

ST. GREGORY CATHOLIC SCHOOL NEWSLETTER

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Visit us: <https://stgregorycspc.ca> and follow us on Twitter @StGregoryCS

St. Gregory Catholic Church
Fr. Sean Lee Lung
(416) 239-4831

Superintendent: Ms. Cifelli - 416-222-8282
School Trustee: Mr. de Domenico
CSPC Co-Chairs: Christina Sachanowicz &
Marjorie Bridger

Principal: J. Pannozzo
Vice Principal: D. Papadimitriou
Secretary: C. Pulcini,
Clerk Typists: S. Shanahan, L. Grise

OCTOBER 2020

PRINCIPAL'S MESSAGE

Dear Parent(s)/Guardian(s):

We are grateful for a positive start to the new school year for students and staff. We thank you for supporting us in the new procedures to begin the school year. Please continue to screen your child each morning and sign the COVID-19 Passport. This allows your child entry into the school. We are continuing to encourage physical distancing, wearing a mask and/or a face shield and encouraging frequent handwashing and sanitization.

As you are aware, the staggered drop off in the morning and dismissal at the end of the day has been somewhat challenging. You can assist us by wearing a mask when physical distancing is not possible. We appreciate your cooperation as we work together to ensure that all of us are safe.

It is my pleasure to welcome Ms. Dawn Papadimitriou as our new Vice Principal. She began her assignment on September 16th, 2020 and we are pleased that she has joined our team at St. Gregory.

The virtue of the Month for October is Gratitude and we are encouraged to take the time to reflect on and express our gratitude for the blessings in our lives.

St. Gregory is looking for lunch supervisors to provide supervision of students during the lunch periods. Time commitments range from 1- 2.5 hours per day. Please contact Mrs. Papadimitriou if you are interested in applying for this position.

We extend our appreciation to St. Gregory staff for their caring and dedication to helping our students learn and grow in academics, spirituality, the arts and physical activity. The St. Gregory staff would like to express gratitude for a wonderful school community and wish our students and families a Happy Thanksgiving.

J. Pannozzo

HAPPY THANKSGIVING

The year has turned its circle,
The seasons come and go.
The harvest is all gathered in
And chilly north winds blow.
Orchards have shared their treasures,
The fields, their yellow grain,
So open wide the doorway-
Thanksgiving comes again!



SCHOOL HOURS/TIMES

8:30 a.m.	MORNING ENTRY
10:12-10:27 a.m.	A.M. RECESS
11:15-12:15 p.m.	LUNCH HOUR
12:15 p.m.	AFTERNOON ENTRY
1:40-1:55 p.m.	P.M. RECESS
3:00 p.m.	DISMISSAL

All visitors to the school including parents and guardians are expected to report to the office immediately upon arriving at the school.

A sign-in procedure is in place for every individual who enters the school.

STUDENT ABSENCE REPORTING

School Messenger has been implemented as the platform for reporting student late arrivals and absences. Parents/Guardians can reach School Messenger using the following options:

PHONE

1-833-251-3286

ONLINE

<https://go.schoolmessenger.ca/#/home>
or SchoolMessenger Mobile App

Early Dismissal

Children who **must** leave before dismissal, **must** be signed out by their **parent/guardian** at the office. Please contact your child through the office, not by texting your child.

Student Illness

Children who are exhibiting symptoms consistent with COVID-19 or any other illness should stay home. COVID-19 passports must be signed daily for your child to enter the school.

TCDSB NEWS

SECONDARY APPLICATIONS

-ATTENTION PARENTS/GUARDIANS OF GRADE 8 STUDENTS-

We are announcing some exciting news regarding the Secondary School Application Process for enrolment in September 2021! On **Thursday, October 8, 2020**, the Toronto Catholic District School Board (TCDSB) **Secondary School Online Applications** become available on the website, **SECSOAR.TCDSB.ORG**.

The deadline for applications is Thursday, October 29, 2020.

Some exciting features of the online application include:

- easy tracking of the status of your child's application,
 - complete the Specialty Program Application along with your regular program application through one application,
 - email notifications for offers of placement,
 - accept/decline offers of placement you receive electronically.
- Important note: a current email address on file with your elementary school is required in order to create your child's application/account on October 1st, 2020.
- For a full guide to completing the online application, please visit the TCDSB website at www.tcdsb.org → Admissions & Placement Department page, to view the "Parent Guide to Completing the Secondary School Online Application" information guide.

Orange Shirt Day

ORANGE SHIRT DAY

Every Child Matters



On Wednesday, September 30th, 2020, St. Gregory recognized Orange Shirt Day, which is a national movement that invites all Canadians to wear orange shirts to acknowledge the history of residential schools, and to stand in solidarity with Indigenous peoples.

