

Our school community will be celebrating **Mass on Wednesday, Feb. 10th at St. Paul's Church at 1:15 pm**  
**ALL ARE WELCOME**

\*Fr. Peter is away in January

**ST PAUL SCHOOL**

2 Grant Avenue  
P O Box 370  
Lakefield, ON  
K0L 2H0

**705 652-7532 (Tel.)**  
**705 652-6842 (Fax)**

<http://schools.pvnccdsb.on.ca/stpaul05>

**Administration & Board Members**

**Director of Education**

Mrs. Barbara McMorrow

**Superintendent**

Mrs. Anne Marie Duncan

**Trustee**

Mr. Dan Demers

**STAFF**

Principal: Ms. Lori Benninger

ELKP Mrs. K. Irwin &  
Ms. P. Gallagher

Gr. 1 Ms. L. Currie

Gr. 2 Mrs. J. Romain/  
Mrs. M. Wiggins

Gr. 3 Mrs. L. Hay

Gr. 4/5 Ms. A. Driscoll

Gr. 5/6 Ms. E. Pollarolo

Gr. 6/7 Mrs. A. Martone

Gr. 7/8 Mr. E. Leahy

S.E.R.T. Mrs. M. D'Alessandro

French: Mme. M. Edwards

Literacy & Music:

Mrs. R. Beavis

EAs Mr. D. Chambers

Mrs. B. Theobald

Ms. J. Lawless

Librarian: Ms. S. Dubbin

Custodians:

Mr. M. O'Brien

Mr. R. Steinberg

Secretary:

Mrs. L. Smith

Teacher In Charge:

Mrs. M. D'Alessandro

Mr. E. Leahy

**ST PAUL NEWSLETTER**  
**JANUARY 2016**

**GREETINGS FROM THE PRINCIPAL**

Dear Parents and Guardians,

We wish to extend our best wishes for a joyous and healthy New Year! The New Year is filled with hope and a sense of renewed possibilities for all. We will pray that God grants many blessings in 2016 for all of our families.

Throughout the month of January, we will be focussed on the Fruit of The Holy Spirit called Generosity. By celebrating and acknowledging the generous actions of those in our neighbourhood, school and parish communities, we are actively teaching our children the importance of giving, listening and sharing with those in our midst.

As we begin 2016, we will encounter and encourage the generosity of God's love, patience and grace. We are called to recognize and acknowledge this special gift in others on a daily basis. May we all continue to recognize the importance of being a living example of God's love and generosity.

May God bless our school community and all within our St. Paul family.

With gratitude,

Ms. Lori Benninger



@pvnccdsb



[www.pvnccdsb.on.ca](http://www.pvnccdsb.on.ca)

## Month of January Faith Focus and Year of Mercy

### YEAR OF MERCY: “Mercy that Loves” (“La miséricorde qui aime”)

Jesus tells us that to inherit eternal life, we must “*love the Lord our God with all our heart and with all our soul and with all our strength and with all our mind; and love our neighbour as ourself.*”

We read about this in the Parable of the Good Samaritan.

This is the starting of the story: *Who is my neighbour, the neighbour that I have to love?...*

Our neighbour is a person who is not close to us. It is not the person next to us. The neighbour is not the person that we find on our way, but that person that we approach to the extent we leave our own way, our own path, managing to approach others with compassion.

Works of mercy put compassion into action by bringing blessing and relief to others. Jesus calls us to take care of one another just as God takes care of us.

### READING AND GUIDED REFLECTION QUESTION:

#### The Parable of the Good Samaritan (Luke 10:25-37)

Who is your neighbour? Who do you see acting as a Good Samaritan?

Our society and culture can breed a climate of fear and suspicion. In this climate, how can we teach our students to go out of their way to show love? To show mercy?

