

# George Vanier Catholic School

## January 2020



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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 Board Information

-Kindergarten registration for September 2020

**JANUARY 20 – January 31, 2020 inclusive**  
9:00 a.m. – 3:00 p.m.

Complete the online registration form at <https://rccdsb.edu.on.ca> then visit your designated school during the registration period.

Documents required to register your child

- Proof of Residence (One of the following current documents: Utility bill, property tax bill; phone bill; purchase of property sale; other documentation to confirm a student's residency status – note an Ontario driver's license is not an acceptable form of documentation).
- Proof of Age, Certificate of Immunization (Health Unit) Child's Individual Health Card, Baptismal Certificate and Birth Certificate.
- Your 911 address will also be required (PO Box is not acceptable).
- Senior Kindergarten registrants must be five years old by December 31, 2020.
- Junior Kindergarten registrants must be four years old by December 31, 2020.
- Pupils who are presently attending Junior Kindergarten do not have to register for Senior Kindergarten.

### School Council

-The next School Council meeting will be on **Monday, February 3 at 6:30pm** in the school library. All are welcome to attend. If you require child care for your children ages 18 months to 11 years of age please call the school ahead of time to reserve a spot or write a note in their agenda by Thursday, January 30 to

let us know as we need to ensure that we have a proper ratio of volunteers (usually High School students) to children to ensure safety.

## Transportation

Winter can be an especially tough season to travel in, especially when it comes to the combination of vehicles and snow, freezing rain, floods, emergency road closures, etc. School buses are no exception, which can make getting to and from school very challenging, and consequently lead to delays and cancellations. Bus routes cancelled due to **inclement weather** will be posted on our website ([www.onthebus.ca](http://www.onthebus.ca)) by 6:00 am, so parents have the information as early as possible to make alternative arrangements. Once the decision to cancel buses has been made, it remains in effect the entire day. Schools will still remain open to receive students.

Ultimately, school bus transportation cancellations happen to ensure children are safe. Buses may be delayed or cancelled for a number of reasons such as mechanical problems or inclement weather and can happen anytime, morning and afternoon. Bus delays are posted online as soon as the information is received.

### How the Decision is Made to Cancel Routes:

Prior to making the decision to cancel bus routes, the general manager at the RCJTC watches for weather warnings from Environment Canada, and consults with the bus operators, who have seen “on the ground” as well they communicate with local municipalities on current and forecasted road and weather conditions.

### RCJTC will provide information on bus cancellations and/or delays via:

- Parent Portal on Website ([www.onthebus.ca](http://www.onthebus.ca))
- Twitter (@RCJTC\_Trans) • Facebook (RCJTC)
- iTunes with iPhone App (Verify with “RCJTC”)
- Google Play App (Verify with “RCJTC”)
- Email to parents who subscribe for notifications

-Operators in Renfrew County continue to face a driver shortage. **If you or someone you know is interested in becoming a driver** please visit the “Help Wanted” ad at [www.onthebus.ca](http://www.onthebus.ca)

## School Tower Garden

-Our tower garden, planted by volunteers Tammy Reimer and Talli Chaimovitz and many students, is growing **spinach, bok choy, mint, basil, bibb lettuce and cilantro.**

## 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

- Parents of students in Grade 2 (or of Grade 2 age) please note the following:  
Sacrament classes for First Reconciliation will take place in the school library on the following Thursdays at 1:00 pm:  
Jan 16: Home lesson #4 should be completed for class.  
Jan 30: Home lesson #6 should be completed for class.  
Feb 27: Home lesson #10 should be completed for class.  
Mar 12: Home lessons should be completed. Class will include final review of material covered, and a tour of the church and Confessional.  
Mar 23 at 7:00 pm. Celebration of First Confession with the parish Penitential Service.

## Thank You

- to all of the GVCS students and staff for a wonderful and joyous evening at our annual Christmas concert on December 4 and to all of the people who attended our two performances.
- to Mrs. Vice and Mrs. Oattes for looking after refreshments for the Christmas concert.
- to Talli Chaimovitz, Tammy Reimer and Sherry Jones for organizing and preparing our homemade pizza hot lunch day in December and to Cheryl at the Old School Laundrymat and Café for baking it for us.
- to the Madawaska Coffee Company for donating coffee for our Christmas concert
- to Tammy Reimer for helping direct the Grade 5-8 play "The Santa Substitute"
- to Jenna Stamplicoski for donating a beautiful Christmas planter for all to enjoy at the entryway to the school

