



ST. MARTHA

Catholic School *Newsletter*



Principal: Karen Moran

Vice-Principal: Dianne LaFortune

January 2018 Newsletter

Family Prayer for Daily Grace

Dear Lord Jesus, we thank you for our family and friends and the opportunity of joining together in this time of family prayer as we lift up our voices in joyful praise and thanksgiving for all your goodness and grace to us. Thank you for the opportunity to come before you as a family to offer up our intercessions and prayers.

Thank you for providing for our daily needs and the necessities of life and for the many blessing that you shower over us with abundance. Thank you for our daily food, our home, our health and the love that we share together, and most of all we thank you for your son, Jesus, who was born to us at Christmas.

Forgive us for the times when we have neglected to keep Jesus as the centre in our lives and for the times when we have not shown the love of Jesus to one another.

Help us at home and in the wider world to be good and faithful witnesses to the good news of the gospel of grace and may we individually and as a family reflect the love of Jesus in our lives to your greater glory. This we ask in Jesus name.

Amen

Welcome Back!

It is a pleasure to welcome back all students, families and staff to St. Martha Catholic School from cooler weather that remained throughout the holidays! We hope that all families were warmed with the company of family and friends, and relaxed from many of the routines that shape our lives. Thank you to the St. Martha Catholic School community who generously supported the St. Martha Christmas Market sponsored by our ECO Savers and Social Justice Committee during the 2017 Advent Season, bringing hope and goodwill with a donation of \$500.00 to Kingston's Almost Home, an organization whose



mission is to provide a place of comfort and respite for families whose children are receiving medical treatment in Kingston area hospitals. Thank you to Ms. Clayton and Mrs. Rowe-Ovens for their work to co-ordinate the sale and to all students and staff who volunteered and participated. Thank you to Mme Fil for leading the recyclable art craft activity as well! In addition, donations of food were gratefully accepted by St. Vincent de Paul from the Jingle Bell Walk. Also, thank you to all families

who came out to our Advent Evening Family Mass on December 14th and to our Primary Christmas Concert. Staff and students also very much enjoyed attending weekday Masses at Holy Name Church with Fr. Wes before Christmas. A special thank you is extended to all staff for preparing students for these special occasions during the Advent Season. Once again thank you to St. Martha families for their generosity to others during Advent and for living out the Algonquin and Lakeshore Catholic District School Board's theme, "I by my works, will show you my Faith" (James 2: 18). May God bless you with peace, health and happiness throughout 2018! Happy New Year!

January Mass

Our monthly Mass for January is scheduled to take place on **Friday, January 19th, 2018 at 9:15 a.m. in the Gym.** All are welcome to attend.



Grade 2 and Grade 8 Sacrament Meeting

If your child will be receiving the Sacraments of Reconciliation and First Communion (Grade 2) or the Sacrament of Confirmation (Grade 8) at Holy Name Catholic Church, Parents/Guardians are requested to attend a meeting at St. Martha Catholic School on **Tuesday, January 30th, 2018 at 6:00 p.m.** The meeting will be facilitated by Father Wes of Holy Name Catholic Church. If you are unable to attend, please contact the Church Office at 613-546-0418.

School Council Meeting

St. Martha Catholic School Council will meet on **Tuesday, January 23rd, 2018 at 6:30 p.m. in the Learning Commons.** All Parents/Guardians are welcome to attend. We wish to thank Stephanie Van Der Pryt and School Council for co-ordinating a successful Family Movie Night on December 7th. In addition, thank you to Rosalynn St. Germain and School Council for the provision of refreshments after our Advent Mass on December 14th. Thank you to St. Martha School Council for their ongoing support of students at St. Martha!

Go Frontenacs!



Calling all hockey fans! All St. Martha families are invited to come out and cheer on their favorite OHL Team, the Kingston Frontenacs at the K-Rock Centre when they take on the Oshawa Generals on Friday, January 26th. Game time is 7:00 p.m., featuring St. Martha Catholic School Choir singing O Canada to start the game! St. Martha group tickets are on sale now (\$15.00 each). Please see attached order form on Jan. calendar sent home Jan. 9th. Tickets are also available online. Tickets will be sent home with students on January 24th. This promises to be a good night of St. Martha spirit and community building. Don't forget to wear your St. Martha apparel!

