



St. Gregory Catholic School Newsletter

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Visit us: <http://stgregorytoronto.com/>



St. Gregory Parish
Fr. John Bertao
(416) 239-4831

Superintendent: D. Yack (416) 222-8282 ext 273
Trustee : A. Andrachuk (416) 512-3402
CSAC Chair: A. Severino csac.stgregory@tcdsb.org

Principal: G. Benedek
Vice Principal: K. Van Dinter
E. Power
Secretary: C. Ventura-Vieira
Clerk Typist: S. Shanahan

March 2014

TCDSB

FROM THE OFFICE

Dear Parents,

When Jesus entered human history, people had to make a choice between good and evil. Many made the wrong choice: they rejected goodness. It was easier for them – as it is for us – to do nothing than to do something, easier to be negative than positive, easier to be destructive than creative – easier, in short, to confuse good with evil.

An anonymous poet put it well:

I will do more than belong

➤ I will participate

I will do more than
care

➤ I will help

I will do more than believe

➤ I will practice

I will do more than be fair

➤ I will be kind

I will do more than forgive

➤ I will love

I will do more than earn

➤ I will enrich

I will do more than teach

➤ I will serve

I will do more than live

➤ I will grow

I will do more than be friendly

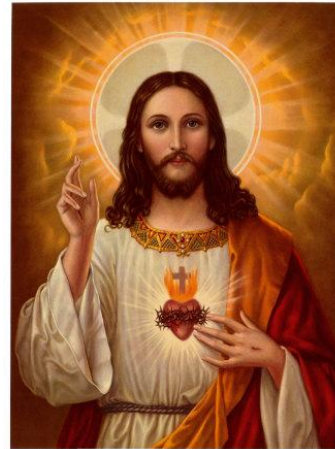
➤ I will be a friend.



May God continue to bless your family during this prayerful season.

Sincerely,

G. Benedek
Principal



TO FAST AND TO FEAST

This is the season to turn around and let the SON shine in!

This is the season to Fast and to Feast!

Fast from judging others - Feast on Christ present in others
Fast from differences with others - Feast on the unity of all life
Fast from darkness - Feast on light

Fast from thoughts of illness - Feast on the healing power of God
Fast from hostility - Feast on peacemaking

Fast from words that pollute - Feast on phrases that build up
Fast from anger - Feast on understanding

Fast from worry - Feast on trust in God's presence

Fast from bitterness - Feast on forgiveness

Fast from complaining - Feast on appreciation and thanksgiving

Fast from self-concern - Feast on compassion for others

Fast from suspicion - Feast on truth

Fast from discouragement - Feast on hope

Fast from problems that overwhelm - Feast on prayer that brings strength

Fast from chains that weaken - Feast on dreams that inspire

Fast from doubt that scatters - Feast on faith in God that centres our lives

When we empty ourselves of our fears - fear of failure, fear of loss, fear of criticism - we become free to do what needs to be done in life -

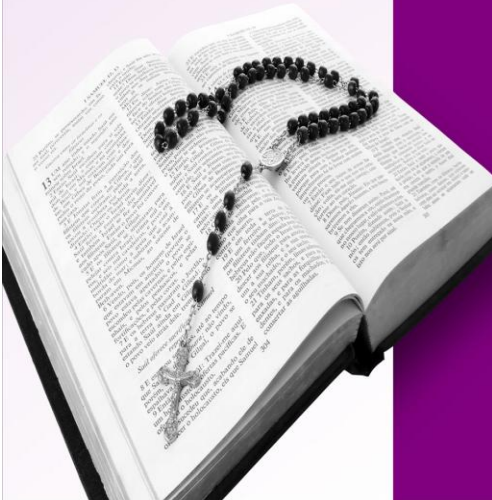
Joan Chittister

TO ERR IS HUMAN,
TO FORGIVE IS DIVINE.

~ ALEXANDER POPE ~

- LET YOUR ACTIONS BE GUIDED BY THE IDEA THAT JESUS SAID, "LET HE WHO IS WITHOUT SIN, CAST THE FIRST STONE."
- THE FIRST STEP TO FORGIVENESS IS TO TAKE RESPONSIBILITY FOR YOUR ACTIONS.
- IF YOU WANT TO BE FORGIVEN, YOU NEED TO MAKE SURE YOU FORGIVE OTHER PEOPLE.
- LIVE YOUR LIFE IN A WAY THAT MAKES OTHERS KNOW YOU ARE A FOLLOWER OF CHRIST.

