

George Vanier Catholic School

April 2019



2782 Dafoe Road
Combermere ON K0J 1L0
613 756 3708
Principal – Anne Marie Landon
alandon@rccdsb.edu.on.ca
<http://rccdsb.edu.on.ca/our-schools/george-vanier/>
Follow us on twitter @GVCS_RCCDSB



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.

School Board Information

-We know there are already regular challenges to school attendance in our Canadian climate, such as bus cancellations and winter flu season. We also know that some families may experience other challenges to **regular attendance**. And, we know that regular attendance is key to long-term school success. If your child is having difficulty with regular school attendance, please contact his/her teacher or the school principal. Your school has resources available to help and we are committed to working with our families to set students up for success!

School Information

-As part of our school improvement plan we are encouraging **litterless lunches**.

-Fire drills and drills for other **emergency measures** (tornado, earthquake, lockdown) take place throughout the school year. Please remind your child of the importance of practicing these drills and consider practising some of these drills at home.

-During the school year, Health Unit Registered Dental Hygienists provide dental screening of children in elementary schools throughout Renfrew County and District. All children in our school will receive a dental screening in April. Good oral health is important to children's overall health. The Ontario government has publicly funded dental programs to assist with dental care for kids 17 and under who meet the program eligibility criteria. **Healthy Smiles Ontario (HSO)** is a free dental program for eligible children and youth 17 and under. Healthy Smiles Ontario covers regular check-ups, preventive care and treatment. **For more information, contact Renfrew County and District Health Unit Dental Services at 613-735-8661 or 1-800-267-1097, Extension 661.**

School Council Information

-The next School Council meeting will be on **Tuesday, April 30 at 6:30pm** in the school library. All are welcome to attend.

-The annual **School Council Trivia night is on Friday, April 26** starting at 7pm.

Parish Information

Parish Priest: Fr. John Lacey	
Weekend Mass Times:	
Holy Canadian Martyrs, Combermere Saturdays 5pm Sundays 9am	St. Francis de Sales, Latchford Bridge Sundays 11am

- We will be joining the Parish community at Mass on Friday, April 5 at 9am.
- **First Communion will be on Sunday, June 23** at 9am Holy Canadian Martyrs and 11am St. Francis de Sales
- **Confirmation will be on Tuesday, May 14 at 7pm (please note this is a new date)** at Holy Canadian Martyrs
- Dates for Sacrament classes are as follows:

	First Communion Sessions 1pm in School Library	Confirmation Sessions 1:45pm in School Library
March 21		Session 1
March 28	Session 1	Session 2
April 4		Session 3
April 11	Session 2	
April 18		Session 4
May 9	Session 3	Session 5
May 14		Rehearsal
May 16		Session 6
May 23	Session 4	Session 7
May 30		
June 13	Session 5	

Thank You

-Don Parisien for his kind donation of binders and school supplies

-Ms. Manwell for preparing and supervising our Arctic Games team.

-The C.O. Country Market for another donation of \$500 from their used book corner.

Congratulations

- To our two Chess teams who competed in a tournament at St. Andrew's School in Killaloe on Thursday, March 7. Both GVCS teams won first place in their divisions. Team One members were: Anya, Noah, Malakai, Kai, Rivko, Laila, Sam and Tristan. Team Two members were: London, Grace, Nathaniel, Leo, Bron, Daniel, Eden, and Shaelyn.

-To Noah, Anya, Kai and Cadence for representing our school at the Arctic Games held at Shaw Woods on Monday, March 25. Anya placed 3rd in the Alaskan High Kick.

-To Jackson's family and Ava's family for submitting a favourite healthy recipe as mentioned in the March newsletter.

Community Information

-The **Game On** activity program is offered at GVCS every Tuesday after school from 3-6pm for students in Grades 3 to 8. Registration is on-going. For more information check out www.facebook.com/crcgameon/ or call Cheryl at 613 757 3108.

-**Prenatal**: CRC strives to be a fun and relaxed place for expecting parents to meet new friends, share experiences, discuss healthy eating and enjoy good food. In Barry's Bay we meet Tuesday mornings at St. John Bosco School. The Killaloe group meets Wednesdays at the Community Resource Centre. Our groups offer grocery gift certificates, prenatal vitamins, connections to new friends and service providers. Partners/support persons are welcome as well as older children. Please contact San at the Community Resource Centre 613-757-3108 for more information and to register.

-**MASC Young Authors and Illustrators Festival**, for students in Grades 4 to 7, is taking place April 9, 10, and 11, 2019 at the Canada Aviation and Space Museum in Ottawa. For further information please visit www.masconline.ca or see Ms. Landon.

Did You Know?

-George Vanier Catholic School celebrates **50 years** of educating students from Combermere and area in 2019. Please share with Ms. Landon any ideas you have for when and how we can recognize and celebrate this milestone. Ideas so far include a Mass, digging up a time capsule buried on June 2, 1994 by Mr. Bates and his students, burying a new time capsule from our current students, a 50's themed family dance, a picnic for all, a mural in the school.

-Free live afterschool Ontario certified teacher **tutoring in math** is available Sunday to Thursday 5:30-9:30pm to help students consolidate their classroom learning. Available for students in Grades 7 – 10 on www.tvo.org/mathify. Students need their OEN (Ontario Education Number – found on report cards) and an email address to register.

