Hail, Holy Queen, Mother of Mercy.
Hail my life, my sweetness and my hope!
To you do we cry, poor banished children of Eve!
To you do we send up our sighs;
mourning and weeping in this vale of tears!
Turn, most gracious Advocate, your eyes of mercy toward me,
and after this, our exile,
show to us the blessed fruit of your womb, Jesus Christ!
Clement, loving, sweet Virgin Mary!
Amen.

Message from School Administration

August and September were very busy months at St. Catherine. We celebrated two liturgies—our school opening liturgy in August and our Thanksgiving liturgy in September. Our boys and girls soccer teams have been busy practicing and playing and have had very successful seasons thus far. We had a wonderful turn out for our Welcome Back BBQ on August 24th. All our staff members enjoyed connecting with parents and former students at this event. The Student Leadership team organized an excellent Terry Fox Run where the students collected $275.00 through a raffle. The SQRX dance group led a dance residency for our students in grades 2 to 5 on September 19th and 20th.

The months of October and November will be equally busy with a number of activities including boys’ and girls’ volleyball, our artist in residence with Spyder Yardley-Jones, our Remembrance Day liturgy on November 9th; report cards on November 25th; and our MileZeroDance residency in late November. We always have so many activities taking place at the school.

A Time for Prayer and Celebration

Staff and students gathered on Friday, August 26th for our School Opening Liturgy led by Ms. Gluwchynski our chaplain and our grade four students, and Thursday, September 29th for our
Thanksgiving Liturgy led by Mr. Jancewicz, Ms. James, and students in 6/7A and 4/5A. Thank you to Mrs. Bailey, Ms. James, Mr. Jancewicz, our chaplain Ms. Gluwchynski, and our liturgy committee for leading the school in these liturgical celebrations. A wonderful job was done with the music by Ms. Beer, Ms. Woodlock and the student choir. We will gather once again on Wednesday, November 9th for our liturgy commemorating Remembrance Day.

Thanksgiving - October 10th

Thanksgiving is a uniquely North American holiday when people across the continent give thanks for the bounty of God’s creation, the abundance of food from the autumn harvest, and other life gifts provided for all of us. The Thanksgiving holiday has its origins with the first Pilgrim settlers in the United States, but was adopted by Canadians in 1957. Each year in Canada we celebrate Thanksgiving Day, a federal statutory holiday, on the second Monday of October.

All Saints Day - November 1st & All Souls Day - November 2nd

All Saints Day, the day on which Catholics celebrate all the saints, known and unknown, is an old feast. It arose out of the Christian tradition of celebrating the martyrdom of saints on the anniversary of their martyrdom. When martyrdoms increased during the persecutions of the late Roman Empire, local dioceses instituted a common feast day in order to ensure that all martyrs to the Faith were properly honored.

All Souls Day is a solemn celebration in the Catholic Church commemorating all of those who have died. On this day we remember and pray for all those people in our families or who we have known who have died.

Remembrance Day - November 11th

Each year on November 11th, members of the Canadian armed forces (soldiers, sailors and airmen) are commemorated. The other common name for this day is Armistice Day which marks the date and time when armies stopped fighting World War I on November 11th at 11:00am in 1918 (the eleventh hour of the eleventh day of the eleventh month). In World War I, 650,000 Canadians served and 68,000 died; in World War II, 1,000,000 Canadian served and 47,000 died, and since 1945 over 50,000 Canadians have served in various conflicts in Korea, Afghanistan, the Balkans, and Africa with over 2,000 deaths.

In Canada, Remembrance Day is a federal statutory holiday and all government buildings fly the Canadian flag this day and people remember those who fought for Canada during a two minute silence at 11:00am. Many people wear poppies before and on Remembrance Day to show their respect and support for the Canadian military. There is no school on Remembrance Day and we hold our liturgy of commemoration on November 9th.

Report Cards

Report cards will be sent home on Friday, November 25th, and we look forward to seeing all parents/guardians at our Demonstration of Learning and Parent-Teacher Interviews on Thursday, December 1st from 1:00 to 4:30pm and 6:00 to 8:00pm. Between 4:30 and 6:00pm the school is closed for a supper break. This is an opportunity for your child to share his/her successes and challenges with you and her/his teacher.
Interviews for grades 4 to 9 will take place in the gym and must be scheduled in advance for ten-minute appointments. Demonstrations of Learning or Parent-Teacher Interviews for 100 Voices to Grade 3 will take place in classrooms.

The Scholastic Book Fair - December 2016

The Scholastic Book Fair is coming to our school and we are looking forward to seeing you there! We invite you to share in this important celebration of books and reading with us.

Mark your calendars so you will not miss our Scholastic Book Fair. It is a special time for our entire school, being held in the Library on Tuesday, November 27th to Thursday, December 1st during school hours. A special family evening will be held on Thursday, December 1st from 6:00pm to 8:00pm.

Our Scholastic Book Fair gives our school the opportunity to bring families, teachers, students and books together, and additionally, it is a great way to raise funds while encouraging children to read. A portion of the sales benefits our school library.

When you visit our Book Fair make sure to enter our Family Event Draw. There will be many prizes awarded from this draw.

Thank you for encouraging your child to read. By purchasing books and supporting our Book Fair, you enable our school to obtain new resources for our school library. We look forward to seeing you at the Book Fair!

Homework Club

Every Tuesday after school from 3:00 - 4:00pm we have the Homework Club in the school library for students in grades 6 - 9. Homework club is sponsored by the Edmonton Immigrant Services Association (EISA) and is a time when students can seek academic help from professional tutors from EISA and the U of A in subjects like math and science. Teachers often recommend students for Homework Club but if you would like your child to participate in Homework Club please complete the attached form and send it to school.

Christmas Concert – December 15th

This year we will have two school concerts. 100 Voices to grade 3 students will participate in a Christmas Concert at 7:00pm on Thursday, December 15, 2016. Only students in 100 Voices to Grade 3 will perform at this Christmas Concert. We look forward to seeing parents of these students at the concert.

On Thursday, April 27th we will have a Spring Concert for students in grades 4 to 9. More details about the Spring Concert will be provided later in the year.

