

# George Vanier Catholic School

## November 2019



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### 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 Information

-With sporting events already underway at George Vanier, it is important to remind students and families of the expectations placed on our student-athletes. Not all students will attend the sporting events even if they have signed up, and even if they are in an older grade. Students will only participate in our sporting events if they meet the “Four A’s.” It will be a regular school day for those not participating and a great opportunity to catch up on missed work.

A → **Attendance** - students are expected to be at school everyday with few-to-no absences (of course we will always be compassionate towards family emergencies or severe illness).

A → **Attitude** - students are expected to demonstrate an outgoing and positive attitude at all times during school (this is not specific to just Phys. Ed. class).

A → **Athletic effort** - students are expected to consistently give their best effort in the sport.

A → **Academics** - students’ work must be up to date, and meet individual expectations.

-Welcome to Vicky Staal our new noon hour supervisor.

## School Council

-The next School Council meeting will be on **Tuesday, November 26 at 6:30pm** in the school library. All are welcome to attend. If you require child care for your children ages 18 months to 11 years of age please call the school ahead of time to reserve a spot or write a note in their agenda to let us know as we need to ensure that we have a proper ratio of volunteers (usually High School students) to children to ensure safety.

-GVCS 50<sup>th</sup> Anniversary Summary:

Raffle	Deposit 1	\$838.00		
	Deposit 2	\$540.00		
	Deposit 3	\$1281.55		
	Less Ticket printing		-\$155.94	
	Less gift card purchase		-\$50.00	
	Less lottery license		-\$10.00	
	Less backpacks		-\$143.28	
	Cash donations for raffle prizes	\$180.00		
		\$2839.55	-\$359.22	\$2480.33 profit

Celebrations			
	Petting Zoo		-350.00
	Donation – Madawaska Coffee	\$83.90	
	Ads – Valley Gazette		-\$146.90
	Printing of postcards of school		-\$158.20
	Vendor table rentals (30 paid, including 4 food, 3 at no charge (School Council and Lion’s Club)	\$450	
	Decorations		-\$28.02
		\$533.90	-\$683.12

Your School Council account now sits at **\$3672.38**.

**A huge thank you to the students, parents, grandparents and community members who supported this event through volunteering, baking, selling raffle tickets, decorating and the many other tasks that were completed. Money raised goes toward student activities at GVCS, including busing costs for trips.**

## School Board Information

# -P-I-N-K ~ Bullying Awareness Week 2019

**Background:** Each year, schools in the Renfrew County Catholic District School Board work together to show how positive actions and behaviour can help put an end to bullying. Since 2013, schools have participated in 'PINK Week' with a focus on being Peaceful, Inclusive, Noble and Kind. In 2014, in response to the wide spread impact of 'Who I AM Makes a Difference Because Jesus Loves Me', the "Who I Am" curriculum was incorporated into PINK week. This curriculum helps students to acknowledge the value of God within our life and helps students to understand how others mould and shape our character. This year, for Bullying Awareness Week, the "Reverencing the Dignity of All", will continue with support from the 'Who I AM Makes a Difference Because Jesus Loves Me' project, with a special emphasis on this curriculum during the 'Noble' day. Our colour for this week is PINK. Pink is the colour of joy. Think of the pink candle in the Advent wreath. The pink candle reminds us of the joy of preparing to welcome Jesus. Jesus is our joy. He lives in the heart of each one of us, and so, we treat each other with reverence and kindness. In this way, our acts of kindness show our reverence for Jesus.

### **The week's focus:**

How much would our world change if everyone welcomed one another and focused on being an inclusive catholic educational community. Acting as faith filled community builders, we can use warmth, hospitality, good humour and joy to welcome one another and recognize each person's value.

### **Monday:**

How can we, as God's people, act in a way that recognizes the dignity of all those around us and ensures that the spaces we share are welcoming, safe and enjoyable for everyone?

### **Tuesday:**

Be warm when working with others. Act in a manner that promotes peace.  
What is the role of forgiveness in our peace?

### **Wednesday:**

Be Inclusive & Hospitable

How do we ensure we recognize and accept people's differences? How do we contribute to other people's sense of belonging?

### **Thursday:**

Be noble & use good humour as you stand with others. How can we make others feel like they are the '**superhero**' of their story?

Who are we when we stand up for others or act justly?

### **Friday:**

Be Kind & Joyful – Love is Merciful.

Wear PINK to show your support for others.

## Transportation

- If you haven't yet subscribed to receive email **notifications for cancellations and delays** or timing or bus # changes, we encourage you to do so by visiting our website and signing up for subscriptions at any time:
  - o Go to our website at [www.onthebus.ca](http://www.onthebus.ca);
  - o Under the "Portals" heading on the home page click on "[student/parent portal](#)";
  - o Enter Student ID (this is your child's Ontario Education Number which can be found on your child's most recent report card), Birth Date, School, Grade. Then select "I'm not a robot" check box;
  - o Click on the "Sign In" Button;
  - o Enter your E-mail address and click on the "Subscribe" button;
  - o Confirm the subscription process, via the validation email that is sent to you shortly afterwards (within 3 minutes).

