



# Holy Family Catholic School

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## NOVEMBER 2017

### PRINCIPAL'S MESSAGE

November is an important time for each of us to reflect, to remember and to look to one another in brotherly love. Remembrance Day is an important time for us - we need to pause and to thank God for all the blessings we have as a result of the courage of so many brave men and women in those wars so long ago.



### A Prayer for Remembrance Day

On this day of remembrance we gather to pray,  
we remember the past and look to the future.

On this day when the guns once fell silent,  
we stand before God, seeking His peace.

On this day of hope in the face of fear,  
we come before God, praying with all our hearts:

God our help in ages past, our hope for years to  
come.

Open our eyes and the eyes of the nations  
to find a different path through the  
disagreements of life in this world.

In this time of story, song, and prayer,  
may we be re-committed to being people of peace,  
true peace.

May we catch a vision of how the world could live  
together.

Make us channels of your peace.

### GETTING READY FOR ADVENT

In a few short weeks, our thoughts, time and energy will turn toward preparing for the holiday season. We pull out the box marked 'lights', the box of treasured decorations, and the favourite recipes. The shopping malls have been decorated for weeks and parties are planned. Throughout our community, the signs of Christmas are evident. In our parish family, we are reminded that the coming of Jesus at Christmas is so special that we must take time to prepare our hearts, minds and spirits.

It is never easy especially since holiday reminders are everywhere and the season is so busy. But Advent is our Catholic tradition. We are called to patiently wait and prepare ourselves for the joy of Christ's coming. One of the traditions that can help us learn to wait prayerfully for Christmas is the Advent Wreath. Before Christian times, in December, Germanic peoples placed candles on a wreath as a sign of hope for Spring. In Scandinavia, candles were put on a wheel and prayers were offered for the "god of light" to bring the warmth back to the earth.

During the Middle Ages, Christian homes began using Advent wreaths, and this practice has been revived today. The Advent wreath is a reminder for us that Jesus is the light of the world and lights the way for us. As days become darker, we light a candle for each week of Advent. The ever-increasing light of the Advent candle reminds us of the promised coming of the Light of the World.

### WREATH AND CANDLES



The evergreen on our wreaths is a sign of life. The circular form symbolizes God everlasting love for each of us. There are four candles—three purple and one pink. The violet or purple candles are for the first, second and fourth Sunday. The pink candle, is for the third Sunday of Advent when our Scripture readings remind us to 'rejoice' because the Lord is near. You may wish to light the candle on the Advent wreath at mealtime each day or at another suitable time when the family can gather for a short time of prayer. Begin by lighting one purple candle for the first week; two

## HOLY FAMILY CATHOLIC SCHOOL COMMUNITY COUNCIL



Our next meeting will be held on Tuesday, February 6, 2018 at 6:15 pm in our library. Please come and join us!

## HURRICANE UPDATE

The Senior Boys' and Girls' volleyball season has begun and the teams are preparing for the South Simcoe Volleyball Championship, which will be held on November 22, 2017. The Girls' tournament will be held at Holy Trinity in Bradford and the boy's tournament will be held at St. Thomas Aquinas in Tottenham.

## ONTARIO EARLY YEARS CENTRE

Are you home with little people and looking for something fun to do? Drop by the Ontario Early Years Centre in Alliston! The OEYC is a free service for all adults with children 0 to 6 years of age. Adults and children participate in activities together. Children have the opportunity to play with other children and participate in many different types of programs and activities, which promote early learning and school readiness, and they are FUN for children and adults alike.

Do you have a child starting school in 2018? Participating in activities at the OEYC is a great way to help prepare your child for this exciting transition. OEYC staff have resources for kindergarten preparation. Just drop by and ask!

Check out our website, [www.e3.ca](http://www.e3.ca) or call 705 435-4308 for hours, directions and more information.

## ECO TEAM INITIATIVES

The Eco Team is working hard at Holy Family! We are continuing to expand our initiatives at the school. We have placed organic bins throughout the school and starting December 1<sup>st</sup> will be introducing Wasteless Lunches.