## Congratulations

- to all of the GVCS students and staff for a wonderful and joyous evening at our annual Christmas concert on December 4.
- to the following GVCS students who won awards as part of our local Legion's Remembrance contests:  
Black and White poster intermediate division – Kai Baklinski (2<sup>nd</sup> place), Noah Baklinski (3<sup>rd</sup> place).  
Poems – intermediate division – Ava Beggs (3<sup>rd</sup> place)

## Community Information

-The **Game On** activity program will be offered this month at GVCS after school from **3-6pm on Tuesday, January 7 and Monday, January 13**. The program is free and is for students in Grades 3 to 8. Registration is on-going and forms are available at the school office. Future dates are February 3 and 11, March 9, and April 20. For more information check out [www.facebook.com/crcgameon/](http://www.facebook.com/crcgameon/) or call Cheryl at 613 757 3108.

-**Prenatal**: CRC strives to be a fun and relaxed place for expecting parents to meet new friends, share experiences, discuss healthy eating and enjoy good food. In Barry's Bay we meet Tuesday mornings at St. John Bosco School. The Killaloe group meets Wednesdays at the Community Resource Centre. Our groups offer grocery gift certificates, prenatal vitamins, connections to new friends and service providers. Partners/support persons are welcome as well as older children. Please contact San at the Community Resource Centre 613 757 3108 for more information and to register.

### -Six Weekend Ski Program at Opeongo Nordic Ski Club

Kids ages 5 to 16 will learn to play on cross-country skis, review basic nordic skills for classic skiing and get an introduction to skate-skiing. Older and/or more experienced kids will participate in informal time trials. This program is facilitated by CANSI (Canadian Association of Nordic Ski Instructors) certified instructors, Ontario-certified teachers and other experienced skiers/instructors. The program takes place on Saturdays • January 11, 18, 25, February 1, 8, 15 • 2020 10 am to 12 noon • Ages 5 to 16 The fee is \$105 for all six sessions (includes a snack). Limited equipment rental is available. Check the details or register at <http://opeongonordic.com/kids-program>

Other events at the club:

Take part in Opeongo Nordic's annual classic cross-country ski event, the Opeongo Classic Loppet. Choose from one of four distances. For kids or youth from 10 to 18 years choose the 5 km course for \$10, and stay afterwards for prizes and refreshments. See the club website for registration and all the details: <http://opeongonordic.com>

Parents: grab your gear and take the family to Drohan Road (at the intersection of Opeongo Road and Brudenell Road). Sign in, drop \$10 each (or your daypasses) in the box, and follow a route from the clearly marked maps at all trail intersections. You may decide to buy a season's membership (youth \$38, adult \$73), or you can purchase a book of 5 daypasses for \$35 in Killaloe or Barry's Bay. Family memberships are also available.

See the club website for registration and all the details: <http://opeongonordic.com>

### -Skating at the Paul. J. Yakabuski Community Center:

Monday, January 6 3:30-4:30pm (50+ Skate) FREE SKATE Sponsored: Tim Horton's Barry's Bay

Sunday, January 12 2:00-4:00pm (Family Skate) \$2.00 Each

Monday, January 13 3:30-4:30pm (50+ Skate) FREE SKATE Sponsored: Tim Horton's Barry's Bay

Sunday, January 19 2:00-4:00pm (Family Skate) \$2.00 Each

Monday, January 20 3:30-4:30pm (50+ Skate) FREE SKATE Sponsored: Barry's Bay Legion Branch 406

Sunday, January 26 2:00-4:00pm (Family Skate) FREE SKATE Sponsored: Afelskie's Shoes

Monday, January 27 3:30-4:00pm (50+ Skate) \$2.00 Each

**-Renfrew County Regional Science and Technology Fair:**

OPEN TO ALL GRADE 5 TO 12 STUDENTS Register online: [www.rcrsf.ca](http://www.rcrsf.ca)

For more information: [info@rcrsf.ca](mailto:info@rcrsf.ca) APRIL 3 & 4, 2020 Petawawa Civic Centre

CHANCE TO WIN CASH PRIZES AND AN ALL EXPENSES PAID TRIP TO THE CANADA WIDE SCIENCE FAIR IN EDMONTON, AB (MAY 2020)

All are welcome. Students must register online before the end of Saturday, March 28.

## **Did You Know?**

The Science of Motivation: How to help students become motivated in school work, New Year's Resolutions and beyond!

