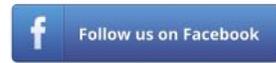




Newsletter December 2018

www.stedward.cdsbeo.on.ca



Principal's Message...

It is almost wintertime. Days are short, and nights are long. We need the LIGHT OF CHRIST. We need Christ's warmth, love, and joy as we gather around the Advent wreath in HOPE.

The circle of this wreath reminds us of the coming of Christ, whose love for us has no end. The green color of these branches remind us of the coming of Christ, who brings us eternal life.

Advent is a time of waiting and preparing. We have been discussing ways in which we and our students can prepare ourselves. During this Season of Advent, everyone at our school will continue to focus on helping others and being kind. Our board theme reminds us that Joy Springs from a Loving Heart. We are also holding a food drive to help the Food Bank. We know that the food bank is in huge need this year and we hope everyone can help as much as possible during this season of giving.

We have sent home the Progress Reports and are holding our Parent-Teacher interviews this Thursday evening. We are certainly looking forward to a busy Advent.

Our classes are getting ready for our upcoming Christmas Concert on December 19th at 6:30 pm. I'd like to point out that we do have a dress rehearsal on Wednesday, December 19th at 1:00 pm and this would be a great opportunity for some parents or grandparents to see the show. It is a time where all students will be in the gym and will be able to see all of the other acts, but we will have a number of chairs set up for this performance and I encourage people to consider coming to this show as we always have a packed gym in the evening.

I pray that each and every one of you has a Happy, Safe and Holy Christmas; full of Hope, Peace, Joy and Love.

Your Partner in Catholic Education,

Dan Lesser



CWL Bazaar & Mom to Mom/Craft Sale:

On Saturday, December 1st (9:00 am to 1:00 pm), the St. Edward Catholic Women's League will be holding their annual Christmas Bazaar and luncheon in the school gym. There will also be a Mom to Mom/Craft Sale in the hallway of the school to raise funds for the Grade 8 end of year trip.

Food Drive CHALLENGE:

This year our local food bank has identified that they are really in need. Our Grade 7/8 students are challenging all classes in a friendly competition to see which class can bring in the most items (per student)! Our school community is a very generous community when there is a need and we know that we can count on all families to help as much as possible. We thank you in advance for all you are able to do.



Pick-up and Drop-off Safety

We have noticed that some children who are being dropped off or picked up at the front of the school are crossing between the buses. This presents a safety issue when buses are unloading or loading. It would be safer if children are dropped off at the top of the parking lot, closer to the Church. **Using Concession St. at the back of the school property** is always an option for dropping-off older students in the morning (after 8:55 am).



ADVENT is the season of celebration during the four weeks prior to Christmas. Each week a new candle is lit as a way to remind us about the coming of Jesus. The candles are each symbolic of a different facet of the Christmas message. The Advent Wreath itself holds four candles with the center open for a large candle. The candle sets for the wreath come with three purple and one pink candle. One large white candle is placed free standing in the center of the wreath. The following is a brief explanation of the traditional lighting sequence for the candles and the symbolism behind each candle.



Week One: The Candle of Hope (Purple)

The first week, the first purple candle is lit in a symbolic representation of **hope**. Christmas is the season of Christ's arrival and fulfillment of the waiting for Messiah. Our hope is in the Second Coming of Christ.

Week Two: The Candle of Peace (Purple)

The second week, the first candle is lit again, along with the second purple candle, in the representation of **peace**. Christmas is known as a season of peace. Jesus came to bring us spiritual peace and is known as the Prince of Peace.

Week Three: The Candle of Joy (Pink)

For the third lighting ceremony, the first two candles are lit, along with the pink candle, in the symbolism of **joy**. Christmas is a time of joy for many. We are reminded of the joy we have in Jesus.

Week Four: The Candle of Love (Purple)

At the fourth lighting ceremony, the three previous candles are lit, along with the fourth candle, celebrating **love**. The Christmas season is an expression of the love that God has for humanity. Jesus is the highest and greatest expression of the love God has for us. We are reminded to show that love to the world around us.

Christmas Eve: The Christ Candle (White)

On the final lighting, usually done on or near Christmas Eve or Christmas Day, all of the candles on the wreath are lit, including the white candle in the center. This candle represents **Christ** and His coming. It is larger than the rest because Christ is the savior of the world. The candle is white to represent the purity and sinless nature of Christ.



Christmas Concert: Dress Rehearsal: Wed, Dec. 19th @ 1:00 pm Concert: Wed, Dec. 19th @ 6:30 pm

From the Health Unit:

The holiday season can be a stressful time for families.

There may be extra activities at school, work and home. There can be added financial stress to buy gifts or have family and friends over. There are many strategies to cope with stress. Plan ahead to avoid last minute rushing. Help your children know what to expect. Stick to your routines as much as possible. Don't forget to take care of yourself as a parent. This shows your children healthy ways to deal with stress. Try the following stress busters:



- Exercise, eat a balanced diet, and get lots of sleep
- Ask for support from family and friends if needed
- Plan for child-free times
- Talk regularly with your co-parent or other friends

For more strategies, visit www.triplep-parenting.ca. To register for a local Triple P Parenting session, visit <http://healthunit.org/clinics-classes/triple-p-parenting/> or call locally 1-800-660-5853. **Parenting matters!**

Fitness Club:

The St. Edward Fitness Club will take place every Tuesday and Thursday during lunch recess. The fitness club will consist of circuit training, Tabata intervals, running, and aerobics for Grades 1-8!



