

# St. Evan Catholic School

SOARING WITH CHRIST



500 Dougall Ave, Caledon, ON, L7C 4C5

Phone: 905 843-6159

Fax: 905 843-6163

## MAY 2021

Principal: J. Amodeo

Vice Principal: K. Marsi

Head Secretary: T. Ball

Assistant Secretary:  
C. Tavares

### SUPERINTENDENT OF SCHOOLS

J. Kuran

905-890-1221

### TRUSTEE

F. DiCosola

905-951-8898

### ST. LEONARD PARISH

Fr. Nossan

905-856-5385

### CATHOLIC SCHOOL ADVISORY COUNCIL

#### Co-Chairs:

A. Colabufalo

M. Moeller

#### Follow us on TWITTER

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St EVAN Caledon](https://twitter.com/St_EVAN_Caledon)

Please visit our website  
at [https://  
www.dpcdsb.org/EVANE](https://www.dpcdsb.org/EVANE)



## THE MONTH OF MARY

May is the month we dedicate to Mary, the mother of our Saviour, Jesus. As we honour Mary and all mothers, we are reminded of the many blessings mothers bestow upon their children each and every day.

### A PRAYER TO OUR LADY

O Mary, recall the solemn moment when Jesus, your divine Son, dying on the Cross, confided us to your maternal care.

You are our Mother, we desire ever to remain devout children.  
Let us therefore feel the effects of your powerful intercession with Jesus Christ.  
Holy Mary, help those in need, give strength to the weak, comfort the sorrowful,  
and pray for all God's people.

May all who seek your help, experience your unfailing protection.  
Amen

## VIRTUE FOR MAY: ACCEPTANCE

During the month of May we will focus on the virtue of ACCEPTANCE. God wants us to make friends with everyone no matter how different they may look or act.

### From the perspective of the Catholic Graduate Expectations, an accepting person...

- Finds meaning, dignity fulfillment and vocation in work which contributes to the common good
- Witnesses Catholic social teaching by promoting equality, democracy, and solidarity for a just, peaceful and compassionate society
- Respects and affirms the diversity and interdependence of the world's peoples and cultures
- Respects and understands the history, cultural heritage and pluralism of today's contemporary society



**May 2-7:** Catholic Education Week

**May 3:** Safe Arrival program begins (see page 5 of newsletter)

**May 6:** Journey into Learning Evening, 6:30pm

**May 9:** Mother's Day

**May 9-15:** ShareLife Week

**May 24:** Victoria Day - no school for students

**May 27:** Catholic School Council Meeting, 6:30pm

**May 31:** Graduation Photos

**June 8 or 10, 2021:** Parent Workshop on Math + Coding

**June 24:** Graduation Ceremony

## ADMINISTRATORS' MESSAGE

The first week of May is Catholic Education Week. We are reminded that having a publicly funded Catholic Education system is a call to service. Through school, we bring the word of Jesus Christ to all our students. And never before has the theme of *Nurturing Hope* been more important as we navigate through the Covid-19 pandemic.

Canadian Mental Health Week is also celebrated this month. The CMHA (Canadian Mental Health Association) encourages everyone to focus on naming, expressing and dealing with all of our emotions because it is important for your mental health. "You don't have to be a mental health expert to do something about your kids' mental health. You just have to be a teacher – or parent – who cares, wants to help and who has the right tools." (CMHA, 2021)

As the Stay At Home order is currently in effect until May 20, 2020, parents and guardians will receive communication during the remote-only period, both centrally through the DPCDSB and locally, through the school. Please continue to monitor DPCDSB website for further updates as they become available and do not hesitate to reach out to the office if you have any questions.

Stay safe,

Mr. Amodeo  
Principal

Mrs. Marsi  
Vice Principal

## JOURNEY INTO LEARNING

**Date:** Thursday, May 6, 2021 **Time:** 6:30pm

Dear St. Evan Eagle Families of students beginning FDK Year 1 (Junior Kindergarten) in September 2021,

We've been waiting for you!

Welcome to the beginning of your school journey.

We look forward to getting to know you, starting with our St. Evan JOURNEY INTO LEARNING evening. This is an opportunity to ask questions, get virtually acquainted with where your child will be spending their days starting next September, and meet the St. Evan FDK team.

