

OUR LADY OF MOUNT CARMEL CATHOLIC SCHOOL *Newsletter*

Principal: Karen Moran

Vice-Principal: Sandra Fragoso

January 2019 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 your goodness and grace. 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 at 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 Our Lady of Mount Carmel Catholic School from the Christmas 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 our OLMC Catholic School community who generously supported the OLMC Angels Among Us project during the



Advent Season, bringing hope and goodwill with donations of food, clothing and toys to local families. Also, thank you to all families who came out to our Advent Evening Family Mass on December 18th and to our Kindergarten Christmas Concerts. Thank you to Father Shea for organizing school Confessions for our students 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 OLMC 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 2019! Happy New Year!



Staffing Update

As we begin a new term of learning, we say welcome to Ms. Jeanine Bell, who will be working in the Office as full time Secretary. In addition, we welcome Ms. Robin Bartlett as full time Youth Worker at OLMC. Further, please note that Mrs. Dillon is on leave and we welcome Miss Joyce, teaching Religion/Family Life and Media Literacy to some of our French Immersion classes.

January Mass

Our monthly Mass for January is scheduled to take place on **Friday, January 11th, 2019 at 9:30 a.m. at Blessed Sacrament Church.** All are welcome to attend.

Grade 2 and Grade 8 Sacrament Meeting

If your child will be receiving the Sacraments of First Reconciliation and First Communion (Grade 2) at Blessed Sacrament Catholic Church, Parents/Guardians are requested to attend a sacrament preparation meeting at Our Lady of Mount Carmel Catholic School on **Wednesday, January 16th, 2019 at 7:00 p.m. in the Gym.** The meeting will be facilitated by Father Shea. If you are unable to attend, please contact the Church Office at 613-389-2009.



School Council Meeting

OLMC Catholic School Council will meet on **Monday, January 14th, 2019 at 6:00 p.m. in the Learning Commons.**

All Parents/Guardians are welcome to attend. We wish to thank Jennifer Barry and School Council for providing hot chocolate to all students following our Jingle Bell Walk on December 7th! In addition, thank you to School Council for the provision of refreshments after our Advent Mass on December 18th. Thank you to OLMC School Council for their ongoing support of students at OLMC!



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. The youth choir is a wonderful opportunity to explore a rich tradition of music and learn about singing in a fun and supportive group setting!

Rehearsals at St. Mary's Parish Centre (corner of Brock and Clergy Streets) on Thursdays, 4:30 to 6:00pm, **beginning on January 17.**

Call or e-mail for details:

[Jeffrey Moellman](#), Director of Music at St. Mary's Cathedral
[Caroline Bourque Moellman](#), Choir Administrator
613.985.2224 or musicmoell@gmail.com

ALCDSB Positive School Climate Survey for Students in Grades 4 and 7

At Algonquin and Lakeshore Catholic District School Board we are committed to creating school communities that support the development of positive attributes in our students. We recognize that the assessment of emotional development, health, and well-being is necessary to support this endeavor. The MDI is a questionnaire that reports on 5 key areas: social and emotional development, connectedness, school experiences, physical health and well-being, and use of afterschool time. From this data, strengths and gaps, as identified by students, can be acknowledged and subsequently, the ways in which we promote well-being in our schools and communities can be customized.

Furthermore, we can better coordinate efforts in supporting areas that require improvement.

If you **do not** wish for your child to participate, please fill in and sign the informed passive consent letter and return it to your school no later than **January 28th, 2019**. We are very excited to use the MDI with our Grade 4 and 7 students. If you have any questions or concerns, please do not hesitate to be in touch with me or with our MDI Implementation Lead, Alexandra Weedmark at aweedmark@alcdsb.on.ca or 613-484-0881.



Grade 8 Parent Information Night at Regi for French Immersion Program

Regiopolis Notre-Dame Grade 8 Parent Information Night will be held on Wednesday, January 16th. 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 of French Immersion students are welcome to attend!

Regiopolis – Notre Dame Catholic High School also 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, January 16th at 5:30 p.m. in the Upper Room.

February 1st PA Day

Please note that Friday, February 1, 2019 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 Box. 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 supporting your children by reinforcing this essential skill at school.

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](http://www.apa.org/print-this.aspx) 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 2019! 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 31, 2019. You can access registration forms by coming into the Office or online through the Algonquin and Lakeshore Catholic District School Board's website.

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

FRENCH FACTS

DID YOU KNOW?

Ontario workers who speak French and English earn on average \$9632.00 more each year than unilingual Anglophones.

<http://bit.ly/2Sch2u8>

Encourage your child to be a lifelong learner of French!

Communication

As we head into winter, we look forward to another engaging term of learning as a community at OLMC! We encourage your continued communication with the school. As always, if you have any questions or concerns, please do not hesitate to contact the school to make an appointment to speak to our staff at 613-389-1122. Thank you!