Emergency Contact Telephone Numbers

It is essential that we have correct phone numbers to reach parents and other emergency contacts. Last year we had several parents not inform the school about changes to phone numbers and this posed a serious problem for us. Please make sure that any changes to
telephone numbers and emergency contact numbers are sent to the school. After September if any changes need to be made to your telephone numbers or emergency contact numbers, please send a note with your child to school with this information.

**School Fees**

School fees have been substantially reduced this year. School fees were due at the end of September. We understand that the start of a school year can be somewhat financially difficult for some families, so if you wish to make other payment arrangements, please contact Ms. Stewart. The school fees for this year are:

- Grade 6-9 school fees: $50.00
- Grade 2-5 school fees: $20.00
- Kindergarten & Grade 1 fees: $30.00

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**ETS and Yellow Bus Passes**

For students who ride the ETS bus, we ask that parents make cash payments on a monthly basis or pay the entire amount in full to cover the purchase of bus passes throughout the year. This procedure greatly assists Ms. Stewart with her record keeping. The monthly cost of bus passes this year is:

- Single Bus Pass Elementary $32.00
- Single Bus Pass Junior High $50.00
- Family Plan Elementary $28.00
- Family Plan Junior High $46.00

Students who take the yellow school buses do not pay for a bus pass and will receive one bus pass for the whole year. However, if you wish to have your child ride the yellow school bus you must provide the school with proof of your address and complete forms requesting the yellow bus. Yellow busing is provided only for students living in our catchment area.

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**Parent Concern Protocol**

Edmonton Catholic Schools recognizes the freedom of all members of the school community (students, staff, parents and neighbours) to voice their concerns in an appropriate manner to the appropriate school personnel. The principle of “first contact” needs to be followed. This means that the persons, who have the concern, have the responsibility to begin addressing the concern directly with those persons with whom they have the concern before taking their concern elsewhere. If resolution is not found please then involve school administration and School Operations Services (SOS) as needed. All parties will deal with concerns in a manner that is consistent with the teachings of the Catholic Church.

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**Good Nutrition at School**

This year at St. Catherine’s we continue working towards improving the nutritional habits of students. We are always encouraging students to develop more healthy eating habits. We ask parents to stop bringing cakes, candy, and soda pop to classes for celebrations of students’ birthdays and other events unless prior arrangements have been made directly
with the classroom teacher. In the past, we have found that classroom celebrations, involving food full of sugar and dyes, to be very disruptive to learning and we encourage you to help reduce students’ consumption of these types of foods at school. We thank all parents in advance for their continued support and cooperation with this nutrition initiative.

Food Allergies

As in past years, we are concerned about students with food allergies at St. Catherine. Since food allergies can be life threatening, we request that students refrain from bringing peanut or nut products to school. The safety of all students is very important, and we appreciate everyone’s cooperation. If your child has a life-threatening allergy to a specific food product please let the school know so that we can address the issue.

Student After School Pick-Up

This year we have had many instances of parents not picking up students in kindergarten and grade 1 after school, either at the school or at the bus stop. It is very important that parents understand that the school and bus drivers will not release students in kindergarten and grade 1 to anyone but a parent. As well we request that students younger than Grade 7 go straight home after school. Parents need to arrive promptly to pick up children after school so that all children are gone home by 3:00 pm. These requests are for safety purposes.

Extended Vacations

Many families take their children away from school for extended vacations of two, three or more weeks. These types of vacations are very disruptive to student learning. Please know that if you are planning on doing so, you must request the permission of the principal for an extended absence from school registration. In addition, if your child is going to miss multiple weeks of school, you must request work from the teacher and your child must complete the work during the absence. Since children under the age of seventeen are required to attend school by law, parents, choosing to remove their children from school for extended periods, are required to request permission and ensure that school work is completed prior to or during the absence.

Student Dress Policy

Students attending St. Catherine Catholic School are expected to dress in a neat, tasteful and appropriate manner. A style of dress that is not respectful in tone and values of a Catholic school are unacceptable.

- Tank tops, muscle shirts, short shorts, low-cut jeans, spaghetti straps, shirts that do not cover the midriff are not allowed.
- T-shirts with questionable slogans or pictures, and torn clothing for the sake of fashion are not to be worn.
- Clothing worn in a manner that is disrespectful to the person wearing it or those around them is unacceptable.
- Footwear is mandatory at all times. Footwear that leaves marks or damages the floor is not permitted.
- Students are expected to dress appropriately for the weather and to have a pair of inside shoes to change into.
Teacher requests for coverage, removal, or adjustment of inappropriate attire must be adhered to at all times. We would ask you to make sure your children follow these dress guidelines at school.

**School Pictures**

School picture day will be Wednesday, October 26th in the morning and afternoon.

**Toys and Electronic Games**

We discourage students from bringing any toys and electronic games to school. Toys and electronic games of any type should not be brought to school as they disrupt learning and create behaviour problems in the school ground. We cannot be responsible for the loss or theft of these items if they are brought to school.

**Cell Phones, iPads, and Other Electronic Devices**

Cell phones, iPods, iPads and other electronic devices can be brought to school to be used by students for learning purposes as directed by their teachers. In fact, we encourage student use of these electronic devices for learning. However, we cannot be responsible for the loss or theft of these items. If your child brings a cell phone or other electronic device to school, please remind him or her that it is to remain in the school bag, classroom or locker unless being used for educational purposes. In the past, we have had too many cases of parents phoning and texting children on their cell phones while children are in class and thus disrupting learning. If this problem continues we will be forced to go back to banning the use of personal devices like cell phones at school. If students need to contact parents during the day, they are asked to ask permission to use our phone located outside the office.
Student Health

If your child is ill, your child should stay at home until he/she is healthy enough to participate in all school activities. Parents need to be aware that if a child is well enough to come to school then the child is well enough to go outside for recess. If your child needs to stay inside for medical reasons then the school needs a doctor’s note stating the specific conditions or temperature for which the child needs to be kept inside. The office cannot supervise ill students during recess and lunch and so it is best that your child stay home until he/she is fully recovered from illness. We thank all parents and guardians for their cooperation with this.

