



# SANTA MARIA CATHOLIC SCHOOL

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# CATHOLIC SCHOOL NEWS

December 2019

## PRINCIPAL'S MESSAGE

As we begin the season of Advent, it is a time to prepare ourselves for the birth of Jesus Christ. Please join us for our Christmas concert on **Wednesday, December 11<sup>th</sup> at 7 pm.** We will be having a bake sale on Monday, December 16<sup>th</sup>. Thank you for your ongoing support.



## Mental Health Resources for Parents

Children and youth can experience mental health problems that range from mild to serious. As a parent or guardian, you are well-positioned to observe changes in your child's behaviour. It is often difficult to understand what the changes mean.

Parents may wonder if it is a stage that their child or teen is going through. When a problem lasts more than a few weeks and interferes with his or her daily life it has become a concern that requires further help.

Getting help can be overwhelming for many families. It may be helpful to start with people who know your child or teen:

- Educators are well-positioned to partner with you and to share what they notice during the time that your child or teen is at school. All schools have assigned to them psycho-educational consultants, social workers and speech and language having trouble or who are struggling.
- Your family doctor or pediatrician can ensure that there is not a medical cause for the behaviour you are observing. They may also be able to refer you on to resources in the community for additional support.
- Your local Catholic parish may also be a tremendous support.



Ana Carreiro-Neto
<b>PRINCIPAL</b>
Maria Meehan 416-222-8282 Ext. 2732
<b>SUPERINTENDENT</b>
Daniel DiGiorgio, 416-512-3410
<b>TRUSTEE</b>
Our Lady of Guadalupe, 416-767-8658
694 Weston Road
<b>PARISH</b>
Susana Garcia
<b>CSPC CHAIR</b>
<a href="http://www.tcdsb.org/cpic">www.tcdsb.org/cpic</a>
<b>CPIC (PARENT ENGAGEMENT - TCDSB)</b>
<a href="http://www.tcdsb.org/oapce-toronto">www.tcdsb.org/oapce-toronto</a>
<b>OAPCE TORONTO (PROVINCIAL VOICE FOR PARENTS)</b>
222                      8:30-4:30                      11:45-12:45
<b>ENROLLMENT                      HOURS OF OPERATION                      LUNCH HOUR</b>



## NEW REGISTRANTS WELCOME

Apply online: [soar.tcdsb.org](http://soar.tcdsb.org)  
 Call 416-393-5368 or the TCDSB Admissions Department at 416-222-8282, ext. 5320.  
 For general information about the Toronto Catholic District School Board, visit [www.tcdsb.org](http://www.tcdsb.org)  
 Stay in touch with the latest news throughout the school year: Follow @TCDSB on Twitter or Toronto Catholic DSB on Instagram

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## Dress Code

Please be reminded that all students must adhere to the dress code - a combination of plain white and navy-blue clothing (no denim) and no LOGOS please.

### White or Navy Tops:

Includes: long or short sleeved, collared shirts or blouses; long or short sleeved collarless t-shirts; turtleneck, sweaters, cardigans, vests, hoodies and fleeces.

### No sleeveless shirts.

### Navy Bottoms:

Includes: pants (cotton, fleece, nylon, corduroy); shorts, skirts, skorts, tunics. Length must be to mid-thigh for all shorts and skirts.

### No demin (jean) of any type, lycra, yoga pants, jeggings, tights/leggings (unless under a skirt).



## Pedestrian Safety

**Walking to School!** It is imperative that we work together to ensure the safety of our students. Parents dropping off their children kindly adhere to signs and please give yourself enough time to deal with traffic. We are promoting walking to school. Walking or cycling can add to our daily physical activity. When you walk or cycle to school, you will feel energized and ready to learn. You will also be doing your part to protect the environment! If you are driving your child to school, please exercise caution.



## Attendance and Punctuality

Regular school attendance and punctuality are important for student progress. Children should be kept home only when they are ill. Appointments, whenever possible, should be arranged outside of school hours. Being on time for the start of class is important. The bell rings promptly at 9:00 a.m. and 12:45 p.m. Your child (ren) should be in the school yard by this time so that they can assemble with their peers and be involved in all activities from the beginning of class. Students who arrive late disrupt the class and must come to the office for a late slip. On extremely cold/rainy days, children should not arrive in the morning or at noon hour until five minutes before the bell, at which time they will be allowed to go directly to their classes.

