



Remembrance Day November 2018

St. Leo School Newsletter

St. Leo Catholic School
233 Memorial Drive
Brantford, ON
N3R 5T2
Phone:
519-753-3314
Website:
www.bleo.bhncdsb.ca
Twitter: @stleocatholic

Principal:
Jennifer McLaren Gibbons

General Information

We are a dual track school offering instruction in English for JK-8 and in French Immersion for JK-SK, Grades 1 & 2 (expanding by one grade each year)

Current Enrolment is 324 students

We have 15 Homeroom Teachers, 3 Early Childhood Educators, 8 Educational Assistants, 2 French-as-a-Second-Language teachers, 2 Special Education Resource Teachers, 3 Prep Teachers, 1 Library Tech, 2 Custodians, 1 Secretary, 1 STEM Teacher and an active School Council.

Next School Council Meeting:
November 28th, 2018 @ 6:30 with
System Wide Skype @ 7pm



During the month of November, we honour all the Saints of our faith. We also pray for the Faithfully Departed, our loved ones who have died. Let us remember our family members who have gone to their eternal rest with Jesus. May they rest in peace.

First term progress reports are going home on November 9th. These reports give a good indication of how your child is achieving in the various curriculum areas and how they are progressing in their learning skills. Next steps are provided to ensure your child reaches their potential. Interviews are scheduled on Thursday, November 15th (evening) from 4 to 7:30 pm, and on Friday, November 16th (morning) from 9 to 11:30 am, at 10 minute intervals. Your scheduled time will be included on a confirmation form, included in your child's progress report envelope. If you did not receive one, or can't find your form, please contact Mrs. Gardner, School Secretary, to obtain the information.

Friday, November 16th is a PA Day. Students do not attend classes – teachers are conducting parent-teacher interviews (morning) and involved in professional development activities (afternoon).

God Bless,
Mrs. McLaren Gibbons
Principal

Little Poppy

Little poppy

Given to me,

Help me keep Canada Safe and free.

I'll wear a little poppy,

As red as red can be,

To show that I remember

Those who fought for me

PARISH NEWS



ST PIUS X CATHOLIC CHURCH

9 Waverly Street,
Brantford , ON N3R 2K2

Ph: 519-753-8439

www.stpius.ca

Father John Redmond, Pastor
Father Andrew Czarny, Pastor
Andrew Beach, Pastoral Associate

SACRAMENTAL PREPARATION

First Eucharist & First Reconciliation

A reminder to all parents that the initial meeting for the candidate and at least one parent or guardian will be taking place at the start of December. If your child is hoping to register for these sacraments this year, plan to join us on the evening of December 5th. If you have any questions, or know you have a conflict for this date, please contact the parish office at 519-753-8439.

Confirmation

November 26th marks the celebration of Confirmation in our Parish this year. Please keep the nearly 85 young people preparing for this Sacrament in your prayers over the coming month. We are blessed to have so many young people seeking the Lord's good gifts!

Children Not Yet Baptized

If you have a child you would like to have Baptized, please call the Church Office. Baptisms take place monthly, except during Lent.

If your child is over the Age of Reason (around age 7), they will need to go through a special preparation process and will celebrate all three Sacraments of Initiation at once. If your child is interested in this program, please contact Andrew Beach at the Church Office as soon as possible. This preparation journey is scheduled to begin in at the end of November.

Youth Ministry

Our Youth Ministry Program is always open to young people in grades 6 and above. If you're interested in more information, please contact the Parish. All dates for upcoming events are available at the Youth tab on the St Pius X Parish website - www.stpius.ca. Our next two events are December 8th and 15th.

Spiritual Bouquets

Each of our classes is praying for an elderly member of the parish who is home-bound in their own home, or who is in care in a nursing or retirement facility. We encourage you to support your child and their class by praying along with them at home. Our Youth Group will be gathering in early December to put together gifts to send to these parishioners.

WINTER WEAR

This is the time of year to dig out those snowsuits, hats and mittens. Please remember to **label** all your child's outerwear. Ensure that your child has proper clothing for the weather. This includes proper footwear to stay warm for our outdoor play.



A NOTE FROM YOUR SCHOOL'S PUBLIC HEALTH NURSE...



Stress Management

As the school year gets busier and busier, life can get a little stressful for everyone—even for children. Having stress is natural and necessary for growth, but too much stress can negatively affect our body, mind and feelings.

