



NOVEMBER 1, 2016

*Father of love and mercy, help us to give glory and praise to your name as do your holy saints. Lord God, your saints never knew what the future held, or what dangers were ahead of them. But they trusted you. All of us are called to be saints. Help us learn to trust in you as all your holy saints have done. Holy Spirit of love, be with us and guide us in all that we do. Amen*



NOVEMBER 11<sup>TH</sup>  
REMEMBRANCE DAY

*Holy God, we pray today for peace in our world. Please help the leaders of countries to get along. Please be with the children in places where the adults are fighting and hurting each other. Help us also to be kind and gentle with each other. We ask this in the name of Jesus, who wants everyone to get along. Amen.*

**PLEASE JOIN US AT OUR  
Remembrance Day Prayer Service on  
November 11, 2016 at**

**10:20 a.m. in the school gym.**

**Mrs. Craig and Mr. MacCullugh will facilitate the prayer service.**



**ADVENT**

**We will mark the beginning of Advent on Sunday, November 27, 2015. You are invited to join Bishop Macdonell staff and students at our Advent Prayer Service, Monday, November 28 at 8:15 a.m.**



## CROSS-COUNTRY RUNNING

We thank Mrs. Craig and Mr. Tierney for coaching the Cross Country Team. The tournament was held Thursday, October 6th at Iona Catholic School. The grade 5/6 class and the grade 7/8 class represented our school very well and each participant should be congratulated

We thank Mr. Tierney for organizing the event. We applaud our 7/8 students for running the canteen. WELL DONE!!

## KNIGHTS OF COLUMBUS FREE THROW COMPETITION

The Free Throw competition will be held NOV. 21 during junior grade gym classes. We ask that you return your child's consent form, if you give your child permission to participate.

Thank you Mr. Tierney for organizing this event.

**NEWCOMBALL TOURNAMENT NOV. 26 @ BISHOP MACDONELL** Thank-you Ms. Padbury for coaching this sport.

## **Catholic Education Coalition NOVEMBER 23, 2016**

**HOLY TRINITY CATHOLIC SECONDARY  
6:30 – 8:00 p.m.**

**Understanding the Role of Home, School and Parish in Pope Francis' Vision of the Church... The Field Hospital**



**THE TERRY FOX FOUNDATION**

*working together  
to conquer cancer*

**A HUGE thank – you to staff and students who participated in the Terry Fox Walk. Bishop Macdonell is a small school with a generous heart. We raised \$182.66 for cancer research!**

## Catholic School Council 2016 - 2017



**Chair:** Melinda Summers  
**Co-Chair:** Cheryl Corrigan  
**Treasurer:** Kim Summers  
**Secretary:** Mandy Cox

Melinda Summers reminds parents:

Bring your **FUNDRAISING FORMS AND MONEY COLLECTED** in by November 8th, 2016 and you will be entered to win Swimming Passes. Each class will have a **WINNING STUDENT**.

All Participating students will get a ballot to win the **GRAND PRIZE, 4 PASSES TO THE CINEMA**.

The next school council meeting will be Wednesday, November 16 @ 2:30. School Council will host a **MOVIE NIGHT** on Monday, November 21. Doors will open at 5:30 p.m. and the movie will begin at 6:00 p.m. Admission will be a non-perishable food item. Snacks and drinks will be sold in the canteen.

You are welcome to attend.

### SCHOOL PHOTOS

School Photo Retake Day will be on Tuesday, November 8.



### **ARTIFICIAL PEANUT BUTTER PRODUCTS**

It has come to our attention that there are artificial peanut butter products on the market that look similar to peanut butter. This close similarity can make it difficult to identify if a student's sandwich is made with actual peanut butter or an artificial product. In order to ensure a safe environment for our peanut anaphylactic students and staff, it is recommended that these products not be permitted in our schools.

Dated: October 2, 2012

From: Caroline Chesbro, Occupational Health and Safety Coordinator

We thank you for your understanding and co-operation.

### **HEALTHY BREAKFAST AND SNACKS PROGRAM CHANGES**

We are very happy to announce that fresh fruit is kept in every classroom for students to enjoy when they don't have fruit in their lunch kits.

Students who come to school without having had breakfast will let their teacher know upon arrival to class.

Students will enjoy a fruit, dairy product, grain product in their classrooms.



### **CANCELATION**

STEO will advise the school community of school bus cancellation in the following 3 ways:

1. Announcements regarding the cancellation of school bus and special vehicle transportation will be broadcasted starting at 6:15 a.m. on local area radio stations.
2. Access the STEO website at [www.steo.ca](http://www.steo.ca) and click "View Bus Delays & Cancellations". School vehicle cancellations will be posted by 6:15 a.m. Scroll down to check the transportation status for your school.
3. Call 1-866-629-0629 to access a pre-recorded message. During inclement weather the message will be posted by 6:15 a.m. Please note that the message for this phone line is only updated on inclement weather days.

