



## Our Lady of Sorrows Catholic School

32 Montgomery Road  
Toronto, ON M8X 1Z4  
Telephone No.: (416) 393-5246

Principal:  
Joe Genova

Vice Principal:  
Lucy Caporale

Superintendent:  
Douglas Yack  
416 222-8282 Ext. 2732

Trustee:  
Ann Andrachuk  
416 512-3402

Parish:  
Our Lady of Sorrows Church  
3055 Bloor Street West  
Toronto, ON  
416 231 - 6016  
Rev. Nino Cavoto  
Saturday Mass: 5:15  
Sunday Mass: 8:15, 9:30, 11:00  
and 12:30

Hours of Operation:  
8:30 am to 3:00 pm

Lunch Hour:  
11:15 am to 12:15 pm



TCDSB: The Year of PARISH

February 2017

# Our Lady of Sorrows Catholic School News



## VIRTUE OF THE MONTH: LOVE

**Catholic Graduate Expectation: A Caring Family Member -**  
Principles of Catholic Social Teaching: Community and the Common Good

### Quotes for the Month

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.

*1 John 4:7*

Let us always meet each other with smile, for the smile is the beginning of love.

*Mother Teresa*

Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.

*Maya Angelou*

### At a Glance: Dates to Remember

**Registration Continues FOR 2017-18** – visit [www.tcdsb.org](http://www.tcdsb.org) to apply

**Parent-Teacher Interviews:** Thursday February 16, 5:00 - 8:00 p.m.  
Friday February 17, 9:00 - 11:30 a.m. (please book online)

**Family Day:** February 20<sup>th</sup> : School Closed

**Please see the monthly calendar for additional information and events**

## PARENT-TEACHER INTERVIEWS

**Thursday February 16, 5:00-8:00 p.m.**  
**Friday February 17, 9:00-11:30 a.m.**

Our Lady of Sorrows is using the online Parent-Teacher Management Service, to book Term 1 Parent-Teacher Interviews. Parents will be provided an access code, and directed to a webpage, where they can book an appointment with their child's teacher. If parents do not have access to the internet at home or in the workplace, a toll-free phone number will be provided, and an operator will book an appointment for you.

Information regarding the online Parent Teacher process will be emailed to each family.

### LENT

Lent starts every year on Ash Wednesday (March 1<sup>st</sup>, 2017) and ends on Holy Saturday (April 15<sup>th</sup>, 2017), the day before Easter. Lent is a 40-day period of fasting, prayer and alms giving.

During Lent we often ask ourselves what can we do to reaffirm our spiritual journey?

*Below are some suggestions families can do together honoring the Lenten season:*

**1.** Have a pancake dinner the night before Ash Wednesday or make a King Cake. This day is known as Mardi Gras as well as Shrove Tuesday. Pancakes were a traditional dish for this day to use up things that weren't allowed during Lent.

**2.** Attend Mass on Ash Wednesday. Wear your ashes out into the world as a witness of our faith.

**3.** Commit to reading the Bible (even if it's a Children's version) every day together as a family.

**4.** Attend Some of the Holy Week Masses and Activities at Your Parish.

**5.** Make at least one of your meatless Friday meals together as a family. This can be a great testimonial for younger children as you remember, together, one of the unique features of our Faith.

**6.** Use a Lenten calendar to track the season.

**7.** On Holy Thursday, do a foot washing with your family members.

**8.** Attend Stations of the Cross (especially one for children, if you have small children).

**9.** Make cards of encouragement to family and friends.

**10.** Choose a Lenten Sacrifice to Do As a Family. Is there something your family can sacrifice that might help another family in need? Consider donating what you might spend on a meal out to a food pantry instead.

### TCDSB PSYCHOLOGY DEPARTMENT

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. Please review the Psychology Departments Monthly News and Tips inserted in the "Update From the Board" attached.



## **SAFETY NEWS**

Continuing our practice of including safety items or reminders in our newsletter each month, the following points are raised for parent awareness:

### **A. STUDENT ATTIRE FOR WINTER CONDITIONS**

All students should be properly prepared to enjoy our wonderful outdoor conditions during the winter months. Suitable coats, hats, gloves/mittens, and footwear are a must for this time of year. Students are encouraged to have indoor footwear. Students are not permitted to wear outdoor boots in class and walking in socks is not acceptable.