## Medication / Student Illness

Staff of the TCDSB is not permitted to administer any type of prescription medication during the school day unless we have written authorization signed by the parent and a physician. The forms to dispense any medication must be updated yearly and on a regular basis; these are available from the office. Also, please be advised that staff cannot dispense non-prescription medications to students, and students are not to keep medication in their desks or knapsacks. When your children are ill, please keep them at home. Sick children do not learn well; they can spread germs to others and cannot be supervised indoors during outdoor activities. If children are well enough to come to school, they should be outside getting exercise and fresh air during recesses and other outdoor activities. Your cooperation in this matter is greatly appreciated.

Congratulations to the following recipients for November's Peacemaker certificate.

TEACHER	PEACEMAKER CERTIFICATE
Ms. Pascale/Ms. Dang	Amelia A.
Ms. Alfano/Ms. Figueiredo	Emily M.
Ms. Festa	Manuelle D O.
Mr. Ferrinho	Idna M.
Ms. Lombardo	Anthony R.
Mr. Tucci	Kelvin T.
Ms. Alvez	Roda T.
Ms. Ianni	Nohemi H.
Ms. Thornton	Chanelle G.
Ms. Pastore	Simao V.



### Proper Footwear

Students should be wearing appropriate footwear for running and jumping. Running shoes provide support. Please label your child's clothing. **As the colder weather approaches, students should come to school prepared to go outside and have indoor shoes. Board protocol will be followed.**



Thank you to our entire school community for contributing to our Food Drive in support of our We Scare Hunger initiative. We collected over 200 pieces of non-perishable food items. The goods were dropped off and donated to our local North York Harvest Food Bank and were weighed in at over 300 lbs. Thank you again for your generous support!

### TORONTO CATHOLIC DISTRICT SCHOOL BOARD TRUSTEES 2019 - 2020

#### Wards

- |                                   |              |                                |              |
|-----------------------------------|--------------|--------------------------------|--------------|
| 1. Joseph Martino                 | 416-512-3401 | 8. Garry Tanuan                | 416-512-3408 |
| 2. Markus de Domenico             | 416-512-3402 | 9. Norm Di Pasquale            | 416-512-3409 |
| 3. Ida Li Preti                   | 416-512-3403 | 10. Daniel Di Giorgio          | 416-512-3410 |
| 4. Teresa Lubinski                | 416-512-3404 | 11. Angela Kennedy             | 416-512-3411 |
| 5. Maria Rizzo, Chair             | 416-512-3405 | 12. Nancy Crawford             | 416-512-3412 |
| 6. Frank D'Amico                  | 416-512-3406 | Taylor Dallin, Student Trustee | 416-512-3413 |
| 7. Michael Del Grande, Vice-Chair | 416-512-3407 | Kathy Nguyen, Student Trustee  | 416-512-3417 |



Rory McGuckin, Director of Education

80 Sheppard Ave. E., Toronto, ON · Website: [www.tcdsb.org](http://www.tcdsb.org)

We had a staff/student volleyball game. It was great fun!



### Eye Care

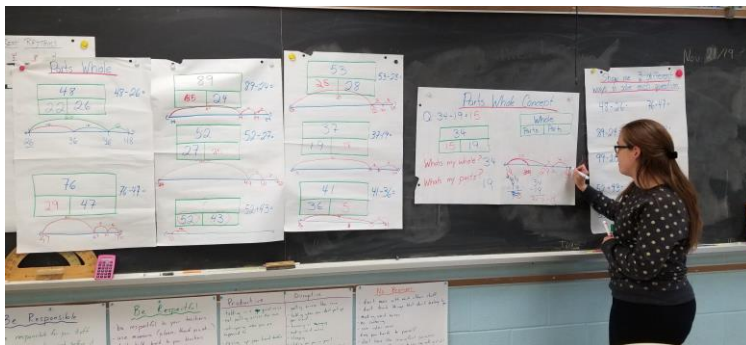
Did you know that 1 in 4 school-age children may have a vision problem that could affect their ability to learn? An eye exam is the best way to help detect a vision problem and it is covered by OHIP every year for children and youth age 19 and under. Some signs that your child may be having difficulty seeing include:

- Squinting or holding objects close up
- Turns or tilts the head when viewing objects or covers one eye
- Excessive blinking, rubbing or itching eyes
- Complains of blurry or double vision

Source: Canadian Association of Optometrists

To find an optometrist near you visit [www.optom.on.ca](http://www.optom.on.ca)

For more information, visit [Toronto Public Health website](http://Toronto Public Health website) or call Toronto Health Connection at 416-338-7600 and speak with a Public Health Nurse.



Ms. Thornton teaching math!