FORGIVENESS



VIRTUE OF THE MONTH

How timely that the virtue for March is FORGIVENESS. Not only because we are in the season of Lent but also because it is an important cornerstone of our faith and one that Jesus modeled for us in His life and death. We are reminded that forgiveness is a gift to ourselves as we let go of the burden of resentment when we forgive another person and it's a gift to our children when we teach and model it to them.

SCHOOL ENTRY

Parents and students are reminded that access to the school building is limited to staff being present in the main office. We are available to open the front door from 8:00 a.m. to 4:30 p.m.

LOST AND FOUND

Items regularly make their way to our Lost and Found. Please invite your children to check for misplaced/lost items on an ongoing basis. We would invite you in to check, as well, as you are able. Given that our bins are full to overflowing. We will be donating all unclaimed items as of Monday, March 17, 2014. Please do check before then.

HAPPY ST.PATRICK'S DAY

May you always have Walls for the winds. A roof for the rain, Tea beside the fire, Laughter to cheer you, Those you love near you, and all your heart might desire.

AFTER SCHOOL DISMISSAL

A reminder to all of our students and parents that at the 3:00 p.m. bell, all students are to make their way directly home. Our yard area is not supervised at the end of the school day.



PRIMARY SOCCER HOUSE LEAGUE

The St. Gregory Primary Soccer House League season came to a conclusion in February. It was a great season with a tremendous amount of enthusiasm displayed by the primary students. Participation rates were very high throughout the season. The season began in October with each team playing a 22 game regular season. Congratulations go out to the Gregory's, who won the championship this year. Team members are Noah S, Seamus C, Jaden M, Daniel G, Gianfranco E, Matteo P, Matthew Z, Sarah B, Renee P, Amanda B, Kiara I, Laura B, Christine S and Sarah S. Next up in St. Gregory House League action will be a junior boys' and junior girls' soccer house league.



PERSONAL ELECTRONIC DEVICES

While the TCDSB has established a "Bring Your Own Device" protocol for the academic use of electronic devices in the classroom setting at the teacher's discretion, the social use of such devices is **not** allowed. The school's recommendation continues to be that electronic devices be **left at home**. If they are brought to school, they are to be powered off once having arrived to school (not just once in the building or classroom) and placed away (not kept on the student's person) for the duration of the school day. Students will not be granted permission to respond to texts or messages on their devices. Should you, as the parent/guardian need to contact them, in an urgent or emergency situation, please do not hesitate to call the school at 416-393-5262. Your support is very much appreciated.

THE ART OF THE MASK

On Thursday, March 20, the students from Grades 1-8 will assemble in the gym for two special presentations entitled The Art of the Mask. The workshop performance, by Mace Perlman, is based on the improvised stock characters of Commedia dell'Arte, which are common masks found in many aspects of nature, literature and television. Mace Perlman, a former student of Marcel Marceau, is an actor, director, translator who has acted and taught at over twenty U.S. universities, including Harvard.



FUN FOOD FRIDAY MARCH 2014



The students in grades 1-6 at St. Gregory will be participating in Fun Food Friday on a rotating basis. It is a day to have fun learning and trying healthy foods that can be easily put together for a snack either at school or at home.

The presentation will be led by Mrs. Severino as well as some other parents from our school community. Ms. Ceddia, Mrs. Alberton, and Ms. Botelho look forward to planning and working with our parent volunteers and the students from the Health Action Team to make the workshops fun and informative. It is hoped that these workshops will encourage students to try a

new food, fruit or vegetable they may not have tried before, while having some fun learning with their peers in the comfort of their school environment.

Our focus this year is “healthy bones”. We hope to make students aware of the need for calcium in our bodies and which foods best provide it.

Introducing healthy options (ideally more fruits and vegetables) into our day is always part of the focus. We hope that the students will go home and share their learning with their families. St. Greg’s will also be participating in the annual Canadian Big Crunch. We have been participating since 2006! Get ready for a big synchronized crunch!

