



HAMILTON-WENTWORTH CATHOLIC DISTRICT SCHOOL BOARD

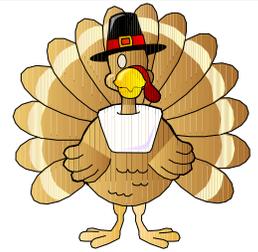
ST. THOMAS SCHOOL

170 Skinner Road

WATERDOWN, ONTARIO L0R 2H7

PHONE: (905) 523-2328

FAX: (905) 689-4847



"A proud feeder school of St. Mary Catholic Secondary School"

Principal: Mr. D. Younger
Superintendent: Mr. M. Hucal
Principal Intern: Mrs. A. Caiella

Trustee: Mrs. C. Cornale,
Pastor: Very Rev. W.L. Lobsinger, EV, PP
Secretary: Mrs. M. Rath

ST. THOMAS "WILDCATS" OCTOBER – 2015 NEWSLETTER

HOW TO OBSERVE THANKSGIVING

Count your blessings instead of your crosses;
Count your gains instead of your losses.
Count your joys instead of your woes;
Count your friends instead of your foes.
Count your smiles instead of your tears;
Count your courage instead of your fears.
Count your full years instead of your lean;
Count your kind deeds instead of your mean.
Count your health instead of your wealth;
Count on God instead of yourself.

~~Author Unknown~~

PRINCIPAL'S MESSAGE

With October being the month where expressions of our gratitude are offered, I must begin this newsletter by thanking staff, students and the parent community for a successful start to the school year. It has been heartening to observe students transition smoothly to new classrooms and new grades with great resilience. Staff has started the year by setting expectations, developing routines, creating class mission statements and raising the level of expectations where student achievement is concerned. Parents have been working closely with staff on many levels to ensure that good work habits and routines are in place early. These measures will ensure that your child's success is inevitable throughout the 2015-2016 school year. As always, a strong partnership with the home will remain critical. As a new member of this school community, I continue to be impressed with students and staff. Relationships and connections remain at the core as we all work together as Merchants of Hope for one another. As a Catholic community, we will be most successful when we model our thoughts, words and actions after Jesus Christ. On behalf of the entire staff, we sincerely look forward to serving the school community this 2015/2016 school year. St. Thomas the Apostle CES truly is a special place to lead, learn, love and leave a legacy!

D. Younger
Principal

SAFE ARRIVAL PROGRAM

Please call in your child's absence (905) 523-2328. Our answering service is available 24 hours a day. Messages are picked up regularly between 8:00 a.m. and 4:00 p.m.

CATHOLIC SCHOOL COUNCIL

The first meeting of our Catholic School Council took place on Monday, September 28, 2015. I would like to extend thanks to the parents who were able to put their names forward to join our Catholic School Council and help to shape the school experience that your children will receive at St. Thomas the Apostle School. During this meeting the council determined the following Council Membership composition:

Chair: Mr. P. Doma
Vice Chair: Mr. J Alvarez-de-Lugo
Secretary: Mrs. T. Bardati
Treasurer: Mrs. S. Hammond
Councilors: Mrs. L. Stys, Mrs. D. Lobo
Community Rep: To Be Filled
Parish Rep: Deacon Whitfield
Teacher Rep: Mrs. A. Caiella
Principal: Mr. D. Younger

Regular monthly meetings will take place on the first Monday of the month @ 7pm starting on November 2. ALL parents from the community are welcome!!!

STUDENT COUNCIL

Congratulations to all grade 8 students who took the time to create posters and a speech in their quest to seek a position on Student Council. The entire class was gracious and showed excellent sportsmanship.

This year, our grade 8 student council representatives are:

President: Kennedy C.

Vice-President: Logan M.

Treasurer: Alex O.

Secretary: Nicola L.

Religion Representative: Jacob O.

Sports Representative: Ethan B.

Spirit Representative: Jacob D.

