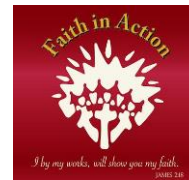




Archbishop O'Sullivan Catholic School

November 2018 Newsletter

I by my works, will show you my faith.



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

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

School Theme: Our Learning Journey



Please join us for our next School Community Mass on November 14th, at 10:45 am.

Let us always remember those who fought and continue to fight for freedom, as we pray for peace in our world.



Progress Reports

The Ontario Progress Report is designed to give parents and students an early indication of what strengths have been determined and what areas for improvement are required so that children will best be able to show what they know and can do for their First Provincial Report Card. Progress Reports will be sent home with students on November 6th. Parent-Teacher interviews will be scheduled on the evenings of November 7th (3:30-6:30 pm) and 8th (3:30-5:30 pm and 6:30-9:00 pm). Please return Interview form as soon as possible. The interviews are scheduled based on a first return basis.

If we have no peace, it is because we have forgotten that we belong to each other. Mother Teresa

A Collaborative Contributor I am a Team Player

I co-operate with others in all that I do. I value everyone's work I respect and listen to others. I think of others before myself I follow rules of fair play.
I work hard in school so that I can build my community and make it a better place.
Because I am a team player, I know that "Together is Better", and we live our lives like Jesus.



Volleyball Tournament

"A" Schedule dates:

Junior Girls 'A' – November 7 at McArthur College
Junior Boys 'A' – November 9 at McArthur College
Senior Girls 'A' – November 12 at Regi CSS
Senior Boys 'A' - November 15 at Regi CSS
Junior tournaments will be played at Duncan McArthur College at Queens University and the Senior tournaments at Regi CSS.



A special thank you to our coaches: Mr. Boudreau, Mrs. Proderick, Mr. Couto and Mr. Farrell.

Every School Day Counts ~ Chronic absenteeism is defined in most current research as: "any student who has missed 10% or more of school days for any reason, including unexcused or excused absences, over an academic year." As a school community we will involve various initiatives highlighting the importance of regular attendance and punctuality.

Clean Your Closet for Archbishop O'Sullivan's Eco - FunDrive

The AOS Eco Committee is teaming up with Value Village to host another annual Eco FunDrive. Families are invited to drop-off used items in the front lobby of our school from **Monday November 26th - Thursday November 29th**. This is a wonderful opportunity to declutter in the spirit of recycling, reducing and reusing. Clothing, books, shoes, accessories, linens, toys, electronics and household items are welcome. No large items please. Money earned through the drive will be donated to the Canadian Red Cross. Together we can make a difference. This is also a wonderful way to support our school Catholic Graduate Expectation of "I Am a Team Player".



Please mark your calendar for our PA Day which is scheduled for Friday, Nov. 30th.



As a staff community one of the ways we are supporting the United Way is with casual dress on Fridays. Our student leadership group had organized a Reid's Dairy milkshake fundraiser with all proceeds to support the United Way.



These are the Archbishop O'Sullivan designated means of communicating. Please keep current and up-to-date with what is going on at AOS.

School email: flhpabos@alcdsb.on.ca
Web site: www.alcdsb.on.ca/school/abos



Follow us on Twitter: [@alcdsb_abos](https://twitter.com/alcdsb_abos)



Photo Retakes will be on Thursday, **November 1st**. During this time our **Junior Classes** will also have their class pictures taken.



SCHOOL COUNCIL scheduled for **Wednesday, November 21st at 6:30 pm** in the school Learning Commons. All are welcome! School Council serves as a valuable opportunity to share your ideas about how we can continue to make our school a place of academic excellence and spiritual development for all our students.

ECO School News

We are excited to be a GOLD Level ECO school Community. We are always looking for ways to lessen our impact on the environment. One way we can achieve this goal is through **boomerang lunches**. A **boomerang lunch is whatever comes to school in our lunch, returns home**. The use of washable plastic containers will help in this endeavor. Our three compost bins continue to be a great means for reducing waste. We are making better choices for a better world!

Go Green!

School Council Spook-a-thon

Thank you to all the families who supported our School Council Spook-a-thon fundraiser. A huge thank you to Mrs. Bernard who took the lead, the parents who generously gave of their time to make this event such a success. Appreciation is extended to the families who shopped for decorations/treats and to those who spent countless hours planning and decorating. A special thank you to Ms. Jenkins and Ms Locklin who counted the money and printed out numerous tickets, to Mrs. Logan-Rebello for all her work and to Mrs. Logan for the beautiful afghan.



Lost and Found

During Parent/Teacher Conferences there will be a table set out with our unclaimed articles. Please encourage your child(ren) to check for their misplaced articles on the tables. Unclaimed articles will be donated to a local charity.

Thanks you, Mrs. Tadeu for graciously providing tickets to our school community to attend Our Nations Heroes Hockey Game.



Lest We Forget

AOS Bus Patrollers



Criminal Background Checks: As per Board Policy, please be aware that all parents/guardians who wish to be considered for the purpose of accompanying students on field trips or assisting as volunteers in the classroom/school are required to submit to the school a current Criminal Background Check through the local Police Department. A copy of the CBC is retained at the school and is valid for three years.

