

Principal: Christina Brown

VP: Scott Nichol



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 Mother's Day!

May is a special month. It is a time when we remember and celebrate the most important woman in the life of God's people – the Blessed Virgin Mary. She is blessed because of her pure and unwavering faith; she is a true servant of God. Mary brought Jesus our Saviour into the world to save us from sin. She is the mother of the church. Since we are the people of God and we are the church, Mary is our mother as well.



Together, Mary and our own mothers continue to provide us with the gifts of wisdom and eternal love. May we always cherish these gifts.

MAY 2015 NEWSLETTER

Our Lady of Sorrows

E

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

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Tuesday, May 26th
Wednesday, May 27th
Thursday, May 28th
Friday, May 29th
and
Monday, June 1st
Tuesday, June 2nd

In order for every student to complete the entire test in sequence, we are asking for your assistance in ensuring, as much as possible, that your child is in full attendance during the six days.

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Special points of interest:

- Thank you to Ms. Watson for all her efforts with the grade 4/5 class.
- Welcome back to Mrs. Hisko! She will be returning after the long weekend.
- Welcome to our "Tutors in the Classroom", university students who will work with our grade 3 and 6 students.
- Stay tune for information about Summer School and the Crusader Camp for grade 4 students!

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. We will begin the week with a paraliturgy based on the theme of Catholic Education Week. On Tuesday, there will be two showings of our student Talent Show—one show in the morning and one in the afternoon. Our badminton team will participate in a tournament at Fellows High School on Wednesday. In addition to the badminton tournament, the Scholastic Book Fair will open this day and remain open until Friday. On Thursday, students from Bishop Smith Catholic High School who participated in the Dominican Republic trip will share their experiences and lessons learned with grade four to seven students. Catholic Education Week will also feature special programs and presentations at all grade levels within individual classes.

Pencils have been provided by the Board to all staff and students for CEW. During this week, parents, students and community members are encouraged to pray for our special gift of Catholic Education and “Explore the Paths of Joy”.



Parish News



First Holy Communion will be held on Sunday, May 10th at 10:00 mass.

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

**Mary said
Yes to God
... we say
YES to God**

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 (10:00 a.m.) and afternoon (1:30 p.m.) 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! 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, Madame Gates and Mrs. McLaughlin for leading this initiative!



Grade 7 Graduation

Monday, June 22nd

1:30 p.m.

In the School Gym



Kindergarten Graduation

Tuesday, June 23rd

1:30 p.m.

In the School Gym

Follow us on Twitter @OLSrccdsb and Facebook!
These are ways to celebrate what we do and communicate reminders and upcoming events.



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, May 13th, May 20th and May 27th. 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:

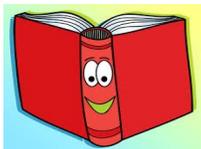


School Name: Our Lady of Sorrows School

Online School Code: 3974110

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

SCHOLASTIC BOOK FAIR



School Council will host another Scholastic Book Fair. This is the buy one, get one free book fair. In addition, Scholastic Book Fairs will donate 50% in books to designated children's hospitals through Children's Miracle Network (CHEO). Thank you to Linda Cooney who has been organizing all book fairs this year. She has done a fabulous job! The fair will run on Wednesday, May 6th, Thursday, May 7th and Friday, May 8th from 9:30 a.m. to 12:30 p.m. and then again from 1:30 a.m. to 3:30 p.m.

NEXT MEETING

Please join us for our next meeting which will be held on Tuesday, May 12th at 6:30.



“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

School Spirit is Alive!

Proposed Boundary Changes

<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>

In support of National Denim Day on May 12th, everyone is encouraged to wear denim clothes.

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

The Renfrew County Catholic District School Board tentatively approved proposed changes to school attendance zones for St. Francis of Assisi and Our Lady of Sorrows Schools. Anything South of Doran or West of Murphy is in the Our Lady of Sorrows zone. Families who presently attend either school and are outside of the new proposed zones will be grandfathered to continue to attend the school so long as the address does not change. New siblings may also attend the same school. Any families moving to another address may have to change schools. This will be determined through the completion and approval of an exception for out of school zone form. At this time, all new families, beginning this registration season, will be directed to the new proposed zones.

Dressing for Warmer Weather

As spring weather hopefully approaches, we wish to request your co-operation regarding appropriate attire for school. Clothing is to be of a modest nature.

- Shirts/tops must cover the midriff area
- Shirts/tops may be sleeveless or short sleeve (spaghetti straps are not appropriate)
- Shirts/tops with sayings depicting violence, non-Christian values, etc. are not permitted
- Shorts are to be of a modest length (not short)

In areas where a dispute arises, the principal will have the final say.

We appreciate your support in our continued efforts to work together to help our children show good judgement that enables them to always be proud of themselves and their actions.

BSCH



Grade 7 students engaged in a Grade 7 orientation at Bishop Smith Catholic High School. They were served a hot lunch in the school cafeteria. This was followed by a rotation of four activities. Thank you to everyone at Bishop for making this day a success.

Talking About Mathematics

Sports and Math – A Winning Combination

This summer, Ontario is hosting one of the largest sporting events in our history. An estimated 7,600 top athletes from the Americas and Caribbean will compete at more than 30 venues located in 16 municipalities across southern Ontario. To kick off the event, a 41-day **PanAm Torch Relay** is planned from May 30th to July 10th to share in the spirit in more than 130 communities across the province.