Thank you to all St. Gregory's staff and students who wore orange shirts to recognize the issue of residential schools and for making a collective effort to ensure that every child matters.

World Teachers' Day – October 5, 2020

In 2020, World Teachers' Day will celebrate teachers with the theme "Teachers: Leading in crisis, reimagining the future". The day provides the occasion to celebrate the teaching profession worldwide, take stock of achievements, and draw attention to the voices of teachers, who are at the heart of efforts to attain the global education target of leaving no one behind.

We thank our St. Gregory Teachers for their continued dedication to our student community.

YEAR THREE OF PASTORAL PLAN

ROOTED IN CHRIST: WE BECOME

As a member of The Toronto Catholic District School Board, we celebrate as a community of believers who continue to persevere in hope, care and concern for others. Over the past few months we have seen so many examples of our beliefs being brought to life through the compassion demonstrated not only by our school communities but by the love and dedication of all those who continue to serve and aid others throughout the world.

The theme for our pastoral plan is Rooted In Christ: We Belong, we Believe, we Become. This year we celebrate the year of "We Become." This year may involve a new way of living, a learning to follow Jesus in a new way, and to discover a new way of being, living, becoming.

Our vocation is defined by our belonging as members of God's family and by what we believe. Our belonging and our beliefs define what we become in the world and in our environment and invite us to become all God has created us to be.

As we begin this school year, we continue to celebrate Christ who is always present with us. Around him, we build relationships; we celebrate our dignity, heal our differences, reconcile conflicts, show courage in the midst of adversities.

We will continue to celebrate our faith and live the gospel by our very lives.

Pastoral Plan Prayer

Loving God,
we believe that everyone is a gift
and belongs to your family
for we are made in your image and likeness.

As a community of believers rooted in Christ,
may we always celebrate your presence with us
and appreciate both the gifts and responsibilities
of belonging to this community of faith.

Through the inspiration of the Holy Spirit,
the intercession of Mother Mary,
and all the Saints,
may we become all you intend us to be—
a reflection of Christ in our world.

We pray through Jesus Christ our Lord.
Amen.



World Mental Health Day

October 10, 2020

Each year the World Health Organization Acknowledges and Celebrates “World Mental Health Day” in October. World Mental Health Day provides us with an opportunity to reach out to those who may need support, raise awareness, and decrease stigma, or to learn more about mental health and mental illness. Resources from the World Health Organisation can be found at

http://www.who.int/mental_health/world-mental-health-day/en/

World Mental Health Day also provides our TCDSB community with an opportunity to review our own TCDSB Mental Health Crisis Response Guidelines which are found on our TCDSB Mental Health page

<https://intranet.tcdsb.org/Departments/SpecialEducation/mentalhealth/Pages/Resources-for-Teachers.aspx>

Developed by TCDSB Psychology and Social Work Staff in consultation with school administrators, the TCDSB Mental Health Crisis Response Guidelines offer excellent, evidence-based strategies and procedures for schools to consider when experiencing the aftermath of an event that results in mental health upset.

For our students, staff, and parents, World Mental Health Day provides us with an opportunity to check in with each other and reflect on how we might be able to make our schools Mentally Healthy and Well. For more information on programs and resources supporting student mental health and well-being see

<https://www.tcdsb.org/ProgramsServices/SpecialEducation/mhs/Pages/Mental-Health-Strategy.aspx>

If you have questions or suggestions, please do not hesitate to contact me at

Melissa.Hanlon@tcdsb.org

Sincerely,
Melissa Hanlon
TCDSB Mental Health leader

TCDSB MENTAL HEALTH AWARENESS

Transition Back to School

Returning to school can elicit a mixed bag of emotions for students. While it may be exciting to think about reuniting with school friends or upcoming events that will take place this year, there may also be some anxiety around new routines and expectations, academic work, or peer dynamics. Transitioning back to school may be particularly challenging for students with learning disabilities and/or mental health struggles. Here are a few tips to ensure a good start to the new academic year for all:

1. **Express excitement** about the new school year and highlight upcoming opportunities or activities.
2. **Encourage your child to self-reflect** on last school year in order to set goals for this year (e.g., which goals were met; what was difficult; what worked?). Set new goals and discuss manageable steps to work towards the goals.
3. **Encourage your child to get involved** in teams, clubs, or other extra-curricular activities. This type of involvement can foster a sense of belonging and increase self-esteem.
4. **Establish collaborative relationships** with your child's teacher(s) and other members of his/her support team (e.g., resource teacher, EA, CYW) early in the school year. Set up a meeting or a phone call and discuss your child's strengths, needs, and goals.
5. **Discuss expectations about homework and study times.** Involve your child in setting up an appropriate homework space and/or a portable homework “kit” with needed supplies.
6. **Involve your child in creating a schedule** that includes getting enough sleep, outdoor exercise, and boundaries around screen time.

