



St. Mark School Newsletter

December 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

Advent Liturgy
November 30th at 9:00 am
at St. Mark School

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

Class Trip to Museum
Grade 3&7 Classes
Wednesday, December 5th
Full Day

Advent Liturgy
December 6th at 9:00 am
at St. Mark School

Fundraiser Pick-Up
in the School Gym
Thursday, December 6th
3:30-7:00 pm
&
Friday, December 7th
9:00-4:00 pm

PD Day
Friday, December 7th
Full Day

Advent Mass
December 12th at 9:30 am
at St. Mark Church

PRINCIPAL'S MESSAGE

It is hard to believe we are [once again] on the doorstep of that wonderful time of the year, 'Christmas'. Please take a moment to note on your calendar the important dates outlined in this Newsletter.

We welcome to St. Mark School our newly appointed Admin Assistant Yolanda Pingos and bid farewell to our Admin Assistant of two years Chad Neufeldt. We thank Chad for his unwavering support & service to the students, staff and parents of our school community and wish him all the very best as he continues his journey with our Board.

The English word "Advent" comes from the Latin *adventus*, which means "coming." The season of Advent is a time of waiting and anticipation as we prepare to welcome the coming of Christ into our lives. This year our Advent Mass is on Wednesday, December 12th at 9:30 am at St. Mark Church. As always parents/guardians are welcomed and encouraged to celebrate with us. In addition, we will be celebrating three Advent Liturgies at the school; our first Advent Liturgy is on Friday, November 30th at 9:00 am, our second Advent Liturgy is on Thursday, December 6th at 9:00 am and our final Advent Liturgy is on Friday, December 21st at 9:00 am. All Advent Liturgies will be celebrated in the school gym. Parents/guardians are welcomed and encouraged to celebrate with us.

Our annual Christmas Concert is scheduled for Thursday, December 20th from 1:00-3:00 pm in the school gymnasium. The teachers are very busy preparing the boys and girls to perform at our concert. We would be delighted, if you would share the experience with us - please mark this special event on your calendar. We hope to see you there.

Finally, on behalf of all staff members of St. Mark School, I would like to wish you and your family a very merry and blessed Christmas!

Sincerely,

Mr. Lankowski
Principal

**Grade 6 Science Challenge
at Resurrections CSS**

Friday, December 14th

Grade 5/6 Trip to Safety Village

Tuesday, December 18th
from 12:00-2:30 pm

**Grade 2&3/4 Classes at Laurel
Creek Nature Centre**

Wednesday, December 19th
Full Day

St. Mark Christmas Concert

Thursday, December 20th
from 1:00-3:00 pm
at St. Mark School

Advent Liturgy

Friday, December 21st at 9:00 am
St. Mark School

**Christmas Event Day &
Nutritional Free Day No. 5**

Friday, December 21st

School Ends

Friday, December 21st
3:25 Dismissal

JANUARY AT A GLANCE

New Year's Day

Tuesday, January 1st
Happy New Year!

School Resumes

Monday, January 7th at 8:55 am

Public Health Vaccinations

Grade 7 Boys & Girls
Thursday, January 10th

Grade 8 Pathways Presentation

at Resurrection CSS
Thursday, January 24th
6:30 pm

PD Day

Friday, January 25th
Full Day

FEBRUARY AT A GLANCE

Grade 8 Mount Mary Retreat

February 6 - 8

DECEMBER FIT BIT

Many food banks, religious organizations, workplaces and schools host food drives to support local families in need. Follow these tips for making your food donations as healthy as possible all year round!!

Choose Fruit Canned in Water

A lot of non-perishable fruit options are canned in sugar-based syrup or juice which can provide unnecessary added sugar to an otherwise healthy product. Simply check the ingredient list for added sugar and the label for the phrase 'packed in water' to be sure it does not include sneaky added sugars.

