



NEWSLETTER

November 2022

In Flanders Fields by John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



Remembrance Day

On Friday, November 11th classes will reflect and remember the people who fought and lost their lives for us. We will be having an assembly for our students.

PA DAY Friday, November 18, 2022 is a

Professional Activity Day. There is NO SCHOOL or EXTENDED DAY for students.



Progress Report News

Progress reports will be going home on Monday, November 21, 2021.

Parent/Teacher Interviews will be happening in person or by phone the week of November 23-24 and will be set up by the classroom teacher.

What are these things called "Learning Skills"?

"The development of learning skills and work habits is an integral part of a student's learning." - Growing Success, 2010



<p>Responsibility</p> <ul style="list-style-type: none"> completes and submits work according to agreed-upon timelines takes responsibility for and manages own behaviour 	<p>Organization</p> <ul style="list-style-type: none"> establishes priorities and manages time to complete tasks & achieve goals gathers and uses information & resources to develop a plan to complete tasks 	<p>Independent Work</p> <ul style="list-style-type: none"> independently completes tasks and meet goals uses class time appropriately follows instructions with minimal supervision
<p>Collaboration</p> <ul style="list-style-type: none"> accepts various roles and a fair share of work in a group responds positively to others builds healthy peer-to-peer relationships and works with others to resolve conflicts promotes critical thinking to solve problems and make decisions 	<p>Initiative</p> <ul style="list-style-type: none"> approaches new tasks with a positive attitude demonstrates a willingness to take risks and interest in learning; looks for and acts on new ideas and opportunities for learning advocates for self and others 	<p>Self-Regulation</p> <ul style="list-style-type: none"> sets own goals and monitors progress towards achieving them seeks clarification or assistance when needed assesses and reflects critically on own strengths, needs, and interests perseveres when responding to challenge

"In fact, achievement of the curriculum expectations in many curriculum areas is closely tied to learning skills and work habits." - Growing Success, 2010

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.

Peanut Substitutions

The School Board is aware that a product marketed as *SchoolSafe SoyButter Spread* has become available to consumers.

According to this specific product's promotional materials the product "*tastes just like peanut butter [and] was designed and developed to protect the millions of kids and adults who suffer from life threatening peanut and tree nut allergies*". There may be other similar peanut butter substitute products currently on the market as well.

While the good intentions behind the development of such products certainly can't be argued, allowing students to bring the product into a school in which a student is known to be allergic to peanuts / peanut butter is problematic and could potentially have devastating consequences.

Right now, administrators, staff and volunteers know immediately what to do if / when a student arrives at school with a peanut butter sandwich. Precautions to protect allergic students are instantly taken. However, should a food product that looks, smells and tastes like real peanut butter (but isn't real peanut butter) be permitted in a school it places administrators, staff and volunteers in a position of having to decide definitively if the product is - or isn't - real peanut butter.

Board staff members are not qualified food experts and are in no position to make such decisions -- particularly where exposure to real peanut butter can literally cause someone's death. Therefore all peanut butter substitutes must be treated in the same manner as real peanut butter and cannot be allowed in schools. Thank you for your understanding and helping to keep our students safe.



Cancellations/Bus Information

Knowing that winter is just around the corner, it is a good idea to review cancellation notices and where to find them. For up to date information on school closures and bus cancellations, visit our School Board website at www.wcdsb.ca. Click on the "CANCELLATIONS" link on the right hand side.

The other online location for cancellation news is www.570news.com. Click on the Storm Centre button in the top right hand corner. Bus cancellation notices affecting our school will be given out between 6:45am and 8:30am to the following media resources:

CHYM FM 96.7 (KW)	OLDIES AM 1090
KOOL FM 105.3 (KW)	DAVE FM 107.5 (Cambridge)
FAITH FM 94.3 (KW)	THE BEAT 91.5 FM (KW)

If morning bus routes have been cancelled, they are cancelled for the day. If you bring you're child(ren) to school, you are responsible for picking them up at the end of the school day.

In the case of Early School Dismissal, bus students may be dismissed at any time during the school day as determined by the Student Transportation Services. Non-bus students will be dismissed only at normal dismissal times, either at lunch or end of the school day.

In all cases, we will be handling the dismissal of each child based on the information you provided to us at the beginning of the school year. Please notify the office immediately when there is a change to be made to your early dismissal instructions.

