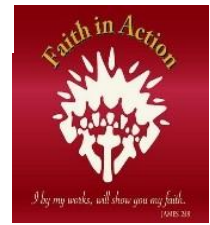




Archbishop O'Sullivan Catholic School

March 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



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 16th. We wish all families an enjoyable and safe holiday.



Our next Council meeting is **Wednesday, April 15th 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 10th at 10:45 am.



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.



Basketball Update: Thank you to the following coaches: Mr. Gaudet, Mrs. Melim, Mrs. Hodgson and Mr. Mignault for giving generously of their time to coach our basketball teams.



Congratulations to Brooke Dunn, Violet Joyce, Maddison Cox and Damien Purvis in Mrs. Machado's class and Emmalea Walker in Mr. Mignault's class who had their art selected for the Hotel Dieu Art Gallery.



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
Follow us on Twitter!
[@ALCDSB](https://twitter.com/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. 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 **original documentation** with you:

- Birth Certificate
- Baptismal Certificate
- Taxation Information
- Proof of Residency (eg. current utility bill, property tax bill, phone bill, agreement of purchase)
- Immunization record
- Relevant custody documents
- Relevant medical documents

For more information and to access to the online registration process:

<http://www.alcdsb.on.ca> or
[http://www.alcdsb.on.ca/school/abos/Pages/default.aspx#/=](http://www.alcdsb.on.ca/school/abos/Pages/default.aspx#/)

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.



St. Paul the Apostle Parish ~ News ~

First Eucharist: Our Grade 2 students will receive the Sacrament of First Eucharist at 1:00 pm. on Saturday, May 2nd 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.

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.



Knights of Columbus Substance Abuse Awareness Poster Contest:

Congratulations to the following students who were honoured by the Knights of Columbus for their accomplishments.

School Winners: Jasmine Rennie and Lea Ewing

Council Winners: Lena Staszak and Aaron Prince

Honourable Mention: Mia Craig

School Runner Up: Kira Wilson, Ava Burns, Patrick Lloyd and Ella Burns

Jasmine, Lena, Mia, Lena and Aaron will be recognized at one of our upcoming school Masses. Exciting news for our Council winners, Lena and Aaron, who will have their 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 Houwer

On Wednesday, March 11, AOS. students from Kindergarten to grade six will attend the Mary Lambert GO GO GREEN Concert in the school gymnasium. The messages of conservation, reduction of litter, planting gardens and trees, and how each of us are connected to earth, air, water and animals will be delivered in a fun filled manner. The funding for this creative musical concert was provided by the Gary Arbour Arts Memorial Fund. Thank you to Mrs. Cartledge for providing our students with this incredible opportunity.



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





A special evening as we celebrated our students who made their Sacrament of First Reconciliation.



Proud coaches as they watch the AOS ball hockey team play in the Frontenac Cup. Thank you Mr. Gaudet and Mr. Jeffries.



Thank you to Mrs. C-A who organizes our skipping club!



Always a pleasure when we have Officer Jen come for a visit.



Supporting Healthy Schools

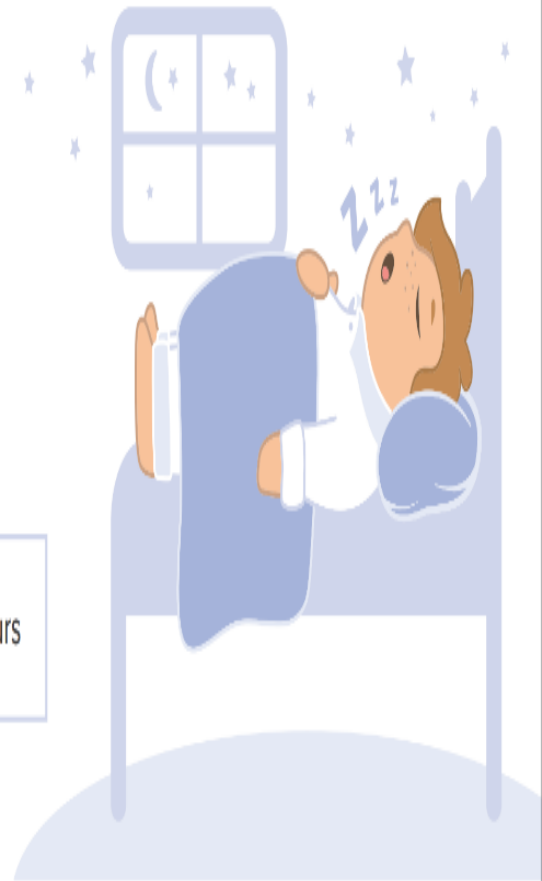
Children Need Sleep to Learn and Grow

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.



kflaph.ca

2018-01-03

KFL&A
Public Health