



# MADONNA CATHOLIC SCHOOL

15 Main Blvd. Sherwood Park, AB. T8H 2G7  
780-467-7972 or [www.madonna.ab.ca](http://www.madonna.ab.ca)



November 2015



From the Pastor's Pen,

Did you know that the church follows its own calendar in addition to the regular calendar that we hang our walls or use on our phones? Our church uses a special calendar called the Liturgical Calendar which separates the liturgies (feasts) of our Lord and the saints throughout the special seasons that the church follows. The church calendar begins with the season of Advent not January 1st. This year the new season begins on Sunday, November 29th. The seasons that follow Advent are:

Christmas

Lent

Easter

Ordinary Time

Right now the church is in ordinary time, which lasts for 33 or 34 weeks and covers 2/3 of the year. Ordinary time happens twice during the year: between Christmas and Lent, and between Easter and Advent. Most of ordinary time, 6 months, falls between Easter and Advent.

Ordinary time is called "Ordinary" not because it is uninteresting, plain or ho-hum. It is called "Ordinary" because the number assigned to it (first, second or tenth) so we have the third Sunday in Ordinary time, the eighteenth Sunday, and so on. The color of vestments in Ordinary time is green, which in the Church is the color of hope. In Ordinary time we celebrate the hope of eternal life which the Lord holds out to us, and hope we might live in such a way as to be worthy to enter into the kingdom of heaven at the Lord's invitation.

\*\*\*\*\*Catholic Education Mass – Saturday November 21 @ 5:00pm. OLPH Parish - 13 Brower Drive. Madonna and St Luke School Communities will be celebrating together. It would be wonderful if you could join us for mass. \*\*\*\*\*

Blessings, Mrs. Littlemore [arlenel@eics.ab.ca](mailto:arlenel@eics.ab.ca)

Remembrance Day



## In Flanders Fields

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies  
grow In Flanders fields.

By John McCrae, May 1915

Canadian Soldiers in Belgium 1944



## Important dates this month:

Nov 4 <sup>th</sup>	1:15 Remembrance Day Assembly Early Out at 2:13
Nov 9 <sup>th</sup> to 13 <sup>th</sup>	Fall Break – NO SCHOOL
Nov 21 <sup>st</sup>	5:00 Mass at OLPH with St. Luke School
Nov 25 <sup>th</sup>	Parent/Teacher Interviews 4:00 to 7:00 p.m.
Nov 26 <sup>th</sup>	Parent/Teacher Interviews 4:00 to 7:00 p.m.
Dec 4 <sup>th</sup>	Toy & Turkey Family Game Night

## Hot Lunch for November

If you are participating in the Hot Lunch Program offered in September the meals for November are:

November 6<sup>th</sup> Booster Juice & Crazy Bread

Nov 13<sup>th</sup> Fall Break (No School)

Nov 20<sup>th</sup> Burgers

Nov 27<sup>th</sup> Chicken Fingers



## What is Evidence of Learning and what does it look like at Madonna Catholic School?

In order that teachers have a meaningful representation of what your child is achieving in the classroom, evidence of that learning is gathered, shared, and communicated with students and parents on an ongoing, timely basis.

Evidence of student learning is collected through formal and informal observations, conversations and products (e.g. tests, conversations, quizzes, reports, performance tasks).

Evidence gathered, and in the way that it is sent home to parents, may look different from classroom to classroom, however the criteria is consistent. All evidence of your child's achievement will be:

Connected to student learning outcomes

Invite conversations between the school and home

Student centered (students articulate their learning)

Demonstrate student growth over time (strengths, areas of growth, and next steps)

Our goal is consistency throughout the school but allowing teacher choice for the organization work samples and how the work is sent home. This could be individual pieces of work sent home or collected and sent home in a binder or folder for parents and their children to review and talk about together.

All pieces of work sent home will have an indication regarding the learning outcome taught. This could be a direct statement, such as an "I can draw and tell about numbers up to 20", or implied, as in a spelling test. This outcome is based on the subject and outcomes required by Alberta Learning. The reason that the outcome is listed, is so that students and parents are able to see the connections between the work required and the grade objective. Parents will be able to see the logical connection between the students' work, the outcome and the professional judgment, as most pieces will have one or more of the following:

Teachers Feedback

Rubric

Self-assessment

Peer-assessment

Assessment of your children's academic achievements drives our teaching and their learning. Conversations about assignments, exams, tasks, or other activities that happen in the classroom should be open and ongoing.

