Dear Parents,

What a glorious beginning of the season fall we have had and a wonderful start to our school year. Each month always brings with it moments of grace, rich learning, and student leadership and growth. In October, we celebrate Read In Week, Thanksgiving and Halloween.

We are grateful to all of our parents who attended our Annual General School Council Meeting and Meet the Staff Evening. It is in working together as a St. Kateri community and through open and continued communication that we can continue to nurture positive relationships and empower our students to use their gifts and talents, to succeed to their personal best...to lead.

We are excited about what the year will bring: rooted in Jesus with hearts to love, hands to serve and minds to dream. What will your beautiful hands do today, tomorrow and throughout the year?

Enjoy October as it brings with it the richness of fall colors, wonder, service, love and dreams in everyday moments.

Ida Poulin
Principal

Darlene Payne
Assistant Principal

Thomas Collins
Assistant Principal
READ IN WEEK

The 26th annual READ IN Week is being held on October 2nd - 6th. The theme of the week is "I Read for Me"! I'm a reader. I read for me, is about cultivating a love of reading and creating passionate and engaged readers. It celebrates the uniqueness of our reading lives and helps sparks a positive reader identity. We are all readers! St. Kateri School is proud to host a wide variety of exciting guests and storytelling adventures.

CROSS COUNTRY RUNNERS

Congratulations to all of our thirty-four Cross Country Running team who took part in the Elementary Cross-Country Run at Rundle Park on September 19th. Several ribbons were won with many of our athletes placing in the top 20 of their age division. A special thank you to Miss Clizia, Mrs. Crowell-Bour, Mrs. Encina and Miss Miller for the time they took to coach our students. Thank you to all of our parents for coming out and cheering for our students. Our runners who participated were Caitlin N., Brooke V., Madison D., Valentina M., Julia S., Alisel M., Carmen C., Chloe C., Laila K., Tara H., Honey P., Warren R., Shea R., Nevin S., Blake A., Sean M., Sammy H., Casey J., Kaden S., James B., Joshua S., Samuel S., Magnasson M., Miguel B., Albert O., Aiden T., Callem B., Freddy L., Jaekob N., Finn R., Kenaz S., James S. and Nashawn W.. We are so proud of you!

BUS PASSES

Our monthly bus passes are now available to purchase through the Parent PowerSchool portal. Please ensure that you process your payment by the fifth of each month.

If your child has not purchased his/her bus pass by that time, they will no longer be able to take the bus. Parents/Guardians will be notified that they will need to find alternate transportation for their child.

If your child will not be on the bus on any particular day and you are picking them up please call our school to inform us or use the student agenda to inform the teacher that your child will be picked up.

It is the responsibility of the parent to notify the bus company (First Student @ 780-469-4710) if your child will not be picked up in the morning. On occasion if your child will not be taking the bus, please inform the office.

THANKSGIVING CELEBRATION

St. Kateri’s Thanksgiving Celebration will be held on Friday, October 6th at 2:00 PM in the gym.

Please join us!

THANKSGIVING FOOD DRIVE

What have you “BEAN” thankful for? Social Justice Projects are an important part of our Catholic community; St. Kateri will be collecting cans and bags of beans from Monday October 2 through to Friday October 6. All items will be displayed in our front entrance, and then donated to the Edmonton Food Bank and our sister school, St. Theresa of Calcutta.
STUDENT FEES:

We are still accepting payment for the school fees. Payment may be made through the Parent PowerSchool Portal using Visa/Mastercard or Debit.

ROUNDABOUT AREA

Thank you parents for your courtesy and patience when using the roundabout area in front of the school. A reminder that the round-about area is a “STOP, HUG, DROP/PICK UP and GO or no parking –loading zone only. The handicapped zone must be free at all times (the length of a yellow bus) for our students who require this space.

SAFETY PATROLS

Grade Six patrollers are providing an invaluable service to the school and the community in their efforts to ensure a safe environment for our students and all pedestrians. This service is done throughout the school year, rain or shine, and sometimes during some very cold temperatures. We are grateful to our patrollers for their dedication and their leadership.