Student Immunization

In November grade 5 and 9 student immunization begins. In September parents/guardians received permission forms from Alberta Health Services, which they must sign and return to school in order for their children to be vaccinated. The immunization schedule for this year is as follows:

Grade 9
HPV Round 1, Diptheria, Tetanus, dTap and Meningitis Round 1 Wednesday, November 9th - morning
HPV Round 2, Diptheria, Tetanus, dTap and Meningitis Round 2 - Tuesday, February 21st - morning

Grade 5
HepB, and HPV Round 1 - Wednesday, November 9th - morning
HepB, and HPV Round 2 - Wednesday, February 15th - morning

Lunch with the School Administration

The following students were the lucky winners of the newsletter draw and will have lunch with the principal and assistant principal sometime in October: Elijah in grade 1, Prathit in grade 2, Hannah in grade 3, Mharnix in grade 4/5, and Evelyn in grade 4/5. Congratulations to our lucky winners. Our next draw will be in November.

Lunch Time Milk Sales

250ml cartons of chocolate milk can be purchased by elementary and junior high students at the school subsidized price of 50 cents per carton. Milk can be purchased at the Concession each day at lunchtime or from the Grade 3 students who sell milk. If you wish to purchase milk for your child please see Mrs. Coulombe in Grade 3B.

Artists in Residence

From October 18th to November 9th the well-known Edmonton based artist Spyder Yardley-Jones will be artist in residence at St. Catherine. Mr. Yardley-Jones will be doing visual arts projects with students in kindergarten to grade 5 and arts students in grades 6 to 9. The residency is the result of a generous grant by the St. David’s Welsh Society of Edmonton. From November 14th to 25th, another grant has allowed the MileZeroDance group to be resident at the school to teach dance in our physical education classes.
Winter Means Cold Weather

We would like to remind parents to dress their children appropriately in winter. Toques, mittens and a warm coat are a necessity as students will be outside for morning and lunch recess. Decisions regarding outdoor activities at St. Catherine will take into consideration that inclement weather may result from the following conditions or combination of conditions: continuous rain, extreme wind, and/or extreme cold. Please note if the temperature and wind chill are -20°C or colder, students will remain indoors during recess. Children must be properly dressed for the cold winter weather (with coats, mittens, gloves, scarves, and hats). If you need assistance with this please see Mrs. Sheehan or Mrs. Stewart at the office who can assist you with winter clothing.

Please be advised that the following Radio and TV Stations will carry announcements with respect to transportation cancellations due to inclement weather conditions. Every effort will be made to have messages broadcast commencing no later than 6:30am.

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The Snack Program and Breakfast for Learning

The Snack Program at St. Catherine Catholic School is proudly funded in part by Breakfast for Learning and E4C. Thanks to their support, we are able to offer our students a healthy meal or snack during the school day.

Breakfast for Learning is a national charity that is committed to ensuring students attend school nourished well and ready to learn, giving them the best chance of success in life.

In the 2015-2016 school year, Breakfast for Learning funded more than 2400 breakfast, lunch and snack programs, served over 250,000 children and youth and provided over 40 million nourishing meals and snacks.

Since 1992, Breakfast for Learning has helped serve over 510 million meals to children and youth across Canada. For more information, please visit breakfastforlearning.ca.

Student Leadership Team

Our Student Leadership Team of students in grades 6 and 9 has already been busy meeting and planning school events. On September 16th they organized a very successful Terry Fox run and currently they are planning Halloween activities for the end of October and Pep Rally for November. This year our executive members are Karen as President; Chanelle, Rowela, Cordis, and Ingiya as Vice-Presidents; Altera as secretary; Julie as assistant secretary; Rowela as treasurer; and Paul as assistant treasurer.
Kids Plus™ Accident Insurance

For your convenience, we have made arrangements for families to voluntarily purchase student accident insurance through the Kids Plus™ Accident Insurance program, underwritten by Industrial Alliance Insurance and Financial Services Inc.

Kids Plus™ Accident Insurance offers protection against the unexpected costs of injury from accidents, and is especially valuable for families who:

- do not have medical or dental plans,
- have limited plans, as it may help supplement health and dental benefits, or
- have active children who enjoy sports and outdoor activities.

Kids Plus™ Accident Insurance has a selection of plans to suit most budgets. Benefits include coverage for:

- The full school year (September to September), 24 hours a day, whether at school or at home;
- Expenses that are often limited or not covered by private or group insurance plans, or Provincial Health Insurance Plans - such as ambulance, physiotherapy, private tutoring, counselling, and much more;
- Injury-related dental treatment (including future dental treatment up to age 26);
- Out-of-province or country emergency medical expenses.

If your address changes during the school year, your Kids Plus™ Accident Insurance plan is transferable from school to school, anywhere in Canada.

Insurance premiums are $13.50 and $31.95 per year, depending on the plan selected, and your child is covered all the time, not just while at school. A discounted premium is available for families with 3 or more children.

For more information or to apply online, please visit www.kidsplus.ca, or speak with a Kids Plus™ Client Service Administrator at 1-800-556-7411.

Power School Parent Portal

The Power School Parent Portal gives parents access to important information about their children and their academic achievement and progress, attendance, and school events. In August parents received Power School Parent Portal information, which is unique to their child, and this information can be used to access this unique service. If you did not receive this information please contact the school.

Visit our website at www.stcatherine.ecsd.net to view an electronic copy of our newsletter

Newsletter Attachments:

Message from Superintendent
Message from Fr. Dean Dowle
St. Andrew Parish Newsletter
Parent Portal Information
STAY Alert
AB Education Competencies FAQs For Parents
Homework Club Form
Please fill out the form below indicating that you have read the November Newsletter. Have your child return this form by Friday, October 28th. His/her name will be entered into a draw to win a special prize.

Student Name

Grade

Parent Signature
Welcome to
Edmonton Catholic Schools
PowerSchool Parent Portal

Frequently Asked Questions

Q: Do I have to apply for an account?
A: No, there is a parent and student account automatically created for each active student.

Q: How do I get my username and password?
A: Your account will be issued by your child’s school.

Q: What if I have several children active in the district?
A: You will be issued a username/password per child.

