

## **St. Francis Catholic School**

60 McDonald Avenue  
Cambridge, Ontario  
N1R 4J2  
519-621-0371

www.wcdsb.ca

March 2017



***“Because the Lord is my shepherd, I have everything I need.” (Psalm 23:1)***

### **Principal's Message**

A heartfelt thank you is extended to Mrs. Lemos and her Grade 7/8 class for their leadership in preparing pancakes for our school community in recognition of Shrove Tuesday. Thank you to Mr. Hookey for his help with set-up and clean-up in the gym afterwards.

Thank you to Mrs. Rodriguez for all of her work with our Early Years Registrations. It was exciting times welcoming new families to St. Francis. Currently we have 17 JK students registered to join our school community in September.

As we begin our Lenten journey together as a faith filled community, we are reminded of the great sacrifice of Christ and his love for each one of us. Throughout this month, we have planned several Lenten Celebrations that will be held in our gym, and all families are most welcome to attend:

First Week of Lent, March 8<sup>th</sup> at 12:45 p.m.  
Third Week of Lent, March 23<sup>rd</sup> at 10:30 a.m.  
Fourth Week of Lent, March 27<sup>th</sup> at 10:30 a.m.

May this Lenten Season be a sacred time for our Catholic school community, and let us take time to reflect on the many blessings that God has given us.

Peace be with you, *R. Bumbacco Sodaro*, Principal

### **March Break**

March Break Holidays begin on Monday, March 13<sup>th</sup>. Students return to school on Monday, March 20<sup>th</sup>, 2017. Classes will resume at 8:45 a.m..

### **Attendance/Late Check Program**

It is very important that if your child(ren) is ill, has a medical appointment, or will be late for any reason, that you contact the school with the necessary information: full name and grade, teacher's name, and reason your child(ren) will be absent. Our school answering machine is in service 24 hours a day. Please note that we must receive a call from a parent or caregiver for *each day* that your child(ren) is away. If your child(ren) does not arrive at school, and you have not contacted us, we will attempt to contact you at home or at your place of work. Please keep us updated on current and active phone numbers.

### **Photographs and Digital Memories**

Parents/guardians are asked to be mindful when taking photos and/or videos of their children during school related events (ie. assemblies). As we are part of the digital age, we ask that photos and/or video clips not be posted on the internet (You Tube, Instagram) out of respect and privacy of other families within our school community.



### **Visitors and Volunteers in the School**

Parents/guardians are asked to help make our school a safe one by remembering the following guidelines. Throughout the day, schools often have many visitors and volunteers who enter the school. The Board policy is that all visitors and volunteers to a school must sign in at the main office. This policy is designed to protect children from coming into contact with a stranger.

If you plan to pick up your child(ren) prior to dismissal at 3:15 p.m., kindly come to the main office to sign him/her out. The office will notify the classroom teacher to have your child(ren) come to the office to meet you. This will inform the classroom teacher that your child(ren) is leaving, as per parental/guardian approval. Please do not go directly to the classroom.



### **Inclement Weather Procedures**

In the event of very inclement weather, the Board may cancel school for the day. This decision will be announced on local radio stations, and notices affecting bus cancellations will be given between 6:45 A.M. and 8:30 A.M. Please listen to CHYM FM 96.7, Dave FM 107.5 or Oldies 1090 AM, KOOL FM 105.3, CKCO TV CHANNEL 12 for a decision about bus cancellation or school closure from the Waterloo Catholic District School Board. Also visit the board website: [www.wcdsb.ca](http://www.wcdsb.ca). If school buses are cancelled in the morning due to inclement weather, they are cancelled all day and will not pick up students who found other means of transportation to arrive at school.



Parents/guardians are the primary decision-makers regarding the safety of their child(ren). Regardless of the fact that schools are open and buses are running, if parents/guardians feel that conditions are not appropriate for their child(ren) to attend school, they have the right to keep their child(ren) at home.

