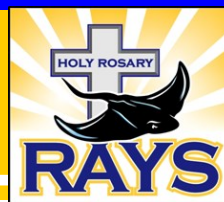


The Rays' Report

Waterloo Catholic District School Board



Volume 10 Issue 4

November 2016

INSIDE THIS ISSUE:

News from the We Team	2
Virtue of the Month	3
Spooktacular Fundraiser	3
Book Fair	3
Yearbook	3
Dates to Remember	4
Healthy Fit Bit	4

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

“Conscience”

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/>

FROM THE PRINCIPAL’S DESK...

Dear Parents/Guardians,

Thank you for being such a supportive Catholic School community! During the month of October our community supported the students very well through our fundraiser. The students and parents also did a great job of supporting the Foodbank through our Thanksgiving food drive. Our virtue focus for November is “Conscience”. The students will be encouraged to show this through their good choices, especially in finding something nice to do on Random Act of Kindness Day on November 4th and during Bullying Prevention and Awareness Week (Nov. 21-25).

The Spooktacular dance-a-thon was a great success and was enjoyed by everyone. We raised just over \$4500 this year! Thank you to everyone for your support! The profits from our fundraising will go to offset the cost of student trips and to purchase materials, learning commons/library upgrades and sports equipment for our school. Thanks especially to our Grade 8 dance committee who did a great job in adding to the fun by running contests and a haunted maze.

Congratulations to the Intermediate Flag Football team who represented our school very well at their tournament. They did a great job and had lots of fun! Thank you to the parents who drove and supported the team. Good luck to the members of the Girl’s Basketball team and the Boy’s Volleyball team who are currently competing in the Resurrection/St. David’s leagues. Both teams have been practicing and playing hard. Thank you to all of the coaches and supportive parents of these 3 teams for the time and expertise that they dedicate to the students.

Please note that Progress Reports will go home on November 8th. Students/parent/teacher conferences are scheduled for Thursday, November 10th. At Holy Rosary it is our expectation that every student has a parent meet with their child’s teacher in the fall and that the student attend the conference with their parents. Your conference times are listed in the report envelope of the oldest and only students.

Please take time to talk about the importance of remembrance with your children, We will have a Remembrance Day celebration at 10:30 am on November 11th. All community members are welcome to join us.

We have a new featured bulletin board in our foyer; our Mental Health Board contains lots of info for support with mental health concerns and sources of help. There will also be parenting support and info posted for your information.

Now that November has arrived you will see some scruffier faces on many of our male staff—we are taking the opportunity to show our support and awareness for men’s illnesses and mental health.

God Bless,
Paul Gladding



LEST WE FORGET

“NEWS FROM THE WE TEAM”

The WE team would like to extend a huge thank you to all those who supported the Terry Fox Run and Thanksgiving food drive. Members of the We team travelled to the ACC in Toronto on October 19th for a very exciting and inspiring We Day. They hope to share their learned ideas and enthusiasm with the school community throughout the year.

The team is currently planning a charitable initiative for Christmas, more details to follow.



November - Time to Pray for Peace

Every November in Canada we take time to remember the sacrifices that our Canadian soldiers have made for us during the many unfortunate, worldwide conflicts throughout our history.

Across the region, there will be many celebrations held to honour the brave men and women that helped to guarantee us the freedoms that we enjoy. On Remembrance Day, November 11th at 10:30am our community will gather in the Holy Rosary school gym. Everyone is welcome and encouraged to join us for this very special celebration.

ECO TEAM NEWS

Wasn't our International Walking Wednesday guest amazing? Mandy Bujold, Canadian Olympic Boxer and Pam AM Games gold medalist not only walked with us and encouraged us to be physically active, but told us her amazing story and spent ages signing autographs. What an inspiration! With such a beginning, our Walking Wednesdays are sure to be a success! Please continue to support your child(ren) in walking or rolling to or from school on Wednesdays.

In other news this month, the Eco Team, Waste Watchers and Enviro have been busy learning about an unfortunate visitor to our neighbourhood: the Emerald Ash Borer Beetle. Unfortunately as you've likely noticed, we have several ash trees on our school property and all of them are now sick and dying. The Eco team leadership is working hard to secure funding to replace these trees so that we can continue to enjoy shade in our school yard. Furthermore with the generous support of school council, a crew will be coming by in the next few weeks to trim and take care of the rest of our trees.

Starting in November, Mr. Werner, our head custodian, will award one classroom upstairs and one classroom downstairs with a Ray or Rosie award for doing the best job of rinsing recyclables and putting them in the recycling bin and emptying the compost at the end of the day.

Please keep bringing in milk bags for Sarah's group to create mats.

Ask your child what they will be doing to help her/his class become ECO CHAMPIONS! Thanks to everyone for helping the earth every day!

Parking, Safety, Drop offs reminder

Thank you to almost everyone for starting off the year in a safe manner for the children. I say "almost" as we still have some parents using the parking lot for dropping off and picking up students. Please remember that the school parking lot is for staff and daycare parking only. **It is 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 responsibility of all Holy Rosary community members.

A Great and Caring Solution to the Candy at your house

Do you have extra Halloween Candy? You can donate your leftover Halloween candy to Canadian Food for Children who will ship the candy to children in South America and Africa. The children who receive the candy are often malnourished, and the candy helps the children to want to start eating and even helps them to take their medicine! Please donate your leftover hard candies by the end of next week. There is a box outside the office labelled Canadian Food for Children Candy Drive. On November 11th our donations will be taken to Canadian Food for Children. Thank you!!