Q: Who do I contact if I am having trouble logging in or have lost my password?
A: Contact your child’s school.

Q: Where can I go for more information on how to navigate the portal?
A: Go to https://powerschool.ecsd.net to view and download our handy How to Guide.

Q: Can I reply to the email notifications that I receive?
A: No, the emails are generated from an account that is not monitored. If you have questions regarding your child, email the teacher directly.

https://powerschool.ecsd.net

Please keep your usernames and passwords confidential. They are specific to your child’s account.

Features of the Parent Portal

The Parent Portal of PowerSchool allows parents & students to have real-time access to information for each child in Sr. and Jr. High. Below are the menu of areas which are accessible to parents & students with a brief description of each. (Some areas are not being used at this time.)

- Grades and Attendance -
  Once you are logged into the portal, this is the first screen that you will see. It will show each course that your child is enrolled in and the grades by term. You are able to click on grades to see each assignment/assessment within that term.

- Email Notification -
  Allows emails for current grades and attendance, assignment scores and school announcements to be sent to your email account. Simply check off the reports you would like sent and how often. Send the reports to multiple accounts by separating the email addresses with commas. Available to parents only.

- My Schedule -
  Select this icon to view your child’s schedule for the current week.

- Class Registration -
  With assistance from school counseling staff, your child can select the courses they wish to take in the upcoming year.

- Grades History -
  This is a more detailed view of your child’s grades. Keep in mind that teachers may use special weighting and therefore the grade may not be the straight average of the scores.

- Teacher Comments -
  Displays the comments that a teacher makes in a particular subject. You also have the capability to click on a teacher’s name to send a direct email (requires email client such as Outlook to be configured on your computer).

- Attendance History -
  This tab gives you a more detailed view of your child’s attendance. This will give you the period attendance record. Use the legend at the bottom to translate the code.

- School Bulletin -
  Daily announcements are posted for students and parents to keep updated on school & sporting events. Each of these bulletins are specific to the school your child attends.
October 2016

*O give thanks to the Lord, for he is good; for his steadfast love endures forever.*  ~ Psalm 107:1 ~

This hope-filled psalm, which is known as that of *Thanksgiving for Deliverance from Many Troubles*, reads like a love story. It speaks of the many, many occasions and circumstances where God has shown his people that all things are possible through his enduring love. It is an excellent example of hope and mercy, which are the pillars of our theme for this year. Knowing that our God loves us so deeply is truly cause for giving thanks!

September was a month of newness and growth for Edmonton Catholic Schools. We now have over 41,200 students who have joined our Catholic educational community, and we opened two beautiful new schools to help make room for those students. You can learn more about our new schools, as well as upcoming new school and modernization projects, by visiting our website at [https://www.ecsd.net/parentsstudents/parentresources/growing-and-improving/pages/default.aspx](https://www.ecsd.net/parentsstudents/parentresources/growing-and-improving/pages/default.aspx). The canonization of Mother Teresa on September 4th also brought some newness to our community. In honor of this amazing Catholic role model and leader, her namesake school will now be called St. Teresa of Calcutta Catholic Elementary School.

One World . . . One Centre, where students and families newly arrived in Canada are welcomed by Edmonton Catholic Schools, has been extremely busy these past weeks. The centre, which was open all summer to assist families, started seeing students and families for intake and assessment on August 9. In the three weeks before school started, 395 students, newly arrived in Canada, were registered and welcomed to our district at One World . . . One Centre. These families, and others, have been invited back to the first New Canadians Parent Information Session on October 18, where information about our District and schooling in Alberta is translated to other languages so that newcomer parents can gain this valuable information. This session begins at 7 p.m. at the centre – 12050 95A Street, NW.

October brings many exciting events to our communities. As an example, our annual participation in Read-In Week occurs from October 3-7. This is an excellent opportunity for us to put the fundamental skills of Literacy in prominent focus for our students and community. We are very pleased to be holding a series of Parent Information Sessions throughout the year on various aspects of the Inclusive Education model which we use to meet our diverse students learning needs. The first session is being held on October 19. You can learn more about these sessions at [https://www.ecsd.net/news/pages/supporting-our-diverse-learners---parent-evening-series.aspx](https://www.ecsd.net/news/pages/supporting-our-diverse-learners---parent-evening-series.aspx). Please join us!

We also have several opportunities to celebrate and grow in faith. Our schools will all take time to reflect on the goodness of God through the celebration of Thanksgiving. The afternoon of October 20 will see all of our teachers focusing on one of our 5 Marks of Catholic School Identity- Animated by a Faith Infused Curriculum, as they participate in our annual Permeation Afternoon.
Competencies are an interwoven set of attitudes, skills and knowledge that are developed over time and that support successful learning, working and living. Alberta Education has refined the language of the original competencies of the *Ministerial Order on Student Learning* (#001/2013) into a streamlined expression of eight competencies: **critical thinking, problem solving, managing information, creativity and innovation, communication, collaboration, cultural and global citizenship and personal growth and well-being**. Learn more about competency descriptors, indicators and examples which assist educators and parents in identifying aspects of a competency that are evident within learning outcomes, learning activities or assessments by visiting our website.

https://www.ecsd.net/ParentsStudents/ParentResources/ProfessionalLearning/PublishingImages/Pages/Alberta-Education/competency-descriptions-indicators-and-examples-approved.pdf

October 16 is the feast day of Our Lady of Schools. Many of our communities will celebrate this special feast of Mary. Our grade 5 students will receive a special bookmark with a prayer to Our Lady of Schools, Mother of Knowledge, a practice which we began a few years ago. I would like to share that prayer with all of you.

Have a wonderful October!


  

  *Mother of God,  
  Our Lady of Schools,  
  Teach us how to walk in the footsteps of Jesus,  
  Your Son and our brother,  
  So that He may always be the Light of our minds  
  And the Love of our hearts.*  
  
  *Amen*

  *Our Lady of Schools, Mother of Knowledge and Love, pray for us.*

Sincerely,

Joan Carr
Superintendent
Do I believe in what I’m saying? Then SHARE IT!

