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Waterdown, Ontario  
LOR 2H7  
(905) 523-2328

*"A proud feeder school to St. Mary Catholic Secondary School"*

SUPERINTENDENT: M. HUCAL  
PRINCIPAL: D. YOUNGER  
PRINCIPAL INTERN: C. HORZELENBERG

TRUSTEE: C. CORNALE  
PASTOR: VERY REV. W.L. FATHER. LOBSINGER, EV, PP  
SECRETARY: M. RATH

## APRIL - 2018 NEWSLETTER "WILDCATS"

### PRINCIPAL'S MESSAGE

"This is my Son, the Beloved; with Him, listen to Him!" Mark 9:7

The liturgical season of Lent provided us with an opportunity to deny our-selves by praying, fasting and giving alms. Throughout the forty days, we were called to renew our relationship with Jesus by carrying our crosses along with Him. Our work during Lent led us to Easter, when we celebrated the joy of Christ' Resurrection and the new life that we received in Baptism. Easter filled us with hope for a better tomorrow and a chance to renew ourselves. This prayer is offered to support our continued journey during this year of mercy. Together, we are Merchants of Hope for all those with whom we work, learn and live.

Heavenly father, I am your humble servant,  
I come before you today in need of hope.  
There are times when I feel helpless,  
There are times when I feel weak.

I pray for hope.  
I need hope for a better future.  
I need hope for a better life.  
I need hope for love and kindness.

I need your light, Lord, in every way.  
I pray to be filled with your light from  
head to toe, to bask in your glory.

To know that all is right in the world,  
as you have planned,  
and as you want it to be.

Help me to walk in your light, and live  
my life in faith and glory.

Most important, help me to be  
a Merchant of Hope for others  
each and every day.

In your name I pray,  
Amen.

hope

### **REGISTRATIONS FOR 2018-2019**

Registration for the 2018-2019 school year is now open at St. Thomas the Apostle CES. If you know of anyone who is eligible to register, please have them contact Mrs. Rath.

Children starting Kindergarten Year 1 in September should be registered as soon as possible. If you know of any child who is planning to come to kindergarten, please advise them to register at the school immediately.

### **ARE YOU MOVING?**

We ask any family who will be moving out of the area; please notify the office **in writing as soon as possible**. We are in the process of projecting student enrolment for September 2018 and this information will assist us in being more accurate with our projections.

### **SIGN-IN PROCEDURES**

For the safety of our students, all visitors/ parents must report to the office. Access to classrooms is only granted through the office. Please do not go to the classrooms without checking in at the office. Mrs. Rath will be happy to call your child/children down to see you for any of your concerns.

### **BEFORE AND AFTER SCHOOL PROGRAM**

St. Thomas the Apostle Catholic School Before-and-After School Program is a school-based Catholic childcare program designed to support and complement the programs of St. Thomas the Apostle Catholic Elementary School. We provide care for children attending school all day from ages 4 to 12 years of age. The program operates before and after school. If you have any questions please feel free to call (905)525-2268 Ext. 2628.

### **STTH EarlyON CENTRE**

Attention all parents, grandparents and caregivers of children 0-6. The STTH EarlyOn Centre runs a free program in the school Monday through Friday on days the school is open. Drop in anytime. Our program runs from 9:10 am to 1:10 pm daily. We offer many activities, we provide a healthy snack and we all have fun getting active in the gym and we all have fun singing songs and telling stories. Stop in and check us out. We know you and your child will have much fun playing and learning together. Hope to see you soon!  
Ms. Patty (EarlyON Facilitator)

### **LEARNING COMMON NEWS**

Mrs. Byrne, Teacher Librarian has engaged classrooms in the Forest of Reading. The Forest of Reading® is Canada's largest recreational reading program! This initiative of the Ontario Library Association (OLA) offers eight reading programs to encourage a love of reading in people of all ages. The Forest helps celebrate Canadian books, publishers, authors and illustrators. More than 250,000 readers participate annually from their School and/or Public Library. All Ontarians/Canadians are invited to participate via their local public library, school library, or individually.

[http://www.accessola.org/web/OLA/Forest\\_of\\_Reading/OLA/Forest\\_of\\_Reading/Forest\\_of\\_Reading.asp?hkey=e913abbb-1687-438d-bc68-64eda110aeb1](http://www.accessola.org/web/OLA/Forest_of_Reading/OLA/Forest_of_Reading/Forest_of_Reading.asp?hkey=e913abbb-1687-438d-bc68-64eda110aeb1)

Thanks to Mrs. Byrne for arranging.

### **3 on 3 HOCKEY**

Congratulations to both our Senior and Junior students who participated in the school board's 3 on 3 Daryl Mahler Hockey Tournament at the Mohawk Quad Pad. Thanks to Coach Shannon who accompanied the players.

### **STTH CHOCOLATE FUNDRAISER**

The STTH Chocolate Fundraiser has come to an end with a resounding cheer of success. Thanks to the participation of many students and families. Gary the Goonie brought great excitement to the school. He has now found a new home with Colson. Funds will be used to support learning opportunities for the entire school community.

Once again, thanks to every student, parent, guardian and family for participating

### **QUIDDITCH**

The 2018 STTH Quidditch League has concluded. Congratulations to all who participated. Special thanks to those students who represented the school at the half time show at Tim Hortons Stadium during the Canadian National University Quidditch Championship.

### **CONFIRMATION**

Grade 7 students will be confirmed on April 8, 2018. God bless each of boy and girl as they continue their spiritual journey.

### **STTH EASTER FOOD DRIVE**

Thank you to all families who donated food items. The Flamborough Food Bank expressed great gratitude as did the many families who rely upon the generosity of others.

