



**Immaculate Heart of Mary
Catholic School**
101 Birchmount Road
Scarborough Ontario
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416 393-5272
416 393-5567 (fax)

Principal:
Maureen Murphy

Superintendent:
Shawna Campbell

Trustee:
Nancy Crawford
416 512-3412
Ward 12

Secretary:
Mrs. S. Noonan

CSPC Co-Chair: Heather Candon
CSPC Co-Chair: Jason George
CPIC (Parent Engagement)
www.tcdsb.org/cpic

**OAPCE Toronto (Provincial
Voice for Parents)**
www.tcdsb.org/oapce-toronto

Parish:
**Immaculate Heart of Mary
Church**
Rev. Peter Tammearu
131 Birchmount Road
416 691 6968

Enrollment: TBD
Hours of Operation:
8:30 a.m. – 4:30 p.m.

Lunch Hour:
11:45 a.m. – 12:45 p.m.



Immaculate Heart of Mary Catholic School November 2016



Dear Parent(s)/Guardian(s):

The Virtue for the Month of November is Peace. Every day the community of Immaculate Heart of Mary strives to be an inclusive, safe, and peaceful place where we learn, grow and belong in faith. In John's Gospel, Jesus reminds us, — Peace I leave to you, my peace I give to you. Each time that we gather together as a community of believers, we extend our peace toward one another. Throughout the month of November, we will be acknowledging students who demonstrate acts of peace around the school. Some of the ways students may display this include: instilling peace in others, staying level-headed under pressure, generously forgiving others and promoting and practicing conflict resolution.

As we move towards the celebration of Remembrance Day on November 11th, we acknowledge our responsibility to continue to work for the peace and freedom that defines who we are as Canadians and as a country. We remember the men and women who served and died in the First and Second World Wars and the Korean War, while also praying for those Canadians who continue to heed the call to protect and preserve basic fundamental human rights and to promote global peace.

November also marks the time when parents will receive a Progress Report from their child's teacher. The intent of the Fall Progress Report is to facilitate communication between the home and school. The Progress Report encourages students to set goals, assists parents in supporting learning at home and helps teachers establish plans for teaching. As you will notice, the Progress Report Card places a strong emphasis on the development of students' learning skills and work habits. We look forward to further discussing your child's progress on November 17th and 18th during parent-teacher interviews.

Yours sincerely,
M. Murphy, Principal

The Virtue for the Month of November is PEACEMAKING.

"Blessed are the peacemakers, for they will be called children of God." Matthew 5:9



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UPCOMING IN NOVEMBER

November is Aboriginal Education Month and Bullying Awareness Month

November 1--All Saints Day

November 1-7--Down Syndrome Awareness Week—"See the Ability"

November 2--All Souls Day

November 2--Take Our Kids to Work Day

November 4 – 25 – Poinsettia Sale

November 8 – Boys Volleyball @ St. Richard

November 10 – Girls Volleyball @ St. Elizabeth Seton

November 6-12—Treaties Recognition Week

November 11--Remembrance Day

November 14-19--Bullying Prevention and Awareness Week

November 15 – Reports go home

November 15 – CSPC Meeting @ 7:00 p.m. Library

November 17 – Parent Teacher Interviews 5:30 p.m. - 8:30 p.m.

November 18 – Parent Teacher Interviews 9:00 a.m. to 11:30 a.m.

November 18—PA Day – NO SCHOOL FOR CHILDREN

November 25 – School Mass 9:30 a.m., Hot Dog Day, Casual Day

November 27—Advent Begins

November 28—TCDSB Caucus/Inaugural Meeting—including election of Chair, Vice-Chair

Looking back - October!

October 6 – Meet the Teacher and Family Movie Night

On October 6, families came out to Meet the Teacher and find out about the curriculum that is planned for the school year. Later that night, families moved into the gym to watch the movie Zootopia! Popcorn, candy, juice and water was on hand to add to the enjoyment of the evening and a wild time was had by all!

October 7 PA Day

The teachers met on October 7 to look at our school data in order to determine our school goal for the year. As a staff, we decided to focus on Problem Solving in Math – in particular developing our student's ability to Explain their thinking in Math. Our Bulletin Board at the front of the school will be focused on our School Learning and Improvement Plan goal.