St. Thomas the Apostle CES looks forward to the influence of its new Student Council Executive.

INTERNATIONAL WALK TO SCHOOL DAY 2015

Wednesday, October 7th marks International Walk/Bike to School Day (also known as "Wear Yellow Day"). The goal of this event is to promote school spirit, environmental conservation, and healthier habits.

As part of the event, students may:

- Wear a yellow t-shirt or sweatshirt with uniform bottoms to show their participation

If participating, please discuss with your son/daughter the safest route to walk or bike to school. Students are encouraged to travel in groups and to follow pedestrian and bicycle safety rules. Students biking to school are reminded to wear a proper fitting bicycle helmet.

Students who cannot walk or bike to school will still be included in this event. Students who ride the school bus and **walk to and from their bus stop** are still participating 😊

If your child will be walking or riding a bicycle home from school rather than riding the school bus, please write a note in your child's agenda to help staff facilitate dismissal time.

GROOVE-A-THON

Dust off your Groovy Shoes! Groove-a-thon is back! Support St. Thomas the Apostle School. The Groove-a-thon, sponsored by the CSC, is scheduled to take place during the school day on Friday October 30, 2015 and promises to be a fun filled day for all. Funds raised will support the purchase of Healthy Active Recess Equipment (nerf footballs, soccer balls, skipping ropes, scoops, etc) for each classroom. More information is forthcoming from the CSC. The student council will partner with this event by organizing a 'haunted picture' opportunity. The students will decorate a backdrop location in the Halloween theme. During the Groove-a-Thon, students can have their pictures taken. A canned good is requested as contribution. The goods will go to support St. Mary CSS's 'Halloween 4 Hunger' initiative.

TEAMS AND CLUBS

The co-curricular life at St. Thomas is alive and well. To date, some of the teams and clubs currently in action: Media Team, AV Team, Coding Club, Robotics Team, Junior Girls Basketball Team, Senior Girls Basketball Team, Flag Football Team, Health Action Team, Student Council, Recycling Team, Cross-Country Team. Thanks to the many staff members providing their time to coach and/or mentor.

GARDEN CLEAN UP

Thanks to the volunteers who helped with gardening at the front of the school on Sunday, Oct 4. Your efforts in beautifying the school were appreciated. Read about the full story with pictures:

<http://stth.hwcdsb.ca/136981--Gardening-Day>

ALLERGIES

We are asking your cooperation in continuing to keep St. Thomas the Apostle Catholic School safe for all our children. We have a number of students who suffer from life-threatening food allergies to nuts, peanuts, and nut products. The classmates of these students have taken home letters asking you to please not send your child with a snack or lunch that contains any nuts or nut products. Should these students come into contact with any of the above mentioned foods - or the residue left when someone else has been in contact with the food - the student can go into anaphylactic shock - a potentially life threatening situation. Since the time to prevent shock from occurring is only minutes, we want to do everything within our power to avoid this situation. I'm sure we can count on your support for the specified measures. We want all of our children to be safe and healthy, and these measures will help ensure this. Hence, we continue to strive towards maintaining a NUT SAFE school.

A gentle reminder as we approach the Halloween season of treats: please be extra vigilant with the selection of school snacks.

CONGRATULATIONS AND THANKS

October 5 is World Teachers Day and October 8 is World Child Care Worker/Early Childhood Educator Appreciation Day. Thanks to these professionals for providing the best opportunities possible for all learners.

REMINDER AS WE APPROACH COLD AND FLU SEASON

The best way to prevent or reduce the spread of influenza and many other illnesses is through personal protection:

- Wash hands well and often with soap and water for at least 15 seconds.
- Cough and sneeze into your upper sleeve or a tissue, not your hand. Dispose of tissues immediately.

- Clean commonly touched surfaces like door knobs, light switches, phones and computer equipment often.
- If you have a fever and influenza-like symptoms, stay at home until you no longer have a fever and are well.

