

# George Vanier Catholic School

## April 2017



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### Vision Statement

*Inspired by our rich heritage and challenged by the struggles of our past, we at George Vanier Catholic School, are called to express our mission as church, to pass on the good news of Jesus Christ, to make it relevant in the world today, and to be the hope for the future.*

### School Information

- Welcome back to Susan Hanniman, our School Attendance Counsellor.
- Our Grade 6/7/8 class is heading to Toronto on Thursday, April 20 for their class trip. They will be enjoying Ripley's aquarium, watching the Blue Jays play the Red Sox, spending some time at the Eaton's Center, and then ending their day with Laser Tag.
- Over the next few months there will be many special lunch days hosted by each classroom. These are fundraisers for each class and money raised will help cover costs associated with class trips. Check out each month's calendar for the menu and cost of each.
- Congratulations to Matthew Brotton who won the Township of Madawaska Valley's Canada 150 Contest and to Niomi Yuke and Ava Beggs who were runners up. Paul Nopper from the Township Office visited on Friday, March 24 to present each of these students with prizes.
- Reminder: Chocolate milk and white milk are now \$0.75 each.

### School Council Information

- Next meeting is on May 25 at 5:30pm. New members are always welcome.
- Trivia Night is Friday, April 21 starting at 7pm. \$60 per team to enter. Maximum 6 people per team. Call the school to register your team. All proceeds go towards tournament transportation costs for our students.

### School Board Information

- John Artymko and Scott Lafreniere, teachers with RCCDSB, will be running the Advanced Learners Program this spring. The program is after school hours and is open to all RCCDSB students in Grades 4-8. Program details can be found at <https://bit.ly/RCCDSBALP>

- Dr. Greg Wells, who has dedicated his career to understanding how the human body responds to extreme conditions will be speaking on Thursday, May 18 at 7pm at Our Lady of Fatima Catholic School in Renfrew. This event is sponsored by a Parents Reaching Out grant, the RCCDSB Parent Involvement Committee, and the RCCDSB. For more information check out the poster by the main door of our school.

## Parish Information

Parish Priest: Fr. John Lacey	
Weekend Mass Times:	
Holy Canadian Martyrs, Combermere Saturdays 5pm Sundays 9am	St. Francis de Sales, Latchford Bridge Sundays 11am

- Parish Penance Service (Holy Canadian Martyrs): Monday, April 3rd at 7:00 with visiting priests available.
- Holy Thursday: 7:00 pm
- Good Friday: Holy Canadian Martyrs at 3:00 pm, St. Francis de Sales: 7:00 pm
- Easter Vigil: Saturday, April 15 at 8:00 pm (Holy Canadian Martyrs)
- Easter Sunday: Canadian Martyrs at 9:00 am, St. Francis de Sales at 11:00 am
  
- Our next school Mass is on Wednesday, May 3 at 1pm. This Mass will be part of Catholic Education Week.
  
- Confirmation will be held at 7pm on Monday, May 15 at Holy Canadian Martyrs. Classes have started and are from 1:45-2:45pm on the following dates:  
Lesson #4 April 7  
Lesson #5 April 21  
Lesson #6 April 28  
Lesson #7 May 4  
Lesson #8 May 11
  
- First Communion will be held on Sunday, June 18 at 9am at Holy Canadian Martyrs. Classes will be held starting at 1pm on the following dates:  
April 6, 20, 27  
May 4
  
- Father John Lacey will be coming to our school on Tuesday, April 4 at 1pm to hear Confessions for any students interested.

## Community Information

- Game On is a free youth activity program for community children in Grades 3-8 and is offered at GV every Tuesday after school from 3-6pm. For more info. please contact Cheryl at 613 757 3108 or email [youth@crc-renfrewcounty.com](mailto:youth@crc-renfrewcounty.com). On Tuesday, April 11 students participating in Game On are reminded to bring a hat to paint as part of a wearable art activity.
- There are kids exercise classes being offered at the BLR Community Center in Palmer Rapids on Monday and Wednesday evenings at 7pm for children ages 6-14. Sign ups are on Monday, April 3 at 7pm and the cost is \$40 for 6 weeks (12 classes). Contact the BLR Municipal Office at 613 758 2061 for more information.

## Thank You To...

- Anne and Frank Higgins for their kind donation to our school.
- Ian and Bill from Hydro One for visiting with our Grade 3 to 8 students to talk about hydro safety (ask your child about the toaster safety rules of electricity)
- Melissa McCaig from the C.O. Country Market for visiting our school on Monday, April 3 and presenting us with a cheque for \$500. This is the second donation from the new store in Combermere this school year and this money will be divided among classes to help cover trip costs.
- Father John Lacey for celebrating Mass with us last Wednesday.

## Did You Know?

- The Health Unit is offering an open community session about Fentanyl and Addiction on April 25 at MVDHS. Time is yet to be determined.

