

St. John the Evangelist Catholic School

Courage Excellence Compassion

News



DECEMBER 2017

As St. John the Evangelist is an eco-certified school, our full newsletter will only be available online at <https://www.tcdsb.org/schools/stjohntheevangelist>

The Virtue of the Month for December is Charity.

Our Pay it Forward project unites the school and the parish. This year students will be asked to bring in new socks and/or mittens and/or hats which we will send off to the Local St. Vincente de Paul. Let us all look outward and support our community at this most important time of the year.

CHRISTMAS BREAK—DECEMBER 25th —JANUARY 5th, 2018.
WE WISH YOU AND YOUR FAMILY ALL THE BLESSINGS OF THE CHRISTMAS SEASON.

CHRISTMAS CONCERT

Our Christmas concert for Kindergarten to Grade 6 will be on Wednesday, December 13th at 12:15 p.m. at St. Philip Neri Church (next door). Please do not arrive before 12 noon and Brother Joseph has asked that there be no food or drink in the church. All attendees must remain until the end of the concert (around 2:30 p.m.). A note will be sent home for you to indicate if you will be taking your child(ren) home at the end of the concert OR if they will go on the bus. Please do not change your arrangements as it will be too difficult to track after the concert is over.

FOOD ALLERGIES

We ask that you **DO NOT SEND ANY PRODUCTS THAT MAY CONTAIN PEANUT OR NUT PRODUCTS TO SCHOOL**, as children can come into contact with children who have anaphylaxis. It is for this reason that students are not allowed to share food at school OR bring food into the classroom that was made in a NON peanut free environment (e.g. McDonald's). Please remember that Christmas treats should **not be food related** due to these allergies.

ELECTRONIC DEVICES

Please do not allow your children to bring electronic devices to school unless they have been requested for educational use. We have no way of ensuring that they will not be stolen, damaged or lost. The school cannot be responsible for student's electronic equipment. Students may have a telephone at school only for safety reasons. When students repeatedly use their electronics without permission, you will receive a call and will have to come to pick up the item(s) from the principal.

DRESS CODE

With the exception of our Dress Down Days, OR specific events of which you will be notified, all students must be in uniform each day. Dress Down is never mandatory, but if students do wear casual clothes, they must bring in a toonie. Money raised is used for bussing to sporting events, technology and other activities linked to the curriculum.

KINDERGARTEN REGISTRATION FOR SEPTEMBER 2018

The Toronto Catholic District School Board invites families with children born in 2014 to register for Kindergarten beginning **Wednesday, January 17, 2018 at 10 a.m. EST**. Parents will be able to complete their application online at: <https://soar.tcdsb.org/Login.aspx>. A follow up visit to the school to present the required documents will be scheduled by the school following the online application. **Please note that we are almost at capacity. If you know anyone interested in attending SJE who lives in our boundary, SKs should register now, and JKs after January 17th. We have a number of students redirected from schools close by and it would be regretful if we had to turn away children from our own boundary because we are full.**

STUDENT DROP OFF IN THE MORNING

Please do NOT drop off your child(ren) before 8:15 a.m. as there is no supervision and this puts them at risk. Also, we ask that when driving your children to school, they be dropped off at the gate and a teacher will ensure he/she makes it into the yard safely. The presence of adults unknown to the children, can cause undue anxiety. We thank you for supporting us in keeping our students, your children, safe.



Principal
Ms. L. Graham

Superintendent
Ms. F. Cifelli

Trustee
Mr. F. D'Amico, CD
416-512-3406
Frank.damico@tcdsb.org

Parish
Fr. Maderak
St. John the Evangelist
49 George St., Weston.
416-241-0133

Secretary
Ms. R. Cerasano
Clerk Typist
Ms. A. Verrelli

CSAC Chair
Ms. R. Cesario

*St. John the Evangelist
Catholic School
20 Beverly Hills Drive
Tel - 416-393-5244
Fax - 416-393-5032
School Hours
8:30 a.m. - 3:00 p.m.*

School website:

<https://www.tcdsb.org/schools/stjohntheevangelist/Pages/default.aspx>

School BLOG:

<http://sjeschoolblog.blogspot.ca/>

@TWITTER:

<https://twitter.com/sjeces>

Together with
one VOICE
Romans 15:5-6



...that together you may with **ONE VOICE** glorify the God and Father of our Lord Jesus Christ. Romans 15:6

Student Mental Health and Well-Being



TCDSB Mental Health Services provided by **Psychology, Social Work, and Guidance** personnel

Wishing everyone a joyful Christmas!

Setting Realistic Expectations at Christmas Time

Tips from St. Patrick's Hospital, Dublin, Ireland.

