



Mother Cabrini Catholic School

720 Renforth Drive
Toronto, ON M9C 2N9
416-393-5340
416-393-5074

Principal: Julie Di Vittorio

Superintendent: Doug Yack
416-222-8282 Ext. 2732

Trustee: Ann Andrachuk
416-222-8282 Ext. 3402

Parish: Nativity of Our Lord Church
480 Rathburn Road
Toronto, M9C 3S8
416-621-2732
Pastor: Fr. Michael Machacek

TORONTO CATHOLIC DISTRICT SCHOOL BOARD TRUSTEES 2015-2016

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Catch the spirit!



FEBRUARY NEWSLETTER 2016

Dear Parent(s)/Guardian(s),

The end of January marks the completion of first term. Report cards and parent/teacher conferences will help students to continue to set goals for the remainder of the school year. The virtue for the month of February is Love. At our New Year's mass on January 21, Father Michael reminded us how important our contributions as a community are to those in need, that even though we are a small community we make a big difference. It is through this continued lens of love that we find ways to continue to give. Our dress down day for February will be collected for The Angel Foundation, our own TCDSB Charity to support our local communities. Love in our school community was evident at our Multi Cultural night on January 29. Sharing delicious food from our cultural background was a fun evening of community building. Thanks to all the parent organizers, for all donations and to everyone that participated in this wonderful event!

For the month of February, we are looking forward to continued learning opportunities. Fitness is promoted through outdoor winter play, participation of our students in swim practices and skiing at Horseshoe Resort for grades four to eight students. On Tuesday, February 9 parent council will be providing pancakes for the school. As well, we are looking forward to our Scholastic Book Fair running the week of February 8-12. This is a great opportunity to purchase wonderful books, where the proceeds benefit the school (details in our newsletter).

First term reports go home February 9 and parent/teacher conferences are scheduled the evening of February 11 and the morning of February 12. We look forward to discussing your child's progress.

Please join us for our CSPC meeting on February 8. Ash Wednesday marks the beginning of our Lenten preparation for Easter. Father Michael will help us begin this journey on Ash Wednesday with the distribution of ashes. Check our monthly calendar for a list of school events.

Happy Family Day,

J. Di Vittorio
Principal

FEBRUARY IS PSYCHOLOGY MONTH

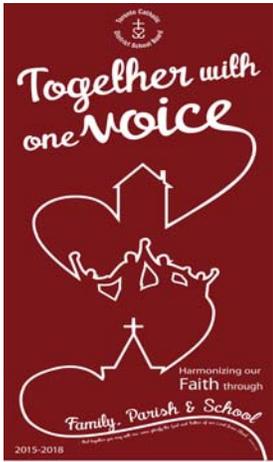
PSYCHOLOGY IS FOR EVERYONE!

The Psychology Department of TCDSB would like to invite every member of our community to explore and discover the many different ways psychology can help improve our everyday life and overall well-being, and balance the many roles and responsibilities we have. Psychology is for everyone

Link to many resources that parents will find useful

<https://www.tcdsb.org/programsservices/specialeducation/psychology/psychologymonth/Pages/Psychology-Month.aspx>

Prayer of Love



Would you know God's meaning
in this thing?
Learn it well:
Love is God's meaning.
Who showed this to you?
Love.
What did God show you?
Love.
Why did God show it to you?
For love...
And I saw surely that before God
made us
God loved us,
And this love has never
slackened and never will.

And in this love,
God has done everything.
And in this love God has made all things profitable for us.
And in this love
Our life is everlasting.
-Julian of Norwich (in Praying with the Mystics by Mary
Malone)

Mother Cabrini Website

Mothercabrini.tcdsb.org

Twitter

@Mother-Cabrini or at the bottom of the Mother Cabrini
Website-twitter bird



Full Day Kindergarten Updates

Registration for Junior Kindergarten is going well. Please
continue to spread the word that students born in 2012 can
register for Junior Kindergarten. Interested families should
contact the school to register.

Registration documents:

- Child's Birth Certificate or Passport/Immigration documents if child was not born in Canada
- Child's Catholic baptismal certificate (or proof of Catholicity of parent)
- Proof of residency in Toronto (some examples: a lease agreement, utility bill)
- Immunization Record



Information is available by telephone at 416-222-8282 ext.
5314, or by visiting
<https://www.tcdsb.org/ProgramsServices/EarlyYears/KindergartenRegistration/Pages/default.aspx>

New PA Day Added to Calendar

The Board has approved Friday, April 15, 2016 as a system-wide Professional Activity Day.