Homework Club Reminder - Join in the new year!

Do you find that homework is a difficult thing in your house? Do you sometimes feel that you don't fully understand the work that your child is doing? Do you or your child get frustrated with homework? We encourage you to take advantage of our **HOMEWORK CLUB**, which is offered M-Th afternoons from 3:05-3:55 pm. This is run by Mrs. Dodge, one of our Educational Assistants, as part of her work day, and is available to all students in grades 1-8. Please write a note in your child's agenda (or call the school) if you would like him/her to attend this after school program. Students need to bring their own homework and are not to attend to just hang out or play games, etc. Please make sure that you or someone else is at school to pick up your child by 3:55 pm.



CSA approved Hockey Helmets are MANDATORY...

Again this year we are planning a skating trip on the last day of school before Christmas Break. Every student **must** wear a **CSA approved hockey helmet** in order to go skating. The Ontario School Board Insurance Exchange (OSBIE) provides the guidelines for every sport and it clearly states that no other helmet is acceptable for skating. We are hopeful that you will be able to arrange the equipment for your child ahead of time.

We would gladly accept donations of used hockey helmets (or skates) if you happen to have any in **good shape**, that are no longer being used. We do have some helmets at the school that we can lend out. They were purchased a few years ago by the CWL.



St. Edward Catholic School Kindergarten Registration starts in January!

(for the 2019-2020 school year)

Please be prepared with a copy of your child's Baptismal Certificate and Birth Certificate

If your son or daughter was born in 2015, then it's time to register for **Junior Kindergarten**.

Junior Kindergarten, 4 years old on or before December 31st, 2019

Senior Kindergarten, 5 years old on or before December 31st, 2019

****Please pass on this information to any family with Kindergarten age children. The sooner we know who will be registering for Kindergarten, the easier it will be to plan for next year!**

KINDERGARTEN OPEN HOUSE

For any family who is interested in registering!

January 16th, 5:30-6:30 pm

Reminder:

School Clothing Orders are due on November 30th

NO LATE ORDERS - Due by noon on Nov. 30th



Reminder: Long Sleeve T-Shirts are available for \$20. This was accidentally left off the order form.

Christmas Mass Schedule:

St. Edward, Westport

Family Christmas Eve Mass: Monday, Dec. 24th at 5:30pm
 Christmas Day Mass: Tuesday, Dec. 25th at 9am
 Mary, Mother of God Mass: Monday, Dec. 31st at 5:30pm
 Mary, Mother of God Mass: Tuesday, Jan. 1st at 9am

St. Columbanus, Elgin

Family Christmas Eve Mass: Sunday, Dec. 24th at 7:30pm
 Christmas Day Mass: Monday, Dec. 25th at 10:45am
 Mary, Mother of God Mass: Monday, Dec. 31st at 7:30pm
 Mary, Mother of God Mass: Tuesday, Jan. 1st at 10:45am

Did you know that the province of Ontario is experiencing a shortage of Personal Support Workers?

The CDSBEO Personal Support Worker (PSW) program is hosting information sessions for the upcoming February-June 2019 program. This full-time accredited program certifies graduates to work as a PSW in long term care homes, community agencies, personal residential homes and community hospitals.

Information locations and dates:

- November 27/18 1:00 - 2:00 St. James Catholic Education Center - Smiths Falls
- November 28/18 3:00 - 4:00 St. Mary C.H.S. - Brockville
- December 3/18 2:00 - 3:00 Cornwall Board Office
- December 7/18 3:00 - 4:00 St. Joseph - Gananoque
- December 10/18 3:00 - 4:00 St. Jude - Vankleek Hill
- December 12/18 3:00 - 4:00 St. Michael C.H.S. - Kemptville



More information can be found on our website, www.coned.cdsbeo.on.ca or by contacting Kevin Dionne, Coordinator of Adult and Continuing Education, at kevin.dionne@cdsbeo.on.ca. Register now to take your first step towards a promising health care career.

Catholic School Council News:

The St. Edward CSC has been working hard this year and has held some successful fundraisers. All funds raised go to help all students at St. Edward. Some of the things that our CSC has been working on:

- Christmas Wreath/Swag Fundraiser (profit approx. \$600)
- The Guessing Game Raffle - tickets will be available next week
- Christmas Basket Raffle - tickets will be available soon
- Christmas Turkey Dinner on December 14th for all students (CSC covers the cost)
- Planning for the Annual St. Edward Golf Tournament (**we hope to see lots of parents**).



Tips for Better Sleep

Sleep is increasingly being recognized as an important determinant of health, and an integral component of healthy living for children.

Follow Routine

Help develop sleep strategies and routines. Children aged 5 to 13 years need 9 to 11 hours of uninterrupted sleep per night, and teens aged 14 to 17 years need 8 to 10 hours of uninterrupted sleep per night.



Keep Calm and Sleep On

Encourage a calm environment around bedtime. Decrease noise, turn down lights, read, or listen to relaxing music.



Stay Consistent

Encourage your child to keep bed and wake-up times as consistent as possible.



Get Enough

Don't make sleep a battleground. Talk to your child about the importance of sleep and encourage them to get enough.



Avoid Electronics

Turn off all electronics (e.g., computers, televisions, tablets, and cellphones) at least one hour before bed. Have a "no electronics in bed" policy.



Catch Up

Your child can catch up on their sleep on the weekends. Let them sleep longer when possible but encourage them to get up before noon to avoid insomnia or trouble sleeping at night.

