



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

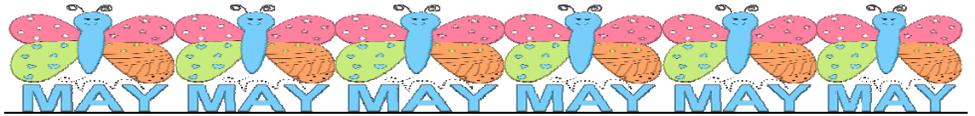
Parish: Nativity of Our Lord Church
480 Rathburn Road
Toronto, M9C 3S8
416-621-2732
Pastor: Fr. Michael Machacek

TORONTO CATHOLIC DISTRICT SCHOOL BOARD TRUSTEES 2015-2016

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Catch the spirit!



MAY NEWSLETTER 2016

Dear Parent(s)/Guardian(s),

All across Ontario Catholic Education week will be celebrated from May 1-6. The theme this year is "Opening Doors of Mercy", inspired by Pope Francis across the world. In our daily lives we try to follow Jesus' example of divine mercy. Our Lenten project this year demonstrated Mercy in our outreach to Syrian newcomers helping them with needed household goods and clothes as they settle into their new homes. On April 22 we delivered 40 boxes through Costi at their Scarborough location. Organizers of the drive were very grateful for our contributions. As well, our dress down day on April 29 collected \$176.20 that will be donated for Syrian relief through the Archdiocese of Toronto. Thanks are extended to everyone for your contributions and donations!

We are looking forward to our intermediate trip to Montreal and Ottawa from May 3-6. We thank Mrs. De Braga and Mr. O'Neill for providing this wonderful opportunity for our students. We welcome everyone to visit for our education week open house on May 5 from 12:30-1:30pm. The focus this year will be Math, Technology and Literacy. We have been training daily for the Track and Field Season. Our divisional meet will take place on May 11 at Centennial Park.

Upcoming events for the month of May include;

- CSPC Meeting-May 9
- Welcome to Kindergarten Evening-May 11
- Heart and Stroke Event-May 17
- Career Day-May 24
- The Living Rosary/School Beautification Day-May 18

The virtue for the month of May is compassion. We honour our Mother Mary, our role model for compassion, on May 18 with our Living Rosary. We pray for our grade two students that are receiving the sacrament of First Holy Communion on April 30 and May 7. As well, we pray for God's blessings as our grade seven students receive the sacrament of Confirmation on May 19. On May 8, blessings are extended to all our mothers on Mother's Day!

During the month of May the administration of CAT/4 testing for grades 2,5 and 7 as well as the Ministry's EQAO testing for grade 3 and 6 will occur. The appropriate letters will be sent home with the information pertaining to these assessments.

As always, we look forward to seeing all parents and caregivers at the scheduled school events. Mark June 2 on your calendar for our upcoming Fun Fair!

Yours in Catholic Education,

J. Di Vittorio
Principal

Prayer for the Month of May



Mary, the First Disciple

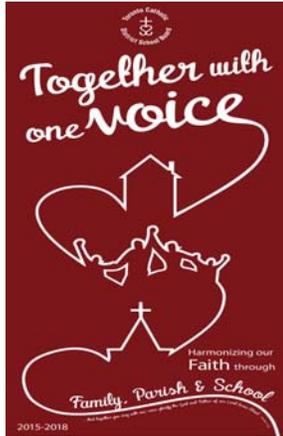
God of all people,
Thank you for the splendid
example of Mary, the mother of
Jesus who loved you and served
you so well.

I know, Lord, that you have also
chosen me for a unique purpose.

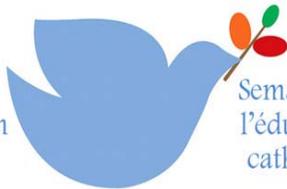
Like Mary, create within me an
openness to all the possibilities
you, O God, have in store for me.

God of Mary, God of all disciples,
help me to seek out the
moments where I will confidently
and firmly say “yes” to serve you
and all those you love.

I pray this in the name of Mary’s
beloved Son, Jesus.
Amen.



Catholic
Education
Week



Semaine de
l'éducation
catholique

Catholic Education Week 2016

“Catholic Education: Opening Doors of Mercy”

“L'éducation catholique: ouvrir des portes de miséricorde”

MAY 1 – MAY 6, 2016

Each year the Catholic community of Ontario engages in a week-long celebration of the unique identity and distinctive contributions of Catholic education during Catholic Education Week.