NUT FREE

There are many students and staff members who have life-threatening nut and other allergies. We will strive to be a “nut and allergy aware school” and will take all the reasonable precautions not to have known allergens in the school. We are asking for your full cooperation. Parents are asked to please read ingredients on food items and not to bring any foods to the school that have any nuts in them or that have been produced in places where there could have been possible contamination. Thank you for making our school environment safe for everyone!

DROPPING OFF LUNCHES AND MATERIALS

To ensure that our learning time is kept sacred for our students and teachers, a gentle reminder, if you are dropping off lunches, materials etc. for your children please drop them off at the office and we will be happy to call your child down to pick them up.

HOT LUNCH

The Hot Lunch Committee continues to work with www.healthyhunger.ca in conjunction with some tasty local restaurants and catering companies. This option is easy and allows you to order and pay for as many of your child(ren)'s hot lunches as you please. Payments are made online with credit card or online interact debit. We are also happy to provide hot lunches options that are gluten free and dairy free. Our next hot lunch will take place on Friday, October 20th. Hot lunch will be provided by OPA. It will also be Jersey Day.

FRUIT

St. Kateri will be offering fruit to all of our students, once a month on Hot Lunch day. Thank you to our School Council for their support.

SCHOOL COUNCIL MEETING & NEWS

Welcome to our new School Council Executive:
- Chairperson – Ashley Simpson
- Vice Chair – Amy Carruthers
- Treasurer – Nadia Coco-Alberda
- Secretary – Christine Belzile
Join us for our next School Council meeting on **Tuesday, November 14th at 6:30 p.m. in the staffroom**. Your opinions are valued and provide direction for the school. Babysitting is provided. All of our School Council Meetings will be held on Tuesdays at 6:30pm. Everyone is welcome; please join us. If you have any wonderings about School Council please email our Chairperson – Ashley Simpson at ashleysimpson82@shaw.ca

**Report Card and Student-led Conference Dates**

Report card dates and Celebration of Learning for this school year are scheduled for:

First Reporting Period: December 1, 2017

Student-Led Conferences: December 6, 2017

Second Reporting Period: March 16, 2018

Student-Led Conferences: March 21, 2018

Third Reporting Period: June 28, 2018

If you wish to discuss your child’s progress or marks, please feel free to call the school to speak with his/her teacher at any time.

**Healthy Celebrations - Halloween**

Try these healthy snacks for Halloween parties or in a lunch for a spooky surprise!

**APPLE BITES**

**Ingredients**
- Apples
- Broken up banana chips

**Instructions**
1. Quarter and core an apple, cut a wedge from the skin side of the apple
2. Each quarter, and press banana chips in place for teeth.

**Note:** If you are not going to serve the apple bites right away, baste the apples with orange juice to keep them from browning.

**EYEBALLS**

**Ingredients**
- Carrots
- Nutritious dip (see the “Healthy Dips and Sauces” page for healthy options)
- Pitted black olives, raisins or blueberries (based on preference)

**Instructions**
1. Slice carrots into one-inch thick chunks, top each with the dip and one half of a pitted black olive, raisin or blueberry, and serve.

Adapted from [www.familyfun.go.com](http://www.familyfun.go.com)
CARROT FINGER FOOD

Ingredients
- Nutritious dip (see the “Healthy Dips and Sauces” page for healthy options)
- Carrots and other vegetables of your choice
- Banana chips or almonds
- Baby carrots

Instructions
1. Fill a serving bowl with a nutritious dip.
2. Peel and cut carrots to create four longer goblin fingers and one short piece for the goblin thumb.
3. Using a paring knife, cut a flat, shallow notch in the tip of each carrot. Then use a ½ tsp. of the dip to ‘glue’ a banana chip or almond fingernail on each notch.
4. Place the “goblin fingers” and “thumb” into the dip to create the look of a hand.
5. Serve with plenty of carrots and other vegetables for dipping.

Adapted from www.spoonful.com

THE HAUNTED GRAVEYARD

Ingredients
- 1/2 cup fresh spinach
- 1 ½ cup of hummus (See “Healthy Dips and Sauces” page)
- Broccoli
- Celery
- Pretzels
- Hard-boiled eggs
- “Choose Most Often” Crackers (Triscuits original - low sodium)
- Black olives
- Edible marker
- Carrot sticks

Instructions
1. In a food processor, puree the spinach and hummus.
2. To make the “egg ghosts” (see picture) cut holes in the egg for eyes and mouth and then insert black-olive facial features.
3. Use an edible marker to draw on crackers to create the look of tombstones.
4. Mound the pureed spinach and hummus on a tray and top it with broccoli and celery “trees”, a pretzel fence, egg ghosts, and cracker tombstones.