The beginning of a school year is always a thrilling moment! Typically, we re-start and re-focus on the classic ‘3Rs’ of “reading, ‘riting, and ‘rithmetic” which are so much of our formal education. Another component we should also review and renew is that of our conscience. A conscience is often described as the inner feeling or ‘voice’ which acts as a guide to the rightness or wrongness of our chosen behavior. Indeed, with and through a conscience we define who and what we are to become in our life and for this world. Consequently, the proper formation of a conscience is absolutely critical for a person to learn how to make the best decisions for a healthy self-awareness and self-esteem.

This type of focus and effort is not selfish; it is, rather, something selfless. This is because it involves a critical self-reflection to develop a proper understanding of our neighbour. And such reflection is always to occur in light of the Truth in conjunction with the common good. Why so? It is because we understand how a conscience which is immature can be easily lead astray by the voice of the crowd - especially when that voice is loud or proud. We know that there exist right and wrong choices, just as there are good and evil acts within our world. We need to know how to choose that which is good, for the good of everyone. It is for this reason we teach children how to tell the difference between vice and virtue.

Vice - aka bad behaviour, quickly shows us why it should be avoided: we realize how dishonesty produces reprimand, how disobedience brings disgrace, and why mischief brings woe. Whereas with virtue, we learn how industriousness breeds success, how courage brings reward, and why generosity generates gratitude. These are simple yet incredibly profound connections - lessons that are taught and learned from the time of early childhood. It is these which will help in the formation of a good conscience which will develop a solid character for adulthood. Children who practice and understand this will become the best of future citizens who are educated, mature, and above all, wise in their moral choices.

This is why Catholic Education exists: to form our students in how to evaluate situations, how to feel compassion, and therefore, how to respond with actions that are forever and always befitting of a child of God. In turn, they will learn to live and give a witness to our society. Consequently, I am most humbled so many parents have entrusted God’s children to our excellent teachers, administrators, and support staff within Edmonton Catholic Schools. Together we will cooperate to provide the sure direction of a moral compass calibrated to the Cross of Christ.

Indeed, if the beginning of the school year is a time to review the ‘3Rs’ of what we are to learn, then it is also an excellent moment to renew our ‘3Cs’ of who we are to become as a family of Faith: Catholics with a Conscience gathered together in Christ. The connection of through the Family, with our Schools and in our Church is the essence of what we believe: yes, through Him, with Him, and in Him - everything we profess in Mass each Sunday in the Eucharist.

May the Lord sincerely bless you all,
Fr. Dean Dowle
ECSD Chaplain
St. Andrew’s Catholic Parish

Important Dates for First Holy Communion Preparation

• First Holy Communion Date: Sunday, November 20, 2016 at 11:00am Mass at St. Andrew’s Church

• Retreat: Sunday, November 13, 2016 from 8:00-11:00am at St. Andrew's Meeting House

• First Holy Confession or Sacrament of Reconciliation: Saturday, November 19, 2016 after the 9:00am Mass at St. Andrew's Church

• Weekly Meetings beginning September 11, 2016, and take place every Sunday after the 11:00am Mass for 1 hour at St. Andrew's Meeting House

• Materials: 2 books for $25.00 + $5.00 for other resources = total $30.00:
  Share in the Eucharist
  We Prepare for Reconciliation
  And other resources

• Very Important: parents must come with their children to meetings, retreats and other important activities

• Please Note: To make sure that children are truly ready and well prepared for First Holy Communion Father Andrew will meet with children and parents for an interview during the second week of November 2016. Please phone Father Andrew to book this appointment.

• For further information contact Ms. Jovita Tobias-Fisher at 780-454-8545
Seven (7) Habits of Highly Effective Teens

1. BE PROACTIVE—Take responsibility for your life.

2. BEGIN WITH THE END IN MIND—Define your mission/goals in life.

3. PUT THINGS FIRST—Prioritize, and do the most important things first.

4. THINK WIN-WIN—Have an everyone-can-win attitude.

5. SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD—Listen to people sincerely.

6. SYNERGIZE—Work together to achieve more.

7. SHARPEN THE SAW—Renew yourself regularly.

These habits build upon each other. The first three deal with self-mastery, what we call “PRIVATE VICTORY”. The next three deal with relationships and teamwork, what we call “PUBLIC VICTORY”. You have to get your personal act together before your become a good Team player. That is why “PRIVATE VICTORY” comes before “PUBLIC VICTORY”. The last habit is the habit of “RENEWAL”. It feeds the first six habits.

School Team Advisors for Youth (STAY)
Junior high schools in the Edmonton Catholic School District each have ‘School Team Advisors for Youth’ (STAY) which are comprised of retired Police Officers.

The STAY role involves:

- Educating, mentoring, and empowering students.
- Educating and mentoring parents on the realities their children face each day by raising parent awareness on these issues.
- Educating and mentoring staff on the realities that students face each day. Working in partnership with the administration of the school to develop action plans for safety and health of all students.

Stay Advisors in our junior high schools make a difference in the lives of our youth by encouraging them to “STAY” in school. The STAY teams work hard to ensure our youth succeed in life.
COMPETENCIES FAQS
FOR PARENTS

1. WHAT ARE COMPETENCIES?

Competencies are combinations of knowledge, skills and attitudes that students develop and apply for successful learning, living and working. They help students build upon how and what they know, think and can do. Students develop and apply competencies when they face new challenges and develop solutions to solve the problems of today, while imagining and creating a new tomorrow.

Alberta’s curriculum promotes the development of the following competencies:

- Critical Thinking
- Problem Solving
- Managing Information
- Creativity and Innovation
- Communication
- Collaboration
- Cultural and Global Citizenship
- Personal Growth and Well-being

2. WHY ARE COMPETENCIES IMPORTANT FOR ALBERTA STUDENTS?

Through competencies, students develop and connect key aspects of knowing, thinking and doing across a variety of learning contexts, both within and outside school. When students develop competencies, they acquire knowledge, skills and attitudes that contribute to their success as lifelong learners and active citizens.

3. HOW IS STUDENT COMPETENCY DEVELOPMENT SHARED WITH PARENTS?

Teachers use a wide variety of classroom assessment tools and feedback strategies. Student performance on subject-area assessments may provide evidence of how students apply or develop competencies. Teachers may communicate development of competencies to students and parents in a variety of ways. Local school jurisdictions decide how educators will report on student progress.

