

Principal: Christina Brown

VP: Scott Nichol



APRIL 2015 NEWSLETTER

Our Lady of Sorrows

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

Happy Easter!

I hope you and your families will have a blessed and restful Easter weekend. What a beautiful time of the year! God is truly at work in our lives during the Easter season, a season that remains with us far beyond the Resurrection. It extends on for 50 days through to Pentecost Sunday and Trinity Sunday (the first Sunday after Pentecost). The call of the Resurrection is to spread faith and justice in our world: faith in Jesus as the word and love of God, and the justice of God as seen in the words of Jesus, our risen Lord.

May you all experience wonderful new beginnings as the Easter season continues!

Parish News



Many classes engaged in lessons focused on the Stations of the Cross during the season of Lent.

Thanks to Father Ballard, some classes participated in the Stations of the Cross at the church on Wednesday mornings.

School Phone Number

Since our names are so similar, Our Lady of Sorrows Parish regularly receives calls meant for our school. Please use the number below to notify the school of absences or to leave messages for our school.

613-687-5918

“How do you approach the thirst of Jesus? Only one secret—the closer you come to Jesus, the better you will know His thirst. Jesus thirsts even now, in your heart and in the poor—He knows your weakness, He want only your love, wants only the chance to love you.” ~ Mother Teresa

Many thanks to the Our Lady of Sorrows Parish Catholic Women’s League for the generous donation of \$400.00 to our school! These funds will certainly be put to good use with regard to our students.

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Special points of interest:

- Welcome back to Mr. Nichol!
- Gr. 7 students attend ‘We Day’ on April 1st at the Canadian Tire Centre in Ottawa.
- Gr. 7 Grad photo retakes are scheduled for April 2nd in the morning.
- Gr. 6 DARE grad is scheduled for April 28th at 1:15 p.m.

Catholic Education Week 2015

“Exploring the Paths of Joy”

May 3rd—May 8th



Catholic schools, together with the home and parish, are an important part of the local Catholic faith community. We – as pastors, parents, students, teachers, administrative and support staff – walk and grow together in the faith we received at our Baptism. Each of us has been called by name to grow in relationship with God and neighbour, to nurture one another as members of the body of Christ, using the gifts the Holy Spirit has given us, in the parish, home and Catholic school community.

Our Catholic school community will celebrate Catholic Education Week 2015 beginning on Sunday May 3rd, and running through to Friday May 8th. There are five sub-themes for each day of Catholic Education Week:

Walking Together and Sharing Our Story

Opening the Scriptures

Welcoming Others to the Table

Recognizing Jesus in the Breaking of the Bread

Proclaiming the Good News

We will be celebrating Catholic Education Week with prayers and activities each day. Some of these have been adapted from resources provided by the Ontario Catholic Schools Trustees’ Association (OCSTA); others have been created by members of our Renfrew County Catholic school board.

During this Catholic Education Week, let’s open our doors and highlight how our school is “Exploring the Paths of Joy”! Catholic Education Week will feature special programs and presentations at all grade levels. Stay tuned!

Follow us on Twitter @OLSrccdsb!

This is a way to celebrate what we do and communicate reminders and upcoming events.



ARE YOU MOVING?

Beneath our toes
Beneath our feet
Beneath the floors
Beneath basement and
foundation
We are standing on holy
ground.

In preparation for next year, it would be much appreciated if you would kindly notify your child's teacher or the office if you are moving and will not be attending OLOS as of September 2015. This will assist us in planning for the next school year. Thank you!

UPCOMING DATES

Lights Out Canada

April 22, 2015

Babysitting Course

April 18th

9:00—4:00

St. John Ambulance

Earth Day



People around the world will soon celebrate Earth Day (April 22nd) and Earth Week. As Catholics, "...we are called to claim our role as global stewards cherishing the environment and all life in it." (Our Vision) Our Lady of Sorrows staff and students feel it is necessary to become more educated about our planet and use our hands to help heal the beautiful earth God has so graciously provided.

