



ST. MILDRED'S-LIGHTBOURN SCHOOL

The Educational Journey of a Lifetime
An Oakville Day School for Girls – JK to Grade 12

Premier Girls' School Celebrates Recipe for Success



Healthy Learning

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and Open the Doors to
Exceptional Learning!

One of Canada's premier girls' schools celebrates the grand opening of its 15,000 square foot wing. The expansion was guided by Leadership in Energy and Design (LEED) principles, and includes a new dining hall and professionally-equipped kitchen. Shown above: Senior School student Isabelle Herington with School Chef Narelle Smith and renowned Canadian Chef Jamie Kennedy. The School's focus on whole, local foods in its food service program was inspired by Kennedy, an Order of Canada recipient for his promotion of Canadian cuisine and the use of organic, sustainable and locally grown food.



Messages from

Jane Wightman - Head of School



As an educator I have spent a lifetime encouraging students to follow their dreams. Today we can celebrate a dream that has come true for our school. The grand opening of our new addition has enhanced *The Educational Journey of a Lifetime* further to ensure each child who attends our school is provided with leading edge tools to help them succeed.

At St. Mildred's-Lightbourn School we have over 120 years of experience supporting girls on their educational journey. From Junior Kindergarten through to Grade 12, we teach young women to explore beyond the curriculum, discover confidence in their abilities, remain open to learning beyond the classroom, and become leaders in their community. Our classroom goes well beyond the walls of our Oakville school.

Long before research indicated that girls' brains develop differently than boys', St. Mildred's-Lightbourn School was guiding young women to reach their full potential. Our mission to "inspire, challenge and support girls to develop into exceptional young women who have the resilience and character to excel and contribute to society throughout their lives" remains at the core of our instruction. We are well equipped to support this mission and have achieved many goals that support a healthy learning lifestyle.

Over the past decade, a strategic building plan guided improvements to our school including: the addition of an enhanced learning centre, a sport and fitness complex, a soccer field and an arts centre (including a studio performance theatre). With the opening of our final phase of construction we can celebrate four new multipurpose classrooms, a dining hall/servery (supported by a professionally outfitted equipped kitchen managed by a chef), a senior resource centre, student lounge, two new music rooms (including a Wenger sound isolation room), a drama green room, gardens, and a new playground.

Working together through the leadership of our Board of Governors, a committed group of volunteers and professionals, and the financial support of donors within and beyond our school community, our dream to help support our standards of excellence through facility upgrades has come true.

Choosing a school for your daughter can be a difficult decision. I invite you to come to St. Mildred's-Lightbourn School and discover how we help to make your daughter's dreams come true during her *Educational Journey of a Lifetime*.

Greg Taylor - Chair, Board of Governors



St. Mildred's-Lightbourn School is a remarkable facility, supported by exceptional faculty and staff and a deeply committed community. The grand opening of our recent expansion on April 11th was the culmination of a strategic planning process and a ten year building plan. Through this process we have undergone significant change. We did our homework and now can reap the rewards.

Through the strategic planning process we reviewed local, national and global trends in education; consulted widely with our community; held focus groups, and conducted surveys, workshops and Town Hall discussions with students, parents, alumnae and Board members, bringing a fascinating array of ideas and perspective to the future of our school. Our strategy was set and a plan for the future of the school approved. Completing our building project was a critical part of this implementation.

Guided by Leadership in Energy and Environmental Design (LEED) principles, architects Levitt Goodman have designed an incredible addition to our school that combines life, light and learning. Through a commitment to the environment, productive learning and an enhanced school experience, we have made green choices that will not only impact today's "Millies", but students attending the school well into the future.

Our school is rich in all of the things that money cannot buy - history, culture, a sense of community and exceptional teachers. As a charitable organization, working together and through the donations of our school community we have been able to improve our physical assets and enrich the lives of our students.

St. Mildred's-Lightbourn School is well-positioned for the future. Our community remains strong. Our commitment to providing an exceptional learning experience is supported by leading edge facilities. We will continue to make healthy choices that are good for the environment and great for our students.

I encourage you to visit and see for yourself why St. Mildred's-Lightbourn School is the right choice for your daughter. It's a school that promises to remain at the forefront of providing educational excellence.



