



**St. Boniface  
Catholic School**  
20 Markanna Drive  
Scarborough, Ontario  
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416-393-5277

Principal  
P. Stachiw

Secretary  
G. Da Silva  
S. Fillipi

Superintendent  
G. Grant

Trustee  
P. Crawford

Parish  
St. Boniface  
142 Markham Road  
416-261-5983

School Hours  
8:55 AM - 3:30 PM

Lunch Hour  
12:00 AM - 1:00 PM



## **St. Boniface Catholic School FEBRUARY NEWSLETTER 2010**

<http://www.tcdsb.org/schools/stboniface.asp>

Dear Parent/Guardian,

The season of Lent begins on Ash Wednesday, February 17<sup>th</sup> and lasts forty days, not counting Sundays. During Lent, we travel with Jesus on a journey. We spend time with him in the desert; we walk with him through the towns and villages of Judea, on his way to Jerusalem; we stand at the foot of the cross; and later at the empty tomb.

Lent gives us an opportunity to pause and reflect on Jesus' journey and on our own journey in faith as we consider where we've been and where we're going. We can journey with Christ through prayer, penance, sacrifice and good works.

On Ash Wednesday and Good Friday, we are called to fast and abstain from eating meat (have only one full meatless meal and several light snacks). During Holy week (March 28<sup>th</sup> to April 4<sup>th</sup>), the most solemn time in our liturgical calendar, we share the Last Supper, kneel beside the Lord in the Garden of Gethsemane, attend the Lord's trial and watch our Lord suffer and die on the cross.

This Lent, let's take some time each day and allow our heart, mind and soul to be nourished in preparation for the celebration of new life this Easter.

God Bless,

P. Stachiw,  
Principal



**YMCA Child Care at your Door**

Did you know that there is a YMCA Child Care Centre located in your school that provides an environment that inspires discovery learning for children from 2 ½ to 12 years? Spaces are currently available on a full time and part time basis. We provide a stimulating learning experience in a safe and secure environment. Our centre is government licensed and adheres to all regulations and standards set down by the Day Nurseries Act.

At the YMCA our children are Playing to Learn which provides the foundation for learning to read and write, and for learning mathematics, science and technology. The school age children are given opportunities to investigate, study, explore and make hypotheses around their findings; which makes them better equipped and prepared to formulate conclusions as adults.

For more information about opportunities available for your child please call Narmin Pirani at 416-261-9092 or drop in.

### **Dates to Remember**

Mon. February 8, 2010	Parent Council Meeting (CSAC) at 6:00 p.m. (Rescheduled from Feb. 1)
Fri. February 12, 2010	No Homework Day, Carnavale
Mon. February 15, 2010	Family Day (Statutory Holiday - no school)
Wed. February 17, 2010	Ash Wednesday Service at 10:00 a.m. (Parents are invited)
Wed. February 24, 2010	Pizza Lunch

### Celebration of Excellence

For January our theme was Courage. Our quote of the month was, "**Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.**" The following students were recognized at our Spirit Assembly on February 1<sup>st</sup>: Ryan P., Claire D., Joshua G., Jesse N., Jillian M., Mathangi S., Justin S., Chibuike A., Joshua P., Manuel V., Maria P., Carrissa J., Nnamdi A., Joey M., Alexandria A., Nathan S., Petr. L.

Our theme for February is Love. Our quote for the month is, "**God loves each of us as if there were only one of us.**"

In January, we recognized student excellence in the academic subject of Music. The following students were recognized at our Spirit Assembly:

Bisrat E., Bethsy E., Amy M., Presley A., Yafiet T., Eleonora O., Justin S., John A., Osasere I., Bien C., Lindsay W., Katie C., Bernadette V., Christopher G., Maan B., Bailey B., Barbara M., Maria M.

Our academic subject for February is Social Studies/History.



### Primary Family Math Night

On Thursday, January 21<sup>st</sup> many of our primary students and their families came out to enjoy a fun night of math activities at the St. Boniface Primary Family Math Night. Families enjoyed snacks and door prizes while learning fun math games that reinforced math skills in the five strands of mathematics. Four centers were set up around the gym, one for each grade from Kindergarten to Grade Three. Families were welcome to visit the centers that were of interest to them. Many parents left with fun ideas on how to incorporate math into daily activities at home. Children had a fun night of learning and gaming. Thanks to all of the families who came out to support the learning of their children. A special thank you to Mrs. Beverly for organizing the evening and the staff who helped run the games.



