

# Archbishop O'Sullivan Catholic School

## December 2019 Newsletter

*I by my works, will show you my faith.*

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

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

**School Theme: Our Learning Journey**

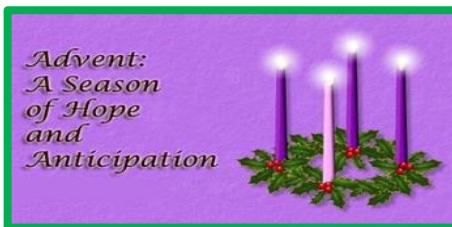


“Take time to be aware that in the very midst of our busy preparations for the celebration of Christ’s birth in ancient Bethlehem, Christ is reborn in the Bethlehems of our homes and daily lives. Take time, slow down, be still, be awake to the Divine Mystery that looks so common and so ordinary yet is wondrously present.” Edward Haves. *A Pilarim’s Almanac*



### Advent Prayer for Hope

Lord Jesus Christ, who is, who was, and who is to come, we pray for the virtue of hope, that amidst the trials and difficulties of this world, we may keep our hearts fixed upon you, who reigns over the cosmos. May your grace enliven us, strengthen us, and defend us, as we await your coming in glory.  
Amen *David Bennett*



Father Amato will celebrate our Advent Family Mass on **Thursday, December 5<sup>th</sup> at St. Paul the Apostle Parish**. It will begin with an **Advent Service at 6:45pm** followed by Mass at 7:00pm. This is a wonderful opportunity for school, home and parish to come together during this Advent season. Thank you for returning the Advent Response form. Student responsibilities have been assigned and a note confirming his/her role(s) was sent home. Thank you to our Catholic School Council who will be hosting a family social following the Mass.



Our school community **Jingle Bell Walk** is on Friday, **December 6<sup>th</sup>** following our last recess at 2:45pm. **Each child is asked to bring in a non-perishable food item in exchange for a “bell”**. Please come join us for our walk!



### A Caring Family Member I Care:

I love God, myself, and my family.  
I care about and respect my larger family at school, at church, in the community, and the world.  
I care about and respect God’s creation and everything in it.  
Because I care, I pray for all my families, and I will live my life like Jesus.



**Food Sharing Project Gift Cards** are available in any denomination and can be easily slipped inside a seasonal greeting card. Your gift, given in someone’s name, will help feed children in schools throughout school boards in KFL&A. A charitable tax receipt is available for purchases of \$10 or more.  
Please contact Brenda Moore [brekmoore@gmail.com](mailto:brekmoore@gmail.com) or Andy Mills [fsp@kingston.net](mailto:fsp@kingston.net) to purchase Gift Cards.



## CANCELLED & LATE BUSES



In the event of bus cancellations, students who normally walk to school should inform us if they will be absent. Parents of bussed students do not have to call in the event of bus cancellations. 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 your child's bus number on the Tri-Board web site [www.tri-board.on.ca](http://www.tri-board.on.ca).



### Old Fashioned Christmas Gathering Tuesday, December 10<sup>th</sup> AOS Gymnasium 6:30 – 7:30

Join Archbishop O'Sullivan for an evening session of Christmas crafts and festive fun as we make recycled ornaments, rustic decorations and Christmas cards. Drop in between 6:30 – 7:30 pm. and share in the holiday cheer over treats of hot chocolate and music. Please return RSVP to ensure we have arranged enough supplies. If you have any tin cans and/or plastic apple sauce containers, please send these items to school. Thank you to Mrs. Churchill-Anderson, Mrs. Hicks and Mrs. Cross for all your work in planning this much anticipated evening.

Our ALCDSB uses **FreshGrade** as a tool to help students in Kindergarten to Grade 6 document their learning and experiences - photos, videos, comments, and other educational artifacts - in a portfolio called "All About Me". This digital portfolio using FreshGrade is part of the Ministry of Education's career/life planning program.



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](mailto:flhpabos@alcdsb.on.ca)  
Web site: [www.alcdsb.on.ca/school/abos](http://www.alcdsb.on.ca/school/abos)  
Follow us on Twitter: [@alcdsb\\_abos](https://twitter.com/alcdsb_abos)  
**Sign-up on our School Web site and have our Monthly Newsletter arrive directly in your email in-box.**



Congratulations to all our volleyball teams. A special thank you to our coaches: Mr. Gaudet, Mrs. Hodgson, Mrs. Oriecuia and Mr. Zaffino.



**AOS Catholic School Council:** Our next meeting is scheduled for **January 15<sup>th</sup>, 2020 at 6:30** in our Learning Commons. All are welcome! A special thank you to our School Council who will be hosting our Family Social following our Advent Mass. Thank you, to Mrs. Evangelista-Lyons, Mrs. Murphy and a huge shout-out to the school team who supported the Fresh From The Farm distribution .

Cupcakes .50



### School Council is having a Christmas Cupcake Sale Thursday, December 5<sup>th</sup>, 2019

We are looking for cupcake chefs to donate their peanut-free baking talents. This is a one day sale with left over cupcakes going to the social, hosted by AOS School Council, immediately following the Advent Mass on Thursday, December 5<sup>th</sup>. Please drop off your cupcakes at the school on the afternoon of Wednesday, December 4<sup>th</sup> or the morning of Thursday, December 5<sup>th</sup>.