Building Her Future

120 Years of History

St. Mildred's-Lightbourn School (SMLS) is proud of its 120 year reputation for maintaining high standards so that students can reach their personal best. Pairing the finest programs with the finest facilities has been key to the school's ongoing success.

Simple beginnings as a day school led by the Sisters of the Church (an Anglican community in London, England) later led to global growth and amalgamation with Miss Lightbourn's School in Oakville. One hundred and twenty years later, over 600 girls from Junior Kindergarten to Grade 12 are enrolled at the cross-denominational day school, located at 1080 Linbrook Road in Oakville.

In the past 10 years, the school has followed a strategic building plan to add facilities to support and develop programs that will continue to ensure SMLS' place as one of Canada's premier day school for girls. With a foundation built on years of experience, these new facilities will continue to allow young women to achieve and succeed.

"I never thought about not being able to do something because I was a girl. It was never an issue at the school, so it never entered into my awareness."

- Dr. Lauren (Tribe) Briens, Class of '87,
Professor of Chemical and Biochemical Engineering
at the University of Western Ontario



The foundation for SMLS' success began in St. Mildred's College in Toronto and the living room 'school' of Miss Lightbourn in Oakville. Shown here, the front entrance to the school that amalgamated the two into St. Mildred's-Lightbourn School, Oakville in 1969.

"Since walking through the door of SMLS in 2000, I have witnessed its many physical changes and improvements, but the one thing that hasn't changed over the years is the warm, caring and nurturing environment fostered by the teachers and staff. I am proud to be working with such a fine community."

- Dianne Lemieux, SMLS Parent Association President



In Junior School, (JK to Grade 6) students are encouraged to become confident, competent learners who go on to be supported intellectually and emotionally in Senior School (Grade 7 to 12).



The SMLS Robotics Team recently won the top FIRST honours - The Regional Chairman's Award - for the second time.

"The Olympic journey and the SMLS journey have much in common. To be successful, it takes hard work and perseverance, the belief that anything is possible, and mentoring and guidance from exceptional coaches and teachers."

- Larry Cain, Physical Education Teacher, SMLS
Olympic Gold Medal Canoeist, Member of the Order of Canada
and Canada's Sports Hall of Fame



The Educational Journey of a Lifetime

Why Choose SMLS?

Finding the right school to fit a child's learning needs can be a daunting task for parents, and considering alternatives to the public school system for some may seem financially unattainable or without matched benefit. At St. Mildred's-Lightbourn School children receive an exceptional learning experience, at a competitively priced tuition, with a low student to teacher ratio.

We are proud of the achievements of our students. In 2010, 100 per cent of SMLS graduates were Ontario Scholars and Junior School students exceeded expectations on the Government of Ontario's EQAO test. These results speak for themselves.

The School's recent investment in providing additional facilities to support already existing high standards of learning will continue to maintain the school's reputation for excellence. There are many positive reasons to choose SMLS for your child.

Supported by well-trained faculty and access to significant resources and technology, the school's promise of *The Educational Journey of a Lifetime* has a 120 year proven track record of success.

Junior School

The beginning of *The Educational Journey of a Lifetime* starts in the fun and engaging environment of the Junior Kindergarten classes.



Success starts here!
The Junior School fosters confident, competent, compassionate learners.

Early learning experiences are often the most influential, setting a pattern that lasts a lifetime. SMLS' Junior and Senior Kindergarten program lays the foundation for strong literacy and numeracy skills, and introduces children to the joy of learning.

Each year in the Junior School builds on the strength of the preceding year and ensures that students become confident, competent and compassionate

learners, prepared to meet educational challenges throughout their life. The Junior Kindergarten to Grade 6 program is shaped around the learning stages of girls during these formative years.



A Senior School biology class working on a DNA fingerprinting lab.

Senior School

"Meeting the needs of girls as they grow through the physical, emotional and intellectual phases from Grade 7 to 12 is critical to educational success," notes Head of Senior School, Dorothy Byers. At SMLS, a girl-focused supportive and challenging environment

allows students to discover their passion as they learn about themselves and the way they learn best. The Senior School builds on the strong skills developed in the Junior School and helps students achieve their full potential.