Adapted from www.familyfun.go.com

CHEESY FINGERS

Ingredients
- Mozzarella string cheese
- Green bell pepper
- Nutritious dip (see the “Healthy Dips and Sauces” page for healthy options)
Instructions
1. Wearing plastic gloves or sandwich bags over your hands to keep the cheese as smudge-free as possible, use a paring knife to cut each string in half and then carve a shallow area for a fingernail just below the rounded end of each half.
2. Mark the joint right below the nail as well as the knuckle joint by carving out tiny horizontal wedges of cheese, (as pictured).
3. For the fingernails, slice a green bell pepper into 3/8-inch-wide strips. Set the strips skin side down on your work surface and trim the pulp so that it's about half as thick. Then cut the strips into ragged-topped nail shapes and stick them in place at the ends of the fingers with dabs of the nutritious dip.

VEGGIE SKELETON

Ingredients
- Celery
- Carrots
- Mushrooms
- Yellow/Red bell pepper
- Cucumber
- 1/2 cup of hummus (or another dip of your choice from the “Healthy Dips and Sauces” page)

Instructions
1. On a large platter, assemble vegetables in the shape of a skeleton. Be creative - you do not have to use the same vegetables or organization as the picture provided.
2. Pour the ½ cup of hummus or dip into a small bowl in order to create the skeleton’s head. Once the bowl is in place on the platter, use available veggies to create facial features with the hummus.

TV STATIONS
- CITYTV
- CTV Edmonton
- GLOBAL Edmonton
- CBC TV

RADIO STATIONS
- 630 CHED
- AM 930 The Light CJCA
- CISN FM 103.9
- SHINE 105.9 FM
- FRESH FM 92.5
- TSN 1260
- INEWS 880 AM
- 95.7 CRUZ FM
- Kiss FM 91.7
- The Bear 100.3 FM
- UP! 99.3 FM
- SONIC 102.9 FM
- HOT 107 FM
- 104.9 VIRGIN Radio FM
- CHFA (CBC Fr.)
- CFCW 840
- CAPITAL FM 96.3
- K97 97.3
- 102.3 NOW! Radio

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 6:30 a.m.
Please Join Us!
EDMONTON CATHOLIC SCHOOLS
MENTAL HEALTH
PARENT EVENING SERIES

WEDNESDAY, NOVEMBER 8, 2017 • 6:30-8pm
RCSD Caregiver Education Session
KEEPING SCATTERED KIDS ON TRACK: A REVIEW OF ADHD & PRACTICAL STRATEGIES (preK-12)
Attention deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, ways that ADHD impacts academic achievement, self-worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children and adolescents with ADHD.


ST. ANTHONY’S
10425-84 AVENUE
ROOM 7

WEDNESDAY, FEBRUARY 21, 2018 • 6:30-8pm
RCSD Caregiver Education Session
BREAKING THE CYCLE OF ANXIETY: A STEP BY STEP APPROACH (preK-12)
Anxiety is one of the most common mental health complaints in children and teens today. This session will distinguish between normal anxiety and anxiety that is no longer helpful or productive. It will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety. Caregivers will gain step by step strategies to assist their children/teen to manage their anxiety and improve their mental health. Resources for parents will be provided as well as tools designed to reduce anxiety.


WEDNESDAY, APRIL 18, 2018 • 6:30-8pm
SUPPORTING YOUR CHILD’S MENTAL HEALTH (GO-TO EDUCATOR) / PROGRAM TRANSITION
Session that supports transitions for students with special needs 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


HEALTH PROMOTION & PREVENTION
October 2017

O come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! Let us come into His presence with thanksgiving; let us make a joyful noise to Him with songs of praise! ~Psalm 95: 1-2~

This beautiful passage from Scripture is an invitation to us to come worship our Father with a joyful noise and to give thanks for the gift of salvation. The history of humanity is full of examples of God’s saving grace. God’s ongoing manifestation of His love for us through acts of salvation such as the gift of His Son, Jesus, makes this call to thanks and praise timeless.

