



**SEPTEMBER 6, 2016**

**OUR LADY OF FATIMA**  
CATHOLIC SCHOOL

## A Prayer for the Beginning of School

Lord Jesus,

We ask for Your help as we begin this new school year. Allow us to experience Your presence in the many blessings You put before us. Open our eyes to the new challenges and exciting opportunities that this new school year brings. Open our heart and mind to new friends and new teachers. Give us a generous spirit to be enthusiastic with our studies and courage to accept new opportunities. Help us to be attentive to one another and let us experience Your presence in our new friends. Jesus, inspire us to do our best this year!

Amen

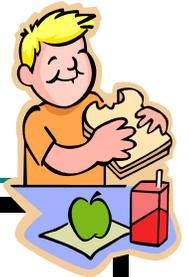
As a Catholic school community, it is an honour and a blessing to be able to celebrate and share our faith with one another and with the greater community. On Thursday, September 8, at 10:00 a.m., we will have an opening school mass at Our Lady of Fatima Catholic Church, celebrated by Father Ryan Holly and Father Peter Do. We will be joined by St. Joseph's Catholic High School. All parents and community members are welcome to attend.

**You are always welcome to join Father Holly and Father Do at Our Lady of Fatima Catholic Church for weekend masses.**

**Mass times are:**

- ◆ **Saturday evening-7:00 p.m.**
- ◆ **Sunday morning-9:00 a.m.**

# Healthy School Snacks



A reminder that Our Lady of Fatima Catholic School has 2 Nutrition Breaks each day. One is from 12:10-12:55 [lunch] and the other is from 2:20-2:55! We are a healthy school and promote foods with maximum nutritional value. Please help us by remembering to pack healthy snacks that are peanut/nut free! In addition, we encourage students to have a water bottle at their desks.

Special thanks to our dedicated EA's who shop for, prepare and serve healthy snack to over 300 students twice daily! Healthy snack will begin the week of October 3.

We desperately need volunteers to help prepare snack. If you are able to volunteer, even once or twice a week, please let the office know.

In addition, if you are able to donate food items, please contact the school. Any support you can provide is sincerely appreciated.

## School Council News!

A warm invitation is extended to all parents to attend school council meetings. Our meetings will be held the third Tuesday of the month, **with the exception of this month. For September, our meeting will be held Tuesday, September 27**, at 6:30 p.m. A nomination form for school council executive positions is attached to this newsletter. If you are interested in joining school council, please fill out the attached form and return it to the school by Monday, September 19th!

Each school is mandated by the provincial government to have School Councils. School Councils support school initiatives, promote parent engagement, help inform principal decision-making and support student learning. Interested parents may also wish to be part of the SC executive. Positions include: Chairperson, Vice Chairperson, Secretary, and Treasurer. If you are interested in any of these positions we ask that you fill out the self-nomination forms available at the office and/or attached to this newsletter.

### Items from the Office

All school handouts will be sent home with the youngest/only student in your family. As many of these items are time sensitive, please give them your immediate attention.



### Bell Times

Entry 9:15

Lunch 12:10-12:55

Snack-2:20-2:30

Recess-2:30-2:55

Dismissal 3:35

# Terry Fox Run-National School Run Day

Our Lady of Fatima Catholic School will hold its annual Terry Fox Run of Hope on Thursday, September 29, beginning at 1:15 p.m. How can you show support?

- **Wear Red and white to show you care.**
- **Help us to make a difference by giving a donation for Terry -\$2**



The Terry Fox Foundation

## We are an Eco School!

How can we show that we are good stewards of the environment? By being an "Eco School"!

Our Lady of Fatima is proud of being an Eco School. This year we will continue to be eco-conscious by reminding students that we recycle as much as possible and try to **compost** our lunch waste.

**Composting and Recycling** means that students put **all** the waste from their lunch: leftovers, empty containers and wrappers in buckets to be composted and recycled. Compost is sent out each day to avoid smell and bugs.

