



# Archbishop O'Sullivan Catholic School May 2018 Newsletter

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



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

St. Paul the Apostle Parish Priest: Father Sebastian Amato  
Superintendent: Mrs. Karen Shannon



### *I Have Ideas!*

#### **A Reflective, Creative and Holistic Thinker**

I have thoughts and opinions that matter.  
I make good choices. I have hope for our future. I solve problems with knowledge, understanding, and prayer. I know we are all equal and special.  
Because I have ideas, I have a purpose and I will live my life like Jesus.

*Christ is invisible, we cannot show him our love. But our neighbours are always visible and we can do for them what we would like to do for Him if he were visible.* Mother Teresa



As we continue to plan for next year it is important to know the number of students who will be attending Archbishop O'Sullivan for the 2018 – 2019 school year. The number of staff we are allotted is based on the number of students enrolled in the school. If you are moving and/or your child(ren) will not be attending AOS in the fall of 2018, please contact the office as soon as possible. Thank you for your communication in this matter.



Thank you to our dedicated Catholic School Council members who support our school community in numerous ways. Our next meeting Catholic School Council meeting is **Wednesday, May 16<sup>th</sup> at 6:30 pm** in the Learning Commons.



Please come and join us for our school community Mass at St. Paul the Apostle Church on May 2<sup>nd</sup> at 10:45 am.



**~ First Eucharist:** We continue to keep our students in prayer who will be making their First Eucharist on Sunday, May 6<sup>th</sup> at 1:00 pm. at St. Paul the Apostle Church.



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.alcdsb.on.ca](http://www.alcdsb.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. Please visit our school office to register your child at Archbishop O'Sullivan Catholic School. Our staff would be happy to answer any questions you might have about enrolment and our school. To register, you will be required to bring the following documentation with you:

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

For more information and to access registration forms, please visit: <http://www.alcdsb.on.ca/Schools/Pages/Registration-and-Enrolment.aspx>

#### **Check us out:**

<https://www.youtube.com/watch?v=mK2vTQYNuY&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



May 6 - 11, 2018  
goodnewsforall.ca



### Catholic Education Week

**"Kids Helping Kids", Toonie Tuesday** in support of the ALCDSB Education Foundation. Our students are asked to bring a toonie on **Tuesday, May 8<sup>th</sup>** to donate to this Foundation. **Catholic Education Week Mass** is to be celebrated at St. Paul the Apostle at 10:30 on Tuesday, May 8<sup>th</sup>.



### Track and Field / Cross Country

Track and Field is scheduled for **Thursday, May 10<sup>th</sup>**, for Grades 3-8 at the Invista Centre. Our rain date is on Friday, May 11<sup>th</sup>. Our Board annual Cross Country meet is on Monday, May 14<sup>th</sup> with a rain date for the 15<sup>th</sup>.



Congratulations to Raquel and Maddie for winning The Food Sharing Project Poster Contest



Congratulations to Mrs. Churchill-Anderson for receiving the ALCDSB Stewardship of Creation Award.

### Save the dates Summer Literacy and Numeracy Camp 2018

Once again, our School Board will be offering a Literacy/Numeracy Camp for Kindergarten – Grade 2 students from July 9-27, 2018. The camp will run daily from 9:00 AM-3:00 PM at various sites which will be announced in the near future. The day will consist of literacy and numeracy activities each morning and recreational type activities in the afternoon. Last year, students enjoyed trips to museums, city parks, and other city and private facilities during recreation trips. This program is designed for students who are having significant difficulty reading and/or understanding basic mathematical problem solving strategies and skills. This is just a preliminary sharing of information. (Note: This is a Ministry funded program with no registration fee to attend the program).

### WELCOME TO KINDERGARTEN ORIENTATION

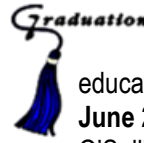


Archbishop O'Sullivan Catholic School

Thursday, May 31<sup>st</sup>, 2018

5:30-6:30

Please RSVP by contacting the school at 613-389-1891



### Grade Eight Graduation

We will celebrate the culmination of 10 years of education for our Grade 8 Graduating class on **Wednesday, June 20<sup>th</sup>, 2018** commencing at 6:00pm at Archbishop O'Sullivan Catholic School. Following the Prayer Liturgy and Awards Ceremony, the Grade 7 and 8 students will partake in a boat cruise on the Island Belle. **Our school Mass at St. Paul the Apostle Church on June 13<sup>th</sup>** at 10:45 will be a time to honour our graduates. We extend a warm welcome to families of our Graduating students.



