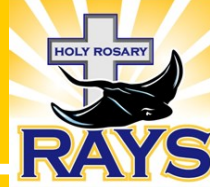


# The Rays' Report

Waterloo Catholic District School Board



Volume 11 Issue 7

March 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 School Motto**  
**“I AM MY CHOICES”**

**VIRTUE OF THE MONTH**  
 “Kindness”

Visit our web site at:

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

## FROM THE PRINCIPAL’S DESK...

Dear Parents/Guardians,

On March 1st we began the very important season of the Lent and next month we will celebrate the Church’s greatest feast, Easter. This is a time for repentance and renewal. During these 40 days we must reflect on the sacrifices that Jesus made for us throughout his lifetime and the changes/sacrifices that we are willing to make. The students have heard that Lent is a time for fasting, praying and almsgiving. Please talk with your children about what Lent means to you, and discuss how they can participate in their faith and in Lent in a meaningful way. There is an interesting and inspirational program that I have shared with staff and am personally following; it is called “Best Lent Ever” if you sign up you will receive a daily email with short videos, thoughts and a prayer. To check it out, go to - <http://dynamiccatholic.com/bestlentever/>

On February 16th you received your child’s first term report card. Please ensure that any questions or concerns you have are discussed with your child’s teacher. Take a look at the two reports issued so far this year and observe any patterns in your child’s work and progress. Are the same kinds of suggestions showing up this term as did on the progress report? Where are the areas of strength, areas of need that still need to be addressed? Are there reasons that you and your child can determine for his/her good achievement? Are there specific areas that your child should be focussing more attention on? **Reminder** - there are the Homework Club and Saturday Skills Builder programs available for our grade 7 & 8 students.

Congratulations to the grade two students who received the Sacrament of Reconciliation on Saturday, February 25th. Also congratulations to the Grade 7s who will commit to their faith through their Confirmation Rite of Enrolment at 9am Mass on March 5th. Please continue to keep these students in your prayers as they prepare for First Communion and Confirmation. Earlier in February our grade 8s had a very successful trip to Mount Mary Through a variety of activities they were able to learn more about themselves, their peers and their personal relationship with God. They went on a journey that offered opportunities to step out of their “comfort zone” and share thoughts and feelings with one another in a safe, judgement-free environment. The skits and sports were fun and the food was good too! We are hoping to have the feeling of Mount Mary ever-present in our group at Holy Rosary. Thank you to Mr. Weiler, Mrs. Lecki and Deacon Shawn for their dedication, enthusiasm, patience and time away from home to support the students.

Congratulations to our Intermediate sports teams! Although they fell short of qualifying for the regional tournament, they had a great season of both success on the courts and many hours of fun. Thank you for representing our school so well and thanks also to the many helpful parents that drove to games and cheered on the teams. Thank you to Mrs. Schnarr, Mrs. Lavigne, Mr. Robelek and Mrs. Lecki for your dedication to coaching the students.

Have a safe and happy March Break!

Yours truly,  
 Paul Gladding  
 Principal

### School Lingo and Academic Practices

**Parent Engagement** is key to the success of your child in school. We thank you for everything you do for your child and the school community and we will continue to offer thoughts and ideas on ways for you to help your children and to get involved at Holy Rosary.

This month there is an additional attachment with the newsletter. In it you will find a great list of ways to get involved in your child’s learning, help with their homework and motivate them too. Please take the time to read the list and consider giving a few or all of these a try.

# Special Education Parent Engagement Night

Come learn about the different supports available to all (K-12) students with special needs

*April 20th, 2017 6:00 - 8:30 P.M.*

**LOCATION: St. Mary's High School 1500 Block Line Road Kitchener**

Key Note Speaker D.J. Cunningham

Parents may select 3 of these 5 sessions:

- Resiliency and self-advocacy (D.J. Cunningham, CEO Learnstyle)
- Sacramental preparation (Dr. Anne Jamieson, Director, Catechesis office, Diocese of Hamilton)
- Math strategies (Dr. Donna Kotsopoulos, Wilfrid Laurier University)
- Innovations in assisted technology (Chris Runstedler, Assistive Technology Resource Teacher)
- Transition planning (Tracey Fuschino, Community Transition Support Officer)

All with a focus on students with special needs!

