



ST ROCH CATHOLIC SCHOOL

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Toronto, Ontario
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PRINCIPAL'S MESSAGE

Dear Parents/Guardians,

It seems just like yesterday we began the 2018/2019 academic year in September and now we are in the month of June. As the school year quickly draws to a bittersweet close, I would like to take this opportunity to thank you for your ongoing support throughout the school year. I would like to congratulate the students on their many accomplishments—from sports, to presentations, activities and all of their personal growth milestones with many more to come. These are truly exciting and melancholic times for all of us! This is also a very special time for our Grade Eights, who will be making their way to high school and will represent St. Roch Catholic School with great pride wherever their paths will lead them. I wish them all great blessings and the best of luck as they prepare for their graduation ceremony on June 20th at 7:00 p.m. at St Roch Parish Hall. Remember all of the lessons you have learned here at St. Roch, and remember, this is not the end, it is only the beginning. You will all truly be missed.

I would like to congratulate Mrs Romano who is leaving St. Roch to take on the role of Vice Principal at St. Augustine. We thank Mrs Romano for all her service to the St. Roch community over the years. She will be greatly missed. I would also like to thank all the staff who have worked very hard this year for the St Roch students. Some will be moving on to new roles and we wish them the best for the 2019-2020 school year.

It is with mixed emotions that I inform you that I will be moving on to a new school community in September. Mr Paul Di Nizio will be joining the St Roch community as principal for the 2019-2020 school year. I am very grateful to have served the St. Roch community for the past 6 years and I will miss everyone- the students, the staff and the parents. I wish you all the best for the coming school year.

It has once again been my privilege and honour to have served you as your principal this year. As usual, the accomplishments of our students could not have been achieved if it were not for the amazing staff that we have at our school. It is all about our great team. We have a fantastic, dynamic and caring community of dedicated students, parents and educational professionals who come together to be part of our special school.

On behalf of Trustee Ida LiPreti, Superintendent Flora Cifelli, and all staff at St. Roch Catholic School, we would like to take this opportunity to wish you and your families a very safe and enjoyable summer break. God Bless and Keep You All Safe!

M. Jackson, Principal

CATHOLIC SCHOOL NEWS

June 2019

Michelle Jackson

PRINCIPAL

Flora Cifelli 416-222-8282 x 2593

SUPERINTENDENT

Ida Li Preti 416-512-3403

TRUSTEE

St Roch Catholic Church (416) 749-0328

2889 Islington Ave, North York

PARISH

Janet Pollo & Michelle Rodrigues

CSPC CHAIR

www.tcdsb.org/cpic

CPIC (PARENT ENGAGEMENT - TCDSB)

www.tcdsb.org/oapce-toronto

OAPCE TORONTO (PROVINCIAL VOICE FOR PARENTS)

380	9:00-3:30	11:45-12:45
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ENROLLMENT HOURS OF OPERATION LUNCH HOUR



NEW REGISTRANTS WELCOME

Apply online: soar.tcdsb.org

Call 416-393-Phone# or the TCDSB Admissions Department at 416-222-8282, ext. 2383.

For general information about the Toronto Catholic District School Board, please visit the website at www.tcdsb.org

Stay in touch with the latest news throughout the school year: Follow @TCDSB on Twitter.

Tuesday, September 3, 2019.

The first day of school for the 2019-2020 academic year will be Tuesday, September 3, 2019. Students are asked to go directly to the school yard where class lists will be posted on the walls. We ask all the children to meet their teachers at their posted grade levels at the bell time of 9:00 a.m.



Rooted in Christ: We Belong

As the first year of our current three-year pastoral plan (Rooted in Christ: We Belong, We Believe, We Become) comes to a close, let us continue to remember the importance of promoting belonging within our families, schools, parishes, and communities. Sense of belonging is a human need, not unlike our need for food and water.

