









George Vanier Catholic School

2782 Dafoe Road
Combermere ON K0J 1L0
613 756 3708

Principal alandon@rccdsb.edu.on.ca
Secretary nvilleneuve@rccdsb.edu.on.ca

Follow us on Twitter @GVCS_RCCDSB

School Calendar *June 2021*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Day of Mourning Orange Shirt Day (see in newsletter for more info.)	3	4	5
6	7	8	9 Sunglasses Day 	10	11 PA Day "Reporting" 	12 
13	14	15	16	17	18	19
20  First day of Summer	21 National Indigenous Peoples Day 	22	23	24	25 Hat Day 	26
27	28	29 Grade 8 Graduation (see newsletter for details!) 	30 			



School Information

-We welcome back Mrs. Oattes starting Monday, June 7. Mrs. Oattes will be teaching the Grade 2-4 class for the remainder of the 2020-21 school year. Mrs. Oattes will be producing the Term 2 report cards for this class with assessment data from Ms. Wagner.

-Graduation information:

These are truly unique times. Graduation will take place on Tuesday, June 29 in the early evening in 15 minute time slots with no more than 7 people from each family, including the Grade 8 graduate, able to attend each time slot. It will allow students to receive their certificate (and a whole bunch of other goodies!) and provide each family with an opportunity for photos to be taken under the school sign in front of our beautiful flower garden. Due to COVID-19 concerns there will not be any grad. gowns.

All RCCDSB schools in the Madawaska family are following this format which has been approved by our local health unit. Further information will be emailed to Grade 8 families.

The protocol will be strictly adhered to and no students or their families will enter the building.

Our secretary will be in touch with you to book an appointment time(s) for your family. We understand that some of our families may want two time slots.

-Tentative staffing for September 2021:

Principal	Ms. Anne Marie Landon
Spec. Ed. Resource Teacher	Ms. Anne Marie Landon
Secretary (0.5 mornings)	Mrs. Nicole Villeneuve
Custodian	Mr. Gerard Olsheskie
French	Monsieur Wil Summers
Kindergarten-Grade 1	Mr. Andrew Dupuis
Grades 2-4	tbd
Grades 5-8	Ms. Carolyn Cannon
Music and Dance	Mr. Joseph Platt
Educational Assistant (E.A.) 0.5	Ms. Jessica Recoskie

Educational Assistant (E.A.) 0.5	tbd
School Board Social Worker	Ms. Ashley Prince
School Attendance Counsellor	Ms. Sarah Cybulski
Yard/Lunch Supervisors	tbd
Morning Bus Supervisor	tbd

Parish Priest	Father Justin Bertrand
RCCDSB Trustee for GVCS	Mr. Bob Michaud
RCCDSB Supervisory Officer for GVCS	Ms. Mary-Lise Rowat

Congratulations

-to **Wyatt Hicks, Laynia Jones and Isabelle Ryan-Aide** on completing their elementary studies at GVCS. We wish each of you all the best in Secondary School!

Lost and Found

Please call the school office if you recognize any of these items. Please note that Lost and Found items not collected by the end of June are donated to local charities.



School Board Information

- **To honour the 215 children who lost their lives at the Kamloops Indian Residential School** and in solidarity with their families, the Renfrew County Catholic District School Board, in collaboration with its Indigenous Education Advisory Committee, will hold a **day of mourning on June 2nd, 2021. This will include a Board-wide Orange Shirt Day and a Board-wide time of prayer at 2:15pm.** Along with this day of mourning, all flags across the RCCDSB will be lowered to half-mast this week. #Everychildmatters

-Our students have done a wonderful job being flexible with their learning during this unusual time. Please note that there are **Mental Wellness Supports through the summer:**

You can contact our Board counsellors to **get counselling for your child over the summer** by [clicking on this link](#) and scrolling down. This link also has the connection to the Thursday Office hours from 1-3 every Thursday during the summer and that you can always connect with our staff at that time.

In addition, there are **online groups running for students through the summer on Wednesdays filled with fun calming strategies, art activities and Coding games**. Please feel free to check them out and [sign up your student!](#)

Back to school is an important consideration and there are 3 main supports for our students. A [1/2 day wellness at-school activity session](#) for any students interested, a [1 hour online session](#) to get students ready for the changes we will see at school for the coming year, and the opportunity to go in and tour the school individually if students need it - please connect with your [school counsellor](#) for anything individual that your child requires. Click on the links to contact the staff connected to your school or to sign your student up for any of the summer opportunities!