### Kindergarten Registration

Registration at all elementary schools across the Toronto Catholic District School Board began on January 4th, 2010. Families are invited to call the Catholic school closest to their home to register their children. For information about Kindergarten, French Immersion and Extended French programs, call 416-222-8282, ext. 5314 or visit <http://www.tcdsb.org/curriculum/kindergarten.htm>

### Winter Reminders

Rough play and throwing of ice and snow are not permitted. We remind the students daily that we promote positive play in the school yard and that we have a hands-off policy. There are consequences for students who commit these infractions. During the winter we check the temperature daily. On extremely cold days, students will have indoor recess. However, students are reminded that they should dress appropriately for the weather conditions. If a student is too sick to go outside, they should be kept home until they are well. Transportation delays during storm conditions are inevitable. The bus companies try their best to adhere to schedules. We thank you for your patience and cooperation.

### Why Is It Important for my Child to Read?

The ability to read is vital. It paves the way to success in school, which can build self-confidence and motivate your child to set high expectations for life.

People read for many reasons:

- 📖 for pleasure and interest
- 📖 for work
- 📖 to obtain information that will help them make choices and decisions
- 📖 to understand directions (such as those on street signs and in recipe books)
- 📖 to learn about the world
- 📖 to keep in touch with family and friends



The Catholic Parent Involvement Committee (CPIC) had a busy fall term, including its CSAC Conference held on November 14th. We had an overwhelming number of dedicated parents from across the TCDSB, gather at the CEC to share and learn about effective parent involvement. Topics included *Running Effective School Councils*, *CSAC By-laws*, *Budget Consultation Process*, *Parent Leadership*, *Governance*, *Safe Schools*, *Family Literacy and Student Success*, with Betty Boulton as the keynote speaker. After being welcomed by our Director of Education, and MPP Laura Albanese, York South-Weston, speaking on behalf of the Minister of Education, Ms. Boulton's keynote address had the group captivated. Ask your CSAC about the materials they received for your school. CPIC purchased a copy of Ms. Boulton's book, *"176 Ways to Involve Parents"*, for each school's parent library. Contact your CSAC if you want to read it. In February, your CPIC reps will begin hosting meetings with parents in their wards. Where possible they will be held in conjunction with the Trustee's ward meeting. Each meeting will provide you with a local opportunity to be updated and contribute your voice to such topics as the 2010-11 budget and the TCDSB Strategic Plan. Stay tuned for more information.

## Early Learning Programs for September

The Province has confirmed the schools for the first year of implementation of the full-day Early Learning Program. A new Catholic curriculum, based largely on the existing Catholic kindergarten program, will be developed for full day early learning. Certified teachers and certified early childhood educators (ECE) will work together to help children learn during the regular school day. Through instruction and play-based learning, children will develop their capacity in language and mathematics, build a strong foundation for future learning, engage in healthy physical activities and the arts, and develop socially and emotionally through interaction with their peers and the adults who teach and guide them.

### Approved Schools for Phase 1 of Full-Day Early Learning for September 2010:

Blessed Kateri Tekakwitha, Christ the King, Holy Child, Holy Cross, Holy Family, Holy Name, Immaculate Conception, James Culnan, Our Lady of Guadalupe, Precious Blood, Sacred Heart, Santa Maria, St. Angela, St. Anthony, St. Antoine Daniel, St. Barbara, St. Charles, St. Dunstan, St. Elizabeth Seton, St. Francis Xavier, St. Ignatius of Loyola, St. John Bosco, St. Leo, St. Luke, St. Martha, St. Martin de Porres, St. Maurice and Stella Maris

As communicated in December, it is the Province's intention to have the full-day Early Learning Program in all publicly-funded elementary schools across Ontario by September 2015. The list of schools above has been selected for the first phase of implementation. Much work lies ahead in planning and preparing for the implementation of this exciting new learning initiative in the phase 1 sites, and indeed in planning for the extension of the Early Learning Program to our other elementary schools in the future. We will endeavour to keep you informed throughout the planning process. The Board continues to offer a wide range of programs and services for young children, including: our already vibrant half-day Catholic Kindergarten program, after-school programs, Parenting and Family Literacy Centres, Early Years Centres and Best Start Centres. The Board's website continues to be a good resource for families who would like more information about the Early Learning Program, as well as any other programs and services offered by our Board. Please visit [www.tcdsb.org](http://www.tcdsb.org) regularly to see the latest news and information.