Each classroom is equipped with a SMART Board.

Classes are small and faculty challenge, engage and support students. The Senior School academic program follows the Ontario Provincial High School program, but is enriched at all levels. There are innovative uses of technology throughout the Senior School years.



A global classroom

Beyond the classroom, SMLS' unique Global Studies program challenges students year-by-year to step incrementally outside of their comfort zone, and offers experiences that include international travel to 'sister'

schools, wilderness adventures, service projects in world environments, job shadowing and cooperative learning placements. The Duke of Edinburgh's Award is also a prominent element of a student's personal development.

See for yourself why so many parents choose SMLS for their daughters. Contact Donna Cossitt, Coordinator of Admissions, at 905-845-9980 for a personal tour.



A Commitment to the Environment

SMLS Expansion LEEDs the Way

Shevawn Adams, ARIDO
Chair of the SMLS Planning Committee
and SMLS Alumna Parent



Leading by example can have significant impact on learning. SMLS' commitment to LEED environmental principles during the school's recent expansion provided the ideal opportunity to further elevate a school-wide environmental conscience. The choice to go 'green' will not only have a positive impact on the health and experience of the school's students, but also on the planet.

SMLS set an environmental goal: achieve Leadership in Energy and Environmental Design (LEED) Silver certification. The decision provided SMLS students with a classroom of learning before, during and after the recent build.

"The decision to incorporate LEED certification in the new construction at the school was a significant investment in our natural world and will ensure the girls are provided with a healthy environment to learn and succeed," notes Shevawn Adams, Chair of the SMLS Planning Committee. She adds that among the benefits to the students was Levitt Goodman Architects' careful design of the space, providing 90 per cent of the interior spaces with exterior views. The use of daylight will reduce dependence on artificial lighting.

"The school will have the added benefit of cost savings for heating, lighting and cooling, providing a positive return on the building," adds Adams, "and indoor air quality will be improved through natural ventilation and by integrating products with low harmful emission rates."

Making 'green' choices fit a value system that had been promoted among the student body at SMLS, and has successfully elevated the level of environmental consciousness amongst students. While the school waits to see if they have been successful in achieving the Silver LEED certification, the recent expansion has already had an impact on the school community's knowledge and awareness of environmental issues.

"Perhaps most important, by "walking the talk" of environmental stewardship, we will be setting an example for our daughters, reminding them that we all share responsibility for a healthy and sustainable environment."

- Shevawn Adams, ARIDO

Chair of the SMLS Planning Committee and SMLS Alumna Parent



SMLS' Green Advantages

Healthy Productive Learning

Improved environment, air quality through natural ventilation, bright open spaces for learning, use of daylight to reduce dependency on artificial light

Reduced Impact

Lower energy and oil dependency, carbon footprint reduction, water savings, waste reduction

Sustainability

Reusable utensils and biodegradable, compostable, recyclable products used for food service



Grand Opening

The SMLS Community Celebrates!

1. Prefect Megan Nobrega, youngest "Millie" Ana-Sophia and Head of School Jane Wightman cut the Grand Opening ribbon.
2. CBC Evening News Co-Anchor Anne-Marie Mediwake was a special guest at the Grand Opening ceremony.
3. Student Megan Nobrega (who has attended SMLS for 14 years, since JK) addressed the assembled guests, while Head of School Jane Wightman looked on.
4. Junior School students enjoyed the Grand Opening celebration. New classrooms in the Junior School offer bright places to learn.
5. SMLS Senior School Music teacher Clay Tan directs the school's senior ensemble during the opening festivities.



"Today a dream has come true."

- Jane Wightman, Head of School
at Grand Opening Ceremony



“The master building plan was not about bricks and mortar,” says Greg Taylor, Chair of the Board, whose two daughters attended SMLS and now attend university. “It’s about programs and preparing the girls for the world.”



6. Greg Taylor, Chair of the SMLS Board of Governors, addressed over 800 assembled students, parents, faculty, staff, alumnae and guests attending the Grand Opening.
7. The new senior resource library is an engaging space for learning and study. A stunning winter garden is accessible from both the library and dining hall.
8. Students enjoy the fresh food prepared daily and gather in the spacious new dining hall to enjoy meals.
9. Mayor Rob Burton congratulated the school on behalf of the Town of Oakville.
10. President of Dana Hospitality Byron Kaczmarek and wife Cathy with SMLS Board Vice Chair Jess Mann.