Be Smart about Salt

Non-perishables such as canned vegetables, pasta sauces, legumes (e.g. beans, lentils, chickpeas) and soups are known for containing high amounts of sodium, which is added during processing. Choose products that contain less than 15 per cent of your daily sodium per serving for heart healthy options.

Keep an Eye out for Whole Grains

There are an endless number of non-perishable grain products that can make healthy food donations. Choose whole grain products to get the most nutritional value for your dollar. Items such as rolled oats, whole grain couscous or pasta, and brown rice are versatile and nutritious options with a long shelf life.

Pack a Punch with Protein

Protein is an important part of a healthy diet and emergency food programs are always in search of non-perishable, high protein items. Canned light tuna, nut butters and legumes are great sources of protein. Choose these items over dried, processed meats such as beef jerky. Milk alternatives such as powdered milk and shelf stable fortified soy beverage are also a good source of protein that can be purchased in a non-perishable state.

Skip the Grocery Shopping

You can also provide monetary donations directly to emergency food providers. This allows the organization to purchase the foods they need the most!

Check out the *Region of Waterloo Better Foods to Buy PDF* on line for healthy non-perishable food ideas.

CHRISTMAS THEME DAY REMINDER

Christmas Theme Day is fast approaching! We have students at the school, who have peanut and nut allergies. We ask you to be extra careful in checking labels and avoid sending any holiday treats to school that may contain peanut or nut products. This is a life-threatening situation for these children. Thank you once again by showing your care and concern for all children by helping to provide a safe learning environment.

NUTRITIONAL FREE DAYS

The following are **Nutritional Free Days** in the month of December: Christmas Event Day at St. Mark School Friday, December 21st


<p>Grade 7 Trip to Laurel Creek Nature Centre Thursday, February 7th Full Day</p> <p>Grade 3 Dairy Presentation Thursday, February 7th 2:15-2:55 pm at St. Mark School</p> <p>Valentine's Day Theme Day Thursday, February 14th</p> <p>Nutritional Free Day (No. 5) Thursday, February 14th</p> <p>Report Card Distribution Day Thursday, February 14th</p> <p>Family Day Monday, February 18th</p> <p>JUMP Rope for Heart Event (Date & Time TBD) Bring a Toonie</p>	<p>CHRISTMAS CONCERT UPDATE</p> <p>Our annual Christmas Concert is scheduled for Thursday, December 20th from 1:00-3:00 pm in the school gymnasium. We certainly hope you can attend and share in the Christmas spirit at St. Mark School. If you wish to sign out your child/children at the end of the performance, which will likely be before the end of the school day, you will need to find your child's classroom teacher. He/she will have a form that you will need to sign if you wish to take your child home early.</p> <p>The classroom teachers will then send these forms down to the main office, where we will file these for our records. Thank you for your attention to this matter.</p> <p>FUNDRAISER PICK-UP</p> <p>Parents & Guardians will have an opportunity to pick-up their school fundraiser purchases (e.g. poinsettias, Stemmlers pepperettes) on Thursday, December 6th from 3:30-7:00 pm and Friday, December 7th from 9:00-4:00 pm in the school gym. Parents & Guardians can drive to the back of the school and use the back doors after school hours. During school hours parents & guardians can use the main front door to the school.</p>
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<p>LITURGICAL CALENDAR, 2018-2019 UPDATE</p>		
November	• 30	Advent Liturgy (Hope) at St. Mark School (9:00 am)
December	• 1	Enrollment Mass f/r First Eucharist & Confirmation at St. Mark Church (5:00 pm)
	• 2	Enrollment Masses f/r First Eucharist & Confirmation at St. Mark Church (9:30 am & 11:30 am)
	• 6	Advent Liturgy (Peace) at St. Mark School (9:00 am)
	• 12	Advent Mass (Joy) at St. Mark Church (9:30 am)
	• 20	Christmas Concert at St. Mark School (1:00-3:00 pm)
	• 21	Advent Liturgy (Love) at St. Mark School (9:00 am)

LIBRARY LEARNING COMMONS NEWS

I would like to off a HUGE THANK YOU for your tremendous support for our annual Scholastic Book Fair in November. For this fundraiser, we sold over \$4,600 in book and novelty items, for which the St. Mark Library Learning Commons will receive more than \$2,500 in book fair credit. Once again, you've proven that the St. Mark School Community is amazing!

