



St. Bernadette Catholic School

245 Lorne Avenue, Kitchener, Ontario N2M 3Y9

Tel. (519) 743-1541 Fax (519) 743-7873

Our newsletter can be accessed at <http://stbernadette.wcdsb.ca>

Twitter [@StBernSaints](https://twitter.com/StBernSaints)

St. Joseph's Church (519) 745-9302 <http://stjosephkitchener.org>

Pastor: Father Tom Vermiglio and Father Brian Quigley



"Together, with Christ, Everyone Achieves More"

**Safe Arrival Program: A reminder to please phone in your child's absence or lateness (519) 743-1541.
Our Answering Machine is available 24 hours a day.**

HAPPY NEW YEAR

January 2018 Newsletter

On behalf of the St. Bernadette school community, I would like to extend a warm "Welcome Back" to each one of our students and their families! I hope that all of you had a joyous, restful and holy Christmas Break by celebrating the gifts and blessings of the season with family and friends.

January is the month of new beginnings. The word "January" comes from the Latin word "Jana", which means "doorway." January is the year's doorway, an entrance into a bright new beginning. Here at St. Bernadette school, we are focusing on the occasion January brings to us all – a chance to renew our commitment to God, to others and to ourselves. We encourage our parents to further this discussion at home with their child(ren). Take advantage of this opportunity to reflect with your child(ren) how fortunate and blessed we are and that we must strive to do our best with the talents and blessings God has bestowed upon us. As well, encourage your child(ren) to continue to embrace our Catholic values to treat others the way we would like to be treated.

Throughout Advent our community supported many of our school projects. More specifically, thank you for your generous response in assisting families in our own community by providing various life essentials and donating gifts, winter clothing. It truly warmed our hearts to see students living out the true meaning of Christmas.

In reflecting back upon our Christmas Concert, we should be very proud of what we accomplished. With the support of our students, parent volunteers and the hard work of our staff, the concert was a huge success. I know that every teacher on staff was proud of their students and worked hard to ensure that their performance was just right. Their efforts and your child's efforts were appreciated.

We are blessed to have a very dedicated group of parents who belong to the Catholic School Council. These individuals work tirelessly with school personnel to enrich the learning opportunities and lives of our students. We look forward to continuing to benefit from their collaborative spirit, cohesive vision and would like to thank them for all their efforts. Preparations are well under way for our next school fundraiser. More information will be sent home soon about this event.

As the first term continues, we will continue to work hard to offer a positive, fulfilling experience for all students, as we strive to meet our school improvement objectives.

May God's love be your source of strength in 2018.

Mr. A. Simoes,
Principal

Catholic School Council

All are welcome to attend our monthly meetings.
The next School Council Meeting will be on;
Wednesday, January 17th at 6:30 p.m.

A New Year's Prayer

God of this New Year, we are walking into mystery.
We face the future, not knowing what the days or months will bring us, or how we will respond.
Be love in us as we journey.
May we welcome all who come our way.
Deepen our faith to see all of life through Your eyes.
Fill us with hope and an abiding trust that You dwell in us amidst all our joys and sorrows.
Thank you for the treasure of our faith life.
Thank you for the gift of being able to rise each day with the assistance of Your walking through the day with us.
God of this New Year, we praise you. Amen

Professional Development Day

Friday, January 26th

Focus of the day will be on Assessment and Evaluation.
Students are not required to come to school on this day.

Nurturing a Catholic Community



On October 23rd, the Waterloo Catholic District School Board and schools launched the final series of our pastoral plan – **Putting Faith into Action**. We are people of faith and over the course of this next school year, activities, events and

celebrations which confirm and demonstrate our faith based actions will be highlighted in various forms. One culminating activity; which will take place at St. Bernadette in the fall, is the receiving of a special cross which has pilgrimaged from school to school.

Parish News

We continue to pray for all intentions in our school community – for those who have passed away and all who need our prayers during time of sickness.



In the New Year, we turn our attention to preparing for the Sacrament of Confirmation, First Eucharist and Reconciliation with our Grade 2 and 7 students. Once again, we ask you to pray for these students.

School Update/News

Listed below are highlights from the month of December.

