



Principal: Karen Carriere
Trustee: Jennifer Cooney
Superintendent: Norma Mc Donald



Monday November 4th, 2019



NOVEMBER NEWSLETTER

Administration's Message:

We have entered the month of November and this means that the end of our first term is approaching. It also means that your child will receive their first report of the 2019-2020 school year - **The Progress Report**. It is important to remember that the primary purpose of assessment and evaluation is to improve student learning.

Please read your child's report carefully with this in mind. Report cards will be sent home on **Monday November 25th, 2019**. Interviews this reporting period will be held the evening of **Tuesday November 26th, 2019**.

Please use the following link:
<https://tinyurl.com/StMaryCP>

indicating your preference for a time to meet with your child's teachers.

When discussing your child's performance with his/her teacher(s), it is important to focus on ways in which we can work together to support your child. Celebrate their success and constructively address areas of improvement.

The first two weeks of November include special topics of discussion and events planned around Treaties Recognition Week and Bullying Awareness Week. Please read details included in this newsletter.

Yours in Catholic Education,
Principal,
Karen Carriere

WE Remember



**Loving God,
Have Mercy on your people,
And open our hearts
To peace and love.**

**Bless all those who have
died in the name of peace
keeping.**

**Watch over the men and women who serve
their country and grant that Canada and all
nations may continue to work for peace and
justice.**

**Bless all in your service and help us to follow
Jesus Christ who taught us to be peacemakers.
AMEN**

Remembrance Day

Please join us on **Monday November 11th** as we celebrate Remembrance Day through Liturgy.

Our liturgy takes place at 9:30 am.

All students involved in Brownies, Guides, Beavers or Scouts are asked to wear their uniform. Poppies will be on sale available in the main office starting the first week in November.



We Remember!

Catholic School Council

Thank you to all families for supporting our Spooktacular fundraiser. We are pleased to announce that this fundraiser was a huge success. Many thanks to Craig Jewell and our dedicated council members and volunteers, for their work coordinating and facilitating this fundraiser.

Our next council event has already started. It is the **Little Caesar's Pizza Kits** taking place. A package was sent home Nov. 4th to families. **Ordering online started as of Nov. 1st and runs through to Nov. 24th at noon.**

Families can pay using **pizzakits.ca** or **school cash online**.

Please note that the deadline for paying through school cash online is Wed. Nov. 20th.

1. Go to Pizzakit.ca click on "Products", the "Shop"
2. Enter the group fundraiser ID# 362493
3. Start Shopping

Our Catholic School Council looks forward to seeing you and working with you to enhance your child's experience at St. Mary. Our next meeting takes place **Wednesday November 6th, 2019** at 6:00 pm in our school library.

Rosary Apostolate

Each year the Knights of Columbus offer their time to teach students how to pray the Rosary. They provide a rosary for each student and visit classes the second Wednesday of each month. We so appreciate their time and efforts. In this age of technology, we are reminded to become people of prayer. We remain close to Mary's Heart (our school's patron Saint) by praying the Rosary. As Advent draws near please pray this prayer with your son / daughter or have them teach you the prayer.

White Elephant Sale

Students from our Green Team and Our Social Justice Club will be facilitating this sale and wrapping presents. The sale takes place the afternoon of **December 5th** and the morning of **December 6th**.

Students can visit the gym and choose a Christmas gift for their family members. Student Volunteers are present to assist them and wrap their presents.

Parents are welcome to start dropping off items for the white Elephant Sale during the week of **November 25th, 2019**.

What: Come and shop for family & friends.

Gift prices: \$1.00 - \$5.00 (includes wrapping service)

When: Thursday, December 5th 1:05pm – 3:40pm, Friday, December 6th 9:45pm – 1:45 pm

Where: St. Mary School Gymnasium

This fundraiser supports families in need in our community. Please help us to offer a blessing to others this Christmas by shopping at the Christmas 'White Elephant' Sale!



It's Flu Season Soon! Here's a Reminder on How to Stop Spreading the Flu

The flu season comes around just as the cold season returns, every year without fail. And every year, without fail, Health Units encourages individuals to help stop spreading the flu in the community by reminding everyone of the importance of hand hygiene and coughing etiquette.

Some simple steps can help prevent and reduce spreading the flu. The first is the flu vaccine – it protects you and your loved ones. Increase your chances of avoiding the flu this year by getting your flu vaccine and help stop the spread of infection.

Influenza immunization is available through your healthcare provider, at community health centers and participating pharmacies.

Washing your hands properly will also help prevent the spread of infections. Remind your kids to wash their hands before and after handling food, before and after eating, after using the washroom, as well as after blowing their nose, sneezing or coughing.

Keep in mind that viruses and bacteria can also be spread through the air when an infected person coughs or sneezes. It's therefore important to cough and sneeze into your sleeve (not your hands) or cover your mouth and nose with a tissue. Throw away used tissues in the garbage and wash your hands well. Remember – keep your child home from school when he or she is sick.



Sacramental Update

Confirmation registration is under way.

The Sacrament will be administered by Archbishop Michael Mulhall. Please note that the date of the Confirmation will be **Saturday, May 9, 2020 at 10:00 a.m.**

Parents should have received a letter and Confirmation Enrolment form.

Along with these forms, you are also expected to submit to the school, your child's baptismal certificate and a \$25.00 cash or cheque payable to St. Mary's Church to cover the rental fee for gowns and confirmation retreat.