**Join us in our Zoom Meeting:** <https://us02web.zoom.us/j/82971009682?pwd=d112V2M0ZlJES3R6QkdScDEyL0JXZz09>

Meeting ID: 829 7100 9682, Passcode: A8B9jC

Journey into Learning Kits will be distributed to our newly enrolled Kindergarten children once we re-open schools safely.

## CATHOLIC EDUCATION WEEK

Each year, the Catholic community of Ontario engages in a week-long celebration of the unique identity and distinctive contributions of Catholic education during Catholic Education Week. This year's celebration is entitled, "Catholic Education: *Nurturing Hope*" and will be celebrated during the week of May 2 – May 7.

The five sub-themes for Catholic Education: *Nurturing Hope* are:

*Preparing the Earth*

*Sowing Seeds of Gratitude*

*Cultivating Relationships*

*Harvesting New Fruit*

*Marveling in Wonder*



This year, the Dufferin-Peel Catholic District School Board will once again launch a social media campaign to commemorate Catholic Education Week. The board is asking students, staff, parents/guardians, trustees and alumni, alike, to reflect on "What do you love about your Catholic school?" or "How are you or your school nurturing hope in your community?". Share your thoughts through posts, pictures and videos on Twitter, Facebook and Instagram, using the #MyCatholicSchool and #DPCDSB\_NurturingHope. For more information on Catholic Education Week, click [here](#).

## ATTENDANCE AND PUNCTUALITY






We ask that parents continue to support their children in their morning routines so that they can log into 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.

## ECO SCHOOLS

Each year, schools apply for certification by undertaking environmental actions, campaigns, and projects, and then recording them in the online EcoSchools Certification Application (ECA) to earn points. At the end of the year, school applications are assessed based on a standard established over 10 years of benchmarking and are awarded a final certification level. We are proud to say that, even with the challenges this year presented, we participated in enough initiatives and projects to apply for Bronze certification. We will let you know when we receive our results. Thank you very much to the staff members who spearhead the ECO program at our school: J. Iantorno, J. Kennett, S. Molinaro, C. Pupo, M. Rogers, S. Roussy, and A. Trentin.

Get Ready for the St. Evan  
**ShareLife SPIRIT Week**  
 Monday, May 10th - Friday, May 14th

Make a donation to ShareLife through School Cash Online from May 9th - 21st.  
 Help support a great cause and join in the fun!

<p><b>Monday</b></p> <p><b>*Marvelous Monday</b></p> <p>Students are encouraged to dress as their favourite superhero.</p> 	<p><b>Tuesday</b></p> <p><b>Tropical Tuesday</b></p> <p>Students are encouraged to dress in all of their tropical gear (e.g., hats, sunglasses, shirts etc.)</p> 	<p><b>Wednesday</b></p> <p><b>Wild Wednesday</b></p> <p>Students are encouraged to sport a unique hairstyle and wild colours or a mismatched outfit.</p> 	<p><b>Thursday</b></p> <p><b>Team Thursday</b></p> <p>Students are encouraged to wear their Eagle's gear or gear from their favourite team.</p> 	<p><b>Friday</b></p> <p><b>FUN FRIDAY: Pajama Day AND Student vs. Staff Trivia Game!</b></p> <p>Wear your coziest pajamas and get ready to participate in our student vs. staff Kahoot trivia game!</p> 
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## SHARELIFE

May 9-15 is ShareLife Week. In usual circumstances, we would be holding activities in person to educate students on the importance of giving to others through organizations like ShareLife. The mission of ShareLife is to live the Gospel by providing for those in need. Their mission is accomplished by supporting agencies that serve those who are poor, vulnerable and marginalized, and that operate in line with the values of our faith. To celebrate and recognize this week, we are asking that students donate to ShareLife through our Cash Online system. The system will be open for donations from May 9 to 21, 2021.

## HEALTHY SCHOOLS

Did you know that May is Mental Health Awareness Month? This month we will be focusing our attention on the mental health of our staff, while still focusing on our students and families. Wednesdays will be dedicated to WELLNESS WEDNESDAYS where the students will be able to participate in a variety of activities, which are all posted in their Google Classroom. We are incorporating more ways to bring positivity to each other lives to boost our school spirit as we come near the end of the school year.

