



St. Augustine of Canterbury Catholic School News



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School Twitter Account:

<https://twitter.com/augustinetcdsb>

Web: (shortened link)

<http://tinyurl.com/p5f2g6d>

Principal

Mr. R. De Lorenzo

Vice-Principal

Ms. E. Della Mea

Secretary

Ms. S. Santino

Clerk Typist

Ms. G. Iaboni

Superintendent

Mr. M. Caccamo

(416) 222-8282 Ext. 2267

Trustee

Ida Li Preti

(416) 512-3403

St. Augustine of Canterbury Parish

Pastor, Rev. Jose Signorelli

(416) 661-8221

Hours: 9:00 AM - 3:30 PM

Lunch hour: 11:45 AM - 12:45 PM

Catholic Parent Involvement Committee (CPIC)

<http://www.tcdsb.org/cpic>

OAPCE Toronto

www.tcdsb.org/oapce-toronto

TORONTO CATHOLIC DISTRICT SCHOOL BOARD TRUSTEES 2018-2019

Wards

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

May 2019 Virtue of the Month: Compassion

Message from the Administrative Team

The month of May is important for our Catholic community as it is the month of our Mother Mary. In addition, May 6th – May 10th is the celebration of Catholic Education Week. Our school is open to parents to view student work in our hallways. We invite you to walk through our school. During the month of May, we focus our energies on the virtue of compassion. Our quote is from John's Gospel, "Jesus saw her weeping...his heart was touched, and he was deeply moved." John 11:33. True compassion is not always easy to practice as in the words of Jean Vanier "Compassion asks us to go where it hurts, to enter into places of pain, to share in brokenness, fear, confusion, and anguish." Who wants to go there when spring has finally arrived and the sun is shining down on us? This is all the more reason to show our compassion for those who cannot share in the light.

We had an event-filled April at St. Augustine Catholic school. Our school choir, under the tutelage of our vocal music teacher, Mr. Wu, performed at the TCDSB music festival for the fifth straight year and tied for first place in the category of choir. In addition, our Junior volleyball teams participated in their tournaments. The highlight of the month was a spectacular set of performances from our primary division classes on the Easter Story - the passion, crucifixion and resurrection of our Lord Jesus Christ.

Looking forward to the month of May, in addition to Catholic Education Week, many of our Grade 2, 3 and 7 students will be participating in church sacraments (First Holy Communion - Grade 2 and 3; Confirmation - Grade 7). Track and Field events begin and the annual testing for CAT/4 (Grades, 2, 5, 7) and EQAO (Grades 3, 6) will also be taking place. The highlight of the month will be Wednesday May 8th where we will be hosting our annual Welcome to Kindergarten event for our new JK students and their families as well as May 28th which is the feast day for St. Augustine of Canterbury, our patron saint.

In closing, as May 12th is Mothers Day, we wish all mother's a happy and memorable Mother's Day :

Mr. R. De Lorenzo
Principal

Ms. E. Della Mea
Vice Principal

A Prayer for Compassion

God in heaven, we offer our deepest appreciation for the many blessings you shower upon us every day. We are truly humbled by the bounty of your graces. Through this prayer, we ask for the compassion to follow the inspiring example of the good Samaritan. Help us to embrace and bring comfort to those suffering immensely overseas. Amen.

Parent Resources: Information on Stress

Some psychologists believe that today's children are faced with more stress than the children of previous generations, and have fewer social supports available. Stress among children (8-12 years of age) is estimated to have increased 45% over the past 30 years. Stress is a normal part of life and essential to a young student's learning and development however too much stress for too long can be harmful or "toxic."

A child who is suffering from stress may display the following signs: complaining about a sore stomach; being aggressive or lashing out at other children; seeming confused or easily distracted; performing poorly or progressively worse in their school work; other behaviours that do not necessarily reflect the student's true nature or abilities, such as withdrawing and not participating in classroom activities.