The Recycling Council of Ontario state that the average student's lunch generates a total of 30 kilograms of waste per school year, or an average school generates 8500 kilograms (18,700 lbs) of waste per school per year.

One of the greatest lessons we can teach our children is how to reduce waste. The lunch box is the perfect opportunity for parents, students and teachers to join together to instill zero waste values and habits.

for the second week; two purple and a pink for the third week; and all four for the final week of Advent.

Here is one suggestion for a prayer to use around your wreath. Heavenly Father, as we celebrate this season of Advent, a time of prayer and waiting, help us to prepare our hearts for your son, Jesus, Guide us so that we grow in faith, teach us to be patient with each other and open our hearts and minds to the true meaning of Christmas. We ask this through Christ our Lord, whose birth we await. Amen

## APPROPRIATE DRESS-COLD WEATHER



The days are getting colder as the winter season arrives. We ask that students dress appropriately; i.e. coats, gloves, mitts, boots etc.. If they are dressed warmly, they are better prepared to participate in outdoor activities during recess and noon hour. Please be advised that students are kept indoors at recess during the winter ONLY when the weather conditions are extremely cold. (When the wind chill equivalent temperature is minus 25 degrees Celsius or lower, as per school Board policy).

## KNOW YOUR ZONE



Our school community is located in the south inclement weather zone.

Four weather zones (north, south, east and west) were created in Simcoe County. This approach allows for a partial bus cancellation when weather is severe in a particular area. The goal is to provide more students access to school bus transportation.

For example, this means that buses may be cancelled in the north zone, but are still running in the south, east and west weather zones. If your child is bussed to school, it is important to be aware of the inclement weather zone for our community. As always, you can visit our board website at [www.smcdsb.on.ca](http://www.smcdsb.on.ca), school website or listen to the local media for bus cancellation notices, including partial cancellations in an inclement weather zone.

## Tips for Waste-Less Lunches

- involve children in the waste-free lunch goal
- plan lunches with kids
- have a lunch kit or bag that is reusable
- pack food and drinks in reusable containers
- use cloth napkins and reusable cutlery
- pack small portions
- make your own **granola bars**, **cookies**, **chips** or **fruit snacks** and pack them in **reusable wrap**
- buy bulk instead of single servings. Buy a large yogurt and put smaller portion in reusable container.
- make sure all food and drink containers can be easily resealed to prevent leakage
- make lunch fun and creative. Try making a **bento box lunch** for older kids.
- cut up fruit and veggies into small bite size pieces
- to avoid morning rush pack lunches the night before and keep in refrigerator
- give children responsibility. Children can learn food preparation by helping to make lunches and help clean reusable containers.

(courtesy of Zero Waste Canada)

## LESSONS AND CAROLS

We invite all families to our Lessons and Carols on Wednesday, December 13<sup>th</sup> from 6:30-7:30 at St. Paul the Apostle Church.

## INSPIRING YOUR CHILDREN TO LEARN AND LOVE MATH

*Inspiring Your Child to Learn and Love Math* is a tool kit for parents developed by the Council of Ontario Directors of Education (CODE). This toolkit was created specifically for parents of children in the elementary grades in Ontario (Junior Kindergarten to Grade 8). The toolkit emphasizes the many ways in which parents' help and support plays an important role in inspiring their children to learn and love mathematics. The goal of this resource is to provide parents with the most significant research-based information to help them be the best, most knowledgeable and most confident supporters for their child's mathematics education.

*Inspiring Your Child to Learn and Love Math* provides modules with simple, but effective methods and materials for parents to support their child's math learning. It shows parents how to get involved in their children's learning, and offers guidance for working with students of different ages. This *Parent Tool Kit* was developed by experts in mathematics education, with input and advice from parents and students. When families and educators join together, students of all ages can experience greater success in their learning.

The complete tool kit is available at:

English: [http://www.ontariodirectors.ca/parent\\_engagement-math/en/index.htm](http://www.ontariodirectors.ca/parent_engagement-math/en/index.htm)

French: [http://www.ontariodirectors.ca/parent\\_engagement-math/fr/index.htm](http://www.ontariodirectors.ca/parent_engagement-math/fr/index.htm)

