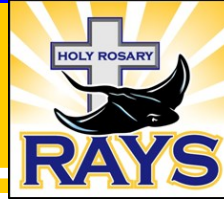


The Rays' Report  
Waterloo Catholic District School Board



Volume 11 Issue 2

October 2016

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FROM THE PRINCIPAL'S DESK...

Dear Parents/Guardians,

In a blink of an eye, September is behind us. We have had a great start and all of our new students have found their place as Holy Rosary Rays! We are looking forward to our Feast Day Mass at Our Lady of Lourdes church on Friday October 7th at 9:15am; our students will travel by bus to the church. All available members of the Holy Rosary Community are encouraged to join us for Mass. Please keep our grade seven students in your prayers as they embark on their retreat at Paradise Lake on October 5th. This trip is a great opportunity for these students to build community and develop their life skills and teamwork. Congratulations to our grade four students who received their bibles last Friday at the church.

Congratulations go out to the Junior soccer team and our intermediate girls and boys 3 pitch teams. All of these teams participated in their respective family of schools tournaments on September 27th; although no Championships were won, they represented Holy Rosary very well. Thank you to the coaches who spent time preparing the athletes for these competitions, thanks also to the parents who drove the athletes and cheered them on. Best wishes are extended to those students who will be representing Holy Rosary at the upcoming co-ed Flag Football tournament as well as the boys Volleyball and girls Basketball leagues.

Progress report cards will be coming home on November 8, please watch for these and the forms for signing up for parent/teacher/student conferences which are taking place on the evening of November 10th.

Thank you for your ongoing support of Holy Rosary Catholic Elementary School. It was nice to see so many of you at the Open house.

Thank you to everyone that is following our parking and drop off requests; the children's safety is everyone's first priority.

Please take a look on page 3 of the newsletter and read about International Walk to School Day this week. It is our hope that all non-bus students, and our staff too, will walk to school on Wednesday. Please consider walking as an option every day; it helps the environment and promotes safety by keeping cars off the roads and it promotes activity and fitness for our students.

Thank you in advance for supporting our Spooktacular Dance-a-thon fundraiser; this is our chance each year to raise funds to provide more opportunities for the students throughout the year.

God Bless and Happy Thanksgiving,  
Paul Gladding  
Principal

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

**"Empathy"**

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://holyrosary.wcdsb.ca/>

**"NEWS FROM THE WE TEAM"**

The We team for this year is in the process of being formed, the team will be announced by Friday October 14th. Thank you to past and future members for taking care of their first initiative for this year –The Terry Fox run.

The We Team has started the annual Thanksgiving food drive; we are collecting non-perishable food donations until October 7th.

The WE TEAM would like to thank everyone for their support and we hope that you will continue to join them in supporting those in our community and around the world that need us.



# Healthy, Active Living Fit Bit

Healthy Eating: Schools Can Make a Difference!

## Trick or Eat!

Halloween is around the corner, and the ghosts and goblins can't wait to trick-or-treat and fill their tummies with candy. Allowing children to include sweets as part of their healthy diet is an opportunity for kids to learn to manage their intake. The key is to provide structure.

You can also help students practice what they learn about healthy eating and Canada's Food by ensuring classroom celebrations are healthy and fun!

- Turn olives into scary eyeballs
- Use Halloween cookie cutters to make sandwiches and fruit look deliciously frightful!
- Turn carrots into fingers and use sunflower seeds as fingernails

Craft a small watermelon to look like a human brain



Guide

## Halloween Spooktacular Fundraiser

After the great success of our dance-a-thon fundraiser in the past we have decided to run one again this year. The Spooktacular dance-a-thon will take place on October 31st. Students will be bringing letters and forms home this week. Thanksgiving weekend is a great time to connect with family and other potential sponsors.

**\*\*This is our major fundraiser for the year and with a concerted community effort, it is sure to be a success. Monies raised this year will go towards reading materials for the library, science and math equipment, gym equipment, school clubs, bus transportation to mass, various school presentations, nutrition for learning, the purchase of Google Chrome books and other activities that will be a direct benefit to students of our school. \*\***

The Students are welcome to wear appropriate costumes to school on this day – this means costumes that are appropriate in a Catholic school; they must not reflect violence or include masks and props. Thank you in advance for your support of the fundraiser and for sending your child in appropriate costumes. Individual classroom teachers will set the expectations with their students regarding the portion of the day that they are in costume.

## VIRTUE OF THE MONTH

“Empathy” - Our virtue for the month of October at Holy Rosary is Empathy. When you demonstrate Empathy, you are showing that you care about others and can relate to their feelings; you are willing to help with their challenges and difficulties. We can show Empathy by: helping others who need us, we can make donations to food drives for the food bank, we can help a peer on the school yard or in the neighbourhood, we offer sympathy in times of loss, we can help an elderly neighbour or relative that needs us and we can offer friendship to someone who might not have enough. Through these actions that we have the opportunity to show God’s love for us and through us. During this month of October, practice showing Empathy. Think carefully about who might need your help!

### Yearbook Update

I hope everyone who ordered their 2015-2016 yearbook has received it and is enjoying their book. If you did not order a book but are interested in purchasing one now, we received extra copies and so it’s not too late: please email [tereza.korbel@gmail.com](mailto:tereza.korbel@gmail.com) to enquire. As you can imagine, gathering all the images and content in the yearbook is a big job, but it’s also fun and a great way to become involved in the goings on at Holy Rosary. If you would like to help this year, we would love for you to join us (we are all parent volunteers) so please be in touch (same email as above) or inquire at the office. Finally, if you are attending sports events or other celebrations, we’d love to have your pictures for our book too! Feel free to email us pictures any time of the year (same email).

