

ST. JOSEPH'S CATHOLIC SCHOOL

NEWSLETTER



324 John Street North
Arnprior, Ontario
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(613) 623-2347



November 2007

*"Peace is our gift to each other."
Elie Wiesel*

MESSAGE FROM THE PRINCIPAL'S DESK

"November is the month when the earth closes itself up for the winter. Trees give up their last leaves and hold dark empty branches up to the sky." (Elizabeth McMahan Jeep) It is also a month in which we celebrate two special days, All Souls and All Saints Days, and emphasize one of the great Catholic themes, peace.

All Souls and All Saints Days, remind us that God has a special plan for everyone. Before we were born, God already willed that we should become holy and live with him forever. When baptized, we became part of a special family that shares in the holiness of Jesus. This family is called the *communion of saints*. The people we call *saints* are people like us who said "yes" to God's plan for them. Some were children and young people. On All Saints Day we praise and thank God for what he has done for us through these holy people. We ask the saints to pray for us that we might love our God and neighbour the way Jesus taught us. On All Souls Day, we pray for all people who have died. We ask God to bring them to the joyful banquet of heaven to be with God and the saints forever.

"Peace is the work of justice and the result of love. Much more than the absence of conflict, it speaks of a harmony or shalom which is fundamental to God's original vision for all

creation" (Ontario Catholic School Graduate Expectations, Scripture and the Tradition of the Church).

As Catholic educators, we at St. Joseph's promote peace, justice, love and freedom. May peace be with you!

Your Partner in Catholic Education,

Christina Brown, Principal.

Welcome

Please join me in welcoming Mrs. Marney Hannah and Mrs. Gerarda Giambianco as our new noon hour supervisors. They are wonderful assets to our school.

ENVIRONMENTAL SLOGAN CONTEST

A number of our students participated in the Town of Arnprior's Environmental Slogan Contest. Jordan Greenough's slogan was chosen as the winner of the contest! Her slogan is:

Arnprior Rocks with the Recycling Box!

Dana Lascelle designed an effective and visually aesthetic logo that will be used in conjunction with the traditional recycling arrow loop.

Both the slogan and logo may be used on Town communication or advertisements. Congratulations to Jordan and Dana for their success! Also, thank you to the Town of Arnprior for this opportunity and for the tree they will plant at our school in honour of the accomplishments and great submissions received.

FLAG FOOTBALL TOURNAMENTS

Our Flag Football Team engaged in two tournaments. One was the annual regional tournament held on Thursday, October 4th at Mat-e-way Park in Renfrew and the other was held on Monday, October 22nd at the Sens Plex in Ottawa.

During the fun filled day at Mat-e-way Park, our team had a lot of success. Our boys and girls exemplified great attitudes and effort as they rebounded from two early losses to make it to the semi-finals where they suffered a tough 20-19 defeat at the hands of Queen Elizabeth Public School, the eventual tournament champions.

Team members included:

Kyle Knox	Kyle Terrell
Ty Whitelock	Austin Hisko
Connor Schriver	Matthew Smith
Peter Vice	Bethany Rampton
Cody Moore	Hilary Lalonde
Stephen Baylis	Blair Marcellus
Tyson Bissonnette	Emma Lamb
Jessica Ryan	Leah Szialdi
Jessica Couture	Brittney Smith
Natalie Quathamier	

At the Bells Sens Plex, our boys and girls went through the round robin portion of the tournament undefeated, outscoring their opposition 83-6! However, they fell just short in the semi-finals by a score of 7-6. A fantastic effort was put forth and our school was represented in a positive and competitive manner.

Team members included:

Kyle Knox
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Peter Vice
Cody Moore
Stephen Baylis
Tyson Bissonnette
Jessica Ryan
Jessica Couture
Natalie Quathamier

Thank you to Mr. Hisko for his time and efforts coaching our team.

1st ANNUAL TEACHER BOWL!

On Thursday, October 18th, the staff played against a tough St. Joseph's Flag Football Team who was up for the challenge. We won't mention the score to the staff as some of them may still be recovering from injuries! Thanks to all those who participated and to all the students who helped our local food bank. A grand total of 836 cans was gathered.

