



**St. Gabriel  
Catholic School**  
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**Principal  
C. Crispo**

**Secretary  
P. Monaco**

**Head Caretaker  
S. Coulter**

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416-222-8282**

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416-512-3405**

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

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



## **St. Gabriel Catholic School**

### **June 2017**

Dear Parents/Guardians:

June Virtue: Faithfulness

Time flies when you're having fun!

This saying could not be truer to describe the 2016-2017 school year! As we look back at the many events that took place throughout the year, we realize that along with the fun, came many new learning experiences that we will not forget! Thankfully, Ms. Porter and Ms. Gauthier have taken the time to design a yearbook that has captured many of these moments. In June, you will have an opportunity to purchase a copy of the yearbook.

From the onset, knowing that we were on District Review, which is a review that focuses on school improvement and student learning, the staff and students worked diligently towards set goals and an overall improvement in student learning. We hope to see positive results in both our CAT/4 and EQAO tests which our students are currently in the process of writing - good luck!

June is also a time when we say goodbye to our grade 8s. We hope that the Catholic education you received here at St. Gabriel stays with you and ignited a love for learning; a person shaped by **the Catholic school graduated expectations**: a discerning believer, an effective communicator, a reflective thinker, a self-directed life-long learner, a collaborative contributor to common good, a caring family member and responsible citizen, living the Gospel values as Jesus did!

The virtue for the month on **May was Compassion** and we recognize the following students for demonstrating the virtue of compassion: Rhys McConnell, Carmelina Costa, Giovanna Monteiro, Maya McCallum, Joshua Lee, Michael Ramponi, Isaac Bate, Ella Choi, Jordyn MacRae, AJ Ondaatje, Crysteen Calica, Amy Pimentel, Carlos Valdez, Alessandro Staffetta - congratulations!

Finally, I would like to thank each and every one of you for the support you offered me as a first year principal. What a caring parent community, dynamic school staff and the most wonderful children, not to mention, **Cricket Canada Champions** - I am truly blessed to be principal here! Have a great summer ☺



Yours in servant leadership,  
Cathy Crispo

## Fun Fair!

Another school year is coming to a close and our Fun Fair was an astonishing success. Many hours of planning, cooperation and donation in time and money went into organizing this event. I'm confident we can all agree that this helps bring our community together and raise much needed funds for our beloved St. Gabriel. **We raised \$2,295!!** This will greatly contribute to next year's initiatives such as buses for field trips and technology investments.

This event could not have been a success without the dedication of our wonderful parent volunteers who selflessly donated their time, energy and funds. Thank you to Gwen Saldivar Brittain, Cristian Saldivar, Serena Rennie, Mandy and Kyle Sparkman, Parul Verma, Christopher Canellos, Tina Farelli, Monica Echeverry and her husband (forever now known as The Bubble Making Man), Ralph Sobanski, Gina Aprile Cologna, Susan Matany de Figarella, Dale Dantzer, Debbie and Steve Smith, John De Pinto, Helene Taylor, Elisabetta Pisa, Joe Bate and the Jepson Family.

Special acknowledgment must go to our brave staff for enduring the frigid dunk tank. The students took special joy in that activity! Thank you Ms. Crispo, Ms. Lentini, Mr. Addoriso, Ms. Jevезian and Ms. Porter. Special thanks to Ms. Gauthier for being the "Carnie" who managed the money and crowd for the dunk tank.

Thank you to Mr. Coulter for his help with set up. However, after the Fair is said and done it is our dedicated night custodian Carmen and tech guru Mr. Florio that cleans up after us. Thank you so much for ALL your help and enthusiasm.

Shout out to our fantastic DJs, Keith Dayate and Aidan Cologna who kept the beats going and our impromptu photographers Nicole Castrillon and Samantha Smith for taking the initiative to capture the moments.

Lastly, thank you to our community sponsors who so generously donated prizes to our Fun Fair:

MasterMind Toys of Bayview Village  
Tommy Bahama of Bayview Village  
David's Tea of Bayview Village  
Toronto Athletic Camp  
Sunnyside Up Summer Camp  
Kernels Popcorn at Fairview Mall  
Dr. Irv Fefermen, Team Physician for Toronto Blue Jays  
Andrew Feindel and Kyle Richie of Investors Group  
Master Myung's Taekwondo Academy  
MEC - Mountain Equipment Co-op

We couldn't have a raffle draw without their very generous support.

Congratulations to our Fun Fair raffle winners:  
Linda Holmes - Beautiful, The Carole King Musical  
Roma Moy - Coconut board game  
Daniel Bermudez - Soccer net and ball  
Giovanna Monteiro - Virtual reality goggles  
William Cha - Step and Play Piano  
Agnes Cheng Tsallis - Procter and Gamble basket  
Jordyn Wheeler - Kernels gift card  
Therese Celis - iTunes gift card  
Aidan Hu - iTunes gift card  
Giovanna Monteiro - iTunes gift card  
Nathan McDaniel Thompson- iTunes gift card  
Steve Smith - cooler  
Agnes Cheng Tsallis - MEC gift card  
Daniel Bermudez - Sunnyside Up Camp  
Domenico Perruzza - Master Myung Taekwondo (2)  
Aiden Kwon - Master Myung Taekwondo  
Silvana Aprile - TAC Sports Camp  
Carter Sparkman - TAC Sports Camp  
Chloe Cusi - Blue Jays - 4 tickets to Sept game  
Joseph Turiano - Blue Jays Experience  
Julia Izzo - Blue Jays Experience

As you can see from the list of names and businesses it truly takes a **WHOLE** community to create memorable moments in our children's lives. If you and your family had a fun time, please consider helping out for next year's Fair. Every helping hand counts!! Have a wonderful summer!

