope' at Five Years in London, viewable by choosing the first result when Google searching "sisters hope Five Years". The sisters were invited to share this inspiring process and their journey together in a Surviving Breast Cancer webinar.

Andra's invaluable work providing support for patients with cancer inspired her husband to create a non-profit foundation to honour her legacy; we invite you to donate and learn more about Chasing the Light at chasingthelightwithandra.com.



Save the Date

The Sacred Heart Alum Association
invites all Alum to return and reconnect.
A Special Invitation to all anniversary years
ending in "3" and "8"
and the Jubilarians, Class of 1973.

Friday,
Oct. 20th, 2023

Fall Reunion

The Sacred Heart School of Montreal
3635 Atwater - Montreal - QC - H3H 1Y4
sacredheart.qc.ca
514-937-2845



22ND ANNUAL SACRED HEART

GOLF
TOURNAMENT



THURSDAY
JUNE 8th,
2023

Golf Saint-Raphaël

1111 Montée de l'Église, L'Île-Bizard, QC

SAVE THE DATE!



Did you know that
21 percent of students at
The Sacred Heart School of
Montreal require bursaries in
order to afford the tuition fees?



Donate to contribute to the
Annual Giving goal of \$450,000,
and to ensure that every
deserving student who applies is
able to attend Sacred Heart and
follow her dreams.

As a fellow member of the
Sacred Heart Community, join us
in encouraging our students to
follow their ambitions, because
**Sacred Heart is not just a school,
we are a community.**



*This year, give the Gift
of a Sacred Heart Education*

Online:
sacredheart.qc.ca/fundraising/

By Cheque:

Please make cheques payable
to the **City House Foundation**
and mail to: **3635 Atwater Ave,
Montreal, QC, H3H 1Y4.**