(Source: TCDSB Mental Health Newsletter)

Getting Back to a Sleep Routine

After enjoying late summer nights and having little routine in place throughout the day, it can often be a struggle to get back into a sleep schedule. Good sleep hygiene supports us in feeling re-energized for those early morning wake-ups and fueled throughout the school day. Here are 3 easy ways to improve your sleep (for both parents and kids!):

Maintain a regular schedule – ensure you are going to sleep and waking up at the same time every day. As you are building this habit, it might be useful to keep a sleep log to track timing until your body clock gets used to a consistent pattern.

Choose a relaxing sleep time activity – refrain from using screen time including computer, phone, or TV as a go-to bedtime ritual. These devices will only stimulate alertness in the mind and make it more difficult to fall asleep. Instead, try going for a walk, talking to a friend, or reading a book to promote relaxation.

Spend less time in bed – this includes staying in bed after your alarm goes off in the morning, and when you find yourself awake or unable to sleep at night. During these times, it can often be helpful to leave the bedroom until your mind has quieted down. If you find your mind is still racing, try falling asleep or waking up to a mindfulness/meditation exercise, relaxing sounds, or a story. Some of my personal favourites are available on the free version of an app called *Calm*. Sleep well!
(Written by: School Social Worker Amanda Costabile)

(Source: National Sleep Foundation)

SCHOOL BUS SAFETY

Drivers are asked to be aware of students in both the school parking lot and the church parking lot.

Motorists meeting a school bus with red lights must stop unless on a highway divided by a median strip.

Motorists overtaking a stopped school bus must stop at least 20 meters before reaching the bus. Motorist may proceed only after the bus resumes motion or the lights have ceased flashing. The law applies everywhere regardless of the post speed limit.

Student Expectations

Be at the pickup point on time. Drivers cannot wait for latecomers. Wait in a single file well away from the roadway until the driver stops the bus, then board the bus in orderly fashion. The driver is in charge of the bus and must be listened to at all times.

Sit where the drivers tell you (Follow the Bus Seating Plan) and remain seated for the duration of your trip.

Be quiet and behave sensibly. Playing under the seat, standing on the seat or in the aisle, fighting, throwing objects and other inappropriate behavior is not allowed and can affect the safety of all bus passengers.

Keep your belongings on your lap or under the seat; aisle must be left clear.

Don't open bus windows and do not lean out of the windows. Never throw anything inside the bus or out the windows.

Respect the bus equipment. Students will be held responsible for any damages to the vehicle.

Avoid conversation with the driver – the bus driver must be able to focus on driving without distractions while the vehicle is in operation.

Students may leave the bus only at regular stops. If you drop something near or under the bus, notify the driver; don't try to get it yourself.

Cross in front of the bus where the driver can see you. Never cross the road behind a school bus.



HELP WANTED: LUNCH SUPERVISORS

St. Gregory's is in need of **lunch supervisors**. This position would require you to work from 11:15 a.m. to 12:15 p.m. every day of the week for the school year. If you are interested in this position or have any questions, please contact the vice principal, Mrs. Papadimitriou at 416-393-5262.



STUDENT TRANSPORTATION

Transportation for elementary students is dependent on the distance away from the school and if a transportation area has been defined for the school.

Students must live 1.5 km away from the school and reside within an approved transportation area in order to be eligible for transportation.

General transportation inquiries can be made at 416-394-4BUS or transportation@torontoschoolbus.org. Parents are responsible for their children's safety before they board their school bus, and after they are dropped off in the afternoon.

While on the bus, students are responsible to the school principal for their conduct. Transportation privileges may be revoked if a student's behavior creates problems and results in distracting the driver. Drivers will inform school administration of student behavior difficulties. If the challenging behavior is persistent, students may have their bus privileges suspended. The length of the suspension varying with the severity of the incident/s.

If transportation privileges are revoked it becomes the parent's responsibility to transport the child to and from school for the duration of the suspension.

Parents are also responsible for transporting their children to and from school in cases of inclement weather or mechanical difficulty. If transportation arrangements for your child need to be changed, the Board requires at least 7 days' notice.