The **Parapan Am Torch Relay** is planned for August 3-7, 2015, and will involve 250 torchbearers. The games will offer a broad range of math knowledge and skill building opportunities for everyone in the family in a variety of sport events: baseball, basketball, beach volleyball, canoe /kayaking, cycling, equestrian, soccer, golf, judo, swimming, figure skating, triathlon, softball, and many more.

In celebration of the games, plan to engage the entire family by taking part in math activities. Here are some suggestions to get you started:

- plot the journey of the torchbearers taking part in the Torch Relay. How far will they travel? How long will it take? This offers an opportunity for families to discover Ontario cities and towns in greater detail (size, demographics, summer events) as well as math activities such as calculating distance between communities and the amount of time to get there.
- Compare one's performance in a sport with the results of the competitors in the games.
- Predict how many medals Canada will win. Which country will rank 1st, 2nd and 3rd in the medal count?
- Compare the results (time, distance, strength) of your favourite athlete(s) over time.

Mental Health News Online Video Games

How can a parent tell if a child's Internet use is healthy or not?

Internet use becomes a problem when it begins to cause a decline in terms of what healthy adolescents are expected to achieve, such as maintaining grades participating in family life and keeping up friendships.

Steps parents can take to intervene early and help prevent problems:

- Be aware of your children's Internet activities.
- Spend time learning about Internet and gaming materials popular with youth.
- Consider using a shared computer in the family room of your home.
- Encourage "offline" activities such as sports and social meetings with peers.
- Discuss possible dangers and impacts of Internet use.
- Discuss possible dangers and impacts of Internet use.

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



Mindset by Carol S. Dweck

Mindset: Messages about process and growth!

Nine-year old Lisa was on her way to her first gymnastics meet. Lanky, flexible and energetic, she was just right for gymnastics, and she loved it. Of course, she was a little nervous about competing, but she was good at gymnastics and felt confident of doing well.

In the first event, the floor exercises, Lisa went first. Although she did a nice job, the scoring changed after the first few girls, and she lost. Lisa also did well in the other events, but not well enough to win. By the end of the evening, she had received no ribbons and was devastated.

What would you say if you were Lisa's parents?

Tell Lisa that *you* thought she was the best.

Tell her she was robbed of a ribbon that was rightfully hers.

Reassure her that gymnastics is not that important.

Tell her she has the ability and will surely win next time.

Tell her she didn't deserve to win.

Let's look at the five possible reactions from a mindset point of view—and listen to the messages:

The first (*you* thought that she was the best) is basically insincere. She was not the best—you know it, and she does, too. This offers her no recipe for how to recover or how to improve.

The second (she was robbed) places blame on others, when in fact the problem was mostly with her performance, not the judges. Do you want her to grow up blaming others for her deficiencies?

The third (reassure her that gymnastics doesn't really matter) teaches her to devalue something if she doesn't do well in it right away. Is this really the message you want to send?

The fourth (she has the ability) may be the most dangerous message of all. Does ability automatically take you where you want to go? If Lisa didn't win this meet, why should she win the next one?

The last option (tell her she didn't deserve to win) seems hardhearted under the circumstances. And of course you wouldn't say it quite that way.

If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. They will have a lifelong way to build and repair their own confidence.

We can praise them as much as we want for the growth-oriented process—what they accomplished through practice, study, persistence, and good strategies.

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

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. They are asked to cross the street before walking or biking in front of the school. A supervisor will assist them with this. Thank you for helping us keep all students safe!

Before and After School Program

Open to Civilian and Military Families

Our school hosts a school based program that is open to civilian and military families. It is operated by the Petawawa Military Family Resource Centre, a non-profit organization. The program is licensed under the Days Nurseries Act of Ontario. The school based program is to provide a quality education environment for Junior and Senior kindergarten and Before and After school children within our community.

The school based program will strive to maintain an educational environment where each child will feel cared for, respected, safe and secure. This environment will nurture the development of each individual child through planned program activities with the children's physical, cognitive, social and emotional development in mind.

BEFORE AND AFTER SCHOOL PROGRAM

Our Lady of Sorrows

Monday to Friday 6:30 a.m. to 9:15 a.m. and 3:30 to 5:00 p.m.

19 Mohns Avenue, Petawawa

PROGRAM FEES

Extended Day JK/SK—\$29 /day

Before and After School

Program—\$25/day

Rates may vary (families may apply for grants to help support)



For more information, contact PMFRC at 613-639-3326 or basprogram@pmfrc.org



**Professional Activity Day
Friday, May 15**

Transportation and Are You Moving?

If you know that your address will be changing for September 2015, please notify the school for bussing changes.

Every student whose **transportation needs will change** (for example: currently a student only uses the bus in the morning, however in September they will need to use the bus in both the morning and afternoon), please notify the school immediately.

To allow the Board time to include these requests in their September planning, please forward information to the school by Tuesday, May 19, 2015.

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.

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 For Our Vision

God our Father,
You inspire us through a heritage
That is rich in blessings,
You challenge us to grow, as we
Remember the struggles of our past,
You call us as partners in the Catholic
Educational community
To be inclusive of all who seek to learn
In the light of faith.

Grant that your Holy Spirit might
Continue to guide us
So that by the power of Your grace,
Our share in the Church's mission
To spread the Good News of Jesus
May be relevant in the world today,
And point to a future that is filled with hope.

We ask you to bless our work,
That it may serve to protect,
Nurture and rightly guide
In the Catholic faith
Those children You have
Entrusted to our care,
To the glory of Your name.

We make this prayer Through Christ our Lord.

Amen