



ST. WILLIAM SCHOOL



PHONE: 403-500-2055

CALGARY CATHOLIC SCHOOL DISTRICT



Week at a Glance

WEEK OF: October 22 – 26, 2018

MON - 22

DAY 2

- Eye Health Presentations – a.m.

TUES - 23

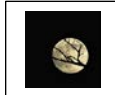
DAY 3

- Our School Surveys – grade 4-6 a.m.

WED - 24

DAY 4

- CCAT Session 1 – Grade 5 a.m.
- Full Moon!



THURS - 25

DAY 5

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FRI - 26

DAY 6

- Pumpkin Carving – 10:00 – 11:15 a.m.
- Fun Lunch!

IMPORTANT INFORMATION

Have you read with your child today?

Reading daily to young children, starting in infancy, can help with language acquisition and literacy skills. This is because reading to your children in the earliest months stimulates the part of the brain that allows them to understand the meaning of language and helps build key language, literacy and social skills.

Here are some websites with great information and ideas how you can help build your child's literacy skills:

<https://www.all4kids.org/importance-reading-children/>

<http://makethefirstfivecount.ca/parent-answers/the-importance-of-reading-to-your-child/>

LOOKING AHEAD

- **Pumpkin Carving** – We still have 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>

These tips on how to build resilience with your children are continued from last week's newsletter.

3. Maintain a daily routine

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child to develop his or her own routines.

4. Take a break

While it is important to stick to routines, endlessly worrying can be counter-productive. Teach your child how to focus on something besides what's worrying him. Be aware of what your child is exposed to that can be troubling, whether it be news, the Internet or overheard conversations, and make sure your child takes a break from those things if they trouble her. Although schools are being held accountable for performance on standardized tests, build in unstructured time during the school day to allow children to be creative.

5. Teach your child self-care

Make yourself a good example, and teach your child the importance of making time to eat properly, exercise and rest. Make sure your child has time to have fun, and make sure that your child hasn't scheduled every moment of his or her life with no "down time" to relax. Caring for oneself and even having fun will help your child stay balanced and better deal with stressful times.

6. Move toward your goals

Teach your child to set reasonable goals and then to move toward them one step at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child on what he or she has accomplished rather than on what hasn't been accomplished and can help build the resilience to move forward in the face of challenges. At school, break down large assignments into small, achievable goals for younger children, and for older children, acknowledge accomplishments on the way to larger goals.

Tips 7-10 continued next week!



RECYCLING – RECYCLE4LIFE

You may have noticed this large container recycle bin at the end off the staff parking lot. We have partnered with Recycle For Life, a not for profit organization that recycles all of our drink containers. Each month we will receive a cheque for the bottles that have been recycled that go towards incentives and special supplies for classrooms. We will also receive an impact statement that describes how many tons of waste we have kept out of the landfill through this effort. This will show us how much green house gasses have been eliminated, and how much energy we have saved. Not only are we learning to take care of the environment, we are contributing to Kids Sport. We are helping less fortunate kids receive a year of sports free through the Kids' Sport Calgary Recycling Program. You can find more information at www.recycle4life.ca/

How can you be involved?

This is a locked bin, but if you would like to deliver your empties on Fridays, Mr. Joseph will put them into the bin for collection. Just leave your empties in bags beside the bin Friday morning! If you have a large load to bring on another day – call ahead – we will be happy to accommodate you!



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!