Wishing everyone the happiest of Holidays and a wonderful New Year!!



Julie Najjar
Librarian

COUNCIL'S CORNER

Please see digital button below to show we are apart of Mabel's labels.

<https://cdn2.hubspot.net/hubfs/3295812/LPs/2018/fundraising/main/buttons%20and%20banners/school/mabels-labels-fundraising-brightest-fundraiser-button.jpg?t=1541691866415>

MISSION & CHARITABLE ACTIVITIES 2017-2018

The following is a record of our mission and charitable activities for 2017-2018:

Terry Fox Run	Cancer Research		\$13,075.00
Mission & Spirit Day	We Water Walk	\$500	
	Children's Wish Foundation	\$500	
	Innisfree House	\$300	
	Juvenile Diabetes Walk	\$300	
	Literacy Group of Waterloo Region	\$200	
	Hope Spring Cancer Support Centre	\$200	
	RMHCSCO Donation	\$200	
	Total:		\$2,200.00
Freezie Fridays	Children's Wish Foundation	\$250	
	We Charity	\$200	
	St. Vincent de Paul Society	\$350	
	Total:		\$800.00
Total:			\$16,075.00

Well done St. Mark School community!! Thanks for your continued generosity.

INTERMEDIATE BOYS' VOLLEYBALL TEAM

Congratulations to the Intermediate Boys' Volleyball team who placed second in their small schools' tournament on Monday November 26th. The boys played St. Teresa of Calcutta, St. Paul, Our Lady of Lourdes and St. Anne schools at Resurrection C.S.S. in Kitchener, where they showed great sportsmanship, teamwork and spirit. There were lots of great rallies, serves, and "digs". Mr. Holmes and Mr. Pus were very proud of how well the boys represented St. Mark School. Congratulations go out to: Tide, Thomas, Cole, Josh, Alex, Daniel, Jacob, Jalen, Desi, Tyson, Tim & Kyle.

A special thank you goes out to our parent drivers for helping with transportation and cheering on the team!!

Coach Holmes & Pus

STUDENT COUNCIL NEWS

Friday, November 30th – First week of Advent (*Hope*). Please **wear purple**

Saturday, December 1st & Sunday, December 2nd – Enrolment Masses for First Communion & Confirmation

Thursday, December 6th – Wear your Colour House colours (3-point max.)

Friday, December 7th – Second week of Advent (*Peace*). Please **wear purple**

Wednesday, December 12th – **Advent Mass** at St. Mark Church. Please **wear pink**
Thursday, December 20th – **Christmas Concert** school concert in the morning, Christmas Concert for families in the afternoon from 1:00-3:00 pm. Doors open at 12:50 pm
Friday, December 21st – Fourth week of Advent (*Love*), Power of ONE Assembly & wear your **Christmas Gear!**

[Student Council](#)

EYE SEE ... EYE LEARN

Junior Kindergarten students (born 2014) are eligible for ...

Eye See ... Eye Learn

Children in JK qualify for a pair of complimentary glasses!

Start your child's education with clear vision and healthy eyes. Book your OHIP-covered eye exam with the Eye See ... Eye Learn participating optometrist **before June 30, 2019.**

Find a participating optometrist near you: www.EyeSeeEyeLearn.ca

Program made possible by our exclusive industry partners and participating Eye See... Eye Learn optometrists

ONTARIO ASSOCIATION of OPTOMETRISTS



[Eye See Eye Learn 2018-19-Welcome to JK-Final \(002\).pdf](#)