## Good News from the PVNCCDSB Religion Department: JANUARY

The month of January, we begin our Liturgical journey in the Christmas Season where the Liturgical Colour is White, until the Feast of the Baptism of our Lord, January 10, 2015, when we enter Ordinary Time. The Liturgical Colour is always green during the Church’s Season of Ordinary Time. Every school in the Peterborough Victoria Northumberland and Clarington Catholic District School Board will be learning, praying and talking about the Fruit of the Holy Spirit called Generosity. We are blessed with Christ’s Generosity. The fruit of Generosity enables us to live and practice the art of giving; giving of one’s time, one’s energy, and one’s love.

If we value the reality of God’s image present in each other, then students will recognize their goodness in being created in the likeness of God. In our homes, schools and parishes, let us value the reflection of God’s image in each other so that our students will recognize their own sacredness in being created in the image and likeness of God.

### January Feast Days, Solemnities, Memorials for whom our schools are named

- January 1 Solemnity of Mary, Holy Mother of God (Holy Day of Obligation) and World Day of Peace
- January 3 Epiphany
- January 10 Baptism of our Lord
- January 19-21 Jubilee for Religious Pilgrimage
- January 25 Feast of the Conversion of St. Paul the Apostle
- January 28 Memorial of St. Thomas Aquinas



## MENTAL HEALTH MOMENT

Did you know that superstimulants in our kids' environments are hidden stressors that can drain a child's energy? Superstimulants are things like candy and sugary foods, videogames, and action movies designed to deliver repeated adrenaline bursts. Overexposure to these superstimulants can leave a child feeling restless, bored, and in a low energy, high tension state. So what can we do to help? Encouraging your child to get outside and play is one of the best remedies. Physical activity, connecting with nature, reading, and even arts and crafts can help to replenish a child's energy and help them to feel calm and alert! For more resources, check out: <http://www.self-reg.ca/resources-and-services/parents-and-families/>

@StefaniBurosch



## SIX NATIONS IROQUOIS CLANS PROGRAM

Beginning this month teachers will be revisiting this program and using the contents for classroom teaching and learning. "The Six Nations Iroquois Clans Program/Teachers Guide lessons support expectations not only in Social Studies but also the Arts and perhaps most importantly Literacy. The program allows for differentiated instruction and there are dynamic visuals, an audio CD of the various stories that could be used at a listening center. It provides opportunities for read-alouds, shared reading, guided reading and independent reading while addressing Literacy expectations of the Ontario curriculum such as comparing and contrasting and making inferences." Within the program there is an incorporation of curriculum expectations of varying First Nation traditions. This is important learning that we wish to embrace for all of our students.

All of our schools are expected to embed Fruits of The Spirit into our Religion Programs. There is a natural connection between this learning and the spiritual teachings of the Clans Program. There are activities in the lessons which align beautifully with our focus in Catholic Education. Each of the 9 Iroquois Clans have been assigned with a specific character trait such as the Turtle Clan which is respectful and the Wolf Clan which is trustworthy. The implementation of this program is not new to St. Paul's. However, we are assuming an entire school approach beginning this month. Each teacher has selected a clan to represent their classroom community.



Teachers have recently attended learning sessions related to "We Are All Treaty People". These are valuable resources and the learning has been appreciated! We are all excited to share this learning with our students and deeply embed this into our school culture and experiences.

## PVNC Proposed 2016-2017 School Year Calendar

The proposed 2016-2017 school year calendar is now available for review on the Board's web site under the heading '**Our Board**', under the sub-heading '**School Year Calendar**'. A survey link is available on that page for provision of feedback.

<http://www.pvnccdsb.on.ca/en/ourboard/schoolCalendar.asp>

The following link may also be included in communications - either print or electronic:

<http://goo.gl/forms/xreyJcyxPt>

We encourage everyone to give consideration to the draft calendar and participate in the survey prior to January 4, 2016.

