

# Archbishop O'Sullivan Catholic School

## December 2018 Newsletter

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

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

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 Hayes, *A Pilgrim’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*



Our school community **Jingle Bell Walk** is on Friday, December 7<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!



Father Amato will celebrate our Advent Family Mass on **Thursday, December 6<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. We extend our appreciation to Mr. Tymchuk, our School Council Parish Representative, who has arranged to have the Nativity Exhibition available to visit at this time.



### 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.





### **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.triboard.on.ca](http://www.triboard.on.ca).



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. Zaffnio, Mr. Farrell, Mr. Couto and Mr. Boudreau.



### ***AOS Catholic School Council***

Our next meeting is scheduled for January 16<sup>th</sup>, 2019 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.

### ***Old Fashioned Christmas Gathering***

***Wednesday, December 12<sup>th</sup>***

***6:30 – 7:30***

Join Archbishop O’Sullivan evening session of Christmas crafts and festive fun as we make recycled ornaments, rustic decoration 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.

Thank you to all involved for all your work in planning this evening.



*Cupcakes .50*



### ***School Council is having a Christmas Cupcake Sale Thursday, December 6<sup>th</sup>, 2018***

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 6<sup>th</sup>

Please drop off your cupcakes at the school on the afternoon of Wednesday, December 5<sup>th</sup> or the morning of Thursday, December 6<sup>th</sup>.

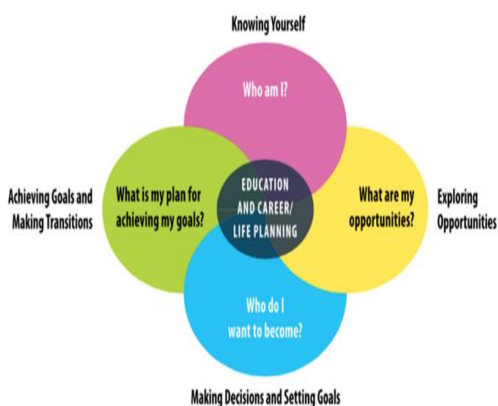
**Please don’t forget to label the TOP and BOTTOM of your cupcake container.**



### ***Popcorn Fridays***

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

Mrs. Proderick was a successful applicant of the Now You’re Cooking Program being sponsored by Epicure and the YMCA. Lessons dedicated to nutrition and physical activity. Can’t wait for our next visit!



Our ALCD SB is using *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







**Eco FunDrive**

Thank you Mrs. Millan and Mrs. Machado



**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"**

**Christmas and New Years mass  
St Paul the Apostle Church:**

Monday, December 24, 2018  
(Christmas Eve):  
4:30 pm (Christmas procession around the church of children dressed in costumes begins at 4:00 pm.)  
7:00 pm and 10:00 pm  
Tuesday, December 25, 2018  
(Christmas Day):  
10:00 am  
Monday, December 31, 2017 (New Year's Eve) Feast of Mary the Mother of God 5:00 pm  
Note: There will be no 7:00 pm Mass on Monday, December 31st.  
Tuesday, January 1, 2018 (New Year's Day) at 10:00 am.

**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."



"Every School Day Counts": A reminder to the importance of each school day. You're missed when you're not at school! With the support of Mrs. Cross our students are monitoring our attendance.

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



*St. Paul the Apostle News*



**EDGE**, the Youth Ministry program for Grades 5-7 at St. Paul the Apostle Parish, takes place on Wednesday evenings from 7-8:30pm in the parish hall! Come join us for awesome music, exciting games, prayer, and to meet some new friends! Each week, EDGE is attended by over 30 youth. Upcoming events: Fam Jam on Dec. 5th @ 5pm (come for dinner, then make a family Advent wreath!) and our EDGE Advent/Christmas Party on Dec. 12th @ 7pm. Visit [www.stpaulkingston.com/familyandyouth](http://www.stpaulkingston.com/familyandyouth) for more information, or contact Kevin at [youth@stpaulkingston.com](mailto:youth@stpaulkingston.com).



# 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*



## Food Sharing Project Gift

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 Tim Brown [fsp@kingston.net](mailto:fsp@kingston.net) to purchase Gift Cards.



# FUN FRENCH FACTS

## DID YOU KNOW?

Bilingual people have sharper cognitive skills and keep their brain alert and active even when only one language is used.

<http://bit.ly/2RhJY45>

*Encourage your child to be a lifelong learner of French!*



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.



Thank you Officer Bryan @KingstonPolice for teaching students in Grades 3 and 4 about online safety 🙌