Lisa Cheng Dantzer

## Monthly Update from the Board June 2017

### Summer School Registration Continues

Course options and registration info for secondary school students:

<https://www.tcdsb.org/ProgramsServices/ContinuingEducation/SecondaryCreditCourses/SummerSchool/Pages/Default.aspx>

Information about Reach Ahead Credits and Summer Enrichment Camps for elementary students:

<https://www.tcdsb.org/ProgramsServices/ContinuingEducation/SecondaryCreditCourses/SummerSchool/elementaryss/Pages/default.aspx>

The Board now looks forward to bringing together the Family, Parish and School as we launch the **Year of the School** starting September 2017, and we continue to build on the solid foundation that we have succeeded in creating together.

[http://archive.isiglobal.ca/vod/tcdsb/Board/NOCC/archive\\_TRAILER\\_Year-of-School-Animation.mp4.html](http://archive.isiglobal.ca/vod/tcdsb/Board/NOCC/archive_TRAILER_Year-of-School-Animation.mp4.html)

### School Choir

Members of the school choir are asked to participate in the Confirmation ceremony on Sunday June 4<sup>th</sup> at 3pm and at the Grade 8 Graduation ceremony on Friday June 23<sup>rd</sup> at 6:30pm.

### Interested in Parent Involvement?

The Toronto Catholic Parent Involvement Committee is a provincially mandated and funded committee, which supports student achievement through increased parent involvement. Members of CPIC work locally within their own wards, and also provide information and advice on parent engagement to the school board. The committee strategizes and plans initiatives and events that promote and facilitate parent engagement, and helps parents to support their children's learning at home and/or at school. Toronto CPIC members are volunteer parents/guardians, who bring forward information and ideas from their own wards, and relay important decisions and important information from the central table back to the parents in their area.

If this sounds of interest, consider running for election in the fall of 2017.

Don't have the time to serve on a committee? Consider nominating someone for the committee, and remember to come out and vote for your CPIC representative.

Visit [www.tcdsb.org](http://www.tcdsb.org) soon for detailed election information.

### TORONTO CATHOLIC DISTRICT SCHOOL BOARD TRUSTEES 2017-2018

#### 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
	Rhea Carlisle Student Trustees	416-512-3413
	Joel Ndongmi, Student Trustee	416-512-3417

## How to Infuse More Days with More FUN!

As summer approaches, chances are your children are relatively happy about having a break! Of course that may not be true for everyone..... When children are very young, their parent or guardian often ensure that there is a "fun" quotient for the summer. As children mature, they are often tasked with learning how to infuse their own time with fun. This is true for adults as well!

Below are some helpful tips for fun infusion. Hopefully one or two may resonate for your child and maybe even yourself!

**1) Ration Your Time:** We often allocate our time to maximize our accomplishments.

Although there is nothing wrong with this, we need to begin to consider the importance of rationing our time so as to maximize enjoyment/joy. For example, consider taking a social media "holiday". Some emerging research is demonstrating that people who overuse social media have less life satisfaction. The media "holiday" could be a specific time during the day, or a break while doing an enjoyable activity.

**2) Think Happy Thoughts:** A study from Michigan State University found that participants who smiled while thinking of authentic happy/joyful experiences (e.g. like your child's recital, or a favorite vacation spot) evidenced a positive change in brain chemistry in comparison to those who smiled but were not thinking of a happy thought. Happy Thought + Smile = Positive brain changes.

**3) Have a Backup Plan:** Tough times will happen, so have a "back up" plan for when they do. Relationships can be very positive protective factor for youth and for parents. Establish a circle of friends that you know you can turn to in case trouble strikes. Encourage your child to create a list of people they can count on.

**4) Less "Me" time More "We" time:** People with a positive disposition tend to have more social relationships. Research out of the University of British Columbia indicates that the type of interaction does not need to be extensive. What is termed as "social snacking" can have positive effects. Social Snaking is when we engage in interactions with others, even briefly. This was found to be true of both introverts and extroverts

**5) Find Purpose in Pleasure:** Happiness is often linked to something pleasurable, but that is only half of the story. Linking happiness to things that have purpose deepens our joy factor. Dr. Rick Hanson writes about the importance of re-wiring ourselves to notice the positive in an effort to build up resilience that we can call to action in tough times. (*Hardwiring Happiness*)

**6) Be nicer:** Acts of kindness not only makes the recipient feel good, but it boosts the mood of the person giving the kindness. Even small gestures like smiling, saying hello, or a small compliment can yield huge mood dividends.

**7) Try the PEP formula:** Employing the PEP formula: Physical (do something energizing), Escape (steal away for some down time), and People (spend time with those who inspire you). Helps to build a rejuvenating weekend experience to help us re-charge for the week ahead.

Source: The Science of Happiness, TIME Magazine September 2016. Excerpts from "Fourteen Ways to Jump for Joy" by E. Seidman

