



Archbishop O'Sullivan Catholic School February 2019 Newsletter

I by my works, will show you my faith.



Principal: Mrs. Lisa Bickerstaffe
Secretary: Ms. Kathleen Logan-Rebello

St. Paul the Apostle Parish Priest: Father Sebastian Amato
Superintendent: Mrs. Karen Shannon



**"Joy does not simply happen to us.
We have to choose joy and keep choosing it
every day."**
~ Henri J.M. Nouwen



Algonquin and Lakeshore
Catholic District School Board

WELCOME TO KINDERGARTEN!

**Kindergarten Registration
is Now Open!**

Contact your local Catholic School to arrange a
visit and learn more about our classroom
environments where young learners explore,
discover and grow!

www.alcdsb.on.ca
Follow us on Twitter!
@ALCDSB



Kindergarten classes focus on faith formation, academic success and programs for children, all within a play-based learning environment. Teachers and Early Childhood Educators work together to develop your child's natural curiosity and excitement for learning. Archbishop O'Sullivan Catholic School ensures a caring and safe environment for your children, all while staying committed to the use of advanced technology in the classroom. Please visit our school office to register your child at Archbishop O'Sullivan Catholic School. Our staff would be happy to answer any questions you might have about enrolment and our school. To register, you will be required to bring the following documentation with you:

- Birth Certificate
- Baptismal Certificate
- Evidence of direction of taxes to the Separate School Board
- Up-to-Date immunization records

For more information and to access registration forms, please visit: <http://www.alcdsb.on.ca/Schools/Pages/Registration-and-Enrolment.aspx>

Check us out:

<https://www.youtube.com/watch?v=mK2vvTQYNUy&t=3s>



YMCA of Kingston Before/After School Care

We offer both an Extended Day (Kindergarten) and a School-Aged program. The hours are: 7:30 - 9:00 a.m. and 3:20 - 5:30 p.m. The contact is Bev Blakely, Supervisor 613-546-2647 x 234



Our next Council meeting is **Wednesday, February 20th at 6:30 pm** in our Learning Commons. All are welcome! Thank you to those who provided your name to support our School Council fundraiser with Treasure Chest Bingo. Please contact the school, if interested.



Grade 8 Parent Information Evening

Wednesday, February 13th, at 6:30 pm in the Holy Cross Learning Commons. Parents of students with an Individual Learning Plan (I.E.P.) are invited to a meeting beforehand **at 6:00** in the Learning Commons.



Please come and join us for our school community Mass at St. Paul the Apostle Church on February 13th at 10:45 am. Ashes will be distributed on Wednesday, March 6th at a school Prayer Service.

Shrove Tuesday

Pancakes will be served to students the morning of Tues. March 5th.



Basketball Update: The students are currently practising for the upcoming basketball tournaments. Thank you to the following coaches: Mrs. LaBrie, Mrs. Maxam, Mr. Farrell and Mr. Couto.

Tournament dates:

- Feb. 25th – Senior Boys (Holy Cross)
- Feb. 26th – Senior Girls (Holy Cross)
- Feb. 27th -Junior Boys (Queen's University)
- March 1st -Junior Girls (Queen's University)



CANCELLED & LATE BUSES

In the event of bus cancellations, students who normally walk to school or are driven should inform us if they will be absent. Parents of bussed students do not have to call in the event of bus cancellations. **If buses are cancelled on a Tuesday or Thursday Hot Lunches will be provided on the following day.** Please be aware that if you drive your child/ren to school on these "snow days" you must also come to pick them up as the bus will not run in the afternoon if it did not pick-up in the morning. During inclement weather please check Tri Board Transportation web site www.triboard.on.ca.



Winter Exhibition of the Hotel Dieu Art Gallery

Congratulations to **Leo Barbosa** in Mrs. Watt's class who had his art selected for the Hotel Dieu Art Gallery.



Reading is Fun Club News

The Reading is Fun Club is doing well with nearly forty members. There is still lots of time to join, as the Club runs until May. If you need an information sheet please ask your child's teacher for a copy. The Club's bulletin board featuring AOS's Reading is Fun Club Stars is located proudly by the Learning Commons. Mrs. Cartledge looks forward to meeting with students who have completed their Reading Sheet.



Mrs. Cartledge for all you work with our Reading is Fun group!



St. Paul the Apostle Parish ~ News ~

First Reconciliation: Our Grade 2 students will receive the Sacrament of Reconciliation on Feb. 21st at 5:30 pm at St. Paul the Apostle.

EDGE: Students from grades 5-7 are invited to take part in an evening of **fun and friendship** in a **community of faith** every **Wednesday evening from 7-8:30 p.m.** in the **St. Paul the Apostle Church Hall**. A schedule of upcoming events is available at <https://www.stpaulkingston.com/familyandyouth>



These are the Archbishop O'Sullivan designated means of communicating. Please keep current and up-to-date with what is going on at AOS. Sign-up on our School Web site and have our Monthly Newsletter arrive directly in your email in-box.