1. We welcome our new Community Police Resource Officer Cst. Rachel Molnar to our school community.
2. Waterloo Region Catholic Schools Foundation approved our grant for \$1500.00. The funds will be used to purchase new team jersey featuring our new logo.
3. Ms. Mina, our math facilitator continues to support staff and students on the renewed math strategy.
4. Our Grade 8 students attended the Mount Mary residential program in Ancaster. The trip provided them with an opportunity to further develop an understanding of our Catholic values and leadership skills. I would like to thank Ms. Cahill for her efforts in organizing the retreat. Also to Father Brian who was our celebrant for our Eucharist celebration. Also to our chaplain, Mr. Schneider, Mrs. McArthur (Chaplaincy Support for WCDSB Mount Mary Retreat Program), Mrs. Young, Mr. Colla and Mr. Sullivan for accompanying our students and providing guidance.
5. Welcome Ms. Heine who be Itinerant Planning Time Teacher for Mr. Sullivan, Mrs. Achenbach and Mrs. Simoes.
6. Welcome Ms. Atkinson who will be our Personal Support Worker at our school.



We would like to thank all the students, teachers and parents who contributed to our Christmas Projects. They were a huge success and speak to the wonderful spirit in our community and how we support and look



after each other. Congratulations on the following projects:

- St. Joseph's Parish and the St. Vincent De Paul Society - delivered an abundance of donated food items and Angel Tree Gifts.
- The Mill-Courtland Community Centre - for helping our families with great programs, food hampers and angel tree gifts.
- To all families for the generous donations to the Stuff a Stocking and Angel Tree campaign led by Ms. Hanley, Michele Reuber and Christine Rito.
- To all the staff for their assistance with planning and leading our four-week Advent wreath celebrations.
- School Christmas Turkey Luncheon - thank you to Lisa Rittinger and the many parent volunteers who helped make this a success: Christine Rito, Ana Rosa, Patricia Haines, Randy Morin, Patricia Yarascavitch, Joanne DeSouza, Michele Reuber, Tanya O'Toole and Michelle Lovell.
- School Christmas Concert - thanks students and staff for sharing your talents and to all our parents and guests who attended. Thank you, Mrs. Cowan, Mrs. Hawley and Grade 8 MC's, for your help with this wonderful seasonal tradition.
- Grade 5/6 Christmas Drama play. Thank you, Ms. Baillie, for directing, to our students and to all who attended.
- Advent Mass – thank you students, Father Brian, Mr. Sullivan and Ms. Baillie for organizing our mass.
- St. Bernadette Staff – thank you for providing Christmas Craft Day to our students. Everyone had fun.
- Ms. Sousa for hosting an ESL party for our students and Ms. Baillie for organizing Junior/Intermediate trip to Landmarks Cinema to see the movie "Wonder."

Caring For All Children - Shared Responsibility



Technology Protocol

Often after Christmas, students are excited about some of their new Christmas gifts and want to bring these toys or technology items to school.

We respect the cost of these items as well as safety precautions that need to be considered for some devices (i.e. content on electronic devices, cyber bullying, etc.). Accordingly, we discourage students from bringing valuables (cell phones, digital cameras, MP3 Players, iPods, etc.) money or toys to school. Often these are lost, stolen or broken or can lead to problematic behaviour.

The school does not assume responsibility for any loss or damage to valuable items. Please note also that cell phones should be left at home or turned off completely during school hours.

School Parking Safety

Please note city and board signs are posted throughout our property as reminders.



Parents are to drop off students on Lorne Ave. and to use the sidewalk, crosswalk and front stairway to access and exit the front of the school.

Some parking spaces at the front of the school are available during the day for parents and visitors, However, this parking lot is closed from 8:50 a.m. to 9:20 a.m. and 3:30 p.m. to 4:00 p.m. to facilitate safe student arrival and departure. Parking on Lorne Ave is allowed, but not directly in front of the school. Please note the signs for the designated area and park a safe distance from the school crosswalk.

Note: The school side of Lorne Ave is for dropping off only and cars are not to be parked and left unattended. The front driveway is to be used by **school buses only** from 8:50 a.m. to 9:20 a.m. and 3:30 p.m. to 4:00 p.m. daily.

Vehicles are NOT allowed to pull into the driveway or parking lot at the side of the school as student taxi arrivals and departures take place in this area first thing in the morning and again later in the afternoon. Students are not allowed to use the parking lots to access the play yard.

Winter Clothing Reminder

Please ensure that your child has dry running shoes to change into from their wet/muddy outdoor boots. Children must not walk around the school in their socks due to health and safety concerns. Students are not to wear their wet boots in class as this may cause a slippery hazard.



In addition, please check to ensure your child leaves home wearing warm winter clothing (hat, mitts, gloves, scarf, boots, and winter jacket).

During the winter months, in order to play in the field during recess times students will be required to wear snow pants and boots. Without snow pants and boots, students will be remaining on the black top during recess times. This will keep the students dry and warm when playing in the snow.