Ask your child if they have ever experienced any of the following: headaches; felt like there's a brick in their stomach, as if they've done something wrong or something bad is going to happen; butterfly feelings in their stomach if they're excited; felt tense, fidgety and like they need to use the bathroom a lot; felt nervous and worried for a long time; felt pressured, hassled, and hurried; felt irritable and moody; had allergic reactions, such as a rash or asthma; had trouble sleeping; felt sad or depressed; felt like they're turning red or feel flushed often. Here are some things your child can do if he/she is feeling stressed:



Consciously monitor your breathing.	Don't hold your breath.	Centre yourself by taking deep inhalations and exhalations
Touch the palate with your tongue to quiet your mind	Breathe through your nose	Breathe down into your back and imagine it expanding out
Breathe right down into your stomach	Let your stomach be soft when you breathe in	To relax, breathe in for 4; hold for 3; breathe out for 7. Repeat.

Excerpts from the Stress Lessons Toolkit from the Psychology Foundation of Canada: <http://www.psychologyfoundation.org/>

From the School Board

Budget Consultation Ends May 10th

All parents, staff, students and stakeholders are reminded that the deadline for submitting completed surveys is May 10th. To learn more about the budget, to complete the online survey, or download a pdf copy of the survey, please visit: <https://www.tcdsb.org/Budget-2019-2020>



Reminder to Sign Up for School Messenger

New reporting system for student absences, as well as critical news and information including bus cancellations, school closures, safety concerns etc. Sign up here <https://go.schoolmessenger.com>.

CSPC Executive Training Workshops - School By-Laws & CSPC Annual Year End Activity & Financial Report

Date: May 13th, 2019 6 - 8pm Catholic Education Centre, Quigley Hall, 1st Floor

Town Hall consultation sessions on the following TCDSB Policies:

S 10 - Catholic School Parent Councils

P 04 - Catholic Parent Involvement Committee

A 33 - Guidelines For Trustees, Parents and Staff In addressing School Related Concerns

May 13, 2019 5-6 pm and 8-9 pm <https://www.tcdsb.org/CSPCTrainingWorkshop>

Toronto Police Service 42 Division Scholarship - Deadline May 25th

Details: <https://www.tcdsb.org/TPS42Scholarship>

Nurturing our Catholic Community: Catholic Education Week 2019; Living as Joyful Disciples / Vivre en disciples joyeux

May 5 - 10, 2019 - <https://www.tcdsb.org/catholiceducationweek>

Never Miss Out on Important News and Information -

- Follow us on Twitter @TCDSB

- Check us out on Instagram @torontocatholicdsb;

- Subscribe to E-News <https://web1.tcdsb.org/InterestSubscription/subscription.aspx>

Students of the Month - April's Virtue of Justice

Ms. Marchesan & Ms. Afram (FDK) Matthew	Ms. Sirro & Ms. Reinoso (FDK) Stavio	Ms. Cattarozzi & Ms. De Simone (FDK) Eliora	Ms. Pedro & Ms. Sicilia (FDK) Leandro	Ms. Zaroda (Gr. 1) Anilla
Ms. Sinapi (Gr.1) Kristine	Ms. Mettel (Gr.1/2) Alexa	Ms. Moretti (Gr.2) Olivia	Ms. Kelly (Gr.2) Osasan	Ms. Opinion (Gr. 2/3) Callista
Mr. Di Nardo (Gr 3) Tristan	Ms. Tamburro (Gr. 3) Arbellina	Ms. Castillo (Gr. 3/4) Maxim	Ms. Boccitto (Gr. 4) Asiel	Ms. Abate (Gr. 4/5) Oghosa
Ms. Arandia (Gr. 5) Mabel	Mr. Dinkha (Gr. 5/6) Matias	Ms. Palleschi (Gr. 6) Kimora	Ms. Galluzzo (Gr. 6/7) Munachimso	Ms. Cimino (Gr. 7) TBA
Ms. Grappone (Gr. 7/8) Martha	Mr. Ponticelli (Gr. 8) Kelly	Ms. Zabiene (LI-ISP) Migello		

Picking Up Students At the End of the Day

In order to ensure both student safety as well as to ensure that student programming is not interrupted during the school day, we ask all parents and guardians to please abide by the following requests:

- All students need to be picked up at the school at 3:30 PM;
- If you are going to be late, please notify the school as soon as possible;
- If another adult is going to be picking up your children, it is very important that the school is notified prior to pick-up with the name and contact number of the person who is coming;
- We ask that children be not be picked up early if possible as early dismissal, especially if it is 15 minutes or less before the end of the school day, is disruptive to school routines;
- It is very important that we have updated contact information in case we need to contact you regarding pickup or other matters

Brainfuse: Toronto Public Library

Looking for free tutoring help? Support for both children and adults? Look no further than the Toronto Public Library!

Anyone with a Toronto Public Library card can login to the Brainfuse website and access online homework help. This service is for students in grades K-12 and is offered daily from 2:00 p.m. to 11:00 p.m.

In addition, this service also includes practice tests, support for adult learners, writing assistance, skills building and more.

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEDB0193&R=EDB0193>

JESUS SAW HER
WEEPING...HIS HEART
WAS TOUCHED, AND
HE WAS DEEPLY
MOVED.

~ JOHN 11:33 ~

- SHOW COMPASSION BY THINKING ABOUT HOW YOUR WORDS MAKE PEOPLE FEEL.
- SHOW COMPASSION BY THINKING ABOUT HOW YOUR ACTIONS MAKE PEOPLE FEEL.
- SHOW COMPASSION BY UNDERSTANDING WHY SOMEONE IS ACTING THE WAY THEY DO.
- SHOW COMPASSION BY BEING CONSIDERATE TO OTHER PEOPLE.

COMPASSION



Important Reminders:

- First Communion:
May 19th @ 5:00 PM
- Confirmation:
May 18th @ 5:00 PM
- Victoria Day:
Monday May 20th - No School

EQAO: Grades 3 & 6 Assessment;

Every year, all students in the province of Ontario in Grades 3 and 6 participate in a standardized assessment mandated by EQAO. The dates for this year's Assessment of Reading, Writing and Mathematics are May 21st to June 3rd, 2019. Please keep these dates in mind when booking medical and/or other appointments for your child/ren. We encourage full participation and attendance during this period. In the next few weeks, parents of students in Grades 3 and 6 will receive a detailed letter about the assessment. If you have any questions about the EQAO assessments, you can discuss with your child's teacher or visit <http://www.eqao.com>

TCDSB Anaphylaxis Policy & Protocol

In accordance with the TCDSB Anaphylaxis policy (S.M. 15) and the Anaphylaxis Protocol and Guidelines, it is the policy of the TCDSB to create allergen-aware environments in our schools and workplaces. The implementation of the policy includes strategies that reduce the risk of exposure to anaphylactic causative agents in classrooms and common school areas. We are aware that there is the potential that fast food products make their way into schools. We ask that you be aware that some of these products are not peanut/nut free and remain mindful that they could result in a potentially life-threatening form of allergic reaction. Given this, the TCDSB strongly advises that parents take this into consideration when sending your student to school with these products. We appreciate your cooperation in the TCDSB's commitment to keeping our schools a safe environment for all.

Living Our Values: Jump Rope 4 Heart

As part of the TCDSB mission regarding "Living Our Values", we will be continuing our efforts to support those in need on **Friday May 17th** as the school participates in the Jump Rope for Heart fundraising program to get our children physically active and raise money to support the Heart & Stroke Foundation. Prizes will be awarded to top fundraisers.

Our kickoff assembly took place on **Wednesday April 24th**. Tax receipts will be provided by the Heart and Stroke Foundation for donations above \$20.

Participating schools can receive a portion of proceeds back from the Heart & Stroke Foundation to support the purchase of physical education equipment or to assist with other school needs. We need your help to reach our school's fundraising goal of \$2,500. Last year we were very proud of all the students' hard work and dedication, raising approximately \$2,300. Let's try hard to reach our new challenge. Specific details have already been provided in a separate letter.

Children's Mental Health Awareness Week

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.

