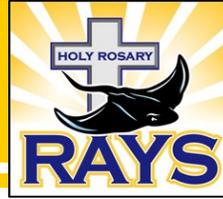


# The Rays' Report

Waterloo Catholic District School Board



Volume 10 Issue 5

January 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.”

## Our Holy Rosary Moto

**I AM MY  
CHOICES**

## THIS MONTH’S VIRTUE

January’s virtue is:  
“Respect”

Visit our web site at:

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

## FROM THE PRINCIPAL’S DESK...

Dear Parent/Guardian,

Welcome back! I hope that everyone had a relaxing and blessed holiday season. The staff at Holy Rosary is happy to be back after taking the time away from school to refresh and relax with their families. We are looking forward to an exciting and productive winter term. As usual, there are a number of interesting activities that the staff and our student leaders have planned for the upcoming months at Holy Rosary.

We wish good luck to our Girls Volleyball and Boys Basketball teams as they begin their seasons this week. Our lunchtime PALS, ECO Team and intermural programs are ongoing and these provide great opportunities for our students to enjoy fun games and stay active.

Over the course of the winter most students are wearing boots to school. Please remember that we require that all students bring an extra pair of shoes to wear inside. The best suggestion would be for students to have a pair of running shoes that are kept at school, as these will be needed for physical education classes too. We also want to remind all of the students to come dressed for the colder weather.

Thank you to for encouraging your children to walk to school. If you are driving to school, please continue to honour the signs and expectations for the safe delivery and pick up of our students. With all of the snow and ice, it is even more important to keep the parking lot clear and to take extra care on the roads.

I understand that there is a new building/craft toy available that is causing some issues with getting caught in kids’ hair. The toy is called Bunchems - to save trouble I would ask that these are **not** brought to school, thank you.

We are excited to welcome our new crop of Rays for next year, JK registration starts on February 1st—please see page 2 for more details.

Before Christmas I wrote about Parent Engagement in school life and the academic lives of the students. Please watch for a parent survey coming in February.

Please mark February 16th on your calendars. Thanks to the School Council and a ProGrant, we will be presenting a special night of Science activities. We will be joined and led by the experts from ESQ at the University of Waterloo. This program has been hosted by other schools in our community with great enthusiasm from parents and students!

Take care,  
Paul Gladding  
Principal

## School Lingo and Academic Practices

I have shared information regarding Growth Mindset with you in the past. It is such a valuable concept and thought process for all of us. Throughout our lives we have seen failing and poor marks as very negative and certainly something to be avoided. Growth Mindset encourages us to keep trying if we don't get it right the first time. It encourages us to keep working hard and try new strategies and ideas. Please take a few minutes to watch this TEDtalk video "Failure is Part of Success" and share it with your children. The video talks about how we can succeed through failure; we all fail and make mistakes. Learning happens when we accept that and try to improve.

[https://www.youtube.com/watch?v=bujlb\\_sQZvQ](https://www.youtube.com/watch?v=bujlb_sQZvQ)

The three key messages in the video are as follows:

- 1. Don't quit too early:** Get in the line - Stay in the line.
- 2. There is no such thing as failure:** Sometimes we win - Sometimes we learn - The faster I learn, the faster I succeed - Fail fast forward.
- 3. The past does not equal the future:** We are not defined by our past.

*Beavers, Cubs, Scouts  
&  
The St Vincent de Paul Youth  
Present The 35<sup>th</sup> Annual Shrove Tuesday Pancake Supper*

The youth, leaders and parents of the Scouting and St. Vincent De Paul Youth, invite you to join us for a parish tradition – a special anniversary edition! The **35<sup>th</sup> Annual Shrove Tuesday Pancake Supper** will take place on **Tuesday, February 28th, 2017**, in Our Lady of Lourdes Church Hall. As always, the supper will feature the popular **All-You-Can-Eat** pancakes and ham. Dessert and beverages are included.

