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# ST. ANDREW'S SCHOOL NEWSLETTER

## MARCH 2015



<http://rccdsb.edu.on.ca/our-schools/st-andrews/>



757-2330 (or voice mail 757-3113)

Mary Catherine Brisco, Principal

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### **What Does Our Pope Say About Lent?**

We all know that Lent is a special time of prayer, penance, sacrifice, and good works in preparation of the celebration of Easter, but what is Pope Francis's message for Lent 2015?

Part of his message states, "During this Lent, then, brothers and sisters, let us all ask the Lord: *'Fac cor nostrum secundum cor tuum'*: *Make our hearts like yours* (Litany of the Sacred Heart of Jesus). In this way we will receive a heart which is firm and merciful, attentive and generous, a heart which is not closed, indifferent or prey to the globalization of indifference."

Every day, students and staff at St. Andrew's are ensuring that this Lenten journey is meaningful. Each classroom has decided on one charity for the Lenten Season:

Kindergarten – Renfrew County OSPCA – students will be collecting donations – cat & dog kibble; kitty litter (clumping)

Gr. 1/2 – Killaloe Food Bank

Gr. 2/3 – Buried Treasure – please send in any gently used clean clothing – we will have a clothes swap here at the school and the remaining items will be donated to the Buried Treasure

Gr. 4/5 - Killaloe Food Bank

Gr. 5/6 – Killaloe Food Bank

Gr. 7/8 – Killaloe Food Bank

I pray that all students, staff and parents alike work on being more open to God this Lent in order to be able to celebrate on Easter Morning with overflowing hearts!

*Mary Catherine Brisco*

### **School Council News**

The next School Council on Monday, March 2<sup>nd</sup> at 6:30 p.m. in the School Library. Attached please find a copy of last month's minutes. All are invited to attend.

### **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 Catholic School 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!

### **Pancake Tuesday Luncheon**

Thanks to volunteers coming forward, School Council was able to continue the tradition of providing a pancake luncheon on Tuesday, February 17<sup>th</sup>. Many thanks to our parent volunteers - Wendy Brotton, Esther Lapworth, Lucy Kuiack, Ian and Cory Lee MacMunn, Christine Petroskie, Zhidka Sadecki and Jennifer Yantha who worked so hard to make us such a delicious lunch!

### **Volleyball Tournament**

The Grade 7/8 students will be attending the Volleyball Tournament at the Madawaska Valley District High School on Friday, March 27<sup>th</sup>.

## Little Caesar's Fundraiser

Thank you to all parents who supported our Little Caesar's Fundraiser. Our profits were \$1,670.00! Congratulations to the Grade 1/2 class who won a free pizza lunch for selling the most kits! Our delivery date has been changed to Wednesday, March 11<sup>th</sup>. We need 3 volunteers to help sort the Pizza Kits on delivery, which will be between 1:30 p.m. and 2:30 p.m. on the 11<sup>th</sup>. Please call the school if you can help. The kits will be available after 2:00 p.m. on Wednesday for pick-up. It is very important that you pick up your orders on Wednesday. We do not have the freezer space to hold these kits and we wouldn't want to see any spoil. Please note that there will be someone in the school until 4:00 p.m.

## Birthdays

Ethen Sernoskie	March 2
Margot Pinkerton	March 2
Isabella Dombroskie	March 3
Alivia Harrie	March 4
Asha Holly	March 5
Mrs. Klawitter	March 5
Samantha Pecarskie	March 6
Blake McCadden	March 6
Alexis McMillan	March 8
Lydia Petroskie	March 8
Spencer Holly	March 10
Courtney Hudder	March 12
Gillian Summers	March 19
Tyler Foy	March 20
Adrian Irvine	March 20
Jacob Yutronkie	March 20
Maggie Comerford	March 22
Abigail Birney	March 23
Hannah Secker	March 24
Isaac Cuddy	March 26
Abigail Hudder	March 27
Maddox Jenkins	March 27



## March Fun Morning

On Friday, March 13<sup>th</sup>, right before the March Break, we will have a fun activities scheduled for the morning and a free turkey soup/bun lunch sponsored by the School Council, with thanks to Ian

& Cory Lee MacMunn for making the soup. **Please bring your own bowl and spoon.**

## Winterfest

The primary students and parents enjoyed a great day at the Barrys Bay Arena skating and then back to the school for some sleigh rides and fun games. Thanks very much to the McGraths for providing sleigh rides for the children.

Students, staff & parents too - from Gr. 4 to 8 - had a great day at Mount Pakenham. Thanks to everyone involved and also thank you for all of your positive comments as this day is a huge undertaking at the school level.



## Shaw Woods

On Wednesday, March 25<sup>th</sup>, the Grade 1, 2 and 3 students will be going to Shaw Woods, and on Friday, March 27<sup>th</sup>, the Grade 4/5 class, along with St. Mary's School, will be going to Shaw Woods. They will be learning about the making of maple syrup. Weather dependent! Hopefully the sap will be running by then!

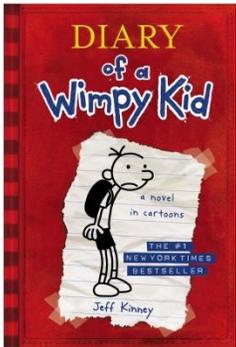
## Mental Health & Wellness Parent Tip

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?”**

## **Killaloe Public Library Corner**

**Did you know that the library has 8 books and 3 DVD's in the Diary of a Wimpy Kid series?**



*It's a new school year, and Greg Heffley finds himself thrust into middle school, where undersized weaklings share the hallways with kids who are taller, meaner, and already shaving. The hazards of growing up before you're ready are uniquely revealed through words and drawings as Greg*

*records them in his diary.*

Author/illustrator Jeff Kinney recalls the growing pains of school life and introduces a new kind of hero who epitomizes the challenges of being a kid.

**Available for loan to members of the Killaloe Library. Membership is free of charge to residents of Killaloe, Hagarty and Richards Township, Brudenell Lyndoch Township, Bonnechere Valley Township and North Algona Wilberforce Township.**

### **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**

**Open Tuesday - Saturday | 11am – 4pm**

[www.killaloelibrary.ca](http://www.killaloelibrary.ca) (613-757-2211)

### **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.

"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>