If your child is sick and not able to go to school, report your child's absence to the school and let them know if your child has flu symptoms. Flu symptoms include a fever and any of the following symptoms:

- Cough
- Fatigue
- Muscle aches
- Chills
- Shortness of breath
- Vomiting and diarrhoea which are common in children.

If you require

- Information about the flu, visit www.hamilton.ca/flu or call 905-546-CITY (2489)
- Flu clinic details, visit www.hamilton.ca/flu

PIZZA DAYS

Pizza orders have been tabulated for the months of October/2015 through June/2016 for each Wednesday. The Grade 8 students would like to thank you for your orders. Special thanks to Mrs. Shannon for orchestrating. The first pizza day went relatively smoothly. Thanks for your patience.

SCHOOL CASH ONLINE

School Cash Online is now available for all families. There have been some software issues that have caused great frustration for some families. We apologize for this inconvenience as the vendor has worked to rectify. The system is designed for a seamless payment process without cash transactions. To register: <https://hwcdsb.schoolcashonline.com/>

CYO CROSS COUNTRY

We are wishing all of our runners from grades 1-8 luck as they prepare for their race at the CYO Cross Country event held on October 14, 2015 at Marydale Park. This year we have almost 100 students going to the event to represent the St. Thomas community. Let's go Wildcats!



TEACHING MASS

Grades 4 and 8 students will participate in the celebration of the Holy Mass on October 13 at 10:00am at the church. Father Lobsinger will 'teach' throughout the mass about the significance of each response and ritual. Please feel free to join in this celebration.



THANKSGIVING HOLIDAY

There is no school for children on Mon., Oct. 12, 2015. Monday marks the day where we all take the time to thank God for our many blessings. The staff at St. Thomas School wishes you a happy and blessed Thanksgiving.

BLUE DAY

Student council has planned for this spirit day on Oct. 8, 2015. Students are invited to wear a 'blue' top with or without the Blue Jays logo in celebration of the team's successful year. The day will culminate in a staff vs Gr. 8 students basketball game. If we had a diamond, it would have been baseball ☺

GRADE 8s TO ST. MARY CSS

St. Mary CSS will be hosting the Grade 8 students from all feeder schools for a tour and a chance to join the student body to enjoy the high school team's football game.

PARISH VISITS

Seminarian Ross and Deacon Whitfield will be visiting each classroom to speak with the students about our Catholic faith and our call to service as God's children.

Deacon Whitfield: Oct. 26

Seminarian Ross: Oct. 6, 7

PILGRIMAGE

On Sunday, October 18th, 2015 students of the Hamilton-Wentworth Catholic District School Board will be participating in our eleventh annual Pilgrimage "Walk with Christ-Justice for the Poor," an event that will raise money to support development projects in Uganda, Haiti and the Dominican Republic. In addition, funds will be set aside for Holy Childhood Society and Development and Peace Emergency Appeal Fund. Staff of the secondary and elementary schools are working with teams of students to plan the event. The pilgrimage raises our awareness of the injustice of world hunger, and inadequate health care, shelter, and education. As a Catholic school community, the pilgrimage gives us the opportunity to do what the Lord asks of us: to act justly, love tenderly, and walk humbly with our God (Micah 6:8).

Grade 7 and 8 students are being called to participate in the pilgrimage. Pledge forms and participation forms were sent home and we ask that you return these as soon as possible. Thank you for your continued support. Special thanks to Mrs. Caiella and Miss Monaco for orchestrating.

THE NEW ARRIVAL

Congratulations are sent to Mrs. Armstrong who gave birth to a beautiful baby boy on Thursday, October 1. We wish Mrs. Armstrong warm wishes as she begins the exciting journey of parenthood.