4. HOW CAN PARENTS HELP THEIR CHILDREN DEVELOP COMPETENCIES?

Competencies are not just for school, they are for life. They are a useful way for parents to be involved with their child’s learning. Some suggestions for how to support your child to develop competencies include:

- Ask your child’s teachers how they teach competencies and what you can do at home.
- Talk with your child about the skills and knowledge that he/she is developing and how they are useful in life.
- Do things together that use one or more competencies. This connects what your child learns at school to the things that they do in everyday life. For example: plan a meal together, learn new games, be part of a team, or discuss local or global issues.
GENERAL CONSENT FORM

As Parent / Guardian, I give permission for my child to participate in the Academic Support Program offered by Edmonton Immigrant Services Association (EISA) on Tuesdays between 2:45 to 4:30 pm at St. Catherine Junior High School.

Child’s Name: __________________________ Child’s Date of Birth: __________________________
Parent / Guardian’s Name: __________________________ Phone Number: __________________________
Child’s Country of Birth: __________________________
Arrival Date in Canada: __________________________ Arrival Date in Alberta: __________________________
Permanent Resident Card Number / Landing Paper Client ID: __________________________

Address: __________________________ City: __________________________ Province: _______
Code: _______
Food Allergies: __________________________

Emergency contact information:
Name: __________________________ Phone: __________________________
Name: __________________________ Phone: __________________________

DISCLAIMER CLAUSE

Edmonton Immigrant Services Association, its officers, directors, agents, contractors, employees, mentors, coaches/instructors, trainers, students, volunteers, members, and representatives, are not responsible for any participant’s death, injury, loss or damage of any kind sustained by any person while registered as a participant of the activities hosted by EISA.

Parent/Guardian’s Signature: __________________________
Date: __________________________

Protection of Privacy – The personal information requested on this form is collected under the authority of Section 33 (c) of the Alberta Freedom of Information and Protection of Privacy Act and will be protected under Part 2 of that Act. It will be used for the purpose of implementing this Consent Form.
ACCEPTANCE OF RESPONSIBILITIES

The parent/guardian and the student understand and acknowledge the following:

1. TO FOLLOW all the instructions and rules given by those responsible for or in charge of the above noted program and all related activities while my child is a member and/or participating in the above noted program. I understand and accept that the instructions and rules are in place to provide a safe environment for the entire program;

2. TO FOLLOW all the rules and regulations pertaining to the above noted program and all related activities.

3. TO GRANT EISA authorized third parties, the non-exclusive right to:
   a. Have a photograph of my child taken.
   b. Make audio-visual recordings of my child for use in educational, marketing and advertising purposes.
   c. To publish my child’s identity in print, electronic, or digital format, including any website authorized by EISA

Photo Consent: Please check [ ]

[ ] I grant EISA permission to photograph or make audio-visual recordings of my child for use in Educational, Marketing and Promotional Purposes.

DISCLAIMER CLAUSE

Edmonton Immigrant Services Association, its officers, directors, agents, contractors, employees, mentors, coaches/instructors, trainers, students, volunteers, members, and representatives, are not responsible for any participant’s death, injury, loss or damage of any kind sustained by any person while registered as a participant of the activities hosted by EISA.

As Parent / Guardian, I give permission for my child to participate in the Youth Program offered by Edmonton Immigrant Services Association (EISA).

Parent/Guardian’s Signature: ____________________________ Date: ____________________________

Protection of Privacy – The personal information requested on this form is collected under the authority of Section 33 (c) of the Alberta Freedom of Information and Protection of Privacy Act and will be protected under Part 2 of that Act. It will be used for the purpose of implementing this Consent Form.
Healthy Fundraising = Healthy Rewards

Most schools choose to fundraise. There are many options for fundraising and choosing healthy fundraisers sends a message to children that health and wellness are important. Children need healthy environments, like playground equipment, healthy food, and a welcoming environment to learn and develop, so think about how fundraising can contribute to the health of students, staff and families. Here are some examples of what you can suggest to your school for healthy fundraising ideas:

- Bowl, bike, walk, skip-a-thon
- Art showcase
- Sell items that promote physical activity (e.g. water bottles, gym passes, pedometers)
- Car washes
- Plants, flowers, seeds, and bulbs
- Fruit and vegetable boxes, baskets or bundles
- Talent night

Parents are an important part of the school environment. You can play an active role and help your child’s school by attending School Council meetings, sharing ideas you have about healthy fundraisers, and be a positive role model by making healthy choices. For more information about how to help visit: [http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-fundraising.pdf](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-fundraising.pdf)

Walk Safe

The new school year means many of you will be walking with your child to school. Walking has many benefits, like physical activity, quality time together and familiarity with your community and neighbours. Even if you live too far from your school to walk there from your home you can still give your child the walking experience by parking five to ten minutes away from the school. Walking with your child and negotiating neighbourhood streets with them provides an experience and opportunity to develop traffic safety awareness and to practice safe pedestrian behaviours. Until they are at least 9 years old, most children will need supervision to walk to school. Did you know that 26 judgement skills are required to cross a street safely and that many of these skills have not fully developed in a young child? For example, they may think that a car can stop instantly or that if they can see a car, the driver can see them. Children are also often easily distracted and may underestimate dangerous situations. Make it a rule to:

- Only cross the street at pedestrian crosswalks or corners, and to cross railway tracks at designated crossings
- Always walk on the sidewalk or as far away from the street as possible, facing traffic.
- Never play on the street or around or between parked cars.
- Point, Pause and Proceed:
  - POINT across the road with your arm to tell drivers that you are ready to cross
  - PAUSE until all vehicles stop and you have made eye contact with drivers
  - PROCEED with your arm out, and keep looking both ways as you cross

For more information on pedestrian safety and childhood injury prevention visit: [https://myhealth.alberta.ca/Alberta/Pages/pedestrian-safety-for-children.aspx](https://myhealth.alberta.ca/Alberta/Pages/pedestrian-safety-for-children.aspx) and [www.albertahealthservices.ca/injuryprevention.asp](http://www.albertahealthservices.ca/injuryprevention.asp)