Seasonal Influenza (Flu)

Influenza is a serious respiratory disease that spreads quickly and easily among students and staff through coughing, sneezing and by contact with objects like books, sports equipment and counter surfaces. It spreads quickly from person to person and can last 2 to 7 days. Symptoms can include: high fever, dry cough, chills, sore throat, headache, muscle aches, and general tiredness.

Children can also have earaches, nausea, vomiting and diarrhea. The best thing we can do is to remember to:

1. Wash your hands frequently with soap and water. Hand washing continues to be the most effective safeguard against the flu.

2. Sneeze or cough into your sleeve or disposable tissues.
3. Avoid touching your eyes, nose or mouth without having washed your hands immediately before.
4. Clean shared surfaces frequently.
5. Stay home from school and other activities if you are ill.

Whenever students and staff experience flu-like symptoms, they are sent home and do not return to school until they are no longer infectious to others. We must protect the safety of all students and staff. We appreciate the extra effort required to comply with this request and ask for your understanding.

School Code of Conduct

Since parents and guardians are the key partners in establishing a positive school environment, you are encouraged to play an active role in the implementation of our school behaviour plan. St. Bernadette teachers and supervisors regularly remind individual students that certain behaviours will not be tolerated at our school.



To this end, students may have taken home School Behaviour forms so that parents/guardians are made aware of the consequences and concerns that we all share in creating a safe school environment. All parents, guardians and staff must accept responsibility, as primary educators, to act as positive role models and agents of change.

Please support us by speaking with your child about appropriate behaviour and reviewing our Student Code of Conduct found in our student agenda.

Our Code of Conduct will be reviewed in classrooms during January on an ongoing basis throughout the term. Students are asked to report problems or incidents on the playground to the staff members on supervision. Please support us by reinforcing the message that we should always use words to solve our problems and never use physical force. When our words are not being listened to, it is important to get adult help.

Healthy, Active Living Fit Bit

Escape the Winter Blues!

There are many things you can do to prevent the winter blues from setting in. Eating healthy, being physically active, limiting screen time, and spending time with family and friends help to promote positive mental well-being. Healthy eating means eating and drinking more:

- Vegetables and fruit
- Whole grains like brown rice, as well as whole grain breads and cereals
- Legumes and lean protein choices
- Milk and milk alternatives
- Water for thirst

Healthy eating also means limiting ultra-processed foods like:

- Sugary or salty snacks
- Sweetened beverages
- Pre-packaged meals
- Food from restaurants

Winter is a great time to cook with children and teach them food skills, share family traditions and spend quality family time together. Having healthy meals together can help families feel more connected. A healthy eating pattern that includes breakfast can also help children do better in school!

For information on healthy eating and nutrition, visit Eat Right Ontario at <https://www.eatrightontario.ca> and follow this link for tips on [Cooking with Kids](#). Please note that some tips/recipes do involve allergenic foods; continue to follow your routine precautions and healthcare provider's advice if you or family members have food allergies.

Family Literacy Day

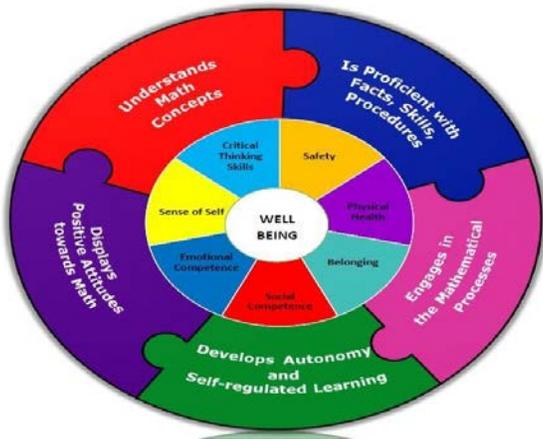
Family Literacy Day is a national initiative that promotes the importance of reading, learning together as a family and community.



On Saturday January 27th, join with communities and families across Canada to celebrate this special day. We invite parents to pick up a book or surf a web page and model your literacy skills. For more information on Family Literacy Day 2018, please visit the official website: <http://abclifeliteracy.ca/family-literacy>.

School Improvement Plan Update

At recent presentations, our staff have reviewed the Ministry of Education Renewed Math Strategy. The diagram below represents our model of the math learner. Three areas are being targeted for professional development: Understands Math Concepts, Is Proficient with Facts, Skills, Procedures and Engages in Mathematical Processes.



We want to understand our learners even better as we develop differentiated instruction, small group instruction and targeted independent practice. We believe a school wide focus by staff working collaboratively is the best way to drill down to identify specific learning gaps in math. Staff meetings, PA Day sessions and release time to meet with instructional coaches will continue to be used to support our efforts.