We have many reasons to give thanks in Edmonton Catholic Schools. The past few weeks have seen the opening celebrations of two of our new schools, Corpus Christi and Father Michael Mireau Catholic Elementary/Junior High Schools. The next few weeks will see the communities of Bishop David Motiuk, Christ the King, and St. Thomas Aquinas Catholic Elementary/Junior High Schools gathering together in the communion of home-school-parish to celebrate this vital partnership at the heart of Catholic education. These schools have opened with flourishing enrolments. The commitment of the Government of Alberta to provide new schools to help us serve the needs of the approximately 42,500 students whose families have chosen the gift of Catholic education in Edmonton Catholic Schools this year affirms to us all that Catholic education is in great demand!

There are many opportunities for us to engage with our parents and guardians as partners in education. We are pleased to offer an opportunity to learn and dialogue about the philosophy and topics from the Religious Education Programs of Study on November 1 at St. Charles Parish with a repeat session on November 2 at Corpus Christi Parish. I have included a flyer with more details and information on how to register. We are also pleased to offer a series of sessions on mental health. The first one is on November 8 and focuses on practical strategies for managing ADHD. The attached flyer details all the mental health sessions for the year with registration details.

We have just released an updated electronic version of the book Holy is Thy Name – Honouring the Namesakes of Edmonton Catholic Schools, which was first produced in 2006. This book proudly shares the stories of our rich Catholic heritage. Visit https://www.ecsd.net/AboutUs/catholic-identity/Pages/Holy-Is-Thy-Name.aspx to view this beautiful tribute to our namesakes. In addition to the names of each of our schools and sites, you can learn about the new name of our central office, Lumen Christi Catholic Education Centre, which honors the light of Christ.

The civic election on October 16 is an important opportunity for all citizens. In addition to voting for your City Council and Mayor, you will also could vote for your Catholic Trustees. We have created a page on our public website where you can view videos which each candidate has had the opportunity to record, as well as find maps of the wards and other information. This can be found at https://www.ecsd.net/boardoftrustees/election-2017/pages/default.aspx.

In his homily for the Marian Jubilee Mass on October 9, 2016, Pope Francis shared that Mary serves as our model of thanksgiving. “After hearing the message of the Angel, she lifted up her heart in a song of praise and thanksgiving to God: ‘My soul magnifies the Lord...’ Let us ask our Lady to help us recognize that everything is God’s gift, and to be able to say ‘Thank you’. Then, I assure you, our joy will be complete. Only those who know how to say ‘Thank you’, will experience the fullness of joy.”

Wishing you a blessed, joyful thanksgiving!

Sincerely,

Joan Car
When I was going to school, when it came time for report cards at the end of the year, I confess that I never ever got an “F.” But I wished I had. Let me explain.

Not that long ago, I was asked to share a few words to a graduating Grade 12 class. I started by telling these young women and men that I was privileged to have had a “sneak peek” at their report cards. And they all got “F’s.” Needless to say, they were shocked. I had some quick explaining to do before one of them passed out.

Look, I get it that report cards are meant to give students and parents an idea of how the students are doing in their studies – what they’re doing well and where more work is required – in reading, writing and math, and the sort.

Yet, in a Catholic School, a report card is meant to tell us even more. Yes, we all want our students to do well in their academic achievements; and I might add that in Catholic Schools they do very well! The “even more” part of report cards are the “F’s.”


The big picture of what a Catholic School does is to help prepare our children for success in life by grounding them in their faith. Faith in a God who created us, who cares for us, and who loves us. And to help our children, in turn, share their faith with family and friends.

Another way of putting this is by asking ourselves “What do we value most in life?” Faith. Family. Friends.

Let’s look at how Catholic Schools accomplish the “even more” by revisiting the “Parable of the Pearl Buyer” in Matthew’s Gospel. Jesus is asking his disciples and followers what the Kingdom of God is like? He uses a number of examples to convince us that the Kingdom, that is, eternal life with God in heaven, is something so beautiful and so precious that we would want to do everything to acquire it.

So the “Parable of the Pearl Buyer” tells us that when someone “finds one that is unusually fine, he goes and sells everything he has, and buys that pearl” (Mt 13: 46).

