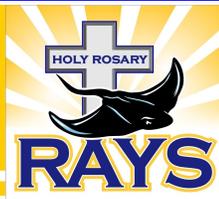


The Rays' Report

Waterloo Catholic District School Board



Volume 11 Issue 6

February 2017

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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.”

WCDSB VISION

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

VIRTUE OF THE MONTH

“Self Control”

Our School Motto
“I AM MY CHOICES”

Visit our web site at:

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

FROM THE PRINCIPAL’S DESK...

Dear Parents,

Our Virtue this month is “Self-Control”. We have and will continue to encourage our students to show great self-control in everything they do. Thanks to the grade 1’s who showed us how to use self-control at our assembly this morning. They reminded us to make good choices and to follow through on doing what is right.

Later this month (Feb. 16th), term one report cards will be sent home for all students. Please use this time as an excellent opportunity to talk with your child about their learning skills and academic progress. The students are the “author” of their report cards and we hope they act responsibly and take them very seriously. Please remember to send back the cut off portion of the report signed by the parent and/or guardian, as well as the report card envelope. Student/Teacher/Parent conferences are not scheduled at this time. However, if you wish to speak with your child’s teacher about the term one report card, please indicate this on the bottom of the form. For our grade 7 and 8 parents and students this is a good time to consider the opportunities for help that exist through the Homework Club and the Skills Builder program on Saturday mornings.

Good luck to our Girls Volleyball and Boys Basketball teams. They are currently in the middle of their seasons, and they are learning lots and finding success against other schools. Congratulations and good luck to our Knights of Columbus Free Throw competitors who travel to St. David this Saturday.

Please keep our grade 8 students and staff in your prayers. They will be travelling to Ancaster next week for their Mount Mary retreat. We are also praying for our grade 2’s as they will celebrate their First Reconciliation on February 25th. In addition we have a special event this Sunday where four of our grade 2 students will be baptized after the 11am mass at Our Lady of Lourdes. We wish them many blessings. The grade 7 students and parents are reminded that the Confirmation Rite of Enrollment Celebration has been moved from February 18th to March 5th.

Our Yearbook campaign starts this month. It runs from February 13-24th. Now is the time to order your beautiful yearbook! Thank you to our Parent Yearbook Committee for all of their hard work and to our Yearbook Ambassadors who will be helping with collecting orders. Parents are encouraged to submit pictures that you take through out the year at school events.

Finally, please check the calendar on the last page of this newsletter and record any important dates on your calendar at home.

Yours truly,
 Paul Gladding

School Lingo and Academic Practices

Proportional Reasoning is our Mathematics focus for this year; to refresh your memory, Proportional Reasoning is about thinking multiplicatively; it is about comparing things using multiplicative thinking and moving away from additive thinking. Please have conversations with your children about Math using this focus. If the question is how many 10s are there in 70, we want to encourage the students to think 7×10 rather than thinking $10+10+10+10+10+10+10$.

Sample questions for discussion:

- In parking lot A there are 24 of 40 spots filled. In Lot B there are 56 of 80 spots filled. Which parking lot is fuller? How do you know? Explain your thinking.
- Group A: 2 people → grew to 5 people. Group B: 92 people → grew to 100 people. Which group’s size changed more?
- Jensen drives 100 km in 2 h and has 60 km to go. Will Jensen drive the other 60 km in more or less than 2 h? Justify your answer.
- Make up your own situation that uses “per” (e.g., Jeremy does 3 good deeds per day). Create a related problem to solve based on your situation.

The following link will take you to a great video from EQAO about Proportional reasoning:
<https://www.youtube.com/watch?v=LPKQvN3r8js>

First Reconciliation Retreat Gr. 2 Students

The retreat in preparation for First Reconciliation will be held on, **Wednesday, February 25th at 9:00 a.m.** at Our Lady of Lourdes Church in the parish hall.

Celebration of First Reconciliation

Celebration of First Reconciliation for our grade 2 children - Saturday, February 25th - 9:00 a.m. at Our Lady Of Lourdes Church

Confirmation

Confirmation Rite of Enrolment and Reception at Parish Mass - Sunday, March 5th, 2017 at 9:00 a.m. Our Lady of Lourdes Church

10th Waterloo Scout Group & The St.Vincent de Paul Youth Present - The 35th Annual Shrove Tuesday Pancake Supper

When: February 28th, 2017

Where: Our Lady of Lourdes Church Hall

173 Lourdes Street, Waterloo

Time: 5:00 p.m. until 7:00 p.m.

