



Mother Cabrini Catholic School

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480 Rathburn Road
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Pastor: Fr. Michael Machacek

TORONTO CATHOLIC DISTRICT SCHOOL BOARD TRUSTEES 2017-2018

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	Student Trustees	416-512-3413
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The greatest of these is love!



APRIL NEWSLETTER 2018

Dear Parents/ Guardians,

On Easter Sunday we celebrated the Resurrection of Jesus who suffered on the Cross, died for the forgiveness of our sins and resurrected from the dead on the Third Day bringing renewed life and hope to his people. April, with its celebration of Easter, has been assigned the virtue of JUSTICE. Justice is also an important part of Catholic Social teaching. The need to do Justice comes from the obligation to respect the dignity of every human person. Treating each other with dignity and respect has its roots in the fact that from the beginning we were all created equal in Image and Likeness of God! Failing to respect human dignity, including failing to do Justice, is a failure to respect the image of God in others. In acknowledgement of the Virtue of Justice it is fitting that the Bible quote for this month comes from Zechariah 7:9, " This is what the Lord Almighty said: Administer true Justice, show Mercy and Compassion to one another."

At Mother Cabrini, we will be celebrating the Virtue of Justice by making morning announcements about those in our community, locally and globally who are marginalized, stigmatized and are suffering in different ways. In addition, students and teachers will be integrating issues relating to the Virtue of Justice and Social Justice issues cross curricular.

During the week of April 23rd – April 29th, the TCDSB will celebrating National Volunteer Week in recognition of the invaluable part that volunteers play in the life of students' wellbeing in Catholic schools. Students and staff at Mother Cabrini are particularly grateful for the active role that our own Parents and Guardians play in volunteering their time in service to our school community. As a staff, we are thankful for your support and dedication. In acknowledgement of all that you do, we will be hosting our Annual Volunteer Appreciation reception on Tuesday April 24th at 11:15 a.m. More information will be send home closer to the date.

I take this opportunity to say thank you to Mrs. Delmas for her many hours spent working on the Big Box of cards fundraiser! Thanks to this CSPC initiative a total of \$1800. 00 was raised which has been donated to the school library towards the purchase of new books! We will be holding our April CSPC meeting tomorrow, Wednesday April 4th at 6:30 p.m. in the staff room. All Parents and Guardians are always invited to attend! Beth Baker the TPH and school Nurse will be in attendance to to discuss the At Home Alone (AHA) Parenting Workshop.

Thank you to Mrs. Aucoin-Goslin and her Grade 5/6 students for hosting our April Monthly Mass on Wednesday April 18th at 12:330 p.m. in the gym. All Parents and Guardians are welcome to join us in the celebration of Mass which will be led by our Parish Priest, Father Michael.

We extend congratulation to our Grade 8 students who will be receiving the Sacrament of Confirmation on Saturday April 28th at 5:00p.m. at Nativity of Our Lord Parish church! May God continue to Bless and guide them as they grow in his love.

Yours in Christ,

Sherryann Ambrose

Principal

A Prayer for Justice for the Poor and Helpless

Loving Lord, thank You for the wonderful example of Your life, which was lived in spirit and truth – a life that demonstrated love as well as justice – a life that cared for all humanity, especially those that are weak or hurting or marginalised - or those that are sinking into a pit of despair or poverty.

Be close to all who are feeling the bitter winds of depression and scarcity their lives and uphold them with the warming breath of Your love and grace. Keep us we pray from making wrong judgements about those that are suffering affliction or who have been overtaken by the challenges of poverty. Give us a wider perspective on life and a heart of compassion and kindness, especially on those that feel alone, unloved or uncared for.

May we become Your eyes and ears and may Your heart of love and grace flow through us to those that are in need. Look down in pity on all who are suffering loss, poverty or unjust discrimination at this time - and we pray that in Your best time Your justice will prevail in each of their lives. Thank You Lord – we ask this in the name of Jesus,

Amen



Happy Administrative Assistant Day to Mrs. Arandia!

TCDSB has declared Wednesday April 25th as Administrative Assistant Day. On behalf of the school community we extend heartfelt thanks to Mrs. Arandia for her service to the school community and wish her Happy Administrative Assistant Day!



Grade 7 and 8 Ottawa Trip

We wish all of our Intermediate students who will be participating in the Grade 7 and 8 Ottawa Trip a safe and enjoyable experience with their teachers Mrs. De Braga and Mrs. Madeira. We extend sincere thanks to the Angel Foundation for Learning for their most generous donation of

\$303.50 to subsidize our student's trip to Ottawa. I take this opportunity to thank parents and guardians in advance for support or Dress Down on Friday April 20th, the proceeds of which will be donated to the Angel Foundation for Learning! Thank you to our CSPC for the donation of \$480.00 that is also used towards subsidizing the Ottawa trip!

