



St. Francis de Sales School

October, 2008



Newsletter #2 - October 7, 2008

Prayer

God of seasons, there is a time for everything; there is a time for dying and time for rising. We need courage to enter into the transformation process.

God of autumn; the trees are saying goodbye to their green, letting go of what has been. We, too, have our moments of surrender, with all their insecurity and risk. Help us to let go when we need to do so.

God of fallen leaves lying in coloured patterns on the ground, our lives have their own patterns. As we see the patterns of our growth, may we learn from them.

God of misty days and harvest moon nights, there is always the dimension of mystery and wonder in our lives. We always need to recognize your power-filled presence. May we gain strength from this.

God of harvest wagons and fields of ripened grain, may gifts of growth lie within the season of our surrender. We must wait for harvest in faith and hope. Grant us patience when we do not see the blessings.

God of geese going south for another season, your wisdom enables us to know what needs to be left behind and what needs to be carried into the future. We yearn for insight and vision.

God of flowers and windows wearing while designs, may your love keep our hearts from growing cold in the empty seasons.

God of life, you believe in us, you enrich us, you entrust us with the freedom to choose life. For all this, we are grateful.

SNOWSUIT DRIVE

Once again this year we are please to partner with the Children's Aid Society of the County of Lanark and The Town of Smiths Falls (CAS) with the annual Snowsuit Campaign. The campaign attempts to ensure that all children and youth in our community have a warm winter jacket or snowsuit.

Please donate your gently used, clean winter jackets and snowsuits in the drop off box located at the school by Friday, October 24th, 2008. Our collective efforts can make a significant difference.

Request forms are available at the school office if you know of a child or youth who requires a snowsuit or warm winter jacket.

SCHOOL FUNDRAISING:

Our Norcard fundraising has begun. Catalogues and order forms have been sent home with every student. Thank you for participating! The proceeds will support a number of our programs. Please return all orders and money collected by October 14th. If you would like additional forms, please call the office. We will continue to sell the gift cards and will send an order form home in the next week or so, please watch for it and please consider buying your gas cards or grocery cards through the school.

SEUSSICAL JR.

St. Francis is proud to announce our 7th annual musical production Seussical Jr. The show is based on the works of Dr. Seuss, which have been combined in an unlikely, and entertaining, manner.

The show will be staged with help from St. Luke with costumes and sets.

As this is a much bigger (an more exciting) show than any we have done before, we need a bigger budget.

We will be hosting two fundraising events this fall. Our first movie night will be a view of "Horton Hears a Who" on October 23. Early bird specials including popcorn, drinks, hot dogs and tickets will be available. Watch for the order form soon and don't forget to mark your calendars and help support our show! More information about the production will be coming home later this fall. If any parents are interested in helping, please contact Kristy Angel. Student who wish to help/participate should look for audition/information forms in late November for auditions to take place early December.

SCHOOL BEAT

October will be a busy month especially as soccer, volleyball, cross country, flag football, choir, etc., will be running. We have begun our Food Bank collection. Our target is to meet or beat last year's record. All items should be sent to your child's home-room in the a.m. The class that collects the most items for the food bank will win a class pizza party sponsored by Mr. Haime and Mr. Donaldsn. The Food Bank Campaign runs from October 6 to October 10th.

We have had several cases of head lice in the school. Please continue to check your child's hair regularly.

St. Francis de Sales is embarking on an environmental journey this year. This is a multi-level (School, Community and Government) program that involves the implementation of eco-ideals. We have consciously begun recycling pop-cans, plastic water bottles, and paper. Other initiatives being looked at include printer cartridges, Campbell's soup label collection, kool-aide Jammer recycling and environmental clean-ups within the community.

October's Theme: Litterless Lunch (The reduced of one-use plastics in our children's lunches)

SCHOOL COUNCIL NEWS

Everyone is welcome to attend the next School Council meeting on Monday, October 27th at 6:30 p.m. in the library. Come out and see what your School Council is planning for the upcoming year. Our new school council members are: Sally Beattie, Anik Blanchard, Lisa Brennan-Trudel, Bernice Chiniborch, Lorraine Fenn, Heidi Johnston, Shelley Nadeau, Tracey Nichols, Irene Tweddle, Janet Yanosik, Margaret West and Derek Haime and Dan Lesser.