Meaningful connections with others can act as a buffer against stress, can enhance happiness, and can even protect us against depression (Sources: TCDSB.org; PsychologyToday.com). Here are ten ways you can foster a sense of belonging in your child/youth within the family, community, and parish this summer:

1. Model acceptance of others, compassion, and inclusion.
2. Encourage children/youth to join clubs, teams, or parish youth groups.
3. Participate together in community clean-up days.
4. Encourage your child to volunteer in a setting they are interested in.
5. Teach and model "acts of kindness."
6. Establish family rituals and routines.
7. Invite your child/youth's friends to your home.
8. Get to know your neighbours.
9. Attend community, parish, and neighbourhood events.



Catholic School Parent Council (CSPC) News

On behalf of the Catholic School Parent Council, we would like to take this opportunity to thank all of the parents at St Roch school for another great year. Your donations have gone to help Literacy and numeracy development, social and educational programming (anti bullying speakers), and sports & leadership programs (Motion Sports and Power To Girls) and field trips for our kids. All of these great initiatives would not have been possible without your support. We would also like to thank all of those who volunteered and helped throughout the year. Wishing you and your families a wonderful summer, and looking forward to a great 2019/2020 school year. Please consider joining Parent Council next year. We need your help!



TCDSB SCHOOL YEAR CALENDAR 2019-2020

Number of school days 194 Number of Professional Activity Days 7

Labour Day	September 2, 2019
First Instructional Day	September 3, 2019
Thanksgiving Day	October 14, 2019
Christmas Break	Dec. 23, 2019–Jan. 3, 2020
Family Day	February 17, 2020
Mid-Winter Break	March 16-20, 2020
Good Friday	April 10, 2020
Easter Monday	April 13, 2020
Victoria Day	May 18, 2020
Last day of classes for all students	June 26, 2020

Seven (7) Professional Activity (PA) Days for ELEMENTARY schools:

October 11, 2019

Provincial Education Priorities/Faith Development

November 15, 2019

Parent-Teacher Conferences

December 6, 2019

Provincial Education Priorities

January 17, 2020

Assessment, Evaluation and Reporting

February 14, 2020

Parent-Teacher Conferences

June 5, 2020

Assessment, Evaluation and Reporting

June 26, 2020

Provincial Education Priorities

Virtue of the Month for June: Faithfulness

Overview of the Virtue of Faithfulness:

- Words synonymous with faithfulness are: loyal, true and constant. These adjectives mean adhering firmly and devotedly to someone or something, such as a person, cause, or duty that elicits or demands one's fidelity.
- In the broad scope of spiritual life, we see faith not as something you have but as something you are in — a relationship. Practicing faith, then, is like developing any relationship. You have to give it time and attention. It requires you to see, hear, feel, and constantly remember your partner --God.
- Faithfulness and devotion are not ideally something that should be "practiced" only once a week, just on religious holidays, or only in response to a particular event in your life. Faithfulness needs to be part of your daily routine.
- A faithful life is one lived in the presence of God. It involves an awareness of God's presence in our everyday experiences.

Catholic Graduate Expectation -- I AM A BELIEVER A DISCERNING BELIEVER FORMED IN THE CATHOLIC FAITH COMMUNITY WHO:

- Illustrates a basic understanding of the saving story of our Christian faith.
- Participates in the sacramental life of the church and demonstrates an understanding of the centrality of the Eucharist to our Catholic story.
- Actively reflects on God's Word as communicated through the Hebrew and Christian scriptures.
- Develops attitudes and values founded on Catholic social teaching and acts to promote social responsibility, human solidarity and the common good.
- Speaks the language of life..."recognizing that life is an unearned gift and that a person entrusted with life does not own it but that one is called to protect and cherish it." (Witnesses to Faith)
- Seeks intimacy with God and celebrates communion with God, others and creation through prayer and worship
- Understands that one's purpose or call in life comes from God and strives to discern and live out this call throughout life's journey.
- Respects the faith traditions, world religions and the life-journeys of all people of good will
- Integrates faith with life

HAPPY ARE THOSE
WHO HAVE NOT SEEN,
YET STILL BELIEVE.

~ JOHN 20:29 ~

- BEING A CATHOLIC IS FOUNDED IN FAITH - FAITH IN THE LORD.
- REMEMBER THAT IT IS THROUGH OUR WORDS AND ACTIONS THAT OUR FAITH BECOMES EVIDENT.
- LET YOUR ACTIONS BE GUIDED BY THE CENTURION'S WORDS TO JESUS, "LORD, I AM NOT WORTHY TO RECEIVE YOU, BUT ONLY SAY THE WORD AND I SHALL BE HEALED."
- IT IS OUR FAITH IN GOD THAT BRINGS COMFORT TO OUR LIVES.