The dates for this year’s Fun Food Friday are as follows:

March 21, 2014
March 28, 2014



Thursday, March 6, 2014 @ 2:30pm (Annual Big Crunch)

WELLNESS DAY

On Thursday April 3rd, our grade 7 and grade 8 students will be participating in our 3rd biannual Wellness Day. The students will have the opportunity, in small groups, to learn strategies that will help them manage and relieve stress, set personal goals and learn about mental health. Students are asked to bring a reusable water bottle, a healthy lunch and a positive attitude. We thank the parents and presenters in advance for taking time out of their busy schedules to enrich our students with a wealth of information that

will help them as they journey into adulthood.

LENTEN SHOE BOX DRIVE



St. Gregory will be taking part in a Lenten Shoe Box Drive, where students and their families are asked to fill an empty shoe box with items for needy children in developing countries. It’s our chance to Give a Box – Share a Smile!

Simply find an empty standard-sized shoe box and decorate it. Decide on the age and gender of the recipient, ages 4-14 (eg. boy 10-12 or girl 4-6). Then fill the box with items such as small toys, toiletries, school supplies, souvenirs, etc. Put an elastic around the box to keep it closed. Please tape a label to the top of the box indicating the age and gender of the recipient. Bring the shoe box to St. Gregory School by Thursday, April 11th. Our volunteers will deliver the boxes to Canadian Food for Children – a wonderful, grassroots organization dedicated to helping the poor.

Thank you for your generosity!

March Message from Your Trustee

It seems as if it was just yesterday when I welcomed everyone back to the start of another school year, and now here we are quickly approaching the last few months.

I hope that the students in our secondary schools who recently completed their first semester exams were successful, and that they are having a good start to the second semester. I also hope that our elementary students are continuing to enjoy their school year, and achieving academic success with the support of their parents, teachers and other staff.

The Board is currently reviewing its admission and placement policy, and will be looking to all stakeholders to provide some input into the proposed draft policy. I hope that all our parents, parishes, and Catholic school supporters will take an interest in the consultation process.

We are also beginning the budget process, and our Catholic School Advisory Councils will be asked to provide into the 2014-2015 budget. Parents are encouraged to watch for this item on upcoming CSAC agendas, and participate in those discussions.

As always, all parents and staff are invited to check the board's website for the latest news (www.tcdsb.org) and to follow TCDSB on Twitter for updates on a daily basis.

With March comes the hope for an early Spring, particularly after what has seemed like a very long

and cold winter. For those who will be taking some time off during the March Break, I wish you a safe, restful and enjoyable holiday.

Best regards,

Ann Andrachuk

MULTI-YEAR STRATEGIC PLAN

Parents were invited to take part in a survey, specific to the Board's Multi Year Strategic Plan. Please return these to the school as soon as possible.

MARK YOUR CALENDARS

Family BINGO NIGHT, Thursday, April 10, 2014 (CSAC sponsored).
Details to follow

<http://stgregorytoronto.com/>

TORONTO CATHOLIC DISTRICT SCHOOL BOARD TRUSTEES 2013-2014

Wards

1. Peter Jakovcic 416-512-3401
 2. Ann Andrachuk, Chair 416-512-3402
 3. Sal Piccininni, Vice-Chair 416-512-3403
 4. Patrizia Bottoni 416-512-3404
 5. Maria Rizzo 416-512-3405
 6. Frank D'Amico 416-512-3406
 7. John Del Grande 416-512-3407
 8. Garry Tanuan 416-512-3408
 9. Jo-Ann Davis 416-512-3409
 10. Barbara Poplawski 416-512-3410
 11. Angela Kennedy 416-512-3411
 12. Nancy Crawford 416-512-3412
- William Lawrence,
Student Trustee 416-512-3413
- Enrique Olivo,
Student Trustee 416-512-3417