This year’s celebration entitled, *“Catholic Education: Opening Doors of Mercy”* is scheduled for the week of May 1 – May 6, 2016. The scriptural passage that guides our theme is, *“Blessed are the merciful, for they will receive mercy.”*

~Matthew 5:7

The Advance Kit has five prayer and reflection activities for the five months preceding Catholic Education Week, each activity reflecting one of the five sub-themes of Catholic Education Week:

1. Advent: “Mercy that Welcomes”
2. January: “Mercy that Loves”
3. February: “Mercy that Forgives”
4. March: “Mercy that Lives the Gospel”
5. April: “Mercy that Rejoices”

Every year, the Ontario Catholic School trustees’ Association (OCSTA) provides our Catholic schools with a resource kit to help schools prepare for Catholic Education Week. Using these resources as well as our own developed activities we have prepared a series of activities which will highlight how our school is Exploring “Opening Doors of Mercy”

Catholic Education Week Events

May 3-6-Intermediate Students trip to Montreal and Ottawa

May 5-Education Week Open House-12:30-1:30pm-Pop in

and visit, the theme will be Math, Literacy and Technology

May 7-First Communion Group B

May 8-Mother’s Day

Student Mental Health and Well Being

In Ontario Children’s **Mental Health Awareness Week** is the first week of May. The aim of this week is to increase awareness about the signs children and youth may display when they have a mental health problem, decrease stigma associated with mental illness, and help people realize that help is available and treatment works. Given that one in five children and youth has a mental health problem it’s vital that we support children’s mental health.

See included newsletter from the school board which is very informative for enhancing our children’s well-being.



Before and After School Programs – School Age Gr 1-6

PLASP Child Care Services operates Before and After School Programs at this school.

The **Before School Program** operates from 7:30 a.m. until school start. A nutritious breakfast is served daily.

The **After School Program** runs from the end of the school day until 6:00 p.m. Children participate in recreational activities, are served a nutritious snack daily and have time for homework.

NEW-Starting in September we will run an after school Kindergarten age.

Program for 4 and 5 year old students for the full day kindergarten program

Fee assistance is available for those who qualify.

Visit www.plasp.com and register your child online today.

School Beautification/The Living Rosary

On May 18th, the whole school will gather together to pray the living rosary. Our school praying together is to honour our Mother Mary for the month of May. As well on this day we will have a beautification of the flower bed at the front of the school. If you choose to, we are asking for families to send one perennial plant per family. Perennials are preferable since they will continue to grow each year. Thanks in advance for your contributions to beautifying our school.

WTK-Welcome to Kindergarten-Parent Evening

On May 11th, there will be an orientation evening for Junior Kindergarten students of 2016/17 and their parents. The orientation evening is scheduled from 6:30-7:30 in the school gymnasium. The evening will consist of students and parents participating in fun/learning activities which will help develop readiness skills to begin school. The learning Partnership has developed the Welcome to Kindergarten bag that students will be introduced to and then take home with them. We look forward to seeing everyone there.

Student Corner

Friends of the Earth

Scientist in the School Adventure

On Wednesday, April 20th, the Junior Kindergarten and Senior Kindergarten students had a visit from Scientist Laurie. She shared many interesting facts with us. We discovered that we need to take care of Mother Earth so that Mother Earth will take care of us. Scientist Laurie also had many fun and exciting activities for us to do. We sorted garbage into the proper recycling bins. We also planted a sunflower seed. We needed soil, a sunflower seed and worm poo! Another very exciting thing we did was that we looked at worms with a magnifying glass. We discovered that worms love a wet habitat! Finally, we made a bird feeder with Cherrios, dried fruit and seeds. Thank you Scientist Laurie for an awesome time!

By: Mrs. Swastek's Kindergarten Students

Scientist in the School

On April 25, the Scientist in the School came to the school to talk to the Grade one's about Energy Makes It Happen. We learned about different types of energy we use every day, and how energy is needed to make things happen. We made pinwheels, and learned that some energy sources are renewable. By doing many science experiments, we learned about energy conservation, solar energy, heat energy, and light energy. We had fun and learned a lot about Energy Makes It Happen.

-From the S.K./Grade 1 class

First Reconciliation

The grade 2's made their First Reconciliation. We made it at Nativity of Our Lord Parish. Reconciliation means asking for forgiveness from God for your sins. We told our sins to Father Michael. After that we said some prayers and we felt better. Our parents were there to support us. Now we are ready to make our First Communion!