THE OTHER NEW ARRIVAL

We warmly welcome Miss Townsend to the school community. Miss Townsend will be replacing Mrs. Armstrong during her maternity leave. Miss Townsend comes to us with a stellar reputation as teacher. Already we thank her for coaching both Junior and Senior Girls' Basketball Teams and the forthcoming Flag Football Team. Welcome Miss Townsend

PERSONAL ELECTRONIC DEVICES

To ensure the safety of all students at all times, personal electronic devices are not permitted at school. If a student is observed using a personal electronic device at school, the device will be confiscated and placed in the school safe. The device will need to be retrieved by a parent or guardian.

It is important to revisit the concept of Social Networking Safety and personal devices in the hands of minors. Devices in the hands of our children must be treated with great care and oversight since, in essence, these seemingly harmless devices can bring great injury to the user and others. This is true even when our children promise to show great care since they can't control what lurks on the internet. This is coupled with the permanence of the virtual world. In other words: what is released to the internet can NEVER be erased.

As the year progresses, a Bring Your Own Device initiative will begin. Students will be invited to bring a device to school to support learning. The use of these devices will be during the instructional day under the strict supervision of staff.

Our greatest objective at St. Thomas the Apostle CES is to provide the best learning opportunities possible for all students in a safe and secure environment that is grounded in Christ's love. It will take the strong partnership of parents and staff to remain vigilant as we work to keep our children safe in the virtual world as well. The school remains committed to the ongoing education of students in this domain.

Please remember that should you ever need to contact your child or should your child need to contact you during the course of the day, multiple phones are available on school premises to ensure immediate conversation.

Thank you in advance for your understanding.

SCHOOL SAFETY - FIRE DRILLS and LOCKDOWN DRILLS

Throughout the year, the school must conduct 6 fire-drills (3 in each of the fall and spring terms), and 2 lockdown procedure drills (Ontario fire Code - O. Reg. 33/97, cl.2.8.3.2 (1)(b)). Please review these drills through discussion with your children. Staff will be speaking with them to prepare for the drills. We held our first fire drill on Friday, October 2. Parents and guardians will be happy to hear that the school was evacuated in a timely and orderly fashion. Students remained calm and silent, both during the evacuation and while waiting outdoors for further instructions. Congratulations!

PARENT CONFERENCE

Saturday, November 7st, 2015

7:30am-1:30pm

Bishop Ryan Catholic Secondary School
1824 Rymal Road East, Hamilton, ON

BEFORE and AFTER SCHOOL PROGRAM

The St. Thomas Catholic Elementary School Before and After School Program strives to: Provide quality supervision of our students, encourage the development of a strong partnership between home, school, and parish, foster the spiritual, physical, social, emotional, and cognitive growth of children. The Morning Program begins at 7:00 am and ends at 8:40am. The After School Program runs from 3:30pm to 6:00pm. Please contact the school should you be interested in registering your child for care.

HEALTH ACTION TEAMS

As part of the school's commitment to the health and wellness of all, a Health Action Team has been created. In partnership with Public Health, the Health Action Team meets regularly to ensure physical and mental wellness for the entire community. The team is comprised of students, staff and the Public Health Nurse assigned to the school.

MCMASTER UNIVERSITY THIRD YEAR UNIVERSITY STUDENTS

This year, St. Thomas the Apostle CES will benefit from the presence of three McMaster University Third Year Nursing Students. Their project is titled: Nurturing Positive Climates and Wellness. They will work closely with the school's Health Action Team.

PARENTING AND FAMILY LITERACY CENTRE

If you are caring for a young child and are interested in meeting other parents/caregivers in a friendly, playful environment, please consider visiting the St. Thomas the Apostle CES Parenting and Family Literacy Centre. by Miss Patty, you and your little one will be able to engage in play, games, songs, gym time and story time with others. The centre is open each morning. Managed by Miss Patty, you and your little one will be able to play, sing and read with others. We hope to see you!

