



St John Catholic School

780 Kingston Road
Toronto Ontario
M4E 1R7
Telephone 416-393-5220
Fax 416-393-5211

Principal
A. Martin

Administrative Assistants
Nancy Dias
Angie Mangano (Mon & Thurs)

Superintendent
John Shain (Interim)
John Shanahan (on leave)

Trustee
Angela Kennedy



Parish
St John's Catholic Church
Father John Newton
794 Kingston Road
Toronto Ontario
M4E 1R7
Telephone 416-698-1105



OUR SCHOOL
Hours of Operation
8:30 am—3:00 pm

Morning Recess
10:12 am—10:27 am

Lunch Hour
11:15 am—12:15 pm

Afternoon Recess
1:40 pm—1:55 pm

St John Catholic School News

FEBRUARY 2017

VIRTUE OF MONTH: LOVE



Our Student Parliament continues to do a fantastic job. One student led initiative they have this month is **Pajama Day**. Student can pay \$1 to wear their PJs on **February 3rd**. Funds raised will go towards new clubs, activities that our students have initiated this year. Those who wish not to participate are expected to come in full dress code on that day. The last Friday of the month will continue to be a free dress down day.

Our Public Health nurse, Voula, recently offered a series of workshops for parent at neighbouring schools. She will offer the same workshops for our community. Descriptions of the workshops are below. These workshops are designed to compliment the work done at the school through our Developmental Assets Program.

Please click on the link to RSVP. <https://www.surveymonkey.com/r/RQH28QD>

Thursday, February 9, 2017
at 7:00pm—St. John (gym)

Thursday, February 23, 2017
at 7:00pm—St. John (gym)

Thursday, March 9, 2017 at
7:00pm—St. John (gym)

Come to a **FREE** workshop to learn about:

- What is resiliency and developmental assets
- Strategies to help your child become more resilient
- Gain problem solving skills
Develop positive attitude
Know when to reach for help

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Come to a **FREE** workshop to learn about:

- Some reasons why adolescents use alcohol and other drugs
- Facts, myths and perceptions about alcohol and other drugs
- The most common drugs used by adolescents
- What you can do to keep your child safe and healthy
- Helpful resources available online and in the community



HELP YOUR CHILD FLOURISH: HOW TO ACHIEVE MENTAL HEALTH

Catholic Education Centre
February 22, 2017
4:30—6:30pm

The Toronto Catholic District School Board invites families with children born in 2013 to register for Kindergarten

Information: 416-222-8282 ext. 5320 or 5314, www.tcdsb.org/childregistration

Register
for
Kindergarten



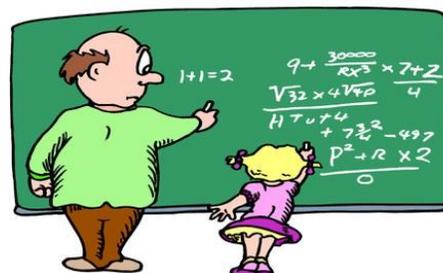
FEBRUARY IS PSYCHOLOGY MONTH

Psychology is for Everyone

This article was prepared by TCDSB Psychology staff based on the latest scientific research in the fields of psychology and child development

If you ask your child, “**What is math?**”, he or she might say, “*Math is about numbers, shapes, and problem solving,*” or “*Math is formulas.*” If you ask more questions about math, the discussion might lead to a much deeper understanding. For example:

- Math helps me to understand the world and predict what will happen
- Math is present in our daily lives – when we cook, shop, or plan a birthday party
- Math is everywhere – in nature, technology, and art



If you follow up with a question: “*Do you like math?*”, you might hear:

