



## ST. BRUNO CATHOLIC SCHOOL

402 Melita Crescent  
Toronto, Ontario  
M6G 3X6  
Tel. 416-393-5376  
Fax 416- 393-5844

Principal: Ernie Spitznagel

Superintendent: Dr. G. Saraco  
416-222-8282 Ext. 5371

Trustee: Rob Davis  
416-512-3406

Parish: St. Mary of the Angels

Enrollment: 140

Hours of Operation:  
8:30 a.m. - 4:30 p.m.

Lunch Hour:  
11:45 a.m. - 12:45 p.m.

Please report absences indicating  
the name of child, teacher and  
reason for absence to the school.  
The school answering machine is  
available 24 hours a day.



*Catch the spirit!*

February 2010

## St. Bruno Catholic School News

### February Notes:

- *School Mass - Thursday, Feb. 18 - 9:30 a.m. St. Mary of the Angels Church*
- *See article from TCDSB Psychology Department on page 2.*
- *Family Day - Monday, Feb.15 - no classes*

### Kindergarten Registration

Junior and Senior Kindergarten registration for Fall 2010 begins this month. JK students must be four years of age by December 31, 2010.

Documents needed for registration include:

- Proof of child's citizenship (birth certificate) or Landed Immigrant papers
- Catholic Baptismal Certificate (child or parent)
- Child's Ontario Health Card
- Child's Record of Immunization

Please join us for our Open House and extended registration hours on Wednesday, January 13, 7:00 p.m. to 9:00 p.m. All families registering for Kindergarten will receive a Welcome to Kindergarten package of learning materials.



### Students of the Month

Congratulations to the following students as "Students of the Month" for their display of courage during the month of January:

Dennetta Rowe, Gabriel Frias, Theo Jungas, Shayla Luong, Darius Clavero, Michael Ferreira, Alysha Sousa, Brandon Espinoza, Jasan Gomez - Cruz, Seth Clavero.

The Student of the Month virtue for February is Love.



### Hats for Haiti

On Friday, January 22, the St. Bruno Health Action Team (HAT) organized a special day to raise donations for the victims of Haiti's recent tragedy. Students wore their hats all day and brought in close to \$400.00 which will be given to ShareLife's special Haiti Relief Fund. We would like to thank everyone for their generosity.

The HAT team also gave a special presentation on the importance of physical, emotional and spiritual health at Friday's Student of the Month assembly. Thanks for the tips about things such as drinking lots of water and milk, not being afraid of challenges and keeping God in our lives.

### 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 behavior.** 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 behavior is not always linked to excessive stress, negative changes in behavior are almost always a clear indication that something is wrong. Adults will want to pay attention to these behaviors 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 nurse 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 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 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.

# St. Bruno Catholic School News

January 2010



CPIC (Catholic Parent Involvement Committee) 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.

## Appropriate Dress Code - Coming Soon

Toronto Catholic elementary schools are moving towards a Board - wide implementation of a dress code, to be in place by September 2011. The dress code (referred to as "Appropriate Dress Code") consists of any combination of white and navy blue garments (e.g. plain white top, navy blue bottom or, navy blue top and bottom, no denim). There is a great deal of choice and flexibility available to parents and students with this type of dress code. You will be able to purchase a variety of clothing styles at retailers of your choice. Some dress code options may be decided by our school community.

## Hot, Nutritious lunch from Thanxmom

Good food, daily physical activity and a healthy environment are vital to helping students reach their full potential. ThnXmom believes in fresh, nutritious and delicious lunch meals which include a variety of foods from at least three of the four food groups listed in the Canada Food Guide. If you would like to place a lunch order for your child, please visit our website at [www.thanXmom.ca](http://www.thanXmom.ca) or pick up appear menu that is always conveniently located at the office right beside our "ThanXmom Mailbox". All we need is 2 full school days notice.

## Carnaval



This traditional Quebecois celebration of winter fun happens right here at St. Bruno. It kicks off with a pancake breakfast on Tuesday, February 16 and continues to Friday, February 19.

## ... and finally

- Information about cancellation of school bus transportation or school closures due to inclement weather may be obtained from the following sources:
  - The main TCDSB phone number 416-222-8282
  - The TCDSB 24 hour information line 416 222-8282 ext. 2873
  - The TCDSB website [www.tcdsb.org](http://www.tcdsb.org) or [www.tcdsb.org/weather.htm](http://www.tcdsb.org/weather.htm)
- Our Boys Basketball team invites all parents and basketball fans to the upcoming Divisional tournament to be held at St. Bruno on Monday, February 8. Come and cheer on the Bears!

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