As a parent, you can't protect your child from every stressful event in life, no matter how hard you try. But you can help your child cope by being there for them and helping them work through their problems.

Signs your child may be stressed are if he/she:

- Is not interested in doing the activities he/she normally likes to do
- Has trouble sleeping
- Has trouble concentrating at school and home
- Gets more headaches than usual
- Doesn't have much of an appetite
- Is nervous, gets tummy aches or cries more often

Ways you can help your child cope:

- **Listen:** Sometimes kids just want to talk. Take the time to listen to how your child is feeling and encourage them by asking questions such as "how did you feel about that"
- **Label their feelings:** Your child may not yet have the words for their feelings. Using words such as "do you feel frustrated?" will help them to describe what's going on
- **Touch:** Sometimes a hug is all that your child needs to help the stress melt away
- **Communicate:** Let your child know if there will be a change in their routine so that they know what to expect
- **Healthy Routine:** A healthy body is better able to fight the stress. Make sure your child gets enough sleep and eats well. Physical activity is also a great stress reliever! So go for a walk with your child or encourage him/her to do something that they enjoy.

This fall, get your free flu shot to protect yourself, your family and community.

- Getting the flu shot doesn't just protect you from the flu - it also protects people who are at higher risk of complications from the flu, like young babies, older adults and those with underlying health conditions.
- Flu shots are available for Ontarians six months and older through their doctor's office or a pharmacy. Children under five need to get the shot from their doctor's office.
- For more information about the flu shot visit www.ontario.ca/flu.

SCHOOLCASH ONLINE:

Our School Board continues to encourage the use of SchoolCash Online for parents to submit payment for school related purchases. All payments this year at St. Leo will be through School Cash Online. For those who have not yet registered please follow these steps:

Step 1: Go to this website:



<https://bhncdsb.schoolcashionline.com>

Step 2: Register by selecting the "Get Started Now" and following the steps

Step 3: After you receive the confirmation email, please select the 'click here' option, sign in and add each of your children to your household account.

Coed Soccer Team: Our students demonstrated excellent sportsmanship and had a GREAT time at the October 4th competition. Congratulations to Timothy V, Irelyn S, Max H, Katelyn T, Noah C, Hannah H, Rocco T, Hannah I, Cate W, Maurizia P, Angelina S, Mateos M for representing St. Leo's School with pride! Thank you, also, to coach Mme. Poulimenos!

Cross Country Team: Ms. Geloso and Mr. Figueredo, on behalf of the whole school community, would like to congratulate the participants in this year's Cross-Country Board wide meet on October 24th. Students who gave their best included: Adele P, Julia F, Giorgia A, Kathryn S, Abby M, Ada P, Cameron F, Peter H, Brock M, Bjorn M, Connor L, Hunter M, Austin S, Gavin K.

Notes from the Office:



ON TIME ARRIVAL - One of the key ways that you can support your child's learning, and create sound work habits, is to ensure they arrive on time for school. Our bell time is **8:45 AM**.

St. Leo Christmas Social:

Save the date – WEDNESDAY DECEMBER 19, 2018 will be our first Christmas Social for all of our St. Leo families. Looking forward to seeing everyone join us.

More information to follow.



FRESH FROM THE FARM FUNDRAISER WAS SUCCESSFUL!

We appreciate all of the families who sold Fresh From the Farm or chose to make a monetary donation to our school this year as part of our fundraising plan. We will have the totals shortly to share with everyone and will award our prizes for top sellers next month. **Delivery Date for the products will be November 29th** with pick up for families in the afternoon – more information to follow on specific pick up times.

Thank you for supporting St. Leo School!

GRADE 8 POINSETTIA SALES – FUNDRAISER FOR YEAR-END TRIP TO CAMP CELTIC

Our grade 8 students will, once again, be selling beautiful poinsettias to raise money for their year end trip. The supplier, Woodley Farm & Greenhouses from Wilsonville, was chosen again because of their exceptionally healthy and beautiful plants. 6.5 pots are \$8 while 8" pots are \$16. You may place an order directly with a grade 8 student, or order online through SchoolCash Online. More details and order forms may be found on the school website. Don't miss your chance to pre-order these lovely plants – they make great gifts as well! Delivery to the school will be on December 12 – you have until Dec. 5 to order.



