



**NEWSLETTER  
OCTOBER 2010**

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**Secretary**  
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**Superintendent  
Mississauga North**  
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**Trustee**  
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**Parish**  
St. Joseph Church  
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**Pastor**  
Fr. Marc-Andre  
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**RCSAC Chair**  
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schools/jos](http://www.dpcdsb.org/schools/jos)

# St. Joseph Elementary School

*We C.A.R.E.: Catholic Community, Acceptance, Respect, Excellence*

## Thanksgiving Prayer

Blessed are you, Lord our God,  
creator of heaven and earth  
and Father of our Lord Jesus Christ:  
we praise you for your glory,  
and thank you for your goodness to us.  
We praise you for your generous gifts  
and for bringing fruitful results to our labours.  
And we rejoice in your kindness,  
we pray also for those who are in need.  
Open our hearts to them,  
and teach us to be as generous to others  
as you are to us.  
Heavenly Father,  
help us all to follow Jesus our Lord,  
and so bear eternal fruit for you.  
Amen

## *Virtue for October*

*Let us now pray...  
for the grace and strength  
to be people of empathy-  
people who can really identify with  
and feel the concerns of those  
around us.*

*AMEN*

## **SACRAMENTS**

**Confirmation**- Tuesday, May 31, 2011

## **PARENT INFORMATION SESSIONS**

### **Reconciliation**

Tuesday, January 18, 2011 @ 7:30 p.m.

**OR**

Tuesday, January 25, 2011 @ 7:30 p.m.

### **First Communion**

Tuesday, March 1, 2011 @ 7:30 p.m.

**OR**

Tuesday, March 8, 2011 @ 7:30 p.m.

**All meetings are held at St. Joseph Church.**

## **A SAFE, CARING AND INCLUSIVE SCHOOL COMMUNITY**

St. Joseph continues to create and sustain a “safe, caring and inclusive school community”. This month we will be focusing on the virtue of “EMPATHY”.

## **ATTENDANCE/VERIFICATION PROGRAM**

Daily and punctual attendance of students is encouraged. If students are late they must report to the office prior to going to class. If your child is going to be absent, please call the school (905-826-4422). Messages can be left between 4:00 p.m. and 8:00 a.m. When reporting an absence, please state your child’s name, grade, teacher and reason for absence. Your cooperation will reduce the need for calls to your home or workplace.

## **YARD SUPERVISION**

Please remember that teacher supervision does not commence until **15 minutes prior** to our start time. In the morning, it is provided from **8:30 a.m.** and for our afternoon kindergarten students from 12:25 p.m. For safety reasons, parents are reminded not to drop off their children before these times.

## **STUDENT VERIFICATION SHEETS**

Thank you to all who have completed and returned the Student Verification Sheet which you received from the classroom teacher in early September. The information requested is essential for communication with home in the event of an emergency. If you have not returned this information, please do so as soon as possible. Please notify the office of any changes throughout the year.

## **PROGRESS REPORTS**

The new elementary Progress Report card will be send home on Tuesday, November 2, 2010. Interviews may be requested for some students. Parents are always welcome to meet with their child’s teacher at any time.

## **CUSTODY OF CHILDREN**

We are best able to serve and protect our students when we are made aware of legal custody arrangements, visitation rights and special instructions. If legal custody matters affect your family, please ensure that our office and classroom teachers are aware of custodial arrangements that may affect your child during school hours. We require custodial parents to provide legal documentation for our files.

## **TERRY FOX RUN/WALK**

On Thursday, September 30th, the staff and students of St. Joseph participated in the Terry Fox Run/Walk. The students had an enjoyable time walking along the path of the Credit River. Thank you very much to all students, parents and teachers for their generous support of this very worthwhile cause.

## **SCHOOL COUNCIL**

Our next School Council meeting is on Tuesday, October 5<sup>th</sup>, 2010. All are welcome.

## **FAMILY READING FUNDRAISER**

Once again, we will be participating in the QSP Magazine fundraiser. Our assembly will take place on Thursday, October 8th at 1:00 p.m. Order forms will be sent home this week to renew your subscriptions through the school. If you have a subscription rate lower than the QSP rate, this will be honoured.

