Empathy Prayer

Gracious and merciful God of all creation,
You made us to live together in communities.
We are nothing without relationships.
You have given us the virtue of empathy to ensure that we are able to identify with
and feel other people's concerns.

We come to you now asking for the grace and strength to follow your plan and to form
a safe, caring, inclusive community here at St. Aidan. May your gift of empathy lead
us to know and feel your presence among us.

We ask this in the name of Jesus, Your Son, who lived to show us your way.

Amen

OCTOBER VIRTUE: Empathy

This month we will focus on the virtue of empathy.

God has given us the ability to form connections with each other – to live together. Empathy helps us to connect and live together in safe, caring, inclusive communities.

We understand empathy to mean the ability to identify with and feel other people’s concerns. We believe that in a faith community, we are nothing without relationships; relationships that grow in a spirit of communion.

An empathetic person believes that we all share one spirit; that we are many parts of one body because we are all created in the image and likeness of God.

An empathetic person . . .

- Listens attentively
- Notices and responds when someone is upset
- Can name her/his feelings
- Can see a situation from another’s point of view
- Knows that different people may feel differently about the same thing.
Thanksgiving Prayer

Father all powerful, Your gifts of love are countless and your goodness infinite.

For Thanksgiving, we come before You with gratitude for Your kindness. Open our hearts to concern for our children, men and women, so that we may share your gifts in loving service.

We ask this through our Lord Jesus, Your Son, who lives and reigns with You and the Holy Spirit, one God, forever and ever.

Amen

HAPPY THANKSGIVING

Monday, October 9, 2017 there is no school for students.

ECO Schools Update

Wednesday, October 4, 2017 is International Walk to School Day. On this day students are encouraged to walk to school to promote physical fitness, pedestrian safety, and help our environment by having less vehicles driving in our neighbourhood. We are encouraging all St. Anthony students to participate in this year’s Walk to School Day.

We are also encouraging all students to bring a reusable water bottle/container to help reduce the number of plastic bottles.

WASTE-FREE LUNCH TIPS

- Get children to help pack their lunches with healthy foods.
- Only pack as much food as your child will eat.
- Use a reusable lunch bag/box for carrying a lunch.
- Use a refillable bottle for drinks.
- If you choose to use a single-serving container, please make sure it is recyclable.
- Put sandwiches, muffins, etc. in reusable containers, instead of plastic bags. Label them with your child’s name so they have a better chance of coming home.
- Avoid pre-packaged, single-serve portions of snacks.
- Put re-usable napkins in your child’s lunch box.
- Prepare extra food at dinnertime and use the leftovers for lunches. Minimize the morning rush by packing lunches the night before and refrigerating overnight.

Attendance and Punctuality

We ask that parents continue to support their children in their morning routines so that they can arrive to school on time. This ensures that your child learns an essential life skill, participates in the entire school day, and that disruptions to the learning environment are minimal.

Holy Days of Obligation

It is important that our children continue to be exposed to our Catholic Community through experiences at the parish. The Sunday celebration of the Lord’s Day and the Eucharist is at the heart of the Church’s life. ‘Sunday is the day on which the Paschal Mystery is celebrated in light of the apostolic tradition and is to be observed as the foremost holy day of obligation in the universal church.’ [CIC, can. 1246 #1] Throughout the school year, students experience the mystery of Jesus Christ through celebrations, liturgies and mass. We encourage all of our families to maintain these traditions and obligations throughout the year by attending Mass as a family every Sunday.
Visitors to the School

Please note that all visitors to the school including parents/guardians must enter through the front doors and report directly to the office. To ensure the safety of all students, parents are asked to remain outside the school yard boundaries when dropping off or picking up their children. Likewise, pets are not permitted within the school yard boundaries. Please remember that although you are a parent/guardian to your child, you are a stranger to other children. Please be assured that staff supervisors are on duty in the yard from 8:15 AM to 8:30 AM each day, and from 3:00 PM to 3:10 PM to ensure the safe arrival and dismissal of our students.

Ontario Catholic Graduate Expectations (elementary version of OCSGE)

I am a believer!
- I believe that God is an awesome God
- I believe in and have faith in God
- I believe that God is always with us
- I believe that we can talk to God any time and anywhere through prayer
- I believe in the stories of Jesus life, death and resurrection
- I believe in the Church community, in celebrating mass and in the seven sacraments
- I believe in forgiveness

WELCOME

We would like to welcome Mrs. Graff to the St. Anthony School community as our Head Secretary. Mrs. Lucic will also be joining us at St. Anthony school teaching SES to some of our grade 1 and 2 students. We are excited to have Mrs. Graff and Mrs. Lucic join our team!

A Message from the Library:

Thank you to the entire St. Anthony community! Our first Book Fair of the year was a huge success! Students participated in guessing games, and were able to “Name That Bandit” in our Wild West themed contest. We had an amazing turnout at our Family Event and books were ‘flying’ off the shelves by our eager readers. Due to your overwhelming support for the Book Fair, we were able to purchase approximately $2000 worth of new materials for our library. Students will see these new books on the shelves in just a few weeks!

Students are also encouraged to continue making book suggestions to Mrs. Asquith. We love to connect students with great books! So, if your child is looking for a book we do not have in the library, please encourage your child to let Mrs. Asquith know. Every effort will be made to order books that are requested.

Thank you for your continued support of our library!