During Earth Week, staff and students will pitch in to clean up our school yard. Garbage will be collected from every corner of the yard, leaves will be raked from the front lawn and around the fence and flowerbeds will be cleaned out.

OLS Talent Show

OLOS will be hosting a talent show once again this year! It will be held on Tuesday, May 5th during Catholic Education Week. There will be a morning and afternoon performance on this day.

Thank you to all of the students who came to audition for the Talent Show. We have considerable talent at our school! A notice for those who will be entering the show will be posted. Those who did not make it this year are encouraged to try again next year. They can also help out with posters, announcements, music and lights if they wish.

Many thanks to Mrs. Lafave and Mrs. McLaughlin for leading this initiative!



Skills 2015—Advanced Learner Program

Carol and Wayne Campbell from Hila Science Camp are presenting a series of workshops designed for the advanced and hands on learner. It is open to all grade 4-8 students. Parents are responsible for online registration and for providing transportation to each program. More information can be gained and online registration can be made at hilaroad.com/skills.

School Council 2014-2015

MONCION RECEIPTS PROGRAM



When shopping at Moncion Grocers, you can ask to have your receipt of over \$25.00 stamped. Receipts are collected in a box which is located at the front entrance of the school. They are used to redeem snacks for our healthy snack program which we provide monthly. We encourage you to ask relatives, coworkers and friends to collect receipts for you to submit as well. Every little bit helps! Thank you to Jamie Bowden for all her work organizing this initiative!

LABELS FOR EDUCATION PROGRAM

Labels for Education has been awarding free educational equipment to schools in exchange for proofs of purchase from the Campbell family of brands. We encourage families to send in any Campbell's Soup labels you may have to contribute to our program. As with the Moncion Receipts, we encourage you to ask relatives, coworkers and friends to collect receipts for you. Thank you to Laurie Stepaniuk for taking the lead on this program.



HOT LUNCH



Each month, we establish hot lunch days for students and staff. This month pizza from Petawawa Pizzeria will be served on Wednesday, April 15th, 22nd and 29th. We are grateful to Carrie Wilkins, Ana Clark, Arlene Gallagher and Rob Adams for their continued work organizing and delivering hot lunches.

QSP MAGAZINE FUNDRAISER/PHOTO BOOK

Orders may continue to be placed through the website WWW.QSP.CA. They will be accepted until June. When doing so, purchases will support our school. Please include the following information when on-line:



School Name: Our Lady of Sorrows School

Online School Code: 3974110

Please call customer service at 1-800-667-2536 with any questions regarding your QSP subscriptions.

SCHOLASTIC BOOK FAIR

A third Scholastic Book Fair will held during Catholic Education Week—from May 6th to May 8th. It will be a buy one get one free fair.

NEXT MEETING

Please join us for our next meeting which will be held on Tuesday, April 7th at 6:30.

MASC Performance—Junkyard Symphony

Junkyard Symphony promotes environmental health and awareness education through entertainment using old ordinary objects that could be destined for the junkyard. Their rhythmic performance includes lots of comedy and encourages participation from students.



SEAC SPRING SYMPOSIUM

TRANSITIONS-THE ROAD TO INDEPENDENCE



Brought To You By~
Renfrew County Catholic District
School Board and Special Education
Advisory Committee (SEAC)



Featuring Keynote Speaker

Amalia Starr

Motivational Speaker, Author, Transition and Independent Living
Coach, Creator of Autism Independence Project

Join Us

SATURDAY, APRIL 25TH, 2015

@ ST. JOSEPH'S HIGH SCHOOL IN RENFREW

This special event will include guest speakers and breakout sessions geared to parents with children who have special needs. Supervised children's activities will be provided in a safe and friendly environment.