Royal Canadian Legion Remembrance Day Poster and Literary Contest Winners

Congratulations to the following students who were announced as recent winners of the Royal Canadian Legion Remembrance

Day Poster and Literary Contest which took place across Royal Canadian Legion Branch 560 in November in the following categories:

Grade 4-6 Color Poster:

- 1st Place Jasmine Watts
- 2nd Place Tanner Hawkins
- 3rd Place Gavin Hope

Grade 4-6 Black and White

Poster:

- 1st Place Cole Weidhaas
- 2nd Place Ailsa McLeod

Grade 4-6 Poem

- 3rd Place Jillian Mitchell

Grade 4-6 Essay

- 1st Place Jack Raycraft
- 2nd Place (tie) Lena Ryan and Jillian Mitchell
- 3rd Place Andrew Dowling



Grade 7-9 Color Poster

- 3rd Place Zoey Hamilton

Grade 7-9 Black and White Poster

- 1st Place Chayse Davey

Grade 7-9 Essay

1st Place Kayla Mitchell
Students and their parents were invited to attend a presentation ceremony at the Legion. Again, congratulations to the students for representing St. Martha so well in this community event!

Knights of Columbus Free Throw

Basketball Competition

Members of our local Knights of Columbus will be on hand to facilitate the annual Free Throw Basketball Competition for students ages 9-14 on Thursday, January 18th in the Gym. Please look for the Permission Form to come home to register your child for the voluntary competition in the gym during school hours. Thank you to the Knights for running a fun event for our students on January 18th!

Local Artist presents to Primary Students

Mr. Ryan Wade, a member of our parent community, is a local artist and illustrator of a children's book called *Sing Me to Sleep Mother Sheep*. The book is suitable for

students in Kindergarten to Grade 3. Mr. Wade will be on hand to present the book he illustrated and demonstrate how he is inspired to draw pictures to illustrate a text. Mr. Wade will be presenting to students as per the schedule below. Parents are welcome to join class presentations in the Learning Commons on Thursday, January 25th in recognition of Family Literacy Week:

- 8:45 Kindergarten Classes
- 9:15 Grade 1-2 Classes
- 9:45 Grade 2-3 and Grade 3-4 Classes.

Thank you to Mr. Wade for spending the morning with us! *Sing Me to Sleep Mother Sheep* is available to purchase at \$10.00 a copy. Proceeds from the sale of Mr. Wade's book are generously being donated to St. Martha School Council.

Grade 8 Parent Information Night at Regi

Regiopolis Notre-Dame Grade 8 Parent Information Night will be held on Thursday, February 22nd. Presentations will include academic, extra-curricular and enrolment information. The presentation will take place beginning at 6:30 p.m. in the school cafeteria followed by an Open House of classrooms and displays. All families are welcome to attend!

Regiopolis – Notre Dame Catholic High School offers the International Baccalaureate (IB) Program. The program gives students the opportunity to graduate from high school with both the Ontario Secondary School Diploma and the IB Diploma. The IB program is intended for highly motivated, university bound students. It is an appropriate pathway for students who seek opportunities to extend their learning through an enriched and challenging academic program. More information about IB is available at the following websites: <http://www.ibo.org/> and on the RND school website under the Programs/International Baccalaureate tabs. Grade 8 students and their parents/guardians are invited to the information session about



the IB Program on Grade 8 Night, February 22nd, at 7 pm in the Upper Room.

February 2nd PA Day

Please note that Friday, February 2nd, 2018 is a Professional Activity Day. Staff will be working on tasks related to assessment and evaluation. As such, there are no classes for students.

Learning during the Winter Term

The winter months provide an excellent opportunity to work at and refine skills related to language development. When children enjoy reading, they read a lot. And in reading a lot, they become good readers. Children read to understand things and to learn more about themselves as learners and the world. Or maybe they are motivated to read up on that video game they're stuck on. At that moment, a whole new world opens up for your child. When reading with your child, choose all kinds of books and reading material. Here are some suggestions for choosing material to read. Choose:

- All kinds of non-fiction- perhaps early reader books about Canada or other places in the world, wild animals or dinosaurs
- Books or articles that contain positive or powerful ideas about the world
- All kinds of fiction- action, fantasy, science fiction, funny stories
- Stories about how they see themselves: adventurer, hero, princess, animal lover, detective, caregiver and more
- Newspapers, magazines, e-subscriptions
- Comic books and graphic novels, cartoons, jokes, baseball cards, game scores



- Song lyrics or scripts that appeal to their musical and artistic tastes

Whatever you and your child choose to read, make reading relevant. Help your child understand that most stories express a particular point of view or perspective. Check for respect and social cultural fairness in the story. Are characters in the story represented fairly? You can talk about why the author might have written the story, especially if the story conveys a social message. You may also explore different opinions about things going on in the world by looking at letters to the editor, editorials and columns in the newspaper (*Reading and Writing with Your Child, Kindergarten to Grade 6; A Parent Guide; Ontario Ministry of Education*).

Focus on Math

At school, we continue to work with your child to help them to understand numbers. Here's how you can help!