Easter Play

Special thanks to Mrs. De Braga and all of the students in the ME to WE Club for putting on an exceptional Easter Play, re-enacting the story of Jesus' crucifixion. Thank you for your passion and labour of love that you exert into both preparing students for the Easter Play and the school presentation! Everyone present were quite CAPTIVATED throughout the presentation by the excellence and reverence of students' performances! Congratulations on a job well done! Much appreciation to all teachers for the MARVELLOUS work that you did with your students on the death and resurrection of Jesus, building on their understanding of the meaning and significance of the Easter story!



Mental Health and Well Being Club

Members of the Mental Health and Well Being Club enjoying pizza and a photo op with the TPH and School Nurse Beth Baker and Mrs. De Braga on their ongoing work of both promoting mental well-being and erasing the stigma around mental health at Mother Cabrini!



Celebrating World Down Syndrome Day!

Thank you to Mrs. Da Silva and Mrs. Forte for your leadership role with recognizing World Syndrome Day at Mother Cabrini! Thank you to Mrs. Ferrante for your tremendous support in Celebration of this event by providing all students and staff with book marks and other artifacts to mark the celebration! For great information on the Down Syndrome, Parents are invited to view the video titled: HDSA DownSyndrome video 2016.



Big Box Classroom Winner

Congratulations to the students in Mrs. John's SK/Grade 1 class for selling the most boxes of cards! As a reward for their hard work, they were the BIG winners of the Pizza Party!



Celebrating Teacher Appreciation Day, Mrs. John, Mrs. Adamo and Mrs. Da Silva's classes.





TCDSB Monthly Update April 2018

OAPCE Toronto & TCDSB Parent Engagement Department Annual Parent Reaching Out (PRO) Grant Workshop

Apply for a Grant of \$1000 for Parent Engagement at your school!

Parent Councils, Administrators & all Parents are welcome

Guest speakers from the Ministry of Education, OAPCE and TCDSB. Interactive workshop to kick start the application process. Sharing of resources to run PRO Grant events.

Monday, April 30, 2018, 6:00 Light Refreshments and Networking; 7:00 Workshop

Location: Toronto Catholic District School Board (CEC)

80 Sheppard Avenue East, 2nd Floor Atrium

(CEC: Free Parking Available Underground/Yonge & Sheppard Subway Station)

Elementary International Languages After-Hours Program

Online Registration Starts May 12, 2018

<https://www.tcdsb.org/ProgramsServices/SchoolProgramsK12/InternationalLanguages/Pages/Saturday-School-Registration.aspx>

Award and Scholarship Opportunities for Students

Applications are now being accepted for:

- **Catherine Temple Mathematics Award**

Deadline: May 11, 2018

The Catherine Temple Mathematics Award of \$4,000 is presented annually to an eligible female student graduating from a TCDSB secondary school to encourage and support her in her pursuit of studies in mathematics or a mathematics-related field at a Canadian post-secondary institution. [Click here](#) for an application form and for more information on the award.

- **Fintan Kilbride Memorial Scholarship**

Deadline: May 11, 2018

\$500 award open to eligible graduate students of a Toronto Catholic District School Board secondary school who are accepted into a recognized post-secondary institution. [Click here for more information.](#)

Event Reminders:

Easter Sunday April 1

Easter Monday April 2

April is Volunteer Appreciation Month

Let's show our appreciation for the many parent volunteers and other family members, as well as members of the community and our parishes who help out in our schools on a regular basis, and to the many students and staff who volunteer their time to countless worthwhile charities throughout the year. Thank you for all that you do!

April 2nd is World Autism Awareness Day Special Event for Students, Families and Staff 8th Annual Autism Awareness Evening

Featuring Aspie Comedian Michael McCreary

Monday, April 9, 6:30 PM - 9:00PM

Catholic Education Centre, 80 Sheppard Avenue East, 2nd floor

Angel Brigade Week

April 16-23, 2018

In support of the Angel Foundation for Learning

<http://www.angelfoundationforlearning.org/>

Earth Day

April 22, 2018

<https://www.tcdsb.org/News/othernews/2018/Pages/earthday.aspx>

Administrative Assistants' (Secretary/Clerical Staff) Appreciation Day

Wednesday, April 25, 2018

Staff Arts Production: "Curtains"--The Musical Comedy Whodunit

2018 Performance Dates: April 13, 14, 19, 20, and 21

In the theatre at Cardinal Carter Academy of the Arts (36 Greenfield Avenue Willowdale)

