



**St. Gabriel
Catholic School**
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Toronto, Ontario
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**Principal
C. Crispo**

**Secretary
P. Monaco**

**Head Caretaker
S. Coulter**

**Superintendent:
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**CSPC Chair:
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**Parish:
St. Gabriel Catholic Church
670 Sheppard Ave. E.
416-221-8866
stgabrielsparish@bellnet.ca
Pastor: Fr. Brando
Hours of Operation:
9:00 a.m. – 3:30 p.m.**



St. Gabriel Catholic School

April 2017

Dear Parents/Guardians:

April Virtue: Justice

We kick-off the month of April by celebrating Autism Awareness Day on April 18th, 2017 (Tuesday after Easter). Students will have an opportunity to wear light shades of blue (non-uniform day) in order to bring some awareness about this neurodevelopmental disorder and how it affects children with the disorder. Brief class presentations will be made by Ms. Makhnitska (ME/DD teacher at St. Gabriel) throughout the month of April.

National Volunteer Appreciation Week will be celebrated the week of April 23-29, 2017. We are planning a luncheon to thank the many volunteers who support our students and school activities - look out for your invitation! Other important dates in the month of April:

- Easter Break April 14 - 17 (school closed)
- Earth Day April 22, 2017
- Jump Rope for Heart week of April 24 - 28

This year also marks the 100th anniversary of The Battle of Vimy Ridge, which began on Easter Monday, April 9, 1917 in northern France. Although it was one of the most successful Allied offence operations, some 3600 Canadians lost their lives serving in the cause of peace and freedom.

We continue to observe the Lenten Season here at St. Gabriel by Praying, Fasting and Giving Alms. Take the time to pray with your children the following prayer:

Dear God,
During this holy season of Lent,
help us to come closer to you.
Help us to **fast** from those things
that separate us from your love,
To **give** generously to others,
and to **pray** always.
We ask this in Jesus' name.
Amen

Finally, for our culminating event for our Year of the Parish, we will be having a special mass at St. Gabriel Parish on Friday, May 5th, 2017 @ 10am in order to celebrate Parish Family Day Celebration. We are encouraging as many members of the school community to attend, so please save the date!

Yours in servant leadership,
Cathy Crispo

SAFE SCHOOL ARRIVAL PROGRAM

Please leave a message by calling the school at **416-393-5256** when your child will be absent or late. Please make sure that all students who arrive late check in at the front office.

SUITCASE THEATRE

Suitcase Theatre is a not-for-profit charitable organization created by one of the creators of Mr. Dress-up. For the past 7 years they have been bringing live theatre into schools, libraries, community centres and hospitals throughout the GTA. Their mandate is simple; they strive to create and facilitate arts experiences that are accessible to all audiences, providing a positive and lasting influence to both children and families alike.

On March 23rd they came to present their most recent show "All Aboard". This action-packed presentation takes audiences wonderful discovery journey of what makes Canada such an amazing place to live and learn - not to mention this year Canada celebrates 150 years! **Thank you Suitcase Theatre** for this FREE presentation given to our K - 5 students - they loved it!



MONTHLY VIRTUES

September - Hospitality

October - Gratitude

November - Peace

December - Charity

January - Courage

February - Love

March - Forgiveness

April - Justice

May - Compassion

June - Faithfulness

The following students were recognized for their demonstration of **forgiveness** ... "And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins." Mark 11:25

- Sofia Cologne
- Luke D'Angelo
- Diako Maleki
- Shasha Park
- Nyla Callanta
- Joonho Kim
- Jordyn Wheeler
- Ina Kim
- Dean Canellos
- Ugo Chukwukere
- Paren Kucukates
- Manolo Giron
- Yvon Joy Sabijon
- Janner Castellort

UPCOMING EVENT

ME TO WE SPRING RAFFLE

Ticket sales begin April 10th

Easter Early Bird Prize

Grand Prize - Two passes to Canada's Wonderland!!

**TORONTO CATHOLIC
DISTRICT SCHOOL BOARD
TRUSTEES 2016-2017**

Wards

- | | |
|----------------------------------------|--------------|
| 1. Joseph Martino | 416-512-3401 |
| 2. Ann Andrachuk | 416-512-3402 |
| 3. Sal Piccininni | 416-512-3403 |
| 4. Patrizia Bottoni | 416-512-3404 |
| 5. Maria Rizzo | 416-512-3405 |
| 6. Frank D'Amico,
Vice-Chair | 416-512-3406 |
| 7. Michael Del Grande | 416-512-3407 |
| 8. Garry Tanuan | 416-512-3408 |
| 9. Jo-Ann Davis | 416-512-3409 |
| 10. Barbara Poplawski | 416-512-3410 |
| 11. Angela Kennedy, Chair | 416-512-3411 |
| 12. Nancy Crawford | 416-512-3412 |
| Karina Dubrovskaya,
Student Trustee | 416-512-3417 |
| Rhea Carlisle,
Student Trustee | 416-512-3413 |



Civvies Day for ShareLife

ShareLife Week is celebrated each year during the Lenten Season in the week prior to Holy Week. ShareLife supports the many local Catholic charities that help families, single parents, the elderly, individuals with special needs, immigrants and refugees, the homeless and the needy, as well as the education of clergy within our own City of Toronto. Learn more about these organizations here: <http://www.sharelife.org/Public/ShareLife-List-of-Agencies>.

