

Principal: Christina Brown

VP: Scott Nichol



NOVEMBER 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

Peace As A Gift to Others

“November is the month when the Earth closes itself up for the winter. Trees give up their last leaves and hold dark empty branches up to the sky.” (Elizabeth McMahon Jeep) It is also a month in which we can celebrate two special days, All Souls and All Saints Days, and emphasize one of the great Catholic themes, Peace.

On All Saints Day we praise and thank God for what he has done for us through holy people we

call saints. We ask the saints to pray for us that we might love our God and neighbour the way Jesus taught us. On All Souls Day, we pray for all the people who have died. We ask God to bring them to the joyful banquet of heaven to be with God and the saints forever.

“Peace is the work of justice and the result of love. Much more than the absence of conflict, it speaks of harmony or shalom which is fundamental to God’s original

vision for all creation” (Ontario Catholic School Graduate Expectations, Scripture and the Tradition of the church).

As Catholic educators, we at Our Lady of Sorrows promote mercy, peace, justice, and freedom. May peace be with you!



Who I Am is P-I-N-K

Once again, in support of Bullying Awareness and Prevention Week (November 15th to 21st), schools across RCCDSB will be participating in activities focused on Reverencing the Dignity of All. Discussions and activities will also focus on how we make a difference in the lives of others. As the week progresses, students will enjoy activities designed to explore how to be P-I-N-K (Peaceful,

Inclusive, Noble and Kind) in relation to Mercy and how these traits help us to live as merciful people. Schools will create a P-I-N-K visual that relates to the “Who I AM” Project. The “Who I AM Makes a Difference Because Jesus Loves Me!” initiative started three years ago. It is a program, based on the “Pay it Forward” premise, where students are presented with a gift of words and

are asked to express gratitude to individuals who make a difference in their lives. The colour for the week is PINK. Pink is the colour of joy. Jesus is our joy and lives in our



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Special points of interest:

- Congratulations to Mr. Nichol who has just been appointed as the principal of St. Andrew’s School in Killaloe beginning in January! The VP position here at Sorrows will be filled at a later date. We look forward to a smooth transition.
- Thank you to all our School Council and volunteers who provided a skewer of blackberries and cheese for healthy snack on black and orange day. They were delicious!

Our Lady of Sorrows Parish

Father Ballard has scheduled a regular parish mass at 11:00 a.m. every Tuesday and Thursday. Each week, various classes attend one of these masses.



A Year of Mercy— Love and Forgiveness

Renfrew County Catholic District School Board has chosen “mercy” as the theme of focus for this school year. This is in alignment with Pope Francis announcing the “Jubilee of Mercy” which will extend from December 8, 2015 until November 20, 2016. Mercy is a virtue that focuses on love, forgiveness and compassion.

“For there are three ways of performing an act of mercy: the merciful word, by forgiving and by comforting; secondly, if you can offer no word, then pray - that too is mercy; and thirdly, deeds of mercy. And when the Last Day comes, we shall be judged from this, and on this basis we shall receive the eternal verdict.”(1158) --St Faustina

CPAN

For the past few years CPAN has run a snowsuit and footwear campaign called *Operation Snowsuit*, the goal of this campaign is to ensure that every child living in our community has appropriate clothing and footwear for our severe Canadian winter. The 2015 campaign had begun as the weather is already turning cool and we want to be ready before the cold weather hits. We are asking for your help to reach this goal.

We are continuing to collect new and/or gently used snowsuits and footwear on behalf of CPAN. Please take this opportunity to check your closets and donate any snowsuits and/or boots that your child (or children) may have outgrown. Please note: These must be clean and in good repair as CPAN does not have facilities or the manpower to clean or repair these items. They are always very short of snow pants, larger snowsuits and boots etc. (men’s and ladies sizes). New items and/or cash donations are also very gratefully received. Monetary donations should be delivered to CPAN, cheques made payable to CPAN with Operation Snowsuit in the memo. Please deliver or mail these to CPAN, 130 Pembroke Street West, Pembroke ON K8A 5M8.

