



ST. WILLIAM SCHOOL



PHONE: 403-500-2055

CALGARY CATHOLIC SCHOOL DISTRICT



Week at a Glance

WEEK OF: Oct. 29 – Nov. 2, 2018

MON - 29

DAY 1

- School Picture Retakes – a.m.



TUES - 30

DAY 2

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WED - 31

DAY 3

- Hallowe'en Day!
- Halloween Happenings event in PE Classes
- **Orange** and **Black** Day

THURS - 1

DAY n/a

- Faith Day – No school for students

FRI - 2

DAY n/a

- Professional Development Day – No school for students

IMPORTANT INFORMATION

- Our second annual Pumpkin Carving event was a wonderful success. Thank you to the volunteers that gave so generously of their time and talents to make this day so much fun for all of our students! We could not have done this without you! A special thank you goes out to the SouthCentre Safeway who donated some of the pumpkins to help this event be a smashing success!
- Faith day is Thursday Nov. 1, which coincides with All Saints Day. This is the day the Catholic Church commemorates every saint, known and unknown. In CSSD it is a chance for all our district employees to renew and reaffirm their faith and share in the strength of our Catholic community.

LOOKING AHEAD

- **School Council** – Our next School Council Meeting is on Thursday November 8 at 6:30 p.m. Please join us!
- **Remembrance Day Liturgy** – Our next Liturgy will be for Remembrance Day on Friday November 9, 2018 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 St. Vincent de Paul Society through St. Cecilia Church. The food drive will run until December 16.

FUN LUNCHES!!!



- The next Subway lunch will be on **Friday Nov 9, 2018**.
- There will be a Fun Lunch on **Friday Nov 23, 2018**. We will be having lunch delivered from **OPA!** **Deadline for ordering is Sunday Nov 18**. Please order through Healthy Hunger www.healthyhunger.ca
- 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>

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

7. Nurture a positive self-view

Help your child remember ways that he or she has successfully handled hardships in the past and then help him understand that these past challenges help him build the strength to handle future challenges. Help your child learn to trust himself to solve problems and make appropriate decisions. Teach your child to see the humor in life, and the ability to laugh at one's self. At school, help children see how their individual accomplishments contribute to the wellbeing of the class as a whole.

8. Keep things in perspective and maintain a hopeful outlook

Even when your child is facing very painful events, help him look at the situation in a broader context and keep a long-term perspective. Although your child may be too young to consider a long-term look on his own, help him or her see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook enables your child to see the good things in life and keep going even in the hardest times. In school, use history to show that life moves on after bad events.

9. Look for opportunities for self-discovery

Tough times are often the times when children learn the most about themselves. Help your child take a look at how whatever he is facing can teach him "what he is made of." At school, consider leading discussions of what each student has learned after facing down a tough situation.

10. Accept that change is part of living

Change often can be scary for children and teens. Help your child see that change is part of life and new goals can replace goals that have become unattainable. In school, point out how students have changed as they moved up in grade levels and discuss how that change has had an impact on the students.



CATHOLIC EDUCATION SUNDAY

November 4, 2018 is Catholic Education Sunday. It is a day meant for all of us - parents, grandparents, alumni, students, friends, and community members to come together to celebrate and give thanks for Catholic education. Our schools are an expression of our faith and a gift, both to our children and to our community.

This Sunday is our opportunity to support quality Catholic education in our community and to ensure the present and future needs of Catholic education are met. The Calgary Catholic Education Foundation (CCEF) is a charitable organization dedicated to enhancing educational experiences for students in the Calgary Catholic School District (CCSD). Your generosity will make a difference for over 56,000 CCSD students in 115 schools.

On the weekend of November 3rd and 4th, there will be a special collection at each mass throughout the Roman Catholic Diocese of Calgary. Please join the CCEF in ensuring we provide opportunities to develop our students into tomorrow's leaders.



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!