

Dear Parents, Caregivers, Guardians and Community Members,

Many thanks to all the parents/caregivers who were able to come out to the Curriculum BBQ evening on September 29th. Over the next few months, I look forward to meeting parents who were unable to attend due to the poor weather conditions and to previous commitments.

October is the month of the Rosary. This traditional repetitive prayer enables us to put aside all distractions and remain attentive to God's presence. We welcome back to our school the Ladies of the Rosary team volunteers who visit the classrooms once each month to teach the students about the rosary and to pray with them.

Cross Country Meets will take place on October 16th, 21st and 27th. Please see the October calendar for additional activities.

The month ends with a celebration that most students eagerly anticipate – Hallowe'en. Let us not forget, though, that this event has its origin in the religious world as it is All Hallows' Eve – the evening before All Saints day.

Yours in Catholic education

Jean E. Stépanian

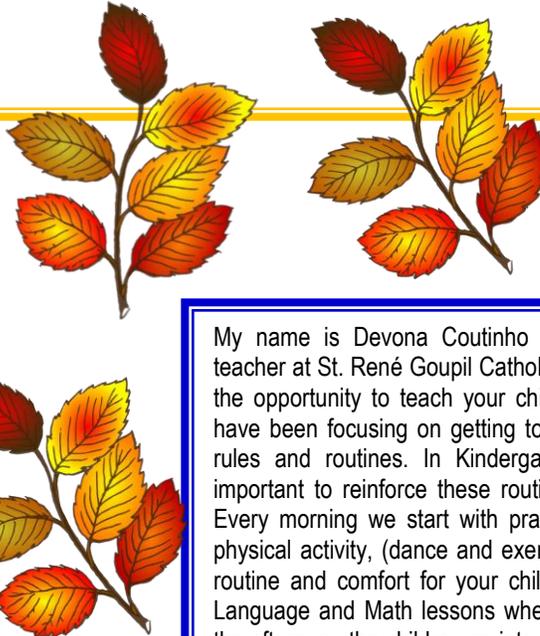
Principal

**ST. RENÉ GOUPIL
CATHOLIC SCHOOL**
44 PORT ROYAL TRAIL,
SCARBOROUGH,
ONTARIO M1V 2G8
TEL: 416-393-5408
FAX: 416-393-5773
Principal:
J. E. Stépanian

Superintendent:
K. Malcolm
416-222-8282 ex. 2263
Trustee:
Garry Tanuan
416-512-3408
CSPC Chair:
Mrs. K. Moon

Parish:
Prince of Peace
Fr. Regulo Imperial
265 Alton Towers Circle,
Scarborough, ON M1V 4E7
416-291-9422

School Hours:
9:00am – 3:30pm
Lunch Break:
11:45 – 12:45pm
Administrative Assistant:
Mrs. Jeannine Sayegh



My name is Devona Coutinho and I am the new Kindergarten teacher at St. René Goupil Catholic School. I'm very grateful to have the opportunity to teach your children this year. In September we have been focusing on getting to know your child and establishing rules and routines. In Kindergarten, and especially JK it is so important to reinforce these routines at the beginning of the year. Every morning we start with prayers, calendar, weather and daily physical activity, (dance and exercise). This establishes a sense of routine and comfort for your child. We later move onto structured Language and Math lessons where students will complete work. In the afternoon the children go into their "play-based" learning centers. Each of these centers will incorporate aspects of the 6 subjects in Kindergarten: Religion, Language, Math, Science, Art, Physical activity and Personal/Social development. The children essentially learn as they play, hence the term – "play based" learning. It's fun and interactive, yet at the same time incorporates all elements of the Kindergarten curriculum. We are off to a great start already, the children are settling in nicely to the classroom and we look forward to a productive and exciting year of participatory learning!

This year, St. René Goupil Catholic School has established a partnership with various Universities and Colleges. Our class is very fortunate to welcome the ECE students (from Seneca College) who will be with us until December. *Jie Jiang* and *Tiffany Bernard* on Tuesdays and Wednesdays and *Simeng (Monica Guo)* on Thursdays and Fridays. They are all a tremendous asset to our program and will benefit our children's learning experiences.

Sincerely,
Ms. Coutinho, OCT
FDELK



*St. René Goupil Thanksgiving Canned
Food Drive is on ... From October 1 to
October 8, please donate generously!
Thank you.*



VIRTUE OF THE MONTH (OCTOBER): *Gratitude*

The Virtue for the month of October is GRATITUDE. "Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God." (Colossians 3:16)

Whenever we gather as a faith community to worship, we offer thanks to our God. The blessings of food, friends, family and freedom are all gifts from our Creator God. As we prepare for the celebration of Thanksgiving, we are urged to take some time to remember our blessings and give thanks. This month, at St. René Goupil Catholic School, one of the ways we will express our gratitude is through our canned food drive for those who are less fortunate.

