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FEBRUARY 2016 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

Prepare to Open Our Hearts

Although February is a short month, it is one filled with wonderful celebration, excitement and opportunities for reflection. It is a season of love!

During Valentine's Day we show those we love that we really care about them. "When you make loving others the story of your life, there's never a final chapter, because the legacy continues. You

lend your light to one person, and he or she shines it on another and another." (Oprah Winfrey, 2004).

Lent helps us to learn about how much God loves us. We learn about what Jesus did for us when he suffered, died and rose again. During the season of Lent we open up our hearts to Jesus' love and become more like Him by acting,

thinking and loving as He does. We make an honest attempt to be faithful disciples of Christ.

Let us go forth this month with loving hearts!



Kindergarten Registration Continues

Monday, February 1st – Friday, February 5th
Between 9:00 a.m. – 3:00 p.m.

- ◆ Senior kindergarten registrants must be 5 years old by December 31, 2016.
- ◆ Junior kindergarten registrants must be 4 years old by December 31, 2016.
- ◆ Please bring proof of child's age, child's Immunization Records, Baptismal Certificate and Birth Certificate. Your 911 address will also be required.
- ◆ If you are unable to register at the times listed above, please feel free to contact the school and make arrangements for a mutually convenient time for registration.

Extended French programming and Before and After School care is available. Pupils who are presently attending Junior Kindergarten do not have to register for Senior Kindergarten.

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- *Congratulations to Mrs. McLaughlin who accepted a position as Special Education Coordinator for our School Board! She will do wonderfully in this role.*
- *Mrs. Holm's will be taking over from Mrs. McLaughlin as SERT. We look forward to working with her in this role. We are in the process of hiring a new teacher for the grade one class. Mrs. Holm's will be able to work with the new teacher closely so as to make the transition smooth.*

Additional Professional Development Day—April 8th

Students and parents are asked to note April 8th on your calendars as an additional professional activity day. It has been added to meet Ministry of Education requirements. There will be no classes for pupils on April 8th. Please also note that April 22nd remains a professional activity day and therefore there are no classes for pupils on that day.

Bishop Smith Catholic High School Open House



Bishop Smith Catholic High School

Invites **ALL GRADE 7**

students and their parents to an Open House

Wednesday, February 10, 2016

6:30-8:00 pm

Topics Discussed:

- Your child and their journey (transition into Gr. 8 in a High School)
- Academic Programs
- Athletics
- Spiritual Dimension—"A School to Believe In"
- Extra Curricular activities, groups, clubs, experiences
- The grade 8 program at BSCH
- How the BSCH experience is different than elementary school

Refreshments and a tour of the school will be provided.

Follow us on Twitter @OLSrccdsb!



Bishop Smith Catholic High School Transition Plans

School Visit

A few events have been planned to assist with grade seven students transitioning to BSCH. One of which is individual school visits to Bishop Smith. This will occur during the month of April. A final date will be shared with us toward the end of February.

Amazing Race

Each year, grade 7 students gather with grade 7 students from other feeder schools in the area for a fun filled day at BSCH. This day is known as the Amazing Race. The Amazing Race day is scheduled for Friday, May 27th. Stay tuned for more details as the date approaches.

Graduation Dates—Mark Your Calendars!



Kindergarten Graduation is scheduled for Monday, June 20, 2016 at 1:30 p.m.

Grade 7 Graduation is scheduled for Wednesday, June 22, 2016 at 1:30 p.m.

Spelling Bee

During the next two months OLOS students will be working hard on their spelling skills as they prepare for the school wide spelling bee which will be held on Tuesday, March 8th. Students who are a part of the spelling bee club are invited to meet everyday at lunchtime to review lists of words. Students from grades 1 to 7 are welcome to participate and practice. Thank you to Mrs. Vincent, and Madame Cheff for leading this initiative!



Parish News

OUR LADY OF SORROWS CATHOLIC PARISH—Father Steven Ballard

Masses

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. Many classes will be attending a community mass for Ash Wednesday at 11:00 a.m.

Sacrament of Reconciliation

Congratulations to all those who received their Sacrament of Reconciliation in January!