Pearls are especially beautiful and precious. And rare to come by.

Do you know how pearls are formed?

Well, if I understand well, an oyster feeds by filtering out food that it captures when particles are drawn into its mantle cavity. However, sometimes a piece of sand gets stuck in the flesh of an oyster and the oyster is unable to rid itself of this “irritant.” So instead the oyster secretes a milky solution which layer by layer covers the piece of sand. Eventually a pearl is formed. What was once an irritant has become smooth and round, a precious gem.

Pearls are produced by life, a life which has overcome death.

Jesus is the Pearl of Great Faith. He willingly endured his passion and death upon the cross. In doing so, he took upon himself the “irritants” of our sins, overcame death, and granted us salvation and eternal life.

We too experience irritants in life. (Just ask my priests; many might say that their bishop is one of their biggest irritants!). Struggles. Health issues. Family problems. Arguments with friends. Difficulties in accepting myself the way I am.

Yet, God gives us the grace to overcome whatever irritants life sends our way so that, layer by layer, the irritants become smooth and acceptable. Pearls in the making!

Friends, that’s why I love Catholic Schools. They journey with our children each day, forming them in the precious gift of faith, preparing them for true success for life.


God bless!

Bishop David
Helping Kids & Youth in Times of Emotional Crisis

What is this about?

Across Alberta, more children and youth than ever before are going to the emergency room (ER) when they are experiencing an emotional crisis, often related to substance use or a mental health issue. Alberta Health Services (AHS) is running a research project which has been approved by the Research Ethics Board from the University of Calgary (REB17-0924) to better understand experiences in the ER.

We want to hear from you!

AHS has created surveys for children, youth, and their families. Two surveys are available:

- For individuals who visited the ER between the ages of 15 and 24
- For families who have visited the ER with a child between the ages of 7 and 24

Each survey will ask what led to the ER visit, what help you hoped for and received, and what happened when you left. This will help AHS map out a patient’s journey to improve care for children, youth, and their families.

Thank you for your time!

Addiction and mental health care for children, youth, and their families is a priority for AHS. The survey results will be used to identify opportunities for improvement that, once implemented, will create meaningful change.

Do you have questions?

We really appreciate your time in helping us understand what people experience when they go to the ER. If you have any questions or would like additional information, please contact Marni at marni.bercov@ahs.ca

Find the surveys here:

Youth Survey Link – survey.ahs.ca/KidsYouth
Family/Caregiver Survey Link – survey.ahs.ca/FamilyCaregiver
The Board of Trustees and Administration of Edmonton Catholic Schools invite you to a Celebration of Catholic Education.

You will have the opportunity to learn & dialogue about the philosophy & topics from the Religious Education Programs of Study across the grades.

Please join us!

RELIGIOUS EDUCATION PARENT/GUARDIAN ENGAGEMENT EVENINGS FALL 2017

Mass 7 pm
Presentation 7:30 pm
Helping Kids and Youth in Times of Emotional Crisis

We want to make meaningful changes to how kids, youth, and their families experience going to the ER for mental health concerns.

To do that, we need to:

1. Hear from kids and youth about what their experiences have been like.
2. Listen to families share their experiences of seeking help for their loved ones.
3. Talk to ER and Addictions and Mental Health staff to hear what’s working and what isn’t.
4. Understand what the data and literature says about services being provided.

Once we have collected all of this information, visual maps will be created that show how patients, families, and health care staff experience care in the ER.

The maps will be used to identify times in the patient’s journey where changes would make a big difference.

Youth Survey Link – survey.ghs.ca/KidsYouth
Family/Caregiver Survey Link – survey.ghs.ca/FamilyCaregiver

Want to get involved? Find out more info:
On our website: www.albertahealthservices.ca/scns/page7698.aspx
On Twitter: @amh_scn

Approved by the CHREB
REB17-0924
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- Custodian Appreciation Day
- Picture Day
- World Teachers Day
- Thanksgiving Celebration 2 p.m.
- All Kindergarten classes visit Prairie Gardens @ 8:45 a.m.
- Gr. 5's Visit TELUS World of Science all day
- Hot Lunch OPA preordered Gr. 5's Immunizations
- Gr. 6's In School Alberta Forestry Presentation @ 1 p.m.?
- Halloween