-During the COVID-19 pandemic, the Renfrew County Catholic District School Board is striving to improve safety and reduce risk wherever possible. One safety measure is minimizing cash and cheque payments at our schools. To accomplish this, we use **SchoolCash Online** for all school items and activity fees. **If you haven't already created a free account, we encourage all parents to register now, so you'll be ready to make online payments from home: both now and in the future as more school items become available again.**

SchoolCash Online is free, safe, simple, secure, and saves time. You will help increase efficiency and security at your school by making payments directly into your school's bank account. This limits the number of people entering the school, reduces risk of lost payments, and allows teachers and office staff to focus on helping students and not counting cash. In addition, you are automatically informed about school activities! Registering takes less than two minutes: visit <https://renfrewcatholic.schoolcashonline.com> and click Register.

Donations to the school can now be made through School Cash Online and donors will receive a receipt online.

-The RCCDSB's 2021 **Summer School** program is a recovery and renewal program, running from 9-12 from Monday, July 5 - Friday, July 23. It is completely online, and students need to commit to regular attendance and participation and will be instructed in whole class and small group synchronous sessions. Each class will be taught by two teachers from RCCDSB with SERT and EA support. Students will need access to high-speed reliable internet. Families with children who meet the requirements for the programs have been emailed. If you are interested in this opportunity for your child and have not received an email from the Principal, please contact Anne Marie Landon asap for more information. The registration deadline is Friday, June 4.

-The RCCDSB is currently **seeking Parent Involvement Committee (PIC) members** for the 2021-2022 school year. The PIC provides a link between parents and the director of education,

trustees and Board staff, and acts as an advisory body to the Board. The committee seeks input from school councils on strategies to engage more parents from every level and every school throughout our Board. If you are interested in joining the PIC, please contact Anne Marie Landon for more information.

RCJTC Information (Transportation)

Bell times effective September 2021:

School Name:	Current Bell Times:	Bell Times for 2021-2022:
George Vanier Catholic School	8:40 am – 2:55 pm	9:30 am – 3:45 pm

September bus information, including approximate pick up and drop off times will be sent to families by email in June. Please check prior to the start of school in the fall to confirm these times as route changes do happen over the summer months.

Parish Information

Parish Priest: Fr. Justin Bertrand 613 756 3606	
Weekend Mass Times:	
Holy Canadian Martyrs, Combermere Saturday at 5pm Sunday 9am These Masses are live streamed www.facebook.com/hcmsfds	St. Francis de Sales, Latchford Bridge 11am

-Congratulations to our students who have or will be receiving the Sacrament of Confirmation: Emma Brotton, Daisy Kuiack, Alec Beggs, Sadie Brotton and Isabelle Ryan-Aide. Please keep these students in your prayers. These families were sent the following letter by email.

Your Grade 6, 7, or 8 child has completed their preparations for the Sacrament of Confirmation.

*This Sacrament will be administered during private Masses. **Your family must call Holy Canadian Martyrs Church at 613 756 3606 to arrange for a time.** Masses may be offered on weekends or evenings. At this point in time, due to provincial health mandates, a maximum of 9 people from each family, including the child receiving the Sacrament, may attend. Masks must be worn, social distancing followed, and no singing will be permitted due to COVID 19. More information will be given when you call to book. Father Justin requires 3-4 weeks advance notice for Mass bookings so there is time to complete the necessary paperwork from the Chancery Office.*

When you call you will need to let the Church know whether you wish for the Mass to be at St. Francis de Sales in Latchford Bridge or Holy Canadian Martyrs in Combermere. You will also need to share the Confirmation name your child has chosen and who their sponsor is.

Thank You

-Thank you to **Father Justin** for working with the school and our youth to make Sacrament preparations happen during these truly exceptional times.

-We thank **Ms. Wagner** for spending most of this school year with our Grade 2-4 class and wish her all the best in her teaching career with RCCDSB. Her last day at GVCS will be Friday, June 4.