Order tickets online and save \$2.00: <https://app.arts-people.com/index.php?ticketing=tcdsb>

For a manual ticket order form visit:

<https://www.tcdsb.org/affiliates/StaffArts/PastSeasons/20172018/Documents/Musical/TicketOrderFormCurtains2.pdf>

CPIC - OAPCE PARENT SUMMIT

Helping Parents Get to Know

Saturday, May 5th, 2018

At the Catholic Education Centre

Get to know...Parent Engagement, Special Education, Math, Internet Safety, Positive Parenting, 21st Century Learning

<https://www.tcdsb.org/FORPARENTS/ParentInvolvement/News-and-Events/Pages/cpic-parent-conference.aspx>

Opportunities for Students

Student Trustee Elections

April 24, 2018

<https://www.tcdsb.org/FORSTUDENTS/NewsAndEvents/2017-2018/Pages/electionofstudenttrustees.aspx>

Student Job Fair

May 2, 2018

Ontario Science Centre

770 Don Mills Road, North York

<https://www.tcdsb.org/FORSTUDENTS/OpportunitiesForStudents/Pages/Job-Fair.aspx>

Autism Awareness School Bus Contest

Classes have the opportunity to WIN a FREE school bus for a class trip of their choice, just by demonstrating how their class is using the resources available on the Autism Services Portal. The winning class will be selected by way of random draw that will be taking place at the Autism Awareness flag raising event at the Catholic Education Centre on **Monday, April 9th, 2018**. All entries must be received by **Friday, April 6th, 2018**. [Click here for more information.](#)

11th annual Kids' World of Energy Festival

Relay Education is recruiting volunteers for the 11th annual Kids' World of Energy Festival.

I want to volunteer!

From **April 28 – May 3, 2018**, 1,600 students (ages 9-13) will participate in our children's education festival that focuses on energy and the environment.

<https://www.tcdsb.org/FORSTUDENTS/OpportunitiesForStudents/Pages/Kids-World-of-Energy-Festival.aspx>

Kids: Help name up to 12 RCMP Foals!

The Royal Canadian Mounted Police (RCMP) has a contest just for kids! The RCMP needs names for up to 12 foals born this spring at the RCMP breeding farm in Pakenham, Ontario. Individual winners and one school class will be selected from across Canada.

Online entries must be received no later than **April 30, 2018**;

Mail-in entries must be postmarked no later than **April 26 2018**.

<https://www.tcdsb.org/FORSTUDENTS/OpportunitiesForStudents/Pages/Help-name-RCMP-Foals.aspx>

Alliance of Jamaican Alumni Associations Bursary, Essay Writing Competition & Luncheon

The bursary is open to all graduating Ontario High School students of Jamaican

<https://www.tcdsb.org/ProgramsServices/SpecialEducation/mhs/newsletters/March%20Mental%20Health%20newsletter%202018.pdf>

Mr. Steve Camacho Appointed Chief Information Officer

TCDSB is pleased to announce the appointment of Mr. Steve Camacho to the position of Chief Information Officer for the Toronto Catholic District School Board, effective March 19, 2018.

Mr. Camacho brings a wealth of knowledge to the Board's newly created Chief Information Officer portfolio that features over a decade of Information Technology and Infrastructure management experience. Most recently, he was the Director of Technology Services for the Institute of Technology and Advanced Learning at Humber College, overseeing multiple large-scale projects that included leading a province-wide technology sourcing initiative, the amalgamation of on-site support teams, and the installation of new IT networks and upgrades across the College.

Important Dates to Note:

- March is Celtic Canadian Heritage Month
- March 3—Lift Jesus Higher Rally
- March 5—Education Support Staff Appreciation Day
- March 8—International Women's Day
- March 12-16—March Break
- March 21—International Day for Elimination of Racial Discrimination
- March 21—World Down Syndrome Day
- March 22—World Water Day
- March 23—Earth Hour (schools)
- March 24—Earth Hour 8:30-9:30 PM
- March 30—Good Friday
- April 1—Easter Sunday
- April 2—Easter Monday
- April 2—World Autism Awareness Day

Coming Soon:

Angel Brigade Week Introduces New Event!

The Angel Foundation is busily preparing for **Angel Brigade Week from April 16-20**. This is a week set aside to educate, celebrate and instate the important work this foundation does. This year we are introducing a new event, [The Angel Foundation for Learning Bowl-A-Thon](#) on **April 21st**. The entire TCDSB community - students, staff, families and friends are invited to come out to celebrate and support our students. Lots of surprises to be announced but space is limited so get your teams together and [register!](#) More information can be found at: www.angelfoundationforlearning.org/bowlathon/.