As we are still in the Season of Easter, we are called to be people of hope. 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. The link below includes a parent fact sheet from the Canadian Psychological Association:

http://www.cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_ParentingChallenges.pdf,

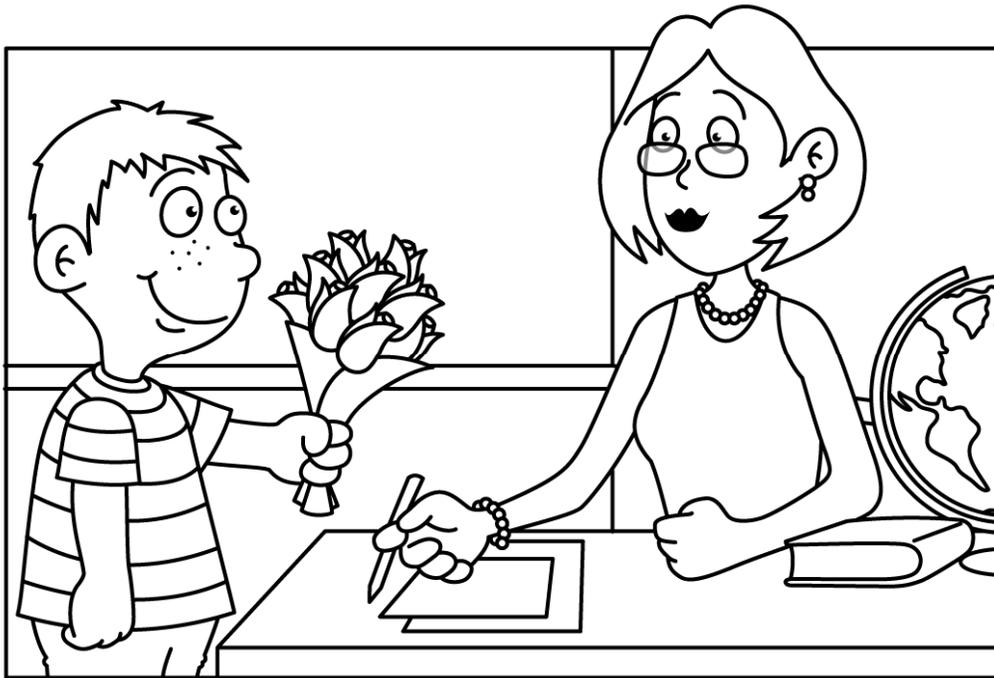
and a link to parent resources from the Psychology Foundation of Canada:

<https://psychologyfoundation.org/Public/Parents/Content/Parents/Parents.aspx?hkey=eba1572a-bff7-41fc-b74a-dca79be49c2b>.

This article from Psychology Today magazine, offers insights into helping children develop compassion:

<https://www.psychologytoday.com/ca/blog/the-power-prime/201407/5-ways-instill-compassion-in-your-children>

Much of these ideas connect perfectly with our school's I-Care rules social skills program—in particular I-Care Rule #4: "We care about each other's feelings". Let us all put in a bit of extra effort to follow I-Care Rule #4 in our lives.



Month of May, 2019 – Virtue of Compassion

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 28	April 29	April 30	1 - Firefighter Presentation – Ms. Abate's class	2	3 - Student of the Month Assembly for April	4
5	6 - Skills Ontario Trip - Grade 8 Students	7 - Track and Field Divisional Tournament	8 - Grade 8 Trip to Camp Olympia - Welcome to Kindergarten - 6:00 PM	9 - Grade 8 Trip to Camp Olympia	10 - Grade 8 Trip to Camp Olympia	11
12 Happy Mother's Day	13	14 - Track and Field Regional Tournament	15 <u>May Mass:</u> 9:30 AM at St. Augustine Church	16	17 Jump Rope for Heart Event	18 Confirmation 5:00 PM at St. Augustine Church
19 First Holy Communion 5:00 PM at St. Augustine Church	20 Victoria Day No School	21	22	23 Track & Field Cities	24	25
26	27 Cooking Class Activity: Gr. 7 & 8	28	29 CSPC Meeting #6	30	31	June 1