During the month of October, we focus on having an "attitude of gratitude". Help your child to see the blessings in everyday activities and to be grateful in the simple things. Consider keeping a family Gratitude Journal, or sharing things that you are grateful for in your life. A couple of good articles on the topic of Gratitude can be found here:

<http://www.parenting.com/article/5-ways-to-raise-a-gratefulchild>

<http://www.pbs.org/parents/special/article-ten-ways-raise-grateful-kid.html>



PRAYER:

A Thanksgiving Blessing

May an abundance of gratitude burst forth as you reflect upon what you have received.

May thanksgiving overflow in your heart, and often be proclaimed in your prayer.

May you gather around the table of your heart the ardent faithfulness, kindness, and goodness of each person who is true to you.

May the harvest of your good actions bring forth plentiful fruit each day.

May you discover a cache of hidden wisdom among the people and events that have brought you distress and sorrow.

May your basket of blessings surprise you with its rich diversity of gifts and its opportunities for growth.

May all that nourishes and resources your life bring you daily satisfaction and renewed hope.

May you slow down your hurried pace of life so you can be aware of, and enjoy,

What you too easily take for granted.

May you always be open, willing, and ready to share your blessings with others.

May you never forget the generous One, Who loves you lavishly and unconditionally. **All: Amen**

--J. Rupp Out of the Ordinary

Compiled by Les Miller and Melinda Rapallo York Catholic District School Board

Catholic School Parent Council
2015-2016

Our CSPC meeting #2 will be held on Thursday, October 29th, in the Library, at 6:30 pm.

Following the Curriculum Evening BBQ, we had the Catholic School Parent Council AGM & Elections followed by our first meeting of the year. For staying on and attending the meeting, our gratitude goes to Mrs. Moon (Kaiya, Ava, Cole) returning as Chair; Mrs. Fung (Amanda), Mrs. Chung (Gray, Evan), Mrs. Teed (Power, Anita, Otaru), Mrs. Sevilla (Rylen), Mr. Lee-Ying and Mrs. Freitas (Destiny).

All parents are welcome to attend CSPC meetings.

High school Open House nights begin this month for Grade 8 student and parents.

The complete list can be found here at

<https://www.tcdsb.org/school/openhouses/pages/default.aspx>.

Grade 7 parents are also welcome to attend. Please make time to visit the high schools of interest to see what they have to offer.



Family Reading Corner

Fostering the Family:

The TCDSB Pastoral Plan 2015-18 "Together With one Voice: Harmonizing Our Faith through Family, Parish, and School" 2015 focuses on the FAMILY

Spending time with family by engaging in fun activities together helps to strengthen feelings of closeness, promotes attachment, and encourages communication. (sources: G. Neufeld; M. Ungar).

Here are some activities that you may consider!

- ✓ Have regular family dinners
- ✓ Go for a nature walk
- ✓ Play a game or sport activity
- ✓ Attend mass together

A letter of invitation will be sent out to all parents from the Director of Education and Chair of the Board, announcing the Toronto Catholic District School Board's launch of its first "**PARENT INVOLVEMENT WEEK**" from October 24 – 30, 2015.

This initiative, endorsed by the Board of Trustees, is an opportunity to recognize, celebrate and enhance the important role that parents play at both the school and Board level. Educational research has consistently pointed to the positive effects that parent engagement has on student achievement and well-being.

We have partnered with the two parent organizations that represent TCDSB parents at the board level, namely the *Catholic Parent Involvement Committee (CPIC)* and the *Ontario Association of Parents in Catholic Education (OAPCE – Toronto)* to co-host a number of events that highlight the important role of parents in our schools, as well as to provide opportunities for continued involvement, professional development and net- working.

Please consider attending any of the events outlined in the attached flyer, as it is important for parents to meet our school administrators and their representatives on CPIC and OAPCE – Toronto.

Each event will have its own letter, package of information and invitations attached, all of which you will be receiving shortly.

Sincerely

John Shain

Superintendent, Area 4

Carla Marchetti

Senior Coordinator, Parent Engagement
Community Relations Department

Social Emotional Learning Can Improve Academic Performance and Reduce Distress

Social Emotional Learning (SEL) is the process for helping students and adults develop the fundamental skills for being effective. We can help students to improve academic performance, reduce emotional distress, and improve attitudes and behavior by developing SEL.

Self-Awareness:

Teach students to identify feelings by recognizing and labeling them and to recognize their strengths.