The day will also include a catered lunch by Blue Iris Catering
~ A division of Community Living, Renfrew County South



ONLINE REGISTRATION WILL BEGIN MARCH 25TH @

WWW.RCCDSB.EDU.ON.CA

***THE FIRST 35 TO REGISTER WILL RECEIVE A COPY OF STARR'S BOOK
TO REGISTER BY PHONE PLEASE CALL LINDA ARSENAULT @ 613-735-1031**

“Poor No More”

**The Ontario Association of Parents in Catholic
Education 2015 Conference and Annual General
Meeting**

Save the Date!
May 29th and 30th

Best Western Pembroke Inn and Conference Centre
Pembroke , ON

Highlights of the day include:

Keynote Speaker: Genevieve Gallant (Development and Peace “Helping the World’s Poor”)

Keynote Speaker: Sherry Campbell (M.A. RSW
OACCPP “Raising Resilient Children”)

Special Guest: Liz Sandals, Minister of Education

Ontario Special Needs Strategy - Renfrew County

Parent and Caregiver Focus Group Discussions

Are you a parent or caregiver of a child or youth with multiple and/or complex special needs?

As part of the Ontario Special Needs Strategy, Renfrew County and area organizations, including child care agencies, health care agencies, social services agencies and school boards, are helping to develop a proposal for Special Needs Coordinated Service Planning and Integration of Rehabilitation Services for children and youth with multiple and/or complex special needs.

We are interested in your perspectives on how service coordination and integration of rehabilitation services for your child could be developed and improved.

We invite your participation in focus group discussion taking place at the following dates/times/locations (child care reimbursement invoices will be available):

Monday, March 23, 10-11:30 Renfrew (CCAC Office, 850 O’Brien Road, Unit8)

Thursday, March 26, 5-6:30, Pembroke (464 Isabella Street)

If you are interested in attending or would like further information, please get in touch with Darlene O’Leary, Facilitator, Renfrew Special Needs Strategy Proposal Development Table, at Darlene.oleary@fcsrenfrew.on.ca (by Friday, March 20 for the Renfrew group and by Tuesday, March 24th of the Pembroke group).

Your voices and experiences are very important to this process! (Renfrew Special Needs Strategy Proposal Development Table).

School Spirit is Alive!

<p>Dolphins</p>  <p>520 pts</p>	<p>Pumas</p>  <p>527 pts</p>
<p>Bears</p>  <p>546 pts</p>	<p>Falcons</p>  <p>500 pts</p>

Friday, April 24th is Twin Day. Everyone is encouraged to dress like someone else—friends or teachers - in the school!

Go Bears, Go Dolphins, Go Falcons, Go Pumas!

Mental Health News Emotions

How to support positive mental health at every age:

Ages 3-5

- Provide a lot of physical connection and play.
- Go out and be with other parents and children

Ages 6-10

- “The centrepiece for health is sleep.” Kids this age need 10 to 12 hours
- Dr. Kang also prescribes unstructured play and cultivating a sense of connection through family dinners or a game night.

Ages 10-15

- Encourage your child to take new and safe risks.
- Get kids involved in sports, exercise, family outings, volunteering and hanging out with friends.

BSCH



Grade 7 students will engage in a Grade 7 orientation at Bishop Smith Catholic High School in the afternoon of Thursday, April 30th. They will be served a hot lunch in the school cafeteria. This will be followed by a rotation of four activities. Stay tuned for more information!

Mental Health Walk-in Clinics

Phoenix Centre 613-735-2374

Pembroke – Tue. 2-6pm

Renfrew – Thurs. 2-6pm

Robbie Dean Centre 613-433-4231

Pembroke – Wed. 5-9pm

Renfrew – Thurs. 5-9pm

Petawawa – Tues. 1-5 pm

Arnprior – Mon. 1-5 pm

Talking About Mathematics

Numbers can be represented in many different ways. This is the math idea your child can learn from playing money games. One such game is described below.

