



Archbishop O'Sullivan Catholic School February 2020 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

Learn

Reflect

Change

Grow

**"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



Our next Council meeting is **Wednesday, February 19th 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 Play! Gaming and Entertainment. Please see our Council Chair letter in this newsletter.



Grade 8 Parent Information Evening

Wednesday, February 12th, 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 19th at 10:45 am. Ashes will be distributed on Wednesday, Feb. 26th at a school Prayer Service.

Shrove Tuesday

Pancakes will be served to students the morning of
Tues. February 25th.



Basketball Update: The students are currently practising for the upcoming basketball tournaments. Thank you to the following coaches: Mrs. Melim, Mr. Hodgson, Mr. Gaudet and Mr. Mignault.

Tournament dates:

Feb. 25th – Junior Boys (Coach: Mr. Gaudet, Location: McArthur College)

Feb. 28th – Junior Girls (Coach: Mrs. Melim, Location: McArthur College)

March 4th -Senior Boys Coach: Mr. Mignault (Regi)

March 1st -Senior Girls Coach: Mrs. Hodgson (Regi)

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. 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 **original documentation** with you:

- Birth Certificate
- Baptismal Certificate
- Taxation Information
- Proof of Residency (eg. current utility bill, property tax bill, phone bill, agreement of purchase)
- Immunization record
- Relevant custody documents
- Relevant medical documents

For more information and to access to the online registration process:

<http://www.alcdsb.on.ca> or

[http://www.alcdsb.on.ca/school/abos/Pages/default.aspx#/=](http://www.alcdsb.on.ca/school/abos/Pages/default.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



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.



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.



Reading is Fun Club News

The Reading is Fun Club is doing well with over twenty-five 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 proudly located by the Learning Commons. Mrs. Cartledge looks forward to meeting with students once a week 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. 20th 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 will be 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



ECO Club Update:

National Sweater Day is February 9th. As a school community we will celebrate this day by wearing our favourite sweater on **Friday, February 7th**. The heat will be turned down 2 to help save energy. Wear your "wacky woollies". Stay warm while we help keep the planet cool!



National Sweater Day

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

Report Cards will be sent home on Wednesday, February 19th, 2020

Family Day: Monday, February 17th, 2020

March Break: March 16th-20th, 2020



Congratulations Stella on winning second place with the Royal Canadian Legion poster contest. A proud moment! @aosscholarship





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 13th, and will have a Valentine's Day theme. Peanut-free donations can be dropped off Wednesday, February 12th before 4pm or the morning of the 13th before 9am in the office. Tickets will be on sale for 25 cents each in your child's classroom starting Wednesday, February 5th 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.

Enjoying our #lollarink2020 Mr. Lollar has been keeping the tradition of a schoolyard rink alive for 20+ years @alcdsb_abos #aossstewardship



Thank you Mr. Lollar for all that you do to have us on the ice! The "Lollar" rink is truly a gift!

Beautiful morning skating on the "Lollar" Rink.



SKATING FUN!! Gr. 2/3 skating outdoors on our very own school rink, the LOLLAR RINK! Thank you, Mr. Lollar, for your dedication in creating our skating rink every year. It is an AOS winter tradition! 😊 @alcdsb_abos @alcdsb #aosscholarship



Play!

GAMING & ENTERTAINMENT

Support our School Council fundraiser with Play! Gaming and Entertainment

AOS is fortunate to be one of the organizations who benefit from Bingo Fundraising through Play! Gaming & Entertainment. We would lose this funding without the volunteers who spend a couple of hours each month to work a bingo.



Bingo Fundraising supports:

- Portion of cost of Agendas
- Two fully subsidized Bus transportation trips per class
- Classroom enhancements (spin stools/z chairs) and teacher spending allotment for extra art supplies, special craft projects, etc.
- Lollar Rink support
- New technology (laptops/chromebooks/iPads, etc.)
- Reading is Fun Program reward certificates
- Advent Mass, Literacy Week
- End of year BBQ and more

All AOS students benefit from these Catholic School Council sponsored items, and we are asking you to please consider giving up two hours once every few months to raise funds through our Bingo Fundraising Program. It's easy to become qualified as a Bingo Volunteer and the funds go towards your child and the school.

We are grateful that we have Paul Chaves as our Bingo Coordinator, along with his team of dedicated volunteers. If it were not for them, AOS would not be able to provide subsidies for trips, materials, technology etc.

Changes in our school community will happen as children graduate and families move on, we are asking for new volunteers so that we can keep this Fundraising opportunity going at AOS. Please contact the school if you are able to help, and we will forward your information to our Bingo Coordinator.

Joanne Lyons
AOS Catholic School Council Chair

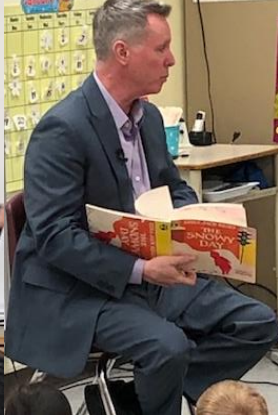


Need your High School Diploma? Looking to get into College?

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 to celebrate Family Literacy Day!

