



# NEWSLETTER

OCTOBER 2022

Thanksgiving which will be celebrated on the 10th of October, is a time to pause and reflect on all the blessings in our lives. We hope you find time to enjoy your families—to eat together, laugh together and pray together. Enjoy the long weekend and have a wonderful Thanksgiving holiday!



## Thanksgiving Food Drive

Please help us to give back to our community by donating can food items. Our drive will conclude on Tuesday October 11th. Every little bit helps. We greatly appreciate your support!

## School Newsletters and Cash on Line

Our website has many links. Not only will school newsletters be on line, but you can also reach the following links: Principal Message, School Council and much more.

Please be sure to sign up for our newswire service. Information about this is included in your family package you received. This is the direction our school will continue to take in helping us cut down in paper costs and to be environmentally friendly.



### Important Dates:

Monday October 10th—Thanksgiving Day (No School)

Friday October 21st—Picture Day

Monday October 24th—PD Day (No School)

## 2022-2023 Catholic School Advisory Council

I am pleased to inform you that the following individuals have agreed to serve for a one year term of office on the School Council:

Martha Mathers (Teacher Rep), Steve Hendry (Parent Rep—Chair), Paul Marchwica (Parent Rep- Co-Chair), Jocelyn Van Hemmen (Parent Rep), Shaun Harvey (Parent Rep), Tiffany Erskine (Parent Rep), Sherrie Rellinger (Vice-Principal), Amy Flynn (Principal)

The next School Council Meeting will be **November 1st at 6:00 p.m.** in the school library. Minutes from meetings and future meeting dates will be found on the school website.



### School Improvement Plan

Our School Improvement Plan this year will be focusing on Vocabulary, Mathematics, Equity/Diversity/Inclusion and student wellbeing.

In Mathematics, our teachers will continue their focus on the new math curriculum. School wide we will be continuing with "The Umbrella Project" which focuses on a different skill set each month to help strengthen student wellbeing. There will also be a weekly parenting support tip that will align with our monthly focus that you can sign up for.

To learn more please follow this link:

<https://umbrellaproject.co>

At the end of the newsletter you will notice a parent letter regarding this month's focus on Gratitude.



### Terry Fox Walk

The Terry Fox Run for 2022 had great weather and the enthusiasm was spectacular! Thank-you to all families who donated to the Terry Fox Organization this year. We collected approximately \$1200. Without your dedication, commitment, and support, we would not have been able to keep Terry's dream alive. It is our hope that one day soon, a cure will be found. Until that day, keep pushing forward to hopefully turn that dream into a reality for all people around the world. Thank you Stars for all your support towards this great cause.

## Halloween

A reminder as we approach the Halloween season of treats, to please remember that a number of our students have life threatening allergies. Please be extra vigilant with school snacks.

We will be encouraging students to wear orange & black for Halloween however, costumes are permitted. Please remember that costumes that are violent, include weapons, gore and are revealing are not to be worn at school. When considering whether to send students in costumes or orange & black please consider that costumes could be damaged at school from playing outside, accessories can get broken and pieces of costumes could be forgotten at school.



## Medication at School

If you will require your child to receive ANY form of medication, either over the counter (Tylenol, cough medicine), or prescription (antibiotic, EpiPen), the school is required to have on file, your signed consent. Students must not self-administer or keep any kind of medication in their backpacks. Please contact the office, or visit the website if you require an "Administration of Oral Medication" Form for your child(ren).

**We are not able to accept a verbal request to administer any form of medication.**

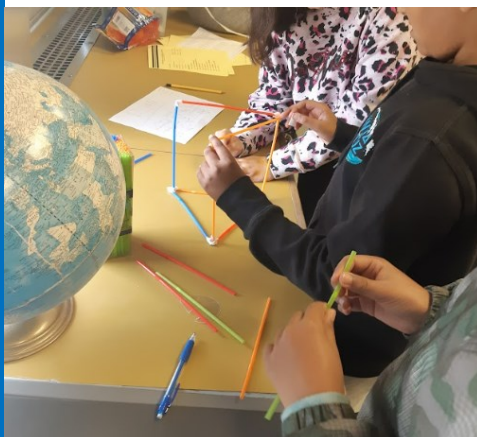
The medication must be administered by one of the staff.

Please note, that all children are expected to enjoy outdoor recess when attending school. Please be aware of this policy when sending your child(ren) to school if recovering from an illness.



## Celebrations of Learning

Thank you to Mr. Nikolaus' class for sharing some pictures of a STEM project they were working on this month.



# October - Gratitude

## What is Gratitude and how will it help my child?

Welcome to Gratitude month at The Umbrella Project. This month your child will be learning all about Gratitude in their classroom.

Gratitude is the skill that helps us recognize all the things we have, instead of focusing our energy on the things we don't have or the things we can't control. Our brains naturally pick up and focus more on threats and negatives than positives. This deeply rooted survival mechanism helped our ancestors dodge danger and avoid life-threatening situations.

Unfortunately, this bias to the negative can work against our day to day mental health and to counter this we need to make sure we help our children see the positives as often as possible. Practicing gratitude is a great way to accomplish this positive focus and prime our brains for a happier outlook. It also helps us show our appreciation and return kindness given to us. Teaching your children to be thankful for what they have, what others do for them and expressing these feelings is a powerful, positive coping strategy that can get them through many of life's difficult days, strengthen their relationships and protect against anxiety and depression.

## Make gratitude visible and easy to express

[Watch this week's video](#) for some tips on how to make gratitude accessible in your home.

## Focus your mental efforts on the positive using gratitude.

Does your child struggle with more of a focus on the negatives than the positives? Daily gratitude can help set a more positive tone, boost self-esteem and improve their mood and outlook

[Check out our video this week](#) to learn more about how this can be applied.

## Have your child reflect on their network of supportive adults

One great way to help kids build gratitude is to help them reflect on the network of supportive adults they have around them. This could be teachers, parents, caregivers, aunts, uncles, grandparents, coaches or anyone your child can turn to for advice and strength when facing challenges. Helping your child visualize all of the umbrellas of support around them will help them to practice gratitude and recognize who they can trust to help them when they need a little extra shelter and support.

**Step 1:** Have your child draw a picture of themselves in the centre of a page.

**Step 2:** Next have them write the names of all of the supportive figures in their lives around the outside of the page and connect them to the centre with a line. This can be through a combination of reflecting on those who have helped them in the past and other people who care about their wellbeing.

**Step 3:** Have a conversation with your child about how they felt when they received support in the past to deepen the practice of gratitude.

[Watch this week's quick video](#) to learn more about this exercise.

Health + Happiness,

Dr. Jen, The Umbrella Project



# October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
2	<b>3</b>	<b>4</b> CSAC Meeting 6:00 pm	<b>5</b> National Teacher Appreciation Day	6	<b>7</b>	8
9	10 Happy Thanks- giving  <b>No School</b>	11 Food Drive Ends	12 Spirit Day	13	14	15
16	17 Mount Mary for Gr. 8 students	18 ECE Appreciation Day	19 Bus Driver Ap- preciation Day Spirit Day	20 Umbrella Assembly	21 Picture Day Librarian Appreciation Day	22
23	24 PD Day <b>No School</b>	25	26 Spirit Day	27	28	29
30	31 Halloween Orange & Black Day					