Communication, Concerns and Complaint Resolutions Policy

The Algonquin and Lakeshore Catholic District School Board is committed to being responsive to the public and staff by encouraging dialogue, whether supportive or constructively critical, by developing cooperative and constructive relationships, by providing accurate, understandable and timely information, and by working effectively towards addressing public concerns in a fair and respectful manner. Please find a copy of this ALCDSB Policy on our AOS school site under the School Council tab.

FUN FRENCH FACTS

DID YOU KNOW?

Approximately 60% of English words are of either French origin or Latin origin words that also exist in French!

<http://bit.ly/2PkHOCX>

Encourage your child to be a lifelong learner of French!



Scholastic Book Fair

We look forward to our annual Book Fair. This is a great opportunity to purchase books to be read with your children and to support our Library resources. A special thank you to Mr. Stewart for providing our school community with this opportunity©

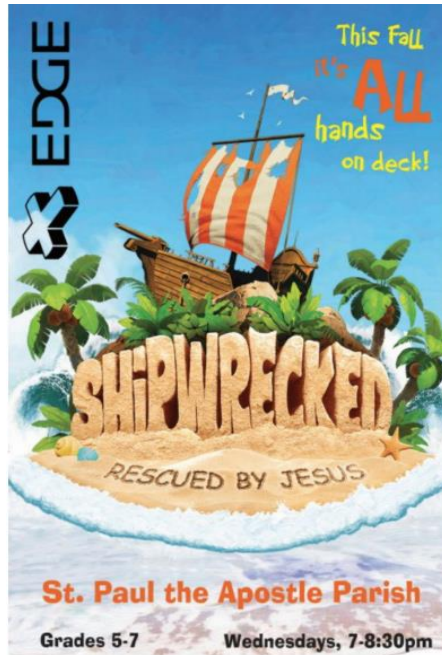
The hours of operation are:

Tuesday, November 6th 9am-3:30pm

Wednesday, November 7th 9am-3:30pm

Thursday, November 8th 9am-8:30pm

Friday, November 9th 9am -11:00am




St. Paul the Apostle Parish News

EDGE. The youth ministry program for **Grades 5-7** is underway, meeting on **Wednesday evenings from 7 to 8:30 PM**, in St Paul's Parish Hall. The entire fall program through to the Christmas party on may be found on the above poster. There is still room for anyone who would like to join, and parents are also welcome to socialize over coffee. For further information, contact Kevin Alexander at stpaulkingstonyouth@gmail.com / 613.9292161.

Fall Schedule

October	3	Kick-off Night!
	10	When you're lonely, Jesus rescues!
	17	When you worry, Jesus rescues!
	24	Wolfe Island Corn Maze Field Trip
	31	No EDGE (Happy Halloween)
November	7	Fam Jam! (5pm)
	14	When you struggle, Jesus rescues!
	21	When you do wrong, Jesus rescues!
	28	When you're powerless, Jesus rescues!
December	5	Fam Jam! (5pm)
	12	Advent & Christmas Party
See you in 2019!		

613-929-2161
youth@stpaulkingston.com
www.stpaulkingston.com/familyandyouth



KFL&A Public Health Dental Screening

During the school year a dental hygienist and dental assistant from KFL&A Public Health will visit all elementary schools. They visit the schools for two reasons. First, they will screen children in selected grades to identify dental problems that need to be seen by a dentist and to screen a few children who had dental concerns last year. The screening is a quick look into the mouth with a sterilized mouth mirror. Each child who is screened will be given a card to take home indicating the dental screening findings. Funding for necessary dental treatment may be provided to eligible children through the Healthy Smiles Ontario (HSO) program. In cases where treatment is needed, Public Health will keep a client record and may tell the dental office what was found.

Secondly, the dental screening helps us to monitor the oral health of children in this region. The monitoring allows KFL&A Public Health to identify the prevalence of dental disease and any new trends in dental disease. The information is used to plan programs and services that best meet the needs of children in our communities. Therefore, even if your child sees a dentist regularly, it is important that they have their teeth screened so that they are included in our monitoring of dental disease.

Ontario Regulation 688/00, made under Health Protection and Promotion Act, requires yearly dental screenings in all elementary schools. If you do not want your child to be screened this school year, please tell us in writing. This letter must include your child's full name, school and grade.

Mail the letter to:
KFL&A Public Health
221 Portsmouth Avenue
Kingston ON
K7M 1V5

For more information call KFL&A Public Health at 613-549-1232 or 1-800-267-7875, ext. 1218

Dental Screening at AOS is on November 12th for Kindergarten and Grade 2 students with some students who previously have been identified as having a dental problem.





Parenting

Navigating everything

We all want the best for our kids but which parenting information do we choose? With over 75,000 parenting books produced in the past 25 years and the many voices, articles and on-line resources available, the task of figuring out where to turn for parenting advice is overwhelming. Some foundational parenting questions all parents must consider:

1. What are Parenting Styles and which ones should I be using in my parenting?
2. How can I gain better communication skills and use them with my children?
3. What does spending time with my kids look like?
4. How do I effectively discipline my children?