# Celebrating Peterborough Family Literacy Day 2016

Saturday - January 23, 2016

9:00 am—12:00 noon

Peterborough Square

A FREE Community Event

Family Fun and Entertainment

Learn with community resources

**9-12- Critter Visits- Woolley Wonderland brings a bit of our mini farm to you**

**9:15 - Glen Caradus - Honest Frankie's Shoreline Review- new puppet play**

**9:45 Trobairitz.ca Harp and Storytelling-Angelica Ottewill and Betty Bennet**

**10:10- Celebrity Reader's Theatre- "The Very Hungry Caterpillar"-  
adapted from the book by Eric Carle**

**10:20 - Tim Holland "The Puppet Tamer"**

**Get set for more laughs than you can shake a stick-puppet at...**

**WARNING— DO NOT FEED the PUPPETS**

**11:10 ReadingVoices-read a favourite poem or book to our audience**

**9-12 Children's crafts and activities**

**Check out the many literacy displays**

**9-12 Take home a FREE book to enjoy**

**9-12 Say hello to our mascots**

**Clifford, Dora, Olaf, and Roger!**

**Thanks to our community partners:**

**Honourary Chair—Paul Rellinger, Peterborough This Week**

Learning Disabilities Association of Peterborough, Frontier College at Trent University, Peterborough Public Library, Kawartha Pine Ridge District School Board, Peterborough Victoria Northumberland Clarington Catholic District School Board, Peterborough Family Resource Centre, Peterborough Native Learning Centre, New Canadians Centre Peterborough, Peterborough Lakefield Community Police Service, Rhema Christian School, Wee Watch Licensed Home Child Care, Compass Early Learning and Care, Community member- Betty Halman-Plumley.



Rotary Club of  
Peterborough-  
Kawartha



PETERBOROUGH  
SQUARE



**Kin Canada**  
Kinsmen Club  
of Peterborough



Rotary Club  
of  
Peterborough

Special thanks to our sponsors

More information at: The Peterborough Family Resource Centre at (705) 748-9144

Or visit [www.peterborough.library.on.ca](http://www.peterborough.library.on.ca), [www.pfrc.ca](http://www.pfrc.ca)

Please Note: Local media have been invited to this event. Activities, books and refreshments are available while supplies last.

# ECO NEWS



Christmas is a time when we go through lots of batteries! If you want to help keep toxic waste from entering our landfill, just send your used batteries to school in a plastic bag and have your child drop them off in the container found in the main office. We also have begun our marker recycling program. Did you know that Staples will recycle dried out markers, sharpies, pens and mechanical pencils! We will be collecting these items as we use them this year and bring them in to Staples.

In January the Eco Club will be participating in an energy audit. Counting light bulbs, finding the wattage in the different rooms and calculating the amount of electricity that we use for one day is our goal.



**CAR FREE DAY**

Congratulations to the Grade 2 class who had the highest percent participation for Car Free Wednesday last month. **January 6<sup>th</sup> is Car Free Wednesday** this month. Please encourage your child to walk or take the bus. Thanks again for all you do to support our Eco School programs!!

# WINTER SPORTS

## SKATING

Grades 1 - 3 will be skating at the Lakefield Community Arena. The dates are: **Jan. 14, 21, 28th, February 4, & 11th, 2015.** The ice time for all dates is 1:00-2:00 p.m.



## CURLING

Gr. 4 & 5s will be participating in a Curling Program at the Lakefield Curling Rink.

The dates are:

January: 6th, 13th, 15th, 20th & 27th

## SKIING DATES

Grades 6 - 8 will be skiing at Devil's Elbow on **Wednesdays** beginning January 13th, 2015.

Dates are **Wednesday**, January 13, 20, 27 and February 3.

Wednesday, February 17th will be a make-up date if necessary.



*Thank you to Catholic School Council for supporting these activities through the Fresh From The Farm Fundraiser!*



## SOCIAL JUSTICE CLUB

January is a quiet month for the Social Justice Club. Consider it our break before the real fun stuff starts! We had an absolutely great day at Out of the Cold serving food to the homeless. We had lots of food, and visitors went home with a full tummy and some extras that were left over.

I wish to thank the following for attending: students Teeghan Branscombe, Paul Runza, Dana Mask, and Emma Wiggins, three former students Jonah and Mykala Butorac and Vanessa Mask, teachers and volunteers Mrs. Driscoll, Mrs. D'Alessandro and her daughter Ava, Mrs. Beavis, Mrs. Mask, Mr. and Mrs. Runza, Ms. Currie, Ms. Dubbin, Mrs. Carlow, Mrs. Smith and her Mother-in-law, and Mrs. Wiggins. Please forgive me if I have left anyone out.

