

Principal: Christina Brown

VP: Scott Nichol



SEPTEMBER 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

Welcome Back To School!

Welcome to a new school year! I hope you had a wonderfully relaxing and enjoyable summer with your family and friends.

On behalf of the staff of Our Lady of Sorrows Catholic School, I wish to extend a warm welcome to all new families and staff who have joined our school community.

Our Lady of Sorrows is truly a great place to learn and grow. We look forward to the privilege of

working with your children this year.

We have been blessed with staff who are genuinely compassionate and passionate about providing a safe and positive experience for all children in our educational community! Everyone has been working tirelessly to prepare the building and classrooms for this upcoming school year.

Please feel free to contact the school if we can be of

any assistance to you. Your frequent personal contact with us will help facilitate quality Catholic Education for your child(ren).

Your Partner in Catholic Education,

Christina Brown



School Bell Times

School Begins— 9:00 a.m.

Morning Recess—11:10-11:25 a.m.

Lunch Hour—12:05-12:45 p.m.

Afternoon Recess—2:55-3:10 p.m.

School Dismissal—3:10 p.m.

Extended French in Kdg. and Gr. 1

We are so excited to begin the 2015-2016 school year with the inception of an extended French program for kindergarten and grade one students. Each day, kindergarten and grade one students will receive 80 minutes of French instruction. Forty minutes will be organized as our regular core French program and will be taught by our FSL teachers, Madame Pearce and Madame Cheff. The other forty minutes of French will be integrated into the classes' daily timetables. Mrs. McLaughlin, Mrs. Schultz and Mrs. Brown are our extended French teachers.

Inside this issue:

Before and After School Program	2
A Year of Mercy	3
Private Piano Lessons	3
School Council	4
Volunteer Protocol	7
Routines	7/8
Terry Fox and Prayer	9

Special points of interest:

- A new stage will be installed in our gym during the week of September 15th.
- We are so blessed to have Mrs. Gallagher, Mrs. Bush and Mr. Adams returning as noon hour supervisors this year!
- Please join me in welcoming Mrs. Moss (ECE) and welcoming Mrs. Kennedy back to our school!

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 9:00 a.m. and 3:10 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

A Year of Mercy—Love and Forgiveness



Pope Francis recently announced an ‘extraordinary Holy Year.’ This “Jubilee of Mercy” will commence with the opening of the Holy Door at St. Peter’s Basilica in Rome on December 8, 2015, and end November 20, 2016.

Pope Francis announced this Jubilee of Mercy to the faithful on Divine Mercy Sunday, the first Sunday after Easter, 2015. The Holy Father wants the Church “to make more evident its mission to be a witness of mercy.” He explains that, “God never tires of forgiving us, we are the ones who tire of seeking His mercy.”

This year of Mercy will provide an authentic opportunity for our Catholic system to join in this pilgrimage of forgiveness and love because our entire community hungers for mercy. His Holiness encourages Christians to offer God’s mercy “to every person who asks for it with an honest heart.” Let us also pray to St. Faustina, Apostle of Divine Mercy, to intercede for us, that we might grow in our love of God and in our prayer to be witnesses to His boundless mercy in our lives and in the lives of those we serve.



Mercy was introduced at our prayer service during the first week of school. Classes will be highlighting this theme throughout the year. We encourage everyone to continuously reflect on how they show mercy (love and forgiveness) to others and how others show mercy to them?

Our Lady of Sorrows Parish

We are so blessed to have a good connection to the parish next door. The CWL (Catholic Women’s League) and the Knights of Columbus have been wonderfully supportive of our school. For this we are grateful!

Mrs. Galway’s grade three class enjoyed the opportunity to attend the 11:00 a.m. mass on Tuesday led by Father Ballard.



“When we experience the merciful love of the Father, we are more able to share this joy in our neighbour.”
Pope Francis

Private Piano Lessons

Private piano lessons will be held at Our Lady of Sorrows School every Monday, beginning September 21st. They will be offered between 8:30 a.m. and 3:00 p.m. Students will be excused from class for the half hour lesson.

If you are interested in this opportunity for your JK to Gr. 7 child(ren), please contact Kelly van der Kuur at 613-735-5385.