Bussing

Just when we thought things were starting to normalize.... Later this week, we have been told that Bus D in the afternoon should have a regular driver and should be operating as it is intended to run which is great news! All other buses seem to have established a regular and consistent routine. However we have received word that one of our Bus Provider Companies – First Student - is in a legal strike position and could go out on strike later this week. Information is being sent home to parents as we get it and we will keep you informed.

Monster Mash

There has been a lot of excitement happening at IHMS this month due to our annual Monster Mash! The Purple People Eater made an appearance just before Thanksgiving in order to spur on our students to go and approach family and friends to help support our activities here at Immaculate Heart of Mary. We have had some serious effort being made in order to raise money for the activities here at IHMS and on October 31, there was a lot of fun being had in the gym as students danced away the day! Prizes will be provided to students in order to reward their efforts as they bring in their pledges. Go IHMS GO!

High School

Our grade 8 students have been busy attending sessions at local high schools in order to help them as they make the decision **very soon** as to which high school they would like to go to. Forms are due November 7.

Cross Country

Training for our cross country meets started in September and continued into October in order to prepare our students to participate in the demanding Cross Country meets. We had 42 students compete in our Divisional races on October 14. From there, 17 students qualified to run in the Scarborough finals on October 19. From there, we had 2 students qualify for our City Cross Meet and they both did very well in their races. Watching students run these races year after year, I still have not lost my awe for their stamina and determination for completing the respective distances (let alone doing it in such a way that beats other children).

Spiritwear

Well, it took a while to come to pass, but the Immaculate Heart of Mary Spiritwear made its long anticipated arrival on October 11! Students are proudly wearing their new t-shirts, hoodies and track pants and I must say.... They do look good! Thanks goes out to Agnes Debowski for her design of our logo and Sue Thoms for her work with Eagle Beaver in order to make this all happen. Without them, this would not have been possible. Thanks ladies!

Dress Code

As a reminder, Immaculate Heart of Mary Catholic School follows the TCDSB Navy and White Appropriate Dress Code. The dress code is any combination of white and navy blue garments. Tops should be an appropriate **colour** (white or navy) top (shirt/blouse/polo shirt/etc.). Bottoms should be white or navy dress pants, or appropriate length skirts, or shorts – no leggings. Spiritwear is approved for wear at school on a daily basis.

Our school Board asks that schools review Dress Code policies every 5 years. This is something that we will be discussing at our CSPC meetings this year. Feedback will be asked for from our larger community at various points throughout the year.

At Home Alone

On a grey Thursday evening in October, a number of students came to school with their parents in order to learn strategies for staying at home on their own safely. Jay from Toronto Public Health led this lively session which provided opportunities for parents and their children to create a plan for that time when children are ready to be left at home alone.

Jay is planning on coming back on **January 26** to offer the Kids Have Stress2 Workshop. Be sure to mark the date on your calendar.

Sign

On October 20, the final piece of the installation of our school sign happened! This significant project took 5 years to pull together and was made possible by the efforts of fundraising over the course of these years. Important dates will be posted for all to see... and not forget! We now are a presence along Birchmount Road!



Looking forward - November!

Volleyball

Students in grades 6-8 have been spending many recesses and lunch hours developing their volleyball skills with Mrs. So and Mrs. Murphy. In November, both boys and girls will get a chance to demonstrate their skills when they play other teams from other schools. On November 2, the boys will be traveling to and play the boys' team from St. Theresa Shrine after school. On November 4, the girls will be traveling to St. Joachim to play after school. On November 8, the boys will be traveling to St. Richards and the girls will be participating in the tournament at St. Elizabeth Seton on November 10. Go Knights Go!

CSPC Corner

On Tuesday, October 18, our CSPC met to discuss current events in our school in addition to approving this year's school budget. Thanks to all who were able to make it out. We are hoping to have the Minutes of our Meetings posted on our school website, so in case you are not able to make it, you still can keep in the loop. Stay tuned for that! Our next meeting is **November 15 at 7:00 p.m.** in the Library. You are more than welcome to join!

In November, the CSPC is sponsoring a **Poinsettia sale**. This sale replaces our Christmas Raffle that happened at this time the last two years. Information will be going home this week to provide more detailed information, but just to give you a heads up, poinsettias and other arrangements will be offered for sale from **November 7-25**. Order forms will be going home with your children and we encourage you to purchase these poinsettias and flower gift arrangements. Orders will be due **November 25** and your orders will be available at the school for pickup on **December 8**.

