

St Mary's

Catholic Elementary School

Prepare the Way of the Lord

The holy season of Advent provides us with time to prepare for the birth of Jesus. It is a period of simple living and extra prayer. During these four weeks, commencing Sunday, December 2, we are reminded of the need to simplify our lives and to make ready the stable for Jesus. Advent is a time of waiting and anticipation. God comes into the darkness and fills us with His light. May the spirit of the season fill you with joy and anticipation.

Principal's Message

During the month of December, we will be preparing for the birth of Christ and the joy of daily Advent rituals. Our front foyer is filled with unwrapped toys and donations. May the joy and peace of Christmas be with your family throughout the New Year. **Advent Mass** - Father Ignacio will be celebrating Advent mass with our school community on Thurs., Dec. 6th at 10:45 a.m. in our school gym. We invite our parent community to join us for this occasion. We thank our grade 5 students who will be participating as readers and gift bearers, and to Ms. Tiller and the school choir for sharing their musical talents.

Christmas Concert:

Please join the St. Mary's community for our annual Christmas concerts. The concerts will be held on two separate nights this year. Our grade 1/2 (Orlando), 2, and 3 classes will be performing on Wed. Dec. 5th at 6:30 p.m. Our kindergarten and grade 1s will be performing on Thurs. Dec. 6th at 6:30 p.m. Due to limited space we ask that only parents and siblings attend the concert.

75 Greenside Drive
Nobleton, Ontario

Phone:
(905) 859-3336

Safe Arrival Line:
1-855-856-7862
go.schoolmessenger.ca

Twitter:
[@smy_nobleton](https://twitter.com/smy_nobleton)

Website:
smy.ycdsb.ca

Trustee:
Elizabeth Crowe

Superintendent:
Tina D'Acunto

Principal:
Lori Piccoli

Vice Principal
Anthony Modica

Senior Secretary
Sandra Rita

Secretary
Mary Kay Quinn

Pastor:
Father Ignacio Pinedo

CATHOLIC VIRTUES

December is devoted to the Catholic virtue of Hope. Students are encouraged to demonstrate these attributes in their daily actions and words with one another.

December's Catholic Virtue:



Hope

- I will look to the future with trust in God.
- I will keep positive attitude.
- I will prepare for Christmas by waiting with hope, faith, joy and love.

Nobleton Tree Lighting Ceremony

It is with great pride and joy that we announce that our St. Mary School Glee Club has been invited to perform at the *Christmas in Nobleton Tree Lighting Event* on Sunday, December 2 at 4:45 p.m. This is a great opportunity for them to showcase their talent outside of the school and give back to the community. A big thank you goes out to Ms. Tiller who has been working tirelessly to prepare the children for the event.

December Events:

- Dec. 4th - CSC Meeting at 6:45 p.m.
- Dec. 5th - Christmas Concert Gr. 1/2, 2 & 3 at 6:30 p.m.
- Dec. 6th - Advent Mass at 10:45 a.m. and Christmas Concert K-1 at 6:30 p.m.
- Dec. 6th - Luke 4:18 trip to work at Dr. Simone's Warehouse
- Dec. 7th - Crime-stopper's Presentation at 9:15 a.m.
- Dec. 13 - Confessions Grades 3-8, grade 6 VIP Program
- Dec. 18 - Ballroom Dance Competition Grade 7 & 8
- Dec. 24 - Jan. 4 - Christmas Break
- Jan. 7 - Classes resume



Multi-Year Strategic Plan

Mission Statement	Vision Statement	Core Values	Strategic Commitments
Guided by Gospel values and Catholic Virtues, in partnership with home and Church, we educate and inspire all students to reach their full potential in a safe and caring environment.	Our students will become creative and critical thinkers who integrate Catholic Values into their daily lives, as socially responsible global citizens.	Excellence Equity Fiscal Responsibility Catholicity Inclusion Integrity Respect	Integration of Our Catholic Faith Continuous Improvement of Student Achievement Effective Use of Our Resources Engaging Our Communities

