



**St. Gabriel
Catholic School**
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Toronto, Ontario
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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

November 2016

Dear Parents/Guardians:

November Virtue: Peace

Another busy month ahead of us!

As the school community is well aware, October 7th was a Professional Activities Day (aka PA Day) and as a staff we gathered to plan another exciting school year for your children, our students. Our focus that day was to set goals for the 2016-2017 School Learning Improvement Plan. It usually begins with data analysis of past assessments (CAT4, EQAO, Report Cards, Running Records, etc.) in order determine where our students/staff need to improve, with an end result of improved student achievement and instructional practices. We came to the conclusion that, **"If we support all of our students at risk by promoting a growth mindset, nurture a love of learning mathematics and intentionally teach students mental math strategies and multi-step problem solving, then student achievement will improve in the areas of mathematical computation, reasoning and communication."**

On behalf of our staff, I would like to wish Ms. Silva all the best as her last day was Friday, October 28th. Ms. Silva will be off on a maternity leave for a year as she is expecting a child any day now! Congratulations, to you and Mr. Silva. We welcome Ms. Bastone who will be taking the LTO for the remaining year. Also, we welcome Ms. Ruggiero to the 1/2 class who will be there for the remaining year. We look forward to working with both new staff members.

Lest we forget ... On November 11th our school will gather in the gym to commemorate Remembrance Day. Our Intermediate Team, Ms. Porter, Ms. Jevезian and Mr. Addoriso's grade 7 and 8 classes will be leading us in a liturgical service. You are all welcome to attend.

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.

NUTRITION PROGRAM

The Nutrition Program is now running **three** days a week; Tuesday, Thursday and Friday. We are so fortunate to have so many parent volunteers to help run this program so that students may receive a healthy snack on the above mentioned days. A special thanks to Grace Cha, coordinator of the nutrition program. Grace is a welcoming and friendly person who draws volunteers to the program. On Thursday, November 3 from 1-3pm, you are invited to a **COMMUNITY CONNECT WORKSHOP** here at St. Gabriel Catholic School. This is an informal gathering of small groups of coordinators and volunteers to discuss the ten best practices of Student Nutrition Programs. Come to learn new ideas and share your own. This is a great opportunity to network and meet other coordinators. Hope to see you here.

PARENT-TEACHER INTERVIEWS

Parent-teacher interviews will take place on the following dates:

Thursday Nov. 17th from 5-8pm

Friday Nov. 18th from 9-11am

Please ensure that your interview slip form be returned to your child's classroom teacher to secure an interview time.

FIRST COMMUNION MEETING

Grade 2 parent(s)/guardian(s), please be aware that there is a very important meeting at St. Gabriel's Church on November 2, 2016 @ 7:30pm.

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 **gratitude** ... "This is the day which the LORD has made; we will rejoice and be glad in it." Psalm 118:24

- **Lumi Kim**
- **Maythe Aguilar**
- **Brayden Marchak**
- **Cassidy Falcao**
- **Sofia Cherian**
- **Mark Viado**
- **Andrew Kemmesies**
- **Jahsiah Annikie**
- **Vince Cabaltera**
- **Nicolas Saldivar-Brittain**
- **Matthew Tansingo**
- **Crysteen Calica**
- **Azher Balajadia**
- **JD Solidum**
- **Katie Mejia**

ST. GABRIEL'S MASS TIMES AND YOUTH CHOIR

St. Gabriel's Parish mass times:

Saturday 4:30

Sunday 8:30, 10:30 12:30

**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 |

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

by John McCrae, May 1915



St. Gabriel's Big Box Fundraising Event



New to our school this year, the Big Box of Cards is a set of 33 All Occasion cards for the low price of \$33. We have outlined the details of this fundraiser in a letter that will be sent home.

The campaign runs from **Thursday, November 3rd to Monday, November 21st**, when all order forms and payments are expected to be returned to school. Don't forget our amazing prizes!!

- ✓ The top selling class wins a class pizza party.
- ✓ Grand Prize, for every three boxes of cards your family sells, their name will be placed in a draw to win one of four \$25 gift cards at local retailers like, Best Buy, Cineplex, Toys R Us, and EB Games.
- ✓ If the school reaches a sales target of 400 boxes sold in total an Apple iPod touch will also be awarded and drawn for.

***** Assembly in the GYM on Thursday, November 3 @ 11am - all are welcome to attend.**

Math Advice for Parents

Professor Jo Boaler, Stanford University, retrieved and edited from <https://www.youcubed.org/handout-for-parents/>

Some children find mathematics difficult but they really do have the potential to do well. You can help them become confident in their abilities. Jo Boaler suggests the six following strategies for parents to work with their children to create a love of math.