ST. FRANCIS OF ASSISI CATHOLIC PARISH - Father Titus Ndala

We have always had military and civilian families attend Our Lady of Sorrows Parish. Due to the reestablishment of school boundaries last spring, we recognize a number of military families attend mass at Garrison Peta-wawa as well. Thus, we endeavor to work with both parishes and are open to providing communication from both.



Sacrament of Reconciliation and Communion

St. Francis of Assisi parish is offering classes to help students in grade 2 or above to prepare for the sacraments of Reconciliation and First Holy Communion. The sacrament of Reconciliation will take place on Ash Wednesday, February 10, 2016. Classes will be held on Sundays from 10:00 to 11:00 a.m. from January 10th to February 7th. Classes are held at this time to facilitate family attendance at either the French mass at 9:30 a.m. or the English mass at 11:00 a.m.

The sacrament of First Holy Communion will be during masses on Sunday, May 15, 2016. Classes will be held on Sundays from 10:00 to 11:00 a.m. from April 10th to May 8th.

School Council 2015-2016

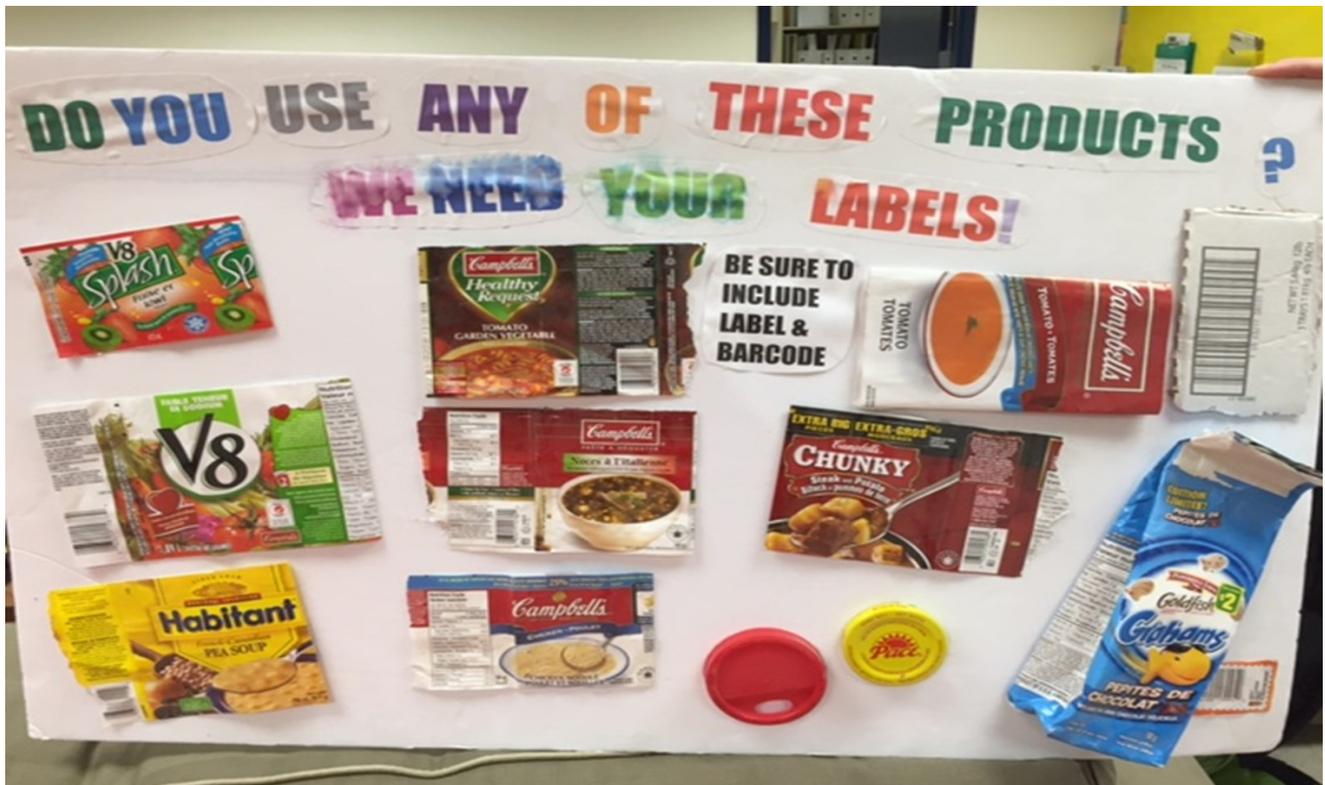
MONCION RECEIPTS PROGRAM



When shopping at Moncion Metro and Petawawa Independent 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! Thank you to Jamie Bowden for calculating and submitting receipts for us.

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. Thank you to Laurie Stepaniuk for taking the lead on this program.



HOT LUNCH



Each month, we establish hot lunch days for students and staff. This month pizza from Petawawa Pizzeria will be served every Wednesday. We are grateful to Jamie Bowden for her continued work organizing hot lunches. Also, we are blessed with volunteers who help deliver the pizza to classes

FAMILY VALENTINE'S DANCE

School Council is planning a Family Valentine's Dance for Friday, February 5, 2016 from 6:00 p.m. to 9:00 p.m. It will be held in our school's gym. The cost for tickets is \$2.00 a person or \$5.00 for a family. Snacks and drinks will be sold and some cool prizes will be raffled off. Part of the funds collected will be sent to Project Hope, which was launched by Cardinal Thomas Collins, the Archbishop of Toronto on



September 8, 2015. This refugee resettlement campaign is in response to the humanitarian crisis many families from Iraq, Syria and Afghanistan face. It provides hope for all those who were displaced and suffered violence and religious intolerance. The tickets ordered by families will be waiting for them at the door on the evening of the dance. For those who have not yet purchased tickets and would like to attend the dance, please feel free to do so. Families can pay at the door. Students must be accompanied by adults to the dance.