**ANNUAL BULLYING PREVENTION AWARENESS WEEK IN ONTARIO
SCHOOLS NOVEMBER
21st—25th, 2022**

Initiatives, Activities, Programmes

- *Program modifications or accommodations such as Individual Educational Plans
- *Team meetings regarding appropriate class placements and class reviews
- *Safety Plans
- *Child and Youth Care Worker to help in anger management, social skills, impulsivity training etc.,
- *Social Workers to help families and find local resources
- *Tools for Life program
- *Zones of Regulation program
- *Positive encouragement and reinforcement programs such as individual classroom rewards systems, monthly Umbrella Project assemblies, Ontario Catholic Graduate Expectations, good news notes, School wide Shining Stars celebrations
- *Class meetings where issues that students have identified are addressed and worked through together
- *Promoting social justice through fundraising (Food drives, Terry Fox, Kidney Clothes drive etc.,)
- *Character education through precise and direct lesson plans
- *Buddy Benches
- *Class building activities/spirit days
- *Masses, Liturgies and other celebrations that focus on community
- *Sports Teams and clubs
- *Guest Speakers



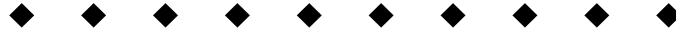
The grade 8s went on their retreat to Mount Mary in Ancaster. We enjoyed two days of community and faith building.



Umbrella Project



Congratulations to our October winners who did an outstanding job of modeling Gratitude this month. Thank you to Mrs. Mathers and Mrs. Wilson who organized our first virtual assembly. Great Job!



DANCE-A-THON!

Dance-A-Thon Fundraiser

The Fundraising committee has already begun the planning for this year's fundraising event, which benefits the students of St. Aloysius School. This is our main fundraiser for the entire school year. In the past, proceeds from this event have been used to purchase items such as books, recess sporting equipment, guest speakers, sport uniforms, school agendas, off set bussing for team sports, technology and much more. Proceeds also assist with the expense of community building activities. These items are beyond what the School Board budget normally would provide. The Dance-A-Thon will be held on November 30, 2022. Please watch for School Cash to preorder food, drinks and glow sticks.



Kidney Clothes Drive

Do you have some clothes or shoes that you do not wear anymore? On November 19th, from 9-noon, St. Aloysius School will be collecting donations of clothing and shoes as a fundraising effort in the St. Aloysius Church parking lot. The clothes may come in **any** condition: including stains or having holes. The money will come to our school, as well as the Kidney Foundation. Please take time to collect some clothing and shoes for our fundraiser, November 19th. Thank you!

Thanks for supporting this fundraiser and helping to spread the word!



School Crossing

For the safety of our students please remind your children to cross only where there is a crossing guard. If students are walking to school using the sidewalk across from the school and Church they must continue to follow along the sidewalk to the crossing guard at Munroe street. If they are walking to school using the sidewalk in front of the Church a staff member will be there to assist them crossing in front of the school parking lot (Exit area).

Please remember to be polite and drive slowly in our school zone.

Thank you for your help in keeping our students safe.

WHAT'S HAPPENING AT ST. ALOYSIUS...

St. Aloysius Parish

SACRAMENTS OF FIRST RECONCILIATION AND FIRST COMMUNION DATES:

Wed Nov 23, 2022 at 6:30pm – First Reconciliation and First Communion Information session in Church for all parents/guardians of candidates.

Dec 15, 2022 - Registration deadline for Spring 2023 First Reconciliation and First Communion.

Sat Mar 25, 2023 - First Reconciliation by appointment only between 9am-12pm. Registration link will be emailed to all parents/guardians of registered applicants.

Sat Apr 15, 2023 at 10am: Sacrament of First Holy Communion for St. Aloysius and St. Timothy Schools.

Sat Apr 15, 2023 at 1pm: Sacrament of First Holy Communion for St. Kateri and Public/Private Schools.

SACRAMENT OF CONFIRMATION DATES:

Thurs Nov 24, 2022 at 6:30pm in the Church - Information meeting for parents/guardians of Conformandi.

Dec 15, 2022 - Registration deadline.

Wed Apr 26, 2023 at 7pm - Sacrament of Confirmation for all schools.

His Excellency, Bishop Wayne Lobsinger, Auxiliary Bishop of Hamilton, will confer the Sacrament of Confirmation at St. Aloysius Parish.

Please St. Aloysius Parish if you have any further questions.

Important Dates
Parent/Guardian Information Meeting: Wed Nov 23, 2022 at 6:30pm in the Church
Registration deadline is Dec 15, 2022. Register through our Parish website at staloyusius.on.ca/first communion
Sacrament of First Reconciliation: Sat Mar 25, 2023. Appointments will be available between 9am-12pm (First Reconciliation appointment link will be emailed to registrants in the New Year.)
Sacrament of First Communion: Sat Apr 15, 2023 at 10am: St. Aloysius and St. Timothy Schools
Sat Apr 15, 2023 at 1pm: St. Kateri and Public/Private Schools



Contact Us

11 Traynor Avenue
Kitchener, ON, N2C 1W1
519-898-1220
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staloyusius.on.ca

SACRAMENTS OF FIRST RECONCILIATION AND FIRST COMMUNION

St. Aloysius Parish,
Kitchener
2022-2023

Registration deadline is Dec 15, 2022
Register through our Parish website at staloyusius.on.ca/confirmation
Parent/Guardian Information Meeting:
Thur Nov 24, 2022 at 6:30pm in the Church
Celebration of Confirmation for all Schools:
Wed April 26, 2023 at 7pm



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SACRAMENT OF CONFIRMATION

St. Aloysius Parish,
Kitchener
2022-2023

November - Grit

What is Grit and how will it help my child?