### Identifying Signs of Stress in Children and Teens (American Psychological Association)

Young people, like adults, experience stress. It can come from a variety of sources including doing well in school, making and sustaining friendships, or managing perceived expectations from their parents, teachers, or coaches. Some stress can be positive in that it provides the energy to tackle a big test, presentation, or sports event. Too much stress, however, can create unnecessary hardship and challenge. Adults can sometimes be unaware when their children or teens are experiencing overwhelming feelings of stress. Tuning into emotional or behavioral cues is important in identifying potential problems and working with your young person to provide guidance and support to successfully work through difficult times.

Here are some tips from the American Psychological Association on ways to recognize possible signs of stress:

- **Watch for negative changes in behaviour.** Youth of all ages, but especially younger children, may find it difficult to recognize and verbalize when they are experiencing stress. For children, stress can manifest itself through changes in behavior. Common changes can include acting irritable or moody, withdrawing from activities that used to give them pleasure, routinely expressing worries, complaining more than usual about school, crying, displaying surprising fearful reactions, clinging to a parent or teacher, sleeping too much or too little. With teens, while spending more time with and confiding in peers is a normal part of growing up, significantly avoiding parents, abandoning long-time friendships for a new set of peers, or expressing excessive hostility toward family members, may indicate that the teen is experiencing significant stress. While negative behaviour is not always linked to excessive stress, negative changes in behaviour are almost always a clear indication that something is wrong. Adults will want to pay attention to these behaviours and determine an appropriate response or intervention.
- **Understand that "feeling sick" may be caused by stress.** Stress can also appear in physical symptoms such as stomach-aches and headaches. If a child makes excessive trips to the school office or complains of frequent stomach-aches or headaches (when they have been given a clean bill of health by their physician), or if these complaints increase in certain situations (e.g., before a big test) that child may be experiencing significant stress.
- **Be aware of how your child or teen interacts with others.** Sometimes a child or teen may seem like his or her usual self at home but may be acting out in unusual ways in other settings. It is important for parents to network with one another so that they can come to know how their child or teen is doing in the world around them. In addition to communicating with other parents, being in contact with teachers, school administrators, and leaders of extracurricular activities can help parents tap into their child or teen's thoughts, feelings and behaviors, and be aware of any sources of concern.
- **Listen and translate.** Because children are often not familiar with the word stress and its meaning, they may express feelings of distress through other words such as "worried," "confused," "annoyed," and "angry." Children and teens may also express feelings of stress by saying negative things about themselves, others, or the world around them (e.g. "No one likes me," "I'm stupid," "Nothing is fun."). It is important for parents to listen for these words and statements and try to figure out why your child or teen is saying them and whether they seem to indicate a source or sources of stress.
- **Seek support.** Parents, children, and teens do not need to tackle overwhelming stress on their own. If a parent is concerned that his or her child or teen is experiencing significant symptoms of stress on a regular basis, including, but not limited to those described above, it can be helpful to work with a licensed mental health professional, such as a psychologist. Psychologists have special training to help people identify problems and develop effective strategies to resolve overwhelming feelings of stress.



### Keep Your Family Heart Healthy!

February is Heart Month. Three things that will keep your heart strong and healthy are healthy eating, physical activity and not smoking or being around smoke. As parents you can start teaching your children these three messages at a young age to help them become healthy adults.

How can you do this?

If you smoke, think about quitting and make your home smoke-free, have fun with your children and plan family activities like cycling, walking, swimming and ice-skating, buy, prepare and enjoy healthy foods.

### Smoking

The Lung Association is asking parents to speak openly with their children about smoking; currently the average age at which a young person starts smoking is 12 years.

Parents interested in talking to their kids can visit The Lung Association's website at [www.on.lung.ca/](http://www.on.lung.ca/) for more helpful hints.

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