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VP: Karen Keels



JANUARY 2017 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

Happy New Year!

Happy New Year! I hope everyone had a joyous and blessed holiday.

God gave us the gift of the New Year. It is a time to reflect upon all that was good in our lives during the past year and commit to the mysteries that lie ahead. Judging by the activities,

laughter, and enthusiasm from the staff and students on Day 1, we are off to a successful start to the New Year here at Our Lady of Sorrows! Best wishes to you and your families for a lot of love, laughter and good health during 2017!



Kindergarten Registration

January 23rd to February 3rd

9:00 am—3:00 pm

Please bring the following documents with you when you come:

Proof of Age, Certificate of Immunization (Health Unit), Child's Individual Health Card, Baptismal Certificate, Birth Certificate and your 911 address

Junior kindergarten registrants must be 4 years old by December 31, 2017.

Senior kindergarten registrants must be 5 years old by December 31, 2017.

Students who are presently attending junior kindergarten do not have to register for senior kindergarten.

We offer an extended French program for kindergarten students.

Extended Day/Before and After School Care is also available for kindergarten to grade 6 students in our school and is run by PMFRC (613-687-1641 extension 2224).

You can also call the direct line here at Sorrows for the before and after school program. They are available as early as 6:30 a.m. (613-639-3326).

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Special points of interest:

- We were delightfully surprised with the number of people who attended the Christmas concerts. It was a wonderful experience to celebrate the season with people filled with such spirit. For this we are grateful!*
- Thank you to our custodian, Mr. Ramsey and his crew, for the "big clean"! The school looks great!*

Family Literacy Day



Created by ABC CANADA Literacy Foundation in 1999, ABC CANADA Family Literacy Day is a national initiative that promotes the importance of reading and learning together as a family. Every year families and communities across Canada celebrate this special day at literacy-themed events coordinated by literacy organizations, schools and libraries. Family Literacy Day is scheduled for Friday, January 27th.

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 at the end of February or early March. 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.



BSCH Open House



Heads up! Bishop Smith Catholic High School is hosting an Open House for students entering grade 8 in September on February 15th from 6:30—8:00 p.m.. Please save the date! Invitations with additional details will be mailed to homes of grade 7 students. Topics discussed include your child and their journey into high school, academic programs, athletics, spirit dimension, extra curricular activities/groups/clubs/experiences and the grade 8 program at BSCH. Please R.S.V.P. to Mrs. McEwan (dmcewan@rccdsb.edu.on.ca or 613-735-5496 ext. 244) by Friday, January 27th to ensure accurate counting for seating and refreshments.

Wellness Week—Resilience from Faith in Action!

January 23rd to 27th is Wellness Week. It focuses on the Virtues (faith, hope, love, prudence, justice and forgiveness, temperance and fortitude) and how they encourage resilience in our students. Physical activity is an important component of wellness and for that reason there are active community building activities built into the week.

“James Fowler (Stages of Faith) identified "faith" as people's way of finding "coherence and meaning" in life. Faith gives us a point of reference that can put things into perspective for us. If we have perspective and meaning in our lives, we can become more adaptive and more resilient.

For Christians, faith is about relationship - with God first, and expressed or lived out in relationship with one's neighbour, who is made in God's image. Faith for Christians is not just an idea; it is about entrusting ourselves to Someone whose love is unconditional, and who has a bigger and better grasp on what's going on in our lives, relationships, circumstances and in the world. When we are anchored in this unconditional relationship, we can respond to stresses and conflicts in our lives with greater inner security, backed by the reassuring and unconditional love of God.

Faith for Christians also goes hand in hand with hope. Hope is about trusting in God's promises, and being assured that God has overcome the power of evil in the world. Hope goes beyond optimism, and tells us that "all things work together for those who love God." (Rom 8) Hope in action looks like resilience, because it can see beyond the immediate with the inward assurance that God has a plan, and is able to persevere with this assurance.

Hope is God's gift to us at Baptism. It is constantly renewed as we continuously draw from the wealth of our "story" as a pilgrim people of faith - in God's word, in meditating on God's word, and most importantly in the community's gathering to worship and hear God's word preached.