## **FROM THE LIBRARY**

Thank you for supporting the School Book Fair that is taking place the next two weeks and for encouraging your child to read.

By purchasing books and supporting our Book Fair, you enable our school to obtain new resources for the library and classrooms.

## **INDOOR SHOES**

We are encouraging all students to have a pair of indoor running shoes at school. This will help minimize the

debris that students bring in from the yard. It will also assist in keeping our school and gym floors clean.

## **VISITORS TO THE SCHOOL**

Thank you to all parents who are reporting to the Office upon arrival at the school. For the safety of our children, all visitors must report to and sign in at the office upon entering St. Joseph School. A **“Visitor/Volunteer”** badge will be issued. If a child must leave early, the secretary will be more than happy to call your child down to the office. Remember that you are a stranger to other children.

## **KISS AND RIDE**

The Kiss & Ride program has been in effect since the first day of school. Thank you to all the parents who have been using the Kiss & Ride to drop off their children. Please remember that parking in front of the school on Church Street and letting your children cross the road and / or parking lot is dangerous. Please walk your children to the school entrance if you are not using the Kiss ‘N Ride.

We appreciate the on-going dedication and commitment of the parent volunteers who greet our students upon arrival by car and bus every morning.

**We are in need of a parent volunteer to assist in our Kiss and Ride program on Friday mornings for 15 minutes, beginning at 8:30 a.m.** If you would be able to help us, please call the office to let us know.

## **ECO SCHOOL**

This year St. Joseph school will be involved in various Eco School projects. One of our goals is to post our monthly newsletter solely on our school website. In preparation for this transition, we will still be sending home our newsletter for the months of October, November and December. Beginning in January, 2011, we will be making our monthly newsletter available only on our school website. Limited numbers of copies will be available at the office.

## **BOARD WEBSITE**

Parents and guardians of Dufferin-Peel students can stay up-to-date with the latest board news and information by joining the Dufferin-Peel Catholic District School Board ECommunity. Members will receive the latest news and information by e-mail, including media releases, school activities and events, board meeting highlights, school and bus cancellations, plus useful tips for parents. Sign up online at [www.dpcdsb.org](http://www.dpcdsb.org).

## **UPCOMING DATES**

Oct. 4-8 BOOK FAIR

Oct. 7- PIZZA DAY

Oct. 12/13- BOOK FAIR open 4:00 p.m.- 7:00 p.m.

Oct. 7- Magazine Fundraiser Kick-Off Assembly @ 1:00 pm.

Day

Oct. 11- **THANKSGIVING DAY- NO SCHOOL FOR STUDENTS**

Oct. 19- MN Cross Country meet @ Meadowvale Community Centre

Nov. 1- All Saint’s Day

Nov. 2- All Soul’s Day, Progress Reports home

Nov. 3- Picture Retake Day

Nov. 5- Hep B and HPV Clinic

**Words are everywhere and provide us with great opportunities to learn. Each month our newsletter will include a few activities to engage your child in “knowing words” through exploration and discussion.**

**Did You Know?**

THE 10 MOST COMMONLY MISSPELLED WORDS IN THE JUNIOR GRADES ARE:

because	doesn't	enough	off	their
friends	knew	laugh	want	whether

**Family Word Fun:**

***Primary:***

Brainstorm emotions your child experienced during the first week of school. Write each emotion on a small piece of paper. Place these in a bag. Take turns choosing an emotion and acting it out.

***Junior/Intermediate:***

Palindromes are words and phrases spelt the same both forward and backward: eye, mom, kayak. Challenge your child to come up with as many palindromes as they can.

**Did You Know?**

THE ONLY WORDS IN THE ENGLISH LANGUAGE TO BEGIN WITH “dw” ARE:

dwarf	dwelling	dwindle
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**Family Word Fun:**

***Primary:***

Fold a piece of paper into 12 squares and cut them apart. Write each individual letter of the word “THANKSGIVING” on each square. Shuffle the letters and then invite your child to see how many words he/she can create. Challenge your child to make one big word with all the letters.