Motivation happens when dopamine – a feel good chemical - spikes because you anticipate something important is about to happen. According to Harvard's Center on Developing Minds, there are two types of motivation: one directed toward expected rewards (known as approach motivation) and another directed away from threat (known as avoidance motivation).

Excessive stress and a lack of positive relationships can derail the development of well-balanced motivation systems as can feeling helpless and believing that abilities are fixed and unchangeable. The brain can be trained to feed bursts of dopamine sparked by rewarding experiences. Don't rely on incentives - balancing intrinsically motivating activities — such as creative problem-solving and playful learning — with positive feedback are more likely to support healthy motivation over the long run.

Remind children that success is possible. We're unlikely to be motivated to do anything if we think it's impossible. A growth mindset enables children to get motivated.

Prioritize social interaction. One study showed that babies learned language more quickly through face-to-face interactions with a caregiver than by watching that caregiver on video. In our digital world, apps and screens can be supplements for learning, but in-person interactions remain

Thanks to the RCCDSB Mental Health and Wellness Lead, Mrs. Paulsen, for sharing this with us!

## Looking Ahead...

Monday, February 3	Game On School Council 6:30pm (must let office know by January 30 if you require child care)
Tuesday, February 11	Game On
Friday, February 7	Primary Floor Hockey tournament, Grades 1-3
Friday, February 14	Junior Floor Hockey tournament, Grades 4-6
Monday, February 17	Family Day Holiday
Wednesday, February 26	Ash Wednesday – start of Lent
Thursday, February 27	Sacrament class 1pm in library
Friday, February 28	Basketball tournament, Grades (5?) 6-8
Thursday, March 5	Chess tournament, some students Grades 1-8
Monday, March 9	Game On
Thursday, March 12	Sacrament class 1pm in library
Friday, March 13	Last day of school before March Break
Monday, March 23	Back to school Sacrament of First Confession at 7pm at Holy Canadian Martyrs
Tuesday, March 24	Arctic Games at Shaw Woods, some students
Friday, April 10	Good Friday
Monday, April 13	Easter Monday
Friday, April 17	Volleyball tournament, Grades (5?), 6-8
Monday, April 20	Game On
Sunday, May 3	Catholic Education Week starts “Igniting Hope”
Friday, May 8	Gray Matter Trivia Challenge (4 students from Grade 7 and 8)
Wednesday, May 13	Gauss Math (Grades 7 & 8)
Friday, May 15	PA day “Christian Community Day”
Monday, May 18	Victoria Day holiday
Tuesday, May 19	EQAO starts
Friday, May 29	EQAO ends
Thursday, June 4	Track and Field, Grades 2-8
Friday, June 5	PA day “Reporting”
Friday, June 19	3 pitch, Grades 5-8
Thursday, June 25	Last day of school for students
Friday, June 26	PA day “Closing the Gaps in Student Achievement and Literacy”

## Action Items for Our Families

-Please register for **School Cash On Line**. For safety and efficiency reasons the RCCDSB would like to reduce the amount of cash and cheques coming into schools and the amount of class time being spent collecting money. It takes less than 5 minutes to register at <https://renfrewcatholic.schoolcashionline.com> Please contact Ms. Landon or Mrs. Villeneuve for more information. **This year GVCS will only be accepting cheques or School Cash on line** for most purchases. We currently have an adoption rate for School Cash On Line of 53.85% for registered students.

-Please help spread the word about **Kindergarten registration** at GVCS for September 2020. See the section at the front of our newsletter for more info.

*Thank you for your attention to these items. Together we're better!*

## Attachments

January 2020 GVCS calendar	Pasta lunch order envelopes for January hot lunch	
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## Family Activity of the Month

By popular request here's another recipe from our friends at Food for Learning. Children can help read this recipe and count while making a delicious treat.

# Frozen Yogurt Bark

### Ingredients (18 squares)

- 2 cups natural Greek yogurt
- 3 kiwis
- 5-6 strawberries (chopped)
- 1 tbsp. dried cranberries

Thinly slice the kiwis and then, using a tree shaped cookie cutter, cut a tree from each slice. Line a rimmed baking tray with parchment paper.

Pour the yogurt into the centre of the tray and spread evenly. Place the kiwi trees, strawberries and cranberries as desired onto the yogurt. Freeze until completely solid (approx. 4 hours). Cut into sections and serve. Place sections into a zip lock bag and store in the freezer.

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