

George Vanier Catholic School

March 2015



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Vision Statement

Inspired by our rich heritage and challenged by the struggles of our past, we at George Vanier Catholic School are called to express our mission as church, to pass on the good news of Jesus Christ, to make it relevant in the world today, and to be the hope for the future.

Special thanks for your support during the month of January to:

- ✿ Trista Betournay who has joined us as a part-time lunch hour supervisor
- ✿ Father Ken for sharing such a great message about Lent with our staff and students
- ✿ The Parishes of Holy Canadian Martyr's and St. Francis de Sales

Pasta and Problem Solving

Catholic Community, Culture, and Caring

George Vanier Catholic School wants to hear from you! Students in Grades 4 to 8 were able to complete a survey last year outlining their feelings of safety, comfort, and acceptance at our school. Now we want to hear from our parents and community. Our school believes that everyone is created in the image of God, and is a child of God. We also believe that everyone should be treated with reverence, respect, and dignity.

Can you share with us ideas or concerns you have regarding student safety, bullying and further enhancing our positive school climate? Send an email, note, phone call, or drop by to chat. Parents and families, along with our parish community, work together with our school to meet the Ontario Catholic School Graduate Expectations which include each student striving to become a Discerning Believer, an Effective Communicator, A Reflective, Creative, and Holistic Thinker, a Self-Directed, Responsible, Lifelong Learner, a Collaborative Contributor, a Caring Family Member, and a Responsible Citizen.

Your input is important to us and will be used, along with student input, as a basis for our new Catholic Community, Culture and Caring Bullying Prevention and Intervention Plan which will be chaired by Ms. Landon. We are also looking for a few parents and community members to serve on this committee.

Destination Imagination

School Council

Our next School Council meeting will be held on Tuesday, March 24th at 6:00pm in the library. All parents are welcome to attend the meeting.

Exciting News!

All of the Catholic School Councils in the Madawaska Valley, through a Parent Involvement grant, are working together to bring a very special speaker to the area on Wednesday, May 6th just for parents. Janet Podleskie, co-author of The Looneyspoons cookbooks and television show, will be coming to St. John Bosco to inspire area parents with her "I Can Do It" story and "Best Ever Tips" to encourage and motivate us in our daily lives.



More information will follow on this celebrity evening!

We Day

The We Day celebration is being held in Ottawa on April 1st, 2015.

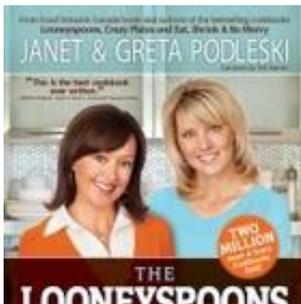
Trivia Night

We will be hosting a Trivia Night on Friday, April 10th at 7pm. We hope to have a large number of teams register for this fun event! There will be a wide variety of questions ranging

from history, to television, to sports and music. There will be something for everyone! Teams of up to 6 people are invited to register. The cost is \$10.00 per person or \$60.00 per team. Team members are invited to come up with a theme for their team and dress accordingly! There will be free raffles and snacks and refreshments for purchase. We look forward to seeing you there!

Lent 2015

We will be hosting a food drive during this month and we will deliver the goods to the food bank before Easter. If you are able, please send in any non-perishable items to assist those in need. Thank you in advance!



Class Trip

On February 5th, the grade 4,5,6,7,8 class had a busy trip to Ottawa. It was a very full day and even though we were put off schedule by rush hour traffic, it was still a great day for all who participated. Thank you to Mr. Platt for organizing and to all of our volunteer chaperones. As you can see, GVCS left its mark at Xtreme Trampoline in Kanata!

Baseball

Baseball season is just around the corner and both our Junior and Teens C.O 3-pitch baseball teams are still in need of coaches for this season. Our Junior team is the 2014 champions and we have a strong community interest in both the teams but we are at risk of not having any team at all if parent volunteers don't come forward soon. The teen and Junior coaches from all four communities usually meet in April to go over the rules and regulations for the upcoming season. There is complete equipment for both teams and both Andy Peplinskie and I would be more than happy to help out in getting the new coaches started and comfortable with things. If you are interested, please call me (Gloria Kosnaskie 613-756-5123) as soon as possible. Thanks so much!