EMAIL BLAST-OUTS

A reminder to parents and guardians to subscribe to the school email 'blast out' function. Once you 'subscribe' with your email address, you will receive each email blast-outs regarding school life and important notices. This function can be accessed directly from the St. Thomas the Apostle website. Look for the 'Follow Us' and 'Subscribe' section and the envelope icon.

WARMEST WISHES

Staff and students wish Mrs. Asselin all the best. She has left for her maternity leave, awaiting the birth of her new baby. We will miss her. The Teacher replacing her has yet to be announced.

AGENDAS COVERED

Thanks to the fundraising efforts of the Catholic School Council last year, remaining funds will be used to pay for all student agendas. If you have already paid for your child's agenda, you will be refunded. Thanks CSC! Surplus will pay for the installation of the Interactive Projector System in Mrs. Legace-Gagnier's Grade One Classroom. The unit was purchased through school funds. All classrooms will now be fully equipped with technology to support learning and teaching.

SEPTEMBER AWARD RECIPIENTS

St. Thomas the Apostle CES held the first monthly awards assembly on Thursday, October 1st at 10:00am. Staff recognized the accomplishments of three students in each class for their dedication to the Virtue Focus- Reverence, School Motto- Lead, Learn, Love, Leave a Legacy, and the 7 Habit Focus- Values for the month of September.

Congratulations to the award winners for the month of September. Photos can be found on the buzz board: <http://stth.hwcdsb.ca/136880--September-Award-Winners!>

	Virtue: Reverence	School Mission: Lead, Learn, Love, Leave a Legacy	7 Habits: Paradigm/Values
Mrs. Brash	Mya	Ashton	Emily
Mrs. Legace-Gagnier	Sofia	Danielle	Ryan
Mrs. Fleet	Calum	Sofia	Christian
Mrs. Horzelenberg	George	Jamie	Esteban
Mrs. Caiella	Logan	Aarush	Nicholas
Mrs. Richardson	Ava	Owen	Tyler
Mrs. Anderson	Madison	Jack	Olivia
Ms. Monaco	Kate	Megan	Johnathan
Mrs. Armstrong	Vivian	Kennedy	Ethan
Mrs. Shannon	Aidan	Duke	Adele

October's foci for students:

Virtue - Justice; School Mission - Lead, Learn, Love, Leave a Legacy; 7 Habits - Be Proactive



SELF-REGULATION

Self-Regulation remains one of the most important topics in the education world as it relates to Social/Emotional Development and Mental Wellness.

Dr. Stuart Shanker is one of the leading international experts on the subject and Ontario's Ministry of Education greatly relies on him and continues to endorse his work.

The links below provide direct access to video clips and Dr. Shanker's website. Though you may hear reference to 'early years', the concepts are universal and extend beyond children and youth and into adulthood. We all know, I am sure, adults in our own lives still struggling with self-regulation development.

Should you wish to learn more about self-regulation and the school's commitment to nurturing its development in our students please consider the following at your convenience.

Difference Between Compliance and Self-Regulation <http://learnteachlead.ca/videos/what-is-the-difference-between-compliance-and-self-regulation/>

What is Self-Regulation <http://learnteachlead.ca/videos/what-is-self-regulation/>

What Can We All Do to Support Self-Regulation? <http://learnteachlead.ca/videos/what-can-educators-do-to-support-students-in-developing-self-regulation/>

Self-Regulation: 1 What is it? 2 Impacts of Stress! 3 Enhancing Children's Self-Awareness, 4 Supportive Environments <http://www.edu.gov.on.ca/childcare/selfRegulate.html>

Dr. Shanker and the Mehrit Centre
<http://www.self-reg.ca/>

Multiple Self-Regulation Sub-Topic Video Series
<http://www.edugains.ca/newsite/earlyPrimary/primaryresources/selfregulation.html>

THE LAST WORD



We must restore hope to young people, help the old, be open to the future, spread love. Be poor among the poor. We need to include the excluded and preach peace.

-Pope Francis

<https://twitter.com/Pontifex>