### **B. DOGS @ OLS**

Parents are reminded that dogs should not be brought to the school either during or before/after school. As wonderful as dogs are and as well trained as they may be, with the number of students in the area and the often unexpected movement of students, dogs can become overly excited and may react unexpectedly.

Parental cooperation regarding this expectation is greatly appreciated for the well-being of everyone, including the dog!

### **C. PARENTS IN THE SCHOOL YARD**

This is simply a gentle reminder that there should be no parents, including parent volunteers, in the school yard during the recesses and lunch hours each day.

Parents are reminded that at no time should a parent of another child intervene with a child for disciplinary purposes. Such intervention should only be administered by school staff.

### **D. PARENTAL USE OF BUS LOOP**

We offer these reminders with regards to the usage of the bus loop, these directives are penned to ensure efficiency and safety. First, if parents are

accessing the bus loop with private vehicles, the parent should *never leave the vehicle unattended*.

In the case of Kindergarten students, if a parent feels that it is necessary to walk the child to the entrance door, then the parent should use the parking lot at the front of the school.

Secondly, parents are asked to drive all the way to the *south end of the loop* before stopping to let out the student.

Thirdly, parents are asked to be mindful of the traffic congestion behind them if a child is taking too long to exit the vehicle. In fairness to all drivers, we ask that the drop offs are completed as quickly as possible.

Officer Rich, the TCDSB Transportation Department and the City of Toronto officials will continue to monitor the loop to offer suggestions on optimizing the traffic flow and ensuring the safety of all children.

All parents should be aware that priority in the bus loop is given to the buses.

## **STAY CONNECTED**

To get regular updates from the Toronto Catholic District School Board, including information about cancellations or closures, please consider subscribing to E-News, a free electronic news service delivering news and information to your email. Sign up at <https://web1.tcdsb.org/InterestSubscription/subscriptions.aspx>.

Or follow the board on Twitter @TCDSB.



## CSPC NEWS

### LOST AND FOUND

Students and parents are reminded to check the lost and found on a continuous basis for any clothing or treasures that may have gone missing. The box is located at the base of the stairs going into the school gym. Contents of the lost and found will be cleared out the first week of each month, laundered and donated to charity.

### FROM OLS CHURCH

#### CHILDREN'S LITURGY OF THE WORD

Our Lady of Sorrows Parish is continuing with The Children's Liturgy of the Word. This ministry is primarily intended for children 4 – 10 years of age and will take place during the 9:30 am Sunday Liturgy. The **next** session is planned for **February 5, 2017** and will meet in the parish hall for approximately 20 minutes. Scripture will be shared in ways that children can easily understand. Volunteers are needed to run this program. **If you are in grade 7 or 8 and would like to help supervise** the Children's Liturgy of the Word, please contact Jennifer at [jennifer.wolfs@rogers.com](mailto:jennifer.wolfs@rogers.com)

#### FIRST HOLY COMMUNION AND CONFIRMATION

Attention parents of children preparing to celebrate their Confirmation at Our Lady of Sorrows in the Spring of 2017.

**Candidates are divided alphabetically by last name in two groups (A and B).**

Each candidate chooses **ONE date per month** within the dates assigned to their group.

#### Schedule for Group A (Last name from A – M)

**Session 3: February** -Sunday 19 (4-5:30 pm) **OR** Wednesday 22 (7-8:30pm)

#### Schedule for Group B (Last name from N-Z) details to follow

#### Reflection Session on First Reconciliation and First Communion (parents AND children)

Choose ONE of the following reflection sessions to attend:

a. Sunday, March 19 (2-3pm)

OR

a. Thursday, March 23 (7-8pm)

At these sessions Fr. Nino will lead a reflection for children and their parents in preparation for the celebration of First Reconciliation and Communion.

#### **Pancake Tuesday - February 28 from 5pm-7pm, OLS Church Parish Hall**

Everyone is invited to our annual Pancake Tuesday. Come and enjoy pancakes, sausage, blueberry topping, juice, tea and coffee. Cost: \$5 children / \$8 adults in advance and \$7 children / \$10 adults at the door. Proceeds go to ShareLife. Tickets on sale Sunday, February 12 after each mass.

Volunteers needed: set up/tear down, cooking pancakes, servers & helpers from 3pm-8pm. Sign up sheet will be available at the back of the church next Sunday, February 5.

