

October 2015

J A M E S C U L N A N C A T H O L I C S C H O O L

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Principal's Message

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J A M E S C U L N A N
C A T H O L I C
S C H O O L P A R E N T
C O U N C I L

N E X T M E E T I N G :
T U E S D A Y ,
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A L L A R E
W E L C O M E T O
A T T E N D !

Dear Parents/Guardians:

The month of September passed quickly and was full of the challenges that a new school year always brings. We welcome October feeling slightly more settled in our routines and eager to participate in the activities that the season of fall and the cooler weather make possible to enjoy.

It is fitting that the virtue for this month is Gratitude, especially as we head towards the celebration of Thanksgiving this weekend. Our quote for this month is "This is the day the Lord has made, let us rejoice and be glad." (Psalm 118:24)

"Thank you" is a simple phrase but it demonstrates our faith in God and fills our hearts with a readiness to cherish everything we have. God wants us to be aware of the good in our lives, even when we are faced with hardships that can seem overwhelming. Gratitude on a daily basis requires effort. This month at James Culnan we will try to express our gratitude during our morning prayers and through actively helping others.

In the coming weeks we have a number of activities and events planned, including Divisional, Regional, and City-wide Cross Country meets, School Mass at St. James Church, Picture Day, and our annual Halloween Danceathon organized by CSPC which will be held on Friday, October 30th. As such, please note that this month's Pizza Lunch will be held on Thursday, October 29th.

We wish you and your families a safe, happy and restful Thanksgiving weekend!

Regards,

Stephen Dempsey
Principal

Leonor Goncalves
Vice Principal

Thanksgiving Food Drive



As has been the tradition at James Culnan we wish to involve our children in making a contribution to the St. Francis Table, which provides meals to the needy. We are called to teach our children the gospel value of sharing with those who have less than we do. Any non-perishable food items you are able to contribute are most appreciated.



Dress Code

A reminder to all families that the TCDSB has a common dress code for students in elementary schools.

Students must wear of any combination of white and navy garments (i.e. plain white or navy blue top with a plain navy blue bottom; no denim or jeans). Students are expected to wear this attire while at school, on excursions, participating in competitions and tournaments and attending mass



PARENTS--CPIC NEEDS YOU!

CPIC Parent Representative & Parent Member: At Large Elections

At the Toronto Catholic District School Board (TCDSB) we value parent involvement at the local and at the board level. The Catholic Parent Involvement Committee (CPIC) is a parent-led and Ministry of Education funded, parent volunteer organization within the TCDSB mandated by Regulation 612/00 of Ontario's *Education Act*.

CPIC's purpose is to improve student academic achievement and well-being by supporting, encouraging and enhancing meaningful parent engagement system-wide at the TCDSB.

**CPIC will be holding its elections for 2 Parent Representatives on
Wednesday October 7, 2015**

**Bishop Marrocco/Thomas Merton
1515 Bloor Street West
7:00pm**

**CPIC will be holding its elections for 4 Parent Members: At Large on
Tuesday October 20, 2015**

**Catholic Education Centre
80 Sheppard Ave. East (Sheppard and Yonge)
7:00pm
Catholic Teachers' Centre (third floor)**

VISITING THE SCHOOL

We value the importance of making James Culnan a welcoming place for our parent community. This, of course, has to be balanced with the school's obligation to ensure a safe environment for all students. When visiting the school, **always report immediately to the office**. Never travel the halls or go to class-

Student Drop Off and Pick Up

We wish to thank Toronto Police Services, who were at James Culnan participating in our morning and afternoon safety education campaign last week.

A major concern noted by the police is:

Cars parking “left wheels to curb”

Crossing into the wrong lane to park is extremely dangerous and puts members of our community at risk.

If you want to park on the school-side of the road, approach from the South on Willard Ave.,

or from the North on Windermere Ave.



As well, be sure to park outside of the designated “Bus Loading Zones”

PARKING LOT

A reminder to all that the school parking lot is for staff only. Please do not use it for parking, as we do not have enough spots for staff. There is absolutely NO PARKING in the handicap space at the front of the school. The fine is substantial and we need to have the space clear for the appropriate users that need it over the course of the day.

ANAPHYLAXIS ALERT Allergen-Aware Environment



Please take special note that we have children in our school who have a very serious, **life-threatening allergy to tree nuts, peanuts, all nut/peanut products, all seafood products**, called Anaphylaxis. We are notifying all parents that students **should not bring any nuts, peanut butter or any food containing nuts or peanut products such as peanut oil, sesame seeds, etc., as well as any seafood products.**

We ask that you DO NOT bring any personal baking or other treats to the school to share with the class.
This is important to ensure the safety and welfare of these children. Please respect the need to refrain

A Prayer of Thanksgiving

O Gracious God, we give you thanks for your overflowing generosity to us. Thank you for the blessings of the food we eat and especially for this feast today. Thank you for our home and family and friends, especially for the presence of those gathered here. Thank you for our health, our work and our play. Please send help to those who are hungry, alone, sick and suffering war and violence. Open our hearts to your love. We ask your blessing through Christ your son. *Amen.*

SIMPLIFY YOUR MORNING ROUTINE

As we begin a new school year, we need to think about getting back on a morning schedule so our children can get to school on time and on a regular basis. Here are some suggestions to simplify your morning routine.



1. **PREPACK LUNCHES.** Save time by preparing lunches and snacks the night before.
2. **GET OUT THE DOOR FASTER.** Have your coffee maker prepared so all you have to do is press the start button in the morning.
3. **SPEEDY BREAKFAST SOLUTIONS.** Have a line-up of several routine breakfasts with a least one being portable. You may want to get into the habit of setting the breakfast table the night before.
4. **WHAT TO WEAR.** Prepare what everyone will be wearing the night before. Have your children help pick their clothing to lesson morning chaos.
5. **TAKE TURNS.** Coordinate bathroom schedules with the people you live with.
6. **BACKPACK PANIC.** Get children into the habit of emptying their backpacks as soon as they get home from school. Pack the backpacks at night and place them at the front door to speed up the morning rush.
7. **TIME YOURSELF.** Set a time for task completion such as time in the shower. Better still; take your shower the night before.
8. **TRANSPORTATION.** Ensure that transportation is arranged the night before school. This includes which bus route to take, what route to take if walking or who will be carpooling.
9. **KEEP THE PEACE.** Review your family's rules around morning routines and expectations.



10. **DAILY CHORES.** Instill a family rule that indicates that there will be no privileges (watching television, video games, telephone privileges) until their responsibilities (chores and homework) are complete.

HOMEWORK

The assignment of homework will vary according to grade level, student achievement and teacher expectations. All students are required to complete, at home, any work that they did not finish in class. We strongly encourage that parents motivate children to read on a nightly basis. Activities, such as reading, playing, outings, hobbies, games and family discussions provide children with the foundation and background necessary to facilitate learning in the classroom. Students should review the day's work to promote learning.

Homework is the responsibility of the students, and parents are asked to provide a supportive environment in which to work. Organizational and time management skills are learned in the elementary grades. Agendas are necessary to help students improve their organizational skills and to keep parents informed.