Please do not call the bus companies as the radio and website reflect the most accurate information.



quick link to  
[www.EOHU.ca](http://www.EOHU.ca)

A simple way to stay healthy...  
It may not be very high tech... but it works! Washing hands often is one of the best ways to avoid getting sick or spreading infections. You can help your family stay healthy this winter by reminding your children to wash their hands often, especially:

- ✓ before and after handling food
- ✓ before eating
- ✓ after using the washroom
- ✓ after blowing their noses, sneezing or coughing
- ✓ after playing with pets
- ✓ after playing outdoors
- ✓ when their hands feel or look dirty

For more tips on how you can help keep your family healthy, visit [www.eohu.ca](http://www.eohu.ca).

### SOCCKER TOURNAMENTS

**We congratulate our grade 5/6 soccer players who participated in the Glen Walter Tournament on Friday, October 14. They came first! Thank you Mrs. Andre for coaching this fine team!**

**We congratulation our grade 7/8 soccer players who participated in the Glen Walter Tournament on Tuesday, October 11. Thank you Mr. Tierney for organizing the tournament and coaching. Our grades 7/8 students ran the canteen. All students made Bishop Macdonell proud!**



**November is a great month to show children they have the power to stand up to bullying, supported by adults around them. It's a perfect fit with the WITS Programs, which bring together schools, families and communities to help children deal with bullying and peer victimization. Get more information at: <http://www.witsprogram.ca>**



### PROGRESS REPORTS

**Progress Reports will be sent home on Monday, November 28, 2016. Student-led conferences/Interviews will be held Thursday, December 28 beginning at 3:15 pm until 7:30 pm. Appointment information will be sent home in the near future.**

### EASTERN ONTARIO HEALTH UNIT

#### Some Tips to Prevent the Flu This Fall

The arrival of cooler weather means cold and flu season is here, but you and your family can help prevent and reduce spreading the flu and other infections by taking a couple of simple precautions.

The most effective way for you and your family to avoid getting the flu is simply to get your annual flu vaccine. It improves your chances of a fluless season and helps stop the infection from spreading. The vaccine is available through your healthcare provider, at community health centres and participating pharmacies. You can also get your flu vaccine by appointment at one of the EOHU's offices or at its community walk-in clinics. The health unit will hold 10 community walk-in clinics across Eastern Ontario from November 1<sup>st</sup> to the 29<sup>th</sup>.

Washing your hands properly and making sure your kids do the same will also do a great deal to protect yourself and others. Teach your kids to wet their hands with running water and soap and to rub them together for 15 to 20 seconds. Remind them to rub the front and back of their hands, the base of their thumbs, as well as between their fingers and under their nails. In the absence of soap and water, you can use alcohol-based hand sanitizer.

For more information about the EOHU's flu vaccine clinics or how you and your family can help prevent the spread of germs, call the EOHU at 613-933-1375 or 1 800 267-7120 and ask for Health Line. Visit our website at [www.eohu.ca](http://www.eohu.ca).

#### Triple P: On single parenting

Single parents often think it's tougher to discipline a child without the help of another person. In this case, just like if you were parenting with someone else, planning and consistency is key.

Children thrive and get used to routines quite quickly. Putting positive and predictable routines in place, for things such as bedtime or homework, can make things much easier.

Including other family members in your routine can also be useful. Grandparents, aunts and uncles, or trusted family friends can set great examples for children throughout their lives.

There is no one right way to be a parent, but Triple P offers information, support and practical answers for your everyday parenting concerns. You can start your Triple P experience today by registering for our upcoming events and information sessions at [www.mytriplep.ca](http://www.mytriplep.ca)



Parents' Lifelines of Eastern Ontario (PLEO) is a charitable, non-profit organization providing a range of supports to parents of children, youth, and young adults with mental health and/or addictions challenges. We are staffed by parents with lived experience.

Our services are provided in both official languages and include:

- Telephone helpline providing peer support and mental health system navigation for Ottawa (613-321-3211) and toll free (1-855-775-7005) for communities in the counties of Renfrew, Lanark, Prescott & Russell, and Stormont, Dundas & Glengarry. The phones are answered Monday to Friday 9am – 7pm.
- Facilitation of confidential parent support groups.
- Individual face-to-face peer support to families.
- Monthly e-newsletter and informative website: [www.pleo.on.ca](http://www.pleo.on.ca).
- Facebook and Twitter postings of research, events, and resources.

We are expanding the reach of our peer support services for parents into the areas of Eastern Ontario and welcome your input on how best to fill the needs in your community.

Please contact us for more information:

**In Lanark and Renfrew Counties:**

**GAIL TAYLOR**

Peer Support Outreach Provider (PSOP)

PLEO - Parents' Lifelines of Eastern Ontario

Email: [gail@pleo.on.ca](mailto:gail@pleo.on.ca)

Home Office: 613-421-6629 | 613-315-0157 (cell)

PLEO Offices: 613-321-3211 | 1-855-775-7005 (toll-free)

**In Prescott- Russell, and Stormont, Dundas & Glengarry:**

**Laurraine Dorion Davignon**

Manager, Regional Development | Gestionnaire du développement régional

PLEO-Parents; Lignes de secours de l'est de l'Ontario

Email: [laurraine@pleo.on.ca](mailto:laurraine@pleo.on.ca)

Phone: 613-321-3211 Toll Free: 1-855-775-7005

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