We endeavor to provide parents with the opportunity to discuss their child's learning on an ongoing basis. We hope to provide evidence that allows you and your child an opportunity to talk about his or her own learning.

If you have any questions or concerns about an activity or how your child is doing, please do not wait for interviews or the report card. Please contact your child's teacher as soon as you have a concern or a question.

Parent/Teacher Interviews will take place on:

**Wednesday November 25<sup>th</sup> from 4:00 to 7:00 p.m. (ECS till 8:00)**

**Thursday November 26<sup>th</sup> from 4:00 to 7:00 p.m. (ECS till 8:00)**

The School Interview booking site will be accepting appointment times beginning November 2nd<sup>h</sup>. Please book your interview online at <https://www.schoolbookings.net> using event code YBSN9. Follow the 3 easy steps to complete your interview schedule now.

ECS – 60 minute Interviews/Grade 1 – 15 minute interviews/Grade 2,3 & 4 – 10 minute interviews



## Toy & Turkey Family Game Night

Your ***Madonna Parent Council*** is planning a fall fun event for Friday, December 4<sup>th</sup>, 2015. This game night is not only a fundraiser but a great way to meet other families within our school.

A total of 16 bingo games will be played throughout the evening with toys and turkeys awarded instead of cash. In addition donated prizes will be raffled off.

Please help make this event successful by sending in one or more toy donations and/or one or more raffle basket donations. In the past these have included hockey tickets, electronics, leisure goods, and gift certificates for the movie theatres, spas, and more.

Is your child feeling under the weather? Please contact the school to let us know your child is not going to be attending at 780-467-7972 or [www.madonna.eics.ab.ca](http://www.madonna.eics.ab.ca)



## 4S Visit to Strathcona Care Centre

On October 21st grade 4S went to the Harvest House. We sang 7 songs and they joined in on You Are My Sunshine. We played bingo and we got chocolate if we got a bingo or a blackout. The residents and people that volunteer are really nice and sweet. Some of the residents are in wheelchairs. We made a lot of new friends and next time we will make new friends. We can't wait to go again!

By: Carter.D, Ryker, Jordan, Jessica B. (See picture on next page)





## Clothing Nook

The Clothing Nook is located here at OLPH Parish. We accept donations of **clean, gently used seasonal clothing and household linens**. Donations can be dropped off at the parish office during regular church hours. We are unable to accept household items.

All the items are sorted into sizes and arranged by our dedicated volunteers. Our school families, Parishioners and residents of Strathcona County who are in need of this service are **welcome to come on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of each month from 1:30-3:30 to shop free of charge**. For more information please contact the

Parish office  
[780-467-5470](tel:780-467-5470).



## Altar Servers

(Grade 4 and older)

Are you able to share your time and talents in the service of God and Church? Please consider volunteering as an altar server.

An altar server helps during Mass. There is a training session to teach you what you need to do. If you are interested please contact Father Antony at 780-467-5470 or [acruz@olph.ca](mailto:acruz@olph.ca)



## BAPTISMS



If for any reason your school aged child is not yet baptized and you would like to look into baptism for your child please do not hesitate to contact the church at 780-467-5470 or [pastoralcare@olph.ca](mailto:pastoralcare@olph.ca). We would be most happy to help.

Reconciliation for MCS students is scheduled for Saturday, November 28<sup>th</sup>, 2015 at 10:30. Please mark your calendars!!

Interested in First Communion or First Reconciliation for your child(ren)? Please contact Raylene Yuzyk at the Parish office – 780 467-5470

## 4S Visit Strathcona Care Ctr.



Join us for our Remembrance Day Celebration November 4<sup>th</sup>! It begins at 1:15 in the MPR room.



## Swim Times for November:

Grade 1 and 4's go Monday November 2<sup>nd</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup>.

Grade 2 and 3's go Thursday November 5<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>.

**\*\*\*Remember your bathing suits and towels!\*\*\***



## Wow – Check this Out!

**The Grade 3's and Mr. Harmata make the CTV news.** Congratulations to all the staff, families and students who continue to support making the healthy choice the easy choice!

<http://edmonton.ctvnews.ca/video?clipId=739463>



### *Supporting Families in Need*

We thank all the Madonna Families who have been so generous in donating additional monies to the school to support our families in need. Additional monies help to pay for field trips, swimming lessons, and materials for these children in our school.

If you would like to donate to the school for this purpose, please make your cheque payable to Madonna Catholic School and mark on it – donation for families in need.

All donations for 20.00 or more will receive a receipt for tax purposes.