-We thank **Mrs. Oattes** for teaching at GVCS. We wish her all the best in her new teaching position at St. John XXIII School, Arnprior.


-Thank you to the **C.O. Country Market** for a donation of \$515 from their used book sales. This money will be used to support student activities and purchase some new books for the GVCS school library.

-To **Jim Manion, Owner and Operator of J & V Manion Buslines along with his wife Val.** Jim is retiring at the end of June. We thank him for the many years of service to our school community.

Community Information

WHAT DO I DO IF I HAVE* ANY COVID-19 SYMPTOMS?


UPDATED - Guidance on Testing and Isolation.
Effective - February 22, 2021





SYMPTOMATIC PERSON **HOUSEHOLD MEMBERS**

- 1.** ANY person (adult or child) with ANY COVID-19 symptoms (even if it is just one symptom) must self isolate **AND** get tested.
- 2.** The person with symptoms can go back to school/work **when** they receive a **negative test** result **AND** their symptoms are improving **AND** they have **not had a fever** (without medication) for 24 hours.

- 1.** Household members must also self-isolate but do not need testing if they do not have any symptoms.
- 2.** Household members can go back to school/work **when** the person with symptoms has received a **negative** result.





 The guidance on testing and isolation has changed due to the concern about **COVID-19 variants** that are **more transmissible AND spreading in our communities**.

 If the symptomatic individual **does not get tested for COVID-19**, then **all members of the household** must quarantine for **14 days** from their last contact with the symptomatic individual.

 **A doctor's note IS NOT required** for return to work/school, **once the above criteria have been met**.

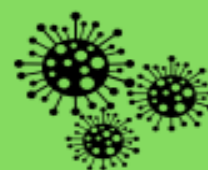
* The most up to date information can be found online at **RCDHU.COM**

RC VTAC
Regional Council of Voluntary Transplant and Renal Services
1-844-727-6404
WWW.RCVTAC.CA

    **Renfrew**
Ontario - Canada
Empowering Our Staff, Serving Our Patients

In Partnership with Primary Care, Community Paramedics, Public Health, Hospitals, and Ontario Health East

Guidance for COVID-19 High-Risk Contacts



How do I know if I am a high-risk contact?

- ✓ Public Health has advised you through contact tracing via phone call or virtual assistant text message.
- ✓ School (with direction from Public Health) has confirmed that you and/or your child is a high-risk contact.



I am a high-risk contact. What next?

- ✓ You must **self-isolate and self-monitor for 14 days**. Do not return to work or school in-person.
- ✓ Make every effort to self-isolate from those in your household (i.e. separate space, wear a mask).
- ✓ **Get tested.** Contact RC VTAC at 1-844-727-6404 to book your test.
 - ➔ If test result is negative, continue 14 day self-isolation. You may require a second test on or after day 10.
 - ➔ If test result is positive, continue self-isolation and you will be contacted by Public Health.



I share a household with a high-risk contact. What next?

- A** If the high-risk contact has **no symptoms of COVID-19**:
 - ➔ **AND** if you are able to **fully self-isolate** away from the high-risk contact, you **can still attend work**. However, for the duration of the contact's isolation period, you should only leave the home for essential reasons (i.e. work, school, childcare, essential errands).
- B** If the high-risk contact **does have symptom(s) of COVID-19**:
 - ➔ All household members must stay home and **self-isolate** until the high-risk contact receives a negative test result. Make every effort to self-isolate from the high-risk contact in your home (i.e. wear a mask, separate space).
 - ➔ If the high-risk contact is able to **fully self-isolate** from other members of the household **AND** receives a **negative test result**, household members can end their self-isolation and return to work/school. However, for the duration of the high-risk contact's isolation period, you should still only leave home for essential reasons (i.e. work, school, childcare, essential errands).
- C** If the high-risk contact **cannot fully self-isolate from household members** within the home during the isolation period, all household members must stay home and self-isolate until the end of the high-risk contact's isolation period.
- D** If the high-risk contact **receives a positive test result**, an extended self-isolation period will apply for household members.



