



SANTA MARIA CATHOLIC SCHOOL

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PRINCIPAL'S MESSAGE

Happy Mother's Day to all our mothers. May is dedicated to Mother Mary, Jesus' mother, and our mother. Let us find some time in our busy day to pray to Mary, whether it is the entire rosary, a decade or simple one Hail Mary.

Please take note of the date for Grade 8 graduation:

Monday, June 28th, 2021

Due to the ongoing pandemic, the graduation will most likely be a virtual one; like last year's graduation.



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This year's Catholic Education Week theme is, "*Nurturing Hope.*"

The theme for Catholic Education Week 2021 was inspired by the following:

- Recognition of the special Year of Laudato Si' which will run through May 24, 2021, announced by Pope Francis on May 24, 2020, the fifth anniversary of his papal encyclical, "On Caring for Our Common Home."
- In the face of the ongoing reality of the COVID-19 pandemic, a strong desire by the planning committee, along with those consulted, and supported by feedback from the survey, for continuity with the theme for Catholic Education Week 2020, *Igniting Hope*, which has served so well during the spring recess from in-school instruction.
- The challenges to personal and spiritual well-being posed by the uncertainty and physical isolation of the current global crisis makes the timing and the concerns of Mental Health Week, which takes place during the same week as Catholic Education Week.
- Ongoing recognition of the Truth & Reconciliation Commission and the relevance of Indigenous culture and spirituality to the spirit of Laudato Si.

There are five sub-themes for each day of Catholic Education Week:

Day 1: Preparing the Earth

May 2021

Ana Carreiro-Neto

PRINCIPAL ⓘ

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SUPERINTENDENT ⓘ

Daniel DiGiorgio, 416-512-3410

TRUSTEE ⓘ

Our Lady of Guadalupe

694 Weston Road 416-767-8658

PARISH ⓘ

Aurora Alejandra Guido Serrano

CSPC CHAIR ⓘ

www.tcdsb.org/cpic

CPIC (PARENT ENGAGEMENT - TCDSB) ⓘ

www.tcdsb.org/oapce-toronto

OAPCE TORONTO ⓘ

(PROVINCIAL VOICE FOR PARENTS)

110

ENROLLMENT ⓘ

8:30 – 4:30

HOURS OF OPERATION ⓘ

11:45 – 12:45

LUNCH HOUR ⓘ

NEW REGISTRANTS WELCOME

Apply online: soar.tcdsb.org
Call **416-393-Phone#** or the
TCDSB Admissions Department
at 416-222-8282, ext. 2383.

For general information about the
Toronto Catholic District School
Board, please visit the website at
www.tcdsb.org

Stay in touch with the latest news
throughout the school year:
Follow **@TCDSB** on Twitter.

- Day 2: Sowing Seeds of Gratitude
- Day 3: Cultivating Relationships
- Day 4: Harvesting New Fruit
- Day 5: Marvelling in Wonder



Suggested Family Activities for Nurturing Hope

Each day, we can do simple activities, individually or as a family, to act on the hope that dwells within us. These are suggestions for simple activities to reinforce hope for ourselves and others.