Through our faith in Christ, we have had the gift of the Spirit "poured into our hearts." (Rom 5,5) The Spirit's gift of fortitude (courage) enables us to persevere, not under our own strength, but with the Holy Spirit's own strength living and acting within us.

Mother Teresa used to say: Prayer builds faith, faith builds love, love builds action. Action is the opposite of paralysis - and if we want to avoid paralysis by life's circumstances, we need to stay anchored in faith, and to do that, we need to nurture our faith relationship with God in prayer - personal prayer and the worshipping prayer of the community.” (Tony Cosentino)

Parish News

OUR LADY OF SORROWS CATHOLIC PARISH—Father Steven Ballard

Visits to the Church

Thank you Father Ballard for opening the church up for our staff and students. Prior to the holidays, individual classes visited the church at various times during the day to engage in prayer. Students learn to quiet their bodies and open their hearts and minds to build a stronger relationship with God through prayer. Some classes have focused on Christian meditation, some have prayed the stations of the cross and some have simply prayed. Classes will continue to visit the church to pray. Conversations about your child's experiences while visiting the church could be very rich.



Knights of Columbus—Substance Abuse Posters and Free Throw Competition



For a number of years, the Knights of Columbus has been active in the fight of substance abuse. Thus, they invite boys and girls ages 8 through 14 to participate in a substance abuse poster contest. The Council will graciously recognize all participants and offer funds for winners at the local Council level. The winning posters will go on to the District Competition and then to the State Competition. The finalists for this level will advance to the International Competition. Students interested in designing a poster to discourage alcohol and drug abuse can request an entry form from the office. These forms contain a list of rules in which to follow.

All boys and girls ages 10 to 14 are invited to participate in the local level of the Knights of Columbus Free Throw Competition that will be held at Our Lady of Sorrows School on Monday, January 16th (this was changed from our previous date of January 12th). Entry/score sheets for those interested in participating in this event can be collected from the office. Students are to hold onto their

entry form until the day of the championship.

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 Petawawa as well. Thus, we endeavor to work with both parishes and are open to providing communication from both.

Mass

Our school will be travelling by bus to Garrison Petawawa for our second school mass at St. Francis of Assisi Parish on Tuesday, January, 24th.



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, March 1st, 2017. Classes will be held on Sundays from 10:00 to 11:00 a.m. 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 14, 2017. Classes will be held on Sundays from 10:00 to 11:00 a.m.

If you have any questions, please feel free to contact the office at 613-687-5511 ext. 5434.



School Council 2016-2017

MONCION RECEIPTS PROGRAM



When shopping at Moncion Metro and Petawawa Independent 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 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.



HOT LUNCH

Each month, we establish hot lunch days for students and staff. In January, pizza from Petawawa Pizzeria will be served on Wednesday, January 11th, tacos from Santa Fe will be served on Wednesday, January 18th and subs from Subway will be served on Wednesday, January 25th.



CHRISTMAS EXTRAVAGANZA, CHRISTMAS RAFFLE

Thank you very much for your awesome support with the Christmas Extravaganza and Christmas Raffle. Both fundraisers were extremely successful! Students loved shopping for their loved ones. Supplies for the extravaganza had to be replenished multiple times during the week. It would not have been the success it was without the amazing support from our parent volunteers and assistance from our grade 7 students. For this we are so grateful! Special recognition goes to Jamie Bowden for spearheading the organization of the shopping experience. Congratulations to the winners of our Christmas raffles!

WORLD'S FINEST CHOCOLATE FUNDRAISER



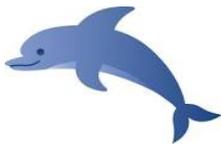
As with our Christmas fundraisers, the World's Finest Chocolate fundraiser was also a fabulous success. We are so appreciative of everyone who sold chocolates. We sold a couple hundred of them!

NEXT MEETING

The next school council meeting is scheduled for Tuesday, January 17th. A warm welcome awaits everyone!