Thank you to everyone that contributed food to the event. It was much loved, and made the day even more special.

In January our Flannel Fridays will start on January 8<sup>th</sup> and then again on January 22<sup>nd</sup>. Flannel Fridays will be a fundraiser for the Syrian Families that have, and will be joining our community. Students are asked to donate a \$1 or any amount that they can spare. Students will wear their comfy flannel shirts, pajamas, etc.

We will also hold our annual Jelly Bean draw, and Lunch with the Principal. Tickets for the Jelly Bean draw will be 50¢ each or three for a dollar. Likewise, tickets for Lunch with the Principal will be 50¢ each or three for a dollar. The date for the draw and lunch will be January 26<sup>th</sup>.

Just a reminder to friends and families, we continue to collect pop can tabs, and milk bags. If you have any, please send them in. The bags will be made into beds, and the tabs will be given to help purchase wheelchairs.

Another Out of the Cold, will be taking place in March. All are welcome to attend whether you are in the Social Justice Club or not. There will be more information to follow.

“There is no exercise better for the heart than reaching down and lifting people up.”

– John Holmes

# THANK YOU!!!

Thank you to our many volunteers whose efforts help to make St. Paul School a great place for students! This month we would like to thank the following people:

## Healthy Snack Program

### Adult Volunteers

Lori Bell                      Gail Thornley  
Allison Bullock            Gennie Jesso  
Jodie Mulder  
Jennifer Robertson

## Knitting & Crocheting Club

Elke Glaspell                      Mary Gates  
Ester Kampstra                Marni Dackiw  
Eileen Filman                    Veronica van Zyl  
Laura Gaughan                 Pam van Nest

## Fundraiser Hot Lunches

Nicole Conroy & Sheri Markland —planning & organizing  
Alison Bullock                Brooke Shaughnessy  
Marni Dackiw                 Jennifer Robertson  
Sarah Jones                 Sarah LeGresley-Collins

## CHRISTMAS TURKEY LUNCH

Our annual **Turkey Christmas Lunch** was a real testament to the positive and generous spirit of the St. Paul's community. It was a real joy to experience the whole school breaking bread together! The food was scrumptious! **THANK YOU! THANK YOU! THANK YOU!** to the Catholic School Council for supporting this wonderful event!

A **Big thank you** to the following for making this such a successful event:

~Jack's Catering for the wonderful, tasty meal!

~Foodland, for donating the fresh buns!

~Nicole Conroy & Sarah LeGresley-Collins for organising the turkey lunch

~Our fabulous servers—Nikki Surerus, Christina Butcher, Cathy Pearcy, Sarah Jones, Karly Jessup, Jennifer Robertson, Michelle Punter, Lori Bell, Brooke Shaughnessy, Steve & Marni Dackiw, Elke Glaspell, Sarah Collins, Nicole Conroy, Sharon McKinnon, Geri-Lynn Cajindos, Maren Lean, Anja Otte, and Michelle Ferreri .

Thank you to the parents whom helped sell the poinsettias and greenery as that fundraiser is what pays for our Turkey Lunch every year. The children, bus drivers, staff & some special guests, sat down in the gym for a delicious turkey lunch. We were served turkey, potatoes, gravy, stuffing, corn, fresh vegetables, cranberries & buns. The staff of St. Paul school provided the milk for the children. We sang Happy Birthday to Jesus, and finished with cookies for dessert. It was a very well organized and pleasant lunch for all!

## THANK YOU!

- ◆ To all families who contributed to our Toy Drive and Gift Cards for Lakefield Youth Unlimited.
- ◆ To families who donated to the **Healthy Snack program**.
- ◆ To everyone who donated food to the **Lakefield Food Bank**. Your contributions helped ensure that no one went hungry over Christmas

## COLD AND FLU SEASON

Unfortunately, it is the time of year when many children get sick. We hope that all illnesses will be short. If your child is sick, please do not send him/her to school. If children are too sick to go outside for recess, they should be kept at home until well enough to take part fully in the school program.