Christmas is often a very busy time of year with much planning and activities. While it's enjoyable, we may find ourselves rushing from one event to another without taking the time to enjoy each moment. We encourage you to consider the following tips so that you will enjoy a "well-paced" Christmas.

1. Decide which Christmas activities and traditions are most significant to you. Only participate in those activities that have significance for you and decline the activities which cause stress or are insignificant for you.
2. Christmas time tends to be a time when people spend more money than they can afford. Make a Christmas budget and stick with it.
3. Take care of yourself. Eat right, get enough sleep and exercise. As adults, control your alcohol consumption and limit your indulgence in high fat or sugary foods.
4. Recognize signs of stress and use relaxation techniques when you begin to get irritated or upset such taking a
5. few deep breaths, going for a walk or taking a break.
5. Have realistic expectations of family and friends. Just because it is Christmas, does not mean the attitudes or behaviours of relatives and friends will change. Accept this and plan how you will respond to help keep the Christmas spirit.
6. Make time for yourself. This time does not need to cost anything and can include going for a walk or reading a book. Schedule time for yourself during the busy Christmas period.
7. Delegate Christmas tasks and ask for help. Communicate openly and remember it's ok to say "no". Don't carry the entire burden
8. If you experience persistent low mood or anxiety, consider professional help. There is a wealth of experience and expertise available to deal with mental health difficulties.



The spirit of God made me, And the breath of the Almighty gives me life ~ Job 33:4

Fostering The Family:

The TCDSB Pastoral Plan 2015-18 “ Together With one Voice: Harmonizing Our Faith Through Family, Parish, and School” 2017 focuses on the SCHOOL

Family, Parish and School – Unity in Diversity...

Though it is our goal to highlight in depth each community of faith from the educational “village” of family, parish and school every year, it is imperative for us to remember that each of these communities is not simply a discordant or isolated entity; instead, each with the richness of its diversity adds greatness to the harmony of God’s music of love. In other words, the unity of the whole (family, parish and school) does not and should not undermine the uniqueness of the individual. This relationship of unity in diversity reflects St. Paul’s notion of many parts, one body (1 Cor. 12:12-26). This present pastoral plan challenges us as a Board to continue to encourage this ‘symphony’ and build a harmony with ‘ONE VOICE’ in order to develop, celebrate and nurture the wholeness of the human person in our beautiful but sometimes discordant world.

A thought to ponder as an antidote to everyday anxiety during this busy holiday season:

Philippians 4:6-7*New International Version (NIV)*

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Wishing you a Very Merry “Balanced” Christmas

Worried your teen would prefer to text her friends than trim the tree with you? Or FaceTime peers rather than faceoff in a family hockey game? Relax: your independent teen is probably more receptive to family holiday traditions than you think. Though peers become increasingly important in a teen’s life, family still matters.

1. Plan Ahead

Don’t wait ‘til the first day of winter break to share holiday plans with your kids. “Often kids feel they get stuck doing too much family stuff when it hasn’t been discussed beforehand and it’s sprung upon them at the last minute,”

2. Hold a Family Meeting

A family meeting is one of the most efficient ways to get everyone on the same page. If your family doesn’t already hold regular meetings, prepare everyone for how this one will go down. “Let them know in advance, ‘We want to have a planning meeting to discuss family commitments for the holidays’. Get your gang to come prepared with things they already have scheduled and any key activities they hope to fit in over the coming days. Then find 30 minutes or so—post-dinner is often a great time—to strategize.

3. Prioritize Family Events

Some holiday events are more important than others, so establish priorities upfront. Family time as a non-negotiable, when balancing young people’s social needs is often at play. Parents should decide on their ‘deal breakers’ first, along with things that are optional. Then, approach the teens to determine how things can fit together

4. Don’t forget the power of compromise and flexibility(Canadianfamily.ca)

Mental Health Initiatives 2017-2018

- Support for schools in developing a Mentally Healthy Classroom. See Supporting Minds (30 min presentation available to your school as SW or Psych) on the Ministry’s website and edugains.ca.
- Inclusion of mental health to school SLIPs
- Building partnerships with community agencies, families, and parishes.

safeTALK suicide awareness workshops for staff available via PAL



Suggested Readings and Websites:

Websites:

www.health.harvard.edu

www.stressfreekids.com

www.anxietybc.com

Books :

Because of Bethlehem: Love Is Born, Hope Is Here

By: Max Lucado

A Laugh A Day...



Patricia Marra-Stapleton, Psychological Associate/Mental Health Lead

patricia.marra-stapleton@tcdsb.org