

INTERNATIONAL STUDENT NEWSLETTER

April 2026

International Student Profile

M.O. has been an international student at Sacred Heart Catholic High School since September 2025.

What have you enjoyed about the International Student Program?

The amazing support I've received from counsellors and staff has really helped me and made me feel at home. This program has opened doors in my life that I never could have imagined. It has allowed me to make new friends and experience new cultures, and it is truly a once-in-a-lifetime experience to look back on and appreciate.

How did you get involved in school activities?

I got involved at school by joining charity groups and clubs, and I even started my own Latino club. It has been a great way to meet people and share my culture with others. Outside of school, I've really been enjoying exploring Canada and spending time with friends.

How have you made your transition to Canada a successful one?

I made my transition to Canada successful by staying open to new experiences and putting myself out there. It was easier for me to adjust since I have studied at English-speaking schools my whole life, have travelled to several English-speaking countries, and even lived in Costa Rica. I joined clubs, got involved in school activities, and made an effort to meet new people. Even though the first few months can be challenging for any international student, staying positive and getting involved really helped me feel more comfortable and at home.

What are your future plans?

I hope to finish my high school journey here in Canada and then go to university either in the United States, Europe, or here in Canada. I plan to pursue business and study marketing and advertising, with a focus on luxury brands.

Upcoming Events

Laser Tag & Science and Tech Museum

Saturday, April 18th

10am to 2pm

Canada Science & Technology Museum
([1867 St. Laurent Blvd.](#))

\$25

Ottawa Redblacks Football Game

Friday, May 29th

7pm

TD Place ([1015 Bank St.](#))

\$20



REGISTER [HERE](#)

Summer School 2026

Ready to get ahead this summer?

Registration for OCSB Summer School is now open!

View Courses: [online at this link](#)

Limit: One course per student (due to the fast-paced workload).

International Students: \$525 per course.

Important: Your registration must be approved by your home school guidance counsellor before you are officially enrolled.

Spring Sports

Keep an eye on your daily announcements at school for tryouts for the following spring sports:

- Senior and Junior Boys Rugby
- Girls Rugby
- Senior and Junior Girls Soccer
- Girls Touch Football
- Baseball
- Lacrosse
- Track & Field



Not all of the sports teams listed will be offered at all schools

Please reach out if you have any questions.