

CHRISTMAS WORD SCRAMBLE



The Recipe Window

Do you have a recipe you'd like to submit for our next Newsletter? Email your recipe in a word document, with your full name to smjasiak@aol.com. Please type "Newsletter recipe submission" in the subject line. Submission Date: March 5th 2010

Maple Nut Truffles

1-1/2 cups semisweet chocolate chips
4 oz. cream cheese, softened
1-1/2 cups confectioners' sugar
3/4 tsp maple flavouring
1 cup chopped walnuts



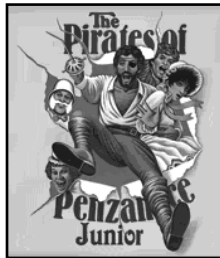
- * In a small microwave-safe bowl, melt chocolate chips. Set aside to cool. In another bowl, beat cream cheese and confectioners' sugar until smooth. Add melted chocolate and maple flavouring, beat until well blended. Chill for 15 minutes or until firm enough to handle.
- * Shape into 1-inch balls; roll in walnuts. Store in an airtight container in the refrigerator. Makes 2-1/2 dozen.

1 truffle = 103 calories

1. denalc _____
2. prodhul _____
3. tsicmrhsa _____
4. tnaas _____
5. gmnrae _____
6. rhawte _____
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8. ssjeu _____
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11. hsgile lselb _____
12. elon _____
13. gaenl _____
14. ksctgoni _____
15. edirnere _____

COMING 2010...

The Musical production of
"The Pirates of Penzance"
Being performed by the students of
St. Francis School



Watch your calendar of events
for performance dates.

MEANING OF "THE TWELVE DAYS OF CHRISTMAS"

"my true love" refers to God the Father
"me" represents myself as a baptised person.
"day" refers to this being important for us always.

- † The partridge in a pear tree represents Jesus Christ.
- † Two turtle doves represent the Old and New Testaments.
- † Three French hens stand for faith, hope and love.
- † The four calling birds represent the four gospels of Matthew, Mark, Luke, and John.
- † The five golden rings recall the Torah or Law, the first five books of the Old Testament.
- † The six geese a-laying stand for the six days of creation.
- † Seven swans a-swimming represent the sevenfold gifts of the Holy Spirit: Prophecy, Serving, Teaching, Exhortation, Contribution, Leadership, and Mercy.
- † The eight maids a-milking stand for the eight beatitudes.
- † Nine ladies dancing were the nine fruits of the Holy Spirit: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self-control.
- † The ten lords a-leaping represent the Ten Commandments.
- † Eleven pipers piping stand for the eleven faithful disciples.
- † Twelve drummers drumming symbolize the twelve points of belief in the Apostles' Creed.

DESIGN AND PRODUCTION

NOTES

If you wish to submit an article, comment or suggestion regarding this or future newsletter issues, please contact the Chair person of your school or email your submission to the Editor.

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The School Council Newsletter is published four times per school year. The Parent Council gratefully acknowledges the financial support of the P.I.C. (*Parent Involvement Committee*) Grant, which assists in the printing of all Newsletters.

- Answers to Christmas Wordscramble
1. candle
 2. rudolph
 3. christmas
 4. santa
 5. manger
 6. wreath
 7. candy cane
 8. jesus
 9. ornament
 10. present
 11. sleigh bells
 12. noel
 13. angel
 14. stocking
 15. reindeer



St. James the Greater School Council

December 2009

St. Francis de Sales School Council



Merry Christmas



GREETINGS FROM ST. FRANCIS DE SALES - BLESSED SACRAMENT PARISH



Fr. Sebastian Amato,
Pastor

As you are aware, we have changed our Mass times on the weekend to accommodate an exciting initiative for our youth. At 6:30pm on Sundays youth are invited to participate at the Life Teen Mass. They are also coming from Perth. Although it is called Life Teen, young and old can attend. Following the Mass, teens in grade 9 and up go over to Hanley Hall until 9pm for a program of activities, games and talks to strengthen their faith. So far the response has been exceptional and those attending are uplifted. Please encourage any High School aged young people to come out to Life Teen.

In January we will begin the "Edge" Program for kids grade 6 to 8. In the next week or so, more information will be sent home. Our hope is that we will be able to have many of our youth in these ages participate.

Advent is a time of preparation especially for Christmas. Several priests will be here to assist me for the Sacrament of Reconciliation (Confession) on Tuesday, December 15th starting at 7pm. Please take this opportunity when there are other priests available to participate in this Sacrament. It is a beautiful and uplifting experience especially if one is burdened.

Once again this year, the Parish will be having a Christmas Dinner on Christmas Day in Hanley Hall with the doors opening at 11:45am. This dinner is for anyone who may find themselves alone at Christmas. We also have dinner available that can be delivered to those unable to leave their homes. In either case, please call the rectory at 613-283-0220 to let us know how many are coming so we can have lots of food.