Serving time is from 5:00 p.m. until 7:00 p.m. Tickets are only available at the door in the **Our Lady of Lourdes** Parish Church Hall, 173 Lourdes Street, Waterloo, on a first-come, first-served basis.

The ticket prices for the year's event are:

Family:	\$ 22.00	Adults:	\$ 8.00
Seniors:	\$ 6.00	Kids under 12:	\$ 6.00

(A family is considered to be parents and their children, 12 years of age and younger, with a maximum of 5 people).

We look forward to serving returning patrons and welcoming new friends.

For further information, please call:

Bob Kalbfleisch at (519) 572-1112 or email [bob.kalbfleisch@sympatico.ca](mailto:bob.kalbfleisch@sympatico.ca)

## [Kindergarten Registration is coming!!!](#)

We will host special JK/SK registration times on-

[Wednesday, February 1st, 9:00-11:00 & 12:00 - 4:00 p.m., and](#)  
[Thursday, February 2nd, 9:00-11:00 & 12:00 - 7:00 p.m.](#)

If you are unable to make it during these times, please call the school to book an appointment at **519-747-9005**



### Thank You For Supporting Our Goats Campaign

Once again, the Holy Rosary Rays did an outstanding job of donating to our charitable Christmas campaign.

The Rays exemplified just how generous they are by collecting over 200 toys and baby items!

We would like to thank all of the students, staff and families who contributed to offering a better life to these families.



### Prayer

Dear Lord,  
Thank You for this past year's blessings.

Thank you too for being with us through our difficulties.

Guide us along the path of righteousness.

Help us to be more faithful in loving You and others.

AMEN

## REFLECTION ON OUR FAITH

### “Respect”

This month, the staff and students of Holy Rosary School will be practicing the virtue of respect. Respect is both an attitude and a way of talking and being. It is demonstrated in the way that we honour another person for the unique qualities that they share with the world. Every human being is created in the image of God and therefore deserves respect and appreciation. Following the advice and rules of our Church, our parents, and our teachers is another way that we can show respect. One of the Ten Commandments passed on through Moses is “Respect thy Father and thy Mother” so we recognize how important this virtue is. When we care for God’s creation and preserve its natural beauty we are showing respect for our world. What can you DO to show respect for yourself, for others and for our Earth? This month, Holy Rosary Rays will practice the virtue of respect.



“Honour and respect your father and your mother, that your days may be long upon the land which the LORD your God is giving you”

Ex 20:12

### Coming Soon—Mad Science

On January 23rd we will have a Mad Science demonstration in the gym for our students. This assembly is a kick off to the program that they will be offering after school at Holy Rosary. This is a fun and interesting program for grade 1-6 students that brings Science to life. The program will run starting February after school from 3:00 – 4:00. Transportation home from this program will be a parent responsibility and there is a cost to the program. The Registration Forms will be distributed on January 23rd at the assembly and due date will be on the forms.

### Lost & Found and valuables at school Reminder

We have a Lost and Found bin at school, right outside of the office. Please remind your children that if they have lost anything they should look for it there. It is important to note that the custodial staff clears out the bin three times per year, all remaining items are donated to charity. ***Every thing is displayed on tables for next week. We will be clearing the bin on Wednesday, February 1st***

Please also note and remind your child that valuables of any kind are not to be brought to school. This includes anything that is valuable to you or your child and would be upsetting if it was lost or taken (such as — electronics, smart phones and valuable toys).

