



# St. Michael Catholic School

## January 2019 Newsletter

### PRINCIPAL'S MESSAGE

*Welcome Back and Happy New Year!*

We welcome back all our students and families from a restful holiday break and hope the Advent season brought about best wishes for family and friends.

2019 is a new year and some new beginnings coming. I want to introduce Mrs. Heather Papp to all of you as the new Principal that will be leading St. Michael School over the next several years.

*Currently, Heather is the Vice-Principal for St. Dominic School in Kitchener in addition to being the Vice-Principal at Carizon – the Section 23 School located in St. Agatha, supporting students with varied mental health and behavioural needs. Heather also supports the Summer Boost Program in the Vice-Principal role supporting students who need that extra “boost” over the summer months to support their literacy and numeracy skills. Her related experiences include 8 years of administrative, teaching and counseling experience in elementary and high school settings, mentoring for new teachers and training from the Board’s Leadership Program. Heather has a diverse professional background prior to becoming an educator, in the social services field. She has worked with many programs including Lutherwood and the Region of Waterloo, where she supported struggling families in the Cambridge community.*

*Heather grew up in Cambridge and started her teaching career at Christ the King School, where she was an Intermediate teacher and then moved on to St. Peter school prior to becoming an administrator. Heather lives locally with her husband and two grandchildren who are 4 and 6 years old.*

*Heather has told me that she is “thrilled to be part of the vibrant St. Michael community where she grew up and attended as a student herself.” Heather believes that “her main role is one of a child advocate – she will spend a lot of time with your children, getting to know their personalities, learning styles and interests. She will celebrate the successes, small and large and will encourage them each and every day to let them know that they are valued and have a special place in our school community.”*

*Please welcome Mrs. Papp as she will be full time at St. Michaels as of Monday, February 4<sup>th</sup>.*

Our Grade Twos are continuing to prepare for the Sacrament of Reconciliation and Holy Communion this term. Please continue to keep them in your prayers.

Good luck to our Intermediate Boys and Girls as they embark on their winter basketball and volleyball seasons.

Sincerely,

Mr. K. Herod, Principal

### **ATTENTION: PARENTS OF GRADE 8 STUDENTS**

**PARENT INFORMATION NIGHT REGARDING HIGH SCHOOL PROGRAMS AND OPTIONS**



**ST. BENEDICT HIGH SCHOOL**

**THURSDAY, JANUARY 17, 2019 @ 6:30 PM.**

**PLEASE ATTEND THIS MEETING AND MAKE AN INFORMED CHOICE AROUND HIGH SCHOOL OPTIONS FOR YOUR GRADE 8 CHILD.**

### **REMINDER: PROFESSIONAL ACTIVITY DAY**

**FRIDAY, JANUARY 25, 2019**

**PLEASE NOTE THAT FRIDAY, JANUARY 25, 2019 IS A PROFESSIONAL ACTIVITY DAY FOR ALL SYSTEM STAFF AND THERE WILL BE NO SCHOOL THAT DAY.**

## HAPPY NEW YEAR!

On behalf of our wonderful St. Michael Staff Team, we would like to extend to your family continued blessings and best wishes for a healthy, Holy and prosperous New Year. We have many exciting events planned for our students in 2019 and will continue to create a safe, positive, fun and learning focused environment for our students.

## DRESSING FOR THE WEATHER

Reminder that all students must wear proper footwear in the school at all times. Students should have **indoor** and **outdoor** foot wear. Students should bring extra clothes especially socks on the colder or wet days.

All outdoor wear such as gloves/mitts, hats, jackets, snow pants and outdoor foot wear should all be labeled.

## STUDENT ATTENDANCE IS IMPORTANT

As you are aware, consistency of learning is a vital part of a child's continuous learning progress. It will be difficult for your child to progress to the best of their ability if they are constantly trying to catch up on missed schoolwork.

It is also important for students to be here on time in the morning. Punctual attendance allows children the opportunity to start the day off in a positive, calm manner and reduces the disruption in their routine as well as the classrooms'.

Help your child have a positive experience at school each day, arrive on time. Thanks!

