



# ST. GREGORY CATHOLIC ELEMENTARY SCHOOL SEPTEMBER NEWSLETTER

## PRINCIPAL'S MESSAGE

Welcome to the Saint Gregory Catholic Elementary School!

Our school motto is 'Keeping the Circle Strong' and we will endeavour to live up to the true meaning of it's intent. Parents, teachers, students and the Catholic community must work as a team to educate our young children and lead them on their way to becoming a successful community member. We invite all parents to share in this process by coming to school to visit, volunteer, participate on various committees, help with supervision or to discuss common educational interests.

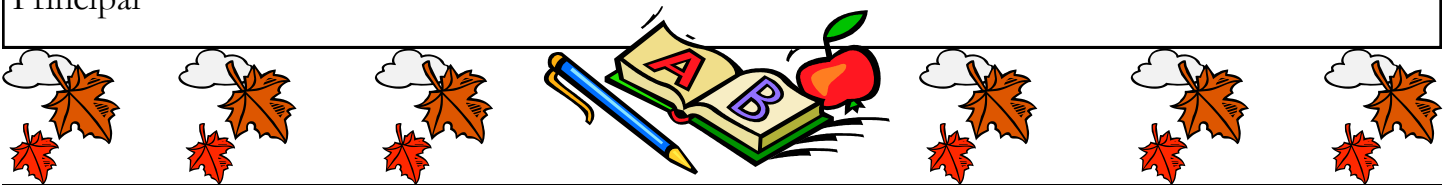
We have no new staff members this year. However, we do welcome back Mrs. Anderson, who will take on the role as a grade 4 home room teacher.

This is the first newsletter for the 2011/2012 school year and you can expect to receive one per month throughout the school year. All information to parents will be sent home on Wednesdays. We therefore encourage parents to ask your children for information on Wednesdays to check on school happenings. Sometimes, Mondays, Thursdays, etc. become Wednesdays due to necessity, or forgetfulness on my part! NO, it is not an age thing. Well, maybe!

On behalf of the entire staff, we wish you and your child(ren) a very successful, enjoyable and rewarding school year at Saint Gregory. May God Bless you and your child(ren) in Keeping The Circle Strong.

Mr. T. Zarski

Principal



## VOLUNTEERS NEEDED

**ST. GREGORY LIBRARY IS LOOKING FOR VOLUNTEERS TO SHELF BOOKS IN THE LIBRARY, IF YOU ARE ABLE TO VOLUNTEER PLEASE STOP BY THE OFFICE. PAC ANNUAL GENERAL MEETING WILL BE SEPTEMBER 6TH AT 6:30 PM IN THE STAFF ROOM. ELECTIONS WILL BE HELD FOR THE FOLLOWING POSITIONS: CHAIRPERSON, VICE-CHAIRPERSON, TREASURER, SECRETARY. WE HOPE TO SEE YOU THERE!**

## SCHOOL FEES

**School fees are due by September 30th.**

ECS fees are 60.00 and Elementary fees are \$65.00. Please pay at the office. We accept cash or cheques. Parents wishing to have their children take the bus to school (grade 2, 3, & 4), and live within 2.4 km of the school are required to pay an annual fee of \$200/child.

## ALLERGY AWARE

We are an **ALLERGY AWARE SCHOOL**. We appreciate your understanding and cooperation in not bringing nut products into the school.

## MEET THE TEACHER NIGHT

Our annual meet the teacher barbecue will be on Tuesday, September 13th from 5 p.m. - 6:30 p.m. We look forward to seeing you there!



## AGENDA'S

Each child will receive an agenda at the beginning of the school year. Lost or damaged agenda's can be replaced for a cost of \$10.00.

## SAFE ARRIVAL PROGRAM

If your child will be late or absent please notify the office at 780-865-4555. If we are not notified of your child's absent, you will be contacted.



## MUSIC CLASS

All students will need a duo-tang for Music. Grade 4 students in Drumline Option need a 1 inch binder.

## PICTURE DAY

Picture day will be on Thursday, September 8th. Please have your picture order form in before this date to ensure your order. Retakes will be Monday, September 26th. Thank you.

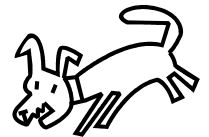


## TERRY FOX

Before Terry Fox died, he knew that an annual event would be held to commemorate his Marathon of Hope. It would be called appropriately The Terry Fox Run. More than 400 million has been raised for Cancer research in Terry's name. Our school will once again participate in the Terry Fox National School Run Day/Monthly School Walk on Friday, Sept. 30th at 1:45. We ask that each student bring a \$2 donation towards this event.