### Earth Club is Earth Friendly!

Thanks to a generous donation from the Emerald Foundation Grant and Conoco Phillips Canada, We have a small outside garden that we have used for the first time this past school year, successfully harvesting cucumbers, beans, pumpkins, peppers and peas.

Even in our cold Alberta climate soil can now be augmented through our own composting program. Each classroom will be receiving a compost bucket, purchased with the grant money. The garden club members will be sharing the information of which items from our lunches can be composted rather than thrown away. The list will include such items as banana peels, apple cores, orange peels and any other green that may be in our lunch kit.

The Earth club is also working on a bulletin board display to share the process and the benefits of what we are doing as a school. The grant money also supplied us with the composter and the special composting mixture to ensure that the vegetable vines and leaves and the composting bucket items turn into rich, fertile soil that will allow us to again plant our garden in the spring.

We are getting our hands into the soil to become a greener group of students who honor and cherish our environment. Pope Francis, in his encyclical, Laudato Si, encourages us all to culture who desire to love and cherish our planet.

Stephanie Starko and Sherry Matheson  
Earth Club Leaders







## Turn Off the Tube...G-et Up and Move!



### Did you hear?

Canada is the first country in the world to have guidelines that suggest limiting the amount of time children and youth spend staring at a screen.

These guidelines are called the Canadian Sedentary Behaviour Guidelines for Children and Youth.

The guidelines show us how truly important it is for kids to move around more often, in all kinds of ways, every day.

For elementary school aged children the guidelines recommend reducing recreational screen time to no more than two hours per day.

Some of the most common screen time activities are:

- 1) Video games
- 2) Computers
- 3) Online social networking
- 4) Smartphones/cellphones
- 5) Handheld devices like Nintendo DS

Do you or your children spend more than two hours per day using any of these items?

Studies have shown that increased sedentary (inactive) times can lead to decreased fitness, poor self-esteem, weak academic performance, and obesity.

Here are a few ideas to get your kids to turn off the tube and get up and move:

- o Instead of driving your kids to school, have them walk or bike with you or their friends.
- o Encourage your kids to be involved in after-school activities.
- o Limit after school television, video gaming, texting and other screen time.
- o Engage your kids in helping you prepare meals (giving them age appropriate tasks like washing fruit and veggies).
- o Eat at the dinner table instead of in front of the television screen.
- o Offer your kids some active choices for indoor and outdoor chores; change it up often, so they don't get bored with the same chore.
- o After school and in the evening, encourage kids to visit with friends instead of only communicating with them online.
- o Invite your kids on a walk or bike ride after dinner; aim to do it regularly so the "active habit" gets established and becomes part of the family routine.

By adding some of these ideas into your daily routine you could help your child improve their self-esteem, their fitness level and their grades.

It's a win-win!

Adapted from: Canadian Sedentary Behaviour Guidelines – Getting Kids to Move More  
<http://www.healthyalberta.com/ActiveLiving/1022.htm>

### Sautéed Maple Apple Slices

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.40

1 – 9" x 13" baking pan

Preheat oven to 350°F

Ingredients:

1/2 cup apple juice 125 mL

2 tsp cornstarch 10 mL

2 lbs apples 1 kg

2 tsp lemon juice 10 mL

1/3 cup maple syrup 75 mL

2 tsp non-hydrogenated margarine 10 mL

Instructions:

1. Blend the apple juice and cornstarch in a measuring cup, making sure that all of cornstarch is dissolved and is not lumpy.
2. Core and slice the apples; they do not need to be peeled. Place the apple slices in the pan.
3. Toss the apples with the lemon juice to prevent browning. You may want to do this as you slice them, depending on the apple variety as some brown more quickly than others.
4. Bake for 10–15 minutes. Remove from the oven and add the maple syrup. Bake for another 10–15 minutes.
5. Stir in the apple juice/cornstarch mixture. Brush apples with the margarine. Stir well.
6. Bake an additional 15 minutes, until the sauce is slightly thickened and transparent. Stir gently to distribute the glaze over all the apple slices.
7. Enjoy!

