

OCTOBER 18, 2024

# WEEKLY NEWS

St. Paul Catholic Elementary School : Principal Memo

## UPCOMING CALENDAR

### • Monday 21

- Healthy Hunger: IHOP
- READ A THON begins

### • Tuesday 22

- Fire Drill Practice #2

### • Wednesday 23

- YRCA Presentation Grades 4-6

### • Thursday 24

- Early Dismissal @ 12:10 PM

### • Friday 25

- Healthy Hunger- Pizza Hut



## Principal Message

We hope all of our families enjoyed a lovely Thanksgiving weekend! It was a short week, but very busy! We practiced our first fire drill of the school year on Thursday. Students did very well! We will be practicing two more in the next couple weeks before it gets too cold.

Kindergarten to Grade 2 also completed their last skating lesson today. Thank you so much to all the parents who volunteered to walk with us, tie skates and drive equipment to and from the rink. We could not do this without you!

An update on our Cereal Drive- with the 200 boxes of cereal we collected, we were able to support two ECSD schools and their breakfast programs- St. Benedict and St. Francis of Assisi. Both schools were so appreciative, so thank you for coming together as a community to support our Division schools!

Read a Thon will begin next week- and there are some great prizes!! Please see below for more Read a Thon information!

Wishing everyone a wonderful weekend!

Mrs. Carr-Jeschke & Mrs. McNamee



## HALLOWEEN UPDATE

- Thursday, October 31st
- Students come to school in costumes
- Outdoor Parade:
  - 🎃 Grade 1 to Grade 3 – 10:45 - 11:05 AM
  - 🎃 Grade 4 - 6 - 11:15 - 11:25 AM
- Kindergarten will celebrate Halloween on Wednesday October 30th due to no school on Thursday 31st or Friday 1st. Students will wear costumes to school on Wednesday the 30th and both classes will parade outside on the tarmac at 11 AM before dismissal.
- We want to celebrate a FUN and not scary Halloween- no replicated weapons or costumes that are excessively gory.

### Halloween Snacks & Treats:

Teachers will communicate to families their plan for the AM and if they need/want snacks or treats. Please remember that we are a nut free school due to severe allergies within the building.

### Haunted House

The Grade 6's will be running a Haunted House on October 31st. Homerooms will receive a scheduled time. Classes will organize parties/crafts/movies in classrooms for the AM.



## Drop Off Zones

When dropping off/picking up students, please use the designated drop off zones. These are 96 Ave (in front of the school) and 145 Street (the west side of the school). **Please DO NOT use the staff parking lot for student drop offs or pick ups.** There are a lot of blind spots and vehicles coming in and out. Please choose safety over convenience and use marked cross walks and drop off zones to ensure students arrive safely to school.

# Read a Thon!



St. Paul will be hosting our 3rd Annual Read a Thon next week! Funds raised through the Read a Thon go towards purchasing literacy books for the classroom and to topping up our school library. For the week of October 21-25, students are encouraged to set a goal for the amount of minutes they are going to read this week. Parents are asked to sign off on the minutes on the envelope they are bringing home today. Students are also encouraged to collect donations for their reading from their family members and friends to support their reading. These collected donations go in the envelope. Students who collect the most reading funds have the opportunity to win one of FOUR prizes this year!

**Fourth Place: \$50 Chapters Gift Card**

**Third Place: E Reader**

**Second Place: Scooter**

**AND...First Place:**

**A pair of OILERS TICKETS!!!**

The class that reads the most minutes collectively will win a classroom pizza party! Have a fun week ahead reading St. Paul!



**Remember!**

**Friday November 1st, 2024 is a PD Day- No School for students!**

# Catholic Education Sunday

From October 19-25, we celebrate the blessing of Catholic Education and the community it builds around us. Catholic Education Week reflects everything that makes our faith-filled learning community exceptional, bringing us together as People of Hope.

As a reminder, we hope you will join us for **Catholic Education Sunday Mass on Sunday, October 20th, at St. John the Evangelist Parish beginning at 9AM.**

Families are also encouraged to wear blue on Thursday, October 24, to celebrate Catholic education. Blue is a powerful symbol of constancy, fidelity, genuineness, and aspiration. It also holds a special connection to the Blessed Virgin Mary, making it a fitting choice during October, the month of the rosary.

As part of our week-long celebration, we are excited to share a special message from our Board of Trustees and Chief Superintendent. In this video, they reflect on the gift of publicly funded Catholic education and invite us to continue supporting students in their journey of faith and learning.

Watch the video message here: [youtu.be/3uKTSOaKXIA?si=8IClwRK7oTROAPJj](https://youtu.be/3uKTSOaKXIA?si=8IClwRK7oTROAPJj)

Thank you for your support of Catholic education and Edmonton Catholic Schools.





## Cultivating kindness in kids

The benefits of kindness are amazing! Kindness is linked to decreases in stress, symptoms of anxiety and depression, blood pressure, and can even ease pain. It's also linked to increased happiness, improved overall well-being, and has the potential to help you live longer. Evidence shows that kindness can help children to learn and do better in school.

It feels good when people are kind to us, but being kind to yourself and others, or even just watching an act of kindness can be good for you too. That's right...kindness is contagious! Kindness can be spread simply by seeing or feeling it—when someone is kind to you, you're likely to act in kind ways toward others.

Kindness has no boundaries. Everyone has the ability to give and receive kindness. Model kindness in your interactions with your child and others. How you show kindness to yourself and to those around you will teach your child how they can do it too. So, practicing kindness towards yourself is a great place to start. Here are some ways you can support your child, by starting with yourself:

### Show yourself some grace

Speak to yourself with kindness. How you talk to yourself is very likely how your child will talk to themselves, especially during harder times.

# Healthy Children

June 2024 Family Newsletter

Set goals you can reach for yourself. Blaming yourself for things that you did or didn't get done, will make it hard to feel good about yourself. Taking things one step at a time and being realistic about the things you expect from yourself shows your child how to do the same. Remember that during difficult times, you may not be able to achieve the same goals you normally could. And that is ok!

If and when you make mistakes in life (and we all will), you can learn from them. Choosing to see them as ways to learn rather than reasons to be hard on yourself is building a growth mindset (check out our article for families called [A new year. A new mindset.](#) to learn more). This helps your child build a growth mindset too.

Self-kindness is a great place to start. Here are some ways you can help your child show kindness towards others:

## Smile

Smile at others. Smiling is contagious and has a positive effect on our well-being. It makes us feel acknowledged and that helps us feel good. Also, when you smile it makes your brain believe you're happy, which can then spur actual feelings of happiness.

## Compliment others

Say something nice to others to show kindness. Giving compliments helps others feel seen, and releases endorphins—the 'feel good' chemicals in our brains. Both the person giving and getting the compliment will get a boost of them!

## Grow their circle

Encourage your child to be kind to someone outside of their small circle of friends or family, like a new student in their class or a senior citizen in the community. It's important to show them that being kind should go beyond their social network.

Overall, there are a couple ways you can help your child give and receive kindness:

## Make it a rule

Include kindness as part of your family rules or talk about kindness as one of your family values.

## Practice makes perfect

As the old saying goes, the more we do it, the easier it becomes. As a family, try doing random acts of kindness in your neighbourhood or volunteer with a community organization. Challenge your family to an act of kindness a day for the entire month and watch the positivity grow!

Now that you know a little more about kindness, give it a try.

### For information, go to:

- [Kindness activities for kids & families](#)
- [How can you teach your child to be generous?](#)
- [Kindness resources for families](#)