



St. Mark School Newsletter

May 2018

St. Mark Catholic Elementary School
240 Autumn Hill Cres.
Kitchener, ON, N2N 1K8
Phone: (519) 743-4682

"Growing in skill, wisdom and strength."

Our Mission Statement

St. Mark Catholic Elementary School, with home, Church and community, is committed to nurturing the growth and future success of faith-centered individuals through the pursuit of academic excellence, Catholic values and respect for all.

IMPORTANT DATES

Wacky Hair Day
Tuesday, May 1st

Deacon Basil's Classroom Visits
Tuesday, May 1st
12:40-2:00 pm
JK/K 1-3 & Grade 1

First Communion Retreat
Friday, May 4th
9:45-3:00 pm
at St. Mark Church

First Communion Celebration
Sunday, May 6th
at St. Mark Church
at 2:00 pm

Electronic & Clothing Recycling at
St. Mark School
May 7th – May 21st

Catholic Education Week
May 7th – May 11th

**Welcome to Kindergarten
Meeting for Parents & Child**
Wednesday, May 9th
5:30-6:30 pm
at St. Mark School

School Mass
Thursday, May 10th
at 9:30 am
at St. Mark Church

PRINCIPAL'S MESSAGE

The school year continues to move along swiftly. This year Education Week is from Monday, May 6th to Friday, May 11th. Our theme for Education Week is, "*Renewing our Promise*". Our e-Recycle Program begins on May 7th and runs until May 22nd. Our Welcome to Kindergarten Presentation for parents and children is scheduled for Wednesday, May 9th at 5:30 pm at the school. Also, we will be celebrating our Easter & Marian Mass on Thursday, May 10th at 9:30 am at St. Mark Church. We welcome all parents and guardians to celebrate with us.

We are also celebrating our sacraments during Education Week this year. Our First Communion Celebration is on Sunday, May 6th at St. Mark Church and our Confirmation Celebration is on Friday, May 11th at 7:00 pm at St. Mark Church.

Many great things continue to happen at St. Mark School in the month of May. Be sure to scan the calendar for more information about up and coming activities and events at the school from May to June.

Two of our three major assessments are fast approaching. Our CAT-4 for grade 7 students from April 30th – May 4th. The EQAO Grade 3&6 Assessments of Reading, Writing & Mathematics are scheduled for May 22nd – June 4th. Our grade 3 students will be completing the grade 3 EQAO Assessment from May 23rd – May 25th and our grade 6 students will be completing the grade 6 EQAO Assessment from May 29th – May 31st. Please mark these dates in your calendar and make every effort to avoid any trips, appointments, etc. during the week your son/daughter completes the grade 3 or 6 EQAO Assessment.

Wishing all mothers in our school community a very happy Mother's Day on Sunday, May 13th!! 😊

Mr. Lankowski
Principal

Confirmation Mass

Friday, May 11th at 7:00 pm
at St. Mark Church

Mother's Day

Sunday, May 13th

Deacon Basil's Classroom Visits

Tuesday, May 15th
from 12:40-2:00 pm
Grade 4, 2/3, 3 & 1/2

**School Track & Field Meet
with Our Lady of Lourdes CES**

Thursday, May 17th
at Resurrection CSS
Full Day

**School Spirit Day
Nutritional Free Day (No. 7)**

Friday, May 18th

Victoria Day

Monday, May 21st
(No School)

Grade 3&6 EQAO Assessments

May 22nd – June 4th

Cross-Country Meet

Wednesday, May 30th
Full Day
at Bechtel Park, Waterloo

School Council Meeting

Wednesday, May 30th
from 7:00-8:30 pm
at St. Mark School

JUNE AT A GLANCE

PD Day

Friday, June 1st
Full Day

Provincial Elections at St. Mark

Wednesday, June 6th (4-8 pm)
Thursday, June 7th (7 am -10 pm)
in the school gym

Area Track & Field Meet

Tuesday, June 5th Full Day
at University Stadium

Grade 7 Day at Resurrection

Catholic Secondary School
Friday, June 8th
9:30-1:30 pm

SAFE ARRIVAL TO SCHOOL

The school day begins at 8:55 am. Teachers and other staff members begin supervising the school yard at 8:40 am. Please **do not** send your child/children to school before 8:40 am, since they would be unsupervised on the school yard – unless your child is enrolled in our Extended Day Program. If this is difficult for you, please make daycare arrangements for your child/children. Thank you for your cooperation in this important matter.