Adapted from: Strive for 5 at School  
<http://www.gov.ns.ca/hpp/publication/s/S45-Resource-Guide-Eng-Web.pdf>



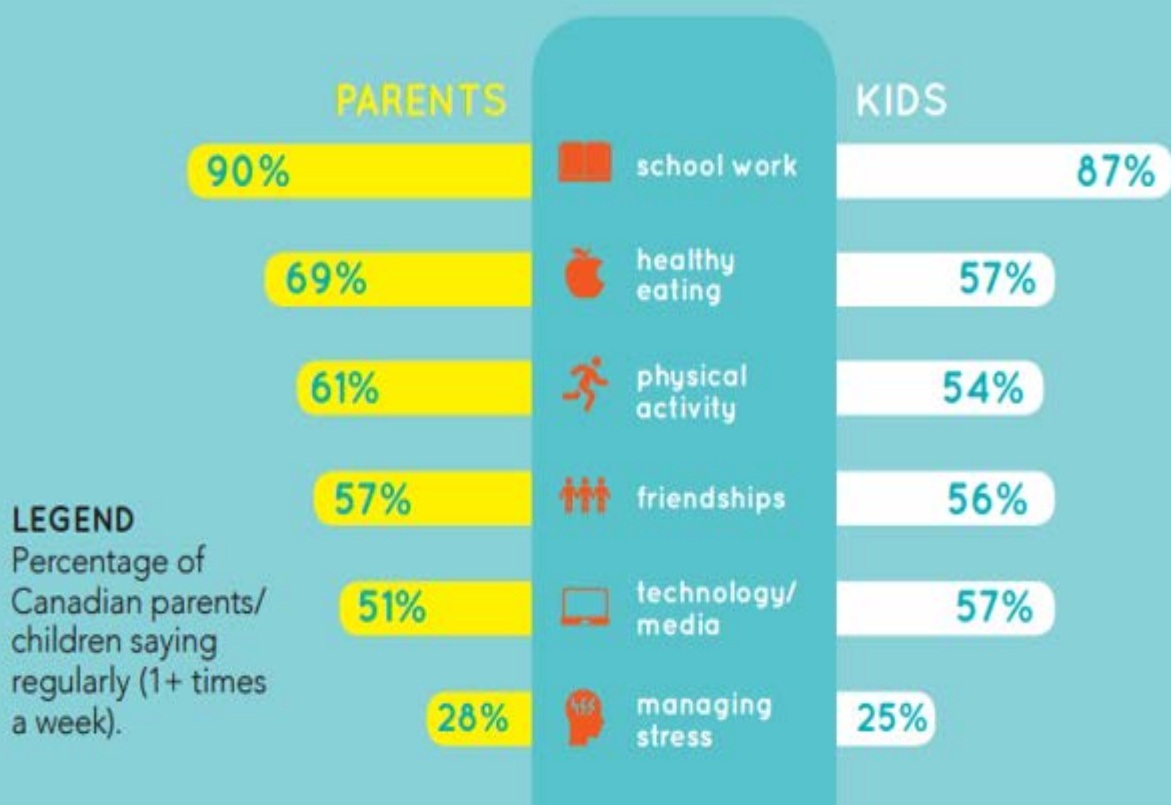
Check out your local community center to see what kind of fun activity programs they have. Maybe you will find a new favorite activity!



Alberta Project Promoting  
active Living & healthy Eating

# Parents and kids are much less likely to talk about factors of mental well-being such as stress

**Q** How often, if at all, do you talk to your kids/parents about the following topics...?



NEWS RELEASE Are Canadian parents leaving kids' mental well-being off the dinner table? Homework, healthy eating and physical activity are hot topics – but not stress management Toronto (October 6, 2015) – Despite ranking the mental well-being of their kids as the top concern, Canadian parents aren't talking about it with them. According to new data from Taking the Pulse of Canada's Kids: A Landmark Study on Physical, Social, Emotional and Mental Well-being, by Companies Committed to Kids (CCK), parents and kids are much more likely to discuss schoolwork (90 per cent), healthy eating (69 per cent), physical activity (61 per cent), friendships (57 per cent) and technology/media (51 per cent) over managing stress (28 per cent). "Today's kids need help managing the daily stressors in their lives and parents need to be proactive about exploring feelings, discussing coping strategies and managing life's ups and downs", says Dr. Debra Pepler, Scientific Co-Director of PREVNet and Distinguished Research Professor of Psychology at York University. **"It is well established that children's mental health is linked to the frequency of having discussions about both the positive as well as the challenging aspects of daily life. The dinner table, a car ride or couch time represent perfect places and opportunities to have these conversations."** "Bev Deeth, President of CCK says, "It is encouraging to see that parents are talking to their children about important facets of their life like homework and healthy active living and they can use these topics as a springboard to dig deeper and get at issues that may affect their child's mental well-being." In the same study, parents ranked resiliency as the most important factor of a child's mental well-being with over half (51 per cent) indicating they could use more support in this area.