



St. Mark School Newsletter

October 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

**Kindergarten Trip to
Pumpkin Farm**

Wednesday, October 3rd
(Morning)

Thanksgiving Day

Monday, October 8th

School Picture Day

at St. Mark School
Wednesday, October 10th

**Grade 7 Hep B & HPV
Vaccinations**

at St. Mark School
Thursday, October 11th

PD Day

Friday, October 26th
Full Day

Halloween

Wednesday, October 31st
(Nutritional Free Day No. 2)

NOVEMBER AT A GLANCE

The Feast of All Saints

Thursday, November 1st

Author Visit at St. Mark School

Tuesday, November 6th
(morning)

PRINCIPAL'S MESSAGE

The Autumnal Equinox 2018 occurred on Saturday, September 22nd at 9:54 pm; the first day of fall arrived as it always does. Once again, we are richly blessed with all the beauty the autumn season offers.

It is hard to believe that we have completed a whole month of school. As in the past, we are inviting parents, who have some time, to volunteer at the school. If you can volunteer your time at St. Mark School, please contact the school at (519) 743-4682.

Once again, our teachers and staff have signed up for numerous extra-curricular activities throughout this school year. Their dedication and commitment to the students of St. Mark School is much appreciated. Thanks again staff!!

Our school community is very blessed to have a School Council that is committed to working together to make the school the best it can be. I would like to extend a sincere thanks to the members of our School Council who so generously give of their time, and for their commitment to the students, staff and parents of our school community. Please continue your support of this group and their endeavors this year. There is more information about our School Council in this School Newsletter for your perusal and information.

We are all very thankful for our school community and the students we serve. I would like to wish everyone a very joyful Thanksgiving. Parent & guardians are welcome to attend our Opening/Thanksgiving Mass on Friday, October 5th at 9:30 am at St. Mark Church. Please take some time to give thanks for the many blessings we have.

Happy Thanksgiving!! Enjoy this beautiful time of the year.

Mr. Lankowski
Principal

Progress Report Distribution Day

Tuesday, November 6th

**Commissioning Mass
for Council Chairs**

Tuesday, November 6th
Location & Time TBD

Grade 4 Bible Celebration

at St. Mark School
Wednesday, November 7th
at 2:15 pm
(Nutritional Free Day No. 3)

Parent-Teacher Interviews

at St. Mark School
Thursday, November 8th
3:30-9:00 pm

Remembrance Day

Sunday, November 11th

**Bullying Awareness & Prevention
Week**

November 12th – 16th

Professional Development Day

Friday, November 16th

Advent Penitential Service

at St. Mark School
Friday, November 23rd
9:30 am

DECEMBER AT A GLANCE

**Enrolment Masses for First
Eucharist & Confirmation**

at St. Mark Church
Saturday, December 1st
5:00 pm &
Sunday, December 2nd
9:30 am or 11:30 am

Professional Development Day

Friday, December 7th

Advent Mass at St. Mark Church

Friday, December 14th
9:30 am

Christmas Holidays Begin

Friday, December 21st
3:25 pm

Christmas Day

Tuesday, December 25th

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.

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 continued reminder to those who may not be following our guidelines:

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.

NUTRITIONAL FREE DAYS

Our next **Nutritional Free Day** in October is on the following date:

- Thursday, October 31st – Halloween Theme Day

ASSESSMENT DATES, 2018-2019 [TENTATIVE]

April 22 – April 26	Grade 4 CCAT
April 29 – May 3	Grade 7 CAT-4
May 21 – June 3	Grade 3&6 EQAO

If your child/children are in grade 3, 4, 6 and/or 7, please mark these dates in your calendar. Please avoid booking appointments and/or trips on the above dates if your child/children is/are in the above grades. Punctuality is also important in all school days especially during the above assessments.

HEALTH & WELFARE

There are students and staff in the school who have extreme allergies to peanuts and related products such as peanut butter and oil, as well as other nuts and nut products (cashews, pistachios etc.) For some, the allergies are so severe that consumption or even exposure to a nut product (e.g. smell) could be **life threatening**. Prevention is the best approach and, therefore, we ask families to refrain from sending nuts and nut products to school with the students. **Please instruct your child never to share their lunch and recess snacks.**

PEANUT BUTTER SUBSTITUTES

There is a new product marketed as *School Safe Soy Butter Spread*; a food product that looks, smells and tastes like real peanut butter (but isn't real peanut butter), This product **will not** be permitted in a school, as it places administrators, staff and volunteers in a position of having to decide definitively if the product is – or is not – real peanut butter. Board staff members are not qualified food experts and are in no position to make such decisions – particularly where exposure to real peanut butter can be life threatening to someone with a severe allergy.

DOGS ON SCHOOL PROPERTY

At St. Mark Catholic School, we absolutely love pets. However, we ask that you please refrain from walking your dog on school property when walking your children to and from school. Thank you for your understanding and co-operation with this safety issue.

