



Archbishop O'Sullivan Catholic School

Newsletter - October 2019



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

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



We Give Thanks

For food in a world
 where many walk in hunger,
 For faith in a world where many walk in fear,
 For friends in a world where many walk alone,
 We give You thanks, Oh, Lord.



2019- 2020 School Schedule

Arrival	8:55-9:10
Entry	9:10
Recess	11:10 – 11:25
Lunch	12:25 – 1:05
Recess	2:25-2:40
Dismissal	3:20



Please mark your calendar; School Photos will be on **Wednesday, October 2nd**.



Follow us on Twitter
 @alcdsb_abos

Archbishop O'Sullivan's school web page is a great way of keeping current and up-to-date with what is going on at our school.

School email: flhpabos@alcdsb.on.ca

Web site: www.alcdsb.on.ca/school/abos



Working Together for School Safety

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. Buses are not unloaded until 8:55 and students walking or being dropped off should plan to arrive between 8:55 and 9:10.



2019-2020

Student Information Forms

There are still some outstanding Student Information Forms to come in. It is imperative that we have up-to-date contact information and are able to reach parents at all times in the event of a medical or other emergency. Please contact the office if you require a new form, and please keep us notified of changes in your family information throughout the year.

~Safe Arrival Program~ Every School Day Counts

Parents/guardians are asked to call the school at **613-389-1891** whenever your child will be late or absent. A message may be left at any time on the answering machine. Please indicate your child's name, grade and teacher. If no call is received, office staff will use the contact information provided to locate the child or the parent regarding the absence. If you know in advance that your child will be absent from school for an extended period of time (example: family trip), please submit a letter to the school.



The AOS School Council hosts Bingo at Play! Gaming & Entertainment (formerly known as Treasure Chest Bingo) on Bath Road. The funds generated have been used for various school activities such as: payment of transportation for class field trips, classroom enhancements, play structure repairs, etc. This also helps reduce the amount of fundraising. You can volunteer in either 2 or 4 hours blocks and does not have to be every month. **If able to support this School Council fundraiser, please contact our Bingo Coordinator, Paul Chaves at: paulchaves@live.com**
 Thank you Mr. Chaves for coordinating this fundraising opportunity!



SCHOOL COUNCIL

There is a School Council Meeting scheduled for **Wednesday, October 16th at 6:30 pm.**
 All are welcome. ☺

School Council Fresh From the Farm Fundraiser

As a reminder the sales end for this fundraiser on **October 4th**. Please ensure all orders are returned to the school.

Milk Program

White and chocolate milk is available on a daily basis for \$.80 (250 ml container). An order form for pre-ordering milk can be found on our school website.



School Council Spook-a-thon



Our Catholic School Council is in the process of organizing the annual Spook-a-thon for Oct. 30th. This is a much anticipated event by our school community. If parents are interested in volunteering for this fundraiser please contact the school.



Peer Helper/PALS Training

Students in Grades 5-8 who volunteered to take on a leadership role as Peer Helpers will receive PALS training. A special thank you to Mrs. Cross, our Youth Worker and our KFL&A partners who will be organizing and facilitating this workshop.



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



St. Paul the Apostle Parish

Please join us for our School Community Mass Wednesday, Oct. 9th at 10:45

Open House ~ Meet and Greet



Hi Archbishop O'Sullivan!

My name is Abby Stewart and I wanted to introduce myself to you as a new member of the AOS musical instruction team who is offering to teach private lessons!

I will be teaching lessons in acoustic guitar and vocal technique. Lessons, at a cost, will be available on a first come, first serve basis for half-hour each week from October to June 2020. If your child is interested and you would like more information as to schedule and cost my email is abbystewart01@hotmail.com and I would love to hear from you!

EQAO: The EQAO results for last year's Primary and Junior Assessments can be reviewed at www.eqao.com. The results for both Primary and Junior assessments for 2018-2019 are as follow: In Reading, 82% of Gr. 3 students performed at Level 3 and 4. In Writing; 79%, and in Mathematics 68%. Junior results in Reading with 68% of students at or above the provincial standard. Junior Writing results were at 77%. The Junior Mathematics results continue to be a school priority with 27% achieving at Level 3 or 4. Mathematics remains a focus for this current school year as the Ministry of Education has mandated 60 min a day or 300 minutes a week for Math instruction across all grades. Archbishop O'Sullivan's 2019-2020 School Improvement Plan for Student Achievement & Well-being (SIPSAW) will center around Mathematics as an area for continued enhancement. Individual assessment results will be sent home shortly with students who completed this assessment last spring.

Spring and Fall are the seasons when **HEAD LICE** commonly infest school children. Please check your child's head weekly. If you find evidence of head lice or nits, information about how to remove is available from your family doctor, school, health unit and most pharmacies. Information pamphlets are also available at the school.



The Algonquin and Lakeshore Catholic Education Foundation (ALCEF) is a registered charity that raises funds and provides financial support to assist families within our schools during times of crisis or poverty.

This assistance may include the provision of eye glasses, medical supplies, accommodations, food, clothing, or transportation.

For more information, please visit:

<http://www.alcfsb.on.ca/Board/Pages/Foundation.aspx>



Kids Need to Move More to Boost their Brain Health

Evidence shows that less screen time and more physical activity can lead to:

- improved thinking, learning, and memory,
- decreased anxiety and depression,
- better problem solving abilities, and more.