Welcome to November at the Umbrella Project!! Last month we dove into building a sense of **Gratitude** and this month we are shifting our focus to a skill that helps us persevere in the face of challenges, **Grit**!

Grit is the skill that stops us from quitting on the bad days and gives us courage to persevere towards our goals and passions. With the cold weather approaching we could all use a bit of extra grit to get through those chilly winter challenges.

Excellence in anything we do requires commitment, hard work and failures along the way. Grit helps us continue to practice the things we would like to improve instead of giving up. Having grit can help us overcome obstacles even on the toughest days. In every type of work or school subject, grit can be as important to our success as talent or intelligence. It allows us to rise to the challenge of difficult goals and run the last mile.

Make working on weak spots a game

Even in the face of abundant strengths, our weaknesses will often lead us to give up. As often as you can, find the game in working on your child's weaknesses. Practicing anything can be intense and span many years to get to a level of excellence. Try to help your child find the fun in the tough spots instead of feeling like they aren't good enough.

Here's an example:

When my daughter was struggling with how quickly she could do mental math, we found ways to make it a fun challenge by engaging her in games designed specifically to increase processing speed. By adding some fun to this otherwise frustrating task, she was able to quickly improve and move on with renewed confidence.

In addition, remember that fun and laughter also improves cognitive flexibility and can help our children think of new ways to solve the problems they are facing.

Think of small and meaningful ways you can connect day to day work with a higher sense of purpose.

[Here's this week's short video from Dr. Jen](#)

Think of small and meaningful ways you can connect day to day work with a higher sense of purpose.

Some very interesting research on grit showed that when students reflect on purpose, they worked harder on tedious math problems when given the option to watch entertaining videos instead. This doubled the amount of time they spent studying for exams.

It seems that living a life that reflects a bigger purpose also cultivates our ability to persevere towards our goals - our grit! Help your children continue to think of small ways they can make school align with their core values and how the work they are doing is building towards something bigger.

So start with the **"Why"**. Many students work hard but report having no idea "why", no bigger vision for their education. We can do a lot to build grit just by helping our children understand why they are learning what they are learning. Without this, school can feel boring or meaningless and won't help our children sustain effort throughout their education.

November - Grit

Develop your child's capacity to practice

The ability to practice is one the most important pieces in persevering towards complex and long term goals. Without the ability to sustain effort and practice over time, many big dreams go unrealized. Here are a few tips when it comes to making practice effective and sustainable for your child:

1. **Schedule practice and rest time to avoid burnout.** To perform at our best we need breaks, and teaching children this early on will really help them do their best. Determine how long your child can hold focus for and then set a timer for that amount of time while working or practicing something. Take short breaks between practice sessions to get some fresh air, run around, snack and recover for the next focused practice session. For example, you could do 15 minutes of practice, take a 5 minute break and then 15 more minutes of practice. Repeat this for the duration of their working time. Timed intervals will help your child stay on task and practice well.
2. **Find tasks that help your child work at the right level for their pre-existing ability.** This will help them achieve a state of engagement and concentration when practicing (otherwise known as a state of flow). To achieve this state of flow, think about what we often refer to as the Goldilocks effect. Tasks should be not too hard.. not too easy.. just right! Tasks that are too difficult tend to create anxiety and those that are too easy lead to boredom. Both those states are detrimental to our capacity to practice something. When practicing, tasks should be challenging enough to require your child to recruit many skills to accomplish the task but not so hard that they can't succeed.

[A few thoughts in this week's video about the Finnish concept of 'Sisu'](#)

Here's to practice!

Dr. Jen, The Umbrella Project

Additional Resources

Interested in learning more? Here are a few more short and sweet videos about Grit from Dr. Jen.

[Finding joy in overcoming challenges](#)

[Ask this question: What is the hard part?](#)

[Connecting Grit to Gratitude](#)

[Using conscientiousness as a tool to build grit](#)

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CSAC meeting 6:00 pm in school library Link Crew from St. Mary's visit	2	3 Commissioning Mass for CSAC chairs	4	5 Don't forget to turn your clocks back 1 hour
6	7 Grade 7 1st round of shots	8 Art Gallery Trip Gr. 4 and grade 5/6	9	10	11 Remembrance Day assembly	12
13	14 Bus Evacuation Drill	15	16 Dental Screening for grades JK, SK, 2, 3, 4, 7	17 Dental Screen- ing for grades JK, SK, 2, 3, 4, 7	18 PD Day—Faith Development No School No Extended Day	19 Kidney Clothes Drive 9:00am- 12:00pm
20	21 Bullying Awareness Week Report Cards go home Picture Retake Day	22	23 Parent/Student/ Teacher Conferences	24 Parent/ Student/ Teacher Conferences	25 Grade 6 Museum Trip	26
27 1st Sunday of Advent	28	29 Art Gallery Trip for grade 3/4 and grade 5 Toonies for Tummies	30 Dance-A-Thon			