**Student Awards
Virtue of the Month
FEBRUARY - LOVE**

For God so Loved the World,

TEACHER	GRADE	STUDENTS			
T. Aceto /	JK/SK	Micaela D.	Patricia C.	Jasmine M.	Eloise A.
P. Santelli	JK	Olivia G.	Nicholas T.		
L. DeFranco	SK	Samantha C.	Samantha L.		
L. Pitoscia	1	Sofia R.	Nikolas M.	Jack L.	
C. Mulvihill	1	Zoe B.	Sofia D.		
T. Roy	1	Charlotte Q.	Erin I.	Naysa M.	
M. Alberton	2	Victoria K.	Malachi O.N.		
O. Gentile	2	Joseph G.	Rytas K.	Laila N.	
N. Yetman	2	Eric P.	Michael W.		
M. Ceddia	2/3	Van H.	Carli Q.		
K. Steponaitis	3	Kiara I.	Mariana A.		
E. Brajuka	3	Tessa D.	Christian R.		
A. Loughlin	3	Julian R.	Vince J.		
J. Henderson	4	Natalie M.	Stephen W.	Erica S.	
P. Zinko	4	Kaitlyn D.	Mya R.		
M. Micallef	4	Liam F.	Destiny M.		
N. Hall	5	Julia D.M.	Benjamin R.	Sarah U.	
V. Andreacchi	5FI	Anais P.	Isabelle P.	Enian V.	
M. Quartarone	5/6	Joseph S.	Andrew H.	Meredith M.	
R. Bottoni	6	Dylan L.	Teresa T.		
D. Abboud	6FI	Ryan H.	Emily A.		
T. Botelho	6FI	Alexandra A.			
D. Italiano/P. Carniel	7FI	Matthew C.	Victoria G.		
D. Italiano/P. Carniel	8FI	Samantha S.	Kristen C.		
A. Natalino	7	Alissa P.	Marcus A.		
C. Dalmau	7/8	Jake G.	Sophie McC.		
A. Silvestre	8	Christine C.	Sean McN.	Leeah B.	



Monthly Update from the Board TCDSB Budget Consultation

Watch for more information regarding the consultation process for the 2013-2014 TCDSB Budget. All stakeholders will be invited to participate in an online survey and/or a budget consultation meeting to be held in April. All parents, students, staff and Catholic school supporters will be invited to provide input. Visit the board's website at www.tcdsb.org for information as it becomes available.

Annual Report of the Director of Education

Check out the highlights from the 2011-2012 school year in the Director's Annual Report, online at http://www.tcdsb.org/Board/BoardAdministration/DirectorofEducation/Documents/Director_Annual_Report_2011-2012.pdf.

Parents and Catholic School Supporters Always Welcome to Board Meetings

TCDSB welcomes parents and Catholic school supporters to all public Board and Committee meetings. A complete list of meetings is posted on the Board's website at <http://www.tcdsb.org/Board/TrusteesoftheBoard/boardmeeting/information/meetingschedule/Pages/Default.aspx>.

Should you wish to address the Board at one of those meetings, please note the revised delegations policy, and complete the delegations form to register to speak. <http://www.tcdsb.org/Board/Policies/Pages/T14.aspx>

Two Student Trustees to Be Elected

The Toronto Catholic District School Board has voted unanimously to increase student representation on its Board of Trustees. There will now be two positions available for election by TCDSB students. Student Trustees facilitate communication between the Board and the students it serves by sharing the perspectives and insights of their various student communities.

<http://www.tcdsb.org/News/NewsReleases/Documents/StudentTrustees2013FinalDraftNR.pdf>

March is Celtic Canadian Heritage Month

TCDSB recognizes that Canadians of Irish descent, who fled Ireland as a result of the potato famine, were instrumental in the development of the separate school board in Ontario because of their willingness to sign, along with Canadians of African descent, the petition that created educational opportunities for all, through The 1850 Common School Act, Clause 19. In 2008 TCDSB first enacted March as Celtic Canadian Heritage Month that encompasses inclusion of various members within the diaspora, as an acknowledgement of their contributions to the social, political, economic, and cultural life within our communities in the country.

International Women's Day

The Toronto Catholic District School Board approved a motion last year to proclaim March 8th each year as International Women's Day. This global celebration, focusing on equity and social justice, reflects our own vision that equity, diversity, accessibility and inclusivity are integral to the Catholic community.

In preparation for March 8th, we encourage schools to raise awareness and plan educational experiences for students that:

- promote inclusivity with a particular focus on the worth and dignity of women
- highlight the needs and concerns of women on a local, regional, national, and global arena
- applaud women's achievements
- highlight gender inequalities, violence and other issues facing women

Education Support Worker Appreciation Day

The Toronto Catholic District School Board has set aside the first Monday in March as Education Support Worker Appreciation Day to acknowledge the invaluable contribution that these individuals make in the lives of our students and our school communities. This year, the appreciation day will be celebrated on Monday, March 4th.

Earth Hour

Earth Hour will be celebrated this year on Saturday, March 23rd from 8:30 to 9:30 p.m. TCDSB schools will mark Earth Hour on Friday, March 22nd from 10 a.m. to 11 a.m. All non-essential lighting will be turned off for that one hour period, as a reminder of our global responsibility to reduce carbon emissions and energy consumption, and to reflect the Board's commitment to our collective efforts to become good stewards of the earth.