ESSENTIAL
FAITHFULNESS



Safe & Caring Schools

Visitors to the School

Toronto Catholic District School Board policy states that all visitors to the school MUST report to the office. This is foremost to ensure the safety of all students. In an effort to promote the independence of the students and to ensure the integrity of programs by minimizing interruptions during class time, we request that students arrive on time for the school day with all the items they require (i.e. homework, lunch, physical education).

Personal Property

The school does not take any responsibility for the loss or theft of personal items brought onto school premises by students. The school will therefore, not reimburse or replace lost or stolen articles, under any circumstances. This will include all articles of clothing (label items with a marker); personal school supplies such as fancy or expensive pens, markers, binders and pencil cases, etc.; simple or electronic toys, calculators, laptops, iPod's, CD's, cell phones, etc. Please note that collector cards of any kind are not permitted. These items will be immediately confiscated by staff and brought to the Principal's attention. We ask both parents and students for their full co-operation in this matter.



Safe Arrival

To report your child as late or absent, please use one of the following options:
Call: 1(833) 251-3286
Online: go.schoolmessenger.ca
Mobile App: SchoolMessenger
Attendance referrals will be sent to the Social Worker and persistent tardiness may result in progressive discipline. Students are expected to arrive prior to the bell. All students are to arrive prepared to work and learn. Preparation includes completing daily assignments that are done to the best of the individual student's ability and the responsibility to study in advance for tests.



TORONTO CATHOLIC DISTRICT SCHOOL BOARD
SAFE ARRIVAL
To report your child as late or absent, please use one of the following options:

- CALL 1 (833) 251-3286 (toll-free)
- ONLINE go.schoolmessenger.ca
- SchoolMessenger Mobile App

A Matter of Safety

Please ensure that your children are dressed appropriately for the warm weather. They should have a hat and appropriate footwear. Running shoes and socks are considered appropriate footwear. We ask that students not come to school with sandals and/or flip flops as they can pose a hazard to students when they are playing outside.



TCDSB Student Mental Health News



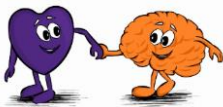
Transition to Summer Mode

The end of the school year can trigger mixed emotions for many students. Some may be excited for the warm weather, freedom, or specific summer plans. On the other hand, change (even good change) can be difficult. All kids do better with structure and routine, but some students (e.g. those who live with anxiety or ADHD) are especially reliant on the predictability that school provides. To help ensure a positive transition into (and out of) summer, keep the following tips in mind:

- Maintain a schedule, especially with curfews and bedtime.
- Support your child/youth in keeping school friendships.
- Be in the moment and ease up on talk about next school year.
- Set boundaries (e.g. around use of electronics).
- Create opportunities for continued learning (e.g. plant a garden, encourage reading and journaling).

As summer holidays begin, take some time to reflect on the school year with your child/youth. Talk about progress on goals that were set, celebrate successes, and discuss challenges. Talk about hopes and plans for the summer.

The TCDSB Mental Health Team wishes all families a safe and rejuvenating summer!



Get Moving for Mental Health!

Most people are aware that regular physical activity helps keep our bodies strong and physically healthy. But did you know it also plays a significant role in maintaining positive mental health? When we exercise, brain chemicals called endorphins are released, resulting in improved mood, increased energy, and improved sleep. There is evidence that exercise also reduces anxiety and may even protect children and youth from the onset of depression. When children and youth participate in physical activity that is a shared experience with peers (such as a sports team), there are additional benefits. The experience of working with peers towards a common goal can create a sense of belonging even for those who otherwise struggle with making friends. Some children/youth may even experience improvement in symptoms of social anxiety (Source: AboutKidsHealth.ca).

