



Georges Vanier Catholic School

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MAY, 2010

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May is the Month of Mary

Devotion to Mary

Thank you, Lord, for giving us your Blessed Mother
to be our mother too.

Let us learn from her humility and obedience.

Let us learn from her sense of wonder and
from her eagerness to help others.

Keep us faithful to you when we don't understand
what is happening around us.

Help us trust the surprising ways to work
"great things" in all our lives.

Amen.

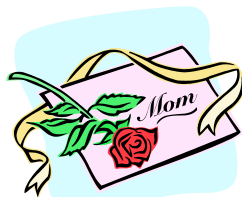


A Prayer for Mothers On Mothers Day

Loving God,
we thank you for the love of the mothers you have given us,
whose love is so precious that it can never be measured,
whose patience seems to have no end.

May we see your loving hand behind them and guiding them.
We pray for those mothers who fear they will run out of love
or time, or patience.

We ask you to bless them with your own
special love.



Earth Week At Vanier

During the week of April 19th Georges Vanier School participated in Earth Day activities.

On April 20th and 22nd we had a litter-less lunch day where students were encouraged to bring their lunches, snacks and drinks in reusable containers.

On April 21st and 23rd classes helped the environment by cleaning up our school yard.

Thank you to everyone who participated in making our world a little greener!



Welcome to Kindergarten Night

On Wednesday June 16th, 2010 at 6:00 p.m. we will be hosting a Welcome to Kindergarten evening, in the gym, for those students who will be starting Junior Kindergarten in September 2010. Children and their parents will be involved in activities that promote student school readiness. At the end of the evening, each student will take home a bag of materials to promote readiness activities at home. The bags are provided in conjunction with The Learning Partnership.



Are you Moving?

We are in the process of planning staffing and organizing classes for the 2009-2010 school year. If you are planning on moving out of the Georges Vanier School area, and are not returning to Georges Vanier School in September, please contact the school as soon as possible.



Campbell's Labels for Education

Our school will be participating in the Campbell's Labels for Education program. Please save the UPC codes/labels from eligible Campbell products and send them to the school.

Products eligible for redemption in the program include: Campbell's Soups, Easy Cooking Sauces, Chilies, Gardennay, Microwavable Bowls, Prego Sauce, Pepperidge Farm Goldfish Crackers, V8 Beverages and Soups, Habitant Soups, and Pace Salsa.

With the labels collected we can purchase athletic equipment, electronics and school supplies.

Visit www.labelsforeducation for more information.



Virtue of the Month – Acceptance

God wants us to make friends with everyone no matter how different they may look or act.

- An accepting person ...
- Is willing to treat everybody as a member of a group.
- Avoids judging others.
- Is welcoming to those different than himself/herself.
- Is loving and happy with who he/she is.



The virtue of acceptance means we accept ourselves and others just the way we are. Acceptance is the ability to respect the dignity and rights of people of all ages, beliefs, genders, cultures, and/or abilities. God created all of us in His image and belonging to God's family means that we love and welcome everyone as Jesus did. Sometimes, we find ourselves in situations where it is easier to follow the crowd than to stand up for what we know is right. Remember that everyone wants to feel like they belong, and Jesus teaches us to accept everyone, even when it is difficult.

Bullying Prevention Corner



May – Bullying is NOT a Normal Part of Growing Up

In May students will examine why people use bullying behaviours. We need to dispel the myth that bullying is just a normal part of growing up and understand why it happens. Bullying is a relationship problem – it is about a sense of entitlement, power and control. Using bullying behaviours is not something we outgrow but rather adopt as a way of interacting with others throughout our lifespan. Childhood bullying may evolve into dating violence, gang activity, assault, sexual harassment, workplace harassment, marital violence, child abuse and elder abuse (Peplar). Research demonstrates that by age 24, 60% of identified bullies have criminal records (Olweus).

Learning how to effectively deal with feelings of anger and finding positive ways to feel powerful are proactive steps to changing or preventing the use of bullying behaviours. Ultimately it is a question of the worth or value we assign to all people. We don't tend to bully those we consider worthy. In turn, when someone is bullying others we must remember to value that person while helping them deal with their bullying behaviours. Students will be reminded to identify the behaviour as bullying but not to label the person as a 'bully'.

