

Our Lady of the Rosary

Weekly News

April 22 to April 26, 2019



Easter Fun fact

Did you know?

The tallest Easter egg chocolate was made in Italy in 2011. It stood at 10.39 meters and weighed an astounding 7,200 kg.



Mon., Apr 22	➤ EASTER MONDAY – NO SCHOOL
Tues., Apr 23	➤ PD DAY – NO SCHOOL
Wed., Apr 24	➤ Healthy Hunger – Papa John’s lunch
Thurs., Apr 25	➤ Pasta & sauce in the canteen for \$2
Fri., Apr 26	➤ Marty Chan presentation (grades 2 – 6)

SPRING CONCERT FOR GRADES 3 TO 6



On May 2, our grade 3 – 6 students will showcase their musical talents at the spring concert.

There are two performances:

Matinee performance at 1:00 pm

OR

Evening performance at 6:30 pm



Each family must have received 3 tickets, that were sent home this week. Please let us know if you have any questions.

ANXIETY PRESENTATION

At the March Parent Trustee forum, we listened to a very informative and practical talk on anxiety by Dr. Lynn Miller. Our school council chair gave a wonderful summary at our April meeting.

If you are interested in learning more, here is the link to Dr. Miller’s PowerPoint presentation.

https://www.cssd.ab.ca/Parents/SchoolCouncil/2018-2019/Documents/DrLynnMiller_PresentationNotes.pdf

VOLUNTEERS – WE NEED YOU!

We really need volunteers to make our events run smoothly!!

Need a volunteer orientation? No problem.

You can go through our online presentation, print and complete the forms and bring them in to the school.



<https://www.cssd.ab.ca/schools/ourladyrosary/Parents/Volunteer/Pages/default.aspx>

We will have many field trips and big school events like the rainbow run in June and we will need volunteers. Please consider this great opportunity to help out at our school. It is a meaningful opportunity for both you and your kids!!

PARISH UPDATE - HOLY WEEK



Father Krysztof will hold a Blessing of Easter Baskets on Saturday, April 20 beginning at 1pm at St. Albert the Great church.



Holy Week
Mass Schedule

Holy Thursday: Mass of the Lord's Supper	Apr 18	7:00 pm
Good Friday: Liturgy of the Lord's Passion	Apr 19	12:00 pm 3:00 pm
Easter Vigil Mass	Apr 20	9:00 pm
Easter Sunday	Apr 21	9am, 11am & 5pm
Easter Monday	Apr 22	9:00 am

Please join us at St. Mary's Cathedral on Monday April 15 at 7:30 pm for the Chrism Mass.

SPIRIT DAYS – GRADE 2



Grade two students in Mrs. Ackerman's class showed their amazing school spirit during jersey day and wear-a-hat-to-school day!!



POLICE SCHOOL – GRADE 6

The grade 6 class has been at Police School for four days this week. Each day the Youthlink bus came to pick up the OLR students and drop them off back at school. The students are engaging in Forensic science activities (crime scene investigation, fingerprinting, blood and fibre analysis etc.). In addition, they learned about internet safety, healthy relationships, drug use/addiction and gang involvement. They had their own classroom and wore police vests each day. The police officers who lead the program are very fun, entertaining and knowledgeable. We got to play sports with them, meet a K9 dog named Callie, learn about the dispatch system and HAWCS police helicopter.



CANTEEN AND HOT LUNCHES

The school canteen is open for business. We sell various snack items that sell mostly for \$1. The following hot lunches will be provided on Thursdays for the upcoming month.

- Thursday, April 25 – Pasta & sauce for \$2
- Thursday, May 2 – Perogies for \$3
- Thursday, May 9 – Pulled pork for \$3
- Thursday, May 16 – Pretzels for \$2
- Thursday, May 23 – Chili for \$3



ROUGHNECKS FUNDRAISER

The Calgary Catholic School District has partnered with the Calgary Roughnecks to offer students, staff and families **discounted tickets to two Roughnecks games in April.**

- For every ticket sold, the Roughnecks will donate \$2.50 back to the school.
- For every family pack sold, the Roughnecks will donate \$10 back to the school.
- Schools that purchase less than 20 tickets will have their donations pooled and donated to the [Calgary Catholic Education Foundation](#).



The game schedule is:

1. Friday, April 12, 2019 at 7:30 p.m. vs. Georgia Swarm
2. Saturday, April 20, 2019 at 7 p.m. vs. Saskatchewan Rush

Looking ahead:

- May 2 – Spring concert grades 3 – 6 (6:30 pm)
- May 8 – Sister Madeleine visits
- May 9 – Vaccinations (am)
- May 9 – Grade 6 LA PAT morning (Part A)
- May 16 – Marian Celebration Living Rosary @ 1:45 pm
- May 17 – Professional Development Day – NO SCHOOL
- May 20 – Victoria Day – NO SCHOOL
- May 21 – School council @ 7 pm
- May 28 – Kindergarten orientation (6:30 pm)
- May 31 – Volunteer Appreciation @ 1:30 pm

Healthy Children

April 2019 Parent Newsletter



Avoiding Common Allergies

Sending your child to school can bring new parenting challenges. One of these can be food – especially if your child has an allergy.

There are 3.4% of Canadians who have an allergy to food. According to Health Canada, the number of children with allergies is closer to six percent. Most food allergies come from these ten products:

- Peanuts
- Dairy
- Wheat
- Soy
- Mustard
- Tree nuts
- Eggs
- Sesame
- Sulfites
- Fish and shellfish

People can have allergies to just about anything, including chocolate! A school can be a tough challenge for a child with allergies. Some suggestions to help along the way include:

- Make sure the administration is aware and knows if your child needs an auto injector
- Have your child wear a medic alert bracelet
- Find out what the school policy is on common allergens for lunches, snacks and special events

As your child gets older they can start to read food labels to check for allergens. Encourage them to ask about ingredients and cooking methods, because the allergen may not be in the food, but used as a part of cooking.

➤ **For more information about food safety, visit**
<https://www.canada.ca/en/health-canada/services/seasonal-food-safety/safe-school-lunches.html>

Articles

Avoiding Common Allergies

What You Need to Know about Your Child's Sexual Development

Did you know that you can subscribe to the federal government's list of food recalls to keep informed about foods recalled based on undeclared ingredients at: <http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>



What You Need to Know about Your Child's Sexual Development

You may think that sexual development happens in the teen years, but it actually starts at birth and continues throughout childhood. By learning about your child's development, you'll be better prepared to talk with your child about the changes they'll go through as they get older. Talking about sexual health and sexuality together now will help to start the conversation and keep it going.

To encourage healthy sexuality and development, in elementary, children should know:

- That their body is their own and no one can touch it without their permission.
- The correct names for body parts including genitals and reproductive organs (knowing the correct names for body parts promotes positive body image, self-confidence and parent-child communication).



- How reproduction happens. For example, you could say, “when a sperm joins an egg, a baby grows in the uterus, and is born through the vagina”.
- Not to pick up things such as condoms or syringes. Now is a good time to teach them not to pick up anything if they don't know what it is or if they think it's dangerous.
- Basic information about body changes during puberty.
- Other body parts and body functions: urine, stool, bladder and urethra.
- About how important hygiene and self-care are when they start puberty.

➤ To learn more about development from birth up to 18 years of age, please visit **Alberta Health Services** www.teachingsexualhealth.ca