Special recognition goes to Mr. Hisko and his grade 7 class for organizing the Teacher bowl and food drive.





OPTIMIST CROSS COUNTRY RUN

Junior and Senior Cross Country Teams competed in the Annual Optimist Run at ADHS on Wednesday, October 10th. Seven local schools with a total of 317 runners participated in the event!

Congratulations to all participants for their successful runs and achieving personal bests! Special recognition goes to the following students who placed in the top three of their division: Evan Schriver (3rd place in the Boys Road Runner Category), Adam Redpath (3rd place in the Junior Boys Category) and Matthew Smith (1st place in the Intermediate Boys Category).



Special thanks to:

- Arnprior Optimist Club for sponsoring the annual run. They provided all trophies, medals, ribbons and a drink and chips to all participants,
- Mr. Smith's students and the dozen grade 8's that helped host the event,
- Mr. McKenna, Mrs. Johannson and Mr. Smith for coordinating the day and continuing to organize and run events,

- Mrs. Brisson for coaching the Road Runner and junior teams and
- Mr. Smith for coaching the senior team.

SCHOLASTIC BOOK FAIR



The value of literacy was reflected in the results of our Scholastic Book Fair. It was a great success! We sold a total of \$4137.86 worth of books and supplies. Our school profited \$2896.50 of the total sales. The profit earned was divided between each staff member and the school library to further develop class libraries and professional development resources. Thank you to everyone for your wonderful and generous support!

Sincere appreciation is extended to Mrs. Ray and Mrs. Johannson for their time and efforts in organizing the book fair. It's was a big job. Also, many volunteers were required to help sell books on Wednesday. Many thanks to the following people who were so gracious in helping out:

- | | |
|-------------------|-----------------|
| Karina Dewar | Edith Ferrier |
| Ardes Cooper | Trish Robillard |
| Hazel Power | Kym Cleghorn |
| Stephanie Cameron | Bonnie Labelle |
| Lynda Jamieson | |

Thank you also to Joel Raycroft, Kyle Terrell, Steven Matinlassi and Clifford the Big Red Dog.

A draw for prizes worth \$25.00 each occurred the last day of the book fair. Congratulations to our prize winners – Ted Smith and Cory Klabouch!

PARENT-TEACHER CONFERENCES

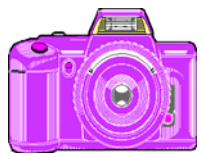


The attendance at parent-teacher conferences was reflective of the positive attitudes parents and guardians have toward supporting their children's success at school. We enjoyed meeting with everyone who was able to attend. Your time, interest and support in your child(ren)'s education is paramount to their growth and success.

Report cards will be sent home on Friday, December 14th. Please feel free to contact your child(ren)'s teachers to address any questions or concerns.

CHRISTIAN COMMUNITY DAY

All members of the Renfrew County Catholic District School Board joined in a day of inspiration, dialogue and celebration during the system-wide Professional Activity Day on Friday, October 26th. It was a beautiful day based on the theme, "Schools to Believe In: Building A Culture of Wisdom and Peace". Bishop Mulhall presided at Eucharist and incorporated the theme in his homily. Our guest speaker, Mr. Lorne Keon, was dynamic and energetic. This was his final day as Director for our Board.



PICTURE RETAKES

Picture retakes are scheduled for the afternoon of Thursday, November 1st.

LOCK DOWN DRILL

Our schools are safe places for our students and the adults that work with them. During the month of October, our school engaged in fire and lock down drills. Both were highly successful! I was very impressed with how our staff and students responded to them. On October 8th, our school will participate in a second lock-down drill with the assistance of our local police.

REMEMBRANCE DAY ACTIVITIES

Lest We Forget



Remembrance Day is a day to remember all those who have gone before, whose lives were devoted

to the service of our country and all the benefits and privileges that we enjoy in this great land. On Friday morning at 11:15, we will gather together for a Remembrance Day Reflection in the gym.

Arnprior's Royal Canadian Legion Annual Poster and Literary Remembrance Day Contest is underway. Students interested in participating in the contest are to submit their entries to Mr. Ferguson no later than Friday morning, November 9th. A registration form signed by parents must accompany posters and essays.