Various aspects of home life also need addressing, with each section being a sizeable discussion on their own.

In this talk I will look at where parents can begin these discussions, (one-on-ones) and give them practical tools so they can effectively talk with their kids about all of the following areas:

1. Family Discipleship (how to raise our kids in our Christian faith)
2. Health (mental, emotional, physical)
3. Sexuality (pornography, dating, marriage)
4. Media (TV, movies, music, social media)
5. Drug / Alcohol use & abuse
6. Education
7. Finances

Let's look together at how we can best help our kids navigate the world they are growing up in.

They will not be with me forever, so I prepare them accordingly. - Trophy Child, Ted Cunningham

DATE: Tuesday, November 6th, 2018

TIME: 6:30 p.m.

LOCATION: Regiopolis-Notre Dame CHS

OTHER INFO: 130 Russell Street - all welcome

In Partnership with:



TYNDALE



For more information visit:
brettullman.com



Mike Mundell "All You Can Eat" Fish Fry
&
Vendors/Craft Sale

FRIDAY, NOVEMBER 9, 2018 @ HOLY CROSS
3:30 – 6:30 P.M.

The staff and students from the 2019 Jamaica Mission Team invite you to join them for a "Fish Fry" on Friday, Nov. 9th in the cafeteria at Holy Cross. There will also be an amazing Vendors/Craft Sale taking place in the Main Lobby.

Mike Mundell's *Surf & Turf Store* will be providing the fish & chips. The salads, pastas, refreshments, and desserts will be provided by the students & staff.

Tickets are \$15.00 (\$10.00 for children) for a sit-down or take-out dinner and are available from any of the Mission Team members. Abby Stewart will be providing the entertainment. Tickets will be sold at the door.

Babysitters Training

"A new way to learn!" A SAFE, FUN and EFFECTIVE course for youth aged 10-14

Belleville	Friday, Jan 4th, 2019	9am-3pm Winter Break/PA DAY
Trenton	Saturday, Feb 2nd, 2019	9:45am-3:45pm
Kingston	Sunday, Feb 3rd, 2019	10am-4pm

Space is Limited - You must Pre-Register - Choose 1 Date

Courses are taught by Certified Instructors and teaches:

Getting your first job safely– Interview tips, resume and prep skills to impress!

Keep others SAFE while in your care and control, understanding babysitter responsibilities and specific care and requirements for children of all ages.

Advanced First Aid including airway management, choking/obstruction and rescue breathing in addition to common injuries and illnesses.

Emergency Readiness and response to critical situations such as: Fire Safety, Kitchen Safety, poisons, staying calm and proper use of 911/EMS

Having Fun! Creative games, ideas and helpful tips to make you a great sitter!

Instructor Led Training on feeding, bathing and changing infants etc..

Enroll in the most **TRUSTED, SAFE and EFFECTIVE** Babysitters Course today! All content is approved and/or provided by the Ontario Provincial Police & Fire Marshalls Office.

Register Online: www.varisafe.ca  **Vari SAFE Education**
 Course locations, FAQ and more available online 24/7

Upon registration, you will receive a confirmation email including all course details such as: **course location & directions**, what to bring and how to make payment the morning of the course. **Course cost: \$53.10 plus HST.** Participants will receive a **Wallet Certification Card** and **Babysitters Training Manual.**

Questions? Email or call us toll free, Mon-Fri 1-866-974-7488 (SITT)

Do you want to stay Home Alone?



Belleville	Friday, Nov 30th, 2018	9am-3pm PA DAY
Kingston	Friday, Nov 30th, 2018	9am-3pm PA DAY
Trenton	Saturday, Dec 1st, 2018	9:45am-3:45pm
Belleville	Sunday, Jan 13th, 2019	10am-4pm

Space is Limited – You must Pre-Register – Choose 1 Date

THE ONLY FULL DAY, FULL FUN and EFFECTIVE HOME ALONE COURSE available!
 Courses are taught by Certified Instructors. Students learn, and will be able to demonstrate:

Communication skills to support family safety

Honesty, limitations, your Home Safe route and Home Alone agreement

Prevention techniques to avoid dangerous situations

Household fires and accidents, injuries, stranger dangers and street smarts

Safety skills by interactive training, hands on practice and coaching

Identify strangers and risks, door, phone and kitchen safety & beginner First Aid

Responsibility and building maturity to stay Home Alone

Home Safe messages, Home Alone productivity, house rules and schedule

Confidence to handle unexpected dangers or emergencies

With strangers and situations, how to call 911, the power of NO and keeping self SAFE!

Register Online: www.varisafe.ca  **Vari SAFE Education**
 Course locations, FAQ and more available online 24/7

Upon registration, you will receive a confirmation email including all course details such as: **course location & directions**, what to bring and how to make payment the morning of the course. **Course cost: \$53.10 plus HST**

Participants will receive a **Certificate of Completion** and **Guide Book** including **First Aid, Home Alone Safety & Stranger Safety.**