- Lessons are tailored to each individual student
- There may be an opportunity for team participation in the Kiwanis Music Festival
- Piano Grades offered are 1-8, Theory 1 & 2
- Lessons are \$15 per lesson and offered weekly

Breakfast Club

We are pleased to announce that we will begin a “Breakfast Club” which will be open every morning to all students. Our applications for the Food For Learning Student Nutrition and Breakfast for Learning Nutrition Grants were approved. Thank you to Mrs. McLaughlin for initiating this opportunity for our school!

We will enlist volunteers and support for this program once we receive more details. It’ll likely begin in October. Please stay tuned for additional information.!



School Council 2015-2016

Research shows that parental involvement in a child's education has a significant effect on his/her achievement. There are many ways to be involved. One is by joining school council. School council members assist in identifying new and exciting ways to contribute to the life of our school and the education of students in our building. Volunteers make a world of difference! We are so blessed to have such caring and supportive school council members and other parent volunteers that work very hard to meet needs of the school.

School Council focuses on a number of initiatives including community building, student achievement, healthy snack/lunches, faith development and fundraising initiatives. We have had much success with many of our fundraisers due to your wonderful support. For this, we are grateful!

Some of the specific key initiatives supported by school council last year include:

- Arts Performance of "Junkyard Symphony" for students
- Kindergarten Playground Upgrades (Toys, Picnic Tables, Climber)
- iTunes Cards for each class to purchase educational apps for the class ipads
- 2 \$100 Bursaries for former OLS students graduating from BSCH
- Refreshments for Kdg. and Gr. 7 Grads
- Trophies for Gr. 7 Grad
- Milk for Students on World Milk Day
- Garden Club Supplies
- School Pinnies
- Sports Equipment
- Technology (i.e. upgraded mixer for sound system)

School councils are mandated to host 4 meetings a year. Typically, we host one meeting monthly. They run from 6:30 p.m. to 8:00 p.m. Our next meeting is scheduled for Tuesday, October 13th. At this time we will elect members for our executive positions (i.e. chair person, treasurer) and set some goal/priorities for the year. Everyone is welcome to attend! Please bring a friend with you.

MEET THE TEACHER BARBEQUE



Wednesday, September 23rd, 2015 from 5:00 p.m. to 6:30 p.m.

Enjoy delicious hotdogs, apples and water.

Thanks to the generosity of the Knights of Columbus for barbequing for us!

Families are encouraged to gather for some "warmth, hospitality, good humour and joy" (Our Vision) as you enjoy the food provided by our School Council in the back of the school yard. Classrooms will be locked until 5:30 p.m. At this time, you may visit your child's teacher. The Scholastic Book Fair will also be open in the gym at this time for your perusal. In the case of rain, food will be served from the left hand side of the gym. We will still proceed with classroom visits and the book fair at 5:30 p.m. We look forward to seeing you at the BBQ!

SCHOLASTIC BOOK FAIR



Wednesday, September 23rd to Monday, September 28th

The book fair will be open from 9:30-12:00 and 12:30-3:00 each day. It will also be open Wednesday evening from 5:30-6:30 pm.

In addition to having the Scholastic Book Fair opened during the Meet the Teacher Night, BSCH (Bishop Smith Catholic High School) and PFMRC (Petawawa Family Military Resource Centre) will have representatives available to share information about the wonderful programs they offer and answer any questions.



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

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 as well. Every little bit helps!



HOT LUNCH



Each month, we establish different hot lunch days for students and staff. Further information for this month's hot lunch is forthcoming.

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

School Spirit is Alive!

Deployment Program

Students are organized in one of four spirit houses—Bears, Dolphins, Falcons and Pumas. Points will be given to the teams for each student who participates in a spirit day.

Friday, September 18th—School Colours Day (Blue and Yellow)

Wednesday, September 30th—School Colours Day (these will be reviewed with students prior to this date)

PFMRC will be offering the Children's Deployment Support Program at our school once again this year. This is extended to families who have a soldier away due to training, exercise, temporary duty, special tasking, field exercises, courses, being posted on an imposed restriction and overseas missions.

To register for the program, you may contact 613-687-2104 ext. 243. More detailed information for will be sent home to all families shortly.