This year, ShareLife Week will be celebrated the week of April 3rd - 7th, and we are participating in a Board-wide Civvies Day to raise funds for the ShareLife campaign!

Our Civvies Day will be held on Friday, April 7th, 2017. Please consider donating \$2.00 (or whatever you can afford) in support of ShareLife.

All money collected will be directed towards the **ShareLife** campaign.

SL ShareLife

Celebrating the Parish and School Relationship

A special *Parish Family Day Celebration* will be held at the Catholic Education Centre on **Friday, May 5th, 2017** to showcase student work focusing on the many ways that our parishes and our parish priests contribute to our schools and communities. Submissions of videos, songs, artwork, stories and poems from students and schools will be accepted through until Friday, April 7th. **Email to parish.project@tcdsb.org or find additional information online:**

<https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/YearoftheParish/Pages/Parish-Family-Day-Celebration.aspx>

Holy Week Begins April 9th with Palm Sunday

Good Friday April 14th - school closed
Easter Monday April 17th - school closed

Stay Connected

Never miss out on important news and information from and about the TCDSB.

Subscribe to Enews

<https://web1.tcdsb.org/InterestSubscription/subscription.aspx> or follow the Board on Twitter @TCDSB

Canada150

TCDSB is celebrating the 150th anniversary of Canada and Ontario, and our own place in the history of our nation with a variety of special events. Check out our website for all the details: <https://www.tcdsb.org/affiliates/Canada150/Pages/default.aspx>



Self-Regulation

Self regulation "refers to how efficiently and effectively a child deals with a stressor and then recovers" (Porges; Lillas & Turnbull; McEwen). Dr. Shanker explains that in order to "deal with a stressor, the brain triggers a sort of gas pedal, the sympathetic nervous system, to produce the energy needed; and then applies a sort of brake, the parasympathetic nervous system, in order to recover." Self regulation must not be confused with self-control. While self control can be seen as "having the internal strength to resist an impulse", "self regulation represents a very different way of understanding why a child might be having problems with self-control and how we can help the child." It is important to keep in mind that what is a small stress for some children may be quite overwhelming for others. When children feel calm and alert they are better able to pay attention, modulate their emotions, and understand how others feel, ignore distractions, be less impulsive, considers the consequences of their behavior, and empathize with others.

There are several ways that you can help a child to self-regulate:

- **Reduce the child's stress level.** You can help children reduce stress by making sure they get enough sleep, eat nutritious meals, and exercise.
- **Help the child become self-aware.** This can be achieved by helping a child to "become aware of what it feels like to be calmly focused and alert and what it feels like to be hypo- or hyper-aroused."
- **Teach children what they need to do to return to a feeling of calm and alert.** Brainstorm about what children can do to feel calm e.g. read a book, take a nap, get a drink of water, colour, talk to a friend etc.
- **Develop a positive relationship with your child or student.**
- **Teach strategies to self-regulate.** Introduce and practice mindfulness, deep breathing and prayer on a regular basis.

Reminder: 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 students and staff.

Orfe Eco-Art Program

Orfe Eco-Art Program will be offered again to our students during lunch time starting the week of April 17th to June 5th. Every Wednesday in our computer lab, Orfe strives to teach children the love of art through the use of recycled material, so that in turn children are reminded that we need to protect our beautiful Earth. Registration form can be found in the main office or you can register online at: orfe@orfeart.com

April 3-14

St Gabriel Book Swap (Nicole, Marisol, Gabrielle, Matthew, Sean, Nick)

We all have books at home that we don't read or use anymore. Why go out and buy new ones, when you can exchange that book for another. During the week of April 3d, bring in your used books that you no longer read at home and are willing to part with. You will receive a ticket for each book you bring in. During the week of April 14th, bring in your ticket(s) and pick up a new book from our stock pile. You can enjoy a new book all over again.

April 17-28

Bottle Water Free Zone (Mattia, Richard, AJ, Jubic, Ugo, Greg)

God gave the gift of water for everyone. We have a responsibility to ensure that it is cared for and shared equitably with the whole of our human family. Our school, along with the whole of the TCDSB, is promoting the elimination of non-reusable bottle water in our schools, offices and at off-site events when tap water is available. This campaign is meant to reflect our Catholic Social Teaching with respect to God-given resources as vital as water. We are encouraging families to purchase reusable water bottles for use at school and even at home instead of the non-reusable ones. The grade 6 class will be monitoring the schools recycling bins and garbage bins to see if there is a reduction in non-reusable water bottles.

Hatch Coding Program

We are pleased to inform you that St. Gabriel will be offering Computer Coding classes during the lunch hour on Thursdays starting April 6th to May 25th. Students will have the opportunity to learn how to write computer code in Javascript in a fun and engaging way! Students can continue to sign-in at home in order to continue to develop their skills. This self-paced program is suited for all experience levels, please register at www.hatchcanada.com/schools if your child is interested!

