



PARENT UPDATE #7: OCTOBER 18 – OCTOBER 22

“It’s never crowded along the extra mile” - Wayne Dyer

Lunch Box Program is Back!

We are thrilled to announce that our school Lunch program is back at OLF, including Subway and Mr. Sub. We have partnered with School Cash Online again to place all orders and **the ordering calendar is now open.**



Delivery Day	Featured Restaurant
Wednesday	Subway
Friday	Mr. Sub

The first Lunch Program delivery will begin on Wednesday October 20th. **All orders for the upcoming week must be placed by Sunday at Noon (every week).**

Volunteers Needed!

We need your help! If you can assist our school with the Lunch programs (from 11:00-12:00), please email Mr. Shannon @ shannonj@hcdsb.org and let us know your availability. A reminder that our volunteers will continue with the requirements around providing a criminal reference check and vulnerable sector screening. Criminal Reference Checks and Vulnerable Sector Screenings along with Declarations that were filed with the school from September 2019 to present are still valid. If you require a police check this can be obtained from Halton Police by contacting them at your earliest opportunity.

MindUP™ for students

As part of our commitment to Mental Health and Well-Being, Our Lady of Fatima School will be taking part in a Social-Emotional Learning and Mindfulness Curriculum Program called *MindUP™* during this school year. This evidence-based curriculum fosters mindful awareness and self-regulation; enhances empathy, optimism, and well-being; and promotes kindness and positive relationships. (see <https://mindup.org/>).

Starting with lesson one, “How our Brain Works”, the program will teach students how their brain responds to stress and give them the opportunity to practice strategies for quieting their minds. In this lesson your child/children will be introduced to the three parts of the brain involved in thinking and learning, Amygdala, Hippocampus and Prefrontal Cortex. They will understand how their feelings arise and what they can do to change their automatic response (fight, flight or freeze). Ask your child/children to explain the three parts of the brain and maybe even try the “Core Practice” breathing exercise with your child/children (see attached information sheet for the script).

Masks on School Property

Please model proper COVID protocols by wearing masks at all times when on school property, during morning drop off and afternoon pick-up. We appreciate your assistance and consistent practice of this behaviour as we ask the same of all of our students. This particularly includes during afternoon pickup when many parents/guardians are standing at the fence waiting for their child in close proximity to others. We thank you for your partnership with this every day.



School Picture day is Back!!!

We are excited to announce that we will be hosting School Picture day. on Wednesday October 27 and Thursday October 28.

DAY	CLASSES
Wednesday Oct 27	Kindergarten – Grade 5
Thursday Oct 28	Grade 6 - 8

Arriving on time

School begins at 8:20am. The doors are open for students to enter beginning at 8:05am. It is very important that we are establishing good routines with our students and children, by ensuring that they arrive on time each day. Please consider walking your child to school to avoid the busy parking lots in the morning and afternoon. **A reminder that students should not be dropped off prior to 8:05am each day, as Supervision of students begins at that time. Students cannot enter the school until 8:05am, when supervisors arrive.**

Office Drop offs

Please send your child each day with their healthy lunch and water bottle when you drop them off in the morning. We want to avoid disruptions to the class and student learning, so we ask that you avoid dropping materials off at the office, by ensuring they are packed each morning with all they need.

Daily Screening for COVID-19 Symptoms

A continued reminder that Self-screening **must** be completed **each** day before a student attends school by using the [Ontario School and Child Care Screening Tool](#). If a student does not pass the self-screening, they are to remain home and follow the direction given on the screening tool. To ensure the safety of all students and staff, students are not permitted to enter the school building until the self-screening has been completed.



Grade 7 and 8 Confirmation

The dates for the Sacrament of Confirmation have been shared by St. Benedict Parish. Full information has been emailed to all parents of Grade 7 and 8 students. If you did not receive information or if you have any questions, please connect with your child's teacher or speak to the OLF administrators.

Date for Confirmation are:

Thursday November 11th – 6:30pm – Mr. Donald and Ms. Lake's Class

Thursday November 11th - 7:30pm – Mme. Antonelli and Mrs. Lamanna's Class

Monday November 15th – 6:30pm – Mr. Miszuk and Mr. Filipiak's Class

Monday November 15th- 7:30pm – Mrs. Szwed and Mrs. Smith's Class

Students must attend during their scheduled date and time assigned to their class. Please be aware due to the pandemic protocols, the celebration of Confirmation will only be attended by the student receiving Confirmation, their sponsor and two parents/guardians. Unfortunately due to government and diocesan pandemic protocols, no other guests over the four designated (including other siblings and relatives) are allowed. **No exception to this rule can be made according to the Diocese of Hamilton.**

St. Kateri Tekakwitha Catholic Secondary School



The Virtual Grade 8 information night for Secondary School will take place on **Wednesday, November 3** in the evening.

Details are being confirmed by the Administration at the school, but when details become available they will place it on their website:

<https://secondary.hcdsb.org/stkateri>

Important Dates and INFORMATION

UPCOMING DATES:

October 26 – Bishop Reding Information Night (Grade 8 parents)

October 27-28 – School Picture Day

October 29 – Halloween Fun DAY!!!

October 29 – OCGE Golden Ticket Assembly #2

November 3 – St. Kateri Information night (Grade 8 parents)