Looking Ahead...

Friday, May 3	Gray Matter – some Grade 7 and 8 students
May 6-10	Catholic Education Week - “Living as Joyful Disciples” is this year’s theme
Tuesday, May 14	Confirmation 7pm at Holy Canadian Martyrs
Wednesday, May 15	Gauss Math contest for Grade 7 and 8 students
Friday, May 17	PA Day “Christian Community Day”
May 21-June 3	EQAO (students in Grades 3 and 6)
Wednesday, June 5	Kindergarten to Grade 4 Class Trip to Ottawa (if you wish to volunteer you must have an up to date Vulnerable Sector Check completed – See Ms. Landon for more info.)
Thursday, June 6	Track and Field – Grades 2-8
Friday, June 7	PA Day “Reporting”
Tuesday, June 11 and	Grades 5-8 Sudbury overnight trip “Night at the Museum” (if you wish to volunteer you must have an up to date Vulnerable Sector Check completed – See Ms. Landon for more info.)
Wednesday, June 12	Grade 5-8 on trip (students not going are expected to be at school both days)
Friday, June 14	Grade 8 Grad dance
Friday, June 21	National Indigenous Peoples Day
Friday, June 21	3 pitch tournament – Grades 5-8
Sunday, June 23	First Communion
Monday, June 24	T-Ball tournament – Grades 1-3
Tuesday, June 25	Grade 8 Graduation Mass at 7pm followed by ceremony and reception at GVCS
Thursday, June 27	Last day for students
Friday, June 28	PA Day “Closing the Gaps in Student Achievement and Literacy”

Perhaps...

- You can gather some friends or coworkers together to participate in the **annual GVCS trivia night** on Friday, April 26. 6 adults per team, \$60 a team – register at office. All proceeds go to student activities.

Action Items for Our Families

-Please register for **School Cash On Line**. For safety and efficiency reasons the RCCDSB would like to reduce the amount of cash and cheques coming into schools and the amount of class time being spent collecting money. It takes less than 5 minutes to register at <https://renfrewcatholic.schoolcashonline.com> Please contact Ms. Landon or Mrs. Villeneuve for more information. At this point GVCS will continue accepting cash payments, in labelled envelopes, for hot lunches, class trips, etc., but **we are working towards going cash free in the near future**.

-All volunteers, including **class trip chaperones**, must have an up to date Vulnerable Sector Screening check, on file with the school. Please contact Ms. Landon as soon as possible if you wish to have one completed for upcoming spring trips. You will need to visit your local OPP office, with forms from the school, and then it can take several weeks for the check to be completed. Now is the time to complete checks for the upcoming June class trips.

Thank you for your attention to these items. Together we're better!


Attachments

April 2019 GVCS calendar	Renfrew County and District Health Unit letter re: upcoming Dental Screenings, K-8	Envelopes for Popcorn and Grilled Cheese orders
--------------------------	--	---

Family Activity of the Month

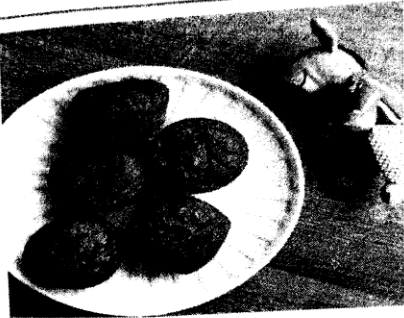
Reading, counting, measuring, and spending time together in the kitchen. A yummy way to learn!

Thanks to Jackson and his family for sharing this recipe:



SWEET SPINACH MUFFINS

SERVES 18 MUFFINS



INGREDIENTS

- 18 standard – cupcake liners

Dry ingredients:

- 2 cup – flour, whole wheat
- 1 1/2 teaspoon – cinnamon
- 2 teaspoon – baking powder
- 1/2 teaspoon – baking soda
- 1/4 teaspoon – salt

Wet ingredients:

- 3/4 cup – milk
- 1/2 cup – honey
- 1 large – banana
- 6 ounce – spinach
- 1/2 cup – butter, unsalted
- 1 large – egg
- 1 teaspoon – vanilla extract

DIRECTIONS

Preheat oven to 350 F, and line a muffin pan with paper liners (or use silicone muffin cups sprayed with cooking spray).

Combine all dry ingredients in a large mixing bowl.

Melt butter. Blend the wet ingredients in a blender or food processor until completely pureed.

Pour the puree into the dry ingredient bowl, and fold together gently until just combined. (Do not over-mix.)

Spoon the batter into the muffin pan, and bake for 18-22 minutes, or until the muffins are firm to the touch on top, but not quite browning.

Cool most or all of the way before serving.

FIND MORE RECIPES AT SUPERHEALTHYKIDS.COM

Thanks to Ava and her family for sharing this recipe:

Slow Cooker Porridge

1 cup of steel-cut oats

4 cups of water

1 medium apple, peeled, cored, and cut into chunks

2 tablespoons of maple syrup

1 teaspoon of cinnamon

½ teaspoon salt

½ cup of milk or half and half

Grease the bowl of your slow cooker with butter. Add all ingredients. Stir well. Cover and set the slow cooker to low. Cook overnight (8-9 hours). In the morning stir well. Top with brown sugar, dried fruit, or milk, if desired, before eating. Enjoy!