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WCDSB MISSION

“As disciples of Christ, we educate and nurture hope in all learners to realize their full potential to transform God’s world.”

VIRTUE OF THE MONTH

“Love”

WCDSB VISION

“Our Catholic schools: heart of the community -- success for each, a place for all.”

Our School Motto
“I AM MY CHOICES”

Visit our web site at:

<http://holyrosary.wcdsb.ca/>

FROM THE PRINCIPAL’S DESK...

Dear Parents / Guardians,

The Holy Rosary staff and I wish you a very Happy and Blessed Easter. We hope you enjoy special family time together while celebrating Jesus’ resurrection. We joyfully celebrated with the grade 7s and some grade 8s as they received the Sacrament of Confirmation at Our Lady of Lourdes Church on Saturday, April 1st. We look forward to celebrating with our grade 2 students as they receive Eucharist for the first time on Sunday, April 30th at 11am mass at OLOLourdes. Please keep these students in your prayers.

With the lovely warm weather returning, the bikes, scooters, roller blades and skateboards will be returning to the streets and schoolyard. Students are reminded that in order to maintain safety for everyone, these wheeled vehicles are to be dismounted and walked onto school property. Our students and parents continue to do a great job of promoting fitness and safety by walking, pedaling or pushing to school rather than getting a ride in a car. Please continue to promote and support this healthy and inexpensive habit. We ask that all parents and community members take extra care when driving around the school and neighbourhood as these student “vehicles of summer” come out in full force.

Talent show - I wanted to give everyone lots of notice so that you could possibly make arrangements to attend, our annual Talent Show will take place on June 29th starting at 12:10pm.

This is the time of the year when we begin to consider class arrangements, resources and staffing for next year. If your child **will not** be returning to Holy Rosary School in September please let us know so as soon as possible. With the closure of St. Agatha school our population will grow by 40 - 45 students; this makes it especially important to have accurate numbers for class creation and staffing.

One of the professional responsibilities of our staff is to prepare class lists for the upcoming school year. Your child’s current teacher will work with the appropriate staff on the placement of your child. When developing class lists, teachers take various areas into consideration, including social groupings, academic abilities, gender ratio and ministry and board guidelines. If you have any educational concerns or requests regarding your child for next September, please put these in writing (hard copy) and submit it to your child’s teacher by April 28th. **Specific teacher requests for September will not be accepted.**

There are a number of **IMPORTANT TESTING DATES** coming up: **Please avoid taking your child out of school during these important dates:** Grade 4 CCAT testing - April 24 - 28; Grade 7 CAT4 testing - May 8 - 12
EQAO Primary Assessment (Grade 3) - May 23 - 26; EQAO Junior Assessment (Grade 6) - May 29 - June 1

Thank you in advance for taking the time to fill out the parent Engagement Survey that is described on page 3 of this newsletter.

God Bless,
Paul Gladding
Principal

School Lingo and Academic Practices

This year our major academic Math focus is on **Proportional Reasoning**; so much of our every day, real life Math work comes from this area. When students ask “When am I ever going to use this?” This is the actual stuff that people will use over and over in their daily lives. It is found in every type of shopping; in baking and following recipes; in construction and home improvement projects; in sharing with friends and family members; organizing our days and in collecting data and information. Please include Proportional Reasoning discussions in your daily lives with your children, you will be providing them with an invaluable life skill.

Please take the time to watch this video from EQAO; it describes Proportional Reasoning and it’s importance:

How Many Nickels Make a Dollar? <https://www.youtube.com/watch?v=LPkQvN3r8js>

Virtue of the Month - "Love"

This month, the staff and students of Holy Rosary school will celebrate the virtue of Love. Love is one of the greatest gifts of all. It gives us strength when we falter, courage when we are afraid and faith in the goodness of others. There are many ways that we can show the love of Jesus to others. When we speak with kindness, when we reach out to befriend a stranger, when we help another person, we are showing love. Mother Teresa was an excellent example of love in our world. She gave love to the sick and the oppressed and changed the lives of many. Who do YOU know who is an example of love in your life? What can YOU do to send a little more love into our world.

Proverbs 10:12 *Hatred stirs up dissension, but love covers over all wrongs.*

Matthew 22:37-39

Jesus said to him, 'You shall love the LORD your God with all your heart, with all your soul, and with all your mind.' This is the first and great commandment. And the second is like it: 'You shall love your neighbor as yourself.'

John 3:16

For God so loved the World that He gave His only begotten Son, that whosoever believeth in Him should not perish but have everlasting life.



