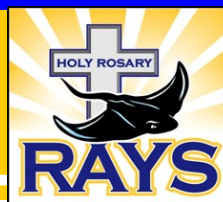


The Rays' Report

Waterloo Catholic District School Board



Volume 11 Issue 4

December 2015

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FROM THE PRINCIPAL'S DESK...

Dear Parent(s)/Guardian(s),

We are starting an extremely important part of our liturgical year this week. Advent is a special time; it is time for us to wake up, look around and decide what we need to do to prepare for Jesus' arrival!

We had a great Bullying Awareness and Prevention week in November. It was highlighted by our assembly on Monday and classroom story reading and discussion visits. It is great to see the commitment of everyone addressing this important topic.

With the winter weather upon us, please make sure that your children are prepared for the weather; we would like to remind everyone to remember to bring their indoor shoes to keep at school so they can change out of their wet and dirty boots. We also want to point out that the play structure has now been closed for the winter.

We are looking for more ways to engage parents in their child's education and in our school. If you have any suggestions please let me know. We will be sending home a list of ideas to consider before the Christmas holiday and we will send home a survey in the new year.

On behalf of the Holy Rosary staff I want to wish everyone a safe holiday and a Merry Christmas filled with happiness, joy and the love of Christ.

Paul Gladding

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

"Hope"

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://holyroary.wcdsb.ca/>

**Merry Christmas
from the
Staff of Holy Rosary**



Dear Parents/Guardians,

The WE Team is happy to announce that we will be running the Angel Tree Gift Drive from Monday, December 5th until Monday, December 19th. We will be collecting new, unwrapped gifts to be distributed by the local Fire Department to those in need in our community. We encourage students to bring in a gift appropriate for a child their age. However, please take into consideration that we are in greatest need of baby supplies (diapers, wipes, toys, soothers, clothes, formula etc.) and gifts for 12-17 year olds (\$5-\$10 gift cards, headphones, etc.).

As well, we are starting a new campaign, "Zinc Saves Lives". We will be collecting used batteries throughout the school year to reduce the amount of electronic waste going to landfills and to help save a child's life. For every AA battery recycled, Teck will donate the value of zinc in support of health programming in Kenya. Every AA battery contains the same amount of zinc that is needed to save the lives of six children!

We hope you can participate in these initiatives to help our local and global community! The We Team would like to thank-you in advance for your continued generosity and support.

Sincerely,

The WE Team





Healthy, Active Living Fit Bit

Reasons to Eat the Seasons

It is always fun when a season changes. The new season brings different weather, exciting adventures and new vegetables and fruit! In-season or seasonal produce are vegetables and fruit picked during their natural growing season. Buying in-season produce can have a lot of benefits:

Reduce your grocery bill

Have you ever noticed that bell peppers cost more in the middle of winter than during the summer? That's because it's easier to grow vegetables and fruit during their natural growing season and the produce doesn't have to be brought in from far away. It's also cheaper to buy seasonal produce since there is a lot of it which needs to be sold before it spoils.

In-season produce can have more nutrients and flavour than out-of-season produce

Out-of-season vegetables and fruit are often grown in another country. They are harvested early before they can fully ripen. This stops them from spoiling while travelling to your grocery store. Vegetables and fruit that are picked early and travel a lot may lose some of their nutrients and often have less flavour.

In-season vegetables and fruit can be fun for the whole family

Get creative in the kitchen by trying to use different vegetables and fruit each week. Give your favourite recipe a makeover by using in-season vegetables or fruit. Get kids involved in the kitchen by making up a game: for example, see who can come up with the tastiest seasonal recipe! Plan a trip to a farmer's market for seasonal produce.

Not sure what to do during the winter season? Don't worry! There are lots of ways you can enjoy your favourite flavours throughout the year:

Change your menu to reflect the season: carrots, cabbage, mushrooms, parsnips, beets, onions, garlic, squash, potatoes and more are all grown in Ontario during the winter months. Freeze extra fresh produce during the harvest season and add to soups, stir-fries or smoothies.

Use frozen vegetables and fruit to complement the fresh ones that are in season. Frozen produce is just as nutritious as fresh produce and is a less expensive choice during the winter. Canned vegetables and fruit with no added salt or sugar are a good choice too.

Check out Foodland Ontario at <http://www.ontario.ca/foodland/availability-guide> to find out when different vegetables and fruit are in season. If you want more information about freezing vegetables and fruit, visit the Region of Waterloo Public Health website at:

<http://chd.region.waterloo.on.ca/en/healthyLivingHealthProtection/resources/FreezeVegetables.pdf>

<http://chd.region.waterloo.on.ca/en/healthyLivingHealthProtection/resources/FreezeFruit.pdf>

GRADE 8 STUDENT & PARENT PATHWAYS and MOUNT MARY NIGHT

Where: Holy Rosary School Learning Commons

When: January 25, 2017 Pathways (6:30 - 7:15pm) Mt. Mary (7:15 - 8:00 pm)

The evening will include: Information about Pathways and all things about life in our Catholic Secondary Schools including all of our special programs, how to choose a correct pathway for your child and any lingering questions you have will be answered. This will also be your night to hear all about our Mount Mary experience.

SEE YOU THERE!

Eco Update

Did you notice, we had many of our trees trimmed during the last PA day by a professional tree crew?! Not only will our trees grow better now, but they will also be safer for students and passersby. A big thank you to School Council for providing funds for this endeavour. Eco Team leadership has also been busy carrying out a Shade Audit to assess whether we have adequate shade on our school grounds and has submitted an application for funding to plant several new trees to add shade where needed. Fingers crossed we get the grant; we'll keep you posted!