### **Medication at School**

If you will require your child(ren) to receive ANY form of medication, either over the counter (Tylenol, cough medicine), or prescription, the school is required to have on file, your signed consent. Please contact the office or your child's teacher if you require an "Administration of Oral Medication Form" for your child(ren). We are not able to accept a verbal request to administer any form of medication. The medication is to be kept in the office cabinet, and must be administered by one of the staff.

### **Concussion Awareness**

"A concussion is a brain injury that cannot be seen on routine x-rays, CT scans, or MRI's. It affects the way a person may think and remember things, and can cause a variety of symptoms." (Think First Canada Concussion Resource). Please see below some of the signs and symptoms of a concussion as referenced/adapted from OPHEA (Ontario Physical Education Safety Guidelines, 2012). For more information, visit [www.thinkfirst.ca](http://www.thinkfirst.ca) and/or <http://safety.ophea.net>.

#### *Signs Observed:*

- vomiting, slurred speech, slowed reaction time, poor coordination or balance, blank stare/glass-eyed, decreased play ability, loss of consciousness, difficulty concentrating, cannot remember things that happened before/after injury

#### *Symptoms Reported:*

- headache, neck pain, feeling off/not right, ringing in ears, seeing double or blurry/loss of vision, pain at physical site of injury, nausea/stomach ache/pain, balance problems or dizziness, sensitivity to light or noise, having difficulty concentrating or remembering, feeling slowed down, drowsiness

### **Safe Schools Team ~ Virtue of the Month**

For March, the focus of the month is "Caring Member of our School Community." When students display this quality, they demonstrate the ability to look out for the rights of others; demonstrate kindness and are helpful to others; put others before themselves; take care of and respect personal and school property; help others in need. These are the look fors/expectations the staff are observing when recognizing the student of the month for March. The following members met in November as part of our Safe Schools Team: Mrs. Woodman, Mrs. Bumbacco Sodaro and Mrs. Albrego. If you wish to join the team, please let the office know. Our next meeting is scheduled for March 9<sup>th</sup> at 3:20 p.m. in the library.

As part of our Good Deeds Initiative, every time a student receives a Good Deed Coupon, he/she also receives a pompon to drop into our showcase that is in the hallway on the way to the gym. Once the pompoms reach different increments, we will celebrate together as a whole school community. We are looking to have complimentary Pizza Day, Popcorn Day and a possible trip to the Movies.



**Safe Schools Team ~ Behaviour at Recess**

Our goal as a school community is to track the behaviour at recess and in the classroom, so to work collaboratively with parents/guardians and students to address the reason for the behaviour, and supports that may be required to deescalate the behaviour. When a Green Slip is given, this information is communicated to the parent/guardian via a label in the agenda book. The following chart indicates the common consequence for students if 1 to 3 Greens Slips are received for the same student:

<i>Green Slip</i>	<i>Common Consequence</i>
#1	Walk with Staff at AM Recess
#2	Walk with Staff at AM and PM Recess; Office Detention
#3	Parent Meeting with Classroom Teacher, Principal, Student  <i>Behaviour Supportive Interventions: loss of privileges, detention, BSP, suspension, student services, outside agencies(nature of misconduct, seriousness, frequency will determine consequence)</i>

**Nutrition Bits**

***When you're rushed for time...***

Buy pre-cut vegetables to add to your plate. They make stir-fry easier to put together too.

Pick up a BBQ chicken and pre-made salad at your local grocery store. Add a whole-grain roll or multi-grain tortilla with a salsa on the side and supper is on the table.

Keep a couple of hard-boiled eggs in the fridge. Add one to pre-mixed salad for a quick lunch.

Microwave some frozen veggies, and add to a frozen dinner or instant soup mix.



***When you have the time...***

Cook a roast and add vegetables to leftover meat for a stir-fry the next day.

Grill extra chicken breasts and cut up into bite-sized chunks for wraps, tortillas, burritos or a salad.