***Junior/Intermediate:***

The phenomenon of vanity license plates has brought out the sense of creative word play in many car owners. With your child, try to guess which professions these license plates represent -- 2thdr, lv2tch. Work with your child to develop their own personalized license plates for each member of your family (e.g., 2 cute, sk8r av8r).

# Snacks for School Age Children

(Nutritious, Delicious, Healthy & Fun)

Snacking is a healthy part of a child's life. Children have high energy and nutrient needs relative to their size, so they need more food energy than they can consume with three regular meals. Nutritious snacks play an important role in providing children with the energy and essential nutrients they need for healthy growth and development. Encouraging your children to combine healthy eating with regular physical activity will help to prepare them for a healthy adulthood.

Deciding what types of snacks to serve your children is important when planning your child's overall diet.

Snacks should include a variety of foods from the four food groups illustrated in Canada's Food Guide to Healthy Eating. Here are some yummy snack ideas:

**Vegetables & Fruit:** These snacks are a rich source of vitamins A & C, folate, and fibre. Try to include dark green and orange choices.

- fresh or canned fruit including cantaloupe, apricots & mango
- carrot or sweet potato sticks
- green & red pepper strips
- broccoli, snow peas & cauliflower florets
- vegetable or unsweetened fruit juice in limited amounts

**Grain Products:** These will improve children's energy levels while providing B vitamins, iron and fibre, especially if they are whole grains.

- Bagels
- bran or whole wheat muffins
- breads of all kinds such as multi-grain or rye
- dry, unsweetened cereal (with or without milk)
- crackers & rice cakes

**Milk and Alternatives:** These tasty snacks provide children with protein, vitamins A & D and calcium. Lower fat milk choices are recommended.

- white or chocolate milk (skim, 1% or 2%)
- yogurt (2% or less)
- pudding made with low fat milk
- cheese (preferably 20% milk fat)
- fruit smoothies made with yogurt, fruit and milk

**Meat & Alternatives:** These yummy snacks provide a great source of protein, B vitamins, iron and zinc.

- nuts\* & seeds
- hard boiled eggs
- spreads like peanut butter\*, hummus, tuna or salmon salad
- sliced meats such as chicken, turkey, ham or roast beef

\* Always check with your children's school before sending any nuts or nut products to school, as there may be restrictions on their use.



Involve your children in choosing their snacks. Develop a list of healthy snack choices and allow your children to select the snacks to be purchased. This way, children are more likely to enjoy their snacks and can play a part in choosing them even if they don't accompany you to the grocery store.

It is also helpful to make healthy snack choices available at home. If your cupboards are filled with cookies and chips, it's easy for children to make them the snack of choice. Try to prepare healthy snacks in advance whenever possible. If fresh fruit are washed and vegetables are cleaned and cut up, your children will be more likely to choose them when hunger strikes.

Drinking enough fluid is important to children's health. Encourage your children to drink water to satisfy their thirst. They should eat vegetables and fruit more often than drinking juice. Juice can be a part of a healthy snack but should be limited to approximately 175 ml to 250 ml in a day. Milk also provides important nutrients. Everyone is encouraged to drink 2 servings of 250 ml of milk each day.

Foods can be thought of as "everyday foods" or "sometimes foods". The key to healthy snacking is providing variety and a balance of healthy food choices that your children can enjoy. Limiting foods and beverages high in calories, fat, sugar and salt is an important step towards better health. Avoid labelling foods as "good" or "bad". All snack foods, including chips and chocolate bars, can be enjoyed occasionally.

Parents may want to consider their children's teeth when planning snacks. Foods that are sweet and sticky contribute to tooth decay/cavities. Hard and crisp foods, cheese, & sugar free gum help to clean the teeth after snacking by increasing saliva flow. However, children should be encouraged to rinse their mouth with water when possible

Remember that snacking isn't just for kids! As a parent, if you make healthy snack choices, your children are more likely to make healthy snack choices now and in the future.



*Produced by the Peel Health Registered Dietitians. May be reproduced provided source is acknowledged.  
For more nutrition information, please call the Region of Peel, Public Health Department at 905-799-7700.*