At the last School Council meeting it was decided to organize a fundraiser for the Christmas Season. Macmillan's Frozen Food Fundraiser information will be coming home soon.

PARISH EVENTS

Our Thanksgiving school mass, combined with St. James the Greater School and St. Luke's will be held on Friday, October 17th at 10:00 a.m. in St. Francis de Sales Church - everyone is welcome to attend.

First Communion Meeting - There will be a meeting for all parents/guardians of students who will be making their First Communion this year on Tuesday, October 21st at 7:00 p.m. in Hanley Hall. Enrolment Sunday for these students will take place on November 22 and 23 at St. Francis de Sales Church. Please mark January 27 and April 26 on your calendar. First reconciliation will take place on January 27 and First Communion will be on April 26. More information will follow.

Healthy Lunches For Your Children

Children who eat healthy lunches may concentrate and perform better at school and will have more energy throughout the day. Here are some tips and ideas to add to the lunch box.

- **Plan ahead.** Ask your children what they like to eat and get ingredients when you shop.
- **Involve your children.** If a child has helped prepare a meal or snack, he/she is more likely to eat it.
- **Include foods from three of the four food groups at each meal.**

Vegetables and Fruit Choose colourful vegetables and fruit	Grain Products Choose products higher in fibre	Milk Products Choose lower fat milk products	Meat and Alternatives Choose leaner meats and meat alternatives
Vegetables: <ul style="list-style-type: none"> • Fresh, frozen or canned veggies. • Tomato or V8 juice Fruit: <ul style="list-style-type: none"> • Any fresh fruit. • Canned fruit (in water or juice) • Applesauce • 100% fruit juice 	<ul style="list-style-type: none"> • Whole grain bread • English muffins • Crackers or bread sticks • Tortillas wraps • Pita bread 	<ul style="list-style-type: none"> • White or chocolate milk • Yogurt, yogurt drinks or tubes • Cheese strings, slices or fresh cheese • Milk pudding • Cottage cheese 	<ul style="list-style-type: none"> • Tuna or salmon • Hard boiled eggs • Hummus, baked beans, split pea soup • Lean deli meats like turkey, chicken, ham or roast beef

For more information and resources call the Health Unit at 613-345-5685 or 1-800-660-5853 or visit: www.healthunit.org/nutrition

THANK YOU

We have been blessed with many acts of kindness during our first month of school that cannot go without mentioning:

- ♦ Gemmell's Garden Centre - for their generous donation of Chrysanthemum's, which were sent home with every student yesterday.
- ♦ The Rideau Regional Fitness Centre - donated \$500.00 for our Lunch and Snack program
- ♦ Food Basics - donation of 300 bags (to carry Chrysanthemum's home) and a big donation of water bottles.
- ♦ Stringer family (Joe Stevens) for barbecuing during our "Meet the Staff" night.
- ♦ Smiths Falls Police - for their police escort during the Terry Fox Run/Walk
- ♦ Lion's Club/Staples Business Depot - for their donation of school supplies and backpacks for children who did not have any
- ♦ Volunteers - who walked and helped during at Terry Fox Walk
- ♦ School Council for helping out with our "Meet the Staff" night and purchasing water for the Terry Fox Walk.

UPCOMING DATES TO REMEMBER

- October 9 - grade 7 and 8 immunization
- October 10 - Food drive end
- October 10 - Tri-school soccer tournament for all grades 7 and 8's - bagged lunch or can purchase from "Big Steve" who will be selling drinks and barbecuing
- October 14 - Norcard fundraising forms are due
- October 15 - Senior girls' soccer
- October 16 - Cross country meet - grades 3 - 8
- October 17 - Hot dog day school and school mass - 10:00 a.m. in the church
- October 20 - picture retakes
- October 21 - First communion/reconciliation parent meeting at Hanley Hall at 7:00 p.m.
- October 23 - Movie Night "Horton Hears the Who"
- October 23, 24 and 25 - Haunted Halloween Walk - Garden Market - \$5.00/per person
- October 24 - Video Dance - grades 6 - 8
- October 31 - Halloween - orange and black day

Derek Haime, Principal

Dan Lesser, Vice-Principal