Please Register by April 10th, 2017 at <https://www.wcdsb.ca/spec-ed/seac.html>

Join us at 5:30 PM for pizza and refreshments and community fair including Special Education staff, SEAC members and local parent associations. Presentations will begin at 6:00 P.M. **Child care provided**

## Healthy Schools Steering Committee

We are excited to announce a new committee at Holy Rosary. The Healthy Schools Steering Committee is supported by the Waterloo Region Public Health Department, and comprised of both school and parent volunteers.

Our new committee will support the hard work of our principal, teachers, school council and students to promote and foster a healthy school environment that includes social, emotional, spiritual, and physical well-being of the entire school community.

As we are already so fortunate to have numerous health and wellness initiatives at Holy Rosary, the primary role of our committee is to work towards sustainability of these programs. In addition, as new health and wellness issues emerge or opportunities for enhancements are identified, our committee will collaborate to implement these within the school community.

We look forward to celebrating our healthy school activities with you.

## YEARBOOK NEWS

A big thank you to all those who ordered their yearbooks during our early bird sales campaign! If you did not order yet, there is still time to order your 2016—2017 yearbook: simply pick up an order form at the office. Also, as always, the yearbook committee is looking for YOUR pictures: please send your pictures of field trips, sports events, sacraments or any other school related activities you attend to:

[Tereza.korbel@gmail.com](mailto:Tereza.korbel@gmail.com)

Thanks Holy Rosary!

## Parent's Corner

**P**arent's corner is a new addition to our monthly newsletter. This is your opportunity as a parent to share your experiences, expertise or knowledge with parents, school personnel and students. Your information can be related to parenting tips, motivational ideas, community information, healthy recipes, or ideas that will benefit and help other parents in their daily lives.

Parents play a valuable role at Holy Rosary. Celebrating similar successes and communicating accomplishments to the community encourages other parents to become involved. Parental involvement is an excellent way to spark interest and motivate other parents to contribute in various ways to their children's education.

Please remit your ideas to Shana McTurk at [shanamcturk@yahoo.ca](mailto:shanamcturk@yahoo.ca). All submissions will be reviewed by Paul Gladding and will be published in order of receipt.

*Every parent has something to contribute!*

## VIRTUE OF THE MONTH

### “Kindness”

The virtue for the month of March is Kindness. What would our world look like if we were all a little more kind to one another? If we replaced harshness and sarcasm with kind words, perhaps we would begin to truly hear each other. If we looked for solutions with kind actions perhaps our problems would disappear. Jesus treated everyone with kindness and love, even when he did not receive the same in return. This month, the students and staff at Holy Rosary School will focus on showing kindness to everyone. What can you do to show the same?

### The Snack Bar

As most parents are well aware by now, we have been having a snack bar run by our grade 6/7 class. This venture was undertaken as a business/math project by the class and as a fundraiser for an end of the year trip. The class and office have received some feedback through the year and they have tried to make changes along the way to make it work well and to have it be a positive experience for all. We want to make all parents aware that it exists and that we are trying to be clear about some expectations. We have had some concerns such as students bringing in too much money, lending, borrowing and giving money or buying items for their peers. To this end we would ask that if you wish to send money with your child that you only send in two dollars or less and remind your child that this money is for them to purchase their own snacks.

Thank you for supporting this initiative.

## Eco Schools Update – March newsletter



The Eco Team has a couple of very exciting months coming up: during Lent, we are running Boomerang Lunches on Thursdays to raise awareness of just how much waste our school lunches generate. We will also be turning off the lights and computers for our school’s “Earth Hour” on Friday, March 24th. We encourage you to participate in the International Earth Hour (Saturday March 25th from 8:30 p.m. to 9:30 p.m.) at home by having a candlelight family card game or other electricity free activity. Finally, in April, we are planning a special Earth Week event called EarthPLAY! Stay tuned for all the details and thank you for caring for our planet!

### GAMERS

The Grade 1 and 2 students enjoyed playing board games during Thursday lunch recesses throughout January and February. This happened through the generous dedication of GAMERS leaders and friends. Thanks to all who co-operated, took turns and played fairly.

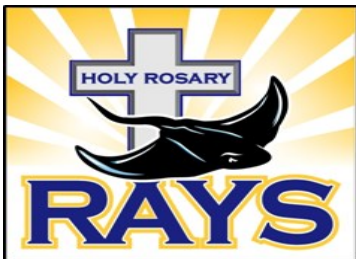
## Parking reminder

Thank you to those of you who are driving in a safe manner for the children. Unfortunately **EVEN WITH THE SIGNS AND PYLONS**, we still have some parents using the parking lot and driveway to drop off their children. The school parking lot is for staff and daycare parking only, or if you are staying at the school for an extended period of time. **The parking lot and driveway are not a throughway for dropping off students.** Please respect this safe area and park or drop off your children on the surrounding streets. The safety of our students is the ultimate responsibility of all Holy Rosary community members.

