



## PARENT UPDATE #10: NOVEMBER 8-12

**“The future belongs to those who prepare for it today” Malcolm X**

### **Parent Interviews**

We will be holding Parent-Teacher Interviews on Thursday, November 25<sup>th</sup> and Friday, November 26<sup>th</sup>. You will be able to schedule your 10-minute Parent-Teacher Interviews online (similar to last year). Please follow the instructions provided in the email for directions on how to book an interview and for full details. The website will be open and you will be able to schedule appointments from Monday November 8<sup>th</sup> until November 22<sup>nd</sup> at 11:00 pm.

### **Progress Reports**

Progress Reports will be sent home electronically again this year. Reports will be sent on Wednesday November 24<sup>th</sup>. Please ensure you have your child’s OEN in order to access the report card.

### **Poinsettia’s**

It’s that time of year again to get ready for the holidays by purchasing festive Poinsettias from a local greenhouse. Don’t miss out on purchasing these beautiful Poinsettia’s that come in 3 sizes (6”, 8” & 10”) and 4 colours (Red, White, Pink, Tri-colour). All proceeds from the sale of Poinsettia’s will go to the Milton St. Vincent de Paul Society.



<b>Poinsettia Size</b>	<b>Price</b>
6”	\$12.00
8”	\$20.00
10”	\$27.00

Orders must be placed by **Thursday November 11, 2021** and payment can **ONLY** be made using School Cash Online [www.hcdsb.schoolcashionline.com](http://www.hcdsb.schoolcashionline.com)

Orders will be available for curbside pickup on Thursday November 25<sup>th</sup> from 3-8pm (Interview night) or Friday November 26<sup>th</sup> from 9-1pm (PA Day). Once you place your order a pickup time will be organized with the OLF office staff. We have received rave reviews from staff and parents who have ordered flowers in the past, so make sure that you don’t miss out!

### **MindUP for students**

For the next 2 weeks we will focus on Lesson Three of the MindUP Program.

The Core Practice is the signature daily routine Teaching students to focus on and control their breathing can help them become less reactive and more reflective when feeling anxious or stressed. This short daily activity of listening and breathing capitalizes on neuroplasticity, the brain process that creates and strengthens nerve cell (neuron) connections through practice or repeated experience. As students practice controlled breathing, their brains develop and reinforce the “habit” of responding to anxiety by focusing on breathing. This leads to reflective rather than reactive responses. The more controlled breathing is practiced, the more self-managed and mindful students can become. The Core Practice puts your students in control of their mental and physical energy.

### **Edge Imaging Pictures**

Student photographs were completed by Edge Imaging last week. Proofs were sent home this week with photo samples and instructions on how to order photos if you wish to. All orders are completed online and can be done directly through Edge Imaging.

### **Lunch Program**

A reminder that all orders for Mr. Sub and Subway are placed on a weekly basis through School Cash Online and orders must be placed **before Noon on Sunday** to be applied for the upcoming week.

<b>Delivery Day</b>	<b>Featured Restaurant</b>
Tuesday	Gino's Pizza
Wednesday	Subway
Friday	Mr. Sub

### **Important Information for Students Traveling Outside of Canada**

With the holiday season approaching and border restrictions easing, families may be looking to make travel plans. We are writing to ensure you are aware of the following federal public health requirements for school-aged children as you consider any travel arrangements outside of Canada. **If your family is travelling outside Canada for any reason, please be advised that students not vaccinated against COVID-19 CANNOT ATTEND SCHOOL FOR 14 DAYS UPON RETURNING TO CANADA.** This includes students under the age of 12 (who are not currently eligible for COVID-19 vaccinations) and students age 12 and over who are not vaccinated against COVID-19. This is a mandatory requirement put in place by the Government of Canada under the *Quarantine Act*. While unvaccinated children under the age of 12 are exempt from the Government of Canada's quarantine regulations if they travelled in the company of a vaccinated individual (e.g. parent/guardian who therefore qualifies for a quarantine exemption), the **unvaccinated, under 12 child is still not permitted to attend school for 14 days upon their return to Canada**, as outlined in [these requirements provided by the Government of Canada](#). Thank you for your attention to this information before making any travel arrangements outside of Canada.

### **HCCF – Halton Catholic Children's Foundation**

The Halton Catholic Children's Foundation (HCCF) supports HCDSB students in need with basic necessities (i.e. food and clothing) & with school activities that have a fee (i.e. team or club fees). "With this funding the foundation has gratefully reduced the stress impacting the family and helped to ensure access to basic needs." – HCDSB Social Worker

HCCF needs our help so they can continue to say "yes" to helping HCDSB students with financial barriers to learning.

They are looking for companies to be a sponsor at the event and for community members to purchase tickets and to donate.

It is NOT another Zoom call. We are using <https://www.kumospace.com/> so you can have fun and interact with your friends. Enjoy a meal and your favourite beverage while you catch up with others.

Join the Halton Catholic Community for an entertaining experience where you can connect with your friends and hear Bishop Crosby's stories, sense of humour and wisdom.

For more information visit <https://www.hccf.ca/evening-with-bishop-crosby/>

## 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 11<sup>th</sup> – 6:30pm – Mr. Donald and Ms. Lake's Class

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

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

Monday November 15<sup>th</sup>- 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.**

### **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.



### UPCOMING DATES:

November 11/15 - Confirmation

November 8-22 – Parent registration for Parent Teacher Interviews

November 24 – Progress Report goes home

November 25 – Parent Teacher interviews 3:00pm-8:30pm

November 25 – OCGE Golden Ticket Celebration

November 26 – PA Day (Parent/Teacher Interviews 8:30am-2:30pm)