RECONCILIATION

Mother's Day-Acrostic Poem

Made with love and care
Oh! How great you are
Terrific in every way
Heart of purest gold
Everyday with you is special
Radiant as the sun

Mom, we would like to thank you for the wonderful things you do. You always make us happy and put a smile on our face. You are truly the most lovable person in the world. We love you and wish you a happy Mother's Day!

-Mrs. Da Silva's grade 2/3

Heart & Stroke

On April 18, 2016 our school had another wonderful Heart and Stroke kickoff assembly. We watched a very entertaining video of kids doing cool skipping tricks. After that we learned about the story of Owen. Now every year we have a goal we want to raise and this year our goal is \$2700. I know we can do it!

-Patricia Neita

Easter Mass

This is the day the Lord has made, let us rejoice and be glad! On April 8th, our Mother Cabrini family, along with Father Michael gathered to celebrate the most important event in our Christian faith, the Resurrection of our Lord, Jesus. As children of God, Father Michael reminded us that we are invited to be more like Jesus by living a life of faith, hope and service to others.

Grade 5/6

Toronto Catholic Film Festival (TCFF)

Dundas Square, Cineplex Theatre

The Toronto Catholic Family Film Festival (TCFF) was an amazing experience. Mrs. De Braga's grade seven class entered meaningful short films about family. We all made great movies but Richard's, Melanie's, and Yurij's film came in the Top 10 movies in the whole board amongst many submissions from both elementary and secondary schools. Thanks to their film, the grade seven students travelled to the festival, by city transportation. On April 21st, we arrived early at the school to ride the bus, and from there on, the subway. We were the first ones to come to Dundas Square to watch the Top 10 films on the big screen. All the films were terrific, and even though we did not make the Top 3, we had the greatest applause. Overall, the TCFF was a blast for all of us. Thomas A., and Theresa K.



Me 2 We Update

The Me 2 We Team would like to thank all the students and their families who helped to make this year's Lenten Project a success. With your support, the team was able to collect 40 boxes of gently used household items, clothing and shoes for Syrian Newcomers. All the items were delivered on Friday, April 22 to a warehouse that services COSTI. Newcomers were expected to come by over the weekend to select items that would help them begin their new life in Canada.

Dress Down Update: Thank you to all the students who dress down every month to support our local and global community. Below is a break down of the contributions made in the first three months of the year 2016.

January: (Wells in Africa) \$155.40

February: (Angel Foundation) \$154.00

March: (Share Life) \$163.00

April: (Syrian Newcomers) \$176.20

Grade 7/8 Class-Substance Use and Abuse Media Project

Mr. O'Neill's students worked hard throughout April to make use of technology in preparing a media presentation on issues surrounding a particular substance. Through the use of Google slides, students made persuasive arguments against the use of particular drugs by reinforcing the negative consequences of drug use. A great deal of information was disseminated through the presentations and students are now more aware of the issues that will guide their health decisions in the future.