Research tells us that in mathematics, higher achieving students have a stronger flexibility and understanding of the relationships between numbers. In classrooms, educators are working with students to build skills with understanding and connections, to help develop their sense of number as well as learning and remembering facts. This helps them when problem-solving. When working with your child(ren) at home, consider the following strategies:

Think about knowing $4 + 7 = 11$ simply as a memorized fact.

Now think about knowing that $4 + 7 = 11$ because it is a $3 + 7$ and 1 more (linked to knowing that 10 is an important number).

The understanding of this relationship can help a student to think flexibly about $64 + 27$.

In the same way, it can be thought about

as $60 + 20 +$ the 10 (that was made by the understanding of $4+7$) and 1 more = 91

As a parent, you can support your child in thinking flexibly about how numbers are related:

- What other numbers or facts is this connected to? Example: $6 + 7 = ?$ This is like the double I know of $6 + 6$ and then 1 more.
- What do you know that might help you get there? Example: $7 \times 4 = ?$ I remember that $5 \times 4 = 20$, so then I have to add on two more 4's, which is 8, to get 28.
- What is another way that you can know that? Example: $4 \times 25 = ?$ I can think about money and know that 4 quarters is \$1.00, so $4 \times 25 = 100$

Doing Mathematics with Your Child (Kindergarten to Grade 6)

- Today, critical thinking, problem solving, reasoning ability and ability to communicate mathematically are essential skills. These processes are the foundation of mathematics instruction in Ontario schools. "*Doing Mathematics with Your Child*" is a guide available for parents of students in Kindergarten to Grade 6. This guide offers ways to engage their child in thinking and talking about mathematics around the

four strands: number sense and numeration, measurement, patterning and algebra, and data management and probability.

Please use the link below to access the guide in English and 13 other languages:

<http://www.edu.gov.on.ca/eng/literacynumeracy/parentGuideNum.html>

Lost and Found Articles

Students are reminded to keep our school neat and tidy by placing shoes and other belongings on the shelf above their coat hook, on the bench below their coat hook or on their chair in the classroom at the end of every day. Our caretakers need to be able to sweep hallways and clean the school



thoroughly each day after school. Shoes and other articles of clothing that are found on the floor in the hallways will be collected and brought to the Lost and Found area. If your child is missing an item, you may collect belongings from the Lost and Found. Simply picking up items from the floor and organizing belongings neatly is a life skill that, when practiced, can prevent time and effort searching. Thank you to parents for reminding children of the importance of taking care of personal belongings at school.

Bus Lane in Front of the School

Please note that the drive way in front of the school is solely for the use of buses serving St. Martha Catholic School during morning drop off and afternoon pick up. As many of our buses are responsible for a double run, our buses



need access to the bus lane in front of the school between 8:00-8:40 a.m. and 2:15-3:00 p.m. each day. As a result, and for safety reasons, no vehicles except for buses should be accessing the bus lane for drop off and pick up during these times. In addition, no students should be walking between buses to cross the street to waiting vehicles parked across from the school. Thank you for your attention to this student safety message.

Student Safety in the Parking Lot

In order to ensure student safety and to eliminate congestion in the back parking lot at drop off and pick up times, we are **requesting that vehicles not stop or park in and around the traffic islands in the parking lot.** The current design of the back parking lot is not intended for quick drop off and pick up of children. Rather, vehicles should be moving around the circular traffic islands for a continuous flow of traffic, not blocking other drivers and always being mindful that young children are making their way to and from school. Please watch for and respect the No Stopping/No Parking signs on the traffic islands. It is essential that all drivers are respectful of others in their use of our back parking lot so that children and their families can arrive and leave the school safely. Parents are welcome to park in designated parking spaces within the parking lots or on side streets that are close to the school. Safety is everyone's responsibility. Thank you for your careful attention to this traffic note.

Do you or someone you know want to get their High School Diploma in the New Year?

Loyola School of Adult and Continuing Education in Kingston can help! We will work with you to create an education plan that meets your needs, therefore you may be able to get your high school diploma in as little as 24 weeks. Loyola also offers a Personal Support Worker Program, pre-PSW training, ESL classes and academic

upgrading for those planning to go to College. For more information call us at 613-544-3361 or visit our website at www.learningatloyola.ca.



Building Resilience

As we head back into another term of learning and adapting to day to day life at school, the following tips from the American Psychological Association remind us of ways to help our children develop resiliency and well-being well into adulthood.

Make connections

Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to make friends. Build a strong family network to support your child through his or her inevitable disappointments and hurts. At school, watch to make sure that one child is not being isolated. Connecting with people provides social support and strengthens resilience.

Help your child by having him or her help others

Children who may feel helpless can be empowered by helping others. Engage your child in age-appropriate volunteer work, or ask for assistance yourself with some task that he or she can master. At school, brainstorm with children about ways they can help others.