School email: flhpabos@alcdsb.on.ca

Web site: www.alcdsb.on.ca/school/abos

Follow us on Twitter: @alcdsb abos



Working Together for School Safety

Student Safety in Bus Loading zone/Portable



The bus loading zone located in front of the school is designated for school buses and emergency vehicles. **Please do not park in front of the portable** as this makes it difficult for buses and creates an unsafe walking area for students and staff. This is a very busy area for our students and staff, especially at the beginning and end of the day.

Please keep in mind it takes vigilance on the part of all partners to keep our school community safe and secure for our students and staff. Safe school measures are not in place to inconvenience adults but to protect children. Compliance with these school routines and policies helps maintain a safe and secure environment for all our students and we thank you for your daily support and cooperation in these matters.

Yard Supervision: Please be aware that students may not be on the school yard before **8:55 a.m.** as it is unsupervised until this time. Your cooperation in this matter is greatly appreciated. Busses are not unloaded until 8:55 and students walking or being dropped off should plan to arrive between 8:55 and 9:10.

National Sweater Day

Don't forget to wear your favourite sweater on Thursday, February 7th.

Report Cards will be sent home on Wednesday, February 20th, 2019

PA Day: Friday, February 1st, 2019

Family Day: Monday, February 18th, 2019

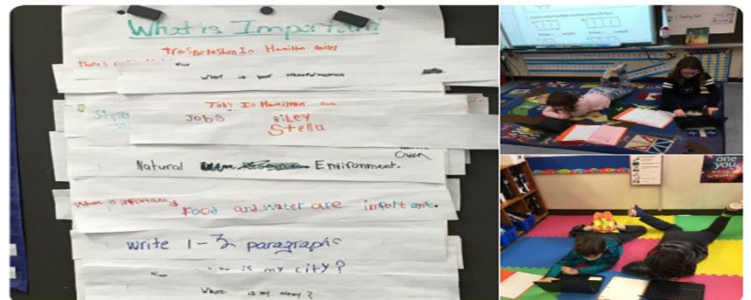


FunDrive Update: In partnership with Value Village we raised \$50.50 from the FunDrive. This money will be donated to the Canadian RedCross. Thank you to Mrs. Millan and Mrs. Machado for your leadership!

Thank you Sam for teaching Mrs. Proderick's class about creating a Métis Nation finger weaving sash. The perseverance and concentration was evident.



Co-constructing success criteria removes the mystery of What is Important. Mrs. McLaughlin's students as researchers.





News From Mr. Stewart:

Our Annual Cake Walk is just around the corner and we would like to take this time to invite all families, staff and friends of Archbishop O'Sullivan Catholic School to donate their favourite peanut-free cake or baked item. Our goal is for every family to take home a treat, so be sure to show us your family's favourite and help keep this annual tradition alive! Money raised will be directed to support our Learning Commons. **Our Cake Walk will be on Thursday, February 14th, and will have a Valentine's Day theme. Peanut-free donations can be dropped off Wednesday, February 13th before 4pm or the morning of the 14th before 9am in the office. Tickets will be on sale for 25 cents each in your child's classroom starting Wednesday, February 6th up until the day of the event.** When donating, please make sure your name is clearly marked on your tray or plate so the winner can return it to the school for distribution to the right family.

ECO Club Update:

National Sweater Day is February 7th. As a school community we will celebrate this day by wearing our favourite sweater. The heat will be turned down 2 to help save energy. Wear your "wacky woollies". Stay warm while we help keep the planet cool!



Thank you
Mr. Lollar
for all that
you do to
have us on
the ice!

Mr. Lollar braves the cold and early hours to ensure the Lollar Rink is ready to be enjoyed. Thank you, Mr. Lollar!



SKATING FUN! 😊 We are enjoying skating outdoors on our school rink! Thank you to our parent volunteers, student helpers and Mr. Lollar for helping us skate. We had a really fun time and lots of exercise too!!
alcdsb_abos @alcdsb



When it is too cold outside we bring the physical activity indoors!



Need your High School Diploma? Looking to get into College?

Loyola School of Adult and Continuing Education offers many options to support you in achieving your goals. If you are ready to take the next step in achieving your future, visit our website for more information: www.learningatloyola.ca

Thank you to our Catholic School Council under the leadership of Paul Chaves for organizing an incredible roster of readers to come on Friday to celebrate Family Literacy Day!

Thank you to Mrs. Millan for organizing a visit from Mrs. Moreland a Frontenac Dairy Educator.



"The more you **read**
the more **things** you know.
The more that you **learn**
the more **places** you'll go."
-Dr. Seuss

NEW SINGING OPPORTUNITY!