From the Desk of Ms. Ryan

It's that time again...The **Scholastic Book Fair** is coming to Mother Cabrini! During the week of February 8-12th, Ms. Ryan will be setting up, offering a preview and hosting the Book Fair. Many outstanding books and school supplies will be available for sale during *Wednesday February 10th and Thursday February 11th* for students as well as during the *Teacher/Parent Interviews*.

Students will bring home a letter outlining the times and events.

The Scholastic Book Fair is a fundraiser for the library that is in need of new books for all grades.

Thank you for supporting this event and for promoting literacy in your child's life!

See you at the fair!
Ms Ryan
Library Technician



Student Corner

Winter Science Investigation In The Kindergarten Room!

Do you know how to make snow? We do! On Tuesday, January 19th, Mrs. DiVittorio showed us how to create artificial snow! We needed the following materials: Magic Baking Powder, water at room temperature, bowls and a spoon. To create our snow, we put the baking powder in a bowl and added water. We learned that we need just the right amount of water and baking powder for our artificial snow to come alive. We made 3 batches – one was too watery, another was almost there and our third one was just right! The artificial snow we made looked like real snow, it was fluffy and soft like real snow but it was not cold or crunchy like real snow. When we were done, we used our snow to create textured snow people. We had a lot of fun and hope to do more winter science experiments soon!
Shared Writing By The Junior and Senior Kindergartens

Fun Friends

Ms. Viola has been coming into our class during Fun Friends to talk with us. We talk about daring to be brave, our feelings, being the boss of our thoughts and feelings, and red and green thoughts. Green thoughts are helpful, because they help us feel brave. We can choose to make our green thoughts go, and our red thoughts stop. We can also change our red thoughts into green thoughts. Ms. Viola also brought another special visitor to our class, Kelly the Koala Bear. Kelly, the Koala Bear, came to our class to role-play, sing songs, read stories, and play games with us. We learn a lot and have fun when Ms. Viola comes to our class.

-From the SK/Grade 1 class

Daily Physical Activity (D.P.A)

In our class we do D.P.A. That stands for daily physical activity. Each week 2 new students get to be the leaders.

The leaders show us exercises and we follow them. Some of the exercises are side shuffle, marching on the spot, skating on the spot and elbow to opposite knee. The music we listen to is great and it changes. We really like D.P.A.!

Mrs. Adamo's Class

Fun Art

Our class would like to share a fun art activity we worked on last week. We first looked at pictures of cityscapes and then talked about depth. We noticed that tall structures were in the background and shorter structures were in the foreground. We also reviewed warm and cool colours. Using all these ideas we created our own colourful cityscapes. They include structures like the Rogers Center, the CN Tower and Ripley's Aquarium among others. We really enjoyed this art assignment. They look great!

Mrs. Da Silva (Grade 2/3)

Mother Cabrini Swim Team

Each year at Mother Cabrini we have a swim team. The swim team is for grades 3-8. If you need help swimming there are coaches to help you train. When you try your best to swim and you improve at it feels great! At the end of the class we get 5 mins of play. We hope that our swim team will win!

-Nicole, Ivana and Aaliyah

Grade 6 Scientist in the School

On January 13, 2016 the Gr. 6 class had Scientist in the School with Scientist Sandy about Electricity. We learned how to make simple, series and parallel circuits. My favorite circuit was the parallel circuit because the battery provided enough energy to power the second light without dimming it. We also used switches to turn the lights off and on. Scientist Sandy taught us about conductors and insulators. She gave us different materials to see which were conductors and which were insulators. Some examples of conductors are tin, a spoon, a penny and a bell. Some examples of insulators are fabric, a rubber band, wood stick and a paper clip. Also Scientist Sandy told us how to use motors and generators. The gr.6 class learned a lot and hope that there teacher Mrs.Goslin invites Scientist Sandy again.

By: David Chrzanowski

Mrs. De Braga's Grade 6/7 Learning Highlights

In the month of January, Mrs. De Braga's class learned a lot of new, fun and exciting things. One of my favourites was learning about geography. This was my first year learning geography, so I was very excited. We learned about different landforms like mountains, plateaus, valleys, plains and shields. Did you know we live on the Canadian Shield, the largest shield in the world? We also learned about erosion, plates shifting and volcanic eruption. That was a fun unit! On top of that, our class is participating in the first ever TCF (Toronto Catholic Family Film Festival). In partners, we are working on making a film reflecting the theme of family.

Some of the best will be submitted by February 19th and hope to win! Overall, the month of January was a great month in Mrs. De Braga's class.

