



St. Joseph Catholic School

Gananoque, ON
October 2018



A message from the Principal.....

It is hard to believe that September is over! Students and staff began this year with great optimism and energy and this feeling is still resonating in our school. This month we are looking forward to our cross country and soccer meets as well as many other activities happening both in and outside of school.

Just a reminder that if you need to change the dismissal arrangements at the end of the day, please write a note in your child's agenda. We cannot accept phone calls any later than 12:00 PM to change dismissal routines. We want to make sure that all of our students get home safely!

Enjoy a wonderful Thanksgiving with your family. We have so much to be thankful for!!

Rebecca MacDonald

Fun Fair and Catholic School Council

St. Joseph School held their annual Fun Fair this past weekend, and it was a resounding success! Although numbers are not all in yet, we raised almost **\$10,000!**

We thank all of our families for coming out and supporting this event. Finally, thank you to our Fun Fair Chair, Catherine Purdy, and all of the event coordinators and volunteers for making this event a great success.

We will be forming a new School Council for the 2018/2019 school year at our October meeting on the 15th at 6:00 pm. Nomination forms were sent home with your child . Please return to the school by October 12th.



- If your child is going to be late or absent please call the school and leave a message.
- If you are driving your children to school please ensure that they are on

the school yard no earlier than 8:55 am and able to enter the school with their class by 9:10 am each morning.

- If they are arriving late you must accompany your child to the main office and sign them in.
- If your child is experiencing difficulty going to school please contact Mrs. MacDonald. We have a wonderful support staff at the school who can assist.

****Please avoid having students arrive late. It is very disruptive to our educational routines and classroom environment. Late admissions and absences are recorded daily and set bad habits with our students!**

Terry Fox Run/Walk

Our Terry Fox Run/Walk raised over **\$600.00**. Thank you to all who donated to this great cause!



Keep up to date with us on Facebook by searching for us at "St. Joseph Catholic School-Gananoque" or follow us on Twitter at @StJoseph_CDSBEO





God of all blessings, source of all life, giver of all grace. We thank you for the gift of life: for the breath that sustains life, for the food that nurtures life, for the love of family and friends without which there would be no life. We thank you for the mystery of creation: for the beauty that the eye can see, for the joy that the ear may hear. We thank you for this day: for life and one more day to love. For these, and all blessings, we give you thanks, eternal, loving God, through Jesus Christ we pray. AMEN

World Teacher's Day-October 5th

Loving God,
You came among us as a teacher, healer and saviour. On this World Teacher's Day, bless your teachers Help them become even more joyful disciples and profound echoes of your wisdom, Bless our teachers with the gifts of Your truth, beauty and goodness. Bless them with integrity, so that they bring Your words to life. Bless them with courage and perseverance to walk the paths You have laid out. We pray in the name of Jesus who knows all too well the challenges and joys of being a teacher,
Amen+

School CashOnline

This is just a reminder to sign up for School Cash Online! We have over 90% of our school population online now. It's fast, easy, and safe and **all** purchases this year need to be made using School Cash online.



Orange Shirt Day-October 1st

Our students are participating in Orange Shirt Day on October 1st. This national day is dedicated to commemorating the residential school experience of the First Nation, Metis and Inuit people, and to honour the healing journey of the survivors and their families. CDSBEO is committed to the ongoing process of reconciliation.



EQAO

Results became public on September 19th and are found below. These are the percentage of students who were at or above the provincial standard (Level 3 and 4) in 2017-2018. We will use this data to help direct our next steps moving forward.

Grade 3

	Reading	Writing	Math
School	83%	83%	77%
Board	84%	82%	67%
Province	75%	72%	61%

Grade 6

	Reading	Writing	Math
School	90%	95%	38%
Board	85%	82%	47%
Province	82%	80%	49%

Education Quality and
Accountability Office



For Families:

Is your child in JK? Have you submitted your child's immunization record to the Health Unit? According to the Immunization of School Pupils Act (ISPA), your child's immunizations are required to be up-to-date to attend school. Being fully immunized protects children against many diseases that are easily spread in schools. For more information on how to submit these records visit the Health Unit online at www.healthunit.org or call 1800-660-5853

Is your child 7? Have they received their 4-6 year old immunizations? The 4-6 year booster requires 2 needles and protects children against the following 8 diseases: tetanus, diphtheria, whooping cough, polio, measles, mumps, rubella and chicken pox. If your child has received these boosters, it's important to notify the Health Unit. For more information on how to submit these records visit the Health Unit online at www.healthunit.org or call 1-800-660-5853.

Talking to your child about cannabis and other substance. On October 17th it will become legal for those 19 years and older to buy, use, possess and grow non-medical (recreational) cannabis in Canada. As we prepare for legalization, parents and caregivers may be looking for tips on how to talk to their children about cannabis and other substances. Parents and caregivers can try out these key strategies:

- Be the kind of adult you want your child to become;
- Spend time with your child and support the activities they enjoy;
- Communicate often and openly;
- Set clear and realistic expectations; know who your child is with, what they're doing and where they are;
- Know the law and the facts on cannabis and other substances.

5 Coping Strategies for Parents of Children with Anxiety

Take Care of the Basics

Ensure your child is getting enough sleep, eating regular meals and healthy snacks and has daily exercise. When your child's mind and body are nourished, tackling school worries is easier.



Provide Empathy

Listen to your child's concerns. What are they worried about? Let your child share their fears and talk about what's on their mind. There may be good opportunities to simply listen to your child when you are in the car, standing in line at the store, at bath-time or during dinner.



Problem Solve

Once you know what's bothering your child, you can start to develop a coping plan. Anxious youth are often poor problem solvers and doubt their ability to cope. Addressing your child's fear head on, by creating an active plan with concrete solutions, will significantly reduce the worry.



Focus on the Positive Aspects

Once you understand what your child is afraid of, and a coping plan to address these fears, you can encourage your child to re-direct attention away from the worries towards the positives. Chances are the fun aspects are simply getting overlooked by repetitive worries.



Pay Attention to Your Own Behaviour

For parents of younger children or children starting at a new school, it can be anxiety-provoking for parents to hand over care and responsibility of their child to teachers. Children take cues from their parents, so the more confidence and calm you can model, the more your child will believe they can handle this new hurdle.



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