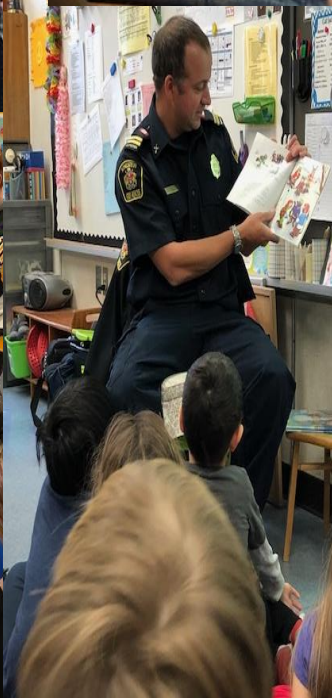
"The more you **read**
the more **things** you know.
The more that you **learn**
the more **places** you'll go."
-Dr. Seuss



LITERACY DAY with the FRONTENACS!! Gr 2/3 AOS students enjoyed a visit from Kingston Frontenac Players Christian and Nick. Great Stories. "It was fun!" "I never met a hockey player before!" @alcdsb_abos @alcdsb #aosscholarship @KingstonFronts



Thank you Chief Antje McNeely @KingstonPolice for coming to our class today to read us a story with a very important message about bullying. @alcdsb_abos @alcdsb #FamilyLiteracyDay



Attendance in the early grades

Many of our youngest students miss 10 percent of the school year—about 18 days a year or just two days every month. Chronic absenteeism in kindergarten, and even preK, can predict lower test scores, poor attendance and retention in later grades, especially if the problem persists for more than a year. Do you know how many young children are chronically absent in your school or community?



Who is affected

Kindergarten and 1st grade classes often have absenteeism rates as high as those in high school. Many of these absences are excused, but they still add up to lost time in the classroom.

1 in 10 kids

in kindergarten and 1st grade are chronically absent.
In some schools, it's as high as 1 in 4.¹



2 in 10
low-income kids

miss too much
school. They're also
more likely to suffer
academically.¹



2.5 in 10
homeless kids

are chronically
absent.²



4 in 10
transient kids

miss too much
school when
families move.²



Why it matters

If children don't show up for school regularly, they miss out on fundamental reading and math skills and the chance to build a habit of good attendance that will carry them into college and careers.

Preliminary data from a California study found that children who were chronically absent in kindergarten and 1st grade were far less likely to read proficiently at the end of 3rd grade.

Who Can Read on Grade Level After 3rd Grade?³



64%

of kids with good attendance in K and 1st
(missed 9 or fewer days both years)



43%

of kids with at risk attendance
(missed more than 9 days both years)



41%

of kids chronically absent in K or 1st
(missed 18 or more days one year)



27%

of kids chronically absent in K and 1st
(missed 18 or more days both years)

What families can do



Find out what day school starts and make sure your child has the required shots.



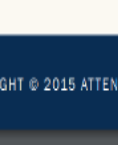
Build regular routines for bed time and the morning.



Talk about the importance of regular attendance and about how your child feels about school.



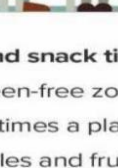
Avoid medical appointments and extended trips when school is in session.



Keep a chart recording your child's attendance at home. At the end of the week, talk with your child about what you see.



Develop back up plans for getting to school if something comes up. Ask a family member, neighbor or another parent for help.



Seek support from school staff or community groups to help with transportation, health problems, or no safe path to school.

¹ Chang, Hedy; Romero, Marielisa. Present, Engaged and Accounted For: The Critical Importance of Addressing Chronic Absence in the Early Grades. National Center for Children in Poverty. NY: NY, September 2008.

² Chronic Absence in Utah. Utah Education Policy Center at the University of Utah, 2012.

³ Attendance in Early Elementary Grades: Association with Student Characteristics, School Readiness and Third Grade Outcomes. Applied Survey Research. May 2011.

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.



January 29, 2020

Dear Parents and Guardians,

As you may be aware, a new illness called novel coronavirus (2019-nCoV) has been spreading in areas of southeast Asia, originating in Wuhan (Hubei province), China.

At this time returning travelers from affected areas are advised to continue regular activities but monitor for signs and symptoms of respiratory illness. If symptoms develop, ill persons are advised to self-isolate and contact their healthcare provider.

The 2019-nCoV has been identified at the same time that influenza ("the flu") and other respiratory illnesses are circulating in our community. The precautions to protect yourself against these respiratory illnesses can also be used to help protect against coronaviruses, including 2019-nCoV.

Kingston Frontenac Lennox & Addington (KFL&A) Public Health and Hastings Prince Edward (HPE) Public Health recommend members of the public take the following usual precautions to reduce the risk of transmission of the flu and respiratory illnesses;

- Clean your hands often with soap and water or use hand sanitizer.
- Cough and sneeze into the bend of your arm, not into your hand.
- Avoid touching your nose, mouth or eyes with your hands.
- Clean objects and surfaces that a lot of people touch, such as doorknobs, phones, and television remotes.
- Get your influenza vaccine.
- Stay home when you are sick and avoid contact with other people until your symptoms are gone. Notify the school of your child's absence

KFL&A Public Health and HPE Public Health are closely monitoring the situation and actively working with our local, provincial and federal partners to ensure the continued safety and well-being of the public.

This is a constantly evolving situation and there is a dedicated Ministry of Health website (www.Ontario.ca/coronavirus) where parents/guardians can find the most up-to-date information.

Please consult the local public health unit with any questions.

KFL&A	613-549-1232	https://www.kflaph.ca/en/index.aspx
HPE	613-966-5500	https://hpepublichealth.ca/



HASTINGS PRINCE EDWARD
Public Health



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