

Principal: Christina Brown

VP: Karen Keels



MARCH 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

Fasting and Feasting in Lent

We continue to journey through the season of Lent, the 40 days before Easter. This is a time of soul-searching, prayer, repentance, almsgiving and fasting. May we give more of ourselves to the Lord and others around us. The Liturgical Colour during Lent is purple.

During Lent the Church calls us to prayer and fasting. Let us consider:

FASTING FROM and consider

- FAST from judging others;
- FAST from busyness;
- FAST from emphasis on differences;
- FAST from thoughts of illness;
- FAST from discontent;
- FAST from anger;
- FAST from pessimism;
- FAST from worry;
- FAST from complaining;
- FAST from bitterness;

FEASTING ON

- FEAST on the Christ within.
- FEAST on quiet time and silent prayer
- FEAST on the unity of life.
- FEAST on the healing power of God.
- FEAST on gratitude.
- FEAST on patience.
- FEAST on optimism.
- FEAST on trust in God.
- FEAST on appreciation.
- FEAST on mellowness.

Prayer, Fasting and Almsgiving

These are the three things we are called to do during Lent.

God is the loving Father who always pardons, who has that heart of mercy for us all. ~ Pope Francis

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Special points of interest:

- *Welcome back to Mrs. Hanniman who is our School and Attendance Counsellor! Thank you to Mrs. Giroux for all her support during Mrs. Hanniman's absence. Her final day with us March 9th.*
- *Gr. 6 KIDS Program graduation is scheduled for Wednesday, March 8th.*
- *Gr. 7 Grad photos are on March 21st and HPV Immunizations are scheduled for March 23rd.*

Bishop Smith Catholic High School Transition Plans

School Visit—Grade 7 Orientation

A few events have been planned to assist with grade seven students transitioning to BSCH. One of which is individual school visits to the high school. This is booked for April 19th from 9:30 to 12:30 p.m.

Amazing Race

Each year, grade 7 students gather with other grade 7 students from local Catholic feeder schools for a fun filled day at BSCH. This day is known as the Amazing Race. The Amazing Race day is scheduled for Friday, June 2nd. Stay tuned for more details as the date approaches.



Graduation Dates—Mark Your Calendars!



An end of the year Kindergarten celebration will occur for all three classes during the afternoon on Tuesday, June 20th.

Grade 7 Graduation is scheduled for the afternoon of Monday, June 26th .

Kiwanis Music Festival

Our primary and senior choirs have been working really hard under the direction of Mrs. Elgar and Miss Slight. They have an exciting opportunity to participate in the Kiwanis Music Festival on Tuesday, March 7th. Their performances will be in the morning (primary choir—10:30 and senior choir—11:30). We are so proud of and wish them all the best!



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.

Stations of the Cross

Father Ballard is hosting Stations of the Cross during Lent. The dates are as follows: March 8th (7-7:30 p.m.), March 14th (11:30—12:00), March 22nd (7- 7:30 p.m.) and April 5th (7—7:30 p.m.).

Sacrament of Reconciliation

The sacrament of reconciliation is scheduled for March 4th (11:00 to 12:00 p.m.), March 12th (1:00 to 2:00 p.m.) and March 25th (11:00 to 12:00 p.m.).

Parish News Continued



Thank you to the Knights of Columbus and Catholic Women's League (CWL) for their continued support. Both support worthwhile projects associated with our school such as our Breakfast Club. Not only have they provided financial support, but many members volunteer their time to serve breakfast to students. In addition, we had a few Knights assist during our Shrove Tuesday Pancake Supper. For this we are truly grateful!

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.



Ash Wednesday

We are truly grateful to Father Titus who came to the school on Ash Wednesday to lead us through a prayer service and to distribute ashes.

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. Congratulations to all students who celebrated the sacrament of Reconciliation on Ash Wednesday.

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 Mass

Mrs. Vincent's class will be leading a school mass at St. Francis of Assisi Parish on Tuesday, April 4th.

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.



NEXT MEETING

Our next school council meeting has been rescheduled from March 7th to March 28th. All are welcome to attend!

School Council 2016-2017 Continued

HOT LUNCH

Each month, we establish hot lunch days for students and staff. In March, pizza from Petawawa Pizzeria will be served on Wednesday, March 1st, tacos from Santa Fe will be served on Wednesday, March 8th and subs from Subway will be served on Wednesday, March 22nd and 29th.



SCHOLASTIC BOOK FAIR



A second Scholastic Book Fair was held last week. It was another great success! Thank you to Linda Cooney for organizing the fair and to the many parent volunteers who took turns working shifts.

SHROVE TUESDAY PANCAKE SUPPER

It was so nice to see the number of families who came out to our first Shrove Tuesday Pancake Supper. Thank you! This event would not have been as successful as it was without the many volunteers we had. Special recognition is extended to Jamie and Trevor Bowden for doing the shopping for us and picking up and returning borrowed tables from St. Francis. We are so grateful to the many other volunteers who helped out as well!







SPRING EVENTS

We are hoping to have a Children's Thrift Sale for items appropriate for babies to grade 7. Those wishing to sell good will be able to purchase a table for a set price. Please save your items for this sale. In addition to the thrift sale, we are planning a Value Village Fundraiser. Please feel free to keep items when spring cleaning for this event.