The Eco Team has been busy making sure our various programs are working well (Walking Wednesdays, Recycling Ray and Rosie, Sarah's Milk Bag program) and that points are being tallied for the Eco Champions award. Also this month, as we prepare for Christmas, we are brainstorming how to make our holiday celebrations more eco-friendly, and more meaningful too! Waste Watchers will be sharing these green Christmas ideas in their classrooms soon, so ask your child about it.

Finally, a friendly eco-reminder as the weather gets colder. As per the City of Waterloo's anti-idling by-law, please remember to limit idling of vehicles to three minutes or less. Idling is harmful to your health, our health, our environment and your engine. Thank you for caring about each other and the earth.

VIRTUE OF THE MONTH

“Hope”

We reflect on the risen Lord as the ultimate expression of hope
Exemplify hope to transform the world by our words and actions

Be the hands and feet of Christ

Help your neighbour, support your community

Seek forgiveness and reconciliation

Milk Bag Weaving

Great News! The Milk Bag Weaving Team has completed their first mat and are well into the second, great job team! Thanks so much to everyone who has sent in milk bags, please keep them coming!

School Lingo and Academic Practices

Each year schools create a SIPSA - (School Improvement Plan for Student Achievement); Ours is posted on our website. This year we are continuing to focus intently on Math with specific attention on Proportional Reasoning. What exactly is Proportional Reasoning you ask? See below:

Proportional reasoning is about thinking multiplicatively; it is about comparing things using multiplicative thinking and moving away from additive thinking. In areas of mental math and in doing calculations such as: scales on a map; recipes (amount to add); unit rates (unitizing); ratio etc. It is not restricted to these, though, as Proportional Reasoning permeates all areas of Mathematics. Sample problems would be:

In 30 minutes, Bob reads 60 pages of a book. How long should it take him to read 150 pages? What different ways could you solve this? How might we see our students solve this?

Joel helps his mom for 1 hour. For how many minutes does Joel help his mom?

Deepak reads for 30 minutes each night before bed. After 2 weeks, has Deepak read for more than 6 hours?

Popsicle sticks are packaged in boxes of 500. Meagan needs 100 popsicle sticks to build 1 tower. She has 2 boxes of popsicle sticks. How many towers can she build using all of the popsicle sticks?

Winter Weather Update

When we experience cold weather throughout the year families often have many questions. In light of this we are informing the community of the policy that is followed when deciding to keep students indoors during winter. Students will remain inside when temperatures, including wind chill, are at or below minus 20°C. Otherwise all students will go outside for AM and PM recesses and lunch recess. Students must dress for the weather and be prepared to be outside before school, during the two 15 minute recess and the 40 minute lunch break. Please check the weather each day before students are sent to school and ensure that they are coming to school dressed appropriately to go outside every day.

In the event of severe weather, please listen to the local radio stations for school closure or bus cancellation information beginning at 6:45 a.m. Announcements are made approximately every quarter hour. Additionally, all cancellation updates can be found on the WCDSB website (www.wcdsb.ca) under the Cancellations tab.

Here are some tips for walking to school in the winter: -Wear a hat...up to 50% of body heat can be lost through your head, so keep it covered - Walk with smaller steps to improve footing on slippery sidewalk -Wear mittens...they are warmer than gloves -Use a lip protector (such as a lip balm) on your lips -Walk with a buddy...talk about all the great wintery scenery!

Holy Rosary's Advent Celebrations

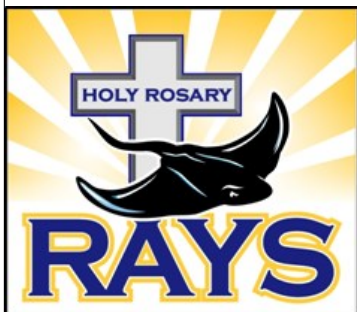
December	1	- 12:10 pm - Junior Division
December	6	- 8:30 am - EY Division
December	12	- 8:30 am - Primary Division
December	23	- 10:00 am - Mass



Holy Rosary Catholic
Elementary School

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Our School Motto
"I AM MY CHOICES"

Dates to Remember in December

- 1 - #1 -Advent Celebration (Junior)& Virtue Assembly - 12:10pm
- 5 - WPL Visit - T. Dosman & J. Simone
- 6 - #2 - Advent Celebration - Early Years - 8:30am
- 7 - ARC Meeting - St. Clements
- Advent, Christmas and Spirit Wear Day
- 8 - Gr. 1 Skating
- 9 - P.A. Day - no school for students
- 12 - #3 - Advent Celebration - Primary
- School Council Meeting/Social
- 14 - Advent, Christmas and Spirit Wear Day
- 15 - Gr. 1 Skating
- 6:00 - Christmas Carols and Video night
- 19 - WPL Visit - M. Micheli & D. McLellan
- 21 - Advent, Christmas and Spirit Wear Day
- 23 - Christmas Mass 10:00 am - Holy Rosary Gym
- P.J. Day

Dec.24 - Jan. 8 - Christmas Break

Book Fair news: We'd like to extend a big thank-you to everyone who helped support this year's Book Fair! The profits will be spent on new and exciting items for our MakerSpace. A special note of thanks to the parent volunteers who helped make this year's Fair such a great success!



The annual **TRIM-A-TREE CONTEST** is set to begin in the Learning Commons! Students are invited to bring in Christmas ornaments that **they've made** to help decorate our tree. A draw will be held on December 22nd.



2016 Holy Rosary Christmas Celebration

We will be hosting Holy Rosary Community members for an evening Christmas Celebration on Thursday, December 15th. We will have a Christmas Carols starting at 6 p.m. followed by a Christmas video starting at 6:30 p.m. There will be snacks and drinks for sale by Grade 7&8 students. The proceeds will help to offset the costs for Intermediate trips and retreats.