If you (or someone you know) are in need of help please apply online at: www.renfrewcountycpan.ca go to programs and Operation Snowsuit. If you have difficulties CPAN can be reached at 613-735-2374 ex 244. They ask that you leave a message including your name, number and a brief message and they will return your call ASAP.

Since this program started CPAN has been able to keep hundreds of children warm and dry. They usually help between 300-400 children and youth (these included children who had not yet been born, up to 18 year olds). Any help that you can provide is gratefully appreciated. Thank you to all those who have already supported this worthy cause by bringing in snowsuits!

Extended Programs

Our Lady of Sorrows is offering some extended programs this year. If you’d like more information on any of the following, please contact the office:

- Private Piano Lessons (Mon/Tues)
- Private Fretlight Guitar Lessons (Wed/Thurs.)
- PMFRC Before and After School Program
- PMFRC Deployment Program

Stacey, one of the facilitators of the PMFRC Before and After School Program at our school, created a phenomenally creative “Halloween” room and opened it up for all our classes to explore. We are so grateful for her thoughtfulness. We were all amazed with the activities!

PLEASE SAVE THE DATES!

Sunday, November 22, 2015 @ 1:00 p.m.

Petawawa Santa Claus Parade (Sorrows will have a float in the parade)

Tuesday, December 15th, 2015

Christmas Concert (Morning and afternoon performances)

Veteran's Week and Remembrance Day

Lest We Forget



Veterans' Week is next week. It is a time to recognize and honour Veterans who have served during war, military conflict and peace. There are a number of activities that students can engage in during this week.

Remembrance Day is a day to remember all those who have gone before, whose lives were devoted to the service of our country and all the benefits and privileges that we enjoy in this great land. Poppies will be distributed to students prior to engaging in services. Donations for poppies are much appreciated and will be forwarded to the Petawawa Legion.

On Wednesday morning our primary level students will gather together at 10:45 in the gym for a Remembrance Day Prayer Service. Our junior/intermediate students (Gr. 4-7) will be walking to the cenotaph at the Petawawa Legion at 10:00 a.m. and will be participating in the Remembrance Day Ceremony there.

Hug O'War

I will not play at tug o'war,
I'd rather play at hug o'war,
Where everyone hugs,
instead of tugs,
Where everyone giggles and
rolls on the rug,
Where everyone kisses and
everyone grins,
And everyone cuddles and
everyone wins.

~ Shel Silverstein~

Peace Poster Contest

All students have the opportunity to participate in a school-wide Peace Poster Contest. The theme for this year is "Share Peace". First, second and third place prizes will be awarded in each division (primary, junior and intermediate). Judging will occur in November. There will also be a "student" choice award for each division. We have a lot of wonderful artists in our school and can't wait to see all the finished products!

Progress Reports and Parent-Teacher Interviews

Progress reports are being sent home on Wednesday, November 11th, just in time for parent-teacher interviews. This report does not contain marks. The purpose of it is to focus on the six learning skills that are essential for student success. These learning skills are listed on the first page of the report. It also highlights how students are achieving in other subject areas.

The number of parents who plan to attend parent-teacher conferences is reflective of the positive attitudes parents and guardians have toward supporting their children's success at school. We look forward to meeting with everyone. Your time, interest, and support in your children's education is paramount to their growth and success.

BSCH will be present at the event and can engage grade 7 parents in conversation about the journey to BSCH.



P.A. Day—Friday, November 13, 2015



School Council 2015-2016

Welcome to this year's school council executive!

Chairs: Jen Schori and Kate Shaw	Student Representative: Tarynn Kearney
Treasurer: Laurie Stepaniuk	Principal Resource: Christina Brown
Secretary: Jamie Bowden	VP Resource: Scott Nichol
Teacher Representative: Sandi Schultz	Parent Representatives
Student Representative: Ruby Pilatzke	

Our next meeting is Tuesday, November 3rd at 6:30 p.m. All are welcome!

December's meeting is scheduled for Tuesday, December 8th.

