



974 Pembridge Cr., Kingston, ON K7P 1A3 Phone: 613-389-1891 Fax: 613-389-8409  
Algonquin and Lakeshore Catholic District School Board



## Archbishop O'Sullivan Catholic School January 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

School Theme: Our Learning Journey



### 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.

Our school community reflects on our Catholic Graduate Expectation ~ I Care. Advent is a time to pause and ask: Why are these words important and how do my actions and words reflect that I Care?  
[#aosdiscipleship](#)



**Congratulations to our Senior Girls' Volleyball Team who won the Championship. A special thank you to Mrs. Hodgson for coaching the team. ☺**



## HAPPY NEW YEAR

Prayer for a New Year  
Heavenly Father, in this New Year,  
we ask You to help us  
live deeply, with purpose;  
live freely, with detachment;  
live wisely, with humility;  
live justly, with compassion;  
live lovingly, with fidelity;  
live mindfully, with awareness;  
live gratefully, with generosity;  
live fully, with enthusiasm.  
Help us to hold this vision and  
to daily renew it in our hearts;  
and may we ever more  
become one with You. Amen.  
(Joyce Rupp, Out of the Ordinary)



Please come and join us for our school community Mass at St. Paul the Apostle Church on **Wed., Jan. 15<sup>th</sup> at 10:45 am.**



### St. Paul the Apostle Parish ~ News ~

**First Reconciliation:** Our Grade 2 students will be preparing to receive the Sacrament of Reconciliation on Feb. 20<sup>th</sup> at 5:30 pm at St. Paul the Apostle. The Sacrament of First Eucharist will be celebrated on Sat. May 2<sup>nd</sup> at 1:00 pm.

Thank you to Mr. Lollar, Mr. Matos, Noah Matos and Mr. Stewart for their time and energy spent on preparing the Lollar Rink for our school community. The students will be all smiles when they can lace up their skates. As an important safety reminder, all skaters are required to wear a helmet at all times while skating.



## Popcorn Fridays !

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



# FreshGrade

ALCDSB 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.



## Giving and Sharing

Thank you for your generosity in donating items, Canadian Tire money and non-perishable food items to fill Christmas baskets for families in our school community. A special thank you to our Catholic School Council who generously donated turkeys and gift cards for this endeavor. To all those who gave of their time and support to make this possible, especially Mrs. Cross and Mrs. Rorabeck, we sincerely thank you.



A special thank you to our Catholic School Council for providing the refreshments following our Advent Mass. ☺ Our next Council meeting is **Wednesday, January 15<sup>th</sup> at 6:30 pm.**



*These are the Archbishop O'Sullivan designated means of communicating. These are ALCDSB and school sanctioned. Please keep current and up-to-date with what is going on at AOS.*  
Phone Number: **613 389-1891**

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 to have our AOS Monthly Newsletter arrive directly in your email in-box.

This is creative thinking! Always good to take time to restore 😊



## Working Together for School Safety

**Yard Supervision: For the safety of our students they are reminded to 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.

**Student Safety in Front Bus Loading/Unloading Zone:** The area located in front of the school is designated for school buses and emergency vehicles. This is a very busy area for our students and staff, especially at the beginning and end of the day. During bus loading/unloading times vehicles are not permitted to enter this zone in front of the school. 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.



### Bus Cancellations

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. 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. If you have not already done so, please sign up for INSTANT notification from Tri-Board Transportation. You will be informed immediately via email about your child's bus being cancelled or delayed. Please sign up for **email notification** by doing the following: Go to: [www.triboard.on.ca](http://www.triboard.on.ca) Click on "Cancellations & Delays" Click on "Subscriptions" or "Follow" on Twitter.





## Parent Night with Dr. Jen Forristal

Founder, The Umbrella Project

Parents play a very important role in helping their children develop the skills they need to navigate life's uncertainties.

The Umbrella Project is dedicated to helping you and your children learn these skills of emotional wellbeing in a fun, easy to implement way in order to help your family thrive in all of life's weather.

### Our Lady of Mount Carmel

97 Park Crescent, Amherstview, ON K7N 1T1

Thursday January 30th, 2020 at 6:30pm

"Parenting to build resilient children with a growth mindset."

Childcare and refreshments will be provided.

Web: [umbrellaproject.co](http://umbrellaproject.co) | Twitter & Instagram: @umbrellapjct

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**Family Name:** \_\_\_\_\_

**# of Adults Attending:** \_\_\_\_\_

**# of Children Attending:** \_\_\_\_\_