

George Vanier Catholic School

October 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

-Are you a former student of GVCS? Are you a former GVCS staff member? Are you a community member interested in helping celebrate the 50th anniversary of the school and supporting our local vendors? **All are welcome to attend the Saturday, October 19, 50th anniversary celebrations at the school in Combermere, 2782 Dafoe Road, from 11am-3pm.** There will be music, food, prayer, raffles, local vendors, petting zoo, toy bus, photos, and much more.

-The annual **Partridge Run** (cross country running) is being held on Thursday, October 10 at St. John Bosco Catholic School in Barry's Bay. Eleven students from Grades 2-8 have been practising during Physical Education classes and recess. **Only students who are dedicated and serious about running will be representing our school on October 10. It will be a regular school day for all other students. Please send your child to school on October 10.** Regular attendance is essential for closing gaps in learning.

-We all achieve more when we are well-nourished. Thanks to funding from the Ministry of Children, Community and Social Services and under the umbrella of (HEBL/N4K/FFL), **our school is pleased to offer healthy food options to all students.** Student Nutrition Programs (SNPs) are a great way to provide students with nutritious food to fuel their minds and bodies. The program is something we believe in and pride ourselves in providing. We understand the important role that nutritious food plays in creating a better learning environment for our students.

The Ministry of Children, Community and Social Services has created guidelines that our program follows to ensure that we are offering your child/children with the best possible food options. The Student Nutrition Program functions in collaboration with Community Development Coordinators from

the Upper Canada Leger Centre for Education and Training to ensure that the Ministry guidelines are being followed and the SNP is running correctly.

Our Student Nutrition Program is overseen and delivered entirely by volunteers (staff, parents, etc.) who ensure that healthy food is available daily to all students in our school. We are always open to welcoming new helping hands and greatly appreciate the effort our volunteers put into our program.

School Council

-The next School Council meeting will be on **Monday, November 25 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.

School Board Information

-As we previously communicated, the Canadian Union of Public Employees (CUPE) representing education workers across the province began job action in the form of “work to rule” on Monday, September 30, 2019. CUPE represents caretakers at our school.

All RCCDSB schools remain open and learning will be happening in our classrooms. We will continue to provide students with a safe and welcoming place to learn. It is possible that you may not initially notice any impact in our school resulting from this labour action. School administration has begun to take on duties ordinarily performed by caretakers to ensure that our focus remains on the safety, well-being and learning of students.

Our Board remains committed to the labour negotiations process and to ensuring that our learning and work spaces are Christ-centred. We are hopeful that a new central agreement with our education worker unions will be reached in the near future.

-WANTED! RCCDSB SEAC members. SEACs are School Board Special Education Advisory Committees that:

- Meet monthly at the Board office in Pembroke
- Are comprised of up to 12 members who represent local parent associations affiliated with provincially incorporated associations (i.e Community living, Learning Disabilities Association of Ontario etc.);
- Make recommendations to the school board with regard to Special Education;
- Participate in the Board’s annual review of its Special Education Plan;
- Participate in the Board’s annual budget process as it related to Special Education;
- Review the financial statements of the board as they relate to Special Education.

If you are interested in joining or have further questions, please speak with your school Principal for more information.

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:
 - Go to our website at www.onthebus.ca;
 - Under the "Portals" heading on the home page click on "[student/parent portal](#)";
 - 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;
 - Click on the "Sign In" Button;
 - Enter your E-mail address and click on the "Subscribe" button;
 - Confirm the subscription process, via the validation email that is sent to you shortly afterwards (within 3 minutes).

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 Friday, October 4** at 10:30am. This Mass will focus on St. Francis of Assisi and his love of animals and nature. We will use the example of St. Francis to take care of all living things.
- Parents of students in Grade 2 (or of Grade 2 age) who wish for their child to receive the Sacraments of Reconciliation and Holy Eucharist should write a note in their child's agenda to indicate this. Preparation will begin later this fall.

Thank You

- to all of the School Council members who are preparing for the 50th anniversary celebrations
- to bus driver Linda for her delicious donation of grapes to our school
- Rocky Ridge Acres orchard for a donation of local apples to our school
- to our neighbours at St. Joe's for providing the school with fabric for a project

Community Information

- The **Game On** activity program will be offered at GVCS after school from 3-6pm on Tuesday, October 29 and 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/ 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.