Other Dates to Note:

March 11-15, 2013	Spring Break
March 29, 2013	Good Friday
April 1, 2013	Easter Monday

Stay connected

To get regular updates from the Toronto Catholic District School Board, including information about cancellations or closures, please consider subscribing to E-News, a free electronic news service delivering news and information to your email. Sign up at <https://web1.tcdsb.org/InterestSubscription/subscription.aspx>.

Or follow the board on **Twitter @TCDSB**.

Programmes du congé de mars 2013
POUR ENFANTS DE 5 À 10 ANS **GRATUIT!**
Pour s'inscrire, appeler la bibliothèque directement

Bibliothèque Centrale de North York
5120 rue Yonge 416-395-5630

"Les Lutins cordonniers" adapté des Frères Grimm
avec The Little Red Theatre.
Vendredi 15 mars 14h

Bibliothèque Don Mills
888 avenue Lawrence ouest 416-395-5710

Spectacle de magie avec Jean Deshaies
Jeudi 14 mars, 14h

Bibliothèque Downsview
2793 rue Keele 416 395-5720

Spectacle de magie avec Jean Deshaies
Vendredi 15 mars, 14h

Bibliothèque Danforth/Coxwell,
1675 Avenue Danforth 416 393-7783

Spectacle de magie avec Jean Deshaies
Vendredi 15 mars, 10h30

Bibliothèque Parliament
269 rue Gerrard est 416-393-7663

Programme musical Interactif avec Grace
Lundi 11 mars , 14h

Bibliothèque Sanderson
327 rue Bathurst 416-393-7653

Spectacle de marionnettes et d'histoires
Mercredi 13 mars, 10h30

Bibliothèque Agincourt
155 Avenue Bonis 416 396-8943

Spectacle de magie avec Jean Deshaies
Jeudi 14 mars, 10h

Bibliothèque Albert Campbell
496 route Birchmount 416-396-8890

Programme musical Interactif avec Grace
Mardi 12 mars, 14h

Bibliothèque Cedarbrae
545 route Markham 416-396-8850

Spectacle de marionnettes et d'histoires
Mercredi 13 mars, 14h

Bibliothèque de S. Walter Stewart
170 avenue Memorial Park 416-396-3975

Chansons traditionnelles du Québec et de la France
avec Philippe Flahaut
Jeudi 14 mars, 14h

Bibliothèque Woodside Square
1571 Sandhurst Circle Woodside Square Mall
416-396-8979

Chansons traditionnelles du Québec et de la France
avec Philippe Flahaut
Lundi 11 mars, 14h

Bibliothèque Richview
1806 avenue Islington 416-394-5120

Spectacle de marionnettes et d'histoires
Jeudi 14 mars, 14h

Renseignements, Céline Marcoux-Hamade, 416 395-5762

March Break Programs 2013
FOR CHILDREN 5 TO 10 YEARS OLD **FREE!**
To register, call the library directly

Don Mills Library 888 Avenue Lawrence West 416-395-5710	Magic Show Thursday March 14, 2pm
Downsview Library 2793 Keele St. 416 395-5720	Magic Show Friday March 15, 2 pm
North York Central Library 5120 Yonge Street 416-395-5630	<i>"The Elves, a Shoemaker, and His Wife"</i> From the brothers Grimm, presented by The Little Red Theatre Friday March 15, 2 pm
Danforth/Coxwell Library 1675 Danforth Avenue 416 393-7783	Magic Show Friday March 15, 10:30 am
Parliament Library 269 Gerrard St. East 416- 393-7663	Musical Interactive program with Grace Monday March 11, 2pm
Sanderson Library 327 Bathurst Street 416-393-7653	Puppets and stories Wednesday March 13, 10:30 am
Agincourt Library 155 Bonis Avenue 416 396-8943	Magic Show Thursday March 14 10am
Albert Campbell Library 496 Birchmount Rd 416-396-8890	Musical Interactive program with Grace Tuesday March 12, 2 pm
Cedarbrae Library 545 Markham Road 416-396-8850	Puppets and Stories Wednesday March 13, 2 pm
S.Walter Stewart Library 170 Memorial Park Avenue 416-396-3975	Traditional songs from France and Québec with Philippe Flahaut Thursday March 14, 2 pm
Woodside Square Library 1571 Sandhurst Circle Woodside Square Mall 416-396-8979	Traditional songs from France and Québec with Philippe Flahaut Monday March 11, 2 PM
Richview Library 1806 Islington Ave 416-394-5120	Puppets and stories Thursday March 14, 2 pm

