



ST. MARTHA

Catholic School *Newsletter*



Principal: Karen Moran

Vice-Principal: Dianne LaFortune

February 2018 Newsletter

A Prayer for Resting in God's Love

Father God, I come into your presence so aware of my human frailty and yet overwhelmed by your love for me.

I thank you that there is no human experience that I might walk through where your love cannot reach me. If I climb the highest mountain you are there and yet if I find myself in the darkest valley of my life, you are there.

Teach me today to love you more.

Help me to rest in that love that asks nothing more than the simple trusting heart of a child. In Jesus' name, Amen

February 2nd PA Day

Please be reminded that Friday, February 2nd is a Professional Activity Day. Educators will be engaged in activities related to assessment and evaluation. As such, there are no classes for students.

Our Lenten Journey

Please note that Fr. Wes will be at St. Martha on Ash Wednesday, February 14th at 1:00 p.m. to distribute ashes to students to mark the beginning of Lent. In addition, students will be attending a weekday Mass at Holy Name Church with



Fr. Wes during Lent. Classes will travel by bus to attend the 9:00 a.m. Mass at the church on March 6, 7 and 8th in preparation to celebrate Easter on April 1st, 2018. A schedule will follow.

In keeping with our Catholic tradition, Ash Wednesday is a day of fasting (reduced food intake for those aged 18-59) and a day of abstinence (refraining from eating meat for ages 14 and older). We apologize for the confusion regarding the Hot Lunch Menu as these restrictions do not apply to the majority of our students. *As a result, the Hot Lunch Menu will continue with the originally planned menu during Lent.*

School Council Meetings

Thank you to Parents and Guardians who attend regular meetings of School Council at St. Martha! The following activities have been planned and sponsored by School Council:

Valentine's Dance

Due to the concurrence of St. Valentine's Day and Ash Wednesday both on February 14th this year, our Valentine's Day Dance will be on Tuesday, February 13th for students in Kindergarten to Grade 8.

Thank you to School Council for arranging the dance for us!

Zumba Lessons

Also in February, School Council has financially supported Zumba lessons for all classes to participate in on both February 21st and 26th in



the Gym. The lessons will be taught by instructors from the YMCA according to the following schedule:

8:45-9:25 Kindergarten to Grade 3-4
9:30-10:10 Grades 4 to 8

Hot Lunch Program

Thank you to Mrs. Nancy Watters and her volunteers who generously volunteer their time each week to provide the Hot Lunch program to St. Martha students on Wednesdays and Fridays each week. This is a big undertaking and families are grateful for the time and energy you give to provide lunches twice a week. If you have questions or concerns about the hot lunch program, please call the school.


Thank you to School Council for hosting the Valentine’s Day Dance and Zumba Lessons!

Our next School Council Meeting is scheduled for Tuesday, February 20th, 2018 at 6:30 p.m. in the Learning Commons. All are welcome to attend.

I Care Week at St. Martha Catholic School: February 12-16th, 2018

During the week of February 12-16th, 2018, staff and students at St. Martha will be engaged in a number of activities that focus on creating and maintaining a positive school climate. In short, a positive school climate is present when all members in the school community show care, respect and commitment to each other. After all, Jesus said “A new command I give you: Love one another. As I have loved you, so you must love one another. (John 13: 34). Please see some of activities planned for this week below:

Date and time	Activity
Monday, February 12 th	9:00 a.m. I Care Prayer Celebration
School colors and clothing Day	Kingston Police presentation to Grades 5-8 students on bullying and cyberbullying

	(caring about your online presence)
Tuesday, February 13 th Red, White and Pink Day	Valentine’s Day Dance for K-Grade 8 Students 
Wednesday, February 14 th 1:00 Ash Wednesday	Distribution of ashes in the Gym
Thursday, February 15 th Sweater and Touque Day	Kindness Diaries Junior vs Staff Volleyball Game ECO Savers- Turn down the heat 2 degrees and wear a Sweater/Touque
Friday, February 16 th PJ Day	9:15 Mass in the Gym Intermediate vs Staff Volleyball Game

Please ask your children what they have learned about what makes a safe, caring and inclusive school community.

Attention Grade 8 Parents/Guardians

Please note that the Regiopolis-Notre Dame Catholic High School Grade 8 Parent

Information Night is scheduled to take place on Thursday, February 22nd, 2018 beginning at 6:30 p.m. Families who are interested in the International

Baccalaureate program are invited to attend at 5:30 p.m. in the Upper Room. More information is available at www.ibo.org or www.reginotredame.ca . Please also note that the staff from Regioplolis Notre Dame presented registration and course selection information to our Grade 8 students on January 31st here at St. Martha. Pleases ask to review the



package of information your child received when it comes home this week as well.

Grade 8 Graduation and Sibling Photos

Life Touch Photography will be at St. Martha to take Grade 8 Graduation and Sibling photos of students on Thursday, February 15th. More information will follow.



Is your child calm, alert and ready to learn?

The Canadian 24 Hour Movement Guidelines for Children and Youth state that for optimal health benefits, children and youth should achieve high levels of physical activity, low levels of sedentary behavior and sufficient sleep each day. Please see sleep guidelines passed along to us from KFL&A Public Health.