CSPC MEMBERSHIP

Catholic School Parent Council elections were held at the first CSPC meeting on September 30th. The members of the CSPC Council for the 2020-2021 School Year are:

2020-2021 Parent Council

1. Diana Morrone
2. Jennifer Pyz
3. Christina Sachanowicz
4. Maria Skinner
5. Lisa Tarasco
6. Kathy Fenech
7. Maria Andreopoulos
8. Monika Boszormenyiova
9. Kristina Beintner
10. Jessica Ferrari
11. Vanessa Thomas
12. Marjorie Bridger
13. Marcia Boule
14. Nancy Tannous
15. Daniella Del Rosso
16. Celia Goncalves
17. Tom Baczynski
18. Helder Melo
19. Tamara Tymkewycz

Executive Council

Secretary – Maria Andreopoulos
Treasurer – Jessica Ferrari
Co-Chair – Christina Sachanowicz
Co-Chair – Marjorie Bridger

Next Parent Council Meeting

Parents are invited to attend the next CSPC meeting on:

Wednesday, October 21 at 7:00 p.m. via zoom.

Budget Meeting

The CSPC Budget Subcommittee meeting will be held on Wednesday, **October 14 at 7: 00 p.m.** via zoom.

OAPCE NEWS

OAPCE Toronto is the regional affiliate of the Ontario Association of Parents in Catholic Education and their voice in the TCDSB.

The organization ensures value-added input to the TCDSB and the province to improve and enrich the Catholic education of students.

The Executive Team of OAPCE-

Toronto: President, OAPCE Provincial and Toronto - **Annalisa Crudo-Perri**
Vice-President, OAPCE Director East--
Jana Seymour
Executive Secretary - **Natalia Marriott**
Executive Treasurer - **Luisa Polidoro**

Directors

OAPCE Director Central - **Joe Fiorante**
OAPCE Director West - **Nick Giovanelli**
OAPCE Director East - **Jana Seymour**

OAPCE Meeting Dates

(Meetings are held at 7 pm via zoom)

Monday October 5, 2020

All meeting agendas can be found at:

<https://www.tcdsb.org/FORPARENTS/OAPCE-Toronto/Meetings/Pages/default.aspx>

CPIC NEWS

CPIC Elections 2020

The Catholic Parent Involvement Committee (CPIC) is a parent-led and Ministry of Education funded, parent volunteer organization within the Toronto Catholic District School Board (TCDSB) mandated by Regulation 612/00 of Ontario's Education Act.

CPIC's purpose is to improve student academic achievement and well-being by supporting, encouraging and enhancing meaningful parent engagement system-wide at the TCDSB. CPIC focuses on matters that affect more than one school and supports the Catholic School Parent Councils (CSPC) of TCDSB schools.

Our parent community is always our priority during this back to school period, so this is a quick reminder that elections for the Catholic Parent Involvement Committee (CPIC) will take place during the last week of October.

Parent engagement remains one of the top priorities for the Toronto Catholic District School Board. We value the involvement of our parents in the education of their children, and for the many ways that they support student success and many events and activities in our school communities throughout the year.

Dates and election information coming soon at:

<https://www.tcdsb.org/forparents/parentinvolvement/cpicelections/pages/default.aspx>



Monthly Update from the Board

October 2020

IMPORTANT INFORMATION

COVID-19

Toronto Public Health has updated some of the information related to the screening of students/staff with COVID-19 symptoms.

- Review the handy flowchart designed for schools <https://www.toronto.ca/wp-content/uploads/2020/09/9858-COVID-19-Decision-Guide-for-Schools.pdf>
- Quick reference sheet for families: <https://www.toronto.ca/wp-content/uploads/2020/09/901a-What-to-do-if-your-child-has-Covid-19-Symptoms.pdf>.

Updates are continuously made to the **Frequently Asked Questions** section of the Board's website <https://www.tcdsb.org/forstudents/back-to-school/pages/faq.aspx>.

For information specifically about the virtual school (St. Anne Catholic Academy) please refer to <https://www.tcdsb.org/FORSTUDENTS/back-to-school/Pages/virtual-school.aspx>

Log in issues and password reset: Students who need their passwords reset should contact their teacher for assistance.

We also encourage families to visit the **latest updates** page for recent communications <https://www.tcdsb.org/FORSTUDENTS/back-to-school/Pages/latest-updates.aspx>

The **Return to School Action Plan** which is continually updated as information is added or revised. <https://www.tcdsb.org/FORSTUDENTS/back-to-school/Pages/reopening-plan.aspx>

Other resources including **mental health supports for students and their families** can be found here <https://www.tcdsb.org/FORSTUDENTS/back-to-school/Pages/resources.aspx>

Sign Up for School Messenger

The student absence reporting system is also used to disseminate critical and urgent messages from your school, and from the school Board. For more information <https://go.schoolmessenger.com>).