Also, this is just a gentle reminder that if your child is sick or will be late coming to school, you **MUST CALL THE SCHOOL AT (519) 743-4682** and inform us of the absence. Please also provide for us a reason for absence. Thank you for helping to keep our students' safe.

VISITORS TO THE SCHOOL

Please remember that **ALL VISITORS** to the school, including parents, must sign in and out of the office during in-class hours. Thank you for your attention to this important reminder.

PLEASE NOTE: If you are volunteering at the school, you are required to wear a 'volunteer' badge. If, on the other hand, you are simply visiting the school, you are required to wear a 'visitor' badge. Both badges are available in the main office. Mr. Neufeldt will personally issue one to you if you are either volunteering or visiting the school.

PARKING REMINDER FOR PARENTS/GUARDIANS

Thank you to all parents, guardians and caregivers who have been following the rules for dropping your children at school and picking them up at the end of classes. The safety of your children remains the priority for everyone at St. Mark School. A reminder to the few who are still not following the rules and are putting our children's safety in jeopardy:

Parents/Guardians are not to be using the school parking lots to pick up their child/children between 8:40 am & 3:40 pm;
Parents/Guardians who have a child enrolled in the Extended Day Program can use the parking lot from 7:00 am – 8:40 am and 3:40 pm – 6:00 pm


Parents/Guardians are not to be parking in the handicapped space, unless they have a permit or the principal's permission to do so.

Parents/Guardians are not to be parking in the school zone on Autumn Hill Crescent; we encourage parents to park on the school side of Autumn Hill Crescent when dropping their child/children off to school – again, not in the school zone; a city Bi-Law Officer will issue tickets to those who do not comply

When students are dropped off they are not to be walking through the parking lot on their own – rather, students need to be escorted by parents/guardians to the playground area.

Together, let's make our school the safest place for our students.

Respect Ownership Attitude Responsibility

<p>Deacon Basil's Classroom Visits Tuesday, June 12th from 12:40-2:00 pm Grade 5, 7/8, 7 & 6</p> <p>Junior Boys' & Girls' 3-Pitch Wednesday, June 13th 12:30-4:30 pm RIM Park, Waterloo (Rain Date: June 21st)</p> <p>Intermediate Co-ed Soccer Monday, June 18th 12:30-4:30 pm RIM Park, Waterloo (Rain Date: June 21st)</p> <p>Year End Mass Friday, June 22nd at St. Mark Church at 9:30 am</p> <p>Report Card Distribution Day Tuesday, June 26th</p> <p>Grade 8 Graduation Ceremony & Nutritional Free Day (No. 9) Thursday, June 28th 6:30 pm</p> <p>Canada Day Theme Day & Nutritional Free Day (No. 10) Friday, June 29th</p> <p>Last Day of School Friday, June 29th 3:25 pm Dismissal</p>	<p>FOSTERING HEALTHY MINDS, HEALTHY CHILDREN & VIBRANT COMMUNITIES KEYNOTE: Dr. Jean Clinton The Child's Brain & Mental Health</p> <p>Wednesday, May 16th at 5:30 pm at St. Benedict Catholic Secondary School, Cambridge RSVP by Thursday, May 10th</p> <p>Save the Date! Rsvp to attend Fostering Healthy Minds, Healthy Children and Healthy Communities May 16th. Dr. Jean Clinton, a consultant to children and youth mental health programs, child welfare, and primary care for almost 30 years will be speaking. Dr. Clinton was recently appointed as an education advisor to the Premier of Ontario and the Minister of Education. She will be the keynote. Breakout sessions on anxiety and depression, resilience, children's social/ emotional literacy and early learning development will also occur.</p> <p>Rsvp to diana.bumstead@wcdsb.ca by May 10th (with any dietary restrictions). Put on by CPIC, WCDSB and sponsored by the Ministry of Education.</p> <p> May 16 Poster.pdf</p> <p>TRANSPORTATION</p> <p>STSWR would like to let you know that the "Which School Do I Attend?" and "Transportation Eligibility" tools are now functional for the 2018-2019 school year (see link below).</p> <p>http://www.stswr.ca/</p>
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<p>LITURGICAL CALENDAR, 2017-2018 UPDATE</p> <p>EDUCATION WEEK THEME: 'Renewing the Promise'</p>	
<p>MAY</p>	<ul style="list-style-type: none"> • 6 First Communion Celebration & Mass at St. Mark Church (2:00 pm) • 7 Theme: <i>'Remembering the Promise'</i> • 8 Theme: <i>'The Promise is within You'</i> • 9 Theme: <i>'Praying the Promise'</i> • 10 Theme: <i>'Living the Promise'</i> • 10 Easter/Marian Mass at St. Mark Church (9:30 am) • 11 Theme: <i>'Proclaiming the Promise'</i> • 11 Confirmation Celebration & Mass at St. Mark Church (7:00 pm) with Bishop Crosby