You can support this work by asking staff what are your child's strengths and weakness in math. Knowing what strategies work best for your child will be important as you continue to provide support at home.

St. Bernadette Bears

At the end of the month, we will be releasing our new school logo. You will see the name and look on our website, twitter and in our school building.

During the past year a small committee has worked with Mrs. Doherty-Masters to create an updated brand identity. They researched St. Bernadette and also took into consideration the diversity when selecting our new logo. After much consultation, BEARS were selected for the following reasons:



- Males/females (need for both groups to identify with the logo equally);
- Recognizable to everyone;
- A Canadian animal;
- Variety of species which can represent the diversity of the school;
- Male and female bears look very similar;
- Many aspects of bears can be used in a variety of ways (e.g. gym could be called "The Den.")

The new Bears name and logo will be added to team jerseys. We will also be offering spirit wear. All ordering will be done online. The Spirit Wear Store will go online January 26th until February 11th. We hope you like our new look! Please stay tuned for more updates.

Eco News - St. Bernadette Saints

Each class at St. Bernadette now has 1 or 2 Eco Reps in each classroom. These students attend meetings and report information back to their classrooms.



In December, they helped to get the word out that our school would be having a "Green" Christmas lunch.

Beginning in January, our mascots, Bernadette and Bob will return to school. These creatures, made from recycled materials, will be awarded to classrooms that have great recycling and composting habits. The mascot will stay in the classroom for one week. Thank you for all you do in promoting garbage free lunches and snacks as we go for Eco GOLD this year!

Spotlight On Student Activities

The Sporting Scene.....

During January, our Senior Boys Basketball Team and our Senior Girls Volleyball Team will begin their season. Tryouts will begin soon and we wish them all the best at their respective tournaments in February. Intramurals and PALS will also shortly begin soon.

Imagine ... A School Without Bullying



As part of the Ministry of Education's Bullying Prevention Initiative, St.

Bernadette has a Safe School Action Team. The team is composed of teachers, parents, and administration. The objective of the committee is to advise and assist the Principal in organizing Bullying Prevention activities and presentations for the students, staff and community as well as to support with the delivery of the Board's Bullying Prevention Program entitled "Imagine." If you are interested in joining our team, please contact the school – 519-743-1541.

Nutrition For Learning



Each day, our Nutrition for Learning program serves breakfast to our students. Our dedicated volunteers, Christine Rito and Mrs. Quirion ensure

that each child receives a balance of dairy, fruit and whole grains every day.

Nutrition for Learning provides about 15% of the overall operating cost of this program, about \$1000 per school year. Donations of any amount to help us achieve our goal of serving our students for the full school year would be greatly appreciated. We have set up a red donation box to assist in collecting funds for our program. Also, cheque donations payable to Nutrition for Learning (in memo line indicate St. Bernadette) is appreciated. Donations of \$20.00 or more are eligible for a charitable tax receipt. If you have any questions, please contact the school.

A Laugh A Day.....

Did You know

Just hearing laughter helps put us in a good mood! It helps create a positive emotional climate in the home or office.



Don't forget to follow St. Bernadette Catholic School on Twitter@stBernSaints
And sign up for electronic "Newswire"

Carizon Family and Community Services

Parents can use the consultation to get support with:

- Child's behaviour
- Accessing Community Resources (Mental Health, Counselling/ Financial/Recreational)
- Home routines and structure
- Child's social/ emotional struggles
- Understanding Mental Health Issues/diagnosis and strategies to manage.
- Monthly parent workshops are also offered to address topics that are meaningful to you.

Your Community Resource Worker is:
Peggy Humphries
phumphries@carizon.ca

CONSULTATION SUPPORT SERVICES

Consultation Support Services are now being offered at your child's school.

During a 60 minute Consultation you will have the opportunity to speak with a Community Resource Worker in person, regarding specific concerns you may have about yourself, child or family situation.

Consultations are offered at: St. Bernadette's School

Date: Every Other Wednesday (Nov. 1, 15, 29, Dec. 13, 2017 and beginning again Jan. 10, 2018)

Time: Mornings

Sign up by contacting: School Principal – Mr. Al Simoes

family + community services

Head office: 409 Queen Street South, Kitchener, ON N2D 1R7 519-743-8323 info@carizon.ca www.carizon.ca

Grade 7 and 8 Parents/Guardians and Students Please Join Us!

Creating Your Pathway to Success

Entering Secondary School creates many new and exciting opportunities, responsibilities and choices. We are here to help!