VOLLEYBALL TOURNAMENTS

Volleyball tournaments for our intermediate students are scheduled for the month of November.



Date	Tournament	Location
November 23	Grade 7 Girls	ADHS
November 21	Grade 7 Boys	Opeongo
November 22	Grade 8 Boys	St. Joe's High
November 14	Grade 8 Girls	RCI

PARISH NEWS

Eucharistic Celebrations

Our school will be celebrating All Souls Day at the First Friday Mass at St. John Chrysostom Parish on November 2nd. All are welcome to join us! Mass begins at 9:30 a.m.

Confirmation

Our grade 7 students will celebrate the Sacrament of Confirmation on Saturday, November 3rd at 4:30 p.m. at St. John Chrysostom Parish.

School Spirit is Alive!

"Red and White Day" is scheduled for Friday, November 9th. This is a day when students can show their patriotism by wearing our national colours.

Staff and students have the luxury of wearing cozy pyjamas on Thursday, November 29th for Pyjama Day.

SCHOOL COUNCIL

St. Joseph's School Council is amazing! We have a wonderful group of parents and staff members who work cooperatively to support our students and school initiatives. Two meetings have occurred already this year. A third one is scheduled for . Anyone who is interested in attending is most welcome. School Council is energetic, fun and effective.

During the last meeting, School Council identified foci for this school year. The major project that will be of focus is Interior School Improvements (i.e. improving the front hall). This initiative was initiated by the Board. They are providing each school with a generous \$10 000 per year for the next three years to assist with projects with which we choose to embark. Other foci center around the support of student achievement, healthy snack program, community building and social justice.

Technology Updates



Last year, we began to upgrade our computer lab. Our hope is to continue this during 2007-2008. Recently, the school has purchased 8 new computers and School Council has purchased 4. This means we will have 3 banks of new refurbished computers in our lab by mid-month. School Council has committed to purchasing more computers throughout the year as funds are available. This is wonderful! We are so grateful.

In addition to providing funds for computers, School Council has provided the funds to purchase an LCD projector for the school. The LCD projector will be widely used as it accompanies the Smartboard (piece of technology used to aid in student achievement) we just received. The LCD projector could also be used for Christmas Concerts, Graduation, and various presentations.

A VCR/DVD player and 10 CD players were also purchased. Now, each class has their own CD player.

Sports Equipment

Each class received new soccer, football and/or volleyballs to use at recess time. Thank you to School Council for their generous support and to Karina Dewar who shopped for all the sports equipment and CD players!

Norcard

As in the past, School Council would like to present to you Norcard/Lamontage products. A fall brochure and gift catalogue was sent home last week. Orders are due November 7th. Thank you very much to everyone who is participating in Norcard. Also, we are truly grateful for all the work Mrs. Power put forth to organize and promote this initiative

Home & Gift Collections

Home and Gift Collection is an exclusively Canadian company with a wonderful product line. This fundraiser was a wonderful success last spring. Thus, we decided to try it again this year. Within the next few days, you will receive a package including a Christmas catalogue, multiple order forms and a Fundraising Order Summary Sheet. These items make terrific Christmas gifts! Anyone wishing to place orders from last spring's catalogue is welcomed to do so. Extra catalogues will be available at the school if you did not save the one from last year. Orders will arrive before we break for the holidays. Thank you to Mrs. Yach for organizing this initiative!

QPS Reader's Digest Fundraiser

School Council will organize a fundraising campaign sponsored by QPS Reader's Digest once again this spring. For many of you it's almost time to renew magazine subscriptions. One way to support your child and the school is to renew subscriptions through our fundraising campaign.

P.A. DAY

Friday, November 30th is a Professional Activity Day. There will be no school for students this day.

ST. JOSEPH'S CHRISTMAS CONCERT

Plans for our school Christmas Concert will be underway in the near future. It is scheduled for the evening of Tuesday,



December 18th. Additional information will be forthcoming.

OUTDOOR WEAR



The winter season is upon us. We encourage students to dress appropriately to suit the colder temperatures.