The Dream Comes True

Celebrating Healthy Additions

Maintaining a commitment to “The Educational Journey of a Lifetime” at one of Canada’s longest standing day schools for girls requires ongoing growth. To ensure students are provided with a state-of-the-art learning environment that supports personal achievement, a strategic four phase building plan was put in place at St. Mildred’s-Lightbourn School ten years ago. The recent completion of the final phase of the plan is a dream come true and reason to celebrate the many healthy new additions.

Multipurpose classrooms, a new senior resource centre (library), a student lounge, winter garden and playground, music rooms and dining hall and kitchen are all bringing light to learning in sustainable and environmentally friendly surroundings. The new facilities were designed by Levitt Goodman Architects Ltd., guided by Leadership in Energy and Environmental Design (LEED) principles and extensive consultation with the school community.

Bright and engaging new surroundings are complemented by an enhanced focus on the nutritional health of young women, exemplified in hot and cold meal service in the spacious new dining hall. Guided by Dana Hospitality’s high standards of nutrition, Chef Narelle Smith is overseeing a further improved level of food service at the school that includes recipes (like the one on page 9) provided by renowned Canadian chef Jamie Kennedy.

Bright Places to Learn

The impact of lighting on classroom outcomes was identified in a study by Heschong Mahone Group (a California-based company that conducted research on the impact of day lighting on elementary school student learning, specifically performance in standardized math and reading tests). Building bright places to learn was a priority for SMLS’ new building, where flexible multipurpose classrooms are home to SMLS’ Junior Kindergarten to Grade 1 students.



Head of Junior School Irene McRae enjoys new classroom reading nook with students.

Classes feature large open spaces, floor to ceiling windows and easy access to a blended natural and prefabricated playground. Multiple windows bring the outdoors in, reducing energy use and providing passive solar heating. The energizing learning environment is an ideal place for young learners to grow and gain confidence in their abilities.

“Our teachers know that well organized and exciting classroom learning



SMLS students enjoy Healthwise Choices® food options prepared fresh every day.

environments are critical to the present and future academic success of our girls,” notes Irene McRae, Head of Junior School. “The new multipurpose classrooms accommodate large and small group teaching and quiet areas where the teacher can work with students individually. Our students are engaged in learning in these bright new spaces.”

Designed with Millies in Mind

Independent and group learning are important lessons taught at SMLS. The large new senior library is a place where Millies can use resources found on well-stocked shelves, read in natural light, or find quiet spaces to work effectively on smaller group assignments.

Research suggests that girls learn best through discussion, involvement, collaboration and context. The new Senior Student lounge supports students coming together to work or relax in this open area located in the centre of the school.

The SMLS community is proud to be celebrating an exceptional school and new physical assets that support wonderful programs and faculty.

High Notes

St. Mildred’s-Lightbourn School’s music and arts programs have grown significantly in the past ten years. With the addition of the Three Sisters Studio Theatre, drama productions are supported by a 120-seat multifunctional venue. A professional green room was included in the expansion, ensuring easy access backstage during any of the many Junior and Senior School performances that take place at the school.

Music is an important part of the well-rounded SMLS curriculum: an important tool to help enhance imagination, and improve memory and learning. The expanded music facilities at the school include two music rooms and a Wenger sound room, allowing for private practise in soundproof comfort.



What's Cooking?

Healthwise Choices®

Among the many thoughtful additions to St. Mildred's-Lightbourn School's facilities, perhaps the most significant is the one dedicated to the importance of healthy eating in an inviting environment. A 2004 Canadian Community Health Survey identified that 27 per cent of Ontario girls aged 12 to 18 years are at risk of developing eating disorders, while the overweight rate among Canadian adolescents has more than tripled in the past 20 years. Healthy eating habits are an important part of the curriculum at SMLS.

