



# ST. MARTHA

## Catholic School *Newsletter*



**Principal: Karen Moran**

**Vice-Principal: Dianne LaFortune**

### October 2017

#### Prayer of Thanksgiving

*Father in Heaven, Creator of all and source of all goodness and love, please look kindly upon us and receive our heartfelt gratitude in this time of giving thanks.*

*Thank you for all the graces and blessings that You have bestowed upon us, spiritual and temporal: our faith and religious heritage. Our food and shelter, our health, the love we have for one another, our family and friends.*

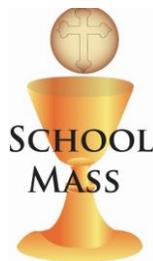
*Father, in Your infinite generosity, please grant us continued graces and blessings throughout the coming year.*

*This we ask in the Name of Jesus, Your Son and our Brother. Amen.*

#### School Mass

Our October school Mass is scheduled to take place on Friday, October 20<sup>th</sup>, 2017 at 9:15 a.m. in the Gym.

Parents and families are invited to join us.



#### Welcome Back BBQ and Open House

With sunshine and warm temperatures joining us, parents, students and staff enjoyed a very pleasant BBQ and Open House on Thursday, September 21<sup>st</sup>, 2017. It was great to see so many families during the evening. A special thank you is extended to Julia Towes, Jocelyn Erb and members of School Council for all of their help co-ordinating the BBQ. In addition, we also wish to thank ALCBDS Trustees,

Kathy Turkington and Catharina Summers who accepted the invitation to join us for the evening. Thank you to the Knights of Columbus for the use of their BBQ. Finally,



thank you to all families who donated juice boxes and water. Your generosity is appreciated!

#### School Council Update

Thank you to all Parents/Guardians who came out to our initial St. Martha Catholic School Council Meeting on September 26<sup>th</sup>, 2017. Thank you to the following members who were acclaimed and will serve as the School Council Executive during the 2017-18 school year:

- Co-Chairs: Jocelyn Erb and Marsha Valente
- Vice Chair: Michelle Vieira
- Treasurer: Stephanie Van Der Pryt
- Secretary: Tina Evans

School Council Meetings are open to all Parents/Guardians of students at St. Martha and everyone is welcome to attend! Our next School Council Meeting will take place on Tuesday, October 24<sup>th</sup> at 6:30 p.m. in the

Learning Commons. Please note that School Council will again host a Halloween Dance for all students on Tuesday, October 31<sup>st</sup>, 2017. Students are invited to wear orange and black! Thank you to Ellen Tseng-Farr and members for co-ordinating the dance!

### **School Cash On-line**

School Cash Online is coming to all schools in ALCDSB – we go live on Monday, October 16<sup>th</sup>, 2017. You will now be able to pay for field trips, milk, fundraisers, etc. on-line and not worry about having available cash or cheques. We will be sending home instructions on how to sign up in the next week. It is very similar to the hot lunch program, and once you have signed up, you will start receiving emails letting you know when your child will need to submit payment for activities at the school (classroom trips, milk orders, etc.). Please be patient as we learn a new process where all school purchases can be paid for on-line using credit, debit or interact transfers.

### **Calm, Alert, and Ready for Learning!**

Eating healthy foods will provide your children with energy and nutrients to grow, be active, stay healthy and do well at school. Use these tips to fuel your children's body and to stay strong and healthy:

- **Meals and snacks**

Enjoy regular meals and snacks with a variety of foods from each food group in [Canada's Food Guide](#).

- **Listen to your body**

Eat the amount of food that feels right for you. Avoid distractions (e.g., TV, tablet, or phone) and take time to enjoy your food. Aim to be comfortably full after eating.

- **Eat breakfast**

A healthy breakfast is good for your body and brain. If you find you aren't hungry in the morning, try having something light first (e.g., a glass of milk or a piece of fruit) and bring the rest of your breakfast with you for when you feel ready to eat.

- **Eat as a family**

Family meals can increase self-esteem, improve school performance, contribute to a more positive outlook on life, and promote healthier choices. Eating together as a family at least one meal a day is a perfect way to teach your child healthy eating habits, table manners and social skills.



### **Help in the kitchen**

Get children to help out in the kitchen. It will not only teach them an important life skill it may even get your children to try a new food that they helped make.

Please see additional resources for lunch and meal planning at KFL&A Public Health at [www.kflaph.ca](http://www.kflaph.ca).

### **Life Touch Photography**

Life Touch Photography will be at St. Martha to take individual student pictures and class photos on October 4<sup>th</sup>. They will return on October 30<sup>th</sup> for retakes if students have been away.



### **Individual Education Plans**

Please note that a draft copy of student IEPs will be sent home with students on Tuesday, October 17<sup>th</sup>, 2017. These are draft copies and we invite your consultation. Please look for the IEPs to come home and complete and return the Consultation Form, adding any new information you may have pertaining to your child's learning. Thank you!

### **The Power of One dramatic production at St. Martha on October 19<sup>th</sup>**

A bullying-proofing performance for elementary school children has been booked at St. Martha on October 19<sup>th</sup>.