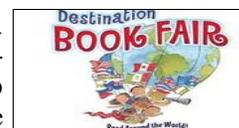
SHROVE TUESDAY



It is customary for Catholics to eat pancakes the day before Ash Wednesday, the beginning of Lent. The original reason for this was to use up rich food such as eggs, milk and sugar before fasting during the 40 days of Lent. Shrove Tuesday continues to be a tradition we celebrate. School council has graciously offered to provide a pancake breakfast to all students on Tuesday, February 9th. The pancakes (hot cakes) and syrup are from McDonalds. Apple juice and orange slices will also be provided. We ask parents of children with medical concerns regarding food (i.e. allergies, diabetes), to please write a note to the classroom teacher specifying what your child can or cannot have. Thank you to Jaimie Bowden for organizing this activity for all volunteers for helping to serve the breakfast!

SCHOLASTIC BOOK FAIR

A second Scholastic Book Fair will be held beginning Wednesday, February 17th to Friday, February 19th. Students will be provided with the opportunity to scan the fair to see what's available and purchase items between 9:30 am and 12:00 pm and 12:30 pm and 3:00 pm. Thank you to all those who have already signed up to volunteer at the fair. If you have not done so and are willing to help out, please contact the office and we will be glad to pass on your name and contact information.



NEXT MEETING

Our next school council meeting is scheduled for Tuesday, March 2nd at 6:30 pm. All are welcome to attend!

School Spirit is Alive!

Journey from Worries to Wellness

Save the Date!

A free information evening has been organized by the RCCDSB Parental Involvement Committee in partnership with local agencies for parents in the Pembroke and Petawawa area. It is scheduled for February 24th at St. Francis of Assisi School from 6:30 to 8:45 p.m.

Workshops Include:

- Stress and Resiliency
- Understanding Mental Health and Ways to support Our Child's Well being
- Anxiety and Depression
- Self Regulation
- Temperament
- Sleep Disturbances
- Collaborative Problem Solving

All sessions include a Q & A with experts, strategies, tools and resources. Transportation and Childcare assistance is available.

<p>Dolphins</p>  <p>300 pts</p>	<p>Pumas</p>  <p>281 pts</p>
<p>Bears</p>  <p>284 pts</p>	<p>Falcons</p>  <p>292 pts</p>

Red and Pink Day

Friday, February 12th is the day to wear festive Valentine's colours—red and pink.