Renfrew County and District Health Unit

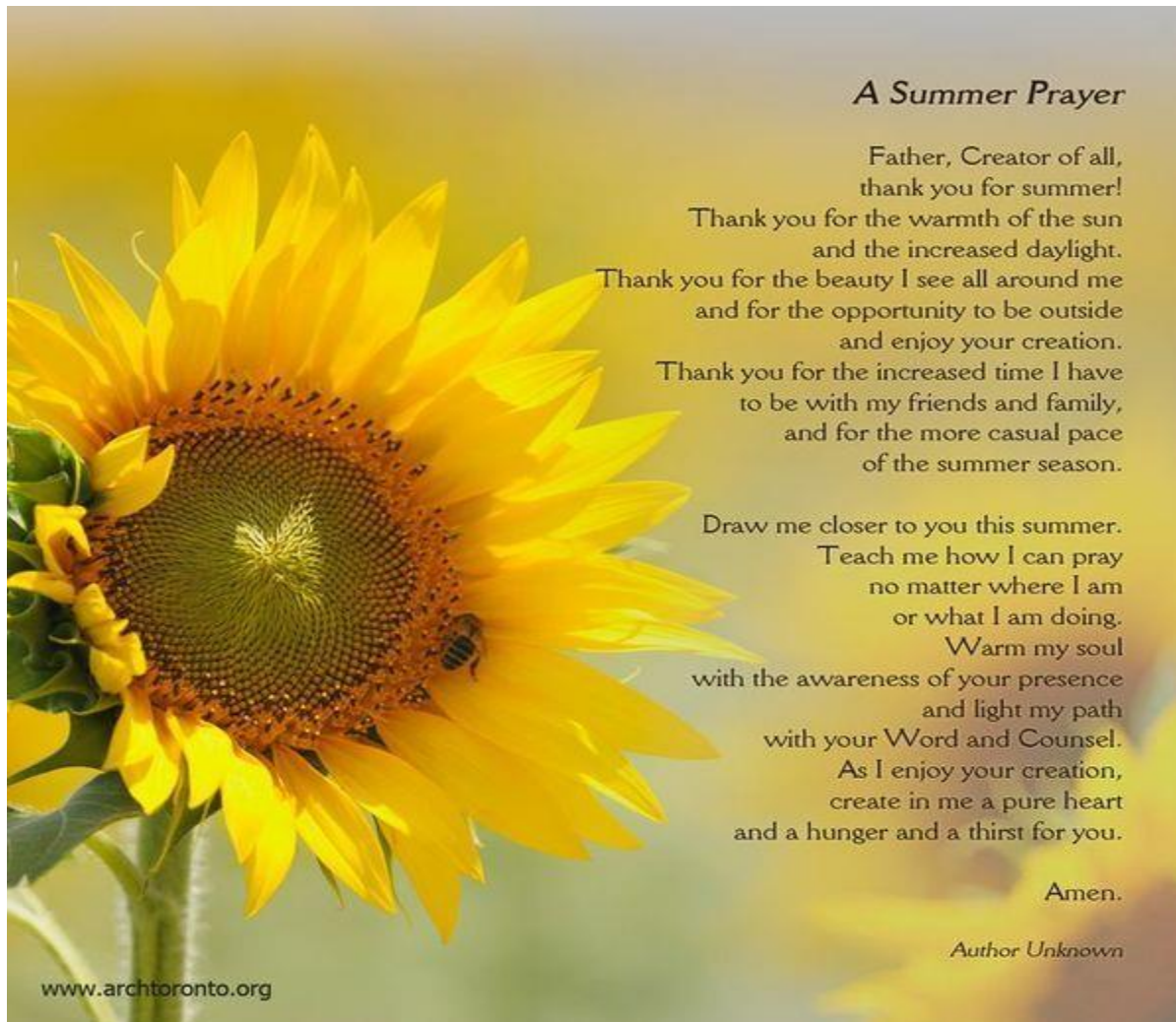
Optimal Health for All in Renfrew County and District

Visit us at www.rcdhu.com

Did You Know?

- Mr. Olsheskie and Ms. Landon are on active watch for "George" the turtle who visits our school yard every June (usually around Track and Field Day) to lay her eggs on the softball field. We will keep you posted!

A Prayer to Share



Looking Ahead....

September 7, 2021 First day of school for all GVCS students (tentative).

