



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!

March 2010

St. Bruno Catholic School News

Lenten Reflection:

- *Fast from discontent; feast on gratitude*
- *Fast from worry; feast on faith*
- *Fast from self – centredness; feast on compassion for others*
- *Fast from bitterness; feast on forgiveness*

March Notes:

- Reports go home on Tuesday, March 2
- Parent Teacher interviews are scheduled for Thursday, March 4, 5:30 - 8:30 p.m. and Friday, March 5, 9:00a.m. to 12:00 p.m.
- P.A. Day - Friday, March 5 - No Classes
- March Break - March 15 - 19

Students of the Month

Congratulations to the following students as “Students of the Month” for their display of love during the month of February:

Kayden DaSilva, Calliope Chen, Steven Downs, Angelo Massaro, Rebekah Costa, Haileigh Bernard, Elizabeth Pedrinha, Selena Ferreira, Samuel Perez, Karen Vossen, Diana DeSa.

The Student of the Month virtue for March is Forgiveness.

February Highlights



CARNAVAL - Our 3rd annual Winter Carnival was again a huge success. We had four fun - filled days that included outdoor games, a pancake breakfast, Bingo en francais, sponge stick hockey, jersey day and art contests. This year’s Carnaval King and Queen, Angelo Massaro and Rebekah Costa, presided over the festivities. There was even a visit from Bonhomme. Art contest winners were Julius Rosendo, Jennifer Vitorino, Carolina Capistran - Sanchez, Serina Greco, Dylan Racco, Shinique Solomon, Alex Neiva, Meagan Caicedo and Melanie Esteves.

Congratulations to Our Boys Basketball team for going undefeated in the recently held Divisional Championship. They proudly represented our school displaying athleticism, hard work and perseverance. Another championship pennant hangs in our school gym. Team members were Ryan Felix, Mahigan Koostachin, Kresimir Pavkovic, Tyler Charlemagne, Johan Mani, Didier Rodrigues, Jose Silva, Brandon Espinoza and Michael Carnevale.

Furry visitors come to St. Bruno - On Thursday, February 4 students from Grade 1 to 6 had an extraordinary time at the mammal presentation by Mr. Chapel in the school library. We learned all about mammals’ skeletal, respiratory, reproductive and nervous systems. We also became familiar with many new terms. For example, we learned that the term “endothermic” is another word for “warm –blooded”. Finally, we had a chance to touch the fur, skin, teeth and antlers of former living mammals. It was a great learning experience for all of us. *Written by Marcus Rowe and Camryn Vieira*

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

March 2010



Parent Teacher Interviews

At the Parent Teacher Interview, the teacher will explain how your child is doing in school. You will learn what he or she does well and what needs to improve. Here are some tips that will make the interview effective.

Before the interview

- Think about what you want to find out from the teacher. Write down your questions beforehand if you wish.
- Talk to your child about school before the interview. Ask how he or she thinks they are doing and how the teacher can help them.
- Be prepared to talk about what your child does at home. Teachers want to know about homework and what your child does after school and at home.

At the interview

- Find out what your child is learning. Ask about the curriculum. Find out what your child has learned and what will be taught in the term ahead.
- Ask about your child's strength and weaknesses. Find out about possible problems before they happen.
Ask about homework. Find out how often and how much homework is being assigned. Also ask if your child is completing his/her homework regularly, how long the work assigned should take to complete.
- Ask what you can do at home to help your child. Make a commitment to support your child by monitoring their homework, and helping them learn specific skills.

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.



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

All families registering for Kindergarten will receive a Welcome to Kindergarten package of learning materials.

St. Bruno Catholic School News