“*Math is fun*” or “*I hate math.*” Children form their attitudes about math

partly based on whether they understand it. The surprising fact is that the belief children hold about their math ability has a direct influence on their math achievement. Carol Dweck, a psychologist from Stanford University, developed the concepts of Fixed versus Growth Mindsets. According to her research, viewing intelligence or one’s math ability as fixed or unchangeable is associated with less motivation to learn math, math avoidance, and feelings of helplessness. Students who hold a Growth Mindset believe that their abilities and talents, including their math skills, can be developed through effort, good teaching, and persistence. They embrace challenges, persevere, and view their efforts as a path to mastery. Carol Dweck’s research shows that changing one’s mindset from a Fixed to a Growth Mindset results in higher academic achievement. So, one way that we may be able to improve our children’s achievement in math is by helping to shift their mindsets about math from a Fixed Mindset, where their perceived ability to do math is limited, to a Growth Mindset, where mistakes and challenges lead to improvement. Another way we can improve our children’s math experiences is by helping to reduce (or prevent) anxiety about math. While common, researchers have found that math anxiety interferes with the brain’s information processing capacity by reducing a child’s ability to reason through a math problem and is associated with poorer academic achievement. By promoting a Growth Mindset, viewing math problems as a challenge rather than a threat, preventing negative associations with math, and equipping students with the tools they need to challenge their negative or unhelpful thoughts about math and relax when feeling stressed, we may actually be able to increase our children’s enjoyment of math and improve their grades in math.

How can you help improve your child’s attitude toward math?

- 👍 Debunk the myth of the “math brain.”
- 👍 Praise your child’s efforts and what they have learned rather than his or her intelligence. Say, “It’s great that you have learned that!” rather than, “You are so smart!”
- 👍 Communicate that making mistakes is a *good* thing. That means the brain is learning!
- 👍 Encourage open and creative exploration in math. The goal of math is not to get questions right, but rather to learn the concepts by putting in effort.
- 👍 Reduce the pressure to complete math questions quickly to decrease your child’s anxiety.

Announcements and Upcoming Events

- ◇ MARCH Virtue: FOREGIVENESS
- ◇ MARCH : Celtic Heritage Month
- ◇ March 1st : Ash Wednesday
- ◇ March 5th : 1st Sunday of Lent
- ◇ March 7 & 28 : Swim to Survive—SESSION 2 (Gr 4)
- ◇ March 8 : International Women's Day
- ◇ March 9: Public Health Presentation for Parents
- ◇ March 10 : Carnaval
- ◇ March 13-17 : MARCH BREAK
- ◇ March 17: St. Patrick's Day
- ◇ March 31 : Pizza & Civvie's Day



What can you do on FAMILY DAY?



SPORTS CORNER

Basketball Tourney @ Neil McNeil Feb 2, 2017

Basketball Divisionals— Feb 12-15
(TBC)

Basketball Regional—Feb 21—22
(TBC)

Basketball—2nd Place—Feb 23-24 (TBC)
Basketball Challenge Game—Feb 27



Swim to Survive—
SESSION 1
Gr 4 students:
Feb 7, 14, 21
SESSION 2: Feb. 28
Main Square Community
Centre



Bus Transportation

Patience is a virtue. Timing for the buses for the first few weeks of school may not be according to schedule depending on the driver. We ask for your patience and weeks. Bus schedules have been sent Expectations are included in our School **post these important documents in** We wish for all students to have a pleasant ride on the school bus and therefore expect all students to follow the rules of safety and respect. Riding on the bus is a privilege and we do not want student behaviour to jeopardize this privilege. The safety all students is of utmost importance to us.



route, the traffic and the bus cooperation during these first few home with students and Bus Handbook. **Please review and your home for future reference.**

Absenteeism

Please help us with our **safe arrival program** at school by informing the school of your child's absence. You may call at any time and leave a message on the automated system. **Please remember to provide:** the name of your child, his/her grade and teacher, and the reason for the absence.

Call 416-393-5242 to report an absence.



Bussing & Alternate After-School Arrangements

Please ensure that you contact the Secretary at the school office by **2:30 pm** daily to advise of any change in your child's after school arrangements. *Please avoid calling during the AM/PM recess and lunch periods as the Secretary is unavailable.* 416-393-5220

St John is Allergen Aware!

Please remember that all snacks and lunches for students **must be nut free**. We have several children in the school with life threatening allergies and we would like to ensure that they are not exposed to dangerous food items.

Snacks should not contain any type of nut product such as peanuts, almonds, cashews, peanut butter, Nutella, etc.



Also, please remind your child to not share his/her snack or lunch.