Action Items for our Families

- **Please continue daily self-screening. If/when we return to in person learning students have to complete the COVID Self-Assessment DAILY and not get on the bus or enter the school if they have any new and worsening symptoms** that are not caused by previously known medical reasons such as seasonal allergies. It is imperative that parents ensure they are following this protocol at home each morning and making it a part of the morning routine. Parents have a significant role to play in helping us ensure that our school population remains healthy and it starts with the accurate completion of this self-assessment. Please use this link to complete the self assessment:

[Coronavirus \(COVID-19\) school screening](#)

-Please continue to **spread the news about our on-going Kindergarten registration for September 2021 at GVCS**. Knowing enrollment now helps us plan for student, staffing, transportation and other organizational needs.

-Please let the school know asap if you are making changes to sitters or bus pick up or drop off addresses for September. It may impact transportation routes and times.



Family Activity of the Month

Thanks to our friends at Food for Learning for sharing this recipe!

Nutrient Spotlight: Rainbow of Fruits and Vegetables

Nutrition

According to the [Canada's Food Guide](#), we should be consuming lots of fruit and vegetables daily.

With the warmer weather coming, how fun and easy would this be to make sure your whole family is getting their daily requirement of wholesome fruit and veggies. The Rainbows and Spring season go together to remind us that there is always promises of something new and amazing coming.



Instructions FOR EACH SMOOTHIE

1. Place all the ingredients in a blender and blend until smooth. Add more liquid to help it blend if it's too thick.
2. Transfer the smoothie to a bowl or container, rinse the blender and prep the next smoothie.

TO ASSEMBLE THE RAINBOW POPSICLES

1. Carefully layer each color smoothie in a popsicle mold in rainbow order.
2. Layering the smoothies in the mold is easy. Use a spoon or tablespoon to scoop the smoothie mixture into the mold. It's natural for the layers to blend a bit, but I have noticed that spooning the smoothies into the mold versus pouring the smoothie in from a glass leaves better results.
3. Once the molds are filled, add the sticks and freeze the popsicles overnight.
4. To get the popsicles to release from the mold, fill your kitchen sink with room temperature water. Place the mold in the water, making sure the water does not go above the top of the mold.
5. Allow the mold to sit in the water for a few seconds.
6. Begin to wiggle a popsicle free. If it feels tough, allow them to set in the water a few more seconds.
7. Once all of the popsicles are removed from the mold, enjoy or wrap the extras in plastic wrap and return to the freezer.

Notes

This recipe will make A LOT of rainbow popsicles! You can definitely cut each smoothie recipe in half if you'd prefer to not have tons of extra smoothie. If you are opposed to using a small amount of blue food coloring to achieve the blue layer, it's totally fine to skip that layer! If you want to go the all natural route, here is a tutorial for how to make natural blue food coloring.



Feature Recipe Rainbow Popsicles

INGREDIENTS

RED LAYER

- 1 frozen banana
- 1/2 cup greek yogurt, vanilla or plain
- 1/2 cup frozen raspberries
- 1/2 cup frozen strawberries
- water or liquid for blending

ORANGE LAYER

- 1 frozen banana
- 1/2 cup greek yogurt, vanilla or plain
- 1/2 cup frozen peaches
- 1 small orange
- 1/4 cup frozen mango
- water or liquid for blending

YELLOW LAYER

- 2 frozen bananas
- 1/2 cup greek yogurt, vanilla or plain
- 1 cup frozen pineapple
- water or liquid for blending

GREEN LAYER

- 2 frozen bananas
- 1/2 cup greek yogurt, vanilla or plain
- 1 handful (or more) spinach
- 1 cup frozen pineapple
- water or liquid for blending

BLUE LAYER

- 2 frozen bananas
- 1/2 cup greek yogurt, vanilla or plain
- 1 cup frozen pineapple
- small amount of blue food coloring
- water or liquid for blending

PURPLE LAYER

- 1 frozen banana
- 1/2 cup greek yogurt, vanilla or plain
- 1 cup frozen mixed berries
- water or liquid for blending

MAGENTA LAYER

- 1 frozen banana
- 1/2 cup greek yogurt, vanilla or plain
- 1/2 cup sliced canned beets
- 1 cup frozen strawberries or raspberries