Supper Feature: All-You-Can-Eat pancakes and Ham

Tickets: \$22.00 Family Adults: \$8.00 Seniors:

\$6.00, Kids under 12: \$6.00

For further information, please call:

Bob Kalbfleisch at (519) 572-1112 or e-mail

bob.kalbfleisch@bell.net or George Mayer Jr. at

(519) 741-6744 or

e-mail George.mayer.jr@gmail.com

**JK Registration is on now**

Attention families with children born in 2013; JK registration is now on, please see Mrs. Santarossa in the office for details. The office is open late on Thursday February 2nd to take registrations.

Ash Wednesday (March 1st) – Ash Wednesday is a very special day on our liturgical calendar. It marks the start of Lent and is a chance for us to make good choices and sacrifices in order to be better citizens of our world and our Catholic Community. We will have an Ash Wednesday liturgy (including the distribution of Ashes) at 10:30 in the school gym. Everyone is welcome!

Valentine's Day (February 14th) -Valentine's Day is a fun, loving day! We are happy to celebrate our friendships and have the children expressing their care for and friendship with each other on this day. We encourage the children to be inclusive if they are handing out valentine cards. We do not want to see any students feeling left out or excluded. Thank you! This is a nutrition exemption day. You may send in treats (No nut products please).

Region of Waterloo Winter Walk To School Day - February 8th

Bundle up and make the trek to school on foot (if possible). Celebrate winter and enjoy a frosty walk! Say "Thank you" to your crossing guard who keeps students safe while crossing the road.

**SHROVE TUESDAY PANCAKES**

Shrove Tuesday, better known to children as Pancake Day, is on February 28th this year. Shrove Tuesday is the day preceding Ash Wednesday. This marks the beginning of Lent, a time when we prepare for the church's greatest feast: Easter. On the morning of the 28th, staff and students at Holy Rosary will be enjoying pancakes. Pancakes are traditionally made on Shrove Tuesday because they were a way to use up rich foods such as eggs, milk and sugar before the fasting during Lent.

We are looking for volunteers to help by making pancakes in the morning from 8-10 am. If you cannot come that morning, but have a griddle we can use, please consider sharing yours. If you are able to help out in either way, please contact April at: april.richardson@rogers.com.

Again this year we have gluten free pancakes available. If your son or daughter requires GF pancakes please email april.richardson@rogers.com by February 15th. If your child has any other type of allergies, we would encourage you to send an alternative option for them that day.

Thanks in advance to Beechwood Zehrs for their donation to this event, and to all the volunteers.

VIRTUE OF THE MONTH

“Self-Control”

This month, we will celebrate the virtue of Self-Control. When you demonstrate self control, you are showing that you are responsible for your attitudes, your words and your actions. The Gospel of Mark tells us very clearly that there is “Nothing outside of a person that is able to make him unclean by going into him. Rather it is what comes out of a person that makes him unclean.” This message reminds us that the world around you may influence you, but ultimately YOU are the only person who can control how you react. And it is in these actions that we have the opportunity to show God’s love for us. During this month of February, practice showing self-control. Think carefully before you say something unkind or react with anger or impatience.

Proverbs 25:28 - “Like a city whose walls are broken down is a man who lacks self-control.”

We Team Update

The WE Team - will be running a new campaign this year from February 1-16th, **The “Socks & Toiletry Supplies Drive”**. We will be collecting important items for the less fortunate in our community that we do not collect during our Food Drives. We will be collecting personal hygiene items such as; socks, bars of soap, shampoo, conditioner, hand sanitizer, body wash, toothpaste, toothbrush, deodorant, etc. We ask that you bring in sample, travel or standard size items.

*Just a reminder that we are collecting used batteries for the rest of the school year. We have already collected, recycled and reported over 1000 batteries!

Thank-you, The WE Team

Optimist Club of Westvale-Waterloo

2017 Optimist International Oratorical Contest , Optimist International Essay Contest & Spelling Bee (Gr. 5's only)

Applications are available in the office and are due by February 2nd, 2017 (Oratorical)

Due by February 11h, 2017 (Essays)

Due by March 8th, 2017 (Oratorical)

Due by February 28th, 2017 (Spelling Bee)

CONTACT INFORMATION:

Maurie Sheppard maurieshep@rogers.com 519-572-4068 Or www.optimist.org

Sue-Anne Walsh sueanne_walsh@yahoo.com

MAILING ADDRESS: Optimist Club of Westvale-Waterloo

524 Birchleaf Walk, Waterloo, ON, N2T 2W5

Holy Rosary Yearbook News 2016/2017

The yearbook committee is excited about bringing you a colour 2016-2017 Yearbook capturing fun events, exciting milestones, sports, student life and happenings throughout the year for all grades.

Order forms will be sent home with the students on Monday, February 13th. There will be 2 Early bird draws for those who return the orders on or before February 24th. Prizes are gift certificates from Chapters.

