

# "Out and About"

## All Saints Catholic Elementary School Council Newsletter

March / April 2011

### UPCOMING EVENTS:

#### **SATURDAY APRIL 30<sup>TH</sup> – Annual Family Swim Night**

Join us at Erin Meadows Community Centre from 6:30 to 7:30 for some fun in the water. The School Council has rented the pool so bring the family and watch Mr. Cahill swing from the Tarzan rope! Sign up forms went home just before Easter weekend; please return them to the office with payment ASAP. Cost is \$2 per person; children must be supervised.

#### **MAY 2<sup>ND</sup> to MAY 6<sup>TH</sup> – Catholic Education Week**

This year's theme is "Celebrating the Spirit" and a schedule of events for the week has been sent home with students. All students will attend various special presentations and participate in prayer celebrations. The week will end up with Blue Veil Ministry performing at 9:30 a.m. and a closing liturgy on Friday May 6<sup>th</sup> at 2:30 p.m. Parents are welcome to attend.

#### **TUESDAY MAY 3<sup>RD</sup> – Welcome to Kindergarten Evening**

Parents who have registered a child in JK for September can join us at 7 p.m. in the library where the children will have a chance to meet the teacher, other students and try a few kindergarten activities. Please register with Mrs. Caves in the office. If you know someone new to the area that may be considering All Saints School, please pass on this important date.

#### **WEDNESDAY MAY 4<sup>TH</sup> – Hot Dog Lunch**

Please return order forms by Friday April 29<sup>th</sup>. If you can help out at the lunch by volunteering, please email Lori Graham at [ldgraham@rogers.com](mailto:ldgraham@rogers.com).

#### **TUESDAY May 10<sup>th</sup> – Autism Awareness Toonie Tuesday**

Students are encouraged to bring \$2 on Tuesday May 10<sup>th</sup> that will be donated to the Autism Society of Canada to raise awareness of Autism Spectrum Disorders.

#### **TUESDAY MAY 10<sup>th</sup> & THURSDAY MAY 12<sup>th</sup> – All Saints School Play**

The students have been working hard for months on the production of Oliver. Come enjoy the show – tickets are \$5 each and orders are being filled this week. Once again we will need some volunteers for the concessions so if you can help out on one of the evenings please email Lori Graham at [ldgraham@rogers.com](mailto:ldgraham@rogers.com).

#### **WEDNESDAY MAY 18<sup>th</sup> is our next Extreme Pita lunch**

## COMMUNITY OUTREACH:

Our annual **All Saints School Sharelife** campaign was a success once again! Thank you to the staff for organizing the Spirit Days and the Sharelife Hockey Game. This year the teachers, along with a little help, won the game in a shoot out.

Our sincerest thanks to the Blake family, who donated 48 tickets to the **Harlem Globetrotters**. All students that returned a donation form were eligible for the draw of 12 sets of four tickets. We have two bulletin boards, on either side of the gym doors, which highlight what the students did to earn money for Sharelife. They are truly heartwarming to read and I encourage parents to view the boards when they have the chance. Thank you to Ms. Langenfelds for coordinating our Sharelife efforts.

**Winners for the tickets were: JK - Miguel D. SK – Danielle L. Grade 1 – Gwen K. Grade 2 – Daniel G. Grade 3 – Sabrina G. Grade 4 – Erik D. Grade 5 – Lauren B. Grade 6 - Miranda M. Grade 7 - Dwayne A. Grade 8 – Kevin C. Two additional sets were won by Michael S. (grade 8) and Madison P. (grade 2)**

## UPCOMING OUTREACH

Autism Awareness Toonie Tuesday May 10<sup>th</sup>. In late May, we will once again collect soap and salt for Dr. Simone. In June we will have “Loonies for Learning” raising money for A.C.C.E.S.S. (See more information below)

## FROZEN YOGURT:

The introduction of San Diego frozen yogurt has been a big success. We are selling the 3.5 ounce cup for \$1.25 every Friday. Several parents have asked - why Friday? Anytime we offer a program to the students, it takes time and volunteers to make it work. We already have the volunteers in place every week for Fantastic Friday, so it was a logical choice. Ticket sheets are now available for \$15 for a sheet of twelve; order forms are available in the office. Unused tickets will be valid for the 2011/2012 school year.



## SPRING FUNDRAISER: KERNELS POPCORN

We are wrapping up what we hope has been another successful Spring Fundraiser. Thanks to all families who have already returned their \$60 for the case of Kernels popcorn. In addition, we had many families who donated cash in lieu of selling the case, covering the \$25 profit per case. If you have not already done so, please return the full payment to the office as soon as possible. We will report on the financial success of this fundraiser in the next newsletter. Thank you for your support!