JK– SK Full Day  
Kindergarten  
Pre-  
REGISTRATION  
for 2019-20

SEE  
INFORMATION  
ENCLOSED IN  
NEWSLETTER



## REMINDERS/TAKE NOTE:

### • High School Registration and Open Houses

Just a reminder that Grade 8 Option Sheets will be coming home for electronic completion. Our Grade 8 teachers will guide our students through this process. **IT IS IMPORTANT THAT STUDENTS RETURN HARD COPIES (ONCE COMPLETED) IN ORDER FOR US TO FORWARD THEM TO HIGH SCHOOL.** The St. Benedict High School Information Night will be held on Thursday, January 17 beginning at 6:30p.m. ALL OPTION SHEETS FOR GRADE NINE ARE DUE BY MID FEBRUARY.

### • Safety Concern

It is mandatory that all students have a pair of indoor shoes to wear during school hours. The accumulation of snow contributes to wet areas in the halls. As well, all students should have adequate footwear in case we must evacuate the school for emergency purposes. Please make sure your children are adequately dressed for any weather conditions each day.

### • Winter Weather Conditions

We are always vigilant of changing weather conditions on our playground and consistently monitor outdoor temperatures. When temperatures hover around -20 degrees Celsius and lower a decision will most likely be made to keep students indoors. At temperatures of -15 to -19 degrees Celsius, students may be sent outside for shortened recesses (no longer than 20 minutes). Please dress your child appropriately for any outdoor weather conditions.

### • Use of Creative Playground

Our outdoor climbing apparatus (Creative playground) is closed for the winter months. Frozen ground cover and slippery conditions on and around the apparatus create unsafe conditions for our students. Parents are also advised that the climbing apparatus should not be used outside of school hours until it is safe to do so.

### • Playground Expectations

Our students are reminded of playground expectations during the winter months. Students are also reminded that there is to be no snowball throwing, or any other inappropriate use of snow and ice which may lead to injury. As enjoyable and innocent as these activities may be, they do pose concerns for supervision as well as the potential for serious injuries.

• **Vehicle Safety around our School Site: Idling and Bus loading Zones**

You are reminded that if parked by our front entrance, you are not to have your engine idling as this is a city bylaw. Our bus loading zone has been altered to provide greater space for our buses. Please note the signs on fences and be clear of parking in this bus loading zone. Adherence to this bylaw will be enforced periodically throughout the year. **CAMBRIDGE BYLAW WILL OPERATE BY A ZERO TOLERANCE POLICY FOR VEHICLES ILLEGALLY PARKED IN NO PARKING ZONES. THERE IS AN \$80.00 FINE.**

**INCLEMENT WEATHER PROCEDURES: SCHOOL CLOSURE**



You are strongly encouraged to listen to the following radio stations (96.7 CHYM FM or 105.3 Kool FM) and to consult the WCDSB System Website for information regarding bus cancellations and school closures. PLEASE DO NOT CONTACT THE SCHOOL AS THIS UNNECESSARILY TIES UP OUR PHONE LINES.

In the event of an early dismissal due to inclement weather or other reason, ALL BUS STUDENTS MAY BE DISMISSED FROM SCHOOL AT ANY TIME DURING THE DAY AS DETERMINED BY A SUPERVISORY OFFICER OF THE BOARD OR TRANSPORTATION DEPARTMENT. Therefore, you should have communicated what your exact wishes are concerning where your child must go once they are dropped off at their bus stop. You should have already communicated these wishes to your child as well.

Non-bussed students (walkers) will be dismissed only at the normal dismissal times either at lunch or the end of the day if it is a system wide dismissal and any unforeseen reasons call for an early dismissal. In a school specific, early dismissal, students may be sent at any time during the day through a mass dismissal once all parents have been notified of emergency dismissal.

It is vital that you keep emergency contacts, phone numbers and changes in your directions up to date regarding early dismissal procedures in the event of inclement weather.

**IN THE CASE OF EVACUATION AT ST. MICHAEL CATHOLIC SCHOOL FOR ANY REASON, WE WILL BRING OUR STUDENTS AND STAFF TO LANGS COMMUNITY CENTRE ACROSS THE STREET.**

**REGISTRATION FOR FULL DAY / EVERY DAY**

**JUNIOR KINDERGARTEN: (FOR CHILDREN BORN IN 2015)  
& SENIOR KINDERGARTEN (FOR CHILDREN BORN IN 2014)**

(CHILDREN PRESENTLY ATTENDING JK DO NOT NEED TO REGISTER FOR KINDERGARTEN)

**Registration will be held at St. Michael Catholic School**

**Tuesday, February 5, 2019: 9:30 – 11:30 am**

**Wednesday, February 6, 2019: 4:00 – 7:00 pm**

**Thursday, February 7, 2019: 1:15 — 3:15 pm**

Please bring with you your child's Birth (Certificate) Registration and Baptismal Certificate. If your child's baptismal certificate cannot be provided, then the parent or guardian's baptismal certificate **must be provided**. The child who is being registered is welcome to visit the school at the time of registration.