INCLEMENT WEATHER DAYS

During severe winter weather, families are asked to listen to the local radio station, Star 96.7 FM for updates on whether the bus will run or not. If the bus does not run in the morning, it will not be arriving in the afternoon to transport them home either.



LUNCH HOUR EXCURSIONS

Please note, for safety reasons, there are specific expectations for students who go out for lunch. These have been clearly communicated to grade seven and eight students on a number of occasions.

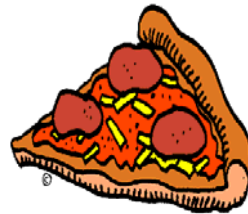
The expectations are as follows:



- Students must have written consent from parents to go out for lunch. Teachers and the office will maintain a copy of lists.
- Students heading out for lunch are to leave when classes are dismissed at noon, not part way through lunch hour.
- Students are to notify teachers when they are leaving, even though they may hand their teachers notes in the morning.
- Students are not permitted to go to the park, cemetery or public library.
- Students are to arrive back to school no later than five minutes before the bell rings to ensure they are back in time for class.

Reviewing these expectations with your child would be greatly appreciated. Thank you for helping us keep our children safe!

PIZZA



Every Thursday is Pizza Day. Pizza will be sold to students for \$1.50 a slice. For convenience, a sheet of ten coupons is available through School Council for \$15.00.

Cheques for pizza should be made payable to St. Joseph's School Council. We respectfully ask that pizza and milk orders not be combined on the same cheque as milk orders are handled separately and from different accounts.

Coupons or money for pizza are due on Wednesdays. The kindergarten Class A students will receive their pizza on Wednesdays as well. Order forms are attached. Additional forms are available from the school office.

Thank you to Mrs. Quinn and Mrs. Anita Brown for organizing our pizza days!

HEALTHY SNACK PROGRAM

Our school is fortunate to be able to benefit from the Food For Learning Partnership Grant. Mrs. Kwiatkowski graciously dedicates her time and energy each week to providing all students with a healthy snack on Friday mornings.

Each year, the Ontario Ministry of Children and Youth Services provides us with a grant to help support a healthy eating program. It is expected that the school also provide "offsetting revenue" to help run the program. Volunteer time, school space and monetary and in-kind donations provide a large portion of the offsetting revenue. Your assistance with the program would be greatly appreciated. Some ways to assist include:

- volunteering to help prepare and distribute food,
- providing us with funds or
- providing in-kind donations such as healthy food items (cheese, crackers, granola bars, yogurt), bowls, knives, cutlery, or storage containers.

Thank you to Mrs. Barclay's class who helped deliver bananas and to our Life Skills group for preparing and delivering veggies and dip during the month of October. This Friday's snack is apples.

NUTRITIOUS RECIPE

Cinnamon Munchie Mix

6 cups (1.5L) assorted dry cereal mix (see below)
½ cup (125 mL) margarine
¼ cup (50 mL) brown sugar
1 tsp (5 mL) cinnamon
2 cups (500 mL) assorted dried fruit (see below)

Place cereal mixture in a large bowl; set aside.

Place margarine, brown sugar and cinnamon in small microwavable bowl; microwave at high for 30 seconds. Pour over cereal mixture and stir well to coat.

Pour mixture onto greased, rimmed baking sheet; bake in 300 degree F (150 degree C) oven, stirring once, for 30 minutes.

Let cool in pan. Add dried fruit; stir to combine. Store in airtight container for up to 1 week.

Cereal Mix: Choose from Cheerios, Chex, All Bran, Mini Shredded wheat, pretzels, goldfish crackers and sunflower seeds to make 6 cups.

Dried Fruit: Choose from raisins, craisins, chopped dried apples and apricots.

WITH SINCERE GRATITUDE

- We are truly grateful to Mrs. Hazel Power for donating a number of soccer balls for outdoor use.
- Many thanks to the Cole-Watts family for their kind donation of children's books.
- We are sincerely appreciative of all the assistance Mrs. Giambianco has provided us in the office.