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



We have several students in our school with life threatening allergies to nuts and peanuts. Eating or touching nuts, peanuts, and food containing nuts and peanuts can result in serious health complications. As parents, we all understand the intense concern anaphylaxis can cause and as a school community we will work together to reduce the possibility of exposure to allergens at school. Please continue to pack snack and lunch items that do not contain or possibly have traces of nuts, peanuts, and nut products. Should your child inadvertently bring one of these items, he/she will be asked to leave it in his/her lunch box and an alternate snack will be offered. Thank you by showing your care and concern for all our children by helping to provide a safe learning environment.

### Learning French is Fun!

**"It's like a secret language that everyone in my class can speak. I like it."**

*Ethan, ALCDSB Grade 3 Student*

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



**EQAO for Grade Three and Grade Six:** will take place between May 22<sup>nd</sup> to June 4<sup>th</sup>. Please refrain from booking appointments at this time. Parent and student resources can be found at: [www.eqao.com](http://www.eqao.com)





**Student Safety**  
 In order to make our parking lot and bus lane safer for our students, we have designated the two outside as Entrances (furthest north and south) with the one in the middle as our only Exit. Thank you for your support with following the signage.



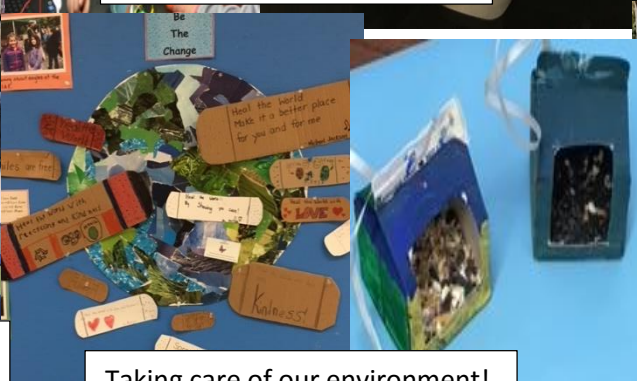
Thank you to the Kindness Crew and to Mr. Zaffino for encouraging us to reflect on the importance of following the Golden Rule. There were many examples shared of demonstrating kindness to others, ourselves and to our environment.



Learning Through Discovery



Coding in the Learning Commons



Taking care of our environment!



Pitch In Canada!

Supporting Healthy Schools

# Children Need to be Physically Active to Learn and Grow.

Sweat and step guidelines for children 5 to 17 years of age:

Every day children should get:

- 60 minutes of an activity that will cause them to sweat and breathe harder, plus
- several hours of light physical activities.

Encourage children to do things that will strengthen their muscles and bones at least 3 days per week.

## Help children be physically active with these tips:

- Role model by being an active parent.
- Plan physically active events for the family.
- Encourage children to walk or ride a bike to school.



Visit [csep.ca](http://csep.ca) to learn how much sleep, sitting, and exercise time a child or youth needs each day.

# What Immunizations Are Given to Grade 7 Students in School?

Grade 7 students have the opportunity to receive up to three vaccines at school at no cost:

- Hepatitis B
- Human Papillomavirus (HPV)
- Meningococcal ACYW-135

Hepatitis B and HPV are optional vaccines. Meningococcal vaccine is mandatory for students to attend school in Ontario.

Immunization information and consent forms are sent home in early September.



To celebrate National Immunization Week (NIAW) and learn more about vaccines, visit [kflaph.ca/NIAW](http://kflaph.ca/NIAW) or call KFL&A Public Health at 613-549-1232.

[kflaph.ca/NIAW](http://kflaph.ca/NIAW)

2018-03-21



KFL&A  
Public Health



# Totus Tuus

Summer Camp for Catholic Youth

Totus Tuus is a Catholic summer camp 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 8-13  
Week of July 15-20  
Week of July 22-27  
Week of July 29—Aug 3

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: \$75 (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](http://www.kingstonvocations.com/totus-tuus)



## Measuring Up

**Measurement** is a math concept children learn about at home and school. Measurement includes understanding length, mass, volume, perimeter, area, temperature, time and speed.



You can help preschool and school age children understand measurement by helping them learn to use measurement vocabulary. Words such as short/long, heavy/light, full/empty, big/small, hot/cold, early/late, fast/slow help them compare things in their everyday world.



Create one-of-a-kind rulers by helping your children trace and cut out their handprint. Help them use their hand rulers to find other hands that are bigger, smaller, and the same size as their own.

Can your children use their hand rulers to count how many hands their pet or stuffed animal is high or long?

Provided by: *Ontario Early Years Literacy Specialists*