Routines and Safe Schools

VISITORS TO THE SCHOOL

All parents, guardians and visitors entering the school are asked to report to the office. We will gladly deliver forgotten materials to your children. If you are volunteering at the school, or heading to an area other than the front entrance please stop at the office for an Identification Tag and to sign in. Thank you for helping us keep Our Lady of Sorrows a "Safe School" and minimizing interruptions in the classroom to teachers and children who are busy with learning activities.

STUDENT PICK UP

Thank you for waiting for your child(ren) outside the gates near the portables. This continues to allow us to eliminate confusion as our hallways are less congested. Together we can establish a warm and inviting environment that does not compromise student safety. Also, we would greatly appreciate if phone calls regarding changes in student pick up were made by 12:00 p.m.. This will allow us plenty of time to inform teachers and children of the changes.

LATES/ABSENCES

In order to ensure the safe arrival of your child(ren), it is crucial that the school be notified of all absences or late arrivals. If the school is not notified, we will call the parent(s) each day the child is absent. Students who are late are to report to the office before entering the classroom.

STUDENT AGENDAS

Student agendas contain detailed information regarding school rules and routines (i.e. daily routines, illness, busing, emergency dismissals). Classroom teachers have reviewed this information with students. Families are also encouraged to review the information together so everyone is aware of school rules and routines.

INFORMATION ITEMS

If you have not already done so and at your earliest convenience, please return:

- Emergency Student Information Forms
- Media Release Permission Forms
- Student Agenda Forms and \$7.00 Fee
- Short Distance Excursion Forms

CODE OF BEHAVIOR AND DRESS CODE

Our Code of Behaviour and Dress Code are included in student agendas. Families are encouraged to review these together.

Teachers will refer to them a few times throughout the year.

Volunteer Protocol

We have been so blessed to have a number of volunteers in our school each year. Volunteers assist in classes, accompany groups on school trips, and help out at various School Council functions. As part of our Safe Schools practice, we are requesting everyone who volunteers in any capacity in the school to submit an original Vulnerable Screening Criminal Background Check. This is a procedure all schools within our Board are embracing. If you are interested in volunteering in any capacity, please let your child's teacher know and they will get a form signed by me to send home to you. The local OPP detachment requires this form in order to complete a background check for you at no cost. Thank you for your cooperation and willingness to volunteer! For those of you who have a criminal background check on file, offence declaration forms will be sent home to be signed. If we have these, there is no need to get another criminal background check completed by the OPP.

The world is hugged by the faithful arms of volunteers.
Everett Mamor

Anaphylaxis

Anaphylaxis is a severe allergic reaction that can be fatal. Our Lady of Sorrows has a number of students who suffer from life-threatening allergies to certain foods. It is our duty to implement safety guidelines outlined in the Board's Anaphylaxis Policy. All students with a food allergy **MUST** carry an Epi-pen on them at all times. A second one is to be stored in the office.

Due to the severity of some of the allergies, our school is designated as a peanut/nut free environment. To do this we need your cooperation. We are requesting that you pack nut-free lunches and snacks for your child. Please check the ingredient labels of the foods you pack. Also, we kindly ask that no baked goods are brought into the class for class celebrations (i.e. birthdays, holidays). Many of these items contain traces of nut and/or eggs and may pose a threat to your child's classmates.

Thank you for your efforts in keeping all of our students safe!

Medications

If your child requires any medications or inhalants to be administered at school, a medication form must be completed and returned to the office. As well, a new form is to be completed each school year. Medication must be given to the school in its original container. It will be kept at the office to be administered by school staff. For the safety of all students, medication (including aspirin) is not to be in desks, school bags or lunch kits.

Safe Schools—Lockdown Procedures

Our schools are safe places for our students and the adults that work with them. Safe arrival programs, anti-bullying projects, visitor sign-in procedures and fire, lockdown, earthquake and tornado drills are a few of the numerous activities we engage in to ensure that our children are safe.

Lock-down Procedures

All Catholic schools in Renfrew County implement "lock-down" procedures to their list of safety procedures. A lock-down is an exercise that involves all students, staff, local police services and visitors to the school. This procedure is used in the event of an emergency incident outside or inside of the building.