MONCION RECEIPTS PROGRAM



When shopping at The Pembroke East End and Petawawa Moncion Grocers, you can ask to have your receipt of over \$25.00 stamped. The receipt program at the Riverside Market is no longer in existence. 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 and for special occasions. We encourage you to ask relatives, coworkers and friends to collect receipts for you to submit as well. Every little bit helps!

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.



HOT LUNCH



Each month, we establish hot lunch days for students and staff. This month pizza from Petawawa Pizzeria will be served on Wednesday, November 11th, 18th and 25th.

BAKE SALE FUNDRAISER

School Council is hosting a bake sale at the East End Pembroke Mall on Friday, November 6th beginning at 3:30 p.m. Please bring any baked good items that you could donate for the sale to our school library during the morning of Friday, November 6th. All goods will be transported to the mall for you. Thank you for your support!



WORLD'S FINEST CHOCOLATE SALE



World's Finest Chocolate Canada is the Canadian leader in chocolate fundraising. They produce chocolate from scratch, in a Peanut Free Facility, from the cocoa bean and the finest ingredients. Canada's most popular Variety Pack features the six top \$2 Nut and Peanut Free sellers. The thirty item suitcase contains: Crisp Bars, Caramel Bars, Milk Bars, Raisins Bars, Caramel Whirls and Mint Meltaways. They come in a sturdy easy to carry display case. These cases will be available for each family and will be delivered to the school on November 25th. Stay tuned for more information!

School Spirit is Alive!

Black and Orange and Wacky Hair Day was a success in October! Here are Sorrows house points so far:

Dolphins 108 pts	Pumas 92 pts
Bears 87 pts	Falcon 84 pts

During the month of November, we will have three spirit days.

Red and Black Day

Wednesday, November 11th— Staff and students can wear red and black to show respect and patriotism for Remembrance Day.

Moustache Monday

Monday, November 9th —Staff and students are encouraged to wear moustaches in support of Movember.

Pink Day

Friday, November 21st—Staff and students are to wear pink for peace and prosperity.

Go Bears, Go Dolphins, Go Eagles, Go Pumas!

Student Council

Student council members continually plan a number of fun activities for our school.

- They write and present announcements encouraging all students to participate in spirit days.
- They had a blast organizing a “You’ve Been Ghosted” Activity for each class during the week of Halloween. They provided each class with a Pumpkin prayer to share with one another, bag of treats, and a list of instructions of what to do to keep the spirit going once they were ghosted.
- They led an All Saints Day prayer service in the gym.

Green Team

Our school “Green Team” take great pride in being good stewards of the environment by engaging in environmentally friendly activities. Each lunch hour, they collect paper and plastic recyclables around the school. In addition to this, they registered for one of Staples free ink and toner recycling programs. Please feel free to send in any of your old ink or toner cartridges. We will gather them and send them in on your behalf. They will be made into new ink cartridges/toners or will be recycled.

Food For Learning Program



We are pleased to announce that we have begun a “Breakfast Club” program which is currently open to all students every Wednesday morning. It is our hope to extend it to additional days of the week. 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!

Thus far, students have been provided with cereal and apples. This week, they will be served cheese and crackers. As the program develops further, we will enlist the assistance of more volunteers. One of the premises of the program is to encourage additional support by means of monetary and in kind donations. Donations of small plastic baggies, plastic cutlery and paper plates, bowls and cups would be greatly appreciated.



Mindset by Carol S. Dweck

It's not just our abilities and talent that bring us success – but whether we approach our goals with a fixed or growth mindset. With the right mindset, we can motivate our kids and help them to learn. This simple idea about the brain can create a **love of learning and resilience**. Do you have a fixed or growth mindset? Read each statement and decide whether you mostly agree with it or disagree with it.

- Your intelligence is something very basic about you that you can't change very much.
- You can learn new things, but you can't really change how intelligent you are.
- No matter how much intelligence you have, you can always change it quite a bit.
- You can always substantially change how intelligent you are.

