

ST. Agnes School

March 2017 Newsletter

This Year We Will Make Mistakes and
from them we will Learn and Grow

Hello Parents/Guardians,

I just want to take a moment to remind you that you can read all our newsletters and updates on our school website at: <http://stagnes.wcdsb.ca/>

Also, if you haven't already done so, please take a moment to sign up for School Cash On Line. The more people we get paying for events, etc. on line, the better it is, since we won't have cash being exchanged at school. We have found money on the school yard, we have had students lose the money they bring to school... School Cash on line is a great solution to this problem. And ... it is easier to manage the transaction and money from the standpoint of the school. It is also easier for you to make payments on line.

Our school board values parent voice. It is time for you to give the board a report card on how we are doing. Please visit our board website and take a few minutes to fill out our Multi-Year Strategic Plan Survey. In this newsletter, you will find the graphic on how to fill out the survey.

On February 28, we had a very successful school wide event - our annual Pancake Breakfast was held at our school. I would like to thank many of our School Council members and volunteers (there were about 25 of you), who worked very hard to organize and ensure the success of this event. Thank you for the constant care you have in ensuring that events like this are done so well. The students and staff were extremely happy (...and full) thanks to you! All Parents/Guardians (but especially those of children in grade 3 and 6): take advantage of the wonderful resource located at the EQAO website. There are sample EQAO questions that you can review with your child in preparation for the EQAO testing that will take place in May. You can find these questions at the following link and click the "parents" link for great information to help you help your child prepare for the assessments.

<http://www.eqao.com/en>

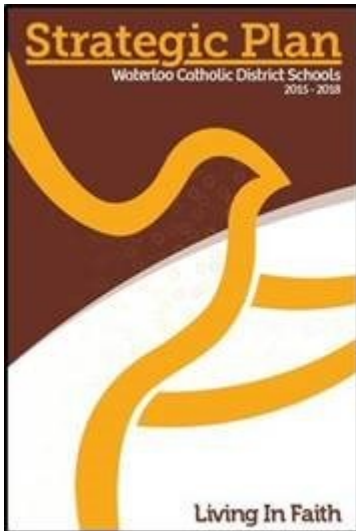
Please remember to follow all safety rules and procedures when dropping off and picking up your children in our school parking lots. Student safety is very important to us and we continually watch unsafe activity in our parking lot. Although it is getting better, there seems to continue to be some parents who insist on not following the parking lot rules and causing unsafe situations. Please think about all our students as you drive through the parking lots. Thank you again for your overall continued support, as we implement strategies at our school to set students up for success and that are in their best interests. It is very important for our students to know that we have a constant home/school connection. As always, if you have any questions or concerns, please do not hesitate to call me.

Sincerely,

Gloria Lasovich



WCDSB—How are we doing?



New Uniforms

We are very excited to have received a \$1800 grant from the Catholic Schools Foundation for team uniforms. We purchased the new uniforms from Sportco. We are now able to outfit all of our sports teams throughout the entire school year !!



Omm. . . New Yoga Mats

We received a \$400 grant from the Catholic Schools Foundation, which we used for new yoga mats for the school!!! There is now a Yoga Club for the grade 8 class, and the intermediates have incorporated yoga into their gym curriculum. The primary students will begin outdoor yoga this

spring!

Namaste.



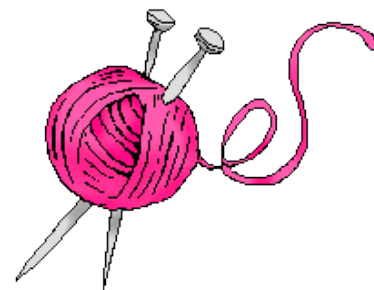
LIBRARY MATTERS



This week we are excited to begin the Blue Spruce Forest of Reading with our primary classes. There is a great selection of books this year and I can't wait to see which one they will choose as their favourite!

I mentioned earlier that we had a generous donation from Tepperman's Furniture Store in Kitchener. Our furniture has arrived! We received a beautiful table that is great for small group work. It has quickly become a favourite spot by the window. We also received a beautiful new bookshelf from Tepperman's that is ideal for showcasing our graphic novel collection. Thank you so much to Tepperman's for the generous donation!

