



# ST JAMES CATHOLIC SCHOOL

## Acting Principal's Message

Dear Parents:

I am honoured to serve as the Acting Principal for St James Catholic School.

In early February, I had served at the school in an Acting Principal capacity, so I am already aware of the tremendous sense of community that exists here. Although these are new and challenging times, I truly believe that our strengths of collaboration and mutual care will get us through any hardships.

Together with the tremendous staff at St James, I will endeavour to promote optimal student learning, student engagement and student well being. I trust that you will reach out to staff with any of your child's pressing educational concerns.

May God bless you and your families.

Sincerely,

Maria Leitao

## Acting Principal's Prayer

"The very first dream of all is the creative dream of God our Father, which precedes and accompanies the lives of all his children. The memory of this blessing, that extends from generation to generation, is a precious legacy that we should keep alive, so that we too can pass it on." (Pope Francis, Apostolic Exhortation, Christus Vivit, #194).

## Catholic Education Week

Igniting Hope--Allumer la flamme de l'espérance - May 4 - 8, 2020

## A Message from the Director of Education and Chair of the Board

This year's theme for Catholic Education Week is very fitting and appropriate given these unusual times. As a Catholic community we are called to remain hopeful that better days are ahead. We are called to trust in the Lord to get us through difficult and uncertain times, and to remain faithful to Him.

Despite the challenges of recent weeks, we remain grateful for the gift of publicly funded Catholic education, which allows all of us—students, staff, families—to learn, work and live in a faith filled environment which reflects Catholic values and traditions. It is a gift that we must never take for granted.

Though this year we are unable to come together as a school board community, or even as individual school communities, let's remember to give thanks for all who contribute to the success of our Catholic schools. There are so many people who collectively support our students—our teachers, our educational support staff, our central office staff, clerical and custodial staff, our parishes, and of course our parents. It is because of their continued commitment to our schools that our students are able to overcome obstacles and become the best they can possibly be. It is because we believe in them that they can believe in themselves.

All are encouraged to visit our website for resources and information about this annual observance <https://www.tcdsb.org/board/nurturingourcatholiccommunity/catholiceducationweek/pages/default.aspx> and to take time to say a prayer of thanks for one another and for Catholic education.

God bless!

Rory McGuckin                      Joseph Martino  
Director of Education              Chair of the Board



### **Guidance Corner**

#### **Virtue of Compassion**

It is fitting in these times that the Virtue of the Month for May is Compassion. When we are compassionate, we not only empathize or understand where people are coming from, but we behave in ways that are helpful towards others. As we navigate through this pandemic, we are provided with many opportunities to show compassion. Simply staying at home and following physical distancing shows compassion for those who are vulnerable to the effects of Covid-19 and the front line workers who are risking their livelihood every day to keep us safe. Use this as an opportunity to model compassion for your children and for those around you.

For a calendar with daily suggestions on how we can show compassion, click on the following link.

<https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/virtues/Virtues-Calendar-Compassion-May-2020.pdf>

Some helpful websites to help encourage the development of compassion in children/teens are listed here:

<https://www.we.org/en-CA/we-stories/opinion/how-to-nurture-compassion-moral-responsibility-in-children>

<https://positivepsychology.com/compassion-for-kids/>

<https://www.cratejoy.com/box-insider/kindness-activities-for-kids-to-learn-compassion/>

<https://www.focusonthefamily.com/parenting/teaching-teens-to-care/>

### **Mental Health Resources**

Click on this link for weekly mindfulness activities promoted by TCDSB Elementary Guidance Counsellors. Click on the weekly link and scroll all the way to the bottom of the document to access the Guidance Page.

<https://sites.google.com/tcdsb.ca/tcdsbcurriculumdept/phase-2-weekly-learning-activities?authuser=0>

As the call for physical distancing and staying at home continues to be extended, we recognize that it can be taking a toll on our mental health. The school board has an extensive list of resources that you can refer to for assistance. Please follow this link.

<https://docs.google.com/document/d/15xBQkiNXZ7dDdzfchQZlh8SKEA-mwMIaAUIEZrodEvg/edit>

### **All About Me Portfolios and Individual Pathways Plans**

In [Creating Pathways to Success](#) students are asked to reflect on their interests, think about their strengths and consider setting goals and it encourages them to become competent, successful and contributing members of society.

[myBlueprint](#) is a site that allows K-6 students to develop and All About Me Portfolio and grade 7-12 students to work on an Individual Pathways Plan. Simply click on the link at the beginning of this paragraph, click on "School Account Log In" and use your child's TCDSB Username and Password to access the account.

These links will provide you with at home tutorials and guides to help you and your child understand and navigate portfolio development. [Link to Videos and Webinars](#), [Resources for Families](#)

**Stay Home, Stay Safe, Stay Healthy and remember to Stay Social while Physical Distancing!**

**Warmest Regards**, Frank Amato, Elementary Guidance Teacher Counsellor

### **Go Indigo**

Ms. Costanzo and Ms. Pascucci managed to get a trip in before the lockdown to continue stocking our school library as recipients of the Go Indigo grant. Looks like they've been busy!

We thank them for their continued support to our St. James' community.



**WE MISS YOU, WE MISS YOU, WE MISS YOU!**