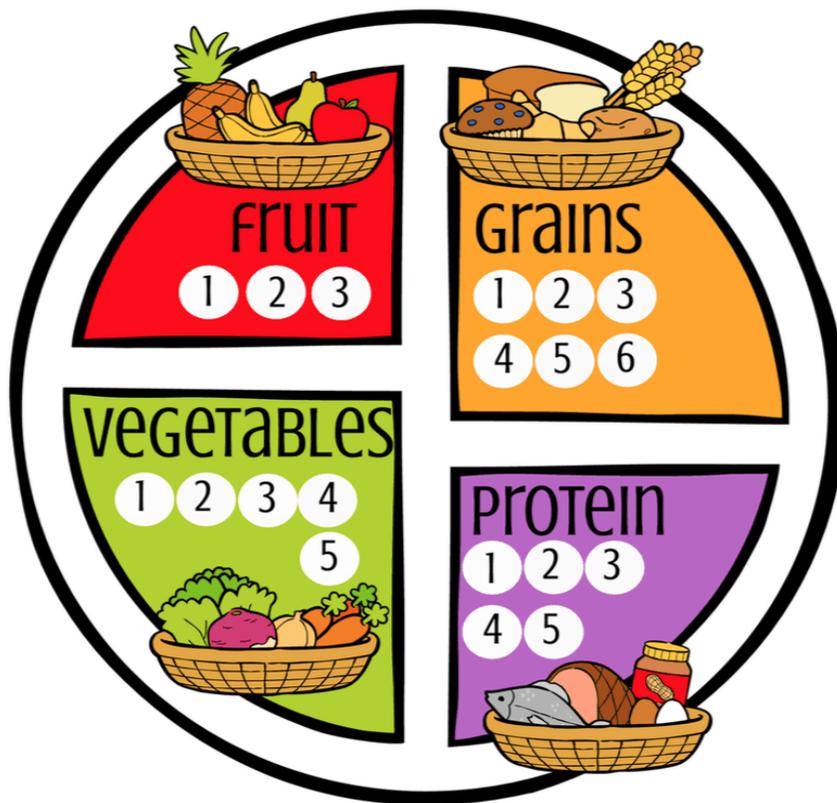
- Plant some seeds in peat pots and put them near a window. Document their growth on a chart.
- Have a family garden planning party. Draw out the plot of the garden and order seeds or buy them at the grocery store. Research when seeds need to be planted in preparation for spring.
- Take part in a bird count or animal count. Go to Observation Nation (inaturalist.ca)
- Learn about saints who taught us about the environment. St. Kateri Tekakwitha, St. Francis of Assisi, St. Benedict of Nursia and St. Hildegard of Bingen are examples.
- Make a birdfeeder out of a milk carton or a plastic pop bottle, hang it outside on a tree and see which bird species come to the feeder.
- Go for a Nature Walk as a family and pray together to thank God for all the beauty you see.
- Do some research as a family on the night sky. Choose a moment when it is clear to see if you can identify some constellations.
- Write letters to family members that you haven't been able to see for awhile.
- Create a fancy message of hope in chalk on your driveway or sidewalk for passersby to read or create a poster to put in a window.
- Write a postcard or note of thanks for frontline healthcare workers and drop this in the mailbox for a local hospital.
- Bake cookies and deliver them to your neighbourhood grocery store for workers to share.
- Make cards or draw pictures for seniors in your community.
- Music makes us happy. Create a playlist of happy music, play this in your backyard or if you are able, send it to a family member whom you miss.
- Make a video or a recording, singing a favourite hymn. Send this to your parish priest. He needs support at this time.
- Look in your bible or go online to make a list of psalms that give hope.
- Write an acrostic poem about Hope...H is for happiness, O is for ongoing, P is for...etc.
- Write words of hope on index cards or paper and hang them from a tree in your yard for others to read.
- Go for a walk past your local parish. Stop in front of your church and say a prayer for your faith community.
- Look through a newspaper for stories of hope and talk about the stories.
- Put messages of hope on social media.

<https://www.ocsta.on.ca/resources/catholic-education-week-resources-2/>

Catholic Education Week is also “**Children’s Mental Awareness Week**”. The following strategies will be highlighted:

- Be Mindful
- Reach Out
- Pray
- Exercise and Eat Health
- Get Enough Sleep

MY HEALTHY CHECKLIST



exercise water



Based on 1,800 Calories per Day

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The certificate for the virtue of Justice will be celebrated when we return to in-person learning. The virtue for May is compassion. Our quote is from John 11:33, “Jesus saw her weeping...his heart was touched, and he was deeply moved.” True compassion is not always easy to practice.

Guidance Corner for May

During the month of May, there is a focus on Mental Health Awareness and the Virtue of Compassion. The first week of May is typically known as Children's Mental Health Awareness week. Take the time to help your child understand that talking about our feelings and getting help when something is bothering us, is the healthy way to approach fear, anxiety, worry or depression.

Helping children develop a hopeful outlook on life, can foster resilience and coping during difficult times. Also, trying to understand another person's feelings and wanting to help them, can go a long way in responding compassionately to those who may need our friendship and support. Help your child develop positive coping strategies when facing difficult situations.

I have included a parent fact sheet from the [Canadian Psychological Association](#), a link to parent resources from the [Psychology Foundation of Canada](#) and a link to [School Mental Health Ontario Family Resources](#).

This article from [Psychology Today magazine](#), offers insights into helping children develop compassion.

Grade 8 Exit Survey

In an effort to align with the Board Learning Improvement Plan and the mandate of implementing Creating Pathways to Success (2013), all grade 8 students will be completing an **Exit** Survey. This year, the exit survey will be a part of the Student Voice Survey, which will be coming out soon.

In the past, the survey was completed on myBlueprint, as students worked towards fulfilling the expectations of their Individual Pathways Plan (IPP). Students have been encouraged to work on their IPP this year, as well. Ask your child to show you their IPP and become familiar with it, as its use will continue in high school. Simply have them go to www.myblueprint.ca/tcdsb and use their TCDSB username and password to log in.

Welcome to Kindergarten!

On **Thursday, June 3rd**, we will welcome all our new kindergarten students via a zoom call. Starting at 6 pm, our new students will have an opportunity to listen to a short presentation about what they can expect in kindergarten. Students and parents will also be invited to pick up a bag full of items to explore during the summer months. Parents are invited to make an appointment with our secretary to pick up their welcome to kindergarten bag.



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