How can parents help? Parents are still encouraged to help their child learn how to recycle responsibly. Also, parents can create a waste free lunch by sending:

- Lunch bag
- Reusable lunch containers
- Thermos or reusable drink containers



### Did you know?

**A single student produces 45 to 90 pounds of garbage every year in disposable lunches!**

## Agendas

As you are aware, the school has provided the majority of school supplies this year. All parents need to provide are: indoor/outdoor running shoes, a backpack and lunch kit. The only other item the school is requesting funds for is the student agenda. The cost per agenda is \$6 per child or a family rate of \$15 (for three or more children). Please do not hesitate to contact the office if you have any questions or concerns regarding this cost item. Thank you!



## No Child Left Without-Anaphylaxis and Allergy Protection

Our school is a part of the **No Child Without - Medic Alert program**.

If your child has a health issue that requires them to have a medical alert bracelet please inform the office and we will provide you with information on the program.

Or visit, <http://www.nochildwithout.ca/> for further information.



Allergies and asthma can be life threatening issues for some children. We ask that parents fill out the medical information portion on the registration forms to **make sure** that we are aware of any potential dangers to your child's health.

At Our Lady of Fatima, we have **many** students who have allergies to a wide range of items including nuts, soy, egg, milk, pineapple, gluten, wheat, rice, beef/lamb, kiwi, oats and bees. The majority of students have allergies to nuts and nut products. Therefore, to keep every child safe at school we ask that **all snacks and lunches be nut and nut by-product free**. If a child in a particular class has a specific 'life-threatening allergy' to other food items, you will receive this information in the class newsletter. Did you know that **all staff** have received allergy awareness and epipen training from Food and Allergy Canada (formerly Anaphylaxis Canada)? Staff are aware of common signs of anaphylactic shock and know to react in a timely manner.

To also help keep children safe we encourage healthy snacks for school parties (fresh fruit, veggies, etc.). Absolutely no baked good are permitted in classrooms. This policy is in place to avoid cross-contamination of potential allergens. Let's work together to keep all children safe. Thank you!

### STUDENT ACCIDENT INSURANCE

Parents and Guardians, please be aware that the Renfrew County Catholic District School Board does **NOT** provide accident insurance coverage for student injuries. Families should recognize that there is always a potential risk of injury with field trips, sports and other student activities both on and off school grounds. Although precautions are taken to ensure the protection of students, accidents can and do happen. Some injuries result in medical, dental or other expenses that are not covered by provincial health care or employer group plans and can be very costly. As a parent or guardian, you become responsible for these expenses.

In accordance with the Education Act we do make available a Student Accident Insurance Program for students. **Participation in this program is voluntary and the costs are to be paid by the parent or guardian.**

For your convenience, we have arranged access to a Student Accident Insurance Policy through **IAP Kids Plus**.

Some of the benefits included are:

- dental expenses (resulting from an accident)
- fracture or dislocation
- rehabilitation
- emergency transportation
- total and permanent disability

If your child participates in co-curricular activities or activities outside the school day, there is also a plan tailored to your needs. All rates are one-time annual premiums. For complete details please refer to the web-site

[www.iapkidsplus.com/info](http://www.iapkidsplus.com/info)

# Renfrew County & District Health Unit

## A Message from the Ontario Ministry of Health Regarding Pupil Immunization

Keep our children healthy and our schools disease-free. Stick to Ontario's Immunization Schedule. As a parent, keeping your kids safe and healthy is your number one priority. All children attending school between ages 4 to 17 need to be immunized according to Ontario's Immunization Schedule. Immunization protects children from many serious diseases that are easily spread in schools.

Under the *Immunization of School Pupils Act*, children need to have proof of immunization against diphtheria, tetanus, polio, measles, mumps, rubella, meningococcal disease, whooping cough, and - for children born in 2010 or later - chickenpox to attend school. Children who are not fully immunized may not be allowed to attend school.