Byron Kaczmarek, President and owner of Dana Hospitality, became aware of SMLS' dream of enhancing their food service facilities long before building began. He recommended the use of Food Systems Consulting Inc., that subsequently guided the development of the functional program for the dining service (including an international menu) that features locally raised and grown foods. John Radchenko, a principal of the food service facility design firm Velzen Radchenko (also a senior designer at Food Systems Consulting Inc.), undertook to work with the architects and project team to design efficient new food services.

Dana Hospitality was selected as the preferred food services firm for the school. With Dana heading up food service, the school has transitioned to the company's Healthwise Choices@School® program, which mirrors the Ontario Nutrition Standards for Schools. Dana Hospitality's Chef Narelle Smith is overseeing the program. Smith completed her formal training in Lucerne, Switzerland and brings 20 years of culinary experience to SMLS' professionally outfitted kitchen.

Full service menus will offer traditional foods with a twist, a reduction in the use of salt, deep fried foods replaced with alternatives cooked in the school kitchen, and fresh baked products. Allergens and food intolerances are accommodated with strict policies on food safety and speciality products. Inviting food options will be enjoyed in the spacious surroundings of the dining hall. Dana Hospitality's fresh approach to food with an emphasis on whole, local foods was inspired by renowned Canadian Chef Jamie Kennedy, owner and operator of Gilead Cafe and Jamie Kennedy Kitchens, based in Toronto.

"We have planned a menu that mixes familiar foods with global flavours to appeal to the student cultural mix and introduce new tastes to others," notes Barbara Jaques, Registered Dietitian and the manager of the Healthwise Choices® program for Dana Hospitality.

"The bottom line goal of our Healthwise Choices@School® program is to make sure students receive nutritious foods that meet their individual energy needs and that they love to eat!"



Canadian Chef Jamie Kennedy

supports healthy eating in St. Mildred's-Lightbourn School's new kitchen. The following recipe created by Jamie Kennedy is part of a new menu being offered at the school:

Curry and Yogurt Chicken Skewers

Serves 6

Marinade

15 mL whole cumin seed
 5 mL whole coriander seed
 1.2 mL whole fenugreek seeds
 1 small green chilli, finely chopped
 1.2 mL turmeric
 ½ clove garlic, finely chopped
 15 mL fresh lime juice
 250 mL plain yogurt

Chicken

2 boneless, skinless chicken breasts
 12 bamboo skewers
 Salt to taste

- Combine whole spices in a frying pan; slowly toast them over low-medium heat, stirring constantly until they are golden and aromatic. Cool to room temperature.
- Grind the seeds; place in a bowl; add green chilli, turmeric, garlic, lime juice and yogurt; mix well.
- Cut the chicken into 12 equal pieces; flatten with a meat pounder.
- Thread each piece onto a skewer and marinate in the refrigerator for up to 24 hours.
- Scrape off excess; season with a pinch of salt and cook on the BBQ or griddle.



Leader's Circle

Small Group of Donors Made BIG Difference

There is a small group of donors at St. Mildred's-Lightbourn School that have made a big difference to the future of all SMLS students. As members of the "Leader's Circle" (a group of 16 investors who contributed over the \$100,000 level) their donations to the *Building her Future* capital campaign have helped improve the school's facilities, giving back to a school they acknowledge has given a lot to their daughters. The campaign supported a four phase 10 year building plan that was completed in March.

"Making the decision to support the *Building her Future* campaign wasn't difficult", says Mario Forgiione, who with wife Michele has three daughters - one an SMLS graduate, and the other two enrolled at the school prior to the family's move to Florida. The couple donated a gift that includes a bursary and contribution to the recent expansion at the school, as a means of giving back to those who helped us, and also to help other people."

"We've always been believers in leading by example," notes Carol Willson. Carol and husband Peter have been strong advocates for the school. As president of Willson International, Peter has not hesitated to lend his corporate support to the campaign as a major sponsor of both the school's annual golf tournament fundraiser and bi-annual gala. As parents of two SMLS students, they chose to give to the new sports field, a way that was athletic and family-oriented and role modelled to their children the importance of philanthropy.