Holy Rosary Catholic  
Elementary School

485 Thorndale Drive  
Waterloo, Ontario  
N2T 1W5

Phone: 519.747.9005  
Fax: 519.747.3955



### Dates to Remember

- Mar. 1 -LENT Liturgy 10:30 am (Ash Wednesday)
- 3 -Virtue Assembly - 9:50 am - Kindness
- 7 -Lacrosse Experience for the grade 4 - 8 students
- 9 -One day Intermediate 'B' Basketball and Volleyball tournaments
- 9 -Lenten reconciliation celebration - 9:50am
- 9,23,30 -Boomerang Lunches - Thursdays - also April 6th & 13th
- 13-17 -March Break
- 24 -Grade 8 Transition meetings
- 24 -Grade 8 Grad, SK-Grad and Sibling Photos info and order packages are being sent home on March 8th
- 24 -Holy Rosary Earth hour - 1:50 - 2:50pm
- 25 -International Earth Hour - 8:30 - 9:30pm
- 27 -Beach Day - special focus on Sun safety and awareness
- 29 -Bishop's Banquet featuring the holy Rosary Choir

### Coming Soon

- April 1st - Confirmation - 4:30 p.m. - at Our Lady of Lourdes Church
- April 7th - PD Day

### March 2017 Fit Bit

Packing healthy lunches and snacks at school is a great way to get more servings of healthy foods from *Canada's Food Guide*. Here are some ideas to help with packing healthy lunches, for kids at school and for adults at work too!

Provide a refillable water-bottle with packed lunches. Water is the best choice for beverages and kids should be able to refill it from the water fountain at school throughout the day.

Aim to include one food from each of the four food groups on *Canada's Food Guide*: a Vegetable or Fruit, a Grain Product, a Milk or Alternative, and a Meat or Alternative.

Try a bento box style lunch – Pack a variety of finger foods (at least one from each food group!) in a reusable container with separated compartments. Kids have a limited time to eat lunch at school, so finger foods are a great idea since they are quick and easy to eat.

Keep hot foods hot and cold foods cold for food safety. Use a thermos to keep hot foods hot until lunch time – warm the thermos with boiling water before filling it with steaming hot food. Keep cold foods cold by packing them in an insulated lunch bag with an ice pack.

Get kids involved in packing their own lunches. Set aside time the night before to prepare lunches together to avoid a stressful scramble during busy mornings.

For more lunch ideas check out the Child and Youth Resources at [www.regionofwaterloo.ca/nutrition](http://www.regionofwaterloo.ca/nutrition) or the mix-and-match menu at: <http://www.eatrightontario.ca/en/Articles/Frequently-Asked-Questions/Packing-Healthy-School-Lunches-and-Snacks-FAQs.aspx#.VMfxWdh0zwo>

**Veggie and Bean Pita** Recipe adapted from [www.eatrightontario.ca](http://www.eatrightontario.ca)

Preparation Time: 5-10 minutes

Makes: One Pita

#### **Ingredients:**

**1 whole wheat pita pocket, cut in half, 1/2 cup baby spinach, kale or mixed greens, 1/2 cup cherry tomatoes halved, 1 medium carrot, shredded, 1/2 cup baked beans (homemade or canned, look for one with the lowest sodium)**

#### **Directions:**

1. **Stuff each half of the pita with greens, cherry tomatoes, shredded carrot and baked beans.**
2. **Add a piece of fruit and milk to drink for a complete lunch. (This recipe meets the criteria for Sell/Offer Most for an**

Recipe adapted from [www.eatrightontario.ca](http://www.eatrightontario.ca)

Mental Health Tip of the Month



#### **Smile Power**

It has been proven through countless studies that smiling can reduce stress and increase the release of positive hormones. Smiling is contagious and we have learned that it is very difficult to frown when looking at someone who is smiling. Smiling stimulates our brains rewards mechanisms and can boost our mood. As a result, we would challenge you to smile each day for 30 seconds to help boost your mood and the moods of those around you.