Luke 4:18 Holiday Campaign

St. Mary's CES Luke 4:18 is proud to announce its initiatives for the upcoming Advent season. In reflecting upon the many blessings that we have and the joy that we experience during the Christmas season, there are many ways that we can spread the message of hope. Our initiative for this season is to support and make a donation to the Canadian Food for Children organization. It is a non-profit organization that sends food and goods to 37 third world countries around the world. We would like to collect the following:

- New toys for children of various ages
- New toiletries (toothbrushes, toothpaste and solid bars of soap)

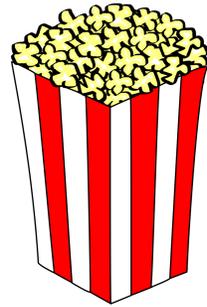
We appreciate any donation you can provide. We will collect the items until **Wednesday, December 5th.**

Thank you for your support.

The Luke 4:18 Student Committee



Popcorn Sales



This is a reminder that our grade 8 students will be selling popcorn every Friday for \$2.00 a bag. The popcorn is "From Farm to Table". It is peanut and nut free, GMO free corn, and low sodium. All profits will go to support grade 8 graduation activities.

Snow days , Illnesses and Winter Dress

The cold winds of winter are upon us. On snowy days we are asking that students wear boots and snow-ants if they want to play on the field. Students who do not have boots will remain on the pavement.

Children who are too sick to go out for some fresh air at recess are too sick to attend school. A child who is ill should not be at school. **If your child needs to stay in for recess a doctor's note is required.** We appreciate your support in this matter.

If the weather is extremely cold (-18 degrees celsius with the windchill factor) or stormy and icy, an indoor routine is followed.

Please ensure that younger children have a change of clothes and extra socks at school.

REPORTING STUDENT ABSENCES

Parents are **required** to call the SAFE ARRIVAL LINE at **1-855-856-7862** or visit go.schoolmessenger.ca to report their child's absence. A handy school messenger app can also be downloaded for free from the App Store.



- ✓ All absences must be reported prior to 9 am the day of the absence. Parents must obtain a confirmation number or the absence has not be recorded properly.
- ✓ All absences, including vacations, early leaves from school for any reason, illness, late arrivals, appointments etc., should be recorded in this manner.
- ✓ Students are encouraged to be on time for school. Late arrivals cause disruptions to classes that are already in session.



PARKING/DROP OFF:

If parents wish to walk their child to the play areas in the morning and pick up their child at their exit door, parents must park in a designated spot and then walk to the drop off or pick up area. Please do not park or leave your car unattended at the drop off and pick up area as this is a designated fire lane. Parents are to share this information with family members picking up the children.



SMY Healthy Happenings

Our Student Healthy Schools Team is off to a great start planning our first event...**Healthy Lunch Challenge Week, January 21-25 2019**. The goal is to pack healthy, litter-less lunches that have all 4 food groups every day. Stay tuned for more information next month.

Some Food for Thought as we approach the holiday season...please browse the attached flyer from York Region Public Health about Healthy Eating Choices on the go. Wishing you a Happy and Healthy Christmas Break!

**Stay healthy
on those
busy
days.**



POLICY 222- PERSONAL ELECTRONIC DEVICES: STUDENT USE

Policy Statement Elementary:

All personal electronic devices (PEDs) carried by students shall be kept out-of-sight, turned off and not used during the day. Students must have prior authorization from the school principal for use during school related activities.



PEDICULOSIS-HEAD LICE

As we enter the winter months, we remind parents that this may be a good time to check your child's head for pediculosis (lice). As you are aware, sometimes there may be a "lice alert" at a school, however, the whole school will not be affected but the whole school will be notified of an incident. Where a case of pediculosis is confirmed, the most effective approach to minimize the spread is to have each student in the classroom, along with the child's siblings, checked for nits/lice. "The Facts of Lice" pamphlet was sent home in September with more facts and information on this matter. For further information on this topic, please refer to Policy #210 in the York Catholic District School Board Policies, to be found in the Board's website.

INDOOR SHOES

In order to keep our school clean as well as assist in maintaining a healthy environment, we are asking that all students have a pair of shoes, with non-marking soles that are to be kept at school.