Check with your health care provider or local public health unit to make sure your child has all the vaccines needed to attend school. If your child has followed the immunization schedule, no further vaccines will be needed. Did you know that it's your responsibility to report your child's updated immunization records to your local public health unit? Your health care provider does not report these records for you. For more information visit Renfrew County and District Health Unit's website [www.rcdhu.com](http://www.rcdhu.com), and [http://www.health.gov.on.ca/en/public/programs/immunization/docs/immuniz\\_school\\_chklist\\_en.pdf](http://www.health.gov.on.ca/en/public/programs/immunization/docs/immuniz_school_chklist_en.pdf)

\*\*\*\*The Renfrew County District Health Unit will again be contacting families this school year whose immunizations are not up to date. Be sure to keep your mailing address up to date with your child's school, and forward a record of any new immunizations your child receives to Renfrew County and District Health Unit.

### First Day Of Kindergarten by Author Unknown

She started school this morning,  
And she seemed so very small.  
As I walked there beside her  
In the Kindergarten hall.

And as she took her place beside  
the others in the class,  
I realized how all too soon  
Those first few years can pass.

Remembering, I saw her as  
She first learned how to walk.  
The words that we alone made out  
When she began to talk.

This little girl so much absorbed  
In learning how to write.  
It seems as though she must have grown  
To girlhood overnight.

My eyes were blurred but hastily  
I brushed the tears away  
Lest by some word or sign of mine  
I mar her first big day.

Oh how I longed to stay with her  
And keep her by the hand  
To lead her through the places  
That she couldn't understand.

And something closely kin to fear  
Was mingled with my pride.  
I knew she would no longer be  
A baby by my side.

But she must have her chances to live,  
To work her problems out,  
The privilege to grow and learn  
What life is all about.

And I must share my little girl  
With friends and work and play;  
She's not a baby anymore --



## CPAN Inclusion Fund

Our Lady of Fatima is continuing its partnership with CPAN for three main projects this year: an inclusion fund for school lunches; a backpack program; and, the snowsuit fund. For the 'inclusion' project, CPAN will help support our school by providing information about creating a fund, which parents may access for student hot lunches. The fund is made available **solely through parent donations**. Therefore, we have limited funds. Please note that the milk program is not part of this program. On hot lunch forms, parents will see a section which provides the following options: (1) Pay for own child; (2) Pay for child and donate for another child; (3) Access the fund.

**Please, ONLY ACCESS THIS FUND IF NECESSARY.** We rely on donations from families to supplement our hot lunch program. Last year we had to apply for additional funds from CPAN.

## ABC's of Successful Schooling!

### **A B C**s Of Student Success

**A** is for ATTENDANCE.

Attendance is a critical factor in any child's school success. Children should attend school every day, except in cases of illness or emergency. It is impossible to replace the learning that happens on any school day with make-up work. Regular attendance and promptness are good habits that are expected and appreciated at all levels of schooling and in the workplace. This year, make school a priority in your household. Commit to excellence in attendance. Your child's future depends on it!

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### TRANSPORTATION

Review bus rules and regulations with your child on a regular basis. Remember that bussing is a privilege NOT a right! We work collaboratively with the RCJTC and Renfrew bus lines to ensure your child's safety. Let us work together to reduce the chance of a bussing accident. If you have questions about bussing, please refer to the RCJTC web-site [www.onthebus.ca](http://www.onthebus.ca)

Why positive relationships are so important between home and school?

Research from a variety of perspectives indicates a strong correlation between positive student-teacher relationships and student success in schools. Those include:

- increased student learning and desire to achieve at high standards;
- decreased negative behavior incidents and dropout rates;
- increased school satisfaction and motivation;
- increased sense of student self efficacy;
- improved positive attitudes toward school; and
- improved student social-emotional skills, such as caring, empathy, social responsibility.

As one learns about having high expectations for all students through strong student-teacher relationships, it becomes apparent that relationships impact almost every aspect of education, from student achievement and closing the achievement gap to school safety.