Thank you for your consideration to others.



## WINTER WEATHER OUTSIDE !!!

We would like to thank all the parents for dressing their child(ren) in warm, waterproof LABELLED clothing. Our school yard can be a windy, cold and sometimes muddy place during the winter. Warm and dry clothing will make children's time on the yard more enjoyable. The following are a few suggestions: Cloth gloves and mitts get wet after one recess. Waterproof gloves and mitts are a good choice. Coat and jacket zippers that zip easily. Snow pants are an excellent idea! Waterproof boots are necessary. EXTRA CLOTHING is a good idea.

## KINDERGARTEN REGISTRATION FOR 2016

Registration for Junior Kindergarten students will be held the week of **Feb. 8th-12th.**

Registration packages may be picked up at the office during this week and returned by Tuesday, February 16th (the day after Family Day) or filled in and left with the secretary .

### Documents Required for Registration:

- Birth Certificate/Passport (proof of age)
- Baptismal Certificate (Childs, or mom, dad's)
- Immunization Information
- Proof of Address (a bill with your name and address on it)

Feel free to call Mrs. Smith with any questions regarding registration.

An advertisement for an eye exam service. At the top left is the logo for the Ontario Association of Optometrists with the slogan 'Healthy Eyes. Doctor Delivered.' To the right is a green chalkboard with the text 'Eye See... Eye Learn!' and a small illustration of a frog. The main image shows a young girl with brown hair, wearing a pink shirt, sitting at a desk with a yellow pencil cup and looking thoughtfully at a piece of paper. Below the image is an orange box with white text: 'Only a Doctor of Optometry can tell how well your child can see. Book your child's eye exam today. There is no cost to you!' Below that is a green box with white text: 'Give your children the best start to their school year! Visit [www.EyeSeeEyeLearn.ca](http://www.EyeSeeEyeLearn.ca) or call 1-855-424-ESEL to find a participating Doctor of Optometry.' At the bottom, in small black text, it says: 'Annual comprehensive eye exams are covered by OHIP (health card) up to 19 years of age. Junior Kindergarten students (born in 2011) are eligible to receive one pair of COMPLIMENTARY EYEGLASSES with their Eye See...Eye Learn® exam. \*Offer available July 1, 2015 to June 30, 2016.'

## **ATTENTION PARENTS**

IF YOU DRIVE YOUR CHILD(REN) TO SCHOOL ON A DAY TRANSPORTATION IS CANCELLED, IT IS THEN YOUR RESPONSIBILITY TO PICK YOUR CHILD(REN) UP AT OR BEFORE 3:15 P.M.

**PLEASE LISTEN TO RADIO STATIONS for BUS UPDATES:**

WOLF 101.5 FM                      KRUZ 100.5 FM  
COUNTRY 105–101.5 FM          STSCO 748-5500 [www.stsco.ca](http://www.stsco.ca)



## **LOCKDOWNS**

In the event of an external or internal emergency, it may be necessary to keep all students in their classrooms for an extended period of time. A lockdown will be called for the safety and security of all members of the school community. Students are expected to remain in their classrooms and comply with teacher directions. Failure to do so may jeopardize their personal security and that of other students. On the advice of local policing authorities, cell phone use is prohibited during a lockdown as it interferes with police communications. Lockdown drills are held over the course of the year to ensure familiarity with the procedures.

There are three terms under the Lockdown Policy:

### **Lockdown**

"Lockdown" is the term used for the resulting school safety response when a major incident or threat of school violence within the school, or in relation to the school has occurred. Interior doors are locked. Exterior doors remain locked or unlocked in accordance with normal practice.

### **Hold and Secure**

"Hold and Secure" is the term used for the resulting school safety response when there is an ongoing threat to safety or emergency outside and not related to the school. Exterior doors are locked. Interior doors remain locked or unlocked in accordance with normal practice.