## Winter Weather Update

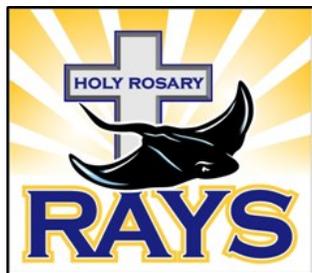
When we experience cold weather throughout the year families often have questions. In light of this we are reminding the community of the policy that is followed when deciding to keep students indoors for winter. Students will remain inside when temperatures, including wind chill, are  $-20^{\circ}\text{C}$  or below. Otherwise all students will go outside for recesses and lunches. If the temperature is between  $-16$  and  $-19$  there will be shortened lunch recess times (no more that 20 minutes). We use the weather station at the University of Waterloo (<http://weather.uwaterloo.ca/>) to make our indoor decisions. 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 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 6:35 am. Announcements are made every 15 minutes or so. Additionally, all cancellation updates can be found on the WCDSB website (<http://www.wcdsb.ca/>), under the Cancellations tab. Please note that if busses are cancelled in the morning, they are cancelled for the day. You are may drive your kids to school; please remember to pick them up at 2:50.

Holy Rosary Catholic  
Elementary School

485 Thorndale Drive  
Waterloo, Ontario  
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Fax: 519.747.3955



## Dates to Remember

- 9 First day back from Christmas
- 9 Virtue Assembly - Gym
- 10,17,24 & 31 Gamers - 11:25 a.m. - Room #7
- 20 Chicopee Ski Trip - Grades 5 - 8
- 23 Mad Science Assembly - 1:50 p.m.
- 23 Grade 4 Class (Mrs. Holm) - Toyota Trip - 12:15 p.m.
- 24 St. Agatha Arc - Open House Public Meeting - 4:00 - 8:00 p.m. - Gym
- 25 Grade 8 Pathways presentation - 6:30pm followed by Mount Mary Meeting at 7:30 pm
- 25 KW youth theatre Auditions at Lunch in the Learning Commons
- 27 P.A. Day - no school for students

## Upcoming events:

- \*report cards coming home February 16th
- \*Mount Mary Residential Retreat for Grade 8's - February 8th - 10th
- \*Junior Kindergarten Registrations - Feb. 1st- 9:00-11:00 & 12:00-4:00, Feb. 2nd 9:00-11:00 & 12:00-7:00
- \*Family Day - Monday, February 20th



## January Fit Bit

How much sugar do we drink in a day? Many of us are not aware of the liquid calories and added sugars we drink each day. Drinks high in sugar add extra calories with very little nutrition. Sugar can contribute to tooth decay. Excess calories can add up and contribute to weight gain.

Did you know there are 10-12 teaspoons of sugar in one 355 ml can of pop? A 9-year-old child needs less than 10 teaspoons (40 g) of added sugar per day!

Quench thirst with healthy beverage choices such as:

**Water.** It is the best drink because it is low in cost and free of calories and sugar.

**Milk.** It is rich in nutrients such as protein, calcium, vitamin A and D.

**Unsweetened 100% fruit juice.** Limit to ½ cup (125ml) per day, as naturally occurring sugar can also cause tooth decay.

Don't be fooled by drink names. Fruit drinks, blends, beverages, punches and cocktails are **not** 100% fruit juice and they have a lot of added sugar. Sports and energy drinks are also high in added sugars and are only required for athletes who have been exercising hard for a long time. When it comes to choosing beverages... think about your drink!

### Banana Smoothie

Try this tasty and refreshing smoothie made with fresh fruit, yogurt and milk. Children love bananas and this is a great way to add another fruit serving in their day. Serve in a glass or in a Thermos for a quick on-the-go breakfast!

- |               |                      |   |
|---------------|----------------------|---|
| <b>1 ripe</b> | banana               | In blender, on high speed, blend bananas, yogurt, water, milk and ice for 45 seconds or |
| <b>½ cup</b>  | low-fat plain yogurt | until smooth.   |
| <b>½ cup</b>  | water                |   |
| <b>½ cup</b>  | milk                 | *For a delicious frozen dessert, try freezing this smoothie in ice pop molds.           |
| <b>3</b>      | ice cubes            | Source: <i>Dietitians of Canada. Simply Great Food . 2007</i>                           |