You will notice on your child's Google Classroom, there are 2 Google Forms - one for students and one for parents - if you are able to, we would appreciate your time in filling them out. The responses to these questions will help our Team see how we did as a whole and to see what we can work on or continue next year.

In the beginning of May our team will be submitting our Healthy Schools Application to OPHEA to see how we did with our priority focus, which was Mental Health. We would like to take this opportunity to thank each one of you for supporting, encouraging, and participating in all the activities we had this year. Even with all the restrictions, changes, and unknowns, we were still able to come together as a school community. We are excited to see how we did this year and will share our results once they come in. In the meantime, don't forget to follow us on Twitter to see what is happening around St. Evan.

"BEE Active, BEE Healthy, BEE Happy"

## STUDENT TECHNOLOGY SUPPORT

Dufferin-Peel CDSB now has a student support line to help with any technology issues. Students/parents can reach ICT for technology issues at 1-833-644-1492 from 7 am to 5 pm Monday through Friday.

## CATHOLIC SCHOOL COUNCIL

Please join us for our meeting on May 27, 2021. The meeting is at 6:30pm and all are welcome to attend.

Thank You

We would like to thank the Chummar family for donating a substantial amount of money to the school that allowed to us to purchase a significant number of literacy resources for our students. The students will benefit greatly from your generosity.

## DISTANCE LEARNING ADVICE FOR WORKING PARENTS

To motivate children and to release working parents from stress, parents can do the following 6 things.

### 1. MANAGE OUR OWN STRESS

Managing our stress levels is good for our health. It's also good for our children's mental health. When we demonstrate positive ways to manage our anxiety, our children learn coping skills to deal with stress, promoting their resilience. Taking deep breaths, exercising, meditating, and practicing mindfulness can help us manage our stress.



### 2. LET GO OF CONTROL ON OUR KIDS

Letting go of controlling our kids is scary. We want the best for our children. We often control kids' behavior because we want to steer them away from mistakes. But our good intention often becomes a source of stress that hurts their motivation and diminishes their ability to learn.



### 3. ENCOURAGE LEARNING, NOT DOING

Children are born curious and love to learn. If your child refuses to do homework, focus on learning. Going to school shouldn't be about doing homework or getting good grades. It should be about learning. Grades are important, but to be intrinsically motivated to study, a child needs to enjoy learning. Encourage them to learn and to use homework to strengthen their knowledge. If they still refuse to do homework, let them face the natural consequences. Children learn fast when they face the real, natural consequence. They learn to connect the cause (not doing homework) and effect (consequences in school). When you nag or push, the problem shifts to you being a pain. They then focus on fighting with you, which overshadows the real impact of their action.



### 4. FOCUS ON RELATIONSHIP INSTEAD OF HOMEWORK

A warm, secure parent-child relationship in childhood is essential to living a happy, successful life. There is no shortage of stress in a child's life – teachers, peers, homework, exams, etc. Many people can stress a child, but only parents can love their child and make them feel safe even when they fail. Become your child's safe haven, a person your kid wants to come to, not one they want to hide away from.



### 5. BE SUPPORTIVE AND TEACH STRESS AWARENESS

When a child is not motivated to learn, be supportive instead of contemptuous. To motivate is to boost their dopamine to a healthy level. Being accusatory will not accomplish that; being supportive will. Help them identify their source of stress and encourage them to talk about it. Becoming aware of stress is the first step in managing it. As Dr. Daniel Siegel puts it in The Whole Brain Child, "Name it to tame it."



### 6. PROVIDE A STRESS-FREE ENVIRONMENT

Other ways to eliminate stress include having a balanced diet, getting enough sleep, and studying in a relaxed environment. Motivating children to learn better in distance learning is not that hard if parents can let go of our own security and support our kids to flourish in their own ways. We cannot hold our kids' hands forever. The sooner they learn to be independent and responsible for their own education, the more self-motivated they are.



<https://www.parentingforbrain.com/motivate-children-in-distance-learning/>

April 6, 2021

At the Dufferin-Peel Catholic District School Board (DPCDSB), one of our greatest priorities is ensuring that all our students arrive safely at school each and every day.