Tips for parents:

- ◇ Learn to recognize warning signs that your child may be involved in bullying others.
- ◇ Role model appropriate anger management strategies and effective apologies for and with your children.
- ◇ Don't label children; deal with problem behaviours while maintaining a child's sense of worth.



Stop Bullying

The following poem was composed by the grade 1-2 students in Mrs. D'Souza's class for their April Peace Making activity.

Stop bullying, make a difference.
Don't punch, don't kick.
That is what we pick.

When a bully walks up to me,
I feel very small.
I think I'm going to fall.

Stop bullying, make a difference.
Don't punch, don't kick.
That is what we pick.

They think they have might,
But I think they are slight.

Stop bullying, make a difference.
Don't punch, don't kick.

We don't want bullies to hurt our friends.
So let this bullying end, end end!!!

Creating Classes for Next Year

School organization for next year is in the planning stages. To help with our planning for September, it would be appreciated if you could let us know if you will be moving out of our school area over the summer. Also, the class lists for the new school year is a complex process and is done in consultation with teachers, support staff and administration. In each class we strive for a balance of learning styles, a balance of gender, a balance of learning needs, and a cross section of abilities. If you wish to provide input into the process, please take into consideration the following guidelines:

- * Input must be in written form to the office no later than May 31.
- * Frame your request in terms of educational contexts; for example, needs/style, information not already known to the school; tips on what has worked best for your child in the past.
- * Please be advised that letters which cite the names of individual teachers will not be considered.

There is no guarantee that requests will be fulfilled, but all will be considered.



CATHOLIC EDUCATION: REJOICING in HOPE

*Rejoice in the Lord always ...
and the God of peace will be with you. (Phil 4:4,9)*

In a world that often fixates on the negative, divisive and cynical, the goodness and giftedness that comes from our school and other Catholic schools can be overlooked. This year's Catholic Education Week (May 2-7) celebrates our schools with this theme: Catholic Education: Rejoicing in Hope. The scriptural text comes from St. Paul's letter to the Philippians where he writes "Rejoice in the Lord always ... and the God of peace will be with you". (Phil 4:4,9) We

have accomplished many wonderful things this year; let's take some time during Catholic Education Week to celebrate them!

There are five sub-themes, one for each day of Catholic Education Week:

Monday:	Hope in Our Hearts	Tuesday:	Hope in Our Homes
Wednesday:	Hope in Our Schools	Thursday:	Hope in Our Communities
Friday:	Hope in Our World		



Every year, the Ontario Catholic School Trustees' Association (OCSTA) provides our Catholic schools with a resource kit to help schools prepare for Catholic Education Week. Using these resources as well as our own school developed activities we have prepared a series of activities to highlight why our school should "Rejoice in Hope".

Spring Book Sale

We will be having a spring book fair on



May 5 from 1:30 - 3:00 p.m.
and
May 6 from 2:30 - 3:30 p.m.

We hope to see you there!

P.A.L.S.

P.A.L.S. is a playground leadership program that will begin this month. Students in grades 4 and 5 have been trained to act as playground activity leaders for younger students. There will be different games being played during lunch recess on Mondays, Tuesdays and Wednesdays. Games such as skipping, ball games, marbles, tags etc. Please encourage your children to come and have some fun. Remember our motto is "There is always room for one more". The PALS program will be led by Ms. S. Censori, our Child and Youth Worker.



PLASP Open Registration September 2010

Open registrations for the PLASP program begins on May 10th. All spaces will be open to the public on a first come, first served basis.

Please visit the PLASP Program Director in the portable between 3:30 - 6:00 p.m. Monday to Friday.