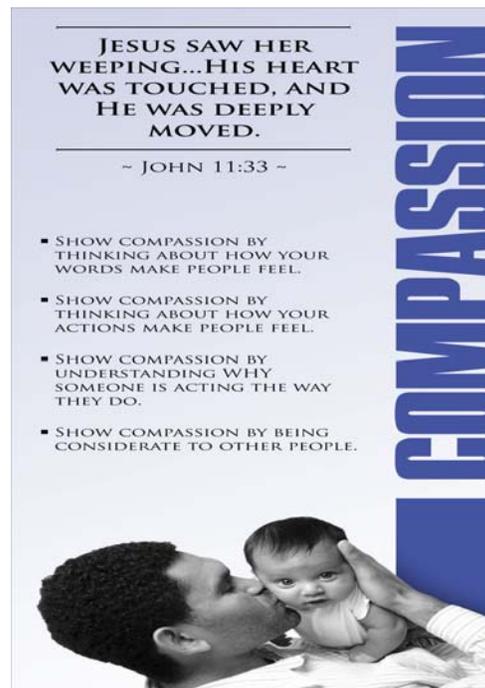
Health Project – Rainbow Healthy Eating

The influence of healthy eating at Mother Cabrini approached slowly, seen in careful observations of peer's lunches by 6th grades students. As this subtlety passed on by over the duration of a few weeks, an influence of healthy eating became potent. Slowly, many began to make changes to their lunches and their health. A variety of new foods were seen in our lunchroom, those that were clean, colorful, and nutritional. These changes were acknowledged by peers, who recorded their servings to be documented and noted. We were able to learn of the benefits of healthy eating, what we should not ingest, and products that claim to supply nutrients that they do not in order to have a certain appeal of convenience to consumers. On April 13th, we were given an opportunity to educate ourselves on the importance of eating healthy and sustaining a balanced diet. As the gym was filled with colorful, rainbow-esque décor and an abundance of fruits and vegetables, we were made aware that filling our plates with colorful fruits and vegetables, is of the most importance. We learned of how each color of the fruit and vegetable spectrum brings a new benefit to our health, and that we can reap the benefits of all colors by allowing ourselves to have a "rainbow plate". The activities we engaged in were both interactive and entertaining. On April 13th, we all walked away from such an experience with new found knowledge, and hopefully, intentions.

Written by: Sophia Duronio

On April 13th, our health teacher and Rainbow plates put a wonderful presentation together. Rainbow plates' purpose is to educate kids about healthy eating. A fun thing they did was they asked kids to come up and choose fruits and vegetables that are the colors of the rainbow; such as pineapple for yellow, carrots for orange and apple for red. They even had a fun rhyme which goes like this "rainbow plate, rainbow plate, show me the colors that you ate." We liked the presentation, and we hope they come again!

-Maegan and Madison Pires (grade 3)



Jubilee of Mercy Prayer

By: Pope Francis

Lord Jesus Christ,

You have taught us to be merciful like the heavenly Father, and have told us that whoever sees you sees Him. Show us your face and we will be saved.

Your loving gaze freed Zacchaeus and Matthew from being enslaved by money;

The adulteress and Magdalene from seeking happiness only in created things;

Made Peter weep after his betrayal, and assured Paradise to the repentant thief. Let us hear, as if addressed to each one of us, the words that you spoke to the Samaritan woman: "If you knew the gift of God!"



Catholic School Parent Council (CSPC)

COMMUNITY UPDATE



Our next CSPC meeting will be held on Monday May 9th at 7:00 pm. As always all are welcome to attend. Keep in mind that we do not have babysitting available at this time. Just a reminder that our next subway lunch will be on Tuesday May 10th and Pizza lunch on Thursday May 26th. As always we welcome all volunteers. If you would like to volunteer please contact Cori Stadler at mayvillec@hotmail.com

Thank you to all those who participated in our Big Box Fundraiser.

With all your efforts we are going to reach our technology goal. Where our portable computer lab will be able to sustain an individual device, per student for even the largest class. Well done Cabrini Community. As our annual Fun Day is fast approaching on Thursday June 2nd anyone who wishes to help out, please contact Cori Stadler. Any help is greatly appreciated.

To all those who have participated in our fall QSP fundraiser. Those who purchased magazine subscriptions, by the end of summer you should start receiving renewal subscriptions. QSP will match all subscription renewals so if you hold off or you can go online to www.QSP.ca click shop now and search our school name and we will be rewarded for your purchase.

As always if you have any questions or would like to volunteer help is always welcomed. Please feel free to contact Nicole Arsenault at nbeckett@sympatico.ca or Cori Stadler at mayvillec@hotmail.com.

Thank you in advance CSPC





TCDSB Monthly Update

May 2016

Summer School Registration Begins April 29, 2016

<https://www.tcdsb.org/ProgramsServices/ContinuingEducation/SecondaryCreditCourses/SummerSchool/Pages/Default.aspx>

Fourth Annual Catholic School Parent Council (CSPC) and Administrator Appreciation and Recognition Liturgy

Wednesday, May 18, 2016 5:30 p.m. to 6:45 p.m.

Includes Light Dinner, Mass and Celebration to recognize the contribution of parents and school administrators to Catholic education. Catholic Education Centre, 80 Sheppard Avenue East

Catholic Education Week

May 1-6, 2016 "Opening Doors of Mercy"

<https://www.tcdsb.org/board/nurturingourcatholiccommunity/catholiceducationweek/pages/default.aspx>

Woodbine Centre Festival of the Arts May 2-6, 2016

<https://www.tcdsb.org/pages/woodbine-centre-festival-of-the-arts.aspx>

Student Mass and Peace Walk for Catholic Education Week May 3rd 10 a.m.