#### **PIZZA LUNCH**

Thank you for **all** the volunteers that made our fall Pizza lunches very successful.

Please mark the following dates on your calendars for the Winter/Spring Pizza lunches: Wed Feb 8<sup>th</sup>, Wed Feb 22<sup>nd</sup>, Wed March 8<sup>th</sup>, Wed March 22<sup>nd</sup>, Wed April 5<sup>th</sup>, Wed April 19<sup>th</sup>, Wed May 3<sup>rd</sup>, Wed May 17<sup>th</sup>, Wed May 31<sup>st</sup> and Wed June 14<sup>th</sup>. Volunteers are always welcome and if you'd like to volunteer at any of these pizza lunches, please contact Angela Switt at

## SAVE THE DATE!!

### Bingo Night

All OLS families are welcome to our annual bingo night being held on Friday February 24<sup>th</sup>, 2016. Come and enjoy a fun filled night. Forms will be distributed in the beginning of February. If anyone is interested in donating any prizes please contact Lori at 416-576-1744.

### Library Corner

On January 23, 2017 Eric Walters was at OLS to present to grades 1-8.

Eric Walters is a children's literature hero. He has written more than one hundred books for young people of different grade levels and interests. His books have been translated into more than a dozen languages and are available throughout the world. He has spoken to more than one million students throughout Canada. The students and staff enjoyed his presentation. At the end of the day, Mr. Walters asked me to let you know he enjoyed it too. He said we have a lovely school with well-behaved students. I have ordered his newest books and am sure the students will continue to read his novels. Mr. Walter donates his entire fee to his orphanage in Kenya, "Creation of Hope".

Thank you to the parent council for funding this project.

Josie DiMichele  
Library Technician

### Food For Thought

After a small hiatus, Food For Thought is back! Each month, the Health and Wellness Committee hopes to provide inspiration to get the family in the kitchen with recipes that are both healthy and tasty.

This month, we are officially in the cold months of winter and in a brand new year. Nothing says comfort more than a warm soup or stew. For this next recipe from the Foodland Ontario website, this soup is easy enough to make on weeknight or weekend, with ingredients that are not too hard to get.

### Nippy Apple Cheddar Soup



Ontario Apples and Cheddar cheese have always been a perfect match. Here's a new twist, a steaming bowl of Apple Cheddar Soup, with just a hint of curry, it will surely hit the spot on a cool fall day.

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4

#### Ingredients

- 2 tbsp (25 mL) butter
- 4 Ontario Apples, peeled and chopped, (about 4 cups/1 L)
- 2 Ontario carrots, chopped
- 1 Ontario onion, chopped
- 2 garlic cloves, minced
- 1 tsp (5 mL) finely minced ginger
- 1 tsp (5 mL) **each** of curry and dry mustard powder
- 2 cups (500 mL) **each** of chicken broth and apple cider
- Salt and cayenne pepper to taste
- 1 cup (250 mL) grated Ontario Old Cheddar

## Preparation

In a large saucepan, melt butter over medium heat. Add apples, carrots, onions, garlic, ginger, curry and mustard powder. Sauté 5 to 7 minutes until onion begins to soften.

Add broth and apple cider, bring to the boil, then reduce heat and simmer partially covered for 15 to 20 minutes until vegetables are very tender. Using a food processor or blender, puree until smooth. Add salt and cayenne pepper to taste. Ladle soup into bowls. Sprinkle each serving with 1/4 cup (50 mL) Cheddar cheese.

## STEM COMMITTEE

There have been several initiatives in Canada to ensure that our children are exposed to STEM, computer coding and Maker programs (for kids Maker programs including coding, robotics and Minecraft activities). Many Canadian leaders believe that it's critically important for the Canadian economy and that we are uniquely positioned to "own the podium" so to speak. [Canada Learning Code](#) has some great information as to why learning to code should be considered a fundamental skill.

We've listed below some resources and provided a few links for the newsletter detailing some of the camps and programs in the city.

## Resources for parents:

- [Scratch](#) is a free to use program that exposes young kids to coding – age is 6 – 8 years old
- [Tynker](#) is another app that is suitable for kids 7+

## After school, March Break and Summer Camp:

- [Kids learning code](#) offers programs on weekends, March break and summer camps
- [U of T engineering](#) offers some science and engineering summer camps
- [Maker Kids](#) at Jane and Bloor has after school, March break and summer camps
- [Brentwood Library](#) has a maker club on Monday evenings
- [Fort York Library](#) has a Digital Innovation Hub – there are several courses, computer workstations, 3D printers and video equipment. They offer [courses](#) for kids as well.