Preparing for the Transition to Secondary School

Topics:

- What to Expect in High School
- Course Selection
- Academic and Pathway Career Planning
- Resources and Supports Available

PLUS...HANDS ON time in myBlueprint

SAVE THE DATE: Thurs. Jan. 25th, 2018 TIME: 5:30pm – 6:30pm
HOSTED AT: St. Bernadette CES

Your Path · Your Choice · Your Future

St. Bernadette School Board
Heart of the Community,
Success For Each, A Place For All

"God will be with me and will watch over me on this journey."
GENESIS 28:20

Grade 8 Parents/Guardians & Students Join Us!

save
the
date

Making the Transition to St. Mary's HS

A lot has changed! Please join us for this one hour Pathway Presentation. Guidance, Administration & other staff from St. Mary's High School will be available.

What to Expect in High School • Course Selection Review
 Academic & Pathway Career Planning • Resources & Supports

Hosted at: St. Mary's High School—1500 Black Line Road, Kitchener

Tues. January 16th 6:30pm—7:30pm	For: Blessed Sacrament, John Sweeney, Monsignor Haller, Our Lady of Grace and St. Anne CES
Mon. January 22nd 6:30pm—7:30pm	For: Canadian Martyrs, St. Aloysius, St. Bernadette, St. Daniel, St. Kateri, Saint John Paul II and St. Timothy CES

All families from the Waterloo Region are welcome to attend any evening!

St. Mary's School Board
Heart of the Community,
Success For Each, A Place For All



January 2018



WE CAN MAKE A DIFFERENCE AND MANNERS MATTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		Re: JK (new SK) registration More info to follow, please contact the school if you have any questions					
<div style="border: 2px solid blue; padding: 5px; text-align: center;"> Are you using School Cash on Line? Please visit to register your child(ren): https://wcdsb.schoolcashonline.com </div>							
7 Father Tom and Brian classroom Visits Continue on Wednesdays	8 Welcome Back Happy New Year 2018 	9 First Reconciliation Parent and Child Meeting 7:00 p.m. St. Joseph Church	10 Pizza \$1.00 Carizon School Visit AM	11 Let's Talk Science Gr. 8 Workshop PM Literacy Skills Builder 3:45 p.m.	12 School Spirit Day Dress Wacky	13 Nutrition for Learning will begin on the 15 th	
14 	15 Martin Luther King Jr. Day 	16 Mental Health Presentation Gr. 6 to 8 AM Literacy Skills Builder 3:45 p.m.	17 Pizza \$1.00 School Council Meeting at 6:30 p.m. Laurel Creek Gr. 2 and 7	18 CARE Presentation Gr. 8 Literacy Skills Builder 3:45 p.m.	19 	20 	
21 	22 Making the Transition to St. Mary High School at St. Mary Alumni Hall 6:30 p.m.	23 Literacy Skills Builder 3:45 p.m.	24 Pizza \$1.00 Carizon School Visit AM We Can Make a Difference and Manners Matter Assembly in the gym at 9:30 a.m. JK/SK (Simoes) Trip to Zehrs	25 Literacy Skills Builder 3:45 p.m. Junior Achievement Gr. 7 and 8 Pathway Presentation Gr. 7 and 8 at 5:30 p.m. at St. Bernadette	26 Professional Development Day No School For Our Students 	27 Family Literacy Day 	
<div style="border: 2px solid blue; padding: 5px;"> Confirmation candidates are asked to continue to work on their Saints project and their service hours. </div>							
28	29 Literacy Skills Builder 3:45 p.m.	30	31 Let's Talk Day Bell Mental Health <small>Bell Let's Talk Day is January 31</small> Pizza \$1.00 JK/SK (Parent) Trip To Zehrs	<div style="border: 2px solid blue; padding: 5px;"> For up-to-date information on school bus delays, cancellations and school closures, please visit the Student Transportation Services of Waterloo Region website (www.stswr.ca). To contact Student Transportation Services of Waterloo Region directly, phone (519) 650-4934. Information about student transportation cancellations or school closings due to severe weather is also available through the following media outlets: <ul style="list-style-type: none"> • KFUN FM 99.5 • CKGL AM 570 • DAVE FM 107.5 • KOOL FM 105.3 • CHYM FM 96.7 </div>			
<div style="border: 2px solid blue; padding: 5px;"> MILL COURTLAND COMMUNITY CENTRE NEWS The Mill-Courtland Community Centre has many wonderful programs running in the new year - please call (519-741-2491) or stop by to check them out. Visit www.mcna-hscg.com </div>							