10 TIPS TO HELP YOUR CHILD WITH HOMEWORK

- Set a homework routine/schedule and ensure children adhere to it.
- Provide a bright and quiet space, void of distractions, so your child can concentrate on his/her homework.
- Practice reading, writing, and math every day even if it's only for ten minutes. (take turns reading a book, follow a recipe)
- Provide the opportunity for your child to share what they learned in school that day.
- Check in with your children when they are doing homework to clarify confusing concepts or to keep them focused.
- Turn everyday activities into homework (i.e. searching newspapers, reading recipes, creating shopping lists, plotting out routes on a map).
- Sit and go over completed homework with children for thoroughness and quality work.
- Motivate children with praise for doing a good job on their homework.
- Encourage curiosity and questions by exploring questions like who, what, when, where, why when discussing a topic or subject.
- Make a point of staying in touch with your child's teacher, especially if you have a question or concern.

FAMILY FAITH

How to pray:

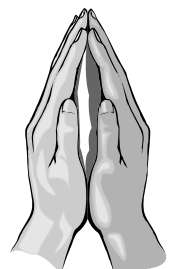
† Timing is important – choose a time when family members, especially children, are most receptive.

† Keep prayers short.

† Keep them positive.

† Keep them meaningful.

† Remember that none of us has to be a theologian to be able to talk with God and about Him.



- † Change the format as often as necessary to keep out of ruts. Variety is also the spice of prayer and the key to attention-holding (this applies to all ages).
- † Take turns leading. As children get older they can plan this for themselves. They love picking out a method of prayer that everyone else will use.
- † Light a candle during prayer time, especially in winter.
- † Use songs from church or school, something from the children's experience. We discovered that singing at mealtime, even singing a part of a hymn or song learned in church, increases attention and participation at Mass.
- † Hold hands often. On 'bad' days when someone is out of sorts, pass 'love' around; have one person squeeze the next person's hand and that person squeezes the next one's. Little ones especially love this.
- † Encourage children to create their own prayer. One of the most valuable things we can do is to make a child feel that his or her opinion and ideas are great enough to be shared with the whole family. It does wonders for the child's self image. Listen carefully to their choices of prayers and intentions. They can reveal insights about the children and lead to valuable conversations.

CREDO FOR PEACE

We believe in God:
A communion of three Persons,
A communion of life
A communion of Love
A communion of Peace.

We believe in Jesus:
God and human
Prince of Peace.

We believe Jesus died, rose,
And sent us the Holy Spirit
So we could live in peace.

We believe in Baptism
That makes us one family n Jesus,
Crucified and risen form the dead.

He is our hope.
Through Him, we pray for peace;
With Him, we work for peace.

Hug O'War

**I will not play at tug o' war,
I'd rather play at hug o' war,
Where everyone hugs, instead of tugs,
Where everyone giggles and rolls on the rug,
Where everyone kisses and everyone grins,
And everyone cuddles and everyone wins.**

By Shel Silverstein

Halloween candy... a sticky topic for parents!

Year after year, our children bring home oodles of candy after a spooky night of entertainment. And every year we ask "Should I let my children eat all this candy?" Here's the good news... letting children include these goodies as a part of a healthy diet will help them manage their Halloween stash. After trick or treating, let your children empty their bag, gloat over it, sort it and eat as much of it as they want. Let them do the same the next day. Then have them put the candy away and only allow them to eat it at meal and snack time: a couple of small pieces at meals for dessert and as much as they want for snack time. If they can follow these rules, children get to keep control of the stash. Otherwise you do, on the condition that as soon as they can manage it, they get to keep it. Offer milk, fruit or vegetables with the candy, and at least you will have a chance at some nutrition. The key is to provide structure... schedule meals and snacks at regular times and keep the routine of letting your child have Halloween candy only at meals and snacks, while continuing your parental role in choosing the rest of the food served. With this foundation, candy won't spoil a child's diet or make them unhealthy. Of course, you can minimize the issue by limiting the amount of candy they collect to one bag ... instead of two or three pillowcases!



Adapted from *Your Child's Weight Helping Without Harming Birth through Adolescence*. Ellyn Satter, 2005
and materials produced by York Region Health Services.



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