

# ST. MARY'S CATHOLIC SCHOOL



## NEWSLETTER - Issue # 7

March, 2015



*This is what Yahweh asks of you:  
only this' to act justly, to love tenderly, and to walk humbly with your God." Micah 6:8*

Dear Parents:

The time is "springing ahead", and the year is quickly "springing" ahead on us! It will be a busy time but as we journey ever closer to Easter; we must remember to sharpen our focus and look toward Easter as a time when we can rejoice because of the Lenten journey we have traveled.

We are asking students to earn some money to contribute to each classroom's Lenten bank which will be given to our Peru charity. Students are being encouraged to perform good deeds during Lent, even as little as a "smile" to brighten someone's day.

March is also nutrition month and we are asking students to come to school with healthy snacks and lunches. Usually, the more colourful the food, the more healthy the food. Red, green and yellow fruit and vegetables complement the lunches and snacks.

As we march into spring, let us clean out the clutter in our lives, physically, spiritually and emotionally to prepare for Easter. Easter will indeed be more of a celebration if we do.

Ann Lepine, Principal

### CROSS-COUNTRY SKI TRIP - March 6<sup>th</sup>

Students and staff will be travelling by bus to the Opeongo Nordic Ski Club in Brudenelle on **Friday, March 6<sup>th</sup>**, weather permitting, for a day of cross country skiing. We will leave the school around 9:15 a.m. and return in time for regular bus dismissal. We plan to ski from 10:00 am to 2:00

p.m. and have lunch there. Parents are welcome to join us. Students should bring lunch; we will eat in the "yurt" at the trail.

Dressing in layers and bringing an extra pair of socks is advised. (Lighter clothes under a warm jacket should suffice.)

### PARENT ASSOCIATION

The Wilno Recreation Committee will be holding a skate-a-thon at the Wilno rink on **Sunday, March 8<sup>th</sup>** at 11:00 a.m. Pledge forms will be available at the Wilno rink or at St. Mary's School.

### THAI LUNCH BUFFET - March 11<sup>th</sup>

Yui Visutskie will be preparing a Thai Lunch Buffet on **Wednesday, March 11<sup>th</sup>**. Students may purchase the lunch and a milk for \$2.00 Proceeds will go towards the Peruvian Charity.

**Jesse, Brady and Aimee Cybulskie** were the lucky winners of the newsletter draw and will receive the free Thai lunch on the 11<sup>th</sup>.

### SHAW WOODS

Staff and students will be travelling by bus to Shaw Woods Outdoor Education Centre, outside of Eganville on **Friday, March 27<sup>th</sup>**. We will leave the school around 8:45 a.m. and return in time for regular bus dismissal.

Students will examine physical properties of maple sap, syrup, taffy; learn about the importance of

soil, growth and changes of a maple tree; hear about the history of the early settlers using technology of the time to advance the efficiency of maple syrup production, etc....

Students are to bring lunch and we will provide drinks and snacks (fruit, trail mix). Please make sure your child is dressed appropriately (winter boots, mitts, toques, etc.) as they will be outside the whole day.

There is no cost for the trip as the school board is subsidizing the day. Kindly sign the attached permission form and return to the school.

- **Jennifer Levair, Mallika Insua, and Cathy Peck** for their help with the Gingerbread Valentine houses.
- **Jennifer Levair, Malika Insua and Tammy Beanish** for accompanying the students skating and to **Denver Beanish and Joanne Plebon** for joining us on our ski trip to Mount Pakenham on February 27<sup>th</sup>.

### MARCH BREAK

The March Break is **March 16-20<sup>th</sup>**. Enjoy! School resumes **Monday, March 23<sup>rd</sup>**.

### MARCH BIRTHDAYS



Justin Bedard March 25<sup>th</sup>  
Nicole Recoskie March 28<sup>th</sup>

### 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 6<sup>th</sup>** 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!

### DAYLIGHT SAVINGS TIME



Don't forget to put your clocks ahead one hour on **March 7<sup>th</sup>**.

This is also a great time to change the batteries in your smoke alarms!

### More on Growth 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.



### Thanks to...

- **Troy Lundy, Denver Beanish and Bozena** for cooking the pancakes and sausages for our Shrove Tuesday lunch.
- **Mrs. Lundy and her class** for preparing the readings and songs for our February Mass

"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#ixzz3Sqb58Mwl>

### **Parent Tip . . .**

Children do really well when they're able to understand and handle their emotions. Here are steps that we can take to encourage children to understand and effectively manage emotions:

- Identify the emotions we're feeling - this is a skill that children need to learn - **ask your child what they are feeling and identify feelings on tv or in story books that others have**

- Understanding why we're feeling the way we are - **linking cause to feelings helps to diffuse the intensity**
- Examining options for how to react in light of those feelings - problem solve - asking **"what can you do about this to help you feel better?"**

## **MARCH LIBRARY EVENTS**

The Killaloe Public Library and OV-CAOS presents "Our History, Our Stories" - an evening of local stories and entertainment! **Featuring a puppet show, skit, music and poetry. Friday March 13 at 7 pm** - Downstairs at the Killaloe Public Library

Everyone Welcome - Free admission  
Killaloe and District Public Library

## **A PRAYER FOR LENT**

Lord Our God,  
You formed us from the clay of the earth,  
and breathed into us the spirit of life,  
but turned from Your face and sinned.

Through our observance of Lent,  
help us to understand the meaning  
of Your Son's death and resurrection,  
and teach us to reflect in our lives.

In this time of repentance  
we call out for Your mercy.  
Bring us back to You and the life  
Your Son won for us  
by His death on the cross,  
for He lives and reigns  
forever and ever.

Amen.