**Please don't forget to label the TOP and BOTTOM of your cupcake container.**

**Popcorn Fridays** Papa Jack's popcorn in various flavours will be sold at lunch on Fridays for \$1.00 a bag.



### Dispensing of Medication at School

We recognize that from time to time, your child may require medication to be dispensed at school. Please note that the school requires to be informed of any medication coming to school with your child. All medication is to be in the original container and to be stored at the office. There is a Parent/Guardian form and a Physician statement to be signed prior to any medication being dispensed.





**“Strive For Five” ~ Every School Day Counts ~**

The “Strive For 5” campaign encourages students to attend school 5 days a week and to miss no more than 5 days a school year. 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.



**ECO School News ~ Wishing everyone a “Green Christmas”**

**Green Christmas Eco-Tips**

- Plastic from all toy packaging is now recyclable
- Buy eco-friendly gifts
- Host a book, clothes or toy swap party
- Homemade gifts and decorations use less and mean more
- Re-use bows, ribbons save cards to make gift tags, use gift bags
- LED lights can save up to 90% energy
- Recycle Christmas trees

**“Tis’ the Season to be Sustainable”**



*St. Paul the Apostle News*

**Christmas Masses**

Tuesday, December 24 at 4:30 PM  
 (Upstairs & Downstairs @ 4:30 only)  
 Tuesday, December 24th at 7:00 PM  
 Tuesday, December 24th at 10:00 PM  
 Wednesday, December 25th at 10 AM

**New Year Masses**

Tuesday, December 31- 5:00 PM  
 Wednesday, January 01- 11:00 AM  
**December EDGE schedule**, the Youth Ministry program for Grades 5-7 at St. Paul the Apostle Parish.

TUESDAY 03	LIFE NIGHT & DINNER	6:30 - 8:30PM
WEDNESDAY 04	ADVENT FAM JAM!	5 - 6:45PM
TUESDAY 10	LIFE TEEN ADVENT/CHRISTMAS PARTY!	6:30 - 8:30PM
WEDNESDAY 11	EDGE ADVENT/CHRISTMAS PARTY!	7 - 8:30PM

DECEMBER

For more info and to sign-up, visit:  
[stpaulkingston.com/familyandyouth](http://stpaulkingston.com/familyandyouth)

Questions?  
[familyandyouth@stpaulkingston.com](mailto:familyandyouth@stpaulkingston.com)

Grades 5 - 7      Grades 8 - 12      Family events All are welcome!

## How can I help my child with **MATH**?

Count your steps as you take a walk. Count by 1's, 2's, 5's, and 10's.

Give your child story problems to try and solve. Have your child explain how to solve the problem.

Let your child help you cook. Cooking involves a lot of counting and measuring.

Help your child learn math vocabulary.

Give your child coins to practice counting money.

Have children point out patterns they find.

Show your child that math is in our everyday lives.

fun-in-first.blogspot.com

## Make Bedrooms Screen Free

Too little sleep can lower problem-solving skills and has been linked to higher rates of depression.

Tips for a restful night's sleep, screen free:

- Avoid screens for at least 1 hour before bedtime.
- Keep your bedroom for sleeping only.

kflaph.ca

2019-04-11

**KFL&A**  
Public Health



# Play to self-regulate!



Play is necessary for children to learn to self-regulate.  
 Play helps children focus, consider other's perspectives and think more deeply.  
 Play helps boost both communication and connection to others.

**Self-regulation** is the ability to manage your own energy states, emotions, behaviours and attention, in ways that are socially acceptable and help achieve positive goals (learning etc.)

**Self-regulation** is important for relationships, learning, development and well-being. *You can help by:*

- Figuring out what causes your child to be stressed
- Noticing what helps your child stay calm and alert
- Encouraging your child to be physically active
- Providing lots of outdoor play in nature
- Talking to your child about what he/she is thinking and feeling
- Reading stories featuring characters expressing emotions in healthy ways

Provided by: *Ontario Early Years Literacy Specialists*



Our student representatives lay flags as part of the annual "Day of Remembrance" service held at the Cataraqi Cemetery.



Students in Grades 5-8 who volunteered to take on a leadership role as Peer Helpers received PALS training and are now taking on a peer mentor role on our primary yard. Thank you, Mrs. Cross for organizing with our KFL&A partners.



## Supporting Healthy Schools

# Hand Hygiene

The first line of defense!

As the cold and flu season draws nearer, remember that hand hygiene is the single most important way to control the spread of infection. Teach your child how to clean their hands properly and re-enforce the message often.

### Clean your hands before:

- preparing or eating food, or
- visiting someone who is sick.

### Soap or Sanitizer?

If hands look dirty, use soap and water. If they don't, use an alcohol-based hand rub.

### Clean your hands after:

- using the bathroom,
- coughing, sneezing, wiping or blowing your nose,
- handling foods,
- handling garbage,
- outdoor activities, or
- playing with pets.

For more information, visit [www.kflaph.ca](http://www.kflaph.ca)

## ★ Tips

### How to wash your hands:

<p>1 Wet hands Mouiller les mains</p>	<p>2 Soap Faire mousser le savon</p>
<p>3 Lather (minimum 15 seconds) Faire mousser (minimum de 15 secondes)</p>	<p>4 Rinse Rincer</p>
<p>5 Towel dry Sécher les mains avec une serviette</p>	<p>6 Turn taps off with towel Fermer le robinet avec la serviette</p>

## Save Cash, Use Your ActivPass

Swim

Gym

Skate

Free activities for Grade 5 students.  
[KingstonGetsActive.ca](http://KingstonGetsActive.ca)

kflaph.ca