-Tim Baklinski is offering music lessons during classroom hours to all grades. If you are interested in starting your child on a musical instrument or wish to continue with lessons from the previous year, please contact him at 613 281 0854 or by email at baklinskimusic@gmail.com for further information, including cost. This year Tim will be at GVCS on Friday mornings.

- Combermere Farmers Market annual Pumpkin Carving Contest: Categories: 1. Best Carved Pumpkin 2. Best Creation (any vegetable) 3. Best Pumpkin (any medium, eg: wood, metal, painting, paper craft etc). All entries must be at the market by 10:00am on Saturday Oct. 12th. Judging at 11:00am. Lots of great prizes and all ages are welcome!

Did You Know?

GVCS was officially opened on May 22, 1969.

Looking Ahead...

Nov.4-8	Treaties Recognition Week (school presentations)
Thursday, November 7	International Inuit Day
Friday, November 8	National Aboriginal Veteran's Day
Monday, November 11	Remembrance Day Service at 10:50am
Wednesday, November 13	Teaching Mass at 10:30am
Thursday, November 14	Legion contest entries due – some classes are participating
Friday, November 15	PA day "Reporting to Parents on Student Progress"
Saturday, November 16	Louis Riel Day
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
Friday, December 20	Last day of school before Christmas holidays
Monday, January 6	Back to school
Thursday, January 30	OPP Broomball tournament, Grades 5-8
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
Friday, February 28	Basketball tournament, Grades (5?) 6-8,

Thursday, March 5	Chess tournament, some K-8 students
Friday, March 13	Last day of school before March Break
Monday, March 23	Back to school
Tuesday, March 24	Arctic Games at Shaw Woods for some 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, theme "Igniting Hope"
Friday, May 8	Gray Matter Trivia Challenge (4 students from Grade 7 and 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 tournament, 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 can help us with advertising the following:

Wanted: Vendors for an indoor showcase of crafts, art, and local products to be held as part of the 50th anniversary of George Vanier Catholic School, Combermere on Sat. Oct. 19 from 11-3pm. Tables are \$15 each. Call 613 756 3708 to book a table. Please note that this event is replacing our Christmas Bazaar this year and that there are only a few spots left for vendors.

Wanted: Volunteers from the Combermere area to share their musical talents during the 50th anniversary celebrations of GVCS on Sat. Oct.19. Please call 613 756 3708 to arrange a performance time.

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. Those who have already done so will be required to sign an "Offence Declaration for Volunteers" for the 2019-2020 school year. 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.

-Complete and return the attached form indicating whether your family is able to sell some raffle tickets and/or provide baking for a school bake sale table at the 50th anniversary on October 19. We are also looking for High School and adult volunteers for this day.

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

Attachments

October 2019 GVCS calendar	Information page on upcoming 50 th Anniversary Celebrations	
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Family Activity of the Month

This recipe comes to us from our partners at Food for Learning:

Apple Pancakes

In the spirit of apple picking season, give these healthy apple pancakes a try! These pancakes are delicious and easy to make! Plus finding a local orchard and going apple picking is a fun family activity!

Ingredients (8 pancakes):

- 2/3 cup old fashioned oatmeal
- 1/2 cup egg whites
- 1/2 cup cottage cheese
- 1/4 cup applesauce
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 cup diced apples
- maple syrup, for topping

Cinnamon Apples:

- 1/2 cup diced apples
- 2 teaspoons maple syrup
- 1/4 teaspoon cinnamon

Here's what to do:

1. Add oats, egg whites, cottage cheese, applesauce, baking powder and cinnamon into a blender and process until the batter is relatively smooth with a thick consistency. Stir in diced apples.
 2. Heat pan to low-medium heat and spray with non-stick spray.
 3. Once hot, scoop out about a quarter cup of batter at a time and pour onto pan.
 4. While pancakes are cooking, prep cinnamon apples by adding diced apples, maple syrup and cinnamon in a microwave safe bowl. Stir to combine and microwave for 30-60 seconds or until apples are soft and look similar to baked apples.
 5. Serve cinnamon apples on top of pancakes!
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