



Rejoicing in Hope!

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**Principal
S. DaCosta**

**CSAC Chair
E. DoCouto**

**Superintendent:
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416-222-8282**

**Trustee:
John Del Grande
416-512-3407**

**Parish:
Holy Spirit
3526 Sheppard Ave. E.
416-293-7474**

**Enrolment:
233**

**Hours of operation:
9:00-3:30**

February 2010

Principal's Message

Dear Families of St. Gerald,



Now that we are firmly embedded in term two, we would like to thank all families for your ongoing support of our school. It seems that many of our students are progressing so well because of your commitment to work with our dedicated teachers.

During this month we will begin the season of Lent. Our faith calls us to honor our Lord's sacrifice in various ways: Some like to 'give up' a favorite treat, while others are called to add one charitable or positive act, either way, the focus of 'living our faith' will help to live fuller lives.

There have been many exciting activities going on here at St. Gerald. I have included a few in the following pages but it may be nicer to ask your child to tell you about some of them. As a school we continue to actively promote acceptance and inclusion which are pro-social values, as a part of our bullying prevention plan.

Finally, we would like to remember all those individuals who have contributed so positively to our society during "Black History Month". It is with great pleasure that we showcase these efforts during this time.

May God bless you and your family throughout this month.



Sincerely,

S. DaCosta

A Prayer for St. Valentine's Day



God our Creator,
Bless the love that brings people together
and grows ever stronger
In our hearts.
May all the messages that carry
the name of your holy Bishop Valentine
Be sent in good joy
And received in delight,
We ask this through Christ our Lord.
Amen.

School News

Reading: for the Love of It

This month the staff and parent council will be promoting literacy by encouraging students to read 'just for fun'. The class with the greatest number of recorded reading sessions will win a special lunch. All students will then be invited to a "Rockin' to Read" dance to celebrate their collective success on Friday March 12th.

Valentine Lunch

On Thursday February 11th, our school will be hosting a hot dog lunch. Thank you to the staff who will be preparing and organizing this event. Please watch for the flier.

Carnaval Week

Madam has organized a week filled with fun and festivities from February 8th to 11th. Please see attached sheet for a list of festive events.

Pancake Tuesday

Madam will be organizing this annual event as a part of Carnaval. Please watch for the order form.

Safety Awareness

On Wednesday, February 3rd Officer Scott Mills will present internet safety issues, as well as other issues pertaining to youth safety. Grades four to eight will participate. All parents are welcome to attend.

Ash Wednesday

We thank Father Moore for his pivotal role at our school on this very important day.

Haiti Relief

Thank you to all those who prayed and supported the victims of the devastating earthquake. Thank you to our intermediate students who collected and counted the money raised.

DO NOT BE AFRAID,
I AM WITH YOU.

- ISAIAH 41:10 -

- LET YOUR ACTIONS BE GUIDED BY THE IDEA THAT GOD IS INSIDE EVERYONE.
- KNOW THAT SOMETIMES DOING THE RIGHT THING IS VERY TOUGH BUT WITH COURAGE YOU CAN DO THE RIGHT THING.
- STAND UP RESPECTFULLY WHEN YOU SEE SOMETHING WRONG THAT IS BEING DONE.
- LIVE YOUR LIFE IN A WAY THAT MAKES OTHERS KNOW YOU ARE A FOLLOWER OF CHRIST.

COURAGE



TORONTO CATHOLIC DISTRICT SCHOOL BOARD TRUSTEES 2009-2010

Wards		
1	Ernest MacIver	416-231-3407
2	Ann Andruschuk, Trust Chair	416-512-3409
3	Ed Ploetzl	416-231-0108
4	Mary Grogan	416-231-3414
5	Marie Fillion	416-512-3408
6	Bob Davey	416-512-3408
7	John DeGardis	416-512-3407
8	Mary Ann Toddard	416-231-0108
9	Chloris McLaughlin-Miller	416-512-3409
10	Barbara Polesvick	416-231-1100
11	Angela Kennedy-Chor	416-231-25417
12	Paul John Cleveland -Chair- Treasurer	416-512-3412
	Conceit Ruffin, Student Trustee	416-231-1103

Ski Trip



Once again our intermediate students have an opportunity to go to Lakeridge for three, day long ski experiences! Students participated in three days filled with down hill skiing. Thank you to the teachers who organized this exceptional fitness activity and to the volunteer supervisors!



Junior Volleyball

Congratulations are extended to our girls' and boys' volleyball teams who played very well during their tournaments! We would like to thank their coaches for their dedication and hard work preparing our younger students for these events.

Sugar and Gold

Students from grades 3 to 8 will be invited to watch an award winning performance regarding proud songs, slides to tell the story of the history of the Underground Railroad and early black settlers in Canada.

Kindergarten Registration

Our office staff will be available to help facilitate the registration process between 9:00 to 12:00 p.m. and from 1:00 to 4:00 p.m. Teachers will be happy to welcome you to their classrooms, with some prior knowledge. Please let your friends and neighbours know that we are accepting registrations for all grades at St. Gerald's Catholic School.