## Looking Ahead...

- **April 30 to May 5 Catholic Education Week**
- Tuesday, May 2 Chess Tournament
- Wednesday, May 3 Mass 1pm
- Friday, May 5 Gray Matter Trivia Contest for students
- May 15 morning Spelling Bee at St. John Bosco
- Monday, May 15 Confirmation 7pm at Holy Canadian Martyrs
- Wednesday, May 17 K-2 Pizza Lunch fundraiser
- Thursday, May 18 Dr. Greg Well speaking at Our Lady of Fatima School in Renfrew at 7pm.
- Thursday, May 18 Soccer tournament at Sherwood Grades 4-8
- Friday, May 19 PA Day "Christian Community Day"
- Tuesday, May 23 to Monday, June 5 EQAO dates (Grade 3 and 6 students)
- Thursday, May 25 School Council Meeting 5:30pm
- Tuesday, May 30 Grade 6/7/8 Lunch fundraiser

- Wednesday, May 31 Parent Involvement Council (PIC) Session in Killaloe
- Thursday, June 8 Track and Field Meet in Killaloe (raindate: Monday, June 12)
- Thursday, June 8 Grad. Dance for area Gr. 8 students (held at GV again this year!)
- Friday, June 9 PA Day "Reporting"
- Monday, June 12 Track and Field raindate
- Monday, June 12 End of School Year Family potluck, BBQ, and softball game (tentative date)
- Tuesday, June 13 Grade 3/4/5 Either Wraps or Salad Lunch fundraiser
- Thursday, June 15 Grade 3/4/5 Class trip to Ottawa
- Sunday, June 18 First Communion 9am at Holy Canadian Martyrs
- Wednesday, June 21 Mass 1pm
- Friday, June 23 Three-pitch tournament in Palmer
- Tuesday, June 27 K-2 Class trip to Peterborough (will be back before Grad.)
- Tuesday, June 27 Grade 8 Graduation (Mass at 7 or possibly 7:30pm followed by reception in gym)
- Wednesday, June 28 Grade 6/7/8 Lunch fundraiser
- Thursday, June 29 Last day of school for students
- Friday, June 30 PA Day "Numeracy and Special Education"

### **Perhaps...**

- You will join us on Tuesday, April 11 starting at 9am as our French classes share plays, slideshows, and prepare a snack for us. All are welcome!
- You would like to become a library volunteer at GV. Carmel Rumleskie and Helen Parisien, our two current volunteers, would like the help of another adult on Tuesday afternoons. Contact the School office if interested.
- You are able to provide (or your workplace can provide) a prize for our annual trivia night which will be held this year on Friday, April 21. All money raised from this evening will go towards bus costs for our student teams to attend tournaments in the area.
- You would like to enter a team for our annual trivia night. Call the school office to register. \$60 a team, maximum of 6 people, ages 12 and up. No electronic devices, cell phones, etc., are to be used.
- You would like to join the GV Parent's team for trivia night. Contact Ms. Landon for more info.
- You are considering accompanying your child on their class trip this spring. To do so you will need an up-to-date Vulnerable Sector Screening. Many parents and grandparents already have one done from the fall. If you are unsure if you have an up-to-date one on file or if you would like the paperwork to start the process with the OPP, please contact Ms. Landon at the School Office. It is important to note that it can take several weeks for a check to be completed.

### **Action Items for Our Families**

- Earth Day is on Saturday, April 22. We will be having a prayer service on Friday, April 21 at 8:40am followed by a yard clean-up. Please send your child with mittens or gloves for this project.

## Attachments

April 2017 Calendar	RCCDSB Notebook (check out a photo on page 3 for beautiful GV smiles!)	Catholic Education Week, April 30 - May 5 Info. Page
SIP Smart Ontario booklets	Family Life Christian Center (FLCC) Flyer for Upcoming Carnival	Mental Health and Wellness Newsletter

### Family Activity of the Month

## **TALK WITH YOUR CHILD ABOUT WHY SUGARY DRINKS ARE NOT GOOD FOR THEIR TEETH.**

Regular intake of sugary drinks can increase your child's risk of cavities. Soft drinks (both regular and diet versions), lemonade and citrus fruit juices, are acidic and can erode the outer surface of the teeth. This makes the enamel thinner and the tooth more prone to decay.

## **TRY THESE TIPS TO KEEP YOUR CHILD'S TEETH HEALTHY:**

Serve water to quench thirst.

Offer plain (unflavoured) lower fat milk or fortified soy beverage with meals.

Avoid buying drinks with added sugars.

Read the ingredient list to check for added sugars. Other words for added sugar include sucrose, glucose-fructose, dextrose, syrups, or fruit juice from concentrate.

Limit 100% juice to 125mL (1/2 cup) per day.