

St. Francis School

CATHOLIC VIRTUES IN ACTION



March's Virtue is FORGIVENESS

Forgiveness can be shown in many ways. Here are four of them:

1. "You will know that forgiveness has begun when you recall those who hurt you and feel the power to wish them well." Lewis B. Smedes
2. "Forgiveness is choosing to love. It is the first skill of self-giving love." Mahatma Gandhi
3. "True peace is made possible only through forgiveness." Pope John Paul II
4. "Receive the Sacrament of Reconciliation. In the Sacrament of Penance, God extends his forgiveness to us in a very personal way." Pope John Paul II

On March 25, St. Francis students in Gr. 3-6 will participate in our Lent Penitential Prayer Service and seek forgiveness as part of their Lenten journey.

Shrove Tuesday



Shrove Tuesday took place on February 16th at the school. Pictured above is the Gr. 6 class enjoying their pancakes. Thank you to our Catholic School Council for organizing this special event and for donating the juices, plates, napkins and cutlery. Many thanks to all the parents/guardians who volunteered to cook and serve the pancakes. *Your gift of time is truly appreciated.*



Ash Wednesday

Ash Wednesday (February 17) marked the start of Lent. Our school community gathered in prayer and received ashes from Deacon Bob.



Lent

Lent is a sacred time, a time of renewal, and a time that as Catholics we strive to become all that God calls us to be. It is a time we pray, fast, abstain, and give to others who are in need and/or less fortunate. That is why our Lenten project continues to be the "Rebuild Haiti" fund. Since we first started this fund drive in January we have collected \$899.11. Each class is encouraged to continue collecting throughout Lent and at Easter we will donate the money collected to our local Red Cross in support of relief efforts in the aftermath of the devastating earthquake. Thank you for your continued support.

Lenten Prayer

Holy One, during this Lenten season your Son, Jesus, will show us the way to you. Help us to pray often so we will get to know you better. Help us to share our time and service so that we will grow in love for you and for each other. We ask you to renew us through the dying and rising of your Son, Jesus.

Amen

March is Nutrition Month

Once again this year March is Nutrition month at St. Francis School. Here are some fun ways students can participate.

1. Nutrition Tip of the Day

Students write down a nutrition tip and drop it in the Nutrition Box in the office. A different tip will be randomly chosen every day to be read on the morning announcements and if it is that student will win a prize.



2. Eat Like a Champion

There will be a weekly focus on the four food groups (vegetables and fruit, grain products, milk and alternatives, meat and alternatives) from Canada's Food Guide. Please refer to the March calendar to see which week is dedicated to each of the specific food groups. Also our school's Wednesday lunch food choice will focus on the specific food group being featured that week as outlined on the March calendar.



3. Nutrition Presentation

On Wednesday, March 3 public health nurse Reena Jazmin Callianteris will make a presentation to the students on the importance of making healthy choices in regards to the foods we eat.

4. Cooking With Chef Tony

On Friday, March 26th Chef Tony Sgambelluri will show the students how to make bread. He will have different kinds of bread for students to sample and each student will make a healthy veggie sandwich.



5. Fruity Fridays

On the last day of each week, fresh fruit from a different colour group will be available in the gym at lunch recess for the students to enjoy.



Roots of Empathy



Mrs. Lenardon’s Gr. 1 class has been participating in a program called Roots of Empathy (ROE). This program teaches children about feelings, their own feelings, and the feelings of others. Once every three weeks, baby Ava and her mother Mrs. Piccinato visit the Gr.1 class and the ROE instructor, Mrs. Callianteris coaches the children in observing the baby and reading the cues the baby gives as to how the baby is feeling: “Is the baby happy or sad?” “How can you tell?” This discussion is used as a lever for the children to talk about their own emotions and to better understand how their classmates feel. The ROE instructor also visits the class before and after each family visit to prepare and reinforce teachings using a specialized lesson plan for each visit. We can hardly wait for Ava’s next visit!

Reminder

To ensure the safety of all students, parents are kindly requested to wait in the main hallway for their child(ren) at the end of the day dismissal. Please do not wait in the primary or junior mudrooms. You are more than welcome to come into the school and wait in the nice warm hallway. Parents dropping off books or lunches etc. are asked to leave these items at the office. If you are

March 20

Winter Activity Days – What a Great Time!



Pictured above are the primary students after their skate at the Fort William Gardens.