<p>NUTRITIONAL FREE DAYS</p> <p>Our next Nutritional Free Day in May is our School Spirit Day on Friday, May 18th.</p>

DRIFTWOOD SUMMER CAMP

Youth Karate Camps are being offered in the summer at the Driftwood Martial Arts at 1624 Highland Rd. West in Kitchener for children in JK/K (½ day camp) from July 16-20 and for children from grades 1-8 (full day camp) from July 23-27 & July 30 – August 3. The Karate Camps focus on: karate skills, bully busting & self-defence. Online registration is open (see link below for details):

<http://driftwoodkarate.com/karate-summer-camp.php>

SKILLS ONTARIO SUMMER CAMPS 2018

Summer campers needed!

This upcoming summer 2018, Skills Ontario is offering amazing skills building opportunities for students entering grades 7, 8, and 9. Please review the detailed information in the attached flyers and promote this amazing experience within your school community.

Registration details are included in the attachments.



[Welcome to Skills Ontario Summer Camps.pdf](#)



[General Camp Flyer- 2018.pdf](#)

EDU GAINS WEBSITE – NUMERACY

Holiday Math: Take advantage of math in the world

Summer is a great time to learn how math relates to the real world. Math is everywhere!
Help your child prevent “summer learning loss” by taking advantage of the many great opportunities to practice math naturally!

Below are a few ideas to get you started:

- Cooking can involve weighing, measuring, ordering, estimating, adding, multiplying ...
- Restaurants and shopping can involve money, number identification, estimating, adding, subtracting, division ...
- Parties can involve matching numbers of people to plates, cutlery, area of tables, estimation, multiplication ...
- Trips can involve time, distance, budgeting, speed, evaluating various routes, license plate games (e.g. adding or multiplying the numbers on the plate) ...
- Home projects can involve estimation, measuring, multiplication ...
- Gardening can involve measuring, counting, area, division ...

These ideas all demonstrate how much math is involved in our daily lives and will support your child in his or her basic computation and problem-solving skills in natural, fun and real ways.

Mathies.ca

Mathies.ca, hosted by Ontario Association for Mathematics Education (OAME), is designed for Ontario K – 12 students and parents. This website includes games, learning tools, activities, and additional supports for students to explore, build and enhance their mathematical thinking. A parent ‘Frequently Asked Questions’ section includes: “How can I help with the learning of mathematics?”, “What mathematics activities can we do together?”, “What digital supports are available?” and “What additional support is available?”

<http://oame.on.ca/mathies/>

NEW BOARD APPROVED MATH TOOL

Knowledge-hook, is now a Board approved "**Green Tool**" which ensures student information is stored in a secure manner. This online, interactive math resource will support student learning in grades 3-8. **Knowledge-hook** will provide additional math support and instruction for learning both in the classroom and for differentiated home-practice. If you have any questions or concerns about this program, please speak to your child's classroom teacher.

TRANSPORTATION

STSWR would like to let you know that the "Which School Do I Attend?" and "Transportation Eligibility" tools are now functional for the 2018-2019 school year. (see link below)

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

WELCOME TO KINDERGARTEN PRESENTATION

The **Welcome to Kindergarten Meeting** for parents and their child entering JK in September 2018 is scheduled for Wednesday, May 9th from 5:30-6:30 pm in the St. Mark School library.

NEWS FROM THE ST MARK SCHOOL LIBRARY

Spring is in the air, and the library has many books to help you enjoy the season. Whether it's planting a garden or reading poetry, celebrating Mother's Day or just enjoying a sunny day, we've got a book for that! FYI: Ms. Najjar will be at St Bernadette School for their annual Scholastic Book Fair from May 7-11, so there will be no book exchange that week.