# Back to School Parent Checklist

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As students return to school for another year, Canada's emergency physicians have developed a parent checklist to help make sure that students stay healthy in the classroom. Administrators can share these tips with parents and guardians. Educators also may want to incorporate the advice into the annual process of collecting emergency information from parents.

"Many times parents focus so much attention on back-to-school clothes, supplies and daily school year routines, that they sometimes overlook some very basic tasks that are important to prepare for a medical emergency," said Dr. Sandra Schneider, president of the College of Emergency Physicians. "Planning is the best way to ensure the most effective response in an emergency, so take the initiative now. You can use this simple checklist to help kick off a successful and healthy school year."

## Checklist:

Organize your child's medical history records and emergency medical contact information. Provide a copy of this information to your child's school and any daycare providers with instructions to take it with them to the emergency department if your child is sick or injured.

Work with the school and your child's physician to develop action plans for any health issues your child has, such as asthma or food allergies. Communicate these plans to all appropriate care givers.

1. Schedule medical and dental check-ups before schools starts. Some children will need immunizations. Consider vision and hearing tests, since impairment can adversely affect learning. Consider a sports check-up if your child will be playing sports.
2. Review and do a dry run with your child of his/her route to school, explaining potential hazards along the way. If your child walks to school, make sure he or she understands potential traffic dangers.
3. If your child takes the bus, establish a safe, visible pick up/drop off spot, preferably with a group of additional children and in an area where they can be clearly watched by adults. If your child drives to school, make sure he or she obeys all laws and wears a seatbelt.
4. Make sure your children know how to telephone for help. Post emergency contact numbers by every telephone in your home. Have them practice how to call 911 or the local emergency number, and give their name, address and a brief description of the problem.
5. Develop a family emergency plan in case something happens on the way to or while at school. Be aware of the emergency and evacuation plans your children's schools may have established.
6. "Please take the initiative now and protect the health of your kids this school year," said Dr. Schneider. "Their time should be spent on learning, spending time with friends and extra-curricular activities, not on trips to the emergency department because of something that could have been avoided."

## OLF Pick Up and Drop off Policy

**DROP OFF:** Please drop of your child just before the walkway leading into the main yard (where EA's are stationed near the OLF sign).

**PICK UP:** The pick up site for parents is the yard gate on the left hand side of the front door [facing the school]. Parents are asked to please pick up their children at this gate. Taxis will be loaded at the front door just like last year. Please do not pick up students at the front door unless a special arrangement has been made. The front door is far too congested at the end of the day.

**PLEASE REMEMBER:** Educational assistants must confirm and identify who is picking up your child. This is a safety procedure put in place for the protection of your child! In many community organizations (daycare, hospitals, schools) there are standardized check in and check out procedures put in place to maintain safety and security. This procedure is a continuation from last year. Although this procedure takes extra time, please be patient with staff (especially if there is a supply EA present).

Bus students will load in the same location as last year. As well, walkers and bikers will exit via the same route.

When picking up, to reduce congestion, parents are asked to park on the ride side of Mason Avenue (across from the school) or along side streets. Please do not park in front of the pick up gate, or fencing. In addition, please refrain from smoking. Schools are a smoke free zone!

If you have any questions or concerns regarding the pick up procedure, please notify the office. It will take students and parents some time to get used to the new arrangement but our only concern is student safety! Thank you for your continued cooperation.

### **Music Lessons**

- Marie Brydges-available for piano lessons at OLF school. Please call 613-432-5672.
- Joanne Longtin-available for piano lessons, Wednesdays. Please call 613-432-6988

### ***Save paper, save time, save the environment?!!***

We want to work to reduce our environmental footprint. Therefore, in January, we hope to move towards sending out all communication electronically. A form is attached to this newsletter, which will include a sign-up sheet for electronic communication.