To find an electronic copy of this newsletter, visit: [www.albertahealthservices.ca/csh.asp](http://www.albertahealthservices.ca/csh.asp)
Healthy Teens
Parent Newsletter
September 2016

Healthy Fundraising = Healthy Choices

Youth have the knowledge and experience to make choices that will stay with them for a lifetime. A healthy school environment is one that makes the healthy choice the easy choice for teens. Healthy fundraising is one way to support healthy choices. Schools may choose to fundraise to enhance the school experience for their students; get involved with your parent council to support a healthy approach to fundraising. There is an almost-endless number of options that support a healthy school community, here are a few examples:

- Bowl, bike, walk, dance-a-thon
- Fruit and vegetable boxes, baskets or bundles
- Art showcase
- Plants, flowers, seeds, and bulbs
- Car washes
- Talent night
- Sell items that promote physical activity (e.g. water bottles, gym passes, pedometers)
- Healthy vending machines

A great way to involve the whole school community is to sell school spirit. With support from parents and staff, students can take the lead and take pride in their work while raising funds for the school. For more information on how to help visit: http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-fundraising.pdf

Does your child's school have an AMA Youth Run Club?
The Alberta Medical Association (AMA) and Ever Active Schools have brought a free, award-winning program for school-aged children to Alberta schools. They can provide your school with resources and support from scratch or to enrich an existing run club. Learn about how to get your child's school involved at http://www.everactive.org/amayrc.

Teens and Risk Taking

As a part of growing up, your teen may be faced with choices involving risk on a regular basis. This might sound scary but remember, not all risks are dangerous and you can talk with your teen to help them learn to take smart risks in order to stay safe. If your teen wants to do something that you think is risky, talk about it!

Talk with your teen about the pros and cons of what they want to do. Help them brainstorm ways to make the activity safer. For example, ask them if safety gear, training, or waiting for another time and place would be smarter. Also, ask them why this activity is important to them and if there is something else that they would like to do that would meet the same need but be less dangerous. Finally, if you must say “no”, tell your teen why.

In order to build a trusting relationship with your teen that makes these difficult conversations easier, talk with them often about everyday things. Every talk doesn’t have to be a “big talk” but they should know your values, expectations, and concerns about important topics. Use news stories and TV shows as ways to start talking about these topics and then perhaps compare the consequences of the risk-taking shown on TV with that of real life.

Finally, celebrate success! Acknowledge your teen’s smart risk decision making. Remember, even though it may not seem like it, your teen needs and wants your support and guidance as well as your acknowledgement to help them take smart risks and stay safe.

For more information on smart risk and the AHS Approach to Teen Risk Management, visit: http://www.albertahealthservices.ca/injprev/page4880.aspx

To find an electronic copy of this newsletter, visit: www.albertahealthservices.ca/csh.asp
EDMONTON CATHOLIC SCHOOLS
SUPPORTING OUR DIVERSE LEARNERS
PARENT EVENING SERIES

OCTOBER 19, 2016
FLEXIBLE AND MULTIPLE INCLUSIVE PATHWAYS
- What is inclusive education?
- What is ECSD’s model of inclusion?
- Our continuum of supports and services – an overview
- Specialized Services walk about

JANUARY 18, 2017
SUPPORTING OUR CHILDREN
- Information and strategies to support learners from a parental perspective
- Overview and sessions of choice that include:
  - autism
  - speech and language
  - assistive technology
  - occupational therapy
  - mental health
  - severe behaviours
  - struggling readers

APRIL 19, 2017
TRANSITIONS & PROGRAMS OF CHOICE
- Session that supports transitions from:
  - Home to preK
  - Kindergarten to Grade 1
  - Grade 6 to Grade 7
  - Grade 9 to Grade 10
  - Grade 12 and beyond
- Programs of Choice - Overview

ST. ANTHONY’S • 10425 - 84 Avenue
Room 7 • 7:00 - 8:30pm

Come and join the conversation about being a parent in Canada. Meet other parents and find different ways to support your kids!

For further information or to register:

Diana Mora at: 780-391-3220
e-mail: diana.mora@cssalberta.ca

Isolde Schmid at: 780-391-3267
e-mail: isolde.schmid@cssalberta.ca

FREE PROGRAM
Refreshments + Child-minding Provided

* Participants will receive a letter of attendance after each session

7 SESSIONS - THURSDAYS / 11AM – 2PM

- September 22 / My parenting journey
- September 29 / Parenting in a new culture
- October 6 / How to communicate with our children?
- October 13 / Child development - 0-5 years
- October 20 / Child development - School children
- October 27 / Child development - Teenagers
- November 3 / Healthy families

INTERPRETATION AVAILABLE
PLEASE CONTACT US BEFORE EACH SESSION

Where? Intercultural Centre-McCaulay School
(9538 107 Ave. Edmonton, AB T6H 0T7)
August 30, 2016

Dear Sir or Madam:

Health and Education have a long history of working together to ensure that children in Alberta are healthy and protected from vaccine preventable diseases. Immunization saves lives, prevents complications and is the most cost effective disease prevention program in health care.

Alberta Health has requested that Public Health in Edmonton Zone review the immunization records of all grade 1, 5 and 9 students; this change will further improve vaccine coverage rates, thus protecting Alberta students from vaccine preventable diseases. Our continued partnership between Education and Health is essential for our success.

The changes to the school based immunization program will be phased in over the next two years. Going forward it will include:

- Grade 1: Review immunization records of all grade 1 students, and offer relevant vaccines to all children who are not up to date according to Alberta Health recommendations. This is unchanged from previous years.

- Grade 5: Offer Hepatitis B and Human Papillomavirus (HPV) vaccines for girls and boys (each consists of a series of 3 doses of vaccine spaced over at least 6 months). New for 2016/17 school year: Review all students’ immunization records and offer relevant vaccines to children who are not up to date according to Alberta Health recommendations.

- Grade 9: Offer Tetanus, Diphtheria and Pertussis (combined) vaccine, Meningococcal vaccine and HPV vaccine (consists of a 3 dose series spaced over at least 6 months, for students who have not yet received). Starting 2017/18 school year: Review all students’ immunization records and offer relevant vaccines to children who are not up to date according to Alberta Health recommendations.