The cost will be \$20 with the yearbook distribution in September 2017. If you are interested in advertising in the yearbook details will be on the order form.

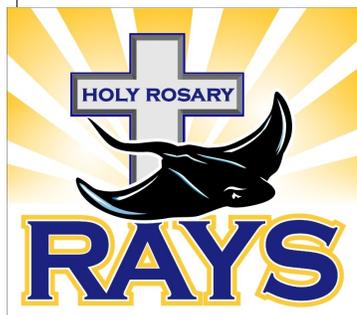


February

Holy Rosary Catholic
Elementary School

485 Thorndale Drive
Waterloo, Ontario
N2T 1W5

Phone: 519.747.9005
Fax: 519.747.3955



- 1 Virtue Assembly - 8:30 a.m. - Gym
- 1 JK/SK Registrations - 9:00-11:00 a.m. & 1:00-4:00 p.m.
- 2 JK/SK Registrations - 9:00-11:00 a.m. & 1:00-7:00 p.m.
- 2 Ground Hog Day!
- 5 Sunday Mass Confirmation (Candidate Participation) - 9:00 a.m. Mass - Church
- 6 School Council - 6:30 p.m. - Learning Commons
- 8 Confirmation preparation #4 - 7:00 - 8:30 p.m. - Parish Hall
- 8 & 9 Humane Society Presentations in Classes
- 8-10 Grade 8's - Mount Mary - 8:45 leaving Feb. 8th - returning 2:30 p.m. Feb. 10th
- 14 Valentines Day
- 16 First Term Reports go home
- 16 Science Night - 6:00 - 8:00 p.m.
- 16 Safety Village - Grade 5 Mrs. Schnarr's Class - 12:30 p.m.
- 18 Confirmation Rite of Enrolment & Reception to follow - 7:00 p.m. Parish Mass Church
- 20 Family Day (no school)
- 23 Reconciliation Retreat for grade 2s 8:45 a.m. - 2:00 p.m. at Our Lady of Lourdes - Parish Hall
- 24 Kitchener Rangers "Talk Today" - Mental Health presentation for grades 6-8; 10a.m.
- 25 First Reconciliation Celebration - Our Lady of Lourdes Church - 9:00 a.m. Mass
- 28 Shrove Tuesday—Pancakes served to everyone

March 1st - Ash Wednesday Mass 10:30 a.m. - Gym



Healthy, Active Living Fit Bit (February)

February FitBit – Five Great Ideas for Healthy Valentine's Day Celebrations

Why are healthy celebrations important?

Celebrations traditionally involve food, but offering unhealthy food and beverages too often can contribute to unhealthy eating habits. There are many fun and creative ways to celebrate that can promote good health and support a healthy learning environment.

Here are a few ideas to try this Valentine's Day:

Repurpose the heart-shaped cookie cutter

It can be put to better use cutting sandwiches, fruit, cheese or other soft foods into festive and fun treats. You could even use one to trace hearts when making homemade valentines or decorations!

Create clever fruit valentines

Consider sending a piece of fruit instead of a bag of candy hearts; the valentine tag-line possibilities are ripe for picking! Try these or make up your own: "You are the apple of my eye"; "Orange you glad we are friends?"; "I'm bananas for you!" "You are 'pear-fect!"; "You're berry special"; or, "You are sweet".

Use red and pink healthy foods to celebrate

The colour scheme alone is enough to define this holiday. As an added bonus, vegetables and fruit with vibrant red and pink colours have lots of nutrients. Think tomatoes, red peppers, apples, beets, radishes, watermelon, strawberries, raspberries, cherries or pomegranate!

Be different! Choose non-food items to share with your valentines

Many stores offer fun alternatives to candy valentines, like pencils, stickers, lip balms, glow sticks, bouncy balls or small toys. Or send written valentines without the candy - they will still be appreciated!

Focus on fun instead of food

There are so many fun ways to celebrate. Check out <http://www.pinterest.com/cspinutrition> to start your search for healthy recipes, crafts, games and activities to make your healthy celebration sparkle.

Valentine's Banana Split

Preparation time: 5 minutes

Makes: One banana split

Ingredients: • 1 small banana • ½ cup plain or vanilla Greek yogurt • 2-3 Strawberries • ½ teaspoon cocoa **Directions:** Wash strawberries and pat dry. Cut a 'V' in the top of each strawberry to remove the hull, then slice strawberries to resemble hearts (with the 'V'-shape at the top of each slice). Cut a banana in half lengthwise and place in a bowl or dish. Spoon Greek yogurt onto the banana, top with strawberry hearts and sprinkle with cocoa (or sliced almonds, if desired). *This recipe meets the criteria for Maximum Nutritional Value.. Recipe adapted from www.school-bites.com.*