Children and youth aged 5-17 should accumulate at least 60 minutes of moderate to vigorous physical activity per day (Canadian 24-hour Movement Guidelines for Children and Youth). Use the template provided at this link to track total physical activity:

http://www.csep.ca/CMFiles/Guidelines/CSEP_Guidelines_Blank-Log_5-17_en.pdf

Summer Movement Ideas for Children/Youth

- Walking, biking, or skateboarding instead of taking transit or driving
- Participation in neighbourhood pick-up games (e.g. basketball, hockey)
- Martial arts programs
- Swimming
- Engage your child/youth in activities you like to do (e.g. tennis, gardening)
- Find out about neighbourhood fitness classes that are age appropriate
- Participation in neighbourhood or school sports teams

Check out this link to free and lower cost recreation options in the City of Toronto:
<https://www.toronto.ca/explore-enjoy/recreation/free-lower-cost-recreation-options/>



Monthly Update from the Board

June 2019

Important Information

Summer School Registration Continues

Check here for registration information, as well as important dates to note course options, locations and more.

<https://www.tcdsb.org/programsservices/continuingeducation/pages/default.aspx>

School Year Calendar for 2019-2020

<https://www.tcdsb.org/calendar/pages/schoolyearcalendar.aspx>

Want instant alerts about your child's absence? Sign Up for School Messenger

To enhance our existing absence-checking procedure we introduced a new student absence reporting system called SafeArrival making it easier for you and staff to verify student attendance. With SafeArrival, you are asked to report your child's absence in advance using any of these 3 convenient methods:

1. Using your mobile device, download and install the SchoolMessenger app from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.com>). The first time you use the app, select Sign Up to create your account. Select Attendance then Report an Absence.
2. Use the SafeArrival website, <https://go.schoolmessenger.com>. The first time you use the website, select Sign Up to create your account. Select Attendance then Report an Absence.
3. Call the toll-free number 1 (833) 251-3286 to report an absence using the automated phone system.

These options are available 24 hours/day, 7 days a week. Future absences can be reported at any time up to a maximum of 10 consecutive days. It is important to note that when setting up your account, you must register using the email address and phone number associated with your child's Trillium account. In addition, schools will use the SchoolMessenger Communicate automated notification system to contact parents whose child is absent when the absence was not reported in advance.

Get Updates on School Bus Service

Register for the Toronto Student Transportation Group Parent Portal to receive real time notifications about school bus cancellations or delays. The parent portal will be updated and re-open in mid-August for sign up.

<https://www.torontoschoolbus.org/transportation-portal/Account/Register/>

International Languages Elementary (ILE) Program - After Hours Registration

- [International Languages Elementary \(ILE\) After Hours Calendar 2019-2020.pdf](#)
- [ILE After Hour Centres - 2019-2020.pdf](#)

Online registration:

<https://www.tcdsb.org/ProgramsServices/SchoolProgramsK12/InternationalLanguages/Pages/Saturday-School-Registration.aspx>

Rooted in Christ: we Belong, we Believe, we Become (Pastoral Plan)

Throughout the year, we have seen our Pastoral Plan come to life in our school communities in many different ways, as we witnessed how our students and staff continue to be welcoming places of learning, where all are included and all are accepted, all are valued and all belong.

Visit our website to see all the submissions from across the Board:

<https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/rooted-in-christ/Pages/we-Belong-submissions.aspx>

Some of the photos from the year-end event have been posted to our website

<https://www.tcdsb.org/board/nurturingourcatholiccommunity/news/2018-2019/pages/webelong.aspx> and we hope to add a short video of the highlights from the day to that page soon as well.

REMINDER: In September 2019 we shift our focus to “we Believe”.

