

Extra-curricular opportunities

Athletics

There are three levels of athletic teams for students to participate in ...

Grade 7/8

Junior Varsity (grade 9/10)

Senior Varsity (grade 10,11,12)

Athletic programs

Badminton (junior & senior)

Basketball (all three levels)

Cross Country (junior & senior)

Football (senior)

Golf (senior)

Rugby (senior)

Track & Field (junior & senior)

Volleyball (all three levels)

Assumption believes that the phrase 'student athlete' is appropriate. Athletes are expected to put their academics first. Coaches will monitor academics and attendance.

Leadership Development

Students' Union

This group of students take responsibility for organizing a variety of spirit activities to involve as many students as possible. They take on a leadership role in the planning and hosting of these events.

Youth Liturgical Leadership

YLL is a group for students interested in helping to plan, lead, and participate in whole school faith development. They run monthly celebrations, either a Mass or a Liturgy, and seasonal events in Advent and Lent.

Yearbook

Yearbook is a group of students, and teacher Advisors that work together to capture the memories of high school into one book. Students are needed to take photos, to build and to edit pages.

Social Justice

This group of students take on a leadership role for the promotion of social justice in our school, our community and our world. One primary focus is ensuring the school stays focused on the Habitat For Humanity project.

Fine Arts

Drama Production

Every year there is a drama production, usually a musical, for students to participate in. There is need for actors, stage helpers, prop building, sound and light monitoring.

Talent Show

Prior to the Christmas break, students and staff are able to participate in a talent show. The acts are as varied as the students and it is always an enjoyable afternoon.

Learning Through Travel

Mission Trip

Every two years, senior high students can travel to the Dominican Republic to engage in Social Justice learning. On the trip, students spend time with orphaned children, experience the culture, and become involved with a build project.

Quebec Trip

Every two years, junior high French Immersion students can travel to Quebec to expand their language skills and experience the culture.

Europe Trip

Senior high students can travel to various locations in Europe to experience the culture and learn about history and the arts.