We have been holding a knitting club in the library and we've had an overwhelming response. If anyone has any yarn or needles that they are able to donate it would be greatly appreciated. Our first meeting had about 100 students!! Now we've started teaching the older grades with hopes they will be able to help teach the younger grades.



Shonna Bechtel
Library Technician
St Agnes

Do You Have A Favorite Book?

Talk to your children about your favourite books growing up, and read them together



Fit Bit March 2017 – 10 Ways to Eat More Vegetables and Fruit

1. Boost Your Breakfast: Add berries, dried fruit or sliced banana to your cereal, yogurt or oatmeal. Try peppers, mushrooms, onions or chopped greens in a delicious omelette.

2. Double the Veggies: Add extra vegetables into your soups, stir-fries, casseroles and pasta dishes. Load up on veggie toppings for pizzas and sandwiches.

3. Salute the Snack: Revolve snack time around vegetables and fruit. Pre-cut or peel fruit like oranges to make it more appealing and easier to eat quickly during snack breaks.

4. Take a Smoothie Break: Whip up large batches, freeze in single portions and take on the go when needed! Try adding a handful of greens with fruit, yogurt, milk and ice.

5. Dig the Dip: Dip apples, pears or bananas in yogurt or one to two tablespoons of peanut butter. Veggies are great paired with hummus, salsa or low fat sour cream. Try the easy dip recipe below, you can flavour it however you like!*

6. Reinvent the Chip: Bake thinly sliced sweet potatoes, beets, torn kale or collard greens to satisfy that crunch! Toss bite-sized pieces in a small amount of vegetable oil and your choice of spices before baking until crispy.

7. Weekly Featured Vegetable: Give everyone in the family their own week to choose a feature vegetable to cook with. Try to choose vegetables that are in season.

8. Use Frozen Veggies (and Fruit!): Over the winter buy more affordable frozen vegetables and then steam them, puree into soups and sauces or bake them in a casserole. Frozen fruit is great on cereal or in smoothies.

9. Delight in Dessert: Frozen grapes or bananas make a delightful dessert. Other simple ideas include fresh fruit, a baked apple, fruit salad or fruit kabobs with yogurt for dipping!

10. Half Your Plate Twice a Day: Meet your recommended number of servings in a flash by making half of your plate vegetables at lunch and at dinner!

Garlic & Dill Veggie Dip

Preparation Time: 5 minutes

Ingredients:

- 1 cup (250 ml) light sour cream or plain yogurt (1% M.F. or fat-free)
- 3 Tbsp (45 ml) light mayonnaise
- 1 Tbsp (15 ml) lemon juice
- 1 tsp (5 ml) minced garlic
- ¼ cup (60 ml) chopped fresh dill or parsley

*You can use any combination of fresh or dried herbs and spices to flavour this dip. Instead of dill, try it with 1 tablespoon (15 ml) of dried herbs or spices like curry powder and paprika, or Italian seasoning.

Directions:

1. Stir together all ingredients in a small bowl and chill until ready to serve. Prepare up to one day in advance for even more flavour.

Recipe adapted from *500 Best Healthy Recipes* by Lynn Roblin, MSc., RD



Spirit League

On behalf of the Spirit Team, we would like to thank everyone that helped contribute to our friendship week activities by purchasing Candy Grams and stamps for friendship mail. We were all so impressed of how much spirit we had in our school community. We raised a total of \$410.00 for the House of Friendship. Thank you for all your help and continued support in giving back to our community. Great Job St. Agnes!!



Welcome To The 12th Annual

Bishop's Banquet

Proud Partner:

ST. JEROME'S UNIVERSITY

WEDNESDAY ♦ MARCH 29 ♦ 2017

Catholic Education Centre • St. Mary's Parish Hall
35 Weber Street West • Kitchener • Ontario
(corner of Weber St. W and Ontario St.)

Tickets: \$100 per seat / \$800 per table Tel: 519-578-3660 ext. 2373

A charitable receipt will be issued for a portion of the ticket price.

Visit www.wcdsb.ca for all News and Information regarding the
Waterloo Catholic District School Board

Inspired to Learn and Love Math

The Council of Ontario Directors of Education has produced a wonderful resource for parents. It is called "Inspiring Your Child to Learn and Love Math". If you would like a hard copy of this resource, please call the school and let us know. It is also fully available on line at http://www.ontariodirectors.ca/parent_engagement-math/en/index.htm