Encourage children and youth to meet the daily physical activity guidelines for their age, and be active as a family.

Visit participation.com to view the 2018 ParticipACTION Report Card.

Visit csep.ca for Canadian physical activity guidelines.

kflaph.ca
2018-08-23



Staff engaged in conversation, reviewing data as we plan for our 2019-2020 School Improvement Planning for Student Achievement and Well-being (SIPSAW).



FUN FRENCH FACTS

DID YOU KNOW?

Canada's largest francophone community outside of Quebec is Ontario! The Franco-Ontarian community has over 400 years of history, starting when Samuel de Champlain explored Ontario in 1615. Over 612,000 francophone people celebrate Franco-Ontarian Day on September 25th.

Bit.ly/2OR9MCG

Encourage your child to be a lifelong learner of French!

Halloween

SAFETY TIPS FOR CHILDREN AND PARENTS

Halloween is a lot of fun, but it can also be dangerous. Using safety tips and common sense can help make the evening enjoyable.

Remember excitement makes us all forget to be careful.

- ✦ Wear light colours or bright costumes.
- ✦ Use reflective tape, glow sticks, or arm bands.
- ✦ Make sure that masks allow you to see clearly.
- ✦ Do not go into houses.
- ✦ Carry a cellular telephone if possible.
- ✦ When in doubt, throw it out!



- ✦ Use a flashlight.
- ✦ Visit houses that have their porch light on.
- ✦ Do not enter unknown vehicles.
- ✦ Use the sidewalks and paths; try not to cut across lawns.
- ✦ Respect other people's property. It is a criminal offence to smash pumpkins, steal candy, toilet paper trees and create graffiti.
- ✦ Have a parent check the candy before eating any.
- ✦ Most important:



PARENTS:

- ✦ Have children wear costumes that fit and prevent tripping, and make sure they are easily visible.
- ✦ Consider using make-up instead of a mask.
- ✦ If a mask is used, make eye holes larger if required.
- ✦ Check the children's candy, stickers, or tattoos for any allergy information.
- ✦ Know the route your children will be taking or always escort young children.

Every School Day Matters!

1 or 2 days a week doesn't seem like much but...

If your child misses...	That equals...	Which is...	And over 13 years of schooling that's...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years of school
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

How about 10 minutes late a day? Surely that won't affect my child?

He/she is only missing just...	That equals...	Which is...	And over 13 years of schooling that's...
10 mins per day	50 mins per week	Nearly 1 ½ weeks per year	Nearly ½ year
20 mins per day	1 hr. 40 mins per week	Over 2 ½ weeks per year	Nearly 1 year
30 mins per day	Half a day per week	4 weeks per year	Nearly 1 ½ years
1 hour per day	1 day per week	8 weeks per year	Over 2 ½ years


EVERY DAY COUNTS

If you want your child to be successful at school then, YES, attendance does matter!



FALL 2019

SATURDAY 21
WEDNESDAY 25

FAM JAM SPAGHETTI DINNER & LAUNCH NIGHT 5 - 8PM 
EDGE - ROAR! WEEK 1 7 - 8:30PM

SEPTEMBER



TUESDAY 01
WEDNESDAY 02
THURSDAY 03
TUESDAY 08
WEDNESDAY 09
TUESDAY 15
WEDNESDAY 16
SATURDAY 19
TUESDAY 22
WEDNESDAY 23
WEDNESDAY 30

LIFE TEEN DINNER & KICK-OFF NIGHT 6:30 - 8:30PM
EDGE - ROAR! WEEK 2 7 - 8:30PM
PET BLESSINGS @ ST. PAUL 6:30PM 
LIFE NIGHT & DINNER 6:30 - 8:30PM
EDGE - ROAR! WEEK 3 7 - 8:30PM
LIFE TEEN SOCIAL NIGHT
EDGE - CORN MAZE TRIP 5 - 9PM
FAMILY SCAVENGER HUNT! 1 - 4PM 
LIFE NIGHT & DINNER 6:30 - 8:30PM
EDGE - ROAR! WEEK 4 7 - 8:30PM
TRUNK OR TREAT! 7 - 8:30PM 

OCTOBER




TUESDAY 05
WEDNESDAY 06
TUESDAY 12
WEDNESDAY 13
TUESDAY 19
WEDNESDAY 20
TUESDAY 26
WEDNESDAY 27

LIFE NIGHT & DINNER 6:30 - 8:30PM
FAM JAM! 5 - 6:45PM 
LIFE NIGHT & DINNER 6:30 - 8:30PM
EDGE - ROAR! WEEK 5 7 - 8:30PM
LIFE TEEN SOCIAL NIGHT
EDGE FIELD TRIP!
LIFE NIGHT & DINNER 6:30 - 8:30PM
EDGE NIGHT 7 - 8:30PM

NOVEMBER

TUESDAY 03
WEDNESDAY 04
TUESDAY 10
WEDNESDAY 11

LIFE NIGHT & DINNER 6:30 - 8:30PM
ADVENT FAM JAM! 5 - 6:45PM 
LIFE TEEN ADVENT/CHRISTMAS PARTY! 6:30 - 8:30PM
EDGE ADVENT/CHRISTMAS PARTY! 7 - 8:30PM

DECEMBER



Grades 5 - 7



LIFE TEEN
Grades 8 - 12



Family events
All are welcome!

For more info and to sign-up, visit:
stpaulkingston.com/familyandyouth
Questions?
familyandyouth@stpaulkingston.com