Our school will be practicing this drill. The drill will begin with an announcement from the principal. Staff and students will immediately find an area (classroom, gym or library) and move quickly and silently to this safe location. Staff and students will remain quiet for the duration of the exercise and no communication will be made with the office or other classrooms. At the completion of the drill, the principal will make another announcement indicating that the exercise is complete. Classes and regular activities will resume.

Safe Schools—Fire Prevention



Fire Prevention Procedures

Every year, representatives from the local fire department visit the school to conduct an inspection of the school's fire drill procedures. We are mandated to have three drills in the fall and three in the spring.

The Fire Safety Council also encourages you to develop, with your child, an awareness of fire prevention at home, home escape plans and the hazards of fire.

Lunch Hour Excursions

As leaders of the school, grade 7 students have the privilege to go out for lunch on Fridays. Specific expectations have been communicated to them.

The expectations are as follows:

- ◆ Students must have written consent from parents to go out for lunch. This must be preplanned.
- ◆ Students heading out for lunch are to leave when classes are dismissed at 12:05, not part way through lunch hour.
- ◆ Students are permitted to go for lunch only.
- ◆ Students are to arrive back to school no later than five minutes before the bell rings at 12:45 p.m. to ensure they are back in time for class.



Reviewing these expectations with your child would be greatly appreciated. Thank you for helping us keep our children safe!

Walking Zone

Walkers and students being picked up at the end of the day are dismissed from the back gate. Since the section in front of the school along Mohns Avenue is a no parking zone, parents are asked to park vehicles in the parking lot across from the church or along a side street and walk to meet their child(ren) at the gate. This allows for good visibility for motorists and bus drivers as they leave the school yard.

Emergency Bus Passes and Equipment on the Bus

Joint Transportation Policy, Article 1G Emergency and Special Needs Transportation, indicates that transportation for purposes other than authorized home (sitter) to school service may be available for both emergencies and special needs subject to there being room on the bus. Such approvals would have to go through the transportation department and not directly through bus drivers.

Any equipment students bring with them to school must be properly secured on the bus. If not, it becomes a safety hazard for other students as well as the driver. As per policy 7A.1 equipment related to regular school programs may be transported by students provided that the items can be held comfortably on the student's lap and are encased. The driver may also designate a safe location on the vehicle for such items. He or she may also refuse to transport items deemed to be unsafe.

Milk Orders



Milk helps children stay healthy, alert and ready to learn every day. Our school council supports the purchase of milk for our students' nutrition. School council has purchased milk for all staff and students for World School Milk Day which is scheduled for Wednesday, September 30th.

Milk is available to students for purchase. Each 250 ml carton costs \$0.60. Milk is to be purchased for one month at a time.



Fridays are staff dress down days.
Funds collected go toward a charity.

TERRY FOX WALK

We have all been touched by cancer and realize the importance of supporting causes such as the Terry Fox Run. Each year, our school organizes a Terry Fox Walk with students from JK to grade 7. This is scheduled for the morning of September 30th. Students are encouraged to bring in a “Toonie for Terry” that day. School council is supporting the school initiative by providing every student a bottle of water as they enter the school yard after their walk.

Babysitting Course St. John’s Ambulance

310 Mackay St., Pembroke, ON
1-800-519-8117 or 613-735-0772
renfrewcounty@on.sja.ca

November 13, 2015 (P.A. Day)

9:00 a.m. to 4:00 p.m.

Ages 10+

Cost: \$50.00

*'A little bit of mercy
makes the world less
cold and more just.'*

- Pope Francis

- Learn important child care skills and safety tips
- Learn how to cope with tantrums, crying and common problems
- Learn first aid—choking, sprains, poisoning, bleeding, burns and fire emergency

Mercy That Loves

God of mercy and compassion,

We thank you for the gift of your unconditional love.

Through the parable of the Good Samaritan, you showed us how love can transcend all differences. As we begin this school year together, invite us to follow your inspiring example.

Give us hearts that cry for those among us who are wounded by the side of the road.

Give us hands that can help to heal their wounds.

Give us feet that will walk with them to safety.

May our school community be a place of welcome in which strangers are invited to become friends. Remind us, Lord, that the love we give to others is the greatest gift we can give to you.

Bless us this day, O Lord, and bless our days together.

We ask this through Christ our Lord. Amen