Check Your Child's Hair:

You know the routine - it's that time of the year again. Check your children's hair at least twice a week, remind them not to share combs, hair bands, hats, scarves, and call the school if you notice a problem. Remember too, that if head lice is detected, you also need to treat your entire house - bedding, upholstery, any clothing that is pulled over the head, and anything that comes in contact with the hair. It's a big job, but it's necessary!

GET PREPARED FOR A SUCCESSFUL DAY - Please help them to organize themselves at night by packing their backpacks, laying out their clothes and making their lunches so that the morning is organized. A good night's rest sets up the next day for success.



EARLY LEAVE/APPOINTMENT – The school office is a busy place, especially at the start and end of the school day. Last minute requests for students to leave early are difficult to manage – both due to the volume of requests and their last minute nature. Parents are reminded to put a note in their child’s agenda if there will be a different dismissal arrangement (early pick up, different person to pick up, no bus, no YMCA, etc.) ***If a change legitimately occurs at the last moment, please make EVERY effort to contact the school BEFORE 2:45 pm.*** Thank you.



INCLEMENT WEATHER:

As we head further into Fall, it is time for us to review our inclement weather policy. Transportation by bus is impacted tremendously by inclement weather – be it delays to buses or cancellations. Decisions are made by 6:30 am regarding cancellation of buses and school closures. Please check the Board’s website for any cancellations after 6:30 am. Safety is the deciding factor when making this decision. **When buses are cancelled, schools are closed** to all staff and students. Please check the Student Transportation section at the front of your child’s agenda for further details. **St. Leo School is in ZONE 4.**



NEW L.E.A.D. Recess Program:

We are very excited to introduce the L.E.A.D. recess program which is a comprehensive leadership program designed to create a strong school community through play. What does LEAD stand for?

- Linking the School
- Energy on the Playground
- All Play
- Dynamic Leaders

This program utilizing student leaders in our school in Grades 6 and 7 to share and teach games and play literacy on our playground to younger students in Grade 1-3. Thanks to Mme. Buchuk and Mr. Squeo for their leadership in supporting this new program. We are excited to share the new games learned at the LEAD training with students at recess. We want recess to be fun, while continuing to learn together in community!

LOOKING AHEAD – IMPORTANT DATES

Nov. 6	Pizza Day with Lunchbox
Nov 8	La Bottega Hot Lunch with Lunchbox
Nov. 9	Remembrance Day Assembly 10:45 in the Gym Elementary Progress Reports go home
Nov. 13	CRUNCH DAY for Brant Food For Thought – bring a donation and get an apple Pizza Day with Lunchbox
Nov. 15	Parent/Teacher interviews 4:00 – 7:30 Subway with Lunchbox
Nov. 16	P.A. Day Parent /teacher interviews 8:30-11:30
Nov. 20	Pizza Day with Lunchbox
Nov. 22	La Bottega with Lunchbox
Nov. 23	Bar Burrito with Lunchbox
Nov. 29	Fresh From the Farm Delivery – more info to follow Subway with Lunchbox
Dec. 4	Pizza Day with Lunchbox
Dec. 6	La Bottega with Lunchbox
Dec. 7	Swiss Chalet with Lunchbox
Dec. 11	Advent Marion Liturgy – 9:00 K-2, 9:30 3-8 Pizza Day with Lunchbox

Dec. 13	Subway with Lunchbox
Dec. 14	Turkey Christmas Dinner for the whole school – more info to follow
Dec. 18	Pizza with Lunchbox
Dec. 19	Christmas Social for all Families – more info to follow
Dec. 21	Last Day – Merry Christmas and Happy New Year!
Jan. 7	Welcome back!
Jan. 21	P.A. day

Brought to you by Lunchbox Orders

Cooking with Kids



Healthy school meals are just one click away.