Also, mark **December 1 at 7:00 p.m.** on your calendar – if you want to make a Gingerbread house as a family that is! This event is intended to be a family night at the school. Admission will be with canned goods and you will order and make your house here at the school. Look for more information to come on this.

Mental Health Tips

Our Board has a Mental Health strategy and offers monthly hints and tips to promote Mental Wellness. Here is November's offering.

Happiness is definitely in the eye of the "beholder". For some of us small things can make us immensely happy. For other, we can at times, overlook the small triumphs of happiness and focus on the negative. If we think about people we know, we can often categorize them in to a "glass half full or glass half empty" dichotomy. There is much exciting evidence to suggest that happiness contributes to physical health. According to an article in the Proceeding of the National Academy of Science (2014) entitled "The How of Happiness", the happiest people had an average heart rate of about 6 fewer beats per minute. In addition a 2010 student cited in the same article indicated that over a ten year period, persons who rated themselves as happier on a 5 point scale demonstrated a drop in coronary heart disease.



5 Habits for Happiness

(The Science of Happiness, Time Magazine, 2016)

SLEEP MORE

People who have better sleep have a better chance at achieving emotional well-being, according to a 2014 analysis. The happiest people get an average of 8 hours a night; 42% of adults in the US get less than the recommended minimum of 7 hours

EXERCISE: Physical activity boosts the actions of endorphins, which may be natural mood enhancers.

GET OUTSIDE: Studies have found that sunshine boosts the synthesis of serotonin, a neurotransmitter that helps regulate mood and may combat depression.

EAT MORE FISH: In a review of studies that tracked the consumption of fish and emotions, subject who ate more fish demonstrated a lower risk of depression.

SMILE: A 2012 student found that people who smiled enjoyed a lower heart rate during stress recovery scenarios and a smaller drop in positive emotions during stressful tasks.



From the TCDSB

Monthly Update from the Board

November 2016

The Year of the Parish: The Celebration Continues

We look forward to continuing the celebration of the Year of the Parish throughout the school year. It is a wonderful opportunity for our schools and parishes to connect, or re-connect, and plan activities and ongoing initiatives together that will support the important partnership between Family, Church and School. Parents, school administrators, parents, teachers, pastors and parish representatives were invited to sit down for some preliminary discussions earlier this year. To see the many ideas that came forward from those Year of the Parish Conversations, visit our website

<https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/YearoftheParish/Pages/Ideas-Conversation-Starters.aspx>

More information about our pastoral plan here: <https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/YearoftheParish/Pages/default.aspx>

Prime Minister's Awards

Do you know a terrific teacher or early childhood educator? Consider nominating them for a 2016-17 Prime Minister's Award! This prestigious program honours innovative and outstanding elementary and secondary school teachers and early childhood educators who are helping prepare Canadian youth for the challenges of tomorrow.

Looking for inspiration? Check out some of our previous [teaching](#) and [early childhood education](#) award recipients.

2016-17 nomination packages are now available at www.pma.gc.ca.

Humanitarian Aid for Haiti

As you are aware, Hurricane Matthew battered Haiti on October 4, 2016 causing widespread damage, flooding, and landslides. The storm destroyed both crops and food reserves, many homes and schools, even entire villages. Our thoughts and prayers are with all who have been impacted by this recent natural disaster.

To learn more and find out how you can help, visit: <https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/Pages/Humanitarian%20Aid%20for%20Haiti.aspx>

November Events/Observances:

For more information or resources connected to any or all of these events/initiatives, visit the Board's website at www.tcdsb.org.

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

TORONTO CATHOLIC DISTRICT SCHOOL BOARD TRUSTEES 2016-2017	
Wards	
1. Joseph Martino	9. Jo-Ann Davis
2. Ann Andrachuk	10. Barbara Poplawski
3. Sal Piccininni	11. Angela Kennedy, Chair
4. Patrizia Bottori	12. Nancy Crawford
5. Maria Rizzo	Karina Dubrovskaya
6. Frank D'Amico, Vice-Chair	Rhea Carlisle
7. Michael Del Grande	Student Trustees
8. Garry Tanuan	