Mrs. Asquith

Youth Faith Ambassadors

We would like to thank everyone for sending in food items in support of our Thanksgiving Food Drive. Our Youth Faith Ambassadors are hard at work planning a number of social justice initiatives.

Sports Corner

St. Anthony has a number of sports activities scheduled for the month of October. The girls and boys volleyball teams are participating in tournaments and the Cross Country team has been busy practicing for their upcoming meet. We wish all our student athletes great success at their respective tournaments. Many thanks to the staff who give so much of their time to coach teams.

Congratulations to our Softball team on a second place finish in their recent tournament!
**Health Tips From Peel Public Health**

Did you know?
- Serving sizes are getting larger for sweetened beverages, potato chips, chocolate bars and other convenience food
- More children are turning to “fast food” choices for meals
- Kids are drinking pop instead of milk which is needed for healthy bones and teeth
- The first ten years of life are the most important for developing healthy eating habits

What Can a Parent Do?
- Top a whole-wheat tortilla with cream cheese, meat, salsa and lettuce then roll it up
- Pack sliced turkey, chicken or lean beef, with cheese and whole wheat crackers to make mini sandwiches. Add grapes for dessert
- Heat whole-wheat English muffins with pizza sauce, spices, sliced mushrooms and shredded cheese on top.
- Add a drink such as milk, chocolate milk, unsweetened 100% juice, or water to any of these ideas and you will be on your way to following Canada’s Food Guide.

**Helpful Websites:**
- Peel-obesity.ca, dieticians.ca, eatrightontario.ca
- For more information call the Region of Peel – Public Health at 905-799-7700 or visit peelregion.ca/health

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**Halloween Dance**

Our Catholic School Council will be hosting the annual Halloween Dance on Tuesday, October 31, 2017. Students are welcome to wear costumes to school that day. Please note that costumes must be appropriate for our Catholic School environment. No gore, masks or weapons please! For those students not wearing costumes we encourage you to wear orange and/or black colours that day.

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**Treats at School**

A gentle reminder that students are not permitted to bring in food treats to share with their classmates in order to ensure the safety of all students at the school. We have a number of students who have allergies to different foods/ingredients. If you want to recognize a special occasion i.e., birthday, Halloween, valentines, etc. please send in non-food items only (pencils, erasers, etc.) Please note that any food brought to school will be returned home. Thank you in advance for your continued support.

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**Safe, Caring, Inclusive Schools**

At St. Anthony we strive to create a safe, caring and inclusive environment for all students, staff and visitors. Part of our work in this area includes providing students with consistent messaging about bullying prevention. During the month of October we will be focusing on the following key message: “Bullying is not acceptable”. Each month we will focus on an additional key message with students. Please take some time to discuss these key messages with your child(ren).

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**October Homework Tip**

Schedule a regular study time. Some children work best in the afternoon, following a snack and play period; others may prefer to wait until after dinner. Setting a consistent time that works for your family helps make this part of your child’s daily routine.

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**Free Real-Time Math Tutoring**

Grade 7 to 10 math students at Dufferin-Peel now have access to 20 hours a week of free, online math tutoring to help them improve and succeed in math. Check out [Homework Help](http://homeworkhelp.ilc.org/) where certified Ontario teachers are available Sunday to Thursday, 5:30 p.m. to 9:30 p.m., for one-on-one confidential help. Dufferin-Peel is one of 60 English-language boards taking part in this pilot project funded by the Ministry of Education.

Visit [http://homeworkhelp.ilc.org/](http://homeworkhelp.ilc.org/) to learn more!
Chocolate Fundraiser

Our Catholic School Council Chocolate fundraiser is underway. Thank you to all families for your participation. If you have boxes of chocolates/money from sale please send them in as soon as possible. The money raised from our fundraisers goes to support presentations/activities/materials to enhance student learning.

World Teacher Day and DECE Day

October 5th, 2017 is World Teachers’ Day and October 26th, 2017 is Designated Early Childhood Educator Day. We recognize and celebrate our teachers, DECEs and support staff for their commitment and dedication to Catholic education here at St. Anthony Catholic School. Teachers have a great influence on us. They help prepare us for life. They teach us skills we need to participate and compete. They help us identify our strengths and weaknesses. They work to make us stronger students and hopefully, better people. Most of us can point to a teacher who has influenced us positively in some way.

Dress Code

Please note that students are not permitted to wear hats, scarves, bandanas or other items on their heads inside the school.

Pediculosis (Head Lice)

Please check your children frequently and if you find them infested, we would ask that you let us know so we can advise you on the proper treatment. If a child does become infested, we will ask you to keep your child out of school until he/she has been treated with the correct medicated shampoo and his/her hair is entirely clear of both lice and nits (eggs). When the child returns to school, the child needs to come to the office to be checked before going to class.

If we all cooperate in these procedures we can address these occurrences in a sensitive manner. We may not entirely escape outbreaks, but we will be able to bring them under control.

PEDs

It’s a privilege not a right

NORMS

Students are expected to...

- Only bring registered devices to school
- Know and follow the Wi-Fi network agreement
- Use their device for educational use only and as directed by the teacher
- Keep their device(s) off at all times unless instructed by the teacher
- Leave their device in the classroom during recess and school related events
- Respect the property of others
- Not take photos, audio, video or images of an individual or group

Inappropriate use of board technology and/or PEDs may result in the removal of the PED, discipline, suspension, loss of privileges, and/or police involvement.
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