Many thanks to the teachers who looked after the winter activity days: Mrs. Lilley, Mrs. Harrison, Mr. Nott, Mrs. Hupet, Mrs. Prpich, Mrs. Grace, Mrs. Moore, Mrs. Lenardon and to our SSP Mrs. Belluz-Cates. A BIG THANK YOU to all the parents/guardians who helped with the supervision at the various sites. Without your support, our winter activities would not have been possible.

Winter Olympic Play Day

In the spirit of the Vancouver 2010 Winter Olympics, our own version of winter Olympic Play Day was held on Thursday, February 25th. Congratulations to Team France for coming in First Place and to Teams Russia and Germany as they tied for Second Place. Thank you to the Gr. 6 students who did an excellent job at running the various Olympic events. Many thanks to Mme. Bertone and Mr. Nott for organizing the afternoon games.



Authors of the Month



Payton Gr. 1

Snow Poem

The snow is white.
 The snow is cold.
 The snow is fun.
 The snow is sparkly.
 The snow is deep.



Jonus Gr. 5

The Arctic Incident

“Oh no! I’m going to miss my plane,” shouted Victor as he thundered around the corner. “It leaves in five minutes!” Victor rushed out the door to the planes, but in his haste he jumped into the wrong plane. The plane he jumped into was destined to go to Crew-Gate, a small town in the middle of the tundra and NOT the sandy beaches of the Behalmas. But Victor would not find out until much later. Bump!

“What! Am I here already?” exclaimed Victor, “Why is there snow?” “Hello you have reached your destination Crew-Gate” announce the captain. “Crew-Gate? That’s a funny name for a town in the Behalmas...wait snow, funny name, -50 below **I TOOK THE WRONG PLANE!!!!** Don’t panic I’ll talk to the natives and get a plane back to where I belong.” So Victor walked around town to try to find someone who would help him out. It wasn’t long until he heard alarms going off in the only store in Crew-Gate. “The Artic Eye it’s gone,” exclaimed Mr. Iceblock, “Who are you?” Mr. Iceblock was a portly man with a huge white beard and a bald head. “I am detective Victor Getz.” “Good thing you’re here now we’ll get it back for sure Mayor Crew-Gate needs that necklace to give the town everything it needs for the winter. It’s worth over \$100,000,000,000,000,000.” “What does the necklace look like?” asked Victor “It’s got a gold chain with a silver holster with a very **BIG** very rare emerald in it,” answered Mr. Iceblock. “Where were you when it was stolen?”

“I was in the back room trying to fix the generator because the power was out and when I came back from the generator the alarms were blazing and both necklace and customers were gone.” “Who was in your store before the necklace disappeared?” “Let me see oh I remember now Mrs. Veronica was doing her usual shopping and Polar Sam was looking for some new snares.” “Good I shall look for clues here *cluie cluie cluie*. Ah ha! Here is a hair I don’t know what it means but it looks important. Wait! It’s my hair, it is important!” “Ya, to you but not to this case. Look buster I just lost a necklace worth over \$100,000,000,000,000,000 dollars so no funny business.” “Cool it tiger! I’ll get it back before lunch. I’ll just go outside and look for *footie* prints.” So that’s what he did and surprisingly he found foot prints “Ah ha! *Footie* prints. I shall follow them.” He followed them and this is where they went they went to the front of the store into the store came out and went about 800 feet west then stopped but got replaced by bear tracks. “Do you think he got eaten?” “No, whoever it was wasn’t dumb enough or blind enough to get eaten no whoever it was could ride away and there’s only one man who could do that....Polar Sam.” “So I don’t suppose you know where he is” “No, but we can find out,” chuckled Mr. Iceblock as he pointed to the tracks. Twenty minutes later the duo were skiing up to an igloo “So this is where he lives nice place but he stole the artic eye so....fire in the hole,” Victor aimed a snow ball. “I don’t think it will work” “So what I’m throwing it any way.” He whipped it at the igloo it struck hard cracks started forming and the igloo collapsed! “Told you, now to the artic eye O.K. Sam we know your under all that snow so come out with the artic eye.” “O.K. O.K. I’m coming out,” he handed the necklace over to Victor. They marched him back to town just as the 12 o’clock bell rang. “Told you you’d have it back by lunch.” So that’s how it ended Polar Sam went to jail the town was fixed up and Victor got such a big reward he indeed up living in the Behalmas and found many other cases but that’s another story entirely.



Return for a chance to win a prize!

Name(s) of Child(ren)/Grade(s):

Signature of Parent/Guardian who has read the newsletter.