Maintain a daily routine

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child to develop his or her own routines.

Take a break

While it is important to stick to routines, endlessly worrying can be counter-productive. Teach your child how to focus on something besides what's worrying him. Be aware of what your child is exposed to that can be troubling, whether it be news, the Internet or overheard conversations, and make sure your child takes a break from those things if they trouble him/her. At school staff can build in unstructured time during the school day to allow children to be creative.

Teach your child self-care

Make yourself a good example, and teach your child the importance of making time to eat properly, exercise and rest. Make sure your child has time to have fun, and make sure that your child hasn't scheduled every moment of his or her life with no "down time" to relax. Caring for oneself and even having fun will help your child stay balanced and better deal with stressful times.

Move toward your goals

Teach your child to set reasonable goals and then to move toward them one step

at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child on what he or she has accomplished rather than on what hasn't been accomplished, and can help build the resilience to move forward in the face of challenges. At school, break down large assignments into small, achievable goals for younger children, and for older children, acknowledge accomplishments on the way to larger goals.

**Nurture a positive self-view**

Help your child remember ways that he or she has successfully handled hardships in the past and then help him/her understand that these past challenges help him/her build the strength to handle future challenges. Help your child learn to trust themselves to solve problems and make appropriate decisions. Teach your child to see the humor in life, and the ability to laugh at one's self. At school, help children see how their individual accomplishments contribute to the wellbeing of the class as a whole.

Keep things in perspective and maintain a hopeful outlook

Even when your child is facing very painful events, help him look at the situation in a broader context and keep a long-term perspective. Although your child may be too young to consider a long-term look on his own, help him or her see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook enables your child to see the good things in life and keep going even in the hardest times. In school, use history to show that life moves on after bad events.

Look for opportunities for self-discovery

Tough times are often the times when children learn the most about themselves. Help your child take a look at how whatever they are facing can teach them "what they are made of." At school, consider leading discussions of what each student has learned after facing down a tough situation.

Accept that change is part of living

Change often can be scary for children and teens. Help your child see that change is part of life and new goals can replace goals that have become

unattainable. In school, point out how students have changed as they moved up in grade levels and discuss how that change has had an impact on the students.



These tips have been taken from the American Psychological Association's Resilience Guide for Parents and Teachers available at <http://www.apa.org/print-this.aspx> .

The Early Learning Kindergarten Program

It is not too early to begin to think about registering your child for Kindergarten in September 2018! We are now accepting Kindergarten registrations. Your child is eligible to enroll in the Early Learning Kindergarten program if he or she will be 4 years of age by December 31st, 2018. You can access registration forms by coming into the Office (for a full registration package) or online through the Algonquin and Lakeshore Catholic District School Board's website



(the school will provide you with additional forms not included on line).

Included below is a brief description of the program taken from The Kindergarten Program, 2016 located at www.edu.gov.on.ca .

Vision, Purpose and Goals

The Kindergarten program is a child-centered, developmentally appropriate, integrated program of learning for four- and five-year-old children. The purpose of the program is to establish a strong foundation for learning in the early years, and to do so in a safe and caring, play-based environment that promotes the physical, social, emotional, and cognitive development of all children. The primary goals of the Kindergarten program are:

- to establish a strong foundation for learning in the early years;

- to help children make a smooth transition from home, child care, or preschool settings to school settings;
- to allow children to reap the many proven benefits of learning through relationships, and through play and inquiry;
- to set children on a path of lifelong learning and nurture competencies that they will need to thrive in the world of today and tomorrow.

The Kindergarten program reflects the belief that four- and five-year-olds are capable and competent learners, full of potential and ready to take ownership of their learning. It approaches children as unique individuals who live and learn within families and communities. Based on these beliefs, and with knowledge gained from research and proven in practice, the Kindergarten program:

- supports the creation of a learning environment that allows all children to feel comfortable in applying their unique ways of thinking and learning;
- is built around expectations that are challenging but attainable;
- is flexible enough to respond to individual differences;
- provides every child with the kind of support he or she needs in order to develop:
- self-regulation;
- health, well-being, and a sense of security;
- emotional and social competence;
- curiosity, creativity, and confidence in learning;
- respect for diversity;
- supports engagement and ongoing dialogue with families about their children's learning and development

Milk Program

We are in search of volunteers who would like to distribute milk during the lunch hour. It only takes about 20 minutes, from 11:45 until the buckets are filled for the classes (pick one day!) If you are interested, please call the school. Thank you!

Why learn French?

"French is important because it is just another language like English except it has a different culture. It shows that we as people are different and the same."

-Michael, ALCDSB Grade 8 Student

Encourage your child to be a lifelong learner of French!