To enhance our existing absence-checking procedure, we are introducing *a new, more efficient* student absence reporting system called **SafeArrival**. This new system will reduce the time it takes to verify student attendance, make it easy for you to report your child's absence and easy for staff to respond to unexplained student absences.

With **SafeArrival**, you are asked to report your child's absence in advance using any of the following three convenient options:

1. Using your mobile device, download and install the **SchoolMessenger app** from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.ca>). The first time you use the app, select **Sign Up** to create your account. Select **Attendance** then **Report an Absence**.
2. Use the SafeArrival website, <https://go.schoolmessenger.ca>. The first time you use the website, select **Sign Up** to create your account. Select **Attendance** then **Report an Absence**.
3. Call the toll-free number **1-844-435-3440** to report an absence using the automated phone system.

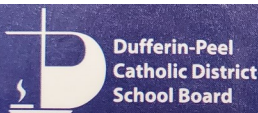
These options are available 24 hours/day, 7 days a week. Future absences can be reported at any time.

**NOTE: For absences greater than five consecutive days, please call your child's school directly.**

In addition, we will use the **SchoolMessenger Communicate** automated notification system to contact parents whose child is absent when the absence was not reported in advance. The automated notification system will attempt to contact parents at multiple contact points until a reason is submitted for the absence. If our system is unable to reach the designated contacts, school office staff will follow up. If you report your child's absence in advance using the **SafeArrival** toll-free number, website or mobile app, you will NOT receive these notifications.

**Starting Monday, May 3, 2021, please report absences in advance using SafeArrival instead of sending notes or calling/emailing the school.**

Starting **Monday, May 3, 2021**, school staff will begin using the **SafeArrival** notifications to let you know if your student is absent (when you haven't reported the absence in advance).



### Options for Reporting Student Absences



**Web:** [go.schoolmessenger.ca](https://go.schoolmessenger.ca)



**App:** **SchoolMessenger**



**Phone:** **1-844-435-3440** (Toll-Free)



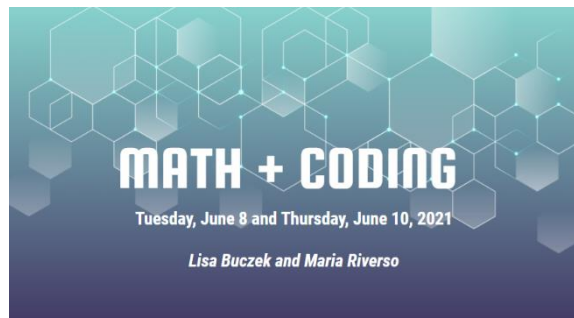
SCHOOLMESSENGER®

Helpful resources for using the new SafeArrival absence reporting system have been posted on your school's webpage under the **Quick Links > NEW Process for Reporting Student Absences**.

Thank you for your patience and cooperation as we implement this new system.

Communications & Community Relations  
Dufferin-Peel Catholic District School Board

## DPCDSB Parent/Guardian Community: NEW Math + Coding Engagement Workshop!



Join Lisa Buczek, Coordinator of Technology Enabled Learning, and Maria Rivero, K-8 Mathematics Consultant, as they LIVESTREAM to introduce and explore the exciting world of **Math + Coding in Grades 1-8**. Lisa and Maria invite you to attend this workshop on either **June 8 or June 10, 2021**.

The release of the new Mathematics Curriculum in 2020 added a focus on coding as a tool to represent math situations dynamically. Coding helps students become creative and critical thinkers capable of navigating the NEW digital world through the development of the Ontario Catholic School Graduate Expectations and the Global Competencies. This engagement workshop will help you learn more about coding in math and highlight ways to support your child(ren) at home.

Topics will include:

- *What is coding and why it is important*
- *A demonstration of Math + Coding activities across grades*
- *Ideas to support the building of coding skills at home*

Session Dates:	Time:	Google Live Stream Link:
Tuesday, June 8 <sup>th</sup> , 2021	7:00-8:00 p.m.	<a href="https://stream.meet.google.com/stream/1ae69658-1965-4a17-90b4-756addc9cca4">https://stream.meet.google.com/stream/1ae69658-1965-4a17-90b4-756addc9cca4</a>
Thursday, June 10 <sup>th</sup> , 2021	7:00-8:00 p.m.	<a href="https://stream.meet.google.com/stream/b5976952-6c73-4c45-9964-03d609da8d17">https://stream.meet.google.com/stream/b5976952-6c73-4c45-9964-03d609da8d17</a>

**Please Note:** In order to join and access the LIVESTREAM links above, you will need to use your child's Dufferin Peel Google login information (studentnumber@educ.dpcdsb.org and password). These workshops are only open to Dufferin-Peel Google accounts.