Boil vegetables. Keep the water they were cooked in and you have a ready-made stock for soup. Add some rice or pasta, pre-cut vegetables and herbs.

Cut up a large bowl of fresh fruit. Add some lemon juice to keep it fresh. Use it to top yogurt or cereal in the morning or to pack in lunch bags.

**Math Bits**

Why is a belief in our children's ability to learn mathematics essential? An understanding of mathematics builds confidence and creates opportunities for jobs in the future. Learning mathematics is a foundation for solving problems and being able to make reasonable decisions. Understanding patterns and trends supports our ability to make predictions such as how much pasta to buy considering previous amounts eaten. Managing time and money are another benefit to having a firm math understanding (i.e. How much time is needed to get ready for school or how much money is required to purchase lunch?). "Doing Mathematics with Your Child by the Ontario Ministry of Education."



***Tips for a Home Connection to Math***

- Share your belief in your child(ren)'s ability to learn mathematics with them.
- Engage your child(ren) in playing card games and games of chance.
- Check out the following website: [www.coolmath4kids.com](http://www.coolmath4kids.com) for some fun math games.

## **EQAO**

Test booklets and examples of student answers from the past five years are available at [www.eqao.com](http://www.eqao.com). There is also a parent resource section for your perusal on the EQAO website.

### **An example of a Grade 3 Mathematics Question**

Noah practices soccer for a total of 2 hours each week.

Which of the following shows the number of minutes Noah practices soccer each week?

- a)  $12 + 12$
- b)  $24 + 24$
- c)  $60 + 60$
- d)  $100 + 100$



### **An example of a Grade 6 Mathematics Question**

Wasim's hair grows 0.4cm each week.

At this rate, which is closest to the increase in length of Wasim's hair over 3 months if it is not cut?

- a) 1 cm
- b) 5 cm
- c) 8 cm
- d) 12 cm

### **Library News from Mrs. Brunt**

The Forest of Reading program has begun in the Learning Commons at our school, and many students have signed up. Did you know that many of the titles in the program are also available on Overdrive? Titles can be downloaded along with many other selections as ebooks or audiobooks onto a computer or mobile device with an Internet or WiFi connection.

All you need is to download the free Overdrive software/app and/or compatible browser (Chrome, Firefox, Safari, & IE10 or better); your school library ID# & PIN. You can access Overdrive through E-Z Find on the VLC - Look for the OverDrive 'button' or directly at [wcdsb.lib.overdrive.com](http://wcdsb.lib.overdrive.com) or through the school online catalogue. You can download titles any time and more and more titles are being added every day. If you have any questions, please feel free to contact Mrs. Brunt in our library.



### **Before/After School Learning**

The Waterloo Catholic District School Board is pleased to offer a fee based Extended Day Program for children from JK to Grade 6. If you are interested in enrolling your child in an Extended Day Program, please express interest by pre-registering for the 2017-2018 school year. To register visit [www.wcdsb.ca](http://www.wcdsb.ca) and follow the Extended Day Program links to 2017-2018 Viability Registration.

#### *Extended Day Programs:*

- Led by knowledgeable Early Childhood Educators (ECE)
- Operates from 7:00 a.m. to school starting bell time and school ending bell time to 6:00 p.m.
- Provides convenient, consistent programming for parents and children
- Allows for full time schedules or part time schedules that follow a weekly recurring set of days
- Available for an affordable fee offering a variety of payment methods, including most major credit cards
- Are eligible for Region of Waterloo child care subsidy

Extended Day Programs will operate only at sites with sufficient parent/guardian demand. Program location will be announced through the Board. If you would like to know more about our WCDSB Extended Day Programs, please email [extended.day@wcdsb.ca](mailto:extended.day@wcdsb.ca)

*Our Catholic schools...heart of the community, success for each, a place for all.  
The call of the Waterloo Catholic District School Board is to educate and to nurture  
hope in every learner to achieve their full potential to transform God's world.*