-Richard K., grade 7

As 2015 blurs into a haze of faint and powerful memories, we contemplate our hopes for the New Year. When we returned to our small, happy and welcoming school after a joyous two weeks of worship and celebration, we all were asked to ponder and record our goals for 2016. Many of us were determined to achieve impeccable or impressive marks in school. Many of us chose to prosper as individuals this year. A great deal of us affirmed that we would take great measures to achieve personal growth. These students vowed to volunteer in the community, or clean and restore a local park. Others made smaller, more sincere commitments such as smiling at others, or shoveling a neighbour's snow. Either way, we all vowed, and we chose a purpose for ourselves for 2016. The New Year will also become an opportunity to become more faithful, and embrace our religion. We have learned about the Apostles' Creed, and how we can make our own creeds to express our beliefs. 2016 is sure to be a year of goal setting and personal growth.

Sophia D., grade 7

In the month of January, we learned about the Apostles' Creed. We have a package that we have been working on. Mrs. De Braga taught us about beliefs and what the word means. In the booklet, we had to write our own beliefs. Some of our beliefs were angels, Jesus Christ, life after death, family and friends. We also learned that the Apostles' Creed is a statement written in the early Christian Church which declares that Christians believe in God. The Apostles' Creed has three articles. The first article states our belief in God the Father, the second article states our belief in God the Son, and the third article states our beliefs in God the Holy Spirit. Together they create the sign of the cross or the Holy Trinity. I really enjoyed learning about the Apostles' Creed and our faith this month. I think it is a great way to start up the New Year in our Catholic community.

Paige C., grade 6

January has been a great month so far. Many exciting things and events have happened. One of my favourites was when the grade 6 and 7 students got to use the application GSP on the computer for math to create a polygon and experiment with rotations, reflections, and translations. It was really fun. Probably another thing that happened in January was when the grade 6 students got to do a report and PowerPoint about First Nations People's education and lifestyle on reserves. I hope we can do more assignments like that in the near future. Lastly, we also talked about what represents Canadian identity and how there are different symbols all over the country, in every province and territory. Therefore, I think that January was a very fun and interesting month for everyone in Mrs. De Braga's class and I hope there are going to be many more fun filled months to come.

-Breanna S., grade 6

Science Structure

This new year, Mr. O'Neill's grade 7/8 class has done a handful of exciting things, but one of the things that stood out was the grade 7 Science Structure competition. The intense rivalry between the two competing partnerships led to an excellent application of scientific concepts. Aside from reinforcing an understanding of structural design, we had fun collaborating to build our newspaper bookcases.

-Mr. O'Neill's class

Learning in French

In French, this month, our class learned about courage, specifically about courageous words of wisdom. We were given inspiring quotes of courage from inspiring people, and asked to translate the wise words from French to English. This helped us to analyze these amazing words and learn to recite them in a beautiful language. After translating these beautiful quotes to English, and learning of their meaning, we preceded in turning them into something especially beautiful. Students in our class wrote the quotes down on purple "flower petals". A group of students then assembled the petals and decorated the office's front bulletin board with floral designs. The end result was positively stunning. As visitors walk through our schools front doors, they are welcomed with warm words of courage, inviting them into the heart of our small, loving school community.

-Prepared by: Sophia Duronio, Kayla Barbosa, and Melanie Zamrij

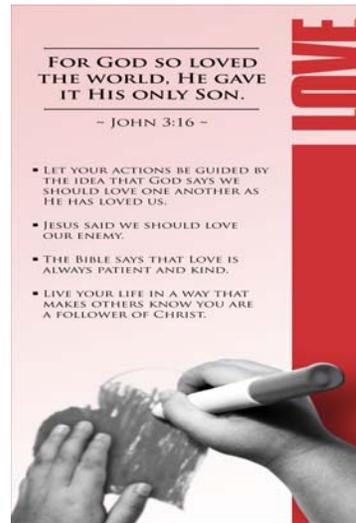
From the Desk of Mrs. Moretto

This term, Mrs. Goslin's Grade 5/6 class have been learning about substance use and abuse in Health. The students can identify many of the short and long term effects of alcohol use and the personal and social factors that can affect an individual's decision to drink alcohol.

Soccer tournament

On January 26th the junior boys represented Mother Cabrini at St. Gregory for their tournament, and on the 27th the junior girls had their tournament at St. Greg's. We played fair games with lots of energy, and had an amazing time! When we were on the bench we chugged our water and cheered for our team mates while hoping for a goal. We want to thank all the parent volunteers for driving us to and from St. Gregory. We also would like to thank Mrs. Da Silva for her time and dedication to the soccer team. We had a great experience!!!!