### **JUNIOR/SENIOR BOYS' VOLLEYBALL TEAM**

Game play is well underway. Thanks Coach Wallace, Coach Detina and Coach Giannasi. As always, special thanks to convener and referee Mr. Stechey.

### **WATER CONVERSATION**

City of Hamilton representative Rob visited the school to speak with the students about the importance of fresh water and how fortunate we are in Ontario. A poster contest is underway. Winning poster will be plaqued and displayed by the newly installed hydration station on the second floor.

### **JUNIOR MATH CHALLENGE**

Good luck to our Junior Math Challenge Team who will be representing our school at the HWCDSB Math Challenge on April 21: Chloe, Nicholas, William, Jessica, Miriam and Esteban.

### **CATHOLIC SCHOOL COUNCIL**

Please join us at our next meeting being held on Monday, April 9, 2018 in the school Learning Commons at 7:00 p.m. As always, we thank the many volunteer hours of the parents on the council and those who attend the monthly meetings.

### **MENTAL HEALTH TEAM**

The STTH Mental Health Team met recently and began reviewing the goals and strategic actions that been put into practice this past year to support bullying prevention, restorative practices and wellness for all.

The following have been the goals and actions for 2017/2018

#### **Dealing with Stress and Anxiety**

1. Continue implementing Zones of Regulation and Tools for Life in an explicit way across the school
2. Explicitly teach strategies to address stress and anxiety (deep breathing, meditation, atomizer with essential oils, squishy balls, quiet space, natural lighting, etc)
3. 3:2:1 Rule....incidents will be tracked three times the first week, two times the second week and once the third week

### **Advocacy for Children...Ensuring Each Child Has a Significant Other on Staff**

1. SERT will announce an 'open office' time for students who need advice to visit and talk....use a "Let's Talk" bin left at the Religion Centre for students to insert slips of paper with their names to signify that they'd like to speak with SERT
2. Ask each staff member to connect with each child in the class 5-10 minutes once a month
3. Ensure that each child has at least one significant adult upon whom they can rely

### **Restorative Justice Practices/Bullying Prevention**

1. Restorative/Social Justice Circle with 'talking feather'
2. In Class modeling of the 'Social Justice' Conflict Resolution model
3. Morning announcement that reminds children of 'talking about conflict/problems, acknowledging others' feeling and coming to shared understanding

### **Active Initiatives to Nurture Wellness, Belonging and Positive Climate**

1. Friendship Benches: children who are lonely and want a friend with whom to play sit on one of two friendship benches; signal for other children to approach and invite into belonging
2. Public Health Nurse and various initiatives including the Health Action Team
3. Third Year McMaster University Nursing students working with the student population on wellness and positive climate

### **LOOKING AHEAD**

The Mental Health Team reflected on each of the aforementioned strategies.

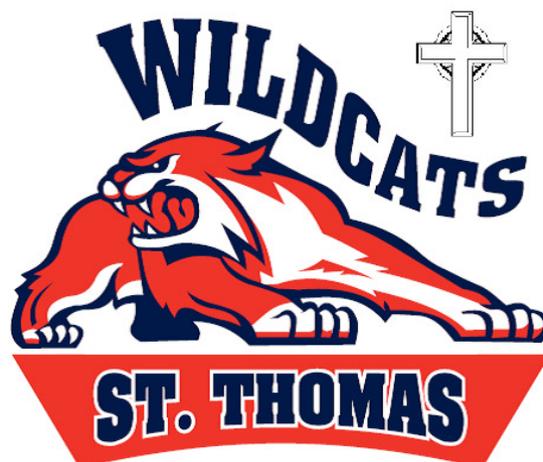
The plan, moving forward, will be to continue with those strategies that have proven successful while revising some others. In addition to current strategies, the following revised strategies will be implemented:

- More explicit and purposeful use of the 3:2:1 Rule....incidents will be tracked three times

the first week, two times the second week and once the third week ...with a commitment to creating Calendar Reminders to keep on track.

- In order to ensure that each child has a 'significant adult other' on staff, classroom teachers will introduce a secret/confidential system for children to indicate they would like to speak with someone about an emotional/ social issue. The classroom teacher will review submissions daily and notify the 'significant other' of the child's wish to confide in conversation. We will limit this to Grade 2-8 based on the fact that younger children are more likely to share openly and candidly with homeroom teachers.
- Morning Announcement of our Creed:  
Remember boys and girls, we are a 'hands-off school', a place where problems and conflict are solved through conversation, talking and listening with the help of an adult nearby.
  - I will try to keep my thoughts positive because my thoughts become my words;
  - I will keep my words positive because my words become my actions
  - I will keep my actions positive because my actions become my values
  - I will keep my values positive because my values become my future.
- Ask each staff member to touch base with each child in the class on a regular basis to ensure relationships/connections are being strengthened; for those who are known to be vulnerable, more time will be dedicated to this process while not ignoring the others in the classroom.
- Friendship Benches will be revisited at the beginning of the year and regularly throughout as to the purpose; the Friendship Benches will now serve two distinct purposes depending upon the age group. For Primary, they will remain pure in purpose: children who are alone and want a friend can sit on the bench as signal to others that a friend is in need. For Junior/ Intermediate, the benches can be shared by friends as a gathering space for conversation and camaraderie.

- To ensure optimal effectiveness of the Third Year McMaster University Nursing students, the Mental Health Team will share the school goals and strategies explicitly and in depth so that their work/project can be tailored to complement and enhance. This includes the work of the Health Action Team.



"When doubts filled my mind, Your comfort gave me renewed hope and cheer."

-Psalm 94:19