School Spirit Is Alive!

Information Sessions for Parents

Dolphins  242 pts	Pumas  228 pts
Bears  241 pts	Falcons  190 pts

Thursday, March 9th is Green and Gold Day to celebrate an early St. Patrick's Day and Friday, March 31st is 80s Day.

Go Bears, Go Dolphins, Go Falcons, Go Pumas!

Barbara Coloroso

Please see the attached flyer outlining three different sessions offered by Barbara Coloroso. Barbara is an internationally recognized speaker and author in the area of parenting.

Dr. Greg Wells

Dr. Greg Wells is a scientist, author, professor and broadcaster who focuses on human performance and health (sleep, food, movement). He also talks about the effects of technology and social media on children. The RCCDSB Parental Involvement Committee is hosting him in Renfrew on Thursday, May 18th. Please save the date!

Earth Hour

As Catholics "we are called to claim our role as global stewards cherishing the environment and all life in it" (Our Vision). Environmental education is a part of every child's learning. It fosters environmentally responsible practices.

Earth Hour is a wonderful opportunity to demonstrate our commitment to environmental education. It is a call for all of us to demonstrate leadership and be responsible for our future by turning off lights for one hour. Not only can we turn off the lights, but we can also turn on young minds. This year Earth Hour is Saturday, March 25th from 8:30 – 9:30pm.

Mental Health Walk-in Clinics

Phoenix Centre 613-735-2374

Pembroke – Tue. 2-6pm

Renfrew – Thurs. 2-6pm

Robbie Dean Centre 613-433-4231

Pembroke – Wed. 5-9pm

Renfrew – Thurs. 5-9pm

Petawawa – Tues. 1-5 pm

Arnprior – Mon. 1-5 pm

Bus Transportation & Walk Policy

Each year there are questions around how far a child may be required to walk to either get to a bus stop or get to the school. The criteria is: Where roads are municipally assumed & maintained, passable and where cul-de-sacs (of adequate size to safely accommodate a vehicle turnaround) are accessible, transportation may be provided for pupils residing more than:

	To/From School	To/From Stop
Junior Kindergarten and Senior Kindergarten	0.5 km (0.3 mile)	0.5 km (0.3 mile)
Grade 1 to 6	1.6 km (1 mile)	1.6 km (1 mile)
Grade 7 to 12 (rural)	1.6 km (1 mile)	1.6 km (1 mile)
Grade 7 to 12 (urban/developed)*	2.5 km (1.55 mile)	2.5 km (1.55 mile)

*usually posted 60 km/hour or less

All pick up and drop off stops will be established by the RCJTC.

Courtesy and Cross Boundary Seats

Additionally, if you were granted a courtesy seat this year you will have to reapply next year (e.g. older sibling is not eligible but the younger sibling is eligible). Further, if you were granted a cross boundary seat this year you will have to reapply and transportation will not be set up until October to allow those eligible to have a seat and IF approved you will be required to get to the closest in zone stop. Please note: from the above requests (courtesy or cross boundary) those that are eligible are assigned a seat first and those that do not qualify are only assigned if there is seating available.

March Break

Enjoy your March Break!

March 10th to March 17th



Saint Patrick's Day is celebrated on March 17th because it is believed that St. Patrick, the patron saint and national apostle of Ireland, died on this date. It has come to be associated with everything Irish: anything green and gold, shamrocks and luck. Most importantly, to those who celebrate its intended meaning, St. Patrick's Day is a traditional day for spiritual renewal and offering prayers for missionaries worldwide.

May the Irish hills caress you.

May her lakes and rivers bless
you.

May the luck of the Irish
enfold you.

May the blessings of Saint
Patrick behold you.

~ Irish Blessing

Destination Imagination



Destination Imagination is a hands on program that fosters 21st century learning skills (creativity, communication, collaboration, critical thinking). A team of grade 5's have been working hard to develop a team challenge. Students will compete against other teams who created their own challenge at a tournament in Stittsville on March 3rd. We wish them, along with their coaches, Miss Moyles and Mrs. Keels, all the best!

A Prayer For Lent

Heavenly Father, I am called to walk by the light of Christ, your Son,
and to trust in his wisdom.

During Lent, I submit myself to him more and more and am striving
to believe in him with all my heart.

I enter on this path of repentance so that in dying to self I might rise
to new life.

Lord Jesus, you spoke peace to a sinful world and brought mankind
the gift of reconciliation by the suffering and death you endured. I
love you and joyfully bear the name Christian.

Teach me to follow your example. Increase my faith, hope and chari-
ty so that I may struggle to turn hatred to love and conflict to peace.

Loving Redeemer through your passion, teach me self-denial,
strengthen me against evil and adversity and so make me ready to
celebrate your Resurrection.

Healer of body and soul, cure the sickness in my spirit so that I may
grow in holiness through your constant care.

Forgive my sins against the unity of your family; make me love as
you loved me.

Good Master, make me mindful of the dignity you gave me in Bap-
tism, may I live for you at every moment.

Give me a perfect heart to receive your work, that I may bring forth
fruit in patience.

Renew my eagerness to work with you in building a better world, so
that my friends may hear your gospel of peace and justice.