The following students were 'caught' showing "Christian Spirit" sometime during the month of February:

Alec	Amelia	Ava	Dominic	Cheyenne	Bastien
Edouardo	Emma Beggs	Emma Brotton	Niomi	Sadie	Levi
Johnny	Julia	Michael	Matthew	Mackenzie	Nadia
Makayla	Shaelyn	Taylor	Tyrell	Trinity	Wyatt
Mason					

Congratulations and thank you to all of you!

Spirit Activities

On Tuesday, February 17th, many of our students and staff dressed in their pajamas and enjoyed a full breakfast in celebration of Shrove Tuesday. Many thanks to Michelle Lepinskie, Julia Beggs, Selina DeCarle, Maria Ziebarth and Shayla Coulas who helped to prepare the breakfast.

On Friday, March 13th, we will be having a "Bring Your Stuffed Animal to School Day". We will also have Winter Carnival activities that afternoon, so we are hoping for great weather!

Mindset

Taking Perseverance To A Whole New Level!

On November 30, 1939, the Soviet Union declared war on Finland.

The odds, you could say, were against the Nordic country. Only independent for 22 years, it had a total population of 4 million people.

On the other hand, the Soviet army was 2.5 million soldiers strong — with 810,000 of those sent Finland's way.

But by March of the next year, what became known as the Winter War was over, as the Soviet Union and Finland signed a peace treaty.

How did such a tiny country hold off one of the greatest superpowers in history?

It wasn't only a matter of mastering wintry terrain.

It was a matter of attitude.

"The Finns have something they call *sisu*. It is a compound of bravado and bravery, of ferocity and tenacity, of the ability to keep fighting after most people would have quit, and to fight with the will to win. The Finns translate 'sisu' as 'the Finnish spirit,' but it is a much more gutful word than that." (New York Times, 1940)



"It is not so much about achievement as it is about facing your challenges with valor and determination. It's the psychological strength capacity that enables individuals to power on when they've reached the end of their psychological or physical resources." (Emilia Lahti) Lahti contrasts *sisu* with other parts of human strength, like [resilience](#), [conscientiousness](#), or [grit](#), which psychologists say is the best predictor of success. But while grit is maintaining passion and performance in the pursuit of a long-term goal, **sisu is your ability to take action against long odds.**

But there are more examples than Finns and Reds. You're tapping into *sisu* when you determinedly go after your next job after your company has layoffs, work to make a relationship last, or literally run an extra mile more than you planned to jog that morning.

Instead of just *thinking* that everything will turn out OK, a person with lots of *sisu* has the conviction that they'll be all right and takes the necessary actions to shape those outcomes.

Read more: <http://www.businessinsider.com/finnish-word-sisu-is-key-to-success-2014-6#ixzz3Sgb58Mwl>

Public Speaking

Floor Hockey

We had a very successful Floor Hockey season, with both of our teams winning their respective tournaments! Pictured at left are the members of the grade 4,5,6, team.

The following is an account of the Primary Team's day at the tournament, as submitted, by the class.

On February 13th the grades One, Two and Three students traveled to Palmer Rapids School for the floor hockey tournament. Our first game was against Whitney/Madawaska Schools and we won the game 3-0. Our second game was against Palmer team 1 and we won the game 7-0. Students enjoyed a delicious hot lunch of hot dogs, pizza, smoothies, juice, and water. We had two games in the afternoon and the first was against Sherwood team 1. George Vanier won this game 4-0. Our last game of the day was Whitney/Madawaska again, and we were successful with an 8-0 win. All four goalies had shutouts. All our students demonstrated excellent sportsmanship and had lots of fun! Congratulations to our primary floor hockey team!

Thank you to Mr. Platt and Ms. Landon for coaching the teams and to all staff for adjusting their schedules on the tournament days.