REPORTING IN & SIGNING OUT

If you are bringing your child/children to school after 8:55 am or 12:40 pm, please make sure to report to the main office. The Administrative Assistant will document that your child has returned to school late, give your child a late slip and send him/her back to their classroom. If you are signing your child/children out for the day or for a period of time during the day, you need to do so in the sign-in/sign-out book in the office.

YARD SUPERVISION

Just a reminder that there are no supervisors in the school yard in the morning before 8:40 a.m. and supervision ends at 3:40 p.m. Please do not send or drop off your children before 8:40 a.m., unless your child is enrolled in the Extended Day Program.

NEWS FROM THE ST MARK SCHOOL LIBRARY

There are plenty of books about Thanksgiving and loads of SPOOKY BOOKS for Halloween, so check out the display in the Library Learning Commons.

Can't find what you're looking for? Ask Ms. Najjar, or check out the online catalogue at <http://library.wcdsb.ca:8080/?config=pac#section=home>.

And there's one more week to go in our Indigo Adopt-a-School fundraising program, which closes on October 7th. Please check us out at <https://adoptaschool.indigo.ca/eng/schools/2003>.

Julie Najjar
Librarian

SCHOOL COUNCIL NEWS

Our School Council met for the first time this year on Thursday, September 27th at 7:00 pm at the school. Our School Council Executive, Parent & Staff members are as follows:

Co-Chairs: Sarah Rudavsky & Emily Hartlen
Treasurer: Danielle Nezezon
Secretary: Sarah Demaiter

Parents:

Anita Glibota Novakowich, Brian Garrucho, Catherine McCaffery, Chantelle Hepburn, Claudine Newman, Courtney Hughes, Craig Polach, Diana Darcey, Jenna Afshar, Jocelyn Poole, Kevin Gentile, Lucy Decker, Elizabeth Searam, Michelle Lavers, Nancy Lameira, and Paula Jacobs

Teacher: Michele van der Veen
Principal: Gary Lankowski

School Council Meetings, 2018-2019 are scheduled as follows:

Thursday, September 27, 2018 at 7:00 pm
Thursday, November 22, 2018 at 7:00 pm
Thursday, January 31, 2019 at 7:00 pm
Thursday, March 21, 2019 at 7:00 pm
Thursday, May 30, 2019 at 7:00 pm

All School Council Meetings will be held in the school library; parents/guardians and citizens are all welcome to attend as these are public meetings. We will be launching our school fundraiser in the first week of October to raise funds for St. Mark Catholic School – more information about the fundraiser is forthcoming.

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

LITURGICAL CALENDAR, 2018-2019

October	• 5	Opening/Thanksgiving Mass at St. Mark Church (9:30 am)
November	• 7 • 23	Grade 4 Bible Celebration at St. Mark School (2:15 pm) Advent Penitential Service (Grade 3-8) at St. Mark School (9:30 am)
December	• 1 • 2 • 14 • 25	Enrollment Mass for First Eucharist & Confirmation (5:00 pm) Enrollment Masses for First Eucharist & Confirmation (9:30 am & 11:30 am) Advent Mass at St. Mark Church (9:30 am) CHRISTMAS DAY
February	• 6 • 7	Mount Mary Retreat for Grade 8 Students (Feb 6-8) Mass at Mount Mary with Grade 8 Students & Staff (4:30 pm)
March	• 6 • 26 • 29	Ash Wednesday Mass at St. Mark School (9:00 am) Confirmation Mass at St. Mark Church: Bishop Crosby Presiding (7:00 pm) Lenten Reconciliations at St. Mark School (9:30 am)
April	• 21 • 25	EASTER SUNDAY Feast Day of Saint Mark
May	• 9 • 11 • 17 • 24 • 26	First Reconciliation Celebration at St. Mark Church (6:30 pm) First Reconciliation Celebration at St. Mark Church (9:45 am) Marian Mass at St. Mark Church (9:30 am) First Communion Retreat at St. Mark Church (all day) Celebration of the First Eucharist at St. Mark Church (2:00 pm)
June	• 21 • 27	Year End School Mass at St. Mark Church (9:30 am) Grade 8 Graduation Celebration at St. Mark School (6:30 pm)

SCHOOL PICTURE DAY

Individual and class **School Pictures** will be taken on **Wednesday, October 10th** for all students JK to Grade 8. If you do not wish to have your child's picture taken with his/her class, please contact your child's teacher no later than Friday, October 5th. Please try to avoid appointments on that day, since class pictures cannot be retaken.

EQAO 2018 RESULTS

Grade 3	St. Mark	WCDSB	Province
Reading	92%	77%	75%
Writing	85%	78%	72%
Mathematics	88%	67%	61%

Grade 6	St. Mark	WCDSB	Province
Reading	83%	81%	82%
Writing	79%	80%	80%
Mathematics	71%	52%	49%

(*The table indicates the percentage of students achieving Level 3-4.)

Congratulations to St. Mark School on another successful EQAO result. The grade 3&6 EQAO Assessments of Reading, Writing & Math (Spring 2019) are scheduled from May 21st – June 3rd, 2019.

