



ST. WILLIAM SCHOOL



PHONE: 403-500-2055

CALGARY CATHOLIC SCHOOL DISTRICT



Week at a Glance

WEEK OF: October 15 – 19, 2018

MON - 15

DAY 3

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TUES - 16

DAY 4

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WED - 17

DAY 5

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THURS - 18

DAY 6

•

FRI - 19

DAY 1

- Kindergarten Field trip to the Fish Creek Library
- Grade 5 Vaccinations

IMPORTANT INFORMATION

- Students in grades 4 – 6 will be completing the OurSCHOOL Survey the week of Oct 22-26.

LOOKING AHEAD

- **Pumpkin Carving** - Volunteer opportunities for "2nd annual St. William Pumpkin Carving" are now open. To sign up, just follow the instructions on the page. It only takes a few seconds to do. Please click on the following web link (or copy it into your web browser if clicking doesn't work) to go to the signup sheet: www.volunteersignup.org/AHFMP Any questions, please contact Mrs. Belkie at susan.belkie@cssd.ab.ca Thank you for volunteering!
- Wednesday Oct 31, 2018 is Orange and Black Day!
- **Faith Day** – November 1st – this is a day that all district staff gather together to celebrate in Faith. There will be no school for students.
- **PD Day** – November 2nd – No school for students.
- Our next Liturgy will be for Remembrance Day on Friday November 9, 2017 at 10:15 a.m. hosted by grade 2-3 A/P. Please save the date and join us! We will be collecting non-perishable food items for the Food Bank.



FUN LUNCHES!!!

- There will be a Fun Lunch on **Friday Oct 26, 2018**. We will be having lunch delivered from **Edo**. **Deadline for ordering is Sunday Oct 21**. Please order through Healthy Hunger www.healthyhunger.ca
- The next Subway lunch will be on **Friday Nov 9, 2018**.



- We are looking for volunteers to help at all of our Fun Lunches too! Can you help? It only takes about 30 minutes of your time on the Fun Lunch Day! Please sign up at: www.volunteersignup.org/JHAMX
- Remember – if you have not completed the volunteer orientation, you will need to complete it online first! <https://www.cssd.ab.ca/schools/stwilliam/Parents/Volunteer/Pages/default.aspx>



BUILDING RESILIENCE IN CHILDREN

Borrowed from: <https://www.apa.org/helpcenter/resilience.aspx>

We tend to idealize childhood as a carefree time, but youth alone offers no shield against the emotional hurts and traumas many children face. Children can be asked to deal with problems ranging from adapting to a new classroom to bullying by classmates or even unpleasant situations at home. Add to that the uncertainties that are part of growing up, and childhood can be anything but carefree. The ability to thrive despite these challenges arises from the skills of resilience.

The good news is that resilience skills can be learned.

Building resilience — the ability to adapt well to adversity, trauma, tragedy, threats or even significant sources of stress — can help our children manage stress and feelings of anxiety and uncertainty. However, being resilient does not mean that children won't experience difficulty or distress. Emotional pain and sadness are common when we have suffered major trauma or personal loss, or even when we hear of someone else's loss or trauma.

We all can develop resilience, and we can help our children develop it as well. It involves behaviors, thoughts and actions that can be learned over time. Over the next few weeks we share 10 tips about helping your child in building resilience. Here are tips 1 & 2 of 10!

1. Make connections

Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends. Build a strong family network to support your child through his or her inevitable disappointments and hurts. At school, watch to make sure that one child is not being isolated. Connecting with people provides social support and strengthens resilience. Remember to take time to talk with God through prayer.

2. Help your child by having him or her help others

Children who may feel helpless can be empowered by helping others. Engage your child in age-appropriate volunteer work or ask for assistance yourself with some task that he or she can master. At school, brainstorm with children about ways they can help others.

More tips continued next week!



CLASSROOM WEBSITES

Teachers Websites and Google Classrooms are up and running!

Many of our teachers are also using Google Classrooms to communicate directly with their classes only. These sites are private and accessed only by invitation to the class members students and their families.

K – D

<https://sites.google.com/learn.cssd.ab.ca/kindergartenwithmrsd/home>

1 S

<https://sites.google.com/learn.cssd.ab.ca/grade12018-19/home>

2/3 A&P

<https://sites.google.com/learn.cssd.ab.ca/grade23website/home>

3/4 F

<https://sites.google.com/learn.cssd.ab.ca/mrsfgrade4/home>

4/5 L

<https://sites.google.com/learn.cssd.ab.ca/mrslapinskie4and5s/home>

5/6 Z

<https://sites.google.com/learn.cssd.ab.ca/mszahavichsgrade56class/home>



- The link to Connections on our district website (under News/[News Updates](#)) is: http://bit.ly/Connections_Oct2018



- Visit the St. William School Website: <https://www.cssd.ab.ca/schools/stwilliam/Pages/default.aspx>
- Check the district website calendar regularly for updated events posted on the calendar!