

What's Happening at St. Cyril's CSPC (Catholic School Parent Council)

November 2018

Advent Mass!

The Advent Season is a time for families to spend together preparing to celebrate the birth of Christ. Please join us on Tuesday, December 11th, at 7pm for our CSPC Family Advent Mass at St. Edward's Church.

There will be a reception with light refreshments in the Church Hall following the mass. If parents or students would like to volunteer to be part of the mass as readers, offertory presenters or choir members, please contact Christine.motran@tcdsb.org or tarabaker22@hotmail.com no later than December 3rd.

Free Resiliency Workshop!

The CSPC invites you to our upcoming event "**The T.A.S.A.M. Program (Tackling Anxiety and Stress through Arts and Mindfulness) Resiliency Workshop**"

Date: *Wednesday December 19th*

Refreshments: *6:15p.m.*

Workshop Start: *6:30 - 8:30p.m.*

Location: *St Cyril Gym*

We are welcoming back [Arts Express](#) speaker **Jennifer Kay** to St. Cyril for a presentation on raising resilient children. Jennifer Kay is a Child and Youth Counsellor and mental health advocate who has been working with children and families in Toronto for over a decade both privately and in clinical settings. Her experience began working for the Hospital for Sick Children as a Crisis Worker, and with their PATU program. Jennifer then gained extensive practical knowledge working with the Children's Aid agencies and the group home and foster care systems. This experience combined with her passion for creative arts provided a unique approach to supporting families and empowering kids.

Life is full of change and challenge and we cannot protect our children from these things, but we can help develop their ability to navigate them with resilience. Jennifer will talk about strategies to help families navigate the emotional ups and downs of growing up. Her focus will be on supportive connections, practicing mindfulness, and communication. Jennifer will lead a discussion with parents on how to foster a growth mindset to raise resilient kids.

Please click on the following link for the event flyer including the details for the session during the day for our students: [Resiliency Event](#)

We will have light refreshments in the gym and childcare in the library. Space is limited, so reserve your spot by **Dec 11** by emailing cspc.stcyril@tcdsb.org. In your response, please let us know how many in your family will attend.

Catered Lunch Program

Need a bit of a break from making school lunches? The CSPC is considering a catered hot lunch program starting this winter. Before the Resiliency Workshop at the school on Dec 19 (from 6:15-6:30pm), you can try some food samples by Rose Reisman catering. More details will be communicated soon.

St Cyril CSPC is now on Twitter!



Follow us [@StCyrilCSPC](https://twitter.com/StCyrilCSPC) where we will be posting about upcoming events, school activities and so much more. It's a great way to promote our school and we hope you will find it helpful and interesting.

UPDATES

Spirit Wear

The orders are in! Spirit wear will arrive to the school just in time for the holidays. Stay Tuned!

Time Capsule

Despite being informed by an alumnus that there is a time capsule in front of the school yard, we have not been successful in locating it; however, we have notified the school board of the location of the new time capsule so that the future school community will be able to open it.

North-West Yard Redevelopment

The greening committee would like to thank you for taking the time to fill out our yard development survey. If you missed the opportunity to do so, please use this link to fill out the survey as soon as possible.

<https://www.surveymonkey.com/r/JS3CRBZ>

CSPC executive committee and the greening committee will be analyzing the results in preparation for our meeting with City Councillor John Filion's office and the TCDSB on November 27th to further discuss this project.

We will provide an update and pass along any new information that we gather at this meeting in the December newsletter.

Thank you for your support!

\$\$ Finance \$\$

During November, your donation dollars contributed to the St. Cyril community by providing financial support for buses for field trips, Christmas greenery at the front entrance of the school, as well as new books and art for our school library!



Safe Schools/Student Wellness Committee

CSPC is looking to form a new committee that can help share a vision that is clear and focused on student achievement, and school climate. The committee would also respond to the diverse needs of our children with a focus on special education and students' mental health and wellness. When staff, parents and students can work toward shared goals we can be more effective in improving student achievement and experience while meeting those set goals! If you are interested, please email us at cspc.stcyril@tcdsb.org

Please note: you do not need to be a CSPC member to volunteer on this committee.

Student Volunteers

If you have children who would like to help with childcare during our Resiliency Event on December 19, please let us know as soon as possible. Volunteer hours will be granted.

Dates to Remember!!

- **Pizza Lunch/Dress Down Day:** *November 23, December 14*
- **Milk Ticket Sales:** *Tuesday December 4, at 8:45 a.m. in the school lobby*
- **Advent Mass:** *Tuesday December 11, 7:00 p.m. at St. Edward's Church (refreshments to follow in the church hall)*
- **TASAM Resiliency Event:** *Wednesday December 19 at 7:00 p.m. in the school gym. All are welcome!! **RSVP by December 11th***
- **Next CSPC Meeting:** *The December meeting is cancelled due to the school Christmas concerts. We will resume on Tuesday January 8 at 7:00 p.m. in the school library.*



Note: If you cannot attend in person but would like to dial in remotely, please contact us at cspc.stcyril@tcdsb.org and we can provide you with teleconference details.

2018-19 CSPC Members

Co-Chair: Kathryn Jaitley
Co-Chair: Darlene Saks
Treasurer: Tara Baker

Other Members:

Anna Peccia, Cindy Landry, Claudia Jone, Dacia Scali, Jim George, Katiana Canada-Jovel, Magda Dunn, Manuel Nevraumont.

Secretary: Christine Motran

Please visit the CSPC website!!

www.stcyrilcspc.org

We welcome your feedback and suggestions. If there is anything you feel is missing and/or you would like to see added, Please contact: cspc.stcyril@tcdsb.org

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St. Cyril CSPC

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