Parents are encouraged to arrange a visit to a family physician for a hearing and vision screening prior to the child's entry to school.

**Please contact the school office at 519-653-3351 for further inquiries**

**JANUARY NEWSLETTER  
2019: Issue 5**

JANUARY 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 9:00 Welcome back to school	8	9 AM – Community Resource Worker Available to meet and speak with parents <a href="#">Spirit Day</a>	10	11 11:45 – Pizza Day	12	13
14	15	16 AM – Community Resource Worker Available to meet and speak with parents <a href="#">Spirit Day</a>	17 6:30 Gr. 8 Parent Night @ St. Benedicts	18 11:45 – Pita Day	19	20
21	22	23 AM – Community Resource Worker Available to meet and speak with parents <a href="#">Spirit Day</a>	24	25 11:45 – Pizza Day	26 PD Day – No School	27
28	29	30 AM – Community Resource Worker Available to meet and speak with parents <a href="#">Spirit Day – Twin Day</a>	31 10:30 Term 1 School Assembly	1 11:45 – Pizza Day	2	3
4	5	6 AM – Community Resource Worker Available to meet and speak with parents <a href="#">Spirit Day</a>	7	8 11:45 – Pizza Day	9	10

**SACRAMENTS OF RECONCILIATION, FIRST HOLY COMMUNION AND CONFIRMATION**

WE HAVE CONFIRMED DATES FOR GRADE 2 FIRST RECONCILIATION AND FIRST HOLY COMMUNION:

FIRST RECONCILIATION: WEDNESDAY, FEBRUARY 27, 2019: 7:00 PM

FIRST HOLY COMMUNION: SUNDAY, MAY 12, 2019 2:00 PM

SACRAMENT OF CONFIRMATION FOR GRADE 7 STUDENTS: WEDNESDAY, FEBRUARY 26 @ 7:00 pm

CONFIRMATION PRACTICE: TUESDAY, MAY 7 @ 7:00 pm



If you are interested please contact  
St. Michael School 519-653-3351



**Letters, Sounds and Words**  
A Strong Start to reading™ program

**Volunteer Opportunity**

"It's the small things you do that ultimately make a difference in a kid's life."  
- Kate, Volunteer Coach

"The results will amaze you. I'll volunteer again and again!"  
- Karen, Volunteer Coach

"They just had fun, it wasn't work to them."  
- Janet, P.S. staff

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**January 2019 Fitbit - SMART Goals in the New Year**

The New Year is often a time of reflection and many people think about their health. Setting SMART goals is a great way to help you make changes individually or together as a family.

SMART goals are:

**Specific:** A general goal such as “eating healthier” can mean something very different from one person to the next. Focusing your goal can be helpful; for example your focus may be “eating more vegetables and fruit.”

**Measurable:** Set goals that allow you to track your progress. It would be difficult to measure “eating healthier,” but something like “include a vegetable or fruit with each meal and snack” is easier to monitor.

**Action-oriented:** Focus your goals on the actions you will take to be successful. If lunchtime has been a challenge, the action may be “include a side salad or raw vegetable sticks at lunch and pack a fruit for snack.”

**Realistic:** Building healthy habits takes time and practice. Choose goals that are manageable. When you have achieved that goal, you can set a new one! Consider possible challenges that may get in the way and be prepared with strategies to overcome them.

**Time-based:** Including a timeline in your goal will help you stay on track and motivated to keep moving forward! For example, try “including a vegetable or fruit at each meal and snack for a week,” then take the time to check-in and assess how it is going.

Other family-friendly healthy eating SMART goal examples:

1. Replace your household white bread with whole grain bread for a week.
2. Include legumes in meals on “Meatless Mondays” for one month.
3. Plan and prepare one new recipe as a family each week for one month.

Adapted from [Unlockfood.ca](http://Unlockfood.ca)

Brought to you by Region of Waterloo Public Health and Emergency Services