Registration requirements include the following documents:

- **Student's Roman Catholic Baptismal Certificate or mother/father's Baptismal Certificate**
- **Canadian Birth Certificate, Permanent Resident Card, or Landed Immigrant papers**
- **Updated Immunization Record/Doctor's information**
- **Student Health Card number**
- **Emergency Contact Phone Numbers and Information**



We are now accepting all new registrations for September 2010.



February 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Reading: for the Love of It	2	3 Scott Mills Gr .4-8	4	5	6
7	8 Bonhomme Hunt Bingo	9 Tuque Tuesday	10 Hot Chocolate & Treat Day	11 Valentine Lunch	12 Ski Gr6-8 Gr. 3 Zion Trip	13
14 Valentine's Day	15 Family Day No School	16 Pancake Tuesday	17 Ash Wednesday	18	19 Sugar and Gold Gr. 3-8	20
21	22 Grad Photos SK & Gr.8	23 Mass 9:30am	24	25	26 Reading Sheets Collected	27
28						Happy Chinese New Year on the 14th!

Other notable dates include:

February 2: Grade 7 Scientist in the School

February 9 and 10 : Intermediate basketball tournaments

February 24: Grade 8 Scientist in the School

Helping Your Child Succeed: Learning the Skills of Resilience to Overcome Challenges

This article was prepared by TCDSB Psychology staff based on the latest scientific research in the field of child development.

The common dream that parents have for their children is that they will have a good and happy and successful life. In fact one of the best predictors of the children who will be successful is that they have *a caring adult in their life*. As parents we often think our role is to protect our children from experiencing physical and emotional pain. In fact our role is to be there for our children when they encounter difficulties or life treats them unfairly. Many of the most successful adults have had to overcome enormous challenges to achieve their dream. Often they acknowledge that it was **their parent's love and the encouragement to dream** that kept them focused on their goal.

Children who do best as adults are those who have learned that they will survive even when things are going badly. Psychologists call this quality **resilience**.

Is your child resilient?

A child may feel sad because her best friend is not in her class this year.

The resilient child will feel sad but may decide to make new friends in her class.

A child may be upset that he did not make the school basketball team.

The resilient child may decide to volunteer to be the scorekeeper for the team.

A child may be discouraged about a poor mark on a test.

The resilient child may talk to the teacher about improving her grades or spend more time studying before the next test.

Each of these examples shows us that when we face disappointment in life it is best to come up with a new action, instead of staying stuck in an unhappy state. Your job as a parent is to encourage your child when he or she is stuck and cannot move forward.

How children feel about themselves is determined by the messages that constantly run through their mind. These messages may come from parents, teachers, sisters, brothers, and other children. When facing challenges, these messages will determine whether children feel good or bad about themselves, and their ability to overcome difficulties. For example:

A child who gets a low grade on a project or test may have a message like this going through their mind: "I never get good marks. I am just dumb. I can never do anything right. Nobody likes me."

The **resilient** child will put things into perspective. A resilient child engages in **positive self-talk**, and may have a message like this going through her mind: “I got a bad mark on my project because I didn’t spend enough time planning. Next time I will start earlier and get help from my Dad”.

***Help your children to develop resilience by helping them to change their negative messages into positive self-talk.** You can do this by making a habit of helping your children to identify their good qualities and achievements. You can use one of two methods to do this.*

Indirect Approach:

When your child is within listening range, tell your family and friends about his/her good qualities and achievements: “Marco is such a helpful child. He always helps his Dad with snow shovelling. And he is kind to his brother. When he has a job to complete at home or school, he just goes ahead and does it.” Or, “Maria is such a thoughtful daughter. She baked cookies to celebrate her sister’s birthday. She always reminds me of the things we need to buy for her school lunch. Her room is the tidiest in our house.”

Direct Approach:

You may need this method if the indirect approach is not resulting in an increase in confidence. In the morning, let your child know that today you want her to pay attention to the things that go well. That evening, put aside ten minutes to discuss things that went well in your child’s day. If your child focuses on the bad things in her day, let her know there will be time to talk about that later. Your child might need help to come up with good things. You can ask your child: “Did you get to school on time? What fun thing did you do at recess? Did you help with the younger children on the bus?” Your job as a parent is to write down three to four things that went well for your child. This will be used later on to remind your child of positive qualities and achievements. For the next three weeks, pick one day a week to remind your child to pay attention to what is going well. By week four, your child will have learned to tune-in to positive experiences. You can use your notes to write a “story” that will be specific to your child.

For a younger child, it might look like this:

“I am a thoughtful person who remembers to share treats and fun things with my friends. I do great work in art class. When I get home, I am the one who always takes care of the cat.”

For an older child or an adolescent the “story” might look like this:

“I am a sensitive person with two best friends. I care about them. They care about me. I always have my sports equipment ready to take to school, and I always put it away when I get home. I am the one in the family who plans the TV viewing so that we all get to watch our favourite programs. I love my family and they love me even though we sometimes get annoyed with each other.”

Your child’s “story” will change as he grows older and you both observe changes in his personal strengths. And on those days when your child is feeling discouraged, read these lists together to add some genuine sunshine to both your lives.