## School Tower Garden

-Seedlings are planted and will soon be transplanted into the tower. Check it out when you visit.

## Health Unit

- This year the Renfrew County and District Health Unit vision screening staff will visit all schools to conduct vision screening assessments on Senior Kindergarten children. This is a new mandatory Ministry of Health and Long Term Care program that all health units in Ontario carry out. A letter has been sent home with each GVCS Senior Kindergarten student with further information.

## 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 having a teaching **Mass at the school on Wednesday, November 13** at 10:30am.
- Parents of students in Grade 2 (or of Grade 2 age) please note the following:  
Sacrament classes for First Reconciliation will take place in the school library on the following Thursdays at 1:00 pm:  
Dec 12: Home lesson #1 should be completed for class.  
Jan 16: Home lesson #4 should be completed for class.  
Jan 30: Home lesson #6 should be completed for class.  
Feb 27: Home lesson #10 should be completed for class.

Mar 12: Home lessons should be completed. Class will include final review of material covered, and a tour of the church and Confessional.

Mar 23 at 7:00 pm. Celebration of First Confession with the parish Penitential Service.

**Further information will be sent home in a letter.**

## **Thank You**

-Mrs. Vice for coaching our Partridge Run team.

-Mrs. Oattes for coaching our Soccer team.

-All of the vendors, volunteers, and visitors who made the 50<sup>th</sup> anniversary celebrations such a success. Special thanks to organizers and day of volunteers Jenna Stamplicoski, Ally Hudder, Talli Chaimovitz, Tammy Reimer, Sarah Wright, Tammy Serran, Jackie Bouchard, Sandra Novecosky, Craig Hudder, Christine Serran, Joanna Ropego, Neil Wright, Nicole Villeneuve, Ava Beggs, Louetta Reimer, Laynia Jones, Sherry Jones, and Monique Schweig. Thanks also to all of our families who baked and sold raffle tickets. Extra special thanks to Gerard Olsheskie for all of his hard work in preparing the building and cleaning up.

-To former Principal Carmel Rumleskie for a generous donation to GVCS in honour of our 50<sup>th</sup> anniversary.

-Talli Chaimovitz and Tammy Reimer for working with groups of students in planting seeds that will be transplanted to our tower garden.

## **Congratulations**

-to Luke S., Liam, Noah, Louetta, Daisy, Sadie, Emma B., Kai, Sam, Rivko, London, Aubrey, and Leo for representing our school at the annual Partridge Run on October 10. Special congratulations to Liam (1<sup>st</sup> place), Luke S. (2<sup>nd</sup> place), Noah (2<sup>nd</sup> place) and Louetta (2<sup>nd</sup> place) in their age categories.

-To Luke Serran and Kelly Pelletier, winners of our School Council Hunter's Backpack raffle.

## **Community Information**

-The **Game On** activity program will be offered at GVCS after school from 3-6pm on Tuesday, December 3. The program is free and is for students in Grades 3 to 8. Registration is on-going and forms are available at the school office. For more information check out [www.facebook.com/crcgameon/](http://www.facebook.com/crcgameon/) or call Cheryl at 613 757 3108.

- **Hunters Supper**, Sat Nov 9<sup>th</sup>, 4 - 7pm at the Combermere Community Centre. TURKEY DINNER & HOMEMADE PIES. Adults \$15, Kids (6 - 12) \$7, 5 and under Free. Everyone Welcome!

**-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.

**-LEARN MORE ABOUT THE CANADA LEARNING BOND** If your family has a low income and has an eligible child born in 2004 or later, the Government of Canada could deposit the Canada Learning Bond into a Registered Education Savings Plan (RESP) for your child up to age 15. In total, your child could receive up to \$2,000 in an RESP. The money will grow tax-free until the child uses it for education after high school. You do not need to add any money to the RESP for a child to receive the Canada Learning Bond. **REQUEST THE CANADA LEARNING BOND FOR YOUR CHILD** You must have Social Insurance Numbers (SIN) for you and your child. If you need to get one, go to [canada.ca/social-insurance-number](http://canada.ca/social-insurance-number) or call 1 800 O-Canada to find out how. Make an appointment with an organization that offers RESPs and bring the SINs for you and your child. Tell them you want to open an RESP and get the Canada Learning Bond for your child. **ADD MONEY TO YOUR RESP AND GET THE CANADA EDUCATION SAVINGS GRANT** If you decide to add money to an RESP for a child up to the age of 17, the Government of Canada will add between 20% and 40% of your personal contribution, to a maximum of \$7,200. The amount added will depend on your family income and the amount you contributed.