Sincerely Tereza Korbel on behalf of the yearbook committee

### Eco Update

Dear Parents,

We would like to invite you to our first Eco Act of the year.... That’s right, you know it: Walking Wednesday! To reintroduce Walking Wednesdays this year, we will be walking with special guest Mandy Bujold, Canadian Olympic Boxer and Pam AM Games gold medalist! She will be joining us at 8:05am at the corner of Thorndale Dr. and Thistleleglen Pl. on Wednesday, October 5<sup>th</sup>. She will then address the students in a special assembly right after the bell. Please join us to walk with Mandy!!

Ave and the Eco Team

### Primary Drop off and Pick up Information/Reminder

Our youngest students have been transitioning well to the all day - everyday schedule and expectations that the primary division brings with it. The Grade one to three teachers have discussed many daily routines with the students; one of the most important of these is what to do at dismissal time at 2:50pm. This reminder is a chance for you to discuss this with your child. At the end of the day, each class send their students in 3 different directions; walking, day care and bus students. The daycare students are met by the staff from the day care, the bus students head to the bus where there is a staff member supervising and helps them on the busses. The students that are walking home or receiving a ride from their parents are dismissed through the Kindergarten yard and leave via the gate there, parents are to wait outside the gate to pick up their children. There will always be staff members in the kindergarten yard, one on the lower yard and one at the buses to help the students if they need anything. If a child finds that someone is not there to meet them they are to report to one of the staff members on duty and they will help them out, this may include taking them to the office to call home. This process is being reviewed with the children in class, thank you for taking the time to reinforce the message for your child at home.

**New Healthy Snack Bar** - Hello Holy Rosary students and parents! On behalf of Mr.Robelek’s grade 6/7 class we would like to inform you about the new snack bar. This is combination Math project and fundraiser for our class. The snack bar is a place where our class will sell snacks to students who forgot their snack or would just would like another one. We are selling the snacks on Thursdays starting Oct.13th at lunch recess. The prices range from \$0.50-\$2.00. We are selling healthy snacks such as apples, cheese strings, juice boxes, bear paws, cheese and crackers, pudding cups and more! Thank you for reading and please come out/encourage your child to come out to the snack bar! (at the room 11 window)

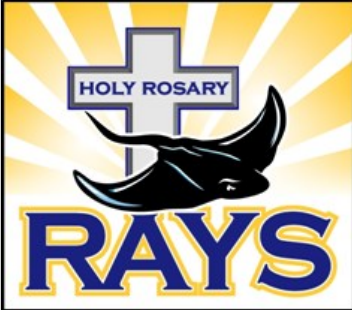
-Emma H. & Miriam R. - Grade 7

## Dates to Remember in October

Holy Rosary Catholic  
Elementary School

485 Thorndale Drive  
Waterloo, Ontario  
N2T 1W5

Phone: 519.747.9005  
Fax: 519.747.3955



### October

- 3 -Virtue Assembly 8:30
- 4 -School Council Meeting #1 - 6:30pm in the Learning Commons
- 5 - International Walk to School Day
- 5 - Special Guest Mandy Bujold!
- 5 - ARC meeting - CEC at 6pm
- 5,6,7 - Paradise Lake - Grade 7 Trip
- 7 - Holy Rosary Feast Day - Mass at Our Lady of Lourdes Church 9:15 a.m.
- 10 - Happy Thanksgiving!!
- 14 - Q-Mack Presentation - 8:30am
- 14 - Laurier Football - Junior & Intermediate students
- 18 - Laurel Creek - M. Holm's Class
- 19 - We Day
- 20 - Flag Football Tournament
- 20 - ARC Meeting at Holy Rosary 6-8pm
- 21 - P.A. Day
- 26 - Snyders Farm - JK/SK - p.m.
- 31 -Spooktacular Dance-a-thon

### November:

- 8 - Progress Reports Distributed
- 10 - Parent/Teacher Interviews

### Preventing Insect Stings

Unfortunately at this time of year we have an increase in bee/wasp stings on the school yard, the school board sent out the following thoughts on this issue and we feel they are important to consider for you and your children.

#### **Take the following steps to prevent insect stings:**

- Avoid scented soaps, shampoos, and deodorants; Don't wear cologne or perfume
- Wear clean clothing; Wear clothing to cover as much of the body as possible
- Keep work/play areas clean, we eat all of our snacks in the school to avoid this attraction
- Remain calm and still if a single stinging insect is flying around (Swatting at an insect may cause it to sting)
- If you are attacked by several stinging insects at once, run to get away from them (Bees release a chemical when they sting, which may attract other bees)
- Go indoors or a shaded area is better than an open area to get away from the insects
- Staff/Students/parents with a history of severe allergic reactions to insect bites or stings should carry or have ready access to an epinephrine auto injector (EpiPen) and should wear a medical identification bracelet or necklace stating their allergy

**Kitchener Rangers O'Canada** - We have the opportunity to share our voices as the anthem singers at the Kitchener Rangers game on November 4th - this year the Rangers are playing against an American team, this means that we will be singing both anthems - please encourage your child to use the following link to practice the Star Spangled Banner - <https://www.youtube.com/watch?v=vPKp29Luryc>

