



Archbishop O'Sullivan Catholic School March 2019 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



Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.
Princess Diana

March Break
The March Break is the week of March 11th. We wish all families an enjoyable and safe holiday.



Our next Council meeting is **Wednesday, April 17th at 6:30 pm** in our Learning Commons. All are welcome!



Please come and join us for our school community Mass at St. Paul the Apostle Church on Tuesday, March 19th at 10:45 am.



On Shrove Tuesday classes will be provided with pancakes. Ashes will be distributed on Ash Wednesday at 1:15 in our school gymnasium.



Basketball Update: Thank you to the following coaches: Mr. Farrell, Mrs. Maxam, Mme. LaBrie and Mr. Couto for giving generously of their time to coach our basketball teams.



ROCKSTAR AOS
We are preparing for this exciting event which has been scheduled to take beginning at 9:30 on Thursday, March 7th.



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.alcddb.on.ca
Follow us on Twitter!
@ALCDSB



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. **New this year; families are asked to pre-register new kindergarten students online @:**

<http://www.alcddb.on.ca/Schools/Pages/Registration-and-Enrolment.aspx>

After pre-registering, please contact the school to arrange a meeting and bring the required documentation:

- Birth Certificate
- Baptismal Certificate
- Evidence of direction of taxes to the Separate School Board
- Up-to-Date immunization records

Our staff would be happy to answer any questions you may have about enrolment or our school.

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.



Thank you, Mr. Stewart

A special thank you to all who donated cakes to our Annual Cake Walk. The funds will be used to purchase new resources. A HUGE thank you to Mr. Stewart for organizing this event.



St. Paul the Apostle Parish

~ News ~

First Eucharist: Our Grade 2 students will receive the Sacrament of First Eucharist at 1:00 pm. on April 27th at St. Paul the Apostle Parish. We continue to keep you in our thoughts and prayers as you prepare for the Sacrament of Holy Eucharist.



Knights of Columbus Alcohol and Drug Awareness Poster Contest:

Congratulations to the following students:

Council and School Winners: Sandra Mekhaeil, Aaron Prince, Emmalea Walker, Lena Staszak, and Clara Stroman

Honourable Mention: Ava Burns, Ellie Plata and Mia Craig

District Winners: Owen Jenkins, Sandra Mekhaeil and Emmalea Walker

Exciting news with Owen and Emmalea's posters moving on to be judged at the provincial level.

ECO Club Update:

ECO-Crafters were busy spreading little messages of kindness. Our ECO Craft club is collecting the following items for our Easter and Earth Day projects: *tin cans, any size to be used for planting seeds.

*plastic bread clips

*egg cartons

*paper towel rolls

*nature magazines

"Children are our most valuable, natural resource."

~ Herbert Houver

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.

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](https://twitter.com/alcdsb_abos)





Thank you Mrs. Proderick and our student leaders for organizing our winter fun activities 😊

AOS Winter Play Day!! Tug of War, Toboggan Pull, Curling on the Lollar Skating Rink, Pool Noodle Hockey, Hot Chocolate and so much more! THANK YOU Gr. 6, Mrs. Proderick, Mr. Lollar and everyone for a FANTASTIC AFTERNOON!! 😊 @alcdsb_abos @ALCDSB



Our students welcome our newly appointed ALCDSB Director of Education, Mr. David DeSantis.

Congratulations to our Grade 2 students who made their Sacrament of First Reconciliation this evening at St. Paul the Apostle Parish.



Grade 8 Students @alcdsb_abos show off their work in progress as they prepare for the upcoming Elementary Skills Challenge for Green Energy @LoyalistCollege next week!



Winter Fun Day @alcdsb_abos . A lot of smiling faces and fun had by all. Thank you to our Grade 7/8 team leaders and Mrs. Proderick and her Grade 6 students for organizing and running all the events.



Tanner shares his picture of the First Nations Potlatch ceremony. A totem carved as an eagle.



Supporting Healthy Schools

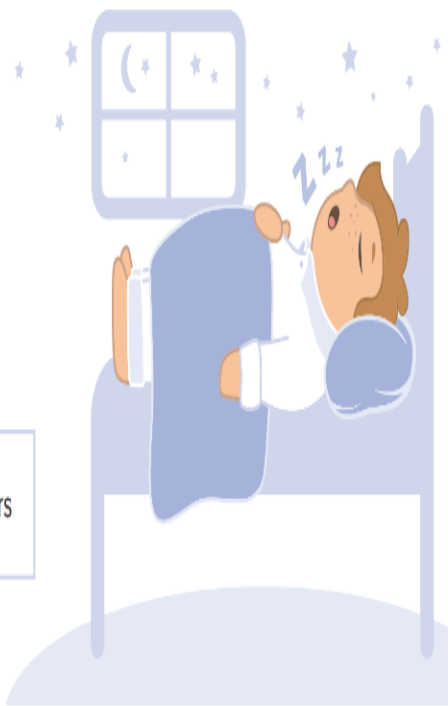
Children Need Sleep to Learn and Grow

Sleep guidelines:

Aim for uninterrupted sleep with consistent bed and wake-up times, even on weekends.

Age in years	Hours
3 to 4	→ 10 to 13
5 to 13	→ 9 to 11
14 to 17	→ 8 to 10

Visit www.csep.ca to learn more about Canada's 24-hour movement guidelines – An integration of physical activity, sedentary behaviour and sleep.



Totus Tuus

Summer Camp for Catholic Youth

Totus Tuus is a Catholic summer camp in the Archdiocese of Kingston filled with faith and fun! Campers will enjoy a week-long summer program packed with skits, songs, games, sports, crafts, and engaging faith activities.



DAY CAMP

Children entering grades 1-6
Monday—Friday; 9 am—2:30 pm

EVENING CAMP

Youth entering grades 7-12
Sunday—Thursday; 7—9pm

Week of July 7-12
Week of July 14-19
Week of July 21-26
Week of July 28—Aug 2

St. Paul the Apostle Parish, Kingston
St. Paul the Apostle Parish, Kingston
St. John the Baptist Parish, Perth
St. Michael's Parish, Belleville



Camp Registration Fee: \$100 (Day Camp) | \$25 (Evening Camp)

Extended day care till 4 pm available for an additional \$25

For more info and to register online visit: www.kingstonvocations.com/totus-tuus