Live webcast at <https://www.tcdsb.org/LiveAtTCDSB/Pages/Default.aspx>

Children's Mental Health Awareness Week May 2-6, 2016

<https://www.tcdsb.org/programsservices/specialeducation/mhs/news/mhw/pages/childrens-mental-health-awareness-week.aspx>

World Catholic Education Day May 5, 2016

<https://www.tcdsb.org/pages/world-catholic-education-day.aspx>

Last Chance to Register: OAPCE Conference, AGM & Gala Dinner

May 6-7, 2016

CSPC members can attend the conference portion of the event at no charge, thanks to CPIC who is subsidizing the cost for registration

<http://events.r20.constantcontact.com/register/event?oeidk=a07ec6a0r4n5fb01bdc&llr=57qgf7bab>

Respect for Life Week May 8-14, 2016

<https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/Pages/Respect-for-Life-Week.aspx>

May is Asian Canadian Heritage Month

<https://www.tcdsb.org/FORCOMMUNITY/HeritageCelebration/AsianCanadianHeritage/Pages/default.aspx>

Asian Heritage at York University:

Filipino Voices in the Arts & Academia

- What does it mean to be Filipino in Canada?
- How do parents and their kids think differently about this question?
- How is this question tackled by writers, artists and researchers?

May 16th 12:30 p.m.

<https://www.tcdsb.org/forcommunity/heritagecelebration/asiancanadianheritage/events/pages/asian-heritage-at-york-university.aspx>

Filipino Canadian Parents, Students and Teachers Conference
Enhancing Parent Engagement and Community Involvement

Saturday May 14, 2016 9:00 a.m. - 4:00 p.m.

**Catholic Education Centre, TCDSB,
80 Sheppard Avenue East, North York, Toronto**

You can read more about the 2nd Annual Conference of Filipino Canadian Catholic Parents, Students & Teachers.

Elementary Track and Field Meets

Regionals start May 17th

<https://www.tcdsb.org/ProgramsServices/SchoolProgramsK12/HealthOutdoorPhysEd/TDCAA/Pages/Track-and-Field.aspx>

TCDSB Cricket Competition

May 30th (Rain date June 12st)

<https://www.tcdsb.org/news/othernews/2016/pages/tcdsb-cricket--competition.aspx>

TCDSB Mini Special Olympics

May 31st Hangar, Downsview Park—all day event

<https://www.tcdsb.org/pages/special-mini-olympics.aspx>

Staff Arts Presents Mary Poppins June 11-18, 2016

<https://www.tcdsb.org/affiliates/StaffArts/PastSeasons/20152016/Pages/Musical.aspx>

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<https://web1.tcdsb.org/InterestSubscription/subscription.aspx>
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May, 2016

Student Mental Health and Well-Being



Newsletter



What Can You Do To Support Children's Mental Health?



In Ontario Children's **Mental Health Awareness Week** is the first week of May. The aim of this week is to increase awareness about the signs children and youth may display when they have a mental health problem, decrease stigma associated with mental illness, and help people realize that help is available and treatment works. Given that one in five children and youth has a mental health problem it's vital that we support children's mental health.

The TCDSB Mental Health Steering Committee has developed a **Mental Health Awareness Toolkit** that has been shared with schools. The toolkit provides classroom activities that are linked to some of the health topics in the Health and Physical Education Curriculum. This year the five strategies that can be used to support children's mental health are:

Be Mindful: "Mindfulness means paying attention in a particular way, on purpose, in the present moment, and nonjudgmentally" ~ *Jon Kabat-Zinn*. Engage in mindfulness activities for a few minutes each day or week with your class.

Reach Out: Asking for help may be a difficult task for many students. Students may not be aware of the many supports and resources that available in our school community. Engage in classroom discussions about "how" to ask for help as well as "who" students can access for support. Encourage students to become aware and further develop their own personal support network.

Pray: Praying helps to improve our mental health by offering emotional comfort and reducing stress. Encourage children and youth to engage in daily prayer or "conversations" with God.

Get Enough Sleep: Engage in conversations about sleep routines. Discuss the important role that sleep plays in our emotional well being.

Exercise and Eat Healthy: Exercising and eating healthy is another aspect of good mental health. Speak with students about healthy choices when deciding on what to eat and engaging in physical exercise.

Depression: It's More Than "Just Sadness"

Many children and youth have a feeling of sadness when they are faced with a setback or disappointment. It's a normal feeling associated with certain life events. Typically these feelings of sadness do not last long and children and youth learn strategies to cope and adapt.