## VIEW FROM THE CHAIR

Wow – can you believe that there are only around 45 days of school left in the 2010/2011 school year? For whatever reason, May and June always seem to be exceptionally fast. We have a very busy May with Catholic Education week, the school play, first communion for grade 2 students and confirmation for grade 8 students. June is taken up with EQAO for grades 3 and 6, Playday (date still to be determined) and both the Quebec trip and Graduation for our Grade 8 students.

As the Chair of the School Council, I get the opportunity to participate in various symposiums and lectures hosted by the Dufferin Peel Catholic District School Board and the Central Committee for Catholic School Councils (CCCSC). I would like to take this opportunity to share some of this information with you. Many of these lectures are open to all parents within the Board; the Council posts any upcoming event flyers on our community bulletin board, which is just inside the first set of school doors.

### Faith Symposium – March 31

This year's Faith Symposium was once again held at John Paul II Cultural Centre for all schools and Churches in the Dufferin Peel Board. Mr. Vecchiarino, Mrs. Marcoccia and I represented All Saints and we were seated with Msr. Joe Shiels, Fr. Joe Gorman and Caroline Borcsok of St. Ignatius Loyola Parish and representatives from St. Clare and St. Mark schools.

The Symposium focuses on the triad of Faith: Home, School and Church and how we work together to foster a child's faith. The topic of this year's symposium was "**How do we get families to come to Church?**" The keynote speaker, Arlene Aguilar, raised some interesting facts about active Church participation and what it could mean for children:

- Research shows that going to Church increases life expectancy in children by 8 years
- Significantly reduces children's use of alcohol, tobacco and drugs
- Dramatically lowers risk of suicide
- Dramatically reduces their risk of committing a crime
- Improves attitude at school and increases school participation
- Provides them with a life long moral compass
- Increases the odds of living a happier, healthier, longer life
- Makes children 3 x more likely to participate in Church as an adult

### A.C.C.E.S.S

We also had a special presentation by **Daniel Francaville**, a recent graduate of the Dufferin Peel Board who started his own charity called **A.C.C.E.S.S.** which stands for: **Allowing Children a Chance for Education with School Supplies.** Daniel started this charity 5 years ago after making a mission trip to Haiti with his high school. He was truly a dynamic young man with a passion for making a difference in the world. Fifteen of our grade 7 students will be going to his "Call to Action" rally on May 5<sup>th</sup>.

In June we will hold a community outreach for "**Loonies for Learning**" which is one of the ways A.C.C.E.S.S raises funds to send school supplies to Haiti.

## **CCCSC – Annual Conference and Vendor Marketplace – April 9<sup>th</sup>**

A number of Council members and parents in the community attended this event. **Father Joe Gorman** from Loyola was the keynote speaker and he spoke on faith-based education and the importance of a strong Home – Parish – School dynamic. Fr. Joe started his speech with the famous quote that “it takes a village to raise a child.” If you look at the triangle of faith, Home, School and Parish - we are the village. Church is the foundation of our faith but at School, faith can make deep roots through continuing education, participation in prayer, living the virtues, and community outreach. At Home, the example that we set as parents is what will come back to us. Fr. Joe ended his talk with a quote from his beloved Grandmother:

**What we hear – we forget  
What we see – we remember  
What we do – we understand**

### **PPM 150**

There was also a very comprehensive presentation on PPM 150, the new Liberal government regulations outlining what can and can not be sold to students at school. This goes into effect September 1<sup>st</sup>, 2011 and will change some of our current programs. For example, the pizza crust will now need to be whole wheat and any cheese and pepperoni toppings will need to meet the guidelines for fat, salt, and sugar. While this presentation clarified a lot of points for Council members, and offered resources to assist with the determination of whether an item qualifies, it is still very complicated to explain. Basically there are 3 categories:

#### **Sell Most**

- 80% or more of food offerings must be in this category
- These will be the healthiest options that are low in fat, sugar and sodium

#### **Sell Less**

- 20% or less of all food offerings must be in this category
- These might have higher amounts of fat, sugar and sodium but they still qualify for sale

#### **Not Sell**

- No essential nutrients
- High in fat, sugar and sodium

Why was this introduced? The theory is that kids get 1/3 of their daily intake at school and as such we have a responsibility to promote healthy growth and development. A healthy diet increases concentration and memory, achieves healthy weight management, prevents short and long term health issues (such as obesity, diabetes, high cholesterol and cancer) and builds healthy habits to last a lifetime.

The good news for volunteers that run our lunch and snack programs is that many vendors have developed products that are already PPM 150 approved and are marketed in that manner, such as the frozen yogurt we introduced a few weeks ago. We will be working with vendors and discussing options as we move forward to the 2011/2012 school year. However, the bottom line is that while we have to offer choices that adhere to the regulations, ultimately the students make the choice in what to purchase.

**Susan Baird**

**Council Chair**

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**School website: [www.dpccsb.org/ALLST](http://www.dpccsb.org/ALLST).**