Children ages 8 and up are invited to sing in a new youth choir at St. Mary's Cathedral beginning this month. The Cathedral Youth Singers is under the direction of dynamic and accomplished choral conductor Jeffrey Moellman.

A wonderful opportunity to explore a rich tradition of music and learn about singing in a fun and supportive group setting!

There were 20 eager children in the first rehearsal on January 17, and **it is not too late to join!**

Rehearsals at St. Mary's Parish Centre (corner of Brock and Clergy Streets) on Thursdays, 4:30 to 6:00pm.

Call or e-mail for details: [Jeffrey Moellman](mailto:Jeffrey.Moellman@stmaryscathedral.ca), Director of Music at St. Mary's Cathedral

[Caroline Bourque Moellman](mailto:Caroline.Bourque.Moellman@stmaryscathedral.ca), Choir Administrator
613.985.2224 or musicmoell@gmail.com

Emotional Literacy

Children with high emotional literacy skills:

- Recognize and understand emotions in themselves and others
- Handle and express emotions appropriately



Help children understand emotions and think through solutions to difficult social situations using books.

- When sharing picture books together, take time to look carefully at the faces and body language of characters in the book.
- Ask your child what the story character may be feeling and why.
- Can your child think of times they felt the same way?
- Does your child think the characters made good choices in the story? Why or why not?

Provided by: **Ontario Early Years Literacy Specialists**

Supporting Healthy Schools

Canadian 24-Hour Movement Guidelines for Children and Youth:


An integration of physical activity, sedentary behaviour, and sleep.





#24HourGuidelines
csep.ca/Guidelines


kflaph.ca
2017-11-14

A healthy 24 hours includes:

Sweat 
An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities.

Step 
Several hours of a variety of structured and unstructured light physical activities.

Sleep 
Uninterrupted 9 to 11 hours of sleep per night for those aged 5 to 13 years and 8 to 10 hours per night for those aged 14 to 17 years, with consistent bed and wake-up times.

Sit 
No more than 2 hours per day of recreational screen time.
Limited sitting for extended periods.





Totus Tuus

Summer Camp for Catholic Youth

Totus Tuus is a Catholic summer camp in the Archdiocese of Kingston filled with faith and fun. Campers will enjoy a week-long summer program packed with skits, songs, games, sports, crafts, and engaging faith activities.



DAY CAMP

Children entering grades 1-6
Monday—Friday; 9 am—2:30 pm

EVENING CAMP

Youth entering grades 7-12
Sunday—Thursday; 7—9pm

Week of July 7-12	St. Paul the Apostle Parish, Kingston
Week of July 14-19	St. Paul the Apostle Parish, Kingston
Week of July 21-26	St. John the Baptist Parish, Perth
Week of July 28—Aug 2	St. Michael's Parish, Belleville



Camp Registration Fee: \$100 (Day Camp) | \$25 (Evening Camp)

Extended day care till 4 pm available for an additional \$25

For more info and to register online visit: www.kingstonvocations.com/totus-tuus

Children's Mental Health Services

presenting

Family Fun Day

at

O'Hara
Mill Homestead

638 Mill Road, Madoc

February 18, 2019
11:00am - 2:00pm

COME OUT & ENJOY ALL OF OUR COMPLIMENTARY FAMILY ACTIVITIES & PERFORMANCES!

- HORSEDRAWN SLEIGH RIDES
- LUMBERJILL DEIDRE MEET N' GREET
- ICE SKATING
- #395 MADOC ARMY CADET CORPS PRESENTS IMPROVISATION FOR WINTER SURVIVAL
- DIANNE SEDORE-McCOY Kanyen'kéha kateweyénstha NATURE CRAFTS! VISIT US IN THE SCHOOLHOUSE
- HELP BUILD A COLLABORATIVE MURAL USING PUZZLE ART VISIT US IN THE WELCOME CENTRE

Live Music

in the Log House

A wonderfully uplifting show is headed your way!
CATFISH WILLIE and WASHBOARD HANK
present a musical cornucopia of old favourites and humorous ditties that are appropriate for all ages.
Sound by Bedtracks.com

Lunch Available

For Purchase

PEAMEAL ON A BUN at the Food Booth

BBQ HAMBURGERS & HOTDOGS at the Lions' Food Tent

HOT CHOCOLATE - S'MORES by the campfires

Please NO SMOKING

Admission by Donation (Possibly)

Watch for our SQUIRREL who will be COLLECTING DONATIONS

Make Your Table a Screen-Free Zone

Food advertisements can influence children to eat more and prefer less healthy foods and beverages.

The distraction from screens can also make it difficult for children to recognize the signals that their body is hungry or full. The Canadian Paediatric Society recommends screen-free family meals.



Use these tips for meal and snack time:

- Make your table a screen-free zone.
- Make meal and snack times a place to connect and share.
- Offer children vegetables and fruit each day.
- Make water available at all meals.