## SPIRIT WEAR

The Spirit Wear Committee will be holding a sale on Thursday February 16<sup>th</sup> between 5:00pm – 8:00pm.

This is a great opportunity to place your orders for some much needed items, as well as some dry fit shorts and tops for the spring/summer. Looking forward to seeing you all there!

Leonor and Tara

## TRUSTEES 2016 – 2017 Wards

- |                     |                             |                          |                                     |
|---------------------|-----------------------------|--------------------------|-------------------------------------|
| 1. Joseph Martino   | 5. Maria Rizzo              | 9. Jo-Ann Davis          | Karina Dubrovskaya, Student Trustee |
| 2. Ann Andrachuk    | 6. Frank D'Amico-Vice Chair | 10. Barbara Poplawski    | Rhea Carlisle, Student Trustee      |
| 3. Sal Piccininni   | 7. Michael Del Grande       | 11. Angela Kennedy-Chair |                                     |
| 4. Patricia Bottoni | 8. Gary Tanuan              | 12. Nancy Crawford       |                                     |





# Monthly Update from the Board

February 2017



Toronto Catholic District School Board has declared **Friday, May 5, 2017 as Parish Family Day.**

A special *Parish Family Day Celebration* will be held at the Catholic Education Centre on **Friday, May 5<sup>th</sup>, 2017** to showcase student work focusing on the many ways that our parishes and our parish priests contribute to our schools and communities.

Students are invited to create a short video, original song or piece of original artwork, write a short story, poem or letter, or express themselves in any way artistically to highlight the relationship that the students have with the local parish and/or the priest/pastor at their church.

**Completed projects should be submitted via email to [parish.project@tcdsb.org](mailto:parish.project@tcdsb.org).**

**Deadline for submissions Friday, April 7, 2017.**

Let's continue to celebrate our parishes!

## **We Want to Hear Your Views**

Watch for community consultations coming soon for:

- **Parent and Student Bill of Rights**
- **2017-2018 Budget Consultation**

Details coming soon. Visit [www.tcdsb.org](http://www.tcdsb.org) in February for details.

## **February is Psychology Month**

The Psychology Department of TCDSB invites the 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!

### **HELP YOUR CHILD FLOURISH: HOW TO ACHIEVE MENTAL HEALTH**

A presentation for parents and educators on **February 22, 2017, 4:30-6:30 p.m.**

Catholic Education Centre, 3rd Floor, 80 Sheppard Avenue East

Learn more about the programs and services provided by the Psychology Department,

TCDSB <https://www.tcdsb.org/ProgramsServices/SpecialEducation/psychology/Pages/default.aspx>

## **February is National Inclusive Education Month**

Learn more about the TCDSB's Catholic Equity and Inclusive Education

Policy: <https://www.tcdsb.org/Board/Policies/Pages/hm24.aspx>

## February is African Canadian Heritage Month

Celebrating the rich history, tradition and contribution to Canadian culture, literature, science, medicine, technology and the arts.

**February 10—Mass and Cultural Expose** at St. Mother Teresa Catholic Academy, 10 a.m.-1:30 p.m.

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

## Director's Annual Report 2015-2016

Check out the latest edition of the Director's Annual Report and review some of the many highlights from the past school

year: <https://www.tcdsb.org/Board/BoardAdministration/DirectorofEducation/Pages/Director%E2%80%99s-Annual-Report-2015-2016.aspx>

## Student Voice—Minister's Student Advisory Council Seeks Applicants

Students in grades 7 to 12 are eligible for consideration. Deadline is February

9<sup>th</sup>. <http://edu.gov.on.ca/eng/students/speakup/msac.html>

- **Other Opportunities for Students**

**Kayak Kids Illustrated History Challenge—deadline June 1**

<https://www.tcdsb.org/FORSTUDENTS/OpportunitiesForStudents/Pages/Kayak-Kids-Illustrated-History-Challenge-.aspx>

- **Weston Youth Innovation Award** encourages & recognizes young Canadian innovators