Dates to Remember

May 2 - 7	Education Week
May 9	Mother's Day
May 5	Bagel Day
May 24	Victoria Day, No School
May 31 to June 11	EQAO Grades 3 & 6
June 8	Fit Kids & Water Works, Gr 2 & 5
June 8	Grade 8 HPV Vaccine
June 8	Grade 7 HEP B 2nd Dose Vaccine
June 16	Welcome to Kindergarten Night
June 24	Grade 1-3 trip to Humber Arboretum 9:15 - 3:00
June 28	Grade 8 Graduation
June 30	Last day of school



Warm Weather Dress Code

With warm weather arriving, it is important to review the dress code and appropriate dress for the school day. At all times clothing should be comfortable, tasteful and appropriate to our Catholic school environment. Here are some guidelines:

- students are allowed to wear sleeveless tops, provided they are tight to the underarm and do not reveal undergarments;
- shorts and skirts must reach the bottom of the student's fingertips when hands are relaxed at their side.
- tank top straps must have a minimum width of 5 cm (approx. the width of 3 adult fingers).
- inappropriate slogans/ads/skulls on clothing are strictly prohibited.
- Specifically not allowed are: bandanas, string tops, tube tops, halter tops or anything that exposes a bare midriff and/or undergarments, skin tight clothing, spandex shorts or pants, sheer materials, cut-off shorts, torn or ragged clothing and pants that sag below the waist.
- Protective measures such as hats and sunglasses are strongly encouraged for protection against harmful UV rays. Students are reminded that hats need to be removed upon entering the building. Bottles for water are allowed in the classrooms only, not outside in the school yard.
- Students who come to school in unacceptable attire may be asked to phone their parents to arrange for a change of clothing to be brought to the school and/or spend time in the office. Your cooperation is appreciated in the event that we need to contact you.



Thank you in advance for helping your child(ren) make appropriate clothing choices.



Celebrating Georges Vanier

On Friday April 23rd our school celebrated the birthday of Georges Vanier by giving each student a free ice cream sandwich.

Who Was Georges Vanier?

Major – General Georges-Phileas Vanier, PC DSO MC & Bar LLD, (April 23, 1888-March 5, 1967), was a Canadian soldier and diplomat who was Governor General of Canada from 1959 until his death. He married Pauline Archer on September 29, 1921. The couple had 5 children.

The Vaniers' strong religious beliefs led them to champion the disadvantaged, youth and the family. The depth of Georges Vanier's concern for Canada is revealed in one of the last speeches of his life where he said, "The road of unity is the road of love: love of one's country and faith in its future will give new direction and purpose to our lives, lift us above our domestic quarrels, and unite us in dedication to the common good... I pray God that we may all go forward hand in hand. We can't run the risk of this great country falling into pieces."

The lives of Georges Vanier, his wife Pauline and son Jean are evidence that individual commitment can make the world a better place. The Vanier family is an example of social commitment to make a difference.

Georges Vanier School opened September 1970. We will be celebrating our 40th anniversary in 2010.

Injury Prevention - Summer Safety - Bicycle Helmets

Why Wear a Bicycle Helmet?

- Wearing a bicycle helmet has been shown to reduce serious head injuries by 85%
- 39% of deaths from cycling injuries occur in children under the age of 15.
- Even a low speed fall on a bicycle path can cause a serious head injury!



As of October 15, 1995 anyone under the age of 18 must wear a certified helmet when cycling. It's the law!

How to Buy the Right Helmet

There are different types of helmets for different sports and activities. This is because different sports cause different types of injuries. It is therefore important when choosing a bicycle helmet to make sure that it is specifically designed for cycling (not hockey, skiing, football, etc.) otherwise, you may not get the type of protection you need.

Check and make sure that the helmet has a certification label from one of the following organizations: Canadian Standards Association (CSA), Snell, The American Society for Testing Materials (ASTM), and The Consumer Product Safety Commission (CPSC). A certification label indicates that the helmet has been tested to withstand certain levels of impact giving you the best protection that is available.

- Helmets should have adequate vents to allow for airflow to the head.
- Avoid helmets with extremely pointed shapes, inadequate or excessive vents, dark colours, thin straps, and complicated adjustments.
- Make Sure Your Helmet Fits!
- When you place your helmet on your head, it should sit low. The brim of the helmet should be about two fingers width (1-2 cm) above the eyebrows.
- The helmet should not be tilted forwards or backwards.
- The chinstraps should go over both ears in the shape of a V. The ear should be in the middle of the V. The chinstrap should be secure around the chin, with room for one finger to fit between the strap and the chin.

Information taken from Leeds, Grenville & Lanark District Health Unit website.