The Power of One is a series of skits to vividly portray what bullying is, what can be done about it, and how every child has the power of one, the power to report and deal with bullying when they see it. The Power of One:

- Explains the roles in bullying: Bully, Target, Bystander, and Upstander
- Shows vivid examples of different types of bullying: Physical, Verbal, Exclusion, and Cyber bullying
- Alerts children that Targets need help and shows them how to be Upstanders rather than Bystanders
- Provides solutions to bullying including reporting, intervening, and assisting the Target

- Emphasizes the need for individuals to take action to make their community a safer, better place
- Refers children to parents, adults, and teachers for further assistance and instruction

The highlight of the performance occurs when a volunteer from the audience looks into the Power of One box (which contains a mirror) and sees himself/herself! The audience then takes the Power of One anti-bullying oath. Please join us if you can! Students in K to Grade 3-4 will attend at 8:45 a.m. and students in Grades 4-8 will attend at 9:35 a.m.

### **Grade 6 Witness Faith Day**

Our Board's Catholic Character and Culture Committee has invited all Grade 6 students from ALDCSB schools in the eastern part of our Board to come together for a day of faith, witness, music and sharing at St. Mary's Cathedral on October 20<sup>th</sup>. Our Grade 6 students and teachers look forward to sharing our faith together! Special guests and facilitators are the John Blakesley Band.

### **ECO Schools Update**

Our ECO Savers are working hard already this year! We continue to implement the boomerang lunch, with all uneaten foods being returned home except fruit and vegetable waste.

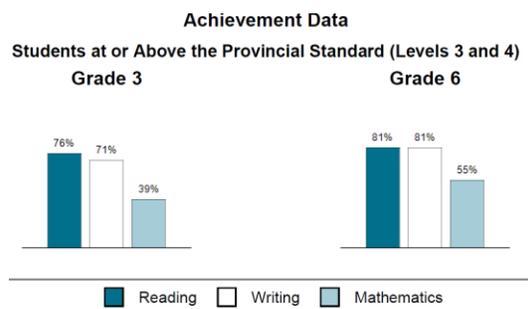
Our compost team collects all fruit and vegetable waste from compost buckets in classrooms twice a week. We continue to add compost to our two community gardens! Four students will represent St. Martha at our Board's annual Best Foot Forward Conference at the Frink Centre in Belleville on October 6<sup>th</sup>. Representing St. Martha are: Mattea Anderson, Victoria Bremner, Channel Williams and Kayla



Ringrose. Thank you to Ms. Clayton for taking on the position of Staff ECO Leader.

### **St. Martha 2013-2014 EQAO Results**

Results of the 2016-2017 Primary and Junior EQAO assessment of reading, writing and math have been released to schools. The graph below displays data obtained from the assessment of Grade 3 and 6 students last spring at St. Martha Catholic School. The results represent the percentage of students who achieved at or above the provincial standard (Level 3-4), and indicate strengths in reading and writing. The results in math follow a provincial trend, and will be addressed as part of a School and Board wide professional focus on numeracy. For a complete report on our school's results, you can visit [www.eqao.com](http://www.eqao.com). Individual student results will be sent home shortly with students in Grade 4 and 7. If you have any questions or concerns, please contact the school.



### **Student Safety and Pets**

Student safety at drop off and pick up times remains everyone's responsibility. Please be aware that the presence of dogs at drop off and pick up locations while children are coming to and going from school may cause some children to feel anxious. We ask that pet owners please ensure that their animals are well back from students accessing the play ground at drop off and pick up times to minimize the risk of potential injury. Please also note that dogs are not permitted on the playground or in the school at any time during the school day, including during before and after school practices. Thank you for your diligence in ensuring student safety

and well-being for all children accessing the school grounds.

### **Queen's University Teacher Candidates**

Again this year we are very fortunate to be able to host eight Teacher Candidates from Queen's University into various classrooms at St. Martha to begin their teaching rounds starting on October 10<sup>th</sup>. We thank St. Martha teachers for hosting the next generation of professional educators!

### **Professional Activity Day- October, 27<sup>th</sup>**

Please note that Friday, October 27<sup>th</sup>, 2017 is a PA Day. As a result, there are no classes for students. All Staff will be engaged in activities related to our Catholic faith development, including Mass, faith formation and community service activities.

### **Terry Fox Walk October 13<sup>th</sup>**

Our Terry Fox Walk/Run has been rescheduled to Friday, October 13<sup>th</sup> at 12:40 to accommodate the soccer tournament schedule. A donation of \$2.00 is gratefully accepted and will be donated to the Terry Fox Cancer Research Foundation. Thank you to Mr. Couture for co-ordinating!



### **St. Martha Lego Club**

Our Lego Club is seeking donations of Lego pieces or kits. If you or a family you know has Lego to donate, it can be dropped off at the Office or directed to Ms. Burns. Thank you!

### **Transportation/Pick-up Arrangements**

In order to minimize interruptions to classes and avoid the possible miscommunication of information, parents are requested to make all travel and pick-up arrangements for their children **prior to the beginning of the school day**. The latter part of classroom instructional time is important and we should be working together to ensure that classrooms do not have to be interrupted for this reason. Your cooperation is most appreciated by students and teachers.

## **French is fun!**

***“Something that I really enjoyed in  
French class was all the collaboration.  
J’aime travailler avec mes amis.”***

***-Avery, ALCDSB Grade 9 Student***

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