- Encourage children to play math puzzles and games. Award winning mathematician, Sarah Flannery reported that her math achievement and enthusiasm came not from school but from the puzzles she was given to solve at home.
- Always be encouraging and never tell kids they are wrong when they are working on math problems. Instead find the logic in their thinking - there is always some logic to what they say.
- Never associate math with speed. It is not important to work quickly, and we now know that forcing kids to work quickly on math is the best way to start math anxiety for children, especially girls.
- Never share with your children the idea that you were bad at math at school or you dislike it - especially if you are a mother. Researchers found that as soon as mothers shared that idea with their daughters, their daughter's achievement went down.
- Encourage number sense. What separates high and low achievers is number sense - having an idea of the size of numbers and being able to separate and combine numbers flexibility.
- Perhaps most important of all - encourage a "growth mindset" let students know that they have unlimited math potential and that being good at math is all about working hard. When children have a growth mindset, they do well with challenges and do better in school overall, not because they're "smart" but because they persevere and learn.



Healthy Habits for Happiness



There is much exciting evidence to suggest that happiness contributes to physical health. According to an article in the Proceeding of the National Academy of Science (2014) entitled "The How of Happiness", the happiest people had an average heart rate of about 6 fewer beats per minute. In addition a 2010 student cited in the same article indicated that over a ten year period, persons who rated themselves as happier on a 5 point scale demonstrated a drop in coronary heart disease.

5 Habits for Happiness

(The Science of Happiness , Time Magazine, 2016)

SLEEP MORE

People who have better sleep have a better chance at achieving emotional well-being, according to a 2014 analysis. The happiest people get an average of 8 hours a night; 42% of adults in the US get less than the recommended minimum of 7 hours

EXERCISE: Physical activity boosts the actions of endorphins, which may be natural mood enhancers.

GET OUTSIDE: Studies have found that sunshine boosts the synthesis of serotonin, a neurotransmitter that helps regulate mood and may combat depression.

EAT MORE FISH: In a review of studies that tracked the consumption of fish and emotions, subject who ate more fish demonstrated a lower risk of depression.

SMILE: A 2012 student found that people who smiled enjoyed a lower heart rate during stress recovery scenarios and a smaller drop in positive emotions during stressful tasks.

TUTORING

We have been receiving numerous calls/requests regarding tutoring services in the area. As we do not wish to endorse any tutoring services in particular, we offer the following, after consulting with school support staff. The following tutoring services are available within the St. Gabriel school community:

Fairview Library: Homework Help for Teens - free, once a week, walk-in from Grade 7-12 for all subjects

Leading to Reading Program: A free program for children from Grade 1-6 in need of extra support in reading and writing will be matched with a volunteer, who will work with students, one-to-one, for one hour every week after school. An application must be completed via library and student will be placed on a waitlist.

Learning Disability Association (at Willowdale North York Branch): A six week group tutoring fee for service program is available on Sunday. \$200 for 6 week - each session is one and half hours.

Another option is to look online and call some of the more known tutoring companies such as, Oxford Learning Centre, Kumon, Sylvan Learning, etc.

SKATING Schedule

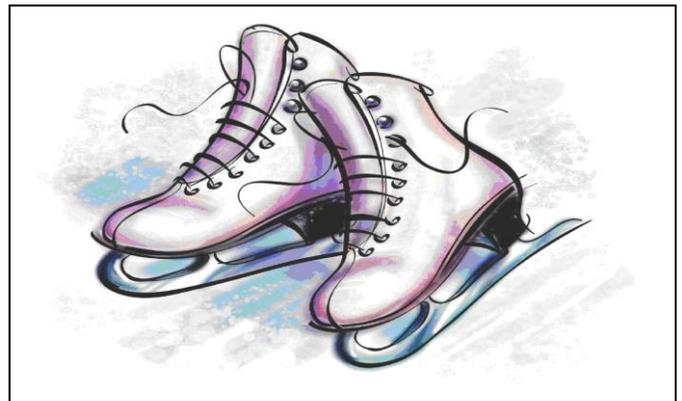
Friday November 4 Grade 1 (Ms. Vaz), Grd 1/2 (Ms. Ruggiero), Grd 2 (Ms. Macri)

Friday November 11 Grade 2/3 (Ms. Noonan), 3/4 (Ms. Capozzoli)

Friday November 25 Grade 6/7 (Mr. Addoriso), Grade 7/8 (Ms. Jevezian)

Friday December 9 Grade 4/5 (Ms. Shortt), Grade 6 (Ms. Gauthier)

Friday December 16 Grade 8 (Ms. Porter)



JAKE RYLE ILLUSIONIST

Jake Ryle was here on Friday, October 28th and offered our Kindergarten to Grade 4 students a FREE magic show. Not only was he an excellent and talented magician, he gave students a very clear message about following your dreams and raised awareness about anti-bullying. Should you wish to book Jake, please call him at (647) 782-5957 or email insaneshows@hotmail.com.