When children and youth have a prolonged feeling of sadness, are irritable, or have a loss of interest in activities they would typically enjoy they may be struggling with depression. When these feelings interfere with a student's day to day functioning it's time to provide support or intervention eg. relationships with peers, lack of engagement, ongoing academic struggles, or difficulties at home. Some common signs that you might observe when a student is struggling with depression are: ongoing sadness, cranky mood, lack of energy, difficulty concentrating, restlessness, excessive crying over relatively small things, frequent physical complaints, spending time alone, recurrent thoughts about death or suicide, not participating, declining marks, loss of weight, or irregular attendance.

As educators and parents/guardians we can support students who are struggling with depression by:

- Modeling and teaching positive attitudes. Use language that sends a message of hope and optimism in your daily conversations.
- Engage in class discussions about the use of coping strategies. Practice how to problem solve using real life challenging situations.
- Designate a space in the classroom where students can go when they are feeling overwhelmed and need to calm themselves
- Help to increase a student's self esteem by providing positive feedback and compliments, acknowledging students as they enter the classroom, and focusing on specific tasks that the student does well
- Assist a student who is socially isolated by connecting them with peers with similar interests eg. encourage involvement in school clubs, organize games at recess
- Give opportunities for students to participate in making decisions about classroom activities

Information obtained from "Supporting Minds: An Educator's Guide to Promoting Students' Mental Health and Well-Being" ~ Government of Ontario.

Serenity Prayer

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference ~ *Rienhold Niebuhr*

Suggested Readings and Websites:

Books:

Sometimes I Get Sad (But Now I Know What Makes Me Happy) ~ Jane Ratcliffe

The Princess and the Fog ~ Lloyd Jones (ages 5-7)

Battling the Blues: the Handbook for Helping Children and Teens with Depression ~ Kim “Tip” Frank

Lonely, Sad and Angry: a Parent's Guide to Depression in Children and Adolescents ~ Barbara Ingersoll & Sam Goldstein

What to Do When You're Cranky & Blue: a Guide for Kids ~ James Crist

Websites:

www.kidsmentalhealth.ca

www.hinksdellcrest.org/ABC/Welcome

www.ementalhealth.ca

www.edu.gov.on.ca/eng/document/reports/SupportingMinds

www.thereachinstitute.org

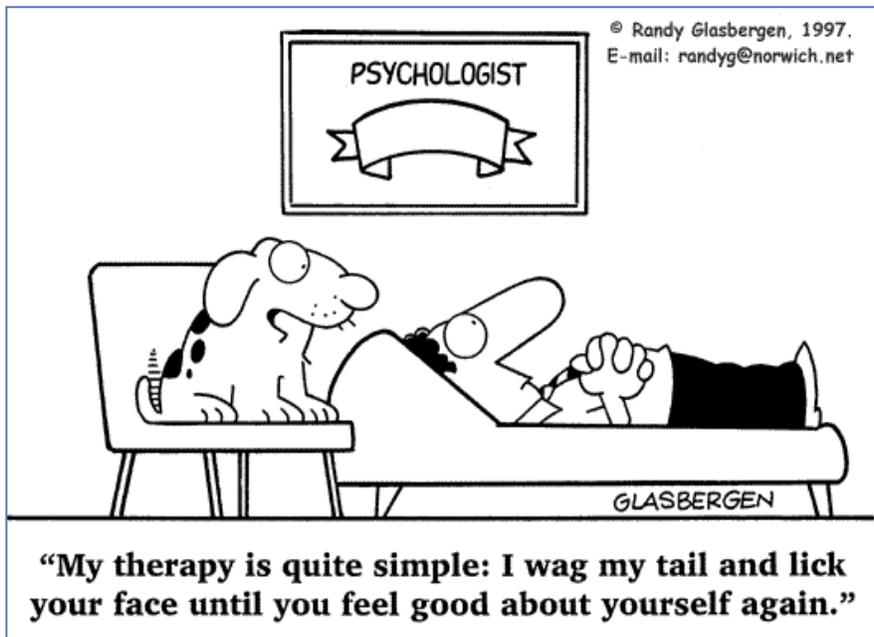
www.edu.gov.on.ca/eng/teachers/healthyschools.html

www.ldaschool.ca

A Laugh A Day...

“A good sense of humor is a tool that kids can rely on throughout life...” It helps children to “see beyond the surface of things” and “not take themselves too seriously”.

www.kidshealth.org



Patricia Marra-Stapleton, Psychological Associate/Mental Health Lead

patricia.marra-stapleton@tcdsb.org

Marci Buhagiar, Psychologist

marci.buhagiar@tcdsb.org