Julie Najjar
Librarian

MAY FIT BIT

Sports Snacks for Kids!

Water is all you need!

A common myth is that kids need sports or energy drinks to improve their performance. Water is the best choice to hydrate before, during and after physical activity.

It is rare that children or youth need a sports drink. These products are designed for athletes who exercise intensely for a long period of time and cannot eat, for example, athletes that participate in triathlons.

Energy drinks can be dangerous for children and youth due to their high caffeine content and should be avoided.

Fueling Sports Performance

Recreational sports do not usually increase children's energy requirements. Children's nutrition needs can be met through a healthy diet, as recommended by Canada's Food Guide.

If you think your child's participation in sports may require a specialized diet or supplements, consult with a Registered Dietitian for guidance.

Food Provided After the Game

Sometimes caregivers reward kids for participating or winning with indulgent food. This can create an unhealthy relationship with food as children may start to expect treats every time they are physically active. Providing rewards for being physically active also takes away from the enjoyment and reward of the activity itself.

Sometimes teams decide to bring food to the field after games or practices. If kids are hungry after physical activity, **try these snack ideas:**

Fruit kebabs – put grapes, berries, melon or other fruit on a skewer

Apples

Berries (strawberries, blueberries, blackberries, and raspberries)

Melon slices or cubes

Raw vegetable sticks (i.e. carrots, bell peppers) and hummus

For a more substantial snack, try cheese strings and whole grain crackers

Don't forget to rinse fruit and vegetables before preparing and serving!

STUDENT COUNCIL NEWS

Friday May 4th- Grade 2 retreat at St. Mark Church. Let the force be with us!

Sunday May 6th- First Holy Communion

Education Week Renewing the Promise is Monday May 7th to Friday May 11th.

May 7th-May 18th E-Waste Bin Arrive

Tuesday May 8th-A Good Old Colour House Challenge: Wear your **colour** house colours earn 1-3 points for your enthusiasm.

Thursday May 10th-Mass at 9 am at St. Mark Church

Friday May 11th-Congratulations to the Confirmation Candidates. They will be filled with the Holy Spirit that night!

Wednesday May 16th-Dress like your favourite Disney Character (or any character) day.
Earn 1-3 points for your enthusiasm.

[Student Council](#)

COUNCIL'S CORNER

Our **Healthy Mind & Body Night**, which was scheduled for **Wednesday, April 25th** from **6:00-7:30 pm** at **St. Mark School** was a great success enjoyed by almost 140 total participants. We extend a special thanks to the committee members including: Paula Jacob, Jenna Banks, Courtney Hughes, Sarah Rudavsky, Sushil Kumar-Singh & Michele van der Veen. All committee members were responsible for planning, organizing and getting ready for the evening. Thanks to Paula for purchasing the snacks & refreshments, to Jenna, Paula & Michele for organizing the handouts for parents/guardians, and to Sarah & Sushil for overseeing and for being our greeters. We also extend a very special thanks to Courtney for leading the fitness activities in the gym; thanks to Courtney for sharing her expertise and skills with us.

Our goals for the evening were threefold: first, we wanted to create a welcoming environment for our parents & guardians as partners in education, second, we wanted to enhance parent involvement with their child's learning to support student achievement and well-being, and third, we wanted to provide parents with the knowledge, skills and tools they need to support student learning at home and school.

The information we provided (e.g. numeracy, mental health & healthy eating) at the end of the evening can be found using the following links:

Math Resources to Support Family Learning

<https://goo.gl/RMdSc8>

Carizon Front Door: Access to Child & Youth Mental Health Services

www.frontdoormentalhealth.ca

Parents & Children's Mental Health (PCMH) Waterloo Region

<http://wrspsc.ca/wp-content/uploads/2015/05/PCMH-Resource-list-2015.pdf>

Eating Well with Canada's Food Guide (2011)

https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/print_eatwell_bienmang-eng.pdf

We hope you will take some time to peruse the information we have provided on the above links and complete a forthcoming survey about this information and the overall goals of our evening. We certainly hope you enjoyed the evening and look forward to hearing back from you.

Our final **School Council Meeting** is scheduled for **Wednesday, May 30th** from **7:00-8:30 pm** at **St. Mark School**.