## A Message from Father Holly

Dear Parents and Guardians,

I am happy to introduce you to Father Peter Do, who this summer was named as parochial vicar (assistant priest) of Our Lady of Fatima Parish. Father Peter is originally from Deep River and was ordained to the Priesthood this past June. We are particularly blessed to have another priest assigned to our parish and I encourage you to introduce yourself to Father Peter.

Registration meeting for First Confession and First Holy Communion will take place at Our Lady of Fatima Church this coming Tuesday, 13 September at 6:30 p.m. in the parish hall (basement of Our Lady of Fatima Church). This sacramental preparation is open to Roman Catholic children who are ready to receive these sacraments and live within the territory of Our Lady of Fatima Parish. For those families that belong to St Francis Xavier Parish, please consult their bulletin for upcoming registration. If your child was not baptized at Our Lady of Fatima Parish, please bring or obtain a copy of your child's baptismal certificate for registration.

Our parish has a new website: [www.fatimarenfrew.org](http://www.fatimarenfrew.org)

Our Lady of Fatima, pray for us!

Fr Ryan Holly

### Our Lady of Fatima begins the Empower Reading Program

Accurate efficient decoding and word reading are the foundation upon which successful reading comprehension is built. Empower™ Reading is designed to teach the child word identification skills and decoding strategies and to promote their effective use of these strategies. Empower™ Reading is an 110 lesson, small-group reading intervention (4-6 students) designed for students who are struggling in the areas of word identification and decoding. Empower™ Reading instruction starts with the teaching of five decoding strategies: Sounding Out, Rhyming, Peeling Off, Vowel Alert, and SPY. Struggling readers apply these strategies whenever they confront an unknown word. Since this is a pilot project, the school team will select candidates that meet specific criterion to ensure this program's success. It is hoped that the students that participate in Empower™ Reading develop the basic skills to move from early readers to fluent, independent readers that read for meaning, information, or pleasure.

We are so proud that our very own Mrs. Black has received funding through a Ministry of Education Teacher Learning Leadership Partnership Grant to begin this essential intervention program with our students. Mrs. Black is leading a team of special education teachers investigating the value of this program. Way to go, Mrs. Black!

Each Friday is a 'dress down day' for staff. Staff donate money for the privilege of dressing more casually each Friday. All funds raised go to local charities.



For up to date school events and information on curriculum, parent tips and more, follow us on:

@fatimaRCCDSB

## Important Dates:

- September 6-School starts for grades 1-7
- September 8-School starts for all SK students
- September 8 & 9-Staggered entry for all JK students
- September 8-Mass at OLF Church with SJHS-10:00 a.m. All are welcome to attend.
- September 12-All JK/SK students at school
- September 16-Grade 7 attend SOAR production at O'Brien Theatre, Renfrew
- September 16-Hot lunch orders due at school-you may choose to use Cash on-line or cheque to pay!
- September 20-Picture Day for grades JK-7 starting at 9:15 a.m.
- September 22-Grade 7 immunizations at school from RCDHU
- September 27-School Council meeting at 6:30 p.m. in the special education room. Come out and join our vibrant school council!
- September 28-Milk orders due—you may choose to use Cash on-line or a cheque to pay!
- September 29-Terry Fox Run Day-please wear red and white and bring \$2 for Terry!
- October 3-Snack program begins
- October 6-Open house & Scholastic Book Fair-6-7 p.m.
- October 7-PA Day-no school for students
- October 10-Thanksgiving Monday-no school!

## NEW PAYMENT POLICY IN EFFECT

All school hot lunches, field trips, special event days may be paid one of two ways: (1) cheque payable to Our Lady of Fatima Catholic School; (2) using Cash On-line. Thank you!

**NOW AVAILABLE**

Register at  
[renfrewcatholic.schoolcashonline.com](http://renfrewcatholic.schoolcashonline.com)

Make online payments with  
**SchoolCashOnline**

- ✓ Field trips
- ✓ Sports Events
- ✓ Activity Fees

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