## Did You Know?

### When is sick too sick for school?

Send your child to school if they have a runny nose or just a little cough, but no other symptoms. They haven't taken any fever reducing medicine for 24 hours and haven't had a fever during that time. They haven't thrown up or had any diarrhea for 24 hours.

Keep your child at home if they have a temperature higher than 100 degrees even after taking medicine. They are throwing up or have diarrhea. Their eyes are pink and crusty.

*(adapted from Attendance Works by the Baltimore City Public Schools)*

## Looking Ahead...

Sunday, December 1	Advent starts
Wednesday, December 4	Christmas Concert 6:30pm
Thursday, December 5	Christmas Concert back up day in case of bad weather 6:30pm
Thursday, December 12	Feast day of Our Lady of Guadalupe/National Day of Prayer for Indigenous Peoples Sacrament Class 1pm in library
Friday, December 20	Last day of school before Christmas holidays
Monday, January 6	Back to school
Thursday, January 16	Sacrament class 1pm in library
Thursday, January 30	OPP Broomball tournament, Grades 5-8 Sacrament class 1pm in library
Friday, January 31	PA day "Reporting"
Friday, February 7	Primary Floor Hockey tournament, Grades 1-3

Friday, February 14	Junior Floor Hockey tournament, Grades 4-6
Monday, February 17	Family Day Holiday
Wednesday, February 26	Ash Wednesday – start of Lent
Thursday, February 27	Sacrament class 1pm in library
Friday, February 28	Basketball tournament, Grades (5?) 6-8
Thursday, March 5	Chess tournament, some students Grades 1-8
Thursday, March 12	Sacrament class 1pm in library
Friday, March 13	Last day of school before March Break
Monday, March 23	Back to school Sacrament of First Confession at 7pm at Holy Canadian Martyrs
Tuesday, March 24	Arctic Games at Shaw Woods (4 students)
Friday, April 10	Good Friday
Monday, April 13	Easter Monday
Friday, April 17	Feast day of St. Kateri Volleyball tournament, Grades (5?), 6-8
Sunday, May 3	Catholic Education Week starts “Igniting Hope”
Friday, May 8	Gray Matter Trivia Challenge (4 students from Grade 7 and 8)
Wednesday, May 13	Gauss Math Challenge (Grades 7 & 8)
Friday, May 15	PA day “Christian Community Day”
Tuesday, May 19	EQAO starts
Friday, May 29	EQAO ends
Monday, May 18	Victoria Day holiday
Thursday, June 4	Track and Field, Grades 2-8
Friday, June 5	PA day “Reporting”
Friday, June 19	3 pitch, Grades 5-8
Sunday, June 21	National Indigenous Peoples Day
Thursday, June 25	Last day of school for students
Friday, June 26	PA day “Closing the Gaps in Student Achievement and Literacy”

## Perhaps...

-You would like to have **family photos** taken on Picture Day, November 18. If so, all family members who do not attend GVCS need to be at the school prior to 8:50am.

## 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.schoolcashionline.com> Please contact Ms. Landon or Mrs. Villeneuve for more information. **This year GVCS will only be accepting cheques or School Cash on line** for most purchases.

-Please note that every person who is involved with the school as a volunteer is required to have a Criminal Background/**Vulnerable Screening Check** completed and on file with the school. Anyone who has not completed a check and is interested in volunteering (including chaperoning on class trips in the spring) should contact the office to obtain the necessary forms to be taken to a local OPP station. This process takes time.

- Please complete and return the Parent-Teacher meeting form by November 5 and the Hot Lunch order envelope, if interested, by November 14.

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

## Attachments

November 2019 GVCS calendar	Hot lunch order envelope (School Cash on-line or cheque only – no cash)	Parent-Teacher meeting form (due back by November 5)
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## Family Activity of the Month

This recipe comes to us from our friends at Food for Learning. What a great (and yummy!) opportunity for families to spend time together cooking and also working on reading and measurement skills.

# Crock Pot Butternut Squash Soup

Who doesn't love an easy, healthy and warm meal idea for the whole family to enjoy?

### Ingredients:

- 3 cups vegetable stock
- 2-3 cloves garlic, minced
- 1 medium apple, cored and quartered
- 1 medium (about 3-4 lbs) butternut squash, peeled, seeded and chopped
- 1 red or yellow onion, diced
- 2" nob of fresh ginger, peeled and sliced
- 1 bay leaf
- 1 tsp ground cinnamon
- 1/4 tsp cayenne pepper
- sea salt and pepper, to your taste (about 1/4-1/2 tsp each)
- 1 (15 oz) can coconut milk

Add all ingredients EXCEPT for the coconut milk to a slow cooker. Toss gently to combine ingredients well. Cook on LOW for 6-8 hours or on HIGH for 3-4 hours. Remove and discard the bay leaf then stir in the coconut milk. Blend the soup until smooth (an immersible blender works great). Serve and enjoy!