VIRTUE OF THE MONTH

Conscience

Our virtue for the month of November at Holy Rosary is Conscience. We are encouraging everyone to look to the light of Christ to assist us with our decision making. What would our world look like if we were all listened to Jesus' voice in our hearts? If we always followed our school motto - I AM My Choices? We remind our students this month that good things happen when we make good choices. 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 letting their conscience be their guide to good choice making.

Halloween Spooktacular Fundraiser

Thank you for your support of another great Spooktacular fundraiser on October 31st. The students and adults alike had a great time in their costumes dancing to their favourite tunes and raising money for school activities and initiatives. The preliminary count of the funds raised so far is \$4,676.05.

THANK YOU!!



If you happen to have: wool, duct tape, old Christmas cards, pasta for stringing, buttons, paper rolls of any size, corks, cotton balls, feathers, tin cans, material scraps etc. please send them to the Learning Commons and we'll repurpose them in our MakerSpace



Our annual, Scholastic Book Fair arrives on Tuesday, November 8th Books will be available for purchase throughout the week and we'll be open late through the interviews on Thursday evening.



Yearbook Cover Contest

Yearbook Cover Contest Do you have a budding artist, photographer or graphic designer at home? Once again this year, the yearbook committee invites Holy Rosary students to submit their designs for the Holy Rosary 2016-2017 yearbook front cover! Detailed requirements will be announced at school, deadline Friday, November 25th.

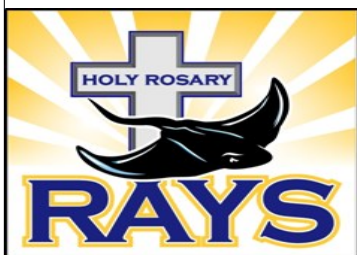
The Yearbook Committee

Dates to Remember in November

Holy Rosary Catholic
Elementary School

485 Thorndale Drive
Waterloo, Ontario
N2T 1W5

Phone: 519.747.9005
Fax: 519.747.3955



- | | |
|------------|--|
| November 1 | - Grade 1,2,2/3 K-W Symphony Trip to Centre in the Square |
| 2 | - Photo Retake Day - Wednesday |
| | - Grade 8s visiting Resurrection CSS |
| 4 | - Virtue Assembly - 9:50 a.m. |
| | - Holy Rosary Sings at the Rangers Game |
| 7-11 | - Book Fair |
| 7 | - School Council Meeting - 6:30 p.m. |
| 8 | - Progress Reports distributed |
| | - Dental Screening; JK/SK and Grade 2 |
| 9 | - ARC Public Meeting at St. Agatha; open from 4 to 8pm |
| 10 | - Skating for Grade 1's - at RIM Park |
| 10 | - Parent/Teacher/Student Conference (3:00-5:00) (5:00-7:00) (7:00-9:00) |
| | - Book Fair Family Night - 3:00 - 8:30 p.m. |
| 11 | - Remembrance Day Peace Celebration 10:30 a.m. |
| 16 | - Pottery To Go - Primary - Mrs. Holm's Class & Mr. DaCosta's Class |
| 17 | - Skating for Grade 1's - at RIM Park |
| 18 | - P.D. Day - no school for students |
| 21-25 | - Bullying Awareness and Prevention week |
| 24 | - Skating for Grade 1's - at RIM Park |
| 25 | - Immunization for all grade 7s and the grade 8 girl's |
| 28 | - AM - Waterloo Public Library Visit - Mrs. Msuya's Class & Mrs. McCourt's Class |
| 30 | - Grade 8 Parent and Student Night at Resurrection CSS |
| Coming up | |
| December 1 | Advent Celebration #1 - 12:10p.m. |
| 9 | - PD Day |
| 15 | - Christmas Sing along and Movie night - 5:30pm |



Fit Bit Nov 2016

Did you know? Facts on Caffeine.

Caffeine is an addictive stimulant that can affect the way your child feels. Even low levels of caffeine can affect a child's behaviour.

Too much caffeine can cause: jitteriness and nervousness, upset stomach, headaches, difficulty concentrating, difficulty sleeping, increased heart rate

Did you know that when a child drinks a can of cola or iced tea, it has the same effect on the child as an adult drinking **4 cups** of instant coffee?

Children, aged 7-12, should consume less than 62.5-85 mg of caffeine a day. Caffeine is found in soft drinks, coffee, tea, iced tea and chocolate. One can of cola or iced tea contains about 40mg of caffeine.

Any of the following drinks far exceeds the safe amount of caffeine that a child can have in one day:

Energy Drink (250ml) 130mg caffeine - Iced coffee (500 ml) 214mg caffeine - Coffee (350 ml) 186mg caffeine

Read food labels with your children to see what products contain caffeine. Look for ingredients such as caffeine, tea leaves, kola nuts, cacao beans, etc.

Encourage your child to drink water and milk for thirst.

Try this smoothie recipe for a healthy snack idea!

Berry Smoothie

Makes 4 cups (about 4 servings)

- 1 banana
- 2 cups mixed frozen berries
- 1 cup strawberry flavoured yogurt
- 1 cup water

In blender, on high speed, blend banana, berries, yogurt and water for 30 seconds or until smooth. Enjoy!