FITBIT – OCTOBER 2018

Fall for Squash

Crisp fall weather provides a perfect opportunity to enjoy the outdoors. There are many great ways to keep active as a family, such as exploring the beautiful trails in our Region, playing in the leaves or walking through the neighborhood to look at Halloween decorations.

Visiting local farms can also be a great way to enjoy the fall. Take a hayride or walk through a corn maze. Visit the fields to pick your own pumpkin or a variety of other winter squash such as buttercup, butternut, spaghetti and acorn. When picking out winter squash, pick ones that feel heavy and have a dry surface without any soft spots or bruises. After bringing them home, you can store whole, un-cut squash in a cool, dry place for two to four months.

There are many ways that winter squash can be part of a healthy meal or snack. They can be steamed, grilled, microwaved or roasted, and used in a variety of dishes such as soups, salads, pastas, pancakes, and more. Check out the recipe below:

Avocado, Roasted Squash and Black Bean Tacos

Makes: 4 servings

Ingredients:

1	butternut squash	1 tsp	cumin, ground
2 tbsp	olive oil	½ tsp	chili powder
¼ tsp	salt	8	tortillas, small
¼ tsp	pepper	1	avocado, diced
2 tsp	paprika	½ cup	cheese (shredded cheddar or crumbled feta)
1 clove	garlic, minced	Optional	fresh cilantro, hot sauce and lime slices
1	bell pepper, sliced		
1 can	black beans, rinsed & drained (540 ml can)		

Directions

1. Preheat the oven to 425° F
2. Peel squash, cut it in two and remove the seeds. Dice into equal pieces (about 1 inch/2.5 cm)
3. Place the squash cubes on a baking sheet lined with parchment paper. Drizzle with 1 ½ tbsp olive oil; add salt, pepper and paprika. Roast for 25 minutes.

4. In a saucepan, saute for approximately five minutes until the peppers are tender.
5. Add the black beans, ground cumin, chili powder and ¼ cup of water. Bring to a boil. Cover and reduce heat to low. Simmer for approximately five minutes or until the beans are well heated and soft.
6. In the warmed oven, heat the tortillas for a few minutes, or microwave them for 20 seconds.
7. Top the tortillas with roasted squash, bell peppers, black beans, avocado and cheese. Serve with fresh cilantro, hot sauce and lime slices, if desired.

Recipe adapted from Dietitians of Canada: www.cookspiration.com

TERRY FOX WALK FOR CANCER RESEARCH

This year, St. Mark School is excited to be participating in our 14th Terry Fox Walk for Cancer Research. We are very proud of our contribution to cancer research:

\$105,905.44 has been raised by the St. Mark school community since 2005!! Last year's total was an astounding **\$13,075.00!** We were one of the top 25 schools in Ontario again!!

Terry Fox Kick-Off Assembly - Friday, September 14th at 2:30 pm in the school gym - Pledge Sheets Go Home
Terry Fox School "Run" - Thursday, September 27th at 2:00 pm

Family members are welcome to join in.

LITERACY & MATH SUPPORT

Saturday Skill Builder Grade 7&8

*Grade 7&8 students receive **FREE** non-credit literacy and numeracy support to develop problem solving, mathematics and literacy skills, study and organizational skills, confidence and friendship building to succeed in Gr.7 and 8 and ease their transition to Secondary School. Taught by Ontario Certified Teachers with support from school board consultants. Students from Public & Catholic education systems welcomed.*

Locations:

St. David CSS, St. Mary's High School, and St. Benedict CSS

Dates:

October 13, 2018- April 27, 2019

Every Saturday 9:00 am to 12:00 pm (regular attendance optional, but strongly encouraged)

No classes: Dec. 22, 29, 2018; Jan. 5, Feb. 18, Mar. 16, Apr. 2, 2019

Online Registration: Sept 4, 2018 - April 1, 2019

Fee: FREE

St. Louis Adult Education Centre

519.745.1201 <http://stlouis.wcdsb.ca/programsandcourses/gr-7-10-support/skb/>

HOMEWORK CLUB

Grade 7/8 or 9/10 students receive FREE non-credit remedial Literacy/Mathematics help before or after school hours. This program is for those who wish to raise their achievements to the next level. Over 25 Catholic Elementary and All Catholic Secondary Schools offer this program throughout the year.

Want a Homework Club at your Catholic School?

Contact St. Louis at (519) 745.1201 or your child's day school Principal.

Fee: FREE

STUDENT COUNCIL NEWS

Thursday October 18-Wear **Fall** colours and earn colour house points. One point per item up to three points.

Tuesday October 9-Monday October 15- **Thanksgiving Food Drive**. Earn one point per item brought in for your colour house. More information next week when the Food Drive group meets.

Wednesday October 31- Wear orange and black in the morning and earn a colour house point for participating. Costumes in the afternoon. Grade 6-8 Halloween dance in the gym in the afternoon.

Thursday November 1- October Power of ONE assembly 9:15 am