Questions 1 and 2 are the fixed-mindset questions. Questions 3 and 4 reflect the growth mindset. Which mindset did you agree with more? You can be a mixture, but most people lean toward one or the other. You also have beliefs about other abilities; you could substitute “artistic talent,” “sports ability,” “caring and kind,” or any other skill or quality. (The fixed mindset makes you concerned with how you'll be judged; the growth mindset makes you concerned with improving.)

You can change your mindset and your child's mindset – This is one of the topics we will explore about ‘mindset’ over the coming months.

Ontario Education Resource Bank (OERB)

The Ministry of Education and the Renfrew County Catholic District School Board are committed to increasing student achievement. The Ontario Education Resource Bank (OERB) is a Ministry of Education website (<http://resources.elearningontario.ca>) with over 21 000 resources from K-12 for your son/daughter to use. Some of the resources included are lesson plans, tests, units, assignments etc. that your son/daughter can use at any time to obtain more knowledge, review material or get caught up on material he/she has missed. To login in to the website simply use the login and password: **User id:** rccdsbstudent **Password:** rccdsb

Homework Help

Homework Help provides one-on-one tutoring with Ontario math teachers every Sunday to Thursday from 5:30 p.m. to 9:30 p.m. For Ontario math students in grades 7 to 10. Math teachers and parents can access Homework help by registering for a free Educator or Parent account! All our grade 7 students have already been set up on their own account. More information about the program can be found at ontario.ca/HomeworkHelp.

TumbleBooksLibrary

E-books for e-kids

TumbleBookLibrary is an online collection of animated, talking picture books which teach young children the joys of reading. Access the collection from home by logging on to:

www.TumbleBookLibrary.com

Username: olos

Password: books

RCCDSB Mobile App

There are some exciting changes that are happening with the digital presence at Renfrew County Catholic District School Board (RCCDSB).

If you haven't already, check out the [brand new mobile app](#). You can download our new app at itunes as well as in the Google Play store and Blackberry store.

It is a fantastic way to keep in touch with all of the important things happening at our school board. You can easily check the bus status, connect to homework Help and student e-portfolio's as well as check out the Board's Twitter and Facebook page.

**A MESSAGE TO PARENTS AND PUPILS FROM THE RENFREW COUNTY JOINT TRANSPORTATION
CONSORTIUM REGARDING COMMUNICATION PROCEDURES FOR TRANSPORTATION CANCELLATIONS /
BREAKDOWNS / DELAYS DURING THE SCHOOL YEAR.**

CHECK THE INTERNET

Transportation information and school bus notifications will be posted at www.rcjtc.on.ca where you will see any bus cancellations and/or delays. Notification updates are instantaneous effectively from 6:00 am on.

LISTEN TO AREA RADIO STATIONS/WATCH THE LOCAL TELEVISION STATIONS

All information regarding Transportation status will be broadcasted on radio stations for those that do not have internet. This information is obtained from our web site, therefore providing local transportation information for all of Renfrew County. Transportation information will usually start broadcasting at approximately 6:10 a.m. and repeat every 10 or 15 minutes until approximately 8:30 a.m.

SCHOOL BUS CANCELLATIONS ARE FOR THE DAY

When transportation is cancelled in the morning, it is cancelled for the whole day. If you choose to bring your child/children to school, you will be responsible for their return home after school.

PARENTS HAVE THE FIRST RESPONSIBILITY

As parents, you have the first responsibility to decide whether or not it is safe and reasonable to send your child/children out to the "stop", or to school, on days of extreme conditions. Check the internet, listen to the radio and check the weather conditions outside firsthand. Make the safest choice for your child.

KNOW YOUR CHILD'S TRANSPORTATION PROVIDER AND ROUTE NUMBER

You need to know your child's/children's Transportation Provider and Route Number in order to properly identify the status of your child's/children's transportation service when you see it on the web or hear it on the radio station. This information is available from the school and/or from the Renfrew County Joint Transportation Consortium.

DO NOT CALL THE RADIO STATION, TRANSPORTATION PROVIDER, SCHOOLS, SCHOOL BOARDS, OR R.C.J.T.C.

