



**St. Gabriel
Catholic School**
396 Spring Garden Ave.
Toronto, Ontario
M2N 3H5
416-393-5256
FAX: 416 393-5199

**Principal
C. Crispo**

**Secretary
P. Monaco**

**Head Caretaker
S. Coulter**

**Superintendent:
P. Aguiar
416-222-8282**

**Trustee:
M. Rizzo
416-512-3405**

**CSPC Chair:
M. Sparkman
416-397-6800
Mailbox #88256
csac.stgabriel@tcdsb.org**

**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

January 2017

Dear Parents/Guardians:

January Virtue: Courage

Welcome back and Happy New Year!

We are looking forward to keeping the momentum started in September with the love of student learning and improving student achievement, alongside all the exciting activities schedule for our students and school community - and there are lots (please refer to the attached January calendar)!

This year, on January 19th, St. Gabriel will be reviewed in a Ministry of Education process called District Review. Throughout the District Review process, team members (consisting of the Superintendent of Area 4 and up to five other TCDSB Administrative employees) will visit classrooms to:

- Collect evidence of effective practice based of the School Effectiveness Framework **indicators selected by staff** (1.1 and 1.4)
- Make general observations of that evidence (without singling out a particular classroom or teacher)
- Record all evidence and prepare for a voluntary feedback session for staff

We are very excited about showcasing what is being accomplished here at St. Gabriel in regards to school improvement and student success. If you care to learn more about School Effectiveness Framework, please visit the following link: <https://www.tcdsb.org/programsservices/schoolprogramsk12/sef/Pages/default.aspx>

As we enter the month of January, let us be **courageous** in all our endeavors and remember, "Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." Isaiah 41:10

Yours in servant leadership,
Cathy Crispo

You will never do
ANYTHING
in this world
without
COURAGE.

- Aristotle

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.

ST. GABRIEL'S ME TO WE

It is with great thanks that the Me to We Committee announces that our goals for the St. Vincent de Paul collection have not only been met, but exceeded.

We needed to collect 29 toothbrushes, tubes of toothpaste, shampoo and conditioner, dish soap and laundry detergent.

We collected 101 toothbrushes, 74 tubes of toothpaste, 29 bottles of dish soap, 41 bottles of shampoo and conditioner, 15 bottles of laundry detergent and 23 extra items.

We thank all the families that donated.

ST. MICHAEL'S CHOIR SCHOOL SCOUTING

Greetings from St. Michael's Choir School. As you may know, St Michael's Choir School has, for 78 years, provided St. Michael's Cathedral and the Archdiocese of Toronto with sacred music of the highest caliber, sung by boys from Grades 3-12. As part of our work to continue this proud tradition, a scout will soon visit your child's school to listen to boys in Grades 2 and 3 sing. Should our scout hear a promising voice, he or she will give that child a letter to bring home with information about the Choir School, and an invitation to join us for one of our audition days, which take place in January, February and March every year. At St. Michael's Choir School, we believe that "he who sings prays twice", and we are grateful for the opportunity to visit your school in search of boys with a love of music who are interested in becoming part of this tradition of service and song.

Yours sincerely,

Barry White
Principal
St Michael's Choir School

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 **charity in the month of DECEMBER**

... "Give to him who asks of you, and do not turn away from him who wants to borrow from you."

Matthew 5:42

- Leemin Chung
- Domenico Perruzza
- Andrei Ganon
- Ian Saldivar-Brittain
- Jaiden Nichols
- William Cha
- Jahsiah Annikie
- Therese Celis
- Nick Mejia
- Adam Medwecky
- Kristhine Guzman
- Roun Lee
- Reichman DeMorgan

STUDENT NUTRITION PROGRAM

St. Gabriel's student nutrition program would like to thank the following retailers for their \$25.00 gift card donation:

Metro @ Bayview and York Mills

Metro @ Yonge and Church

Food Basic @ Yonge and Cummer

Also, a special thank you to TECT (Toronto Elementary Catholic Teachers) for their generous donation of \$200.00.

The Nutrition Program will start up again on **Thursday, January 12th** - it runs four days a week (every day except Wednesday). The student nutrition program is always looking for volunteers and/or suggestions on ways to improve.

GETTING ENOUGH SLEEP?

Getting enough sleep may be more important than you think. "Sleep plays a vital role in good health and well-being throughout your life", according to the National Heart, Lung and Blood Institute. Sleep studies have shown that when you're sleeping your body is working to maintain healthy brain function, mental health and physical health. "In children and teens, sleep also helps to support growth and development."

Healthy Brain Function:

A good night's sleep helps form and strengthen the pathways in the brain that relate to learning, memory, and the ability to focus and pay attention. "Some experts believe sleep gives neurons used while we are awake a chance to shut down and repair themselves." Studies also suggest that sleeping helps strengthen memories you've formed throughout the day and link new memories to older ones.

Mental Health:

Sleep impacts on your emotional well-being and ability to control your emotions, behavior, and coping skills. When children and teens don't get enough sleep they may have mood swings, feel angry or sad, be impulsive, or have difficulty getting along with others.

Physical Health:

In children and teens, growth hormones are released during periods of deep sleep. This helps with growth, boosts muscle mass, and repairs cells. Studies also indicate that lack of sleep can impact your ability to fight off infections. Sleep also plays a role in one's appetite and weight control. Sleep impacts on hormones that make you feel hungry or full. "When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you're well-rested."

Tips for Getting a Good Night's Sleep

- ✓ Encourage children to go to bed and wake up at the same time everyday
- ✓ Don't use a child's bedroom for punishment
- ✓ Relax before going to bed. Having quiet time before going to bed will help prepare the brain for sleep (i.e., use of relaxation exercises or a hot bath)
- ✓ Avoid eating large meals before bedtime
- ✓ Enjoy time outside everyday
- ✓ Engage in physical exercise
- ✓ Minimize distractions in your child's bedroom i.e. bright lights, TV, computer, noises.

(information obtained from: www.nhibi.nih.gov)

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