SMY Technology Club Update

There was a great turnout at our first Intermediate Technology Club on Wed. Nov. 21st. Students were very excited and interested in being able to explore, learn more and share their knowledge about technology. They were able to set a plan for the year ahead and begin using a variety of tech tools such as Green Screen, Spheros, Ozobots and much more. SMY Technology Club will continue to meet on a weekly basis so stay tuned for updates. Please see attached flyer for Digital Citizenship and Internet Safety Tips for students.

LAWS

Many sites are 13+ and most images / work is protected by copyright.

TALK

Tell your parents what you're doing online. Always ask a trusted adult if you're unsure of anything.

FRIENDS

Don't add or meet online friends without parent permission. Don't trust everything friends tell you.

YAPPY

Keep private:
Your full name,
Address,
Phone number,
Passwords,
Your plans



REPUTATION

Don't post anything you wouldn't want teachers, family, friends, & employers to see.

QUESTION

You can't believe everything you read and see online.

Digital Citizenship & Internet Safety

TIPS FOR STUDENTS

BULLYING

Tell someone if you think cyber bullying is happening to you or others.

UNPLUG

Find balance. Get outdoors, move, play, and interact face-to-face.

PASSWORDS & USERNAMES

Choose sensible usernames and email addresses. Use strong passphrases and don't share them with others.

MANNERS

Be polite and respectful. Treat others how you'd like to be treated.

If in doubt

THINK ABOUT AND TALK IT OUT

Healthy Measures- Making healthier choices when eating on the go

Eating away from home is a common occurrence. Whether meeting friends or family at a restaurant, getting a quick meal on the way to a destination or getting lunch at the cafeteria at work, there are places to get food all around. According to Statistics Canada, in 2015 the average household in Ontario spent \$2,817 on food from a restaurant during that year. Read on for tips on making healthy food choices when eating in restaurants.

- Plan which restaurant you will go to
 - Many restaurants have their menu and nutrition information on their website. This can help you make a healthy meal selection
- Avoid arriving at the restaurant starving
 - Being overly hungry can lead to overeating. If you have not eaten for several hours, try having a small healthy snack before going to the restaurant
- Aim for a nutritionally balanced meal
 - Look for ways to include lots of vegetables, such as having a side salad, asking for double servings of steamed or grilled vegetables, or adding vegetables to pizza, sandwiches wraps or burgers
 - Try using the Eat Well Plate approach to planning a balanced meal. Aim for ½ plate as vegetables, ¼ plate as protein (e.g., fish, meat, eggs or lentils) and ¼ plate as grain products (e.g., brown rice, whole wheat pasta or whole grain bun). This works great at buffets, too!
 - Look for menu options that use healthy cooking methods such as steamed, poached, grilled, roasted, barbequed, baked, stir-fried or broiled
- Watch the portion size
 - Restaurant servings are often larger than what you would make at home. Consider ordering a ½ portion or lunch size portion if possible.
 - Sharing with a family or friend is another way to keep portion sizes in check
- Select drink choices carefully
 - Water or carbonated water are good calorie-free options
 - Limit intake of sugar-sweetened beverages such as juice and pop



COPING WITH STRESS

Everyone experiences stress regardless of age. It is a normal part of everyday life. Limited amounts of stress can motivate us to achieve our goals, but excessive stress can have an overwhelming and debilitating effect on our lives. This is why it is so important to have the right tools to positively cope with life's stressors.

What can you do as a parent to help your child positively cope with stress?

- Spend time with your child and try to understand how they are feeling
- Do activities as a family: Physical activity is an excellent way to burn off stress
- Give your child a chance to calm down: Teach them different breathing exercises to relax
- Implement a bedtime routine to help your child wind down at the end of the day
- Ensure your child gets the recommended amount of sleep based on their age: Tired children get stressed easier

Additional stress-coping tips

- Talk to a friend or trusted adult
- Practise deep breathing
- Increase physical activity
- Play with a pet
- Be creative: Play music, paint, draw, dance
- Stay on top of schoolwork and prioritize workloads
- Ask for help



This material is provided by York Region Public Health. For more information on staying healthy please visit york.ca/healthyschools.

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