-By: Avery, David and Lauren



Tips to stay healthy in cold weather

Dress in layers and cover exposed skin

Make sure your outer layer is waterproof and windproof

Wear a hat

Choose warm mittens instead of gloves

Wear warm, waterproof boots

Frostbite can happen in less than a minute so cover as much exposed skin as possible

Stay Dry

If you get wet, change into dry clothing as soon as possible

Seek Shelter

Depending on the wind chill, exposed skin can freeze in minutes

Consider rescheduling outdoor activities or limiting time outdoors, especially if it is windy

Check the weather report before you go outside

Know the heated buildings in your neighbourhood i.e. library, malls, etc.

Avoid drinking alcohol

Alcohol increases blood flow, making you feel warm even though you are losing body heat

Stay active and safe

Watch out for hazards

Winter boots should be comfortable with a wide and low heel

Keep your home walkways free of ice and snow

Wear bright-coloured clothing in snowy weather



TCDSB Monthly Update February 2016

New PA Day Added to Calendar

The Board has approved Friday, April 15, 2016 as a system-wide Professional Activity Day.
<https://www.tcdsb.org/school/SchoolYearCalendar/Pages/Default.aspx>

Director's Annual Report

Check out all the highlights from 2014-2015 <https://indd.adobe.com/view/b932c3a2-fa2f-4472-bb8b-5a46fbaf8c80>

Multi-Year Strategic Plan

Welcome to your opportunity to provide direct input as the Board refines its strategic directions to produce a revised Multi-Year Strategic Plan (MYSP) that will guide the organization for the next several years. All TCDSB stakeholders are invited to complete the [online survey](#) and submit their personal comments regarding the [DRAFT MYSP](#) by **no later than February 1st**. Get all the information here: <https://www.tcdsb.org/board/mysp/pages/2016-mysp-consultation.aspx>

Multi-Year Deficit Recovery Plan

- Virtual Town Hall scheduled for February 9th
Get all the details on our website www.tcdsb.org

Ready to Pick Your High School Courses?

Check out the 2016-2017 Course Calendar online
https://www.tcdsb.org/ProgramsServices/SchoolProgramsK12/GuidanceCoopEd/Documents/33253_TCDSB_Course_Calendar_2016.pdf

Overseas Credit Courses

- Music and History 2016 Credit Course Scandinavia-Poland
- **Study in Ireland**
- **Tanzania 2016 Study and Leadership Program**
- **Credit Program in Italy and Greece: July 2016**
- **Credit Program in Ireland: July 2016**
- **Credit Program in Sulmona, Abruzzo September 2016**
- **Credit Program in Italy 2016**
- **Trip to China - Beijing, Xi'An and Shanghai 2016**
- **Spain, France & Italy - March Break 2016**

<https://www.tcdsb.org/ProgramsServices/ContinuingEducation/SecondaryCreditCourses/overseas/Pages/default.aspx>

Resources for Lent

Lent begin February 10th

Information and resources online at <https://www.tcdsb.org/board/nurturingourcatholiccommunity/pages/lent-and-easter-resources.aspx>

Night School Registration

Continues until February 26

<https://www.tcdsb.org/ProgramsServices/ContinuingEducation/SecondaryCreditCourses/NightSchool/nsregistration/Pages/default.aspx>

Newcomer Adults Seeking English or French Classes

Try out the new app to find free English and French courses for adult newcomers:

<https://www.tcdsb.org/forcommunity/adulteducation/es/pages/default.aspx>

Upcoming Events:

- **February is African Canadian Heritage Month**
<https://www.tcdsb.org/FORCOMMUNITY/HeritageCelebration/AfricanCanadianHeritage/Pages/default.aspx>
- **February is Psychology Month**
<https://www.tcdsb.org/programsservices/specialeducation/psychology/psychologymonth/Pages/Psychology-Month.aspx>
- **February 3 is Winter Walk Day** <http://www.saferoutestoschool.ca/winter-walk-day>
- **February 12, 2016—PA Day**
- **February 15, 2016—Family Day**
- **Feb 20 - World Day of Social Justice** <https://www.un.org/en/events/socialjusticeday/>
- **February 24-29, 2016—Northern Spirit Games** www.tcdsb.org
- **OAPCE Conference May 6 & 7—Mark your calendars and stay tuned for more details.**
<http://www.oapcetoronto.ca/>

Lifeguarding jobs with Toronto Police Service

Application deadline March 18, 2016

https://webapp1.torontopolice.on.ca/psp/careers/EMPLOYEE/HRMS/c/HRS_HRAM.HRS_CE.GBL?&SiteId=2000

Investing in Our Diversity Scholarship Program

Involved in your community? Planning to attend school in the fall of 2016? Under 25?

You may qualify for a scholarship of up to \$4,000. Deadline March 23, 2-16 at 5 pm.

Information and application forms: www.scaddingcourt.org

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