Do not make unnecessary phone calls and tie up the phone lines during emergencies. All the information you will need to know to make a safe decision will be posted at www.rcjtc.on.ca or broadcasted on your area radio station. Do not call the radio station or school bus company for your child's/children's school bus information.

PROVIDE the RCJTC and your child(ren)'s school with updated emergency contact information (including phone number).



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.

Bus Planner Software and www.onthebus.ca

The Renfrew County Joint Transportation Consortium's new website www.onthebus.ca and BusPlanner software enable them to offer immediate email notifications to parents of:

- any cancellation or delays of bus routes.
- any route changes throughout the year specific to their child.
- And will allow you to preview any September 2016 route changes earlier than before.



Families are encouraged to sign up for this new service. A one page newsletter will be sent home with students' progress reports. This letter contains your child's specific log in details.



Bus Safety

All students participated in informative and engaging bus safety presentations last week. Riding the bus is a privilege. Students are expected to follow rules set out by the consortium. Reviewing these rules periodically with your child(ren) would be helpful. Some are highlighted below:

- Arrive at your bus stop 10 minutes early.
- Watch for the school bus driver to signal you to cross the road to board the bus.
- Keep your feet in front of your seat (books and bags are to be placed on your lap).
- Remain seated when the bus starts to move.
- Keep hands, head and any part of your body inside the bus at all times.
- Do not eat or drink inside the bus (you can choke, spill or affect those with severe allergies)
- Speak softly and quietly so the driver can stay alert and concentrate on driving.
- When departing the bus, walk to the edge of the bus bumper, stop, look both ways and cross when the bus driver signals to do so with his/her hand.

School Cash Online

The number of families who have registered for our school cash online program continues to rise. That's fantastic! Our goal is to continue this trend. Our board is offering every school incentives for getting additional registrations—\$500 for a 50% adoption rate, plus \$250 for a 75% adoption rate plus an additional \$250 for a 90% adoption rate. This equals a potential \$1000 for our school!

The School Cash Online team received notification by their banking partner that some users of the program have seen the payment amount twice on their bank statements with a corresponding deposit of the same amount shortly thereafter. Please note, that although this may look incorrect, you paid the correct amount for your item and do not need to purchase these again. Also, if you are not receiving e-mails re: cash online, please check, when logged into School Cash Online and under 'My Account'...'Manage Email Notifications', that you have it toggled on to receive email notifications.

Change Email Notifications

I want to receive email notifications for new fees assigned to my student and updates on school-related activities.

Change

Babysitting Course

with St. John Ambulance

November 13, 2015

9:00 a.m.—4:00 p.m.

Ages 10+

Cost: \$50.00

Contact Renfrew County St. John
Ambulance at 613-735-0772 or
renfrewcounty@on.sj.ca

Renfrew County Sprouting Speech

Preschool Speech and Language Program

Self regulation is one of the learning skills identified on progress reports and report cards.

The Preschool Speech and Language Program provides free screening for preschool children at various locations throughout Renfrew County. A Speech-Language Pathologist will be in attendance to provide a brief evaluation of your child's communication skills and to discuss any concerns you may have.

Petawawa PMFRC—South Side (1578 Wolfe Avenue)

November 4th, 2015

2:00 p.m. to 3:30 p.m.

732-7007 ext. 5905 or 1-888-421-2222

Drop in! No appointment is necessary!

**School Clothing Orders
are due by November
12th! A table will be set
up on interview night.**

A Prayer of Remembrance

God our Father, your son Jesus gave up his life to free us from the power of sin and death.

He showed us that the greatest love is in giving up one's life for others.

Today, we remember those who fought and died for our freedom. We ask you to bless and console them together with their families.

Help us to understand the sacrifices they made in leaving their loved ones to face the horrors of war. May he never forget their generosity.

May your Holy Spirit give us the courage to resist evil in all its forms and show us how to be peacemakers through prayer and action, lest we forget those who fought, suffered and died that we might have the freedom and peace we enjoy today.