### **Shelter in Place**

"Shelter in Place" is the term used for the resulting school safety response when there is an environmental or weather related situation where it is necessary to keep all the occupants within the school to protect them from external harm. Exterior and interior doors remain locked or unlocked in accordance with normal practice.

## **SAFE WELCOME for PARENTS, VISITORS & GUESTS**

We strive to make St. Paul a welcoming and safe school. We ask your cooperation in helping to ensure this. All doors are kept locked at all times.

Please check in at the office upon your arrival at the school, or on the yard.

If you are remaining at the school, you will be asked to sign in and wear an identification pass. This enables us to know who is present in the school and on the school grounds so that we can continue to ensure the safety of everyone.

If you usually pick up your child at dismissal time, the outdoor meeting place is at the front corner of the property near the playground fence, or the west door for walkers; the indoor meeting place is in the office.



# CATHOLIC SCHOOL COUNCIL

## 2015/16 COUNCIL

**Co-Chairs:** Nicole Conroy &  
Karly Jessup

**Secretary:** Allison Bullock/Sarah Adams

**Treasurer:** Nikki Surerus

**Members:**

Jennifer Robertson	Brooke Shaughnessy
Kelley Martin	Krista Taylor
Sheri Markland	Sharon McKinnon Leclerc
Allison Bullock	Sarah Adams
Lori Bell	

## Save The Date...

The next meeting will be held on **Thursday, January 7th, 2016 at 6:00 pm** in the Library. All parents are invited to join us for all of our meetings. If you would like to attend and require a sitter please contact the school at least one day prior...

## HOT LUNCHES

Friday, January 8th -pizza

Friday, January 15th -tbd

Friday, January 22nd -tbd

Friday, January 29th -tbd

\*If you are interested in getting the newsletter e-mailed to you or in learning about activities and council events, please email us and ask to be added to the group.

[st.paul.lakefield@gmail.com](mailto:st.paul.lakefield@gmail.com)

## WE ARE A PEANUT FREE SCHOOL



Please be aware that we have students in our school community that have severe food allergies to peanuts/nuts. It is important that there is strict avoidance to this food in order to prevent a life-threatening allergic reaction. We are asking your help to provide our students with a safe school environment.

Any exposure to peanuts/nuts may cause a life-threatening allergic reaction that requires emergency medical treatment. To reduce the chance of this occurring, we are asking that you do not send any peanut or nut containing products to school with your child that will be eaten in the classroom. If your child has eaten peanuts/nuts before coming to school, please be sure your child's hands and face have been thoroughly washed before entering the school.

**We appreciate your support of these procedures.**



# JANUARY 2016

Please read our newsletter on our school website:  
<http://stpaulakefield.pvnccdsb.on.ca>



## HAPPY NEW YEAR

**Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat**



## GENEROSITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Welcome Back!  Library Day	5 Rosary Apostolate 9am  Library Day	6 VIP Program – Gr. 6  Car Free Day  Curling (4/5s)	7 Library day  CSC Meeting at 6:00pm in library	8 Hot Lunch  Pizza	9
10	11	12 Library day	13 Gr. 8 Parent Night at St. Peter SS @ 6:30pm Skiing (Gr.6-8) Curling (4/5s)	14 Vision Screening JK/SK & Gr.1 Skating (Gr.1-3) CSC meeting @ 6pm (library) Library Day	15 Hot Lunch -tbd  Curling (4/5s)	16
17	18 Library day	19 Library Day	20 Skiing (Gr.6-8)	21 Library day Skating (Gr.1-3)	22 Hot Lunch-tbd	23
24	25 Curling (4/5s)	26 Vision Screening for SK & Gr. 1 only Gr.5/6 to Camp Kawartha Library Day	27 Skiing (Gr. 6-8)	28 Skating (Gr.1-3) Board Wide Girls & Boys Volleyball tournament (Alt. date Feb. 2nd) Library Day	29 FOS Girls Volleyball tournament  Hot Lunch-tbd	30
31						

Please read our newsletter on our school website: <http://stpaulakefield.pvnccdsb.on.ca>