<http://www.ontariosciencecentre.ca/innovationaward>

- **Autism Ontario** offers three exciting scholarships

<http://www.autismontario.com/client/aso/ao.nsf/web/Education+Scholarships>

- **Overseas Credit**

**Courses:** <https://www.tcdsb.org/programsservices/continuingeducation/secondarycreditcourses/overseas/Pages/default.aspx>

- **Summer Job Opportunity with Toronto Police Service**

TPS is accepting applications for the 2017 Summer YIPI (Youth in Policing) Program! Successful applicants can earn \$11.40/hr, 35hrs/week! Apply now: <http://www.torontopolice.on.ca/yipi/>

- **Summer Jobs with City of Toronto—Deadline for applications February**

14<sup>th</sup>. <http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=7ac14aced070a410VgnVCM1000071d60f89RCRD>

## TCDSB Awards Night May 1, 2017

Nominate a member of the TCDSB family for our annual awards

- [Sister Mary Hamilton Award for Exceptional Students](#) Deadline last Friday in February.
- [Ashif Jaffer Award for Excellence in Special Education Support](#) Deadline third Friday in February.

## Calling All Alumni: Save the Date!

### Father John Redmond CSS and RAC 30<sup>th</sup> Anniversary Reunion

Saturday, May 6, 2017 and Sunday, May 7, 2017. For more information & registration please

visit: <http://fjr30th.wixsite.com/fjr30>

## Kindergarten Registration Continues

Apply online at [soar.tcdsb.org](http://soar.tcdsb.org)

*Imagine the Possibilities*

## Ready to Pick Your High School Courses?

The 2017-2018 Course Calendar is available

online: <https://www.tcdsb.org/ProgramsServices/SchoolProgramsK12/GuidanceCoopEd/Documents/TCDSB-ProgramAndCourseCalendar-2017-2018.pdf>

## Other Important Reminders:

- **Community College Application Deadline** is February 1, 2017 <http://www.ontariocolleges.ca/apply/important-dates>
- **Winter Walk Day**--February 1, 2017
- **Night School Registration Continues Until mid-February** <https://www.tcdsb.org/programsservices/continuingeducation/secondarycreditcourses/nightschool/pages/default.aspx>
- **EClass drop in support** is available daily between 4:30 and 7:30 p.m. on February 15<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup>, 27<sup>th</sup> and 28<sup>th</sup> at the Catholic Education Centre, 80 Sheppard Avenue East. [www.tcdsb.org/eClass](http://www.tcdsb.org/eClass)
- **Family Day**—Monday, February 20, 2017
- **System-Wide PA Day** Friday, February 17, 2017
- **Lent Begins** on Ash Wednesday, March 1, 2017

## Cold Alerts and Weather-Related Cancellations/Closures

Throughout the winter months, Twitter and the board website are the best sources of information relating to cold weather alerts, cancellations and closures. Get all the information here: <https://www.tcdsb.org/FORSTUDENTS/HealthandSafety/Pages/Cold-Weather-Alerts.aspx> and here <https://www.tcdsb.org/FORSTUDENTS/HealthandSafety/Pages/Weather-Related-Safety-Concerns.aspx> And remember to check the Toronto Student Transportation Group website for any school bus delays throughout the year. <http://www.torontoschoolbus.org/>

## Don't Miss Out On Any News and Information

- **Subscribe to ENews** and receive the latest information via email. <https://web1.tcdsb.org/InterestSubscription/subscription.aspx>
- **Follow @tcdsb on Twitter**

## February Message from Trustee Ann Andrachuk.



There are many great activities in our schools and around the City this month, especially with Family Day on Monday the 20th. It's a great opportunity for all of us to take a short break and spend some time with our loved ones.

Just a reminder that junior kindergarten registration began on January 18. If you have a child, or know someone else who does, that's entering kindergarten in September please visit [tcdsb.org](http://tcdsb.org) to register.

As the City of Toronto comes closer to setting its 2017 budget, some changes that could affect many childcare operators at TCDSB schools have been proposed. The proposed changes would remove City rent subsidies for many of these childcare providers and may lead directly to increased fees for users. These changes, and the City of Toronto budget as a whole, will be held on February 15<sup>th</sup>. If you feel these changes may affect you more information can be found on the City's budget website at: <http://toronto.ca/budget>.

As always, remember to express your love and gratitude to those you cherish everyday by especially on the Valentines Day.

Ann