School Spirit Is Alive!

Upcoming Spirit Days

<p>Dolphins</p>  <p>142 pts</p>	<p>Pumas</p>  <p>127 pts</p>
<p>Bears</p>  <p>136 pts</p>	<p>Falcons</p>  <p>109 pts</p>

PURPLE DAY
January 16, 2017

Students are encouraged to bring in a donation on Purple Day which will go toward Roger's House in Ottawa. Roger's House has been utilized by a number of our families.

FAVOURITE STORYBOOK AND CHARACTER DAY
January 27, 2017

Family Literacy Day is on January 27th. Thus students are encouraged to dress up as their favourite storybook character and bring along their favourite storybook to share with others.

JERSEY DAY
January 31, 2017

Students are encouraged to wear a jersey or t-shirt from any sports team.

Mental Health Walk-in Clinics

Phoenix Centre 613-735-2374
Pembroke—Tuesday 2:00 to 6:00 pm
Petawawa—Wednesday 2:00 to 6:00 pm

Robbie Dean Centre 613-433-4231
Pembroke—Wednesday 3:00 to 7:00 pm
Petawawa—Tuesday by appointment

Bus Planner Software and [www.onthebus](http://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.

If you want to ensure you receive e-mails from transportation, please ensure our office has your most recent e-mail address. We will be sure to include it in our Maplewood system (office system including student data).



**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 and www.onthebus 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).



Cabin Fever 2017

Petawawa

January 20-29th

Festival Bracelet is \$5.00

Children 6 and under are free.

Check the website

www.cabinfeverpetawawa.ca

Or call 613-687-5678 ext. 2102
for more information.

P.A. Day
Friday, February 3rd

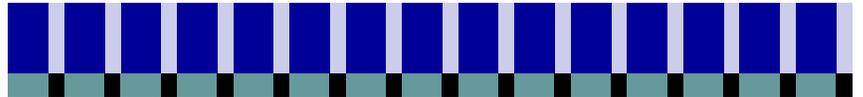
Reduce Stress by Increasing Self-Regulation!

Self-regulation is the ability to manage energy states, emotion, behaviours and attention in ways that maintain good relationships, enhance learning and improve wellness. When the stress is too great, we are unable to learn so it is essential that we find effective strategies how to keep our child's stress — and our own— in a manageable range.

There are 5 critical steps parents can take to address these issues and help children return to calm.

1. **Read the signs and reframe the behavior** (eg. "You have too much energy!")
2. **Recognize the stressors**—ask yourself "What is it that is adding stress to your child?" Think about sleep, diet, physical activity, too much noise and the like.
3. **Reduce the stress**—ask "What can I do to change the environment or the situation?"
4. **Reflect**—Watch the behavior—has it changed? Has it improved?
5. **Respond**—What else needs to be done?

Learn more at: <https://self-reg.ca/self-reg>



A New Year Prayer

Holy Father,
God of our yesterdays, our today, and our tomorrows.
We praise You for Your unequaled greatness.
Thank You for the year behind us and for the year ahead.
Help us in Your new year, Father, to fret less and laugh more.
To teach our children to laugh by laughing with them.
To teach others to love by loving them.
Knowing, when Love came to the stable in Bethlehem, He came for us.
So that Love could be with us, and we could know You.
That we could share Love with others.
Help us, Father, to hear Your love song in every sunrise,
In the chirping of sparrows in our backyards,
In the stories of our old folks, and the fantasies of our children.
Help us to stop and listen to Your love songs,
So that we may know You better and better.
We rejoice in the world You loved into being.
Thank You for another new year and for new chances every day.

We rejoice in the world You loved into being.
Thank You for another new year and for new chances every day.
We pray for peace, for light, and for hope, that we might spread them to others.
Forgive us for falling short this past year.
We leave the irreparable past in your hands, and
Step out into the unknown new year knowing
You will go with us.
We accept Your gift of a new year and we
Rejoice in what's ahead, depending on You to help us do exactly what You want..
I say it again, we rejoice!
In Jesus name,
Amen