For more information, call Céline Marcoux-Hamade, 416 395-5762

PSYCHOLOGY PROMOTES SUCCESS ONE GOAL...MANY PATHS

February 2014

Toronto Catholic District School Board

Psychology Newsletter

February is Psychology Month in Canada, and members of the TCDSB Psychology Department are happy to offer this newsletter to all educators and support staff as we showcase the many contributions of psychology to the well-being of students, families and communities.

Self-Regulation and Cognitive Self-Regulation

In addition to the more obvious factors of ability and effort, self-regulation is an important factor related to school and life success.

Self-regulation includes the abilities to:

Adapt your level of energy and state of arousal to the demands of a situation and then recover from the effort

Understand and manage your emotions

Pay attention and shift your attention as needed

Understand and take part in various types of social interaction

Understand and care about the feelings and problems of other people

Helping students develop self-regulation skills involves “regulating” for them at times AND involves helping them build the skills that will allow them to regulate themselves. “Regulating” students does not mean “controlling” them. It means employing helping, managing, comforting, and guiding approaches instead of demanding or forceful approaches to make them behave in a certain way. Teaching students to build self-regulation involves helping them to understand how well they interact with others and with their circumstances.

Self-regulation skills take years to develop fully and vary greatly among individuals. Regulating behaviour, attention, emotions, and interactions will also vary from day to day and situation to situation.

Cognitive self-regulation, which is more sophisticated than basic self-regulation, includes the abilities to:

Focus attention, ignore distractions, and switch one’s focus of attention as needed

Use memory, especially to keep several pieces of information in mind at the same time

Use logic skills such as understanding cause and effect and the ability to plan a sequence of steps to achieve a goal, accomplish a task, or solve a problem.

Understanding one’s own learning strengths and weaknesses

These cognitive self-regulation skills develop gradually throughout childhood and adolescence and they may be even more important to school success than intelligence or knowledge. When

helping students who are struggling with school work, it is sometimes helpful to think not only about how hard the students are trying or what they should know, but whether they need support with their ability to focus, tune out distractions, or plan the steps needed to accomplish the task.

Ways to Help Students Self-Regulate:

Allowing the student to play with a fidget toy or chew sugarless gum may have a calming effect.

Allowing the student to be active (e.g., stand up and stretch, walk around the room) for a brief period of time may help reduce jitters and increase focus and concentration.

Allowing the student to listen to calming music (e.g., play music through headphones in a corner of the room) may improve concentration and settle a student down.

Investigate whether the student is hungry or tired. Students may not always be in touch with what's going on inside them. Encourage healthy eating and sleeping patterns and recommend to parents that these patterns be monitored.

Help students make best use of their strengths and compensate for their weaknesses, and teach them how to gradually improve in areas where their skills are weaker. For example, if a student has trouble organizing ideas and putting them in order, show him how to construct an outline; if a student has trouble organizing her use of time, use a timer to assist her; if a student has better developed visual-spatial skills, include use of diagrams, videos, and pictures to learn a concept instead of text alone.

Reduce distractions in the classroom.

Make learning fun by including attention-getting and attention-keeping activities whenever possible.

Break school and homework expectations into chunks by time and by task. For example, try assigning two or three short sessions to complete math problems or divide a project into portions such as into designing a title page, reading a history passage, and writing a paragraph on what was read. Build in little rewards between chunks to reinforce accomplishment, such as taking a break to read or go on the computer.

Introduce games that enhance attention regulation such as board games, artwork, and reading.

Show patience, understanding, and acceptance whenever possible.

Remember that the traditional tendency has been to assume that when students are weaker in a certain skill they just need to practice more or try harder. Although this is partly true, sometimes it will require natural development and time before they can really master certain skills. Typically developing students of the same age can be at quite different levels of physical, intellectual, social, and emotional development.

Source: *Calm, Alert, and Learning: Classroom Strategies for Self-Regulation* by Stuart Shanker. Copyright © 2013 Pearson Canada Inc