FAMILY COMPASS WATERLOO REGION

Guiding you to services for children and youth

Using the Family Compass of Waterloo Region '**I Have a Concern**' tool, finding the right service provider for a child or youth's concerns can be completed in four easy steps.

Step 1 Visit www.FamilyCompassWR.ca and click on **I Have a Concern**.

Step 2 Launch the tool.

Step 3 Answer a short series of questions about your concern.

Step 4 Print, save or email your responses to your best starting point organization for follow-up.

Guiding you to services for children and youth in Waterloo Region

Unsure where to start? Find out who can help you and your family in minutes.

Family Compass Waterloo Region is a quick, easy and interactive website for parents, professionals and youth who are looking for local health, social or recreational services.

Visit FamilyCompassWR.ca to get started.

- Quick and easy to navigate.
- One-stop resource for all local services supporting children and youth.
- Search from anywhere.
- No guessing who to contact when you have concerns.

FamilyCompassWR.ca

GRADE 7 DAY AT RESURRECTION CSS

Resurrection CSS is excited to announce our **Grade 7 Day on Friday, June 8th.**

Transportation will be arranged by Resurrection for the grade 7 students from St. Mark School. Students will be transported by bus to and from Resurrection. Information about bus pick-up times at the school is forthcoming. All grade 7 students will receive a Resurrection Phoenix T-shirt.

The day will start at Res at 9:30am and end at Res at 1:30pm.

Justine Jacob & Catherine McCaffery
Resurrection Catholic Secondary School
(519) 741.1990



SUMMER EXPEDITION & HEAD START PROGRAMS

Head Start to Grade 9 Program:

GET READY FOR HIGH SCHOOL just days before school starts up again!!

<https://stlouis.wcdsb.ca/summer-programs/headstart-to-grade-9/>

Summer Expedition Program:

In Grade 6, 7 or 8? Take a Summer Expedition the first 2 weeks of July and love learning again! Note: this is formerly Summer Skills Builder... only better!

<https://stlouis.wcdsb.ca/summer-programs/summer-expedition-gr7-8/>

Summer Language Program (JK-8):

FUN with Languages in the Summer! 8 Free language programs in July to choose from!

<https://stlouis.wcdsb.ca/summer-programs/summer-il-jk-8/>

SKIPPING CLUB

Since October, students from grades 1-8 were invited to **Skipping Club** on Wednesdays during recess. The drop-in style program allowed students to learn and work on their short rope, long rope and Chinese rope skills through various skipping games. Now that the warm weather is here, students are encouraged to work on their skills outside during recess. If students bring their own skipping ropes to school, please ensure their name is on it.

Thank you to all students who took part in the St. Mark School Skipping Club this year!

Mrs. Sweiger

LUNCHBOX ORDERS MAY UPDATE

Brought to you by Lunchbox Orders

www.lunchboxorders.com

FOOD
FOR
Thought

The NEW Protein Alternative?

Amy Skeoch MHS, RD

Move over Greek yogurt, there's a new protein powerhouse in town...who knew it would be an insect! Yes, you read that correctly – insects, and more specifically crickets. As we move towards more sustainable food sources, one option to look to are these little critters. In fact, mainstream grocery stores have started carrying cricket based protein products, so now you can bump up the protein in everything from smoothies to baked goods.

Why Crickets?

Crickets provide a host of nutrients (complete protein, vitamin B12), they are relatively easy to farm, and are considered as a food source that's easy on our environment (less water and feed for production). While the idea of eating insects (entomophagy) might seem odd, people have been consuming crickets and other insects around the world for centuries.

Where to get it?

One of the easiest ways to consume crickets as part of your diet is in a powder form. *Presidents Choice* provides a cricket powder (made in Canada) that can be added to your favorite meal or beverage.

2.5 tbs (19g) of the powder provides 13 grams of protein (similar to 2 eggs).

There are also many online companies that sell crickets and cricket powder or flour.

Allergy Alert!

Crickets, like shellfish, shrimp and lobster are *arthropods* (grow their skeleton outside their body) so they may cause a similar allergic reaction. If you have a shellfish allergy, stay clear of cricket products.

Sources:

Cricketstart.ca

http://www.presidentschoice.ca/en_CA/products/productlisting/pc-100-cricket-powder.html

<https://en.wikipedia.org/wiki/Entomophagy>