For Nina Strait-Glegg and Robert Glegg, SMLS offers the best of both worlds for their children - a warm and inviting setting with traditional values, matched with modern technology and top-notch teaching facilities. Inspired by the positive impact of the new sports complex at the school (completed in phase three of construction), the couple wanted to help the school move forward with other facility improvements, in particular a new dining hall, noting "our daughters have many years ahead of them at SMLS...it was important that the school have great facilities."

Like other donors, Deborah Cooper and Domenic DiRisio wanted their contribution to the school's expansion to be a way to ensure that the school is "providing the best facilities the area has to offer." As a not-for-profit charitable organization, SMLS relies on community donations to support an enriched environment for its students. The DiRisios own DDR Landscape Contractors, the largest commercial landscape/site

contractor in Oakville. The family's donation of a winter garden, benches and a natural playground to the school helped support the school's LEED guidelines, providing natural vegetation and the preservation of some of the school property's established trees. The result is a beautiful green space that will be enjoyed by students today and in the future.

"SMLS has provided our three daughters with a dynamic education and a supportive community of friends," note Sara and Graeme Thomson, whose donation and naming of the Three Sisters Studio Theatre was also a significant contribution to the success of the *Building her Future* campaign.

"As parents of three independent, poised and confident Millie girls, we cannot express our appreciation enough. It is a privilege to give back to an institution that has offered so much to our family."

Steve and Maria Bot's contribution to the building of the school's physical education office supported an existing culture of philanthropy at Bot Construction, where Steve is vice president and general manager. With three daughters enrolled at the school, they wanted to give back to the place their daughters are "truly excited to head to" every morning, while supporting the teachers, staff and programs at the school that make it an environment of educational excellence.

"All contributions to the *Building her Future* capital campaign have been important to our success," notes Sally Dobie, Director of Advancement at SMLS, "but without a core group willing to demonstrate their role as leaders, others would not have been as inspired to contribute. We cannot thank our Leader's Circle donors enough for their demonstration of commitment to the School's success."

To thank and honour those who have made a contribution to the *Building her Future* campaign (at the \$10,000 plus level) there will be a spectacular piece of art - the Pathway of Dreams - adorning the large window between the senior resource library and dining hall. Each piece of beautifully coloured glass on this pathway will be etched with the name of the donor, and will serve as a visual reminder of the people that helped make this dream come true.



Thanks to the members of the Leader's Circle for their generous support of the *Building her Future* capital campaign:
 The Forgiione Family; Hugo, Tracy and Britany Powell;
 Nina Strait-Glegg and Robert Glegg; The Willson Family; Bot Construction Group; Philip and Kearene Buxo; The DiRisio Family; Kathleen, Jennifer, Sarah and Daniel Ferguson; The Kaczmarek Family; Dr. Randall and Tracy Kodama; Colleen McMorro, Brian, Laura and Erin Baker; David and Maritza Rice; SMLS Parent Association; Carolyn, Emily, Hannah and Greg Taylor; Sara and Graeme Thomson and The Voruganti Family.



Open the Door

To

- ▶ Junior Kindergarten to Grade 12 curriculum in an all girls' environment
- ▶ Exceptional learning experience, with a low student to teacher ratio
- ▶ Technology-infused curriculum
- ▶ Fresh and healthy meals served daily in a bright new dining hall
- ▶ Well equipped athletic facilities, including a double gymnasium, soccer field, fitness room and climbing wall
- ▶ An academic program enriched at all levels, including Advanced Placement courses
- ▶ Unique Global Studies program offering international travel, wilderness adventures, Duke of Edinburgh's Award, job shadowing and cooperative placements
- ▶ Arts centre and performance studio theatre

The Educational Journey of a Lifetime



"Come and experience first-hand our wonderful faculty, who guide students in a caring, nurturing learning environment in leading edge facilities. See for yourself why for 25 years I have been helping families choose *The Educational Journey of a Lifetime.*"

– Donna Cossitt, Coordinator of Admissions
St. Mildred's-Lightbourn School
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The Educational Journey of a Lifetime

www.smls.on.ca



“If you are looking for a school that fosters community and academic excellence...leadership and exposure to the rest of the world, St. Mildred’s-Lightbourn is THE best school.”

- Indu Voruganti, SMLS Graduate '08

Current student, Brown University, Providence Rhode Island

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