Virtue of the Month for June—Faithfulness

Resources and information:

<https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Pages/Default.aspx#June>

Contests and Other Opportunities for Students

MLB Remix™ powered by SoundCloud

Create your own version of, "Take Me Out to the Ball Game" to compete to win a trip to the 2019 MLB® All-Star Game® presented by Mastercard! Fans will have the opportunity to showcase their musical talent and bring in MLB All-Star Week™ with their own personal flair. The song entries will be judged by the renowned Rock & Roll Hall of Fame. **Deadline June 13, 2019.** <https://www.mlb.com/forms/mlb-remix-contest>

Ukrainian Canadian Heritage Month Poster Competition

September is Ukrainian Canadian Heritage Month--an occasion to recognize and celebrate the many achievements and contributions of Ukrainian Canadians to Canada. Toronto Catholic District School Board invites students to design a poster acknowledging the contributions of Ukrainian people to the Canadian mosaic. The winning entry will be used in connection with the celebrations in September 2019. **Deadline 5pm on June 17th, 2019.** Details:

<https://www.tcdsb.org/FORSTUDENTS/OpportunitiesForStudents/Pages/UkrainianCanadianHeritagePosterCompetition.aspx>

Toronto Public Library Offers Tutoring and Support for Students

<https://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT25984&R=EVT25984>

Youth Homework Help & Mentorship 4-7 pm for Grades 8+. Drop in. No registration required.

Mon Jun 03, Mon Jun 10, Mon Jun 17, Mon Jun 24 at **High Park Library** Community Room

Receive one-on-one support in important aspects of your academic life and career including homework and course tutoring, high school course selection, college, university and scholarship applications, employment assistance such as résumé building and mock interviewing.

<https://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVB0193&R=EDB0193&utm>

[source=Teen+News&utm_campaign=Teen+News+-+May+9%2C+2019&utm_medium=email](https://www.teennews.ca/?source=Teen+News&utm_campaign=Teen+News+-+May+9%2C+2019&utm_medium=email)

Free Museum Admission for Children

Royal Ontario Museum: Every 3rd Monday of the month, the Museum will be open to the public for free General Admission from 5:30pm – 8:30pm.

Art Gallery of Ontario: Free General Admission every Wednesday from 6:00pm – 9:00pm.

AGO Free After Three: For youth ages 14 to 25. All Ontario High School students can visit the Gallery for free after 3 pm Tuesday to Friday during the school year. Simply present a valid student ID at the ticket desk.

Gardiner Museum: Children and youth aged 18 and under are always free.

Children under 12 years of age must be accompanied by an adult.

Textile Museum: Children aged 5 and under are free.

Aga Khan Museum: Admission to the Museum and all exhibitions is free each Wednesday from 4pm to 8pm.

The Power Plant: Admission all year round is free!

Museum of Contemporary Art Toronto: Children and youth 18 and under are always free.

Free admission for everyone on the last Sunday of each month from 10am to 2pm.

Events and Observances

Mental Health

#HearNowON is a youth engagement project designed to hear student voices from across the province. TCDSB High School students are invited to share their thoughts on mental health education and enhancing wellness at school at the Toronto Student Forum:

Toronto #HearNowON Student Forum

Saturday, June 8, 2019 8:30 a.m. – 4:30 p.m. Novotel Toronto (45 The Esplanade, Toronto)

Students can register online (parent permission required) at

<https://www.wisdom2action.org/hearnowon/>

Sponsored by School Mental Health Ontario in partnership with Wisdom2Action and supported by the Ontario Student Trustees' Association.

TCDSB Celebrates Canada Day

Elementary Schools are encouraged to celebrate Canada Day on the last day of classes, June 27, 2019 by dressing in red and white and joining together at 10 a.m. to sing the national anthem.

We look forward to your participation as we share our pride in what it means to be Canadian!

June is...

- **June 3-7 Indigenous Education Week**
<https://www.tcdsb.org/forcommunity/heritagecelebration/nationalindigenousmonth/pages/indigenouseducationweek.aspx>
- **Italian Canadian Heritage Month**
<https://www.tcdsb.org/FORCOMMUNITY/HeritageCelebration/ItalianCanadianHeritage/Pages/default.aspx>

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- **Portuguese Canadian Heritage Month**
<https://www.tcdsb.org/FORCOMMUNITY/HeritageCelebration/PortugueseCanadianHeritage/Pages/default.aspx>
 - **Filipino Heritage Month**
<https://www.tcdsb.org/FORCOMMUNITY/HeritageCelebration/FilipinoHeritageMonth/Pages/default.aspx>
June 12th—Filipino Heritage Day
 - **Deafblind Awareness Month** <http://www.cdbanational.com/deafblind-awareness-month/>