# May 3-9, 2021

Visit [mentalhealthweek.ca](http://mentalhealthweek.ca) for info and tools!

HAPPY

AFRAID

SAD

ANGRY

## Name it, don't numb it.

**#GetReal** about how you feel.

Even in times of extreme anxiety and stress, mental health is something we can protect. Not just something we can lose.

This CMHA Mental Health Week, let's focus on naming, expressing and dealing with our emotions – the ones we like and the ones we don't. It's important for our mental health.



## ShareLife **Schools Newsletter**

### **Supporting mental health**

Covid-19 has wreaked havoc on our community. Many people in our lives are silently suffering from depression, anxiety, grief and trauma during this pandemic. Fortunately, the five ShareLife-supported Catholic Family Services (CFS) agencies provide a lifeline to those dealing with mental health challenges.

All of the CFS agencies in the Archdiocese of Toronto offer walk-in counselling (offered by phone and video during the pandemic), which can often meet clients' needs without requiring longer term sessions. Thanks to those who support ShareLife, not one person is turned away due to an inability to pay.

### **You helped Kristen through the Schools Campaign**

Kristen is a college student who endured a lot of loss in the past few years. Her mom died after a long battle with cancer, her dog needed to be put down, and her boyfriend was laid off from work.

The sense of loss and abandonment led to severe anxiety issues. Constant fear made it hard for Kristen to eat, sleep and study. Her grades were dropping, she began isolating herself from loved ones, and panic attacks kept her from leaving the house.

She heard about free walk-in counselling clinics offered by Catholic Family Services of Simcoe County. Having worked up the courage to go, she found the session helpful. Kristen agreed to keep working with the clinician and attended several more sessions.

*Continued on page 2*



# Living the Gospel



*Continued from page 1*

The clinician worked with her to identify what triggered her panic attacks and together they came up with a plan to battle her anxiety.

She started to feel more in control of her emotions. She could now calm herself down and cope, instead of completely shutting down to the world. She is doing better in school, eating healthier, and improving her sleeping habits

Kristen is grateful to now have the tools, resources, and support around her to overcome her anxiety issues.

## **Your support makes a difference**

The ShareLife Schools Campaign has been vital to helping those in need through Catholic Family Services agencies. Many schools have devoted their Spirit Week to supporting ShareLife and have invited their community to take part.

We are encouraged by how Catholic schools of the Archdiocese are looking out for their neighbours in need by supporting ShareLife. While many people are in difficult financial situations and are unable to give to ShareLife at this time, we are truly blessed to have the prayerful support of the Catholic school community.

Many people in our lives are silently suffering from depression, anxiety, grief and trauma.

### **Catholic Community Services of York Region**

CSYR is a Family Service Agency offering counselling and group services to help people cope with mental health needs, parenting issues and relationship challenges. CCSYR is also a Settlement Agency, assisting immigrants and refugees in over 30 languages.

### **Catholic Family Services Peel-Dufferin**

CFSPD provides counselling services and education programs to individuals, struggling couples, and families dealing with emotional and relational issues, including domestic violence, stress, couple and family problems, emotional trauma and bereavement.

### **Catholic Family Services of Toronto**

CFS Toronto's counselling services and wellness programs help individuals, couples and families in difficult situations move through tough transitions and make positive changes in their lives. The agency also offers extensive marriage preparation and family life programs.

### **Catholic Family Services of Durham**

CFS Durham strengthens the emotional and social well-being of individuals and families in Durham Region through counselling, prevention programs, education and community development work.

### **Catholic Family Services of Simcoe County**

CFSSC is an accredited registered Canadian charity providing fully inclusive counselling and psychotherapy across Simcoe Muskoka.

The five ShareLife-supported Catholic Family Services agencies provide a lifeline to those dealing with mental health challenges.

Visit [sharelife.org](https://sharelife.org) to see exactly who your donations are helping!