Place your lunch order at www.lunchboxorders.com

Cooking with Kids! by Amy Skeoch MHSc, RD

Do your kids help out in the kitchen? Can't even imagine inviting them in? If you can relate with the latter question, you're not alone. Many parents feel that having kids help prepare meals and snacks is just too much work and takes too much time. Initially it may take longer for those veggies to be

cut-up, or that lettuce to get washed, but over time you might actually appreciate your child's acquired food skills! Cooking with your kids is a great opportunity to connect with them, while teaching important life skills. See below for a *general guide* to what your child can handle:

Ages 3-5 - With supervision, they can pour liquids, tear lettuce, simple stirring, washing produce

Ages 6-8 - As motor skills improve they can use measuring spoons, form meatballs, dice veggies when supervised/taught how to use a paring knife* (watch those fingers!), grease pans, drain/rinse items, make sandwiches, scrape plates and load/unload the dishwasher

Ages 9-11 - The optimal age! They can use a toaster oven, read and follow a recipe, use the pizza cutter, can opener, make scramble eggs, pancakes, muffins, and wraps

Age 12+ - Follow more complicated recipes, use kitchen appliances

*Note: to learn about safe knife skills visit <https://www.youtube.com/watch?v=9hue1A6LoC8>

Tips:

- ✓ Start Small – focus on 1 skill/month.
- ✓ Keep it Simple – start with basic skills and food items they like to eat to build their confidence.
- ✓ Think Weekends – Sometimes we are too rushed throughout the week, choose a weekend breakfast or snack to invite them to help you.
- ✓ Compliment Them – everyone likes to know when they've done something well!
- ✓ Enjoy the Moment – don't worry about the end result, instead make some great memories with your kids!

Sources:

<http://www.momables.com/teach-your-kid-how-to-cook-by-age/>

<http://www.familykitchen.ca/>

Movement Across the Day: (This message is brought to you by Ophea)

The Canadian 24-Hour Movement Guidelines have been released for the Early Years (0-4) and Children and Youth (5-17). The highlights are below.

Sweat: children should accumulate at least 60 minutes/day of moderate to vigorous physical activity. These activities should increase heart rate and breathing, and may cause a child to sweat. Examples include running, climbing on playground equipment, and dancing.

Step: children should accumulate several hours of light physical activity throughout the day. Examples include walking, wheeling, and active chores.

Sleep: children should receive uninterrupted sleep each night with consistent to-bed and wake-up times. 3-4 year olds need 10-13 hours, 5-13 year olds need 9-11 hours, and 14-17 year olds need 8-10 hours.

Sit: children should limit the amount of time they spend sitting for extended periods. Recreational screen time should be limited to no more than one hour/day for 3-4 year olds, and no more than two hours/day for 5- 17-year-olds.

How does physical activity fit into your family's day?

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Benefits of Learning Languages:

Families Choose International Languages Elementary (ILE) to enhance the overall education of their children in many ways. The program gives students the opportunity to develop their first language and allows heritage language to flourish. This can help students communicate with members of their family and community. The program can also deepen their cultural awareness, foster pride in their heritage and strengthen their self-esteem and self-image. Students should also feel more included in their schools when they see their identity reflected in school programs.

Also, in an increasingly interdependent world, bilingual or multilingual individuals are in demand and their skills can greatly benefit society.

The ILE program helps all students to communicate more effectively with people of diverse backgrounds. It builds language skills that they will be able to use locally, nationally and globally, giving them more opportunities to represent Canada in a global village.

Finally, research has shown that students who study languages in addition to English and French perform better in other school subjects. As well, when students develop both their first language and other languages, their overall intellectual functioning improves.





International Languages Elementary

St. Mary Catholic Learning Centre
455 Colborne Street Brantford

Phone: (519) 756 6505 Ext. 400

E-mail: ahenrique@bhncdsb.ca

Beginning the week of October 1/2018 until the week May 16/2019

* Please note, Tentative Schedule below – Classes are based on sufficient enrollment.

** Days, Times and Languages available are subject to change.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:30 – 6:30 Polish St. Mary Brantford	4:30 – 6:30 Spanish St. Mary Brantford	4:30 – 6:30 Italian St. Mary Brantford	4:30 – 6:30 Mandarin St. Joseph's Norfolk	9:00 – 11:30 Mandarin St. Mary Brantford
4:30 – 6:30 Portuguese St. Mary Brantford	6:00– 8:00 Mandarin Advanced St. Mary Brantford			9:00 – 11:30 Tagalog St. Joseph's Norfolk

All students from JK – Gr 8 at any language level are more than welcome to join at any time! *Funded by the
Ministry of Education*

For more information, please contact the Site Supervisor, Anna Henrique ahenrique@bhncdsb.ca or 519-756-6505

Ext. 400