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

Try these tips for a better night's sleep:

- Make your sleeping area comfortable, cool, and quiet.
- Choose water and snacks that do not contain caffeine.
- Keep a bedtime routine that is relaxing and calm.
- Include natural light and exercise in your daily routine.
- Turn off all screens before getting ready for bed, and keep them out of the bedroom.

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KFL&A Public Health

Ontario Provincial Report Cards

Students in Kindergarten to Grade 8 will be receiving **Term One Report Cards on Tuesday, February 20th, 2018**. Students in Grades 1-8 will receive feedback on academic achievement in subject areas as well as on progress relating to the Learning Skills and Work Habits since the beginning of the school year. Students in Kindergarten will receive feedback on “key learnings, growth in learning, and next steps in learning” within each of the 4 Frames: Belonging and Contributing, Self-Regulation and Well-Being, Demonstrating Literacy and Mathematical Behaviors, and Problem Solving. During the Term One reporting period, Parent-Teacher interviews

are at the request of either parents or teachers, and are scheduled at a convenient time during the week of February 21st-23rd, 2018. Thank you for your ongoing support of student learning at St. Martha.

Young Artists

Congratulations to the following students whose art work was selected to be on display at the Hotel Dieu Art Gallery’s winter exhibition:

Mia Rodriguez
Grayson Payne
Dylan Tedford
Nicholas O’Neill
Mason Beleza
Feonagh King
Grace Woodman
Etienne Auger
Anni Gadbois
Jake Hebert-Potter
Levi Smith
Emily Babin



Students will receive a catalogue and a certificate. Students and their parents are invited to see their work at Hotel Dieu Hospital throughout the winter term. Well done!

St. Martha ECO Savers

Our class ECO Savers have been busy working hard behind the scenes to plan activities aimed at reducing our impact on the environment. We ask our wider St. Martha community for your support as well of the following!

➤ ***Seater and Toque Day on February 15th***

when we turn down the heat at school by 2 degrees Celcius and stay warm with heavier sweaters and touques



➤ Turning in ***used school supplies*** to classroom boxes (pens, markers, glue sticks). These items will be collected and brought to Staples Business Depot to be recycled

- Collection of *used batteries in the pail located in front Office*

Thank you for your ongoing support of our ECO Savers at St. Martha as they apply their initiatives for certification toward Ontario ECO Schools recognition in the spring!

Our Learning Journey

During the month of February, we continue to implement this year's School Improvement Plan, focusing on posted Learning Goals and co-constructing Success Criteria with students so that our students know in advance what successful works looks like. Demonstrations of student work and learning are posted throughout the school so that students can learn from each other! In language, emphasis is on the quality and detail of student reading and writing responses. For example, a full reading response includes information from the text and your own ideas to answer the question. In math, the focus is on problem solving, which is central to learning mathematics. By learning to solve problems and learning math through problem solving, students are given opportunities to connect mathematical ideas to the real world. How can you help with math at home?

You are a role model for your children. One of the best ways to be a math role model is to talk out loud as you work your way through everyday tasks. Thinking out loud allows your child to hear how you think when you are making predictions and observations, identifying problems, using problem solving strategies and solving real world problems. When you are positive about math, children will adopt your approach and attitude towards learning and doing math! Recommended web resources to reinforce math concepts at home include:

<http://www.e-learningforkids.org/math/>



<http://www.mathgames.com>

<http://code.org>

<http://ixl.com>

Apps for primary students to try: ScratchJr, Kodable and Cargo-Bot are great for coding.

Todo Math is a good to reinforce number sense, operations, geometry and reasoning.

OverDrive

St. Martha Catholic School is committed to bringing unique learning opportunities to our students and we want to remind you about our free reading service which provides access to 1000's of digital books through OverDrive (<http://alcdsb.lib.overdrive.com>).

OverDrive®

Why OverDrive?

The OverDrive collection is an extension of St. Martha's physical library, only it's online with 24/7 instant, simultaneous access to eBooks. There's no app to install or files to download and students can read on PCs, tablets, Chromebooks and more right from the convenience of their internet browser. Struggling or reluctant readers, second language learners, and gifted readers can all benefit from this easy to use service. It can help:

- Enrich vocabulary and improve comprehension and pronunciation
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- Teach critical listening
- Help busy kids find time to read

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<http://alcdsb.lib.overdrive.com>.

**The Full Day Early Learning
Kindergarten Program**



It is not too early to begin to think about registering your child for Kindergarten in September 2018! We are now accepting Kindergarten registrations. Your child is eligible to enroll in the Early Learning Kindergarten program if he or she will be 4 years of age by December 31, 2018. You can access registration forms by coming into the Office or online through the Algonquin and Lakeshore Catholic District School Board's website, or stop by our office for a full registration package.



St. Martha Basketball Teams

Best wishes to all four basketball teams who have been working hard to practice for when they will compete in the upcoming Board-wide basketball tournaments at the end of February and early March. Below is a list of dates for the tournaments. Good Luck!

Junior Boys- February 15th

Junior Girls- February 16th

Senior Boys- February 28th

Senior Girls- March 1st

Learning French is fun!

“My favourite part of this semester’s French class was getting to look back to the start of the semester and seeing not only how much I’ve learned, but also how everyone has improved by doing dialogues and actually speaking French. I saw many of my friends become more confident in their French-speaking abilities.”

-Maddie, ALCDSB Grade 9 Student

Encourage your child to be a lifelong learner of French!