2. For your child to receive the Sacrament of Confirmation he or she must be Baptized and should have received the Sacraments of Reconciliation and First Communion.

If he/she has not received these Sacraments, the parish would be pleased to assist you in the baptismal preparation and celebration. Please contact the parish at (613) 257-1284.

3. The Candidate-Parent Meeting will be held on Wednesday **March 11, 2020, at 7:00 p.m.** in St. Mary's Parish Hall.

It is important that all parents and candidates be present for this meeting. The session will outline the process of preparation of candidates, describe the roles of parents, teachers, sponsors, pastor and parishioners, and provide an opportunity for questions.

4. It is very important that the school receives the Registration for Confirmation form, Baptism Certificate and Enrolment form on or before **Friday November 29, 2020.**

Treaties Recognition Week.

November 4th-8th, 2019



The Ministry of Indigenous Relations and Reconciliation has identified the week of **November 4th-8th, 2019** as **Treaties Recognition Week**.

The goal of this week is to promote public education and awareness about treaties and treaty relationships.

Through learning about the histories, cultures and perspectives of First Nations, Métis and Inuit peoples,

students, both Indigenous and non-Indigenous, will be enriched and gain a deeper understanding about our roles as ‘treaty people’.

Here at St. Mary, students are learning about Indigenous People in their social studies curriculum.

Here are a few big ideas / guiding questions students will explore this week:

What is a treaty?

A treaty is an agreement between two nations that sets out the rights, responsibilities and relationships between the two nations. In Canada, treaties are in effect between the federal and provincial governments and First Nations, Métis and Inuit peoples. The province of Ontario is covered by 46 treaties and other agreements.

What is their purpose?

Indigenous peoples have a long history of treaty making, both with other Indigenous peoples and with non-Indigenous partners. These treaties establish things like hunting and fishing rights and land claims.

One of the earliest treaties in Ontario is the “Two Row Wampum” between the Haudenosaunee (pronounced Ho den o show nee) Confederacy and the Dutch. Its purpose was to promote peace, friendship and respect.

How old are these Treaties?

Although some treaties are hundreds of years old, there are also modern treaties and land claims. Treaties are living agreements that are meant to be honored, as they were intended, in peace and friendship. Treaties between the government and Indigenous peoples are the building blocks of Canada.

Doing our Part: The peaceful settlement of Canada began with treaties. Unfortunately, not all promises outlined in the treaties have been kept. By learning about the truth of Indigenous treaty rights, we can all do our part as “treaty people”.

WE REMEMBER

How do I Help Promote a Growth Mindset?

According to Carol S. Dweck, Ph.D., author of [Mindset](#), We can do the following:

1. Have daily learning discussions.

At dinner, in the car or at bedtime take time for both the kids and parents to share the answers to these types of questions:

“What did you learn today?” (*I LOVE this – so much better than “How was your day?”*)

“What mistake did you make that taught you something?”

“What did you try hard at today?”

“It’s really important,” says Dweck “that I share what I learned, too. This models for kids that I learn new things every day, even learning from failures.”

When children share, you can reply like this:

“You certainly did get smarter today.”

“I like the way you tried all kinds of strategies on that math problem until you finally got it right.”

“We all have different learning curves. It may take more time for you to catch on to this and be comfortable with this material, but I you keep at it like this you will.”

“Everyone learns in a different way. Let’s keep trying to find the way that works for you.”

2. Give feedback on process only.

Praise effort, persistence, strategies, seeking challenges, setting goals, planning, or using creative strategies.

Don’t praise personal abilities like being smart, pretty, or artistic. This kind of praise actually can lead to a loss of confidence since kids won’t be smart at everything. They’ll doubt their ability to be good at something that is difficult initially.

3. Do you know brains can grow?

Explain to kids how the [brain can grow stronger](#) and that intelligence can improve throughout your life. Intelligence is not fixed. It’s changeable. This is called [brain plasticity](#). (Aren’t you so glad!?)

What’s more, [learning CHANGES our brains](#). (Again, three cheers for brain growth!) Kids need to know this is possible.

4. Encourage risk, failing, and learning from mistakes.

Now is the time to let our kids’ risk and fail. Failure teaches our kids important life lessons. For one, it’s how they learn resiliency, but we often want to prevent our kids from failing, from feeling upset or sad.

Don’t.

We must let our kids fail now so that they can strengthen their growth mindset muscles. If we don’t, they will be adults with no perseverance, with no belief in their abilities to work hard and succeed.

In [The Blessings of a Skinned Knee](#), Wendy Mogel says to be compassionate and concerned but not enmeshed. Let’s keep each other accountable on this. This is hard but so important.

If your child fails, celebrate the lessons in the failure. Tell them about all the [famous people who failed](#) and didn’t give up.

5. Encourage and model positive self - talk.

What Can I Say To Myself?

Instead of...

- I'm not good at this.
- I'm awesome at this.
- I give up.
- This is too hard.
- I can't make this any better.
- I just can't do math.
- I made a mistake.
- She's so smart. I will never be that smart.
- It's good enough.
- Plan A didn't work.

Try thinking...

- What am I missing?
- I'm on the right track!
- I'll use some of the strategies we've learned.
- This may take some time and effort.
- I can always improve, so I'll keep trying.
- I'm going to train my brain in Math.
- Mistakes help me to learn better.
- I'm going to figure out how she does it so I can try it!
- Is it really my best work?
- Good thing the alphabet has 25 more letters!