Self-Management:

Teach students strategies to regulate their emotions, thoughts, and behaviours by managing stress, controlling impulses, motivating them setting goals.

Social Awareness:

Promote social awareness by encouraging students to take the perspective of other and empathize - putting yourself in other people's shoes.

Relationship Skills:

Promote the establishment and maintenance of healthy relationships by encouraging clear communication, active listening, co-operation, resisting inappropriate social pressure, negotiating conflict, and seeking and offering help.

Responsible Decision Making:

Assist students to make constructive and respectful choices about their behavior by discussing ethical standards, safety concerns, social norms, well-being of others, and consequences of behavior.

(Durlak et al; Greenberg et al; Collaborative for Academics, Social and Emotional Learning)



Please Help Us in our effort to save trees and be ecologically friendly with our physical environment. Give us your e-mail so that the school newsletter and other pertinent information and news can be sent directly to you electronically. This will also help us save paper and the associated cost attached to it with regards to photocopying, toner, etc. Please communicate your e-mail address to Mrs. Sayegh in the main office. Thank you.

Toronto Transit Commission

All children aged 12 and under are eligible to ride the TTC for free.

The TTC Child Proof-of-Age card is made available for children who may be tall for their age, or appear to be older than 12 years old. Children can carry the card to prove that they are not required to pay fare.

Parents, please ensure that the student's birthday is filled in. Cards may be obtained from Mrs. J Sayegh in the Main Office. All cards need to be signed by the school Principal.

Sue Motahedin,
TTC Customer Service



Prince of Peace R.C. Church, Shrine of the Infant Jesus, 265 Alton Towers Circle, Scarborough, Ontario, M1V 4E7

October 3 & 4 (week-end) – Any Mass
G7 & G8 students pick up a Confirmation Application Form from the church lobby

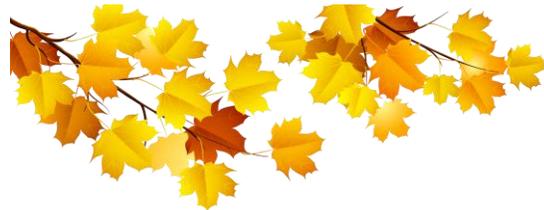
Friday, October 16
G2 Registration Forms to be returned to Parish Office

October 17 & 18 (week-end) – Any Mass
G7 & G8 Confirmation Application Forms returned to Church (Catechists will be in the church lobby to collect forms)

Wednesday, October 21, 7:30pm
Parent Meeting (G2) with Father Patrick in Hall

Monday, October 26, 7:30pm
Parent Meeting (G7 & G8) with Fr. Regulo in Hall

TCDSB Monthly Update October 2015



Open Houses in High Schools

Grade 8 students and their families are invited to check out their high school options. TCDSB secondary schools host open houses in October and November. <http://www.tcdsb.org/school/OpenHouses/Pages/default.aspx>

Principal of Excellence Award

OAPCE Toronto invites nominations for this year's award, which will be presented at the 10th annual Commissioning Ceremony on November 2nd.

<http://www.oapcetoronto.ca/news/2015/6/23/oapce-toronto-principal-of-excellence-award-nomination-open>

Parent Involvement Week: October 24 – 30, 2015.

The Toronto Catholic District School Board is launching first Parent Involvement Week. This initiative is an opportunity to recognize, celebrate and enhance the important role that parents play at both the school and Board level. Educational research has consistently pointed to the positive effects that parent engagement has on student achievement and well-being. The TCDSB has partnered with the two parent organizations--the *Catholic Parent Involvement Committee* (CPIC) and the *Ontario Association of Parents in Catholic Education* (OAPCE – Toronto)--to co-host a number of events that highlight the important role of parents in our schools, as well as to provide opportunities for continued involvement, professional development and net- working. Let us all work together for the success of our students!

For more information:

<https://www.tcdsb.org/forparents/parentinvolvement/news%20and%20events/pages/tcdsb-catholic-parent-involvement-week.aspx>

Newcomer Conference for Families New to Canada and International Students

Wednesday, October 28, 2015 at 5:00 p.m., Catholic Education Centre, 80 Sheppard Ave. E.

The Director of Education and Chair of the Board invite our newcomer families, international students, parent council representatives, homestay families and school staff to an informative evening about our educational system and support services available in TCDSB schools. Guests are invited to share a family meal with the Director and Chair and will be encouraged to participate in an exchange of information in a relaxed, welcoming environment. Our staff and representatives from various outside agencies will provide support and valuable information regarding programs and services plus tips for navigating our Catholic education system. The evening also encourages interactive discussions designed for staff and Parent Council members on how to effectively engage our newcomer students and families in our schools and communities. The event is one of several planned for Parent Involvement Week. Welcome to our TCDSB family!