We request your support to communicate the school immunization program changes to principals and school staff, and to highlight some of the possible impacts your school may experience:

- Offering additional immunizations may increase the amount of time our nurses will require in the schools to deliver the program in a safe and effective manner.
- Our immunization program will have to start earlier in the school year; this will ensure our students are protected earlier, and minimize the scheduling of the program during December and June, which are both busy times for schools.
For an efficient and safe immunization program, School Health Teams will require current class list information. In September we will ask for your support in ensuring we have the most up to date client names and contact information.

Public Health Nurses are experts on vaccines and the diseases they prevent. They are also a key contact on health matters for schools and parents of students. Working in partnership with the Edmonton Zone schools, our Public Health Nurses will continue to do their utmost to meet the needs of the individual schools, while delivering the expanded immunization program in a safe, effective and efficient manner.

In addition to arming children against disease, immunizations are also important for adults. Adults need booster doses of certain vaccines throughout their lifetime, and may also need additional vaccines if they have specific health conditions, risks or are travelling out of country. We encourage all adult Albertans discuss their individual immunization needs with local Public Health.

Vaccines not only protect individuals – they also protect our communities against disease. As more people are immunized, the risk of disease for everyone is reduced. For school staff to learn more information about immunity, immunization, and how to protect themselves and their family, visit www.immunizealberta.ca or call Health Link at 811.

The routine immunization programs offered by Public Health through schools have continued to expand over the years to provide better and broader protection to Alberta students. Our continued partnership is essential for our success. Thank you for your support in helping us to deliver the best school-based immunization program possible.

Please contact me if you have any questions.

Sincerely,

Connie Berg Chabaniuk, RN, BScN, MA
Program Manager, Child & Youth Health
Public Health, Edmonton Zone
(office) 780 735-3023

cc. Chrystal Ference, RN, BN, MN
   Director, Public Health Programs, Edmonton Zone

Dr. Christopher Sikora, MD, MPH, Msc CCFP FRCP(C)
Medical Officer of Health, Edmonton Zone
August 2016

Dear School Parents, Staff and Volunteers:

PROTECTION AGAINST MEASLES - IMMUNIZATION REMINDER FOR SCHOOL PARENTS, STAFF AND VOLUNTEERS

Measles is an illness that can sometimes cause severe health problems, and occasionally death. It can be prevented by measles immunization. A school exposure occurs when a person with measles is present at a school. Persons who attend, work or volunteer at that school are at risk of getting measles. When there is a school measles exposure:

1. Public Health will check all students, staff and volunteers for protection against measles.

2. Students, staff and volunteers who do not have protection against measles may be excluded, meaning they are not allowed to attend, work or volunteer at school, until the risk for infection is over.

Two doses of measles vaccine given before a school measles exposure provides protection against measles and avoids possible exclusion.

Please ensure your local Public Health Centre has a record of immunizations which may have been given previously in different locations in Alberta, Canada, or other countries, translated if necessary. To receive measles vaccine or check immunization records, please contact an Alberta Health Services Public Health Centre. For more information on measles immunization, please go to immunizealberta.ca. For more information on measles, protection, vaccine schedule, exclusion, and Public Health Centres, please see other side.

Thank you for your attention and help in this important matter.

Sincerely,

Alberta Health Services Medical Officers of Health

Dr. Albert de Villiers  Dr. Chris Sikora
Zone Lead Medical Officer of Health Zone Lead Medical Officer of Health
North West Area  Edmonton Zone

Dr. Deena Hinshaw  Dr. Richard Musto
Zone Lead Medical Officer of Health Zone Lead Medical Officer of Health
Central Zone  Calgary Zone

Dr. Vivien Suttorp
Zone Lead Medical Officer of Health
South Zone
Measles:
Measles is a viral illness with fever, cough, runny nose or red eyes, and a red blotchy rash. It is spread easily through the air. Symptoms usually start 8 – 12 days after exposure; it takes about 14 days for rash to appear. About one in three children with measles will suffer more severe problems, including ear infections, diarrhea, croup, pneumonia, febrile seizures and inflammation of the brain (encephalitis). Persons who may have measles should contact Health Link Alberta (811).

Protection Against Measles:
Persons born in 1970 or later are considered protected if they have a written record of two doses of live measles-containing vaccine. The first dose must have been given on or after the first birthday, and the second one after a minimum time has passed (differs by vaccine). Persons born before 1970 are considered protected because most have been infected.

Measles-Containing Vaccines:
Children aged 1 year and 4-6 years of age are offered measles-containing vaccine at no charge as part of the Alberta routine childhood immunization program.

Exclusion from school due to lack of protection against measles:
- Exclusion lasts from 5 days after the first exposure up to 21 days after the last exposure. This continues for each new case. All persons attending, working or volunteering at school will be considered exposed, whether they were present when the person with measles was at school or not.
- Excluded persons must remain at home to avoid exposure of others in the community.
- Persons who get measles must remain at home for four days after the start of the rash.

To find a local Public Health Centre:
- visit the Alberta Health Services website  www.albertahealthservices.ca: select Find Health Care, Find Hospitals and Facilities, Facility Type, and Public Health Centres
- call Health Link Alberta (811)
- consult a phone book

For information about immunization visit immunizealberta.ca
## 2016-2017 Calendar

### October 2016

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<td>First Day of School After Holiday</td>
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- **Autumn Holiday—No School**
- **First Day of School**
- **Artist-in-Residence**
- **PD 12:10pm —Early Dismissal Artist-in-Residence**
- **Halloween Dance**
- **AM— Write-On #1 12:10 pm—Early Dismissal Artist-in-Residence**
- **AM— Write-On #1 12:10 pm—Early Dismissal Artist-in-Residence**
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<td>MZD Dancing Grade 9 U-School</td>
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**November 2016**
# 2016-2017 Calendar

## December 2016

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<td>Fourth Sunday of Advent</td>
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<td>25</td>
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<td>27</td>
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<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>Christmas Day</td>
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</tbody>
</table>

- **Christmas Vacation—No School**