Let's all do our part to keep our students safe.

St John CSPC Message Board / Website

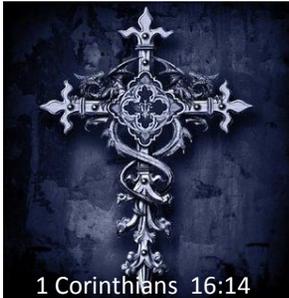
<https://sites.google.com/site/stjohnparentstoronto/>

Upcoming CSPC Meetings
March 23, 2017

[OAPCE NEWSLETTERS](#)



“Let all that you do be done in love”



TORONTO CATHOLIC DISTRICT SCHOOL BOARD TRUSTEES 2016-2017

Wards

- | | |
|--|--------------|
| 1. Joseph Martino | 416-512-3401 |
| 2. Ann Andrachuk | 416-512-3402 |
| 3. Sal Piccininni | 416-512-3403 |
| 4. Patrizia Bottoni | 416-512-3404 |
| 5. Maria Rizzo | 416-512-3405 |
| 6. Frank D'Amico,
Vice-Chair | 416-512-3406 |
| 7. Michael Del Grande | 416-512-3407 |
| 8. Garry Tanuan | 416-512-3408 |
| 9. Jo-Ann Davis | 416-512-3409 |
| 10. Barbara Poplawski | 416-512-3410 |
| 11. Angela Kennedy, Chair | 416-512-3411 |
| 12. Nancy Crawford | 416-512-3412 |
| Karina Dubrovskaya,
Student Trustee | 416-512-3417 |
| Rhea Carlisle,
Student Trustee | 416-512-3413 |



St John Parish News

Sunday Masses

Saturday 4:30pm

Sunday 9:00 and 11:00 a.m.

Weekend Masses

Tuesday—Friday 8:15 a.m.

Children's Liturgy Program:

The Children's Liturgy program welcomes all children from Kindergarten to grade 3 who attend the 9:00 a.m. Mass on Sundays. No registration is necessary, simply drop-in. Parents are welcome to accompany children. The priest calls the children to line up in front of the altar after the opening procession. They are then escorted downstairs for a reading/discussion of the Gospel on a children's level and engage in a short activity. They return upstairs at the Offertory and sit together in the front pews. At the "Our Father" they go up to the altar and recite the prayer together. They return to parents or caregivers in the pews at the 'Sign of Peace'.



Adult Choir:

The church choir welcomes any adult who likes to sing. No need to be musically trained, just a yearning to be one of many voices! The choir practices on Thursday evenings 7:30 to 9:00 and performs Sunday mornings at the 11:00 Mass. Contact Eric Walker at: ejwalker@sympatico.ca

Music Group:

Parents & senior students! The music group is an informal group who perform and sing at the 4:30 Mass on Saturdays. We welcome additional musicians who play the guitar, keyboard or any other instrument. Contact Paul Holliday at: illod@hotmail.com

Knights of Columbus (KofC):

Calling all fathers/caregivers! The parish Knights are currently recruiting new members. All men 18 years or older are invited to join our Fraternal Organization of more than 1.9 million men around the world engaged in charity through unity, fraternity and patriotism. Beaches council welcomes you! Contact Joseph Van Tassel at: vantasjo@gmail.com

Catholic Women's League (CWL):

Calling all mothers/caregivers! The 2017 membership drive is now underway! We invite any woman 16 years of age or older to join the CWL council of St John Church. Members do not have to be 'active' to belong to our great group of caring women who are making a difference. Membership fee is \$25.00 from which \$20.00 is divided between the national and provincial councils. Contact Anyta Kyriakou at: anytakyriakou@gmail.com

Confirmation Registration:

In preparation for Confirmation, grade 7 students and any grade 8's not yet Confirmed need to register for classes to be held in the church Hall. Registration deadline is Sunday, February 12th. Classes begin on Sunday, March 26th and the Confirmation ceremony will take place Sunday, May 28th. Contact Sheila Stuart at: sheilastuart31@gmail.com



PARISH WEBSITE: To contact the church office or to view the weekly bulletin of church schedules, news and events go to: www.stjohnsrc.ca