Autism Awareness Evening

April 8, 2018 6:30-9:00 p.m. at the Catholic Education Centre

Featuring Aspie Comedian Michael McCreary

<https://www.tcdsb.org/ProgramsServices/SpecialEducation/Autism/autismawareness/Pages/2018-events.aspx>



April, 2018



TCDSB Mental Health Services provided by **Psychology, Social Work, and Guidance** personnel

It's Spring! Time for Some Fresh Air and Well-Being!

Many adults enjoy the serenity of spending time in nature as a way to escape the stress and craziness of everyday life. Not only can fresh air and natural scenery have a positive impact on adults, outdoor activities for children can also improve the overall quality of kids' lives.

Dr. Susanne Preston, a Clinical Mental Health instructor at South University, (Virginia) says being outside and spending time in nature is good for a person's mental health, as it allows them to de-stress.

Fresh air and sunlight exposure elevates mood and well-being. According to Dr. Preston, "Research has shown that spending time in nature has been associated with decreased levels of mental illness, with the strongest links to reduced symptoms of depression and anxiety, in addition to increased self esteem," .

Activities don't need to be elaborate, taking walks around the park or neighborhood, stretching, and meditation are healthy, relaxing ways to get some fresh air.

The July 2010 The Harvard Newsletter lists five good reasons to get outdoors and spend time in nature:

Your vitamin D levels rise. Sunlight hitting the skin begins a process that leads to the creation and activation of vitamin D. Studies suggest that this vitamin helps fight certain conditions, from osteoporosis and cancer to depression and heart attacks.

You'll get more exercise. if you make getting outside a goal, that should mean less time in front of the television and computer and more time walking and doing other things that put the body in motion.

You may be happier. Light tends to elevate people's mood, and there's usually more light available outside than in. Physical activity has been shown to help people relax and cheer up, so if being outside replaces inactive pursuits with active ones, it might also mean more smiles. Your concentration may improve. Children with ADHD seem to focus better after being outdoors. It might be a stretch to say that applies to adults, but if you have trouble concentrating, outdoor activity may help.

Fresh Air Benefits for Children and youth

Many sources claim that lack of time spent playing outside in the fresh air can be harmful to a child's wellbeing.

It damages physical and mental health, and some claim that it contributes to nature-deficit disorder, which is the term used to describe the human costs of alienation from nature.

Spending time in natural surroundings stimulates children's creativity.

There are many positive health benefits associated with outdoor activities for children.

Children who regularly experience nature play are healthier, happier, and achieve better in school. Studies indicate that direct exposure to nature can relieve the symptoms of attention-deficit disorders, improve resistance to stress and depression, increase self-esteem, stimulate cognitive development and creativity, as well as reduce myopia and lower child obesity.

Dr. Preston (Dr. Susanne Preston, a Clinical Mental Health instructor at South University,

(Virginia)) agrees that outdoor activities for children offer countless benefits for kids' overall wellbeing.

"Spending time in natural surroundings stimulates children's creativity," Preston says. "Spending time outdoors also encourages children to actively play, which is good for them, rather than spend time focused on electronic media, television, and video games."

Exploring nature is a great way for a family to spend time together and enjoy some healthy activities.

It is important to make outdoor time a priority.

Luckily as our days lengthen and the weather takes a positive turn, there may be more opportunities for us to get outdoors and enjoy.

April Message from Trustee Ann Andrachuk



416-512-3402 (*voicemail*)

Trustee Services 416-222-8282 Amanda Condello ext. 2660 Colin Johnston ext. 2659



ann.andrachuk@tcdsb.org

Happy Easter! As we celebrate Easter and greet the coming of spring, we also place a focus on the sacraments. Many of our students will receive their First Communion, First Reconciliation and Confirmation. Let us support our young people through example as they journey through their faith formation.

I would like to remind parents that the Board of Trustees has begun the budget setting process for the 2018-2019 school year. As always, I encourage parents and CSPCs to review the budget documents and let me know what their priorities are. For more information please visit, <https://www.tcdsb.org/Board/BudgetandFinance>.

After several long years of waiting, students and staff at the Holy Trinity Catholic School are settling into their new building. I would like to extend my congratulations and I look forward to the coming months as they bring life to the wonderful new facility. Details on the official ribbon cutting ceremony and blessing will be provided once a date has been set. Finally, I would like to congratulate the Holy Angels community on the recently announced funding for a new school building. The much needed funds will allow the TCDSB meet the growing needs of the community in the years to come. Further details will be announced as they become available.

Have a wonderful April!

Ann