Get Updates on School Bus Service

<https://busplannerweb.torontoschoolbus.org/Cancellations.aspx>

PARENT OPPORTUNITIES & INFORMATION

Safe Schools Advisory Committee: Parent Reps Needed

TCDSB Seeks 2 Parent Reps for Safe School Advisory Committee. **Application deadline October 30, 2020**. [Click here for an application and more information.](#)

Catholic School Parent Council (CSPC) Elections

<https://www.tcdsb.org/FORPARENTS/ParentInvolvement/CPICElections/Pages/default.aspx>

CPIC Elections

October 28 and 29, 2020

<https://www.tcdsb.org/FORPARENTS/ParentInvolvement/CPICElections/Pages/default.aspx>

School Year Calendar for 2020-21

<https://www.tcdsb.org/calendar/pages/schoolyearcalendar.aspx>

International Languages Elementary (ILE) Program - After Hours Registration

<https://www.tcdsb.org/programsservices/schoolprogramsk12/internationallanguages/pages/saturdayschoolregistration.aspx>

Virtue of the Month for October—Gratitude

Resources and information:

<https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Pages/Default.aspx>

OPPORTUNITIES FOR STUDENTS

Registration for Night School

Check here for registration information for fall programs, as well as important dates to note course options, locations and more. <https://www.tcdsb.org/programsservices/continuingeducation/pages/default.aspx>

Welcoming Newcomers to TCDSB

The Toronto Catholic District School Board is committed to the nurturing of a caring Catholic learning environment so that all students can feel empowered by what they are learning; supported by the teachers and staff from whom they are learning; and welcome in the environment in which they are learning. Newcomer students in grades 7 - 12 are invited to participate in the annual **Newcomer Student Leadership Conference** on **October 15, 2019**. For more information about the conference, visit the Conference [registration page](#).

Schulich Leader Scholarships | Creating the next generation of technology innovators

Launched in 2012, this \$100 million program funds 50 undergraduate scholarships each year, across top Canadian universities. Our most promising students can pursue their dreams and become the next global pioneers in science, technology, engineering and mathematics.

www.schulichleaders.com

Youth Drop-in Basketball Program

Brown Community Recreation Centre, 454 Avenue Road

Starting October 8, 2020

Info: Jodie.ferrante@toronto.ca

EVENTS AND OBSERVANCES

October is...

- **Autism Awareness Month**
- **Child Abuse Prevention Month**
- **Learning Disabilities Awareness Month**
- **Latin Hispanic Canadian Heritage Month**
- **Principals' Month**

Recognition Days:

- **October 2, 2020 Custodial Workers' Appreciation Day**
- **October 5, 2020 World Teachers' Day**
- **October 22, 2020 Early Childhood Educators and Childcare Worker Appreciation Day**

Other October Observances

- **Rosary Day October 7, 2020**
<https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/Pages/Rosary-Day.aspx>
- **National Catholic Healthcare Week, October 4-10, 2020**
http://www.chac.ca/NCHCW/index_e.php
- **Walk to School Day October 7, 2020**
<https://www.tcdsb.org/Board/environment/transport/Pages/Walk-to-School-Month-.aspx>
- **World Mental Health Day October 10, 2020**
<https://www.tcdsb.org/pages/world-mental-health-day.aspx>
- **Thanksgiving October 12, 2020**
- **International Day for Eradication of Poverty October 17, 2020** <https://www.tcdsb.org/pages/international-day-for-eradication-of-poverty.aspx>
- **School Bus Safety Week October 19-23, 2020**
School bus driver appreciation day October 21, 2020
- **Take Me Outside Day October 21, 2020**
<https://takemeoutside.ca/>
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October Meetings

- October 1, 2020 Student Achievement Committee
- October 5, 2020 Ontario Association of Parents in Catholic Education
- October 6, 2020 Governance and Policy Committee
- October 8, 2020 Corporate Services Committee
- October 14, 2020 Special Education Advisory Committee
- October 15, 2020 Board
- October 27 Ad Hoc Bylaw Committee
- Agendas and Minutes: <https://www.tcdsb.org/Board/TrusteesoftheBoard/boardmeeting/Pages/BoardMeeting.aspx>

Don't Miss Out on the Latest News and Information:

- Visit the Board's website www.tcdsb.org
- Subscribe to ENews to receive updates via email every week
<https://web1.tcdsb.org/InterestSubscription/subscription.aspx>
- Follow @TCDSB on twitter to get updates throughout the day