Find out which coin your child prefers to total first. This may tell you the number he/she is most comfortable skip counting. Place a variety of coins in a pile, and ask our child to tell you the total amount for each coin. For example, there might be 85 cents in nickels and 50 cents in dimes. Observe your child as he/she begins sorting and totaling the coins. Ask your child how he/she chose which coin to total first. Suggest that you both race to total the coins that your child is less comfortable with. For example, if your child is comfortable counting nickels, race to count quarters instead. The first person to total those coins wins.



Mindset by Carol S. Dweck

Mindset: Messages About Success

Listen for the messages in the following examples of success:

- “You learned that so quickly! You’re so smart!”
- “Look at that drawing. Is he the next Picasso or what?”
- “You’re so brilliant, you got an A without even studying!”

Do you hear these as supportive, esteem-boosting messages? But listen more closely. See if you can hear another message. It’s the one that children hear:

- If I don’t learn something quickly, I’m not smart.*
- I shouldn’t try drawing anything hard or they’ll see I’m no Picasso.*
- I’d better quit studying or they won’t think I’m brilliant.*

After seven experiments with hundreds of children, we had some of the clearest findings I’ve ever seen: **Praising children’s intelligence harms their motivation and it harms their performance.**

How can that be? Don’t children love to be praised? Yes, children love praise. And they especially love to be praised for their intelligence and talent. It really does give them a boost, a special glow—but only for the moment. The minute they hit a snag, their confidence goes out the window and their motivation hits rock bottom. **If success means they’re smart, then failure means they’re dumb.** That’s the fixed mindset.

Stayed tuned next month for sending messages about process and growth!

Dweck, Carol S. “Mindset: The New Psychology of Success” (2008)

EQAO

The Primary and Junior Assessments of Reading, Writing and Mathematics will be administered to grade three and six students on the following days:

- Tuesday, May 26
- Wednesday, May 27
- Thursday, May 28
- Friday, May 29
- Monday, June 1
- Tuesday, June 2

School Parking

There are many vehicles in and out of our main parking lot each day. To ensure everyone’s safety a few measures have been established. No parking signs are placed along the side of the road just outside of the staff parking lot. If you are dropping your child off or picking your child up, please feel free to use the church parking lot situated across the street from the church or side streets. We endeavour to keep the sides of Mohns Avenue and the main parking lot clear of vehicles to allow buses to easily and safely deliver students to and from home. We ask that anyone parking along side streets, to please ensure driveways are not being blocked. Students walking home or biking are dismissed from the far gate, near the portables. Thank you for helping us keep all students safe!



**Professional Administration
Day is April 22nd!**

Bicycle Safety Rodeo



SATURDAY, APRIL 25, 2015

PETAWAWA CIVIC CENTRE

10:00 AM TO 1:30 PM

AGE GROUPS:

6-7, 8-9, 10-13 YEARS

School Cash Online

For safety and efficiency, our Board is introducing School Cash Online. This is an online payment service.

The rationale to implement this is to reduce the amount of cash and cheques coming into the school.

Please stay tuned for more information about this new service.



A Prayer of Stewardship

I grow with amazement at the glory of the Holy One.

I grow with gratitude for life.

I grow with hope that all shall be well.

I grow with courage to meet the challenges ahead.

I grow with conviction to do what is life-giving.

I grow with eyes ever alert for beauty.

I grow with openness for greater truth.

I grow with desire for continued transformation.

I grow with compassion for those who suffer and hurt.

I grow with eagerness to learn and hone my craft.

I grow with a sense of kinship for those with whom I work.

I grow with respect as others mentor and deepen my vision.

I grow with determination to make good choices in using my time and energy.

I grow with willingness to help those who will need my care.

I grow with hesitation thinking of difficulties that may come.

I grow with longing for a greater peace.

I grow with faith and trust in Jesus, the Master Teacher, for he will guide our way.

I grow with love for God, our Creator, who is the source of all the work of our hands and the fruit of our labour.

God has given us a common calling to "be stewards of our environment and all life in it."

Let us go forth in peace to love and serve in Christ's name.

Amen