Dear Holy Rosary Community,

The Milk Bag Weavers would like to give you an update. On behalf of the team we are proud to say that we have finished ten mats since September! Thanks very much for saving and bringing in your milk bags

We couldn't make the mats without your help.

Your Milk Bag Weaving Team

"I'm very proud of these students! They're such hard workers and I can't thank them enough for their dedication to this project. Well done Team!" Mrs. Woodrow

2017 MUDPUDDY CHASE



On **Sunday, May 7th**, join the Holy Rollers (Holy Rosary's team) as we run, walk at Columbia Ice Field Athletic Centre. Last year we had a fabulous turnout and wonderful weather! The Mudpuppy Chase supports the Rotary Club of Kitchener Grand River Charitable Foundation, directly partnering with Kids Ability Centre for Child Development. Kids Ability empowers children and youth in our community to reach their full potential. Please join us by signing up today. There are different distances, cool shirts and tasty snacks! For more information on how YOU can participate in the 2017 Mudpuppy Chase, please visit MudpuppyChase.com. Or e-mail info@mudpuppychase.com

Earth Hour and Earth Play Day

Earth Hour was a great success! The lights were off in all our halls, classrooms, the office and library. All computers and projectors were shut down and any additional electronics unplugged where possible. We were glad to be a small part of a global action for change.

Earth Play Day - Earth Day is coming up on Saturday, April 22nd. This year, we are very excited to bring a new program designed by Earth Day Canada to our school called EarthPLAY. The idea is to get kids to playing outside again like we did when we were young. Remember building forts, collecting rocks and messing around in the sandbox as a kid? Kids are doing a lot less of that these days. Creative, unstructured free play outside is important for both our kids' development and for their ability to relate to and care about their environment in the future. Stay tuned for more information about the day and what all will be involved and in the meantime, check it out: <https://earthday.ca/ed2017/schools/>





YEARBOOK UPDATE



The yearbook sales campaign is over for the year. This does not mean that you can no longer order one, you still can! If you would still like to order one please contact Mrs. Santarossa at the school office; 519-747-9005. The last possible day to order will be June 30th. If you have pictures of any school events or yearbook questions - please forward these to Tereza Korbel at tereza.korbel@gmail.com.

Eco Update

We are very excited to tell everyone that the **TD** Friends of the Environment Foundation has a great opportunity for our community! We have secured some grant money through them and we will be planting 5 good sized trees in and around our yard to provide more shade to our students, staff and parents. We are working on acquiring more grant money to plant even more trees to add to this project. We will be removing some ash trees that are not thriving and adding our new trees near the end of April. Thank you very much to Tereza Korbel, Marian Mitchell and all the ECO warriors at Holy Rosary! You are doing a great job of taking care of our earth and making our school an even better place to be!

At Holy Rosary School, the School Council serves to engage a strong parental relationship between school and home.

As a school council member, you can help your council discover new and exciting ways to contribute to the education of students at Holy Rosary. Education is a partnership involving parents, students, teachers, principals, school boards, and the community. Your involvement in the council gives you the opportunity to strengthen that partnership, and to be part of a dedicated team working to ensure a high quality of education and an accountable education system for our children at Holy Rosary. *Your participation can make a difference!*

If you would like to join the School Council or you would like to observe a meeting, please contact either Shana McTurk at shanamcturk@yahoo.ca or Jane Bourque at jane.bourque22@gmail.com

Your ideas and suggestions are important to School Council! Feel free to contact either Shana or Jane to share your input.

Dear Holy Rosary Community,

The school council and I would love to hear from you; we would like to hear about your satisfaction with school life, communication, event timing, your engagement with the school and with your child's academic life.

To this end we have designed a survey for you to complete online. It should only take you a couple of minutes, it is our hope that your responses will help us to serve you even better. The survey will be open over the next week; please complete it by midnight on Tuesday April 11th. Please click on the link below,

Thank you,
Paul Gladding

<https://www.surveymonkey.com/r/HolyRosary2017>

Parent's Corner - Ideas for Picky Eaters

- Try adding turnips and carrots to mashed potatoes.
- Strawberries add sweetness to a salad.
- Try baked sweet potato fries for a healthy side dish.
- Kids like to pick up foods, so give them foods they can handle. Fruit and veggie chunks (raw or cooked) are great finger-food options.
- Try to have snacks incorporate two food groups. For example, offer cheese and whole-grain crackers or apple slices with low-fat yogurt or cottage cheese.
- I involve my kids in dinner decisions, shopping and preparing the meal. I have found that my kids are a lot more interested in what they are eating.