Our Christmas and New Year Mass Schedule will be:

Thursday, Dec. 24th Christmas Eve:

- 5 p.m. at St. Francis, Smiths Falls
- 7:30 p.m. at Blessed Sacrament, Lombardy
- 8:00 p.m. at St. Francis, Smiths Falls

Friday, Dec. 25th Christmas Day:

- 10:30 a.m. at St. Francis, Smiths Falls

Thursday, Dec. 31st, New Year's Eve Mass:

- 5 p.m. in St. Francis, Smiths Falls

Friday, Jan. 1st, New Year's Day Mass:

- 9:00 a.m. at Blessed Sacrament, Lombardy
- 10:30 a.m. at St. Francis, Smiths Falls.



May God bless your families as we prepare for Christmas and may the coming of Christ among us bring you many blessings.

Both School Councils would like to wish all our school families a Merry Christmas and a Healthy and Happy New Year!

Contact Information:

St. Francis - 613-283-6101 ● St. James - 613-283-1848 ● St. Francis Church - 613-283-0220

2009-10 School Council Members

ST. FRANCIS DE SALES - <http://www.sfdscs.ca/>
Chair/Parish Rep. - Lorraine Fenn, **Secretary** - Donnalyn Murphy,
Treasurer - Tracey Nichols, **Principal** - Derek Haime,
Vice-Principal - Dan Lesser, **Parish Priest** - Fr. Sebastian Amato,
Teaching Rep. - Anik Blanchard, **Non-Teaching Rep.** - Maureen Douglas,
Parent Reps. Mieke Birley, Karyn Coxon, Sheila Jasiak, Terry Lee and Robyn Miskelly.

ST. JAMES THE GREATER -
http://www.cdsbeo.on.ca/sfsjel/st_james.html
Chair - Shannon Williams, **Vice Chair** - Karyn Coxon,
Secretary - Nancy Greene, **Treasurer** - Jenni-Lee Crogie,
Principal - Jennifer Perkin, **Non-Teaching Rep.** - Mieke Birley,
Parent Reps. Jenni-Lee Crogie, Lorraine Fenn and Sheila Jasiak

BOYS, BOOKS AND BOOMERANGS



Mieke Birley

What activities do you like to do with your children? I love walks in the woods, playing football and soccer, but I must say one of my very favourite pastimes is to cuddle together with my boys and read a book together. Our family has made reading a daily part of our lives since the children were very small. We found that one of the best times to read is as part of the bedtime routine. We read a short Bible story every night and if time allows,

the boys each pick another story. Taking books out of the library, ordering them from the school or giving them as gifts also seem to create interest in books.

Those of us who have boys may find it hard to get them interested in reading. There is indeed a "gender gap" in reading, as seen in the most recent EQAO results at both the grade 3 and 6 levels. Reading and writing among boys is lower than the girls' results. I recently attended the PIC (Parents Involvement Committee) Summit in Kemptville and went to a workshop entitled, "Boys, Books and Boomerangs" that pointed out this issue and gave many helpful ideas to get boys interested in reading.

BOYS NEED TO:

- ◆ Choose their own reading material ("A good book for a boy is one *he* wants to read")
- ◆ Receive immediate and frequent praise
- ◆ Practice reading and writing
- ◆ Spend time talking about books (in the same way that you would talk about a movie)
- ◆ Hear books read aloud (books on tape work well in the car)
- ◆ See positive reading/writing role models
- ◆ Have a clear reason why they are reading/writing
- ◆ Need (in writing) to talk out loud first
- ◆ Perceive that parents/teachers value their efforts ("winning")

The presenters of the workshop also emphasized the importance of using the Arts as a way to get boys reading. Drama (role playing), music (karaoke) and visual arts all involve reading in a fun way. Many times the boys are reading and they don't even realize it. As we apply these suggestions, we can help ALL our children to become more interested in reading and ultimately become great readers!

Terrific Kids St. James the Greater November 27th

"Our character...is an omen of our destiny,
and the more integrity we have and keep,
the simpler and nobler that destiny is likely to be."

George Santayana (1863-1952)



MARK YOUR CALENDARS!

- | | |
|--|---|
| <ul style="list-style-type: none"> ☑ Dec. 11 Advent Mass 10 a.m. (<i>St. Francis</i>)
Grade 6-8 Dance (6 p.m. - 9 p.m.) ☑ Dec. 14 Advent Prayer Assembly (<i>St. James</i>)
5 p.m. The Giving Bowl Spaghetti Dinner
and Auction @ Hanley Hall ☑ Dec. 15 Grade 7 and 8 Trip to Montreal
Terrific Kids 9 a.m. (<i>St. James</i>)
10 a.m. School Mass @ St. James ☑ Dec. 16 12:30 Advent Week 3 Liturgy (<i>St. Francis</i>) ☑ Dec. 17 Terrific Kids 9am (<i>St. Francis</i>)
10 a.m. St. John CHS Band (<i>St. Francis</i>)
12:30 p.m. St. John CHS Band (<i>St. James</i>) | <ul style="list-style-type: none"> ☑ Dec. 18 Grade 7 and 8 Volleyball Tournament
@ St. Francis ☑ Dec. 18 Advent Prayer Service 10 a.m. (<i>St. James</i>)
Movie at Premier Cinema - p.m. (<i>St. James</i>) ☑ Dec. 21 - Jan.1 - <i>Christmas Holidays</i> ☑ Jan. 4, 2010 - Back to School! ☑ Jan. 11 School Council Meeting (both councils),
6 p.m. at St. James in the library. ☑ Feb. 3 Professional Activity Day ☑ Feb. 15 Family Day ☑ Feb. 17 Ash Wednesday ☑ March 4 Professional Activity Day ☑ March 15 to 19 March Break |
|--|---|