For more information and to register: <http://www.tcdsb.org/forcommunity/newcomers>

CPIC Elections (Catholic Parent Involvement Committee)

The Catholic Parent Involvement Committee (CPIC) is a parent-led and Ministry of Education funded, parent-volunteer organization within the Toronto Catholic District School Board (TCDSB). The focus of the committee is to support student academic achievement through increased parent involvement.

Elections are being held on October 5th, 7th and 20th. Visit the Board's website for detailed information.

<https://www.tcdsb.org/forparents/parentinvolvement/cpicelections/pages/default.aspx>

TCDSB Transportation Demand Management Plan Survey

The Toronto Catholic District School Board has approved a draft Transportation Demand Management Plan and is seeking your feedback before finalizing the document. We want to know which recommendations in the plan you feel are the most important to address the traffic management issues around our schools and facilities.

The online survey can be found here: https://www.surveymonkey.com/r/TCDSB_TDMP

We look forward to hearing from you by no later than **November 6th, 2015**.

Parent Reps Needed

For Mental Health Advisory Council

TCDSB seeks 2 parent representatives to serve on the council (1 elementary and 1 secondary).

Application deadline is **October 20th**. Visit our website for detailed information:

<https://www.tcdsb.org/FORPARENTS/Pages/Parents-Sought-for-Mental-Health-Advisory-Council.aspx>

Safe Schools Advisory Committee

2 parent reps needed to serve on the committee; 5 meetings per year

Application deadline **October 2nd**.

<https://www.tcdsb.org/FORPARENTS/Pages/Parents-Sought-for-Safe-Schools-Committee.aspx>

Do You Know an Innovative and Outstanding School Principal?

Every year The Learning Partnership honours principals across the country who exemplify excellence in public education.

Nominations for the 2016 Canada's Outstanding Principals awards are now open.

Submissions are invited from school boards, colleagues, parents, teachers, students and all community members.

<https://www.tcdsb.org/pages/nominate-an-outstanding-principal.aspx>

Toonies for Tuition

Toonies for Tuition Day is Tuesday October 6th, 2015! Download and print this [poster](#) to display in your school or church, and start fundraising for our Catholic brother and sister schools across Canada! The CCSTA Endowment Fund supports Toonies for Tuition fundraising campaign as a means to support Catholic students in provinces that have no public funding for Catholic schools. For fundraising ideas, [click here](#). Toonies for Tuition Day takes place in October. Please support the campaign in your school, office, or church.

Get more information on the CCSTA website: <http://www.ccsta.ca/en/initiatives-en/toonies>

Help Keep Our Students Safe

Here are some helpful videos from the City of Toronto regarding pedestrian safety:

Pedestrian Crossovers: <https://youtu.be/NIt705Ty1K8>

Pedestrian Countdown Signals: <https://youtu.be/MTgOXxwrrIU>.

Other Dates to Note:

October is...

- [Autism Awareness Month](#)
- [Child Abuse Prevention Month](#)
- [Learning Disabilities Awareness Month](#)
- [Walk to School Month](#)
- October 1—[International Day of Older Persons](#)
- October 5—[World Teachers' Day](#)
- October 7—[Rosary Day](#)
- October 8—[Early Childhood Educator and Childcare Worker Appreciation Day](#)
- October 11—[International Day of the Girl](#)
- October 17—[International Day for the Eradication of Poverty](#)
- October 19-23—[School Bus Safety Week](#) (Bus Driver Appreciation Day October 21)



Check out the board's website for details about these special days throughout the year www.tcdsb.org.

- Looking for information about athletics? Schedules, results and news highlights are available here: <https://www.tcdsb.org/programsservices/schoolprogramsk12/healthoutdoorphysed/tdcaa/pages/tcdsb-athletics.aspx>
- Parents are encouraged to visit the Parent Portal for all the latest information relating to Catholic School Parent Councils, Catholic Parent Involvement Committee and OAPCE Toronto <https://www.tcdsb.org/FORPARENTS/Pages/default.aspx>
- Students are reminded that the Student Portal provides information about scholarship and employment opportunities, volunteer opportunities and other news for and about students <https://www.tcdsb.org/FORSTUDENTS/Pages/default.aspx>

Remember to follow @TCDSB on Twitter for all the latest news and important information throughout the year. Or subscribe to E-News and regular updates right to your email:

<https://web1.tcdsb.org/InterestSubscription/subscription.aspx>



Kindly note that the present school newsletter is available in electronic pdf full colour format. Should you wish to receive it directly to your mailbox, please communicate your e-mail address to Mrs. J. Sayegh, our Administrative Assistant.

Thank you.