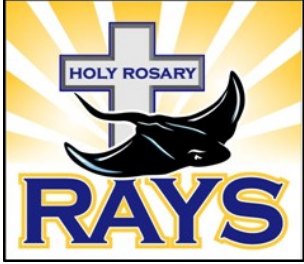
~Cathy~

Please provide your suggestions for Parents Corner to Shana McTurk at shanamcturk@yahoo.ca

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Dates to Remember

- 1 Confirmation at Our Lady of Lourdes Church
 - 3 Grade 6 - Retreat Day at Resurrection - All Day
 - 3 Virtue Assembly - "Love"
 - 3 School Council Meeting - 6:30 p.m.
 - 4 Intermediate Leadership Conference
 - 5 Grade 8 Hope Planks
 - 6 Grade 4 Class Mrs. Holm - Trip to Homer Watson Gallery
 - 6 Boomerang Lunch (11:05am) and Staff Student Volleyball Game (1:50pm)
 - 7 P.D. Day - no school for students
 - 13 Boomerang Lunch (Last One of the Year)
 - 13 Holy Thursday Bread Service - 1:50pm
 - 14 Good Friday - Holiday
 - 17 Easter Monday - Holiday
 - 18 Stations of Light - 8:20 a.m.
 - 20 Rocks and Rings - All Day
 - 20 Special Education Parent engagement night at St. Mary's—6pm
 - 21 Earth Day - Play Day
 - 25 Coding Quest Arcade - Grades 4 to 6
 - 26 Grade 2's to Retreat at Our Lady of Lourdes Church - 8:30 a.m. to 2:00 p.m.
 - 27 JK/SK to Humanities Theatre University of Waterloo - Play Pigmania - P.M.
 - 30 First Communion at OLOLourdes Parish - 11 a.m.
- May 1 - 5 Catholic Education Week—"Walking Forward Together"



Healthy, Active Living Fit Bit

April 2017 FitBit – 10 Ways to Eat More Vegetables and Fruit

1. **Boost Your Breakfast:** Add berries, dried fruit or sliced banana to your cereal, yogurt or oatmeal. Try peppers, mushrooms, onions or chopped greens in a delicious omelette.
2. **Double the Veggies:** Add extra vegetables into your soups, stir-fries, casseroles and pasta dishes. Load up on veggie toppings for pizzas and sandwiches.
3. **Salute the Snack:** Revolve snack time around vegetables and fruit. Pre-cut or peel fruit like oranges to make it more appealing and easier to eat quickly during snack breaks.
4. **Take a Smoothie Break:** Whip up large batches, freeze in single portions and take on the go when needed! Try adding a handful of greens with fruit, yogurt, milk and ice.
5. **Dig the Dip:** Dip apples, pears or bananas in yogurt or one to two tablespoons of peanut butter. Veggies are great paired with hummus, salsa or low fat sour cream. Try the easy dip recipe below, you can flavour it however you like!*
6. **Reinvent the Chip:** Bake thinly sliced sweet potatoes, beets, torn kale or collard greens to satisfy that crunch! Toss bite-sized pieces in a small amount of vegetables oil and your choice of spices before baking until crispy.
7. **Weekly Featured Vegetable:** Give everyone in the family their own week to choose a feature vegetable to cook with. Try to choose vegetables that are in season.
8. **Use Frozen Veggies (and Fruit!):** Over the winter buy more affordable frozen vegetables and then steam them, puree into soups and sauces or bake them in a casserole. Frozen fruit is great on cereal or in smoothies.
9. **Delight in Dessert:** Frozen grapes or bananas make a delightful dessert. Other simple ideas include fresh fruit, a baked apple, fruit salad or fruit kabobs with yogurt for dipping!
10. **Half Your Plate Twice a Day:** Meet your recommended number of servings in a flash by making half of your plate vegetables at lunch and at dinner!

Garlic & Dill Veggie Dip

Preparation Time: 5 minutes

Ingredients:

1 cup (250 ml) light sour cream or plain yogurt (1% M.F. or fat-free), 3 Tbsp (45 ml) light mayonnaise, 1 Tbsp (15 ml) lemon juice, 1 tsp (5 ml) minced garlic, 1/4 cup (60 ml) chopped fresh dill or parsley.

*You can use any combination of fresh or dried herbs and spices to flavour this dip. Instead of dill, try it with 1 tablespoon (15 ml) of dried herbs or spices like curry powder and paprika or Italian seasoning.

Directions:

1. Stir together all ingredients in a small bowl and chill until ready to serve. Prepare up to one day in advance for even more flavour.

Recipe adapted from 500 Best Healthy Recipes by Lynn Roblin, MSc. RD