## PETS IN THE SCHOOL

Due to allergies we ask that everyone refrain from bringing their pets into the school without prior permission from the principal. No pets will be allowed on school walks.



## VISITOR SIGN IN

**When you come into the school please remember to stop into the office to sign in before you go to the classrooms.** If you have any questions please feel free to stop by the office and review the visitor guidelines.

## **COUNSELLOR'S CORNER**

### **BACK TO SCHOOL IN 6 EASY STEPS**

#### ***Summer Changes***

Back to school struggles still surprise many parents. After all, kids go back to school every year -- why don't they know what to expect? Well, consider this:

The growth rate of kids is so fast that going back to the previous year's routine can seem pretty stale. Kids either dread or look forward to a new school year depending on what they remember from last year. Expectations are nearly everything.

What's it like to go back to school? Imagine a job change for you. Your kids also may be in a new building this year, which makes it even harder to feel comfortable.

#### ***1. Get a Grip***

Your Relationship with your children has a great effect on them. So it's important not to act too crazed about the return to school. Build in extra time, put irrelevant projects on hold, stay rested, and try to stick closer to your kids. Many jobs seem to pick up at this time of year, and it's easy to get sucked down by the undertow.

#### ***2. Case the Joint***

Even if your child knows the school well, it still feels good to get reacquainted. My third grade daughter was always crabby until she saw her classroom, thought about the schedule, met her teacher, and picked out her clothes. Your kids may enjoy getting a sneak preview with another child from her school or class.

#### ***3. Don't Clean the Slate***

Fresh starts are so promising that we tend to overdo them. This may seem like a great time to clean up, sort out, and set new ground rules for family life. Chores are reassigned, allowances renegotiated, and after school sports and activities scheduled. While change is good, the timing requires some reflection. Too much too soon can make even the most cooperative child balk. Focus on the start of school, and revisit the other issues after your kids feel more settled.

#### ***4. Be Reassuring***

Tell your kids that they'll be fine! Before school starts, encourage them to reconnect with school buddies they may not have seen over the summer. This may take some brokering, depending on the particular social appetite of you child, but it's money in the bank for reducing fears of isolation in the new classroom. If they want to, let them take part of their sticker or baseball card collection to school (with the teacher approval). Listen to their worries and don't minimize, dismiss, or try to talk them out of them. These fears are real to your child.

#### ***5. Set the Stage***

Shopping for supplies and clothes should be fun, but overdoing this can be boring and a little scary to kids. Spend time thinking together about quiet time and reading and work space in the house. Choose special places, like corners of rooms, or certain tables or chairs, to show your kids that you'll help them find space where they can do the things that matter, like reading and homework.

#### ***6. Meet the teacher***

Your child is still young enough to feel comforted by an open communication between parent and teacher. In fact, when parents and teachers have regular discussions about school and home events, kids feel a more trusting connection with the school as a whole, and tend to try harder both socially and academically. Check-ins about new or recently lost pets, family moves, births, and deaths can help a teacher fathom something in your child that might otherwise seem mysterious. Most good schools would rather know sooner than later if you are worried about your child's school experience.

## **NO CHILD WITHOUT PROGRAM**

The *No Child Without* program offers a free MedicAlert membership to students who attend our school and are between the ages of 4 up to their 14th birthday. If your child has a medical condition, allergy or is required to take medication on a regular basis then you should consider a MedicAlert membership through this program. MedicAlert is your child's voice in an emergency,

MedicAlert membership;

- Gives emergency first responders immediate access to a child's medical information on their MedicAlert bracelet or necklet.
- Enables first responders to quickly obtain up to date medical information by means of the child's Electronic Health Record through the **24 Hour Emergency Hotline**.
- Communicates with the parent or emergency contact upon the activation of the **Hotline**.
- Allows free updates of the child's medical record as needed.

MedicAlert identification can alert school staff, friends, coaches and others about you child's medical condition should an emergency occur.

For further information come to the office for a brochure or go to [www.nochildwithout.ca](http://www.nochildwithout.ca).

To register your child you will need a *No Child Without* brochure from the office.

If your child is already part of the No Child Without program and there have been changes to their medical condition, medications or emergency contact information, call MedicAlert at 1-866-679-3220.