By Jennifer Jasiak, Student Representative, St. Francis School



Mrs. Maureen Douglas
- Secretary, St. Francis

Q. If you could change anything in your job what would it be?

A. The door buzzer, it buzzes all the time. It sometimes rings in unison with the phone and the intercom.

Q. What's the best part of your job?

A. The kids and staff I work with.

Q. If you could switch jobs with someone who would it be and what do they do?

A. I wouldn't switch jobs, I love what I do.

Q. What is your favourite food, movie, colour and T.V. show?

A. My favourite food is chicken. My favourite movie is "Sleepless in Seattle". I like the colour red and I love the show "Grey's Anatomy".

Q. Tell me about your family.

A. I've been married for 24 years and my husband is a nurse. I have two girls, Morgan, who is 20 and Lora who is 18. Both my husband and I have the same birthday September 30th, and weird enough, both my daughters have the same birthdays, March 28th.

Q. How long have you been working at St. Francis?

A. This is my tenth year.

Q. As a child, what did you want to be when you grew up?

A. I always wanted to be a teacher.



Mrs. Michelle Allingham
- Secretary, St. James

Q. If you could change anything in your job what would it be?

A. I would want to spend more time with the kids.

Q. What's the best part of your job?

A. Getting to know all the kids.

Q. If you could switch jobs with someone who would it be? And what do they do?

A. I wouldn't switch jobs, I love what I do.

Q. What is your favourite food, movie, colour and T.V. show?

A. My favourite food is Chocolate, my favourite movie is "Grease". I like the colour blue and I love the show "Grey's Anatomy".

Q. Tell me about your family.

A. My husband's name is Bob. I have two grown up daughters. My oldest daughter is Kaitlyn, she just graduated from the University of Waterloo. My youngest daughter is a sophomore at the University of Iowa. I have a dog and his name is Chevy.

Q. How long have you been working at St. James?

A. This is my fourth year.

Q. As a child, what did you want to be when you grew up?

A. I wanted to be a ballet dancer.

WHEN YOUR CHILD IS ANXIOUS



Sheila Jasiak

On Wednesday November 18th, parents gathered in the St. Francis School library to take part in a seminar called, "When Your Child is Anxious". The seminar was presented by Open Doors of Smiths Falls. Open Doors offered the families key points in assisting children with anxiety caused by school, home, peer pressure - life.

Theresa Payne from Open Doors guided the parents through a PowerPoint presentation, which also included a delightful audio experience called "Spaghetti Toes" which helps children relax and calm down. The idea is to show your child one string of uncooked spaghetti, illustrating how rigid and cold it is. But, when the spaghetti is cooked it is warm, flexible and soft. Therefore, closing our eyes we visualized that our toes were like cooked spaghetti. We continue with our legs, arms, fingers until we reach our mouths, tongue and even the eye brows. By doing this exercise everyone present became - completely relaxed!

OTHER IDEAS GIVEN WERE:

- ❖ Worry Stone - this small stone is kept in the child's pocket and when needed is rubbed between the child's fingers.*
- ❖ Stress ball - (bought at the dollar store) can be squeezed to release anxiety or stress.*
- ❖ Worry doll - this is made of felt and is two dimensional and small enough for the child to hold in their hand. The child could tell

his/her worries to the doll if they are uncomfortable telling a parent or friend. This is called "self talking" and getting the feelings out is better than keeping them in.

- ❖ Worry Box - when a child is worried have them write it down and put it into the worry box (shoe box). They can decorate the box, and reread what they have written whenever they like.

Bottom line - be the coach. Keep routines. Children love to have a routine that they can follow, even if they tell you otherwise. When they arrive home from school the schedule could be, homework, dinner, free time, bath(s), bedtime, read a story with them or they read quietly by themselves. Whatever your routine is - be consistent!

If a child is overwhelmed by many things in their life, pick one problem at a time and deal with it. **Pick A Situation That's Easy (P.A.S.T.E.)** and deal with that one problem or concern first.

This is just a small taste of what was covered. If you would like to know more about Open Doors, they have trained counselors who can assist you with such topics as; anxiety, parent child conflict, self esteem, depression, loss, sexual abuse and relationships.

There is no cost. Open Doors is fully funded by the Ministry of Children & Youth Services. Open Doors is located at 88 Cornelia Street W., Smiths Falls. You can contact Amber McCart, Supervisor/Manager of Open Doors at 613-283-8260 or 1-877-232-8260. Support can also be obtained by contacting the Distress Line at 1-800-465-4442 or the Kids Help Phone at 1-800-668-6868.

* These techniques can be used at school with the support of the child's teacher and principal. It is important to remember that parents and teachers must work together to bring a healthier child to a brighter future.