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

You're Invited to a SEAC Meeting

Our Board's Special Education Advisory Committee (SEAC) will be hosting one of their regular meetings at our school on Wednesday, February 17th beginning at 6:00 p.m. The meeting will begin with brief presentations that are open to the general public. The hope is to raise the profile and awareness of SEAC and to provide parents with a learning opportunity. Jennifer Reid Hudson, the Board's ASD specialist, will do a 15 to 20 minute presentation about ASD and key events related to RCCDSB.

Anxiety Lowering Strategies for Children

Below are some anxiety lowering strategies for children adapted from psychologytoday.com:

Breathing with them—One way to help your student control anxiety is to encourage slow, deep breathing. You can help your student practice this by getting her to imagine the air going in through her nose, down the windpipe, and into the belly. Exercise: 4-7-8

Breathing (Youtube): <https://www.youtube.com/watch?v=Uxbdx-SeOOo>

Progressive Muscle Relaxation. This technique teaches children how to tense and relax their muscles. It will help to lower overall tension and stress levels, and help you relax when you are feeling anxious. Exercise: Progressive Muscle Relaxation for Kids

(Youtube): <https://www.youtube.com/watch?v=aaTDNYjk-Gw>, How To Do Progressive Muscle Relaxation - <http://www.anxietybc.com/sites/default/files/MuscleRelaxation.pdf>

Helping children get rid of ANTS (Automatic Negative Thoughts). Have students draw ants (the insect version) to make this exercise fun. Then help them talk about, write, or draw ants with negative thoughts next to them. Typical ANTS may be: "Nothing ever goes my way," "I'm a loser because everyone else thinks I am," or "I'm a failure." By changing the unhelpful thoughts to more helpful and positive thoughts, for example, saying or thinking, "If I keep practicing, I'll get better," or "Even if I make a mistake, I can learn and do better the next time," the child's anxiety levels will be reduced.

Calming Bottle. Students are assisted in their relaxation by watching sparkles in a coloured water bottle settle to the bottom. How to make a calming bottle: <https://www.youtube.com/watch?v=687Ww8Y3oeM&feature=youtu.be>

Guiding the child with calming visualizations. Help your student to imagine a relaxing place and to notice the calm feelings in his body. Or, have him imagine a container (such as a big box or a safe) to put his worries in so they are not running wild in his mind and bothering him when he needs or wants to be doing other things.

Encouraging the child to make a "things that went right today" list at the end of the school day. This helps children prone to anxiety to develop an optimistic cognitive style. This can be made into a Success Journal.

Other Useful Resources – Helping Children Cope with Anxiety and Fear (CHEO)

Freeing your Child from Anxiety. By Tamar Chansky. Broadway Books, 2004.

Taming Worry Dragons. By E. Jane Garland and Sandra L. Clark (2002). Ideal for children 4-17 years.

Worry Taming for Teens. By E. Jane Garland and Sandra L. Clark (2002). Ideal for children 12-17 years.

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety. By Dawn Huebner, Ph.D.

NHL Alumni Tour

NHL Alumni vs Petawawa Law Enforcement All Stars

Thursday, February 4, 2016

Doors open at 6:00 p.m. and puck drops at 7:00 p.m. at the Petawawa Civic Centre

Give Me A Grateful Heart, Lord

**Give me a grateful heart, Lord,
For each small favor granted,
As years unfold, may I behold
Life, still, through eyes enchanted.
Let me find beauty in all things,
Not to be blind to see
The goodness in my fellowman,
That he would find in me.**

**Let me rejoice in simple things,
I need no wealth to buy,
The scent of pine upon the wind,
A burnished copper sky.
Scarlet roses on the fence,
Sunrise through the trees -
Oh, grant that I may not outgrow
Affinity for these!**

**Give me a grateful heart, Lord;
Let me be satisfied,
When days are less than sunny,
And plans lie at low tide.
Life is an adventure,
That will lead to who knows where,
So, give me a grateful heart, Lord,
That I may always care.**

