

# ST. Agnes School

## September 2016 Newsletter

Hello Parents/Guardians,

Sept. 2016

I would like to take this opportunity to welcome all our students back to school and welcome to any families and staff who are new to our school community. I would also like to say once again that it is an absolute privilege to continue to serve as the principal of St. Agnes School.

I want to take a moment to thank our wonderful staff for their commitment and genuine care in preparing our school for the start of the school year. I am so grateful for the time they spent here this summer... their summer holidays, to prepare our school and the classrooms for our students. The countless hours our staff spent here in August does not go unnoticed. A very special thank you is also extended to our secretary, Mrs. McGlynn. With a smile, Mrs. McGlynn worked hard to make sure that the administrative tasks of beginning a school year were taken care of. I would also like to thank the custodial staff - Keith Clayfield and Ken Howlett for preparing the school for the students and the staff. We are truly blessed to have such dedicated staff.

I also would like to say thank you to Denise Porter, our council chair, and the rest of the council members who did an amazing job of organizing our play date on Sept. 1 for our new students. What a great way to help new families feel welcome! The feedback received from our new families about this event was very positive and appreciative.

This year, we have planned many exciting activities for our students and for the community. It will be necessary to continue to prioritize the importance of building community... our focus, as always, will be the students we are privileged to serve. As a school community, we continue to work on developing growth mindsets - that is, the attitude that **YOU BELIEVE AND KNOW YOUR TALENTS CAN BE DEVELOPED** and **THAT GREAT ABILITIES ARE BUILT OVER TIME** and that **MAKING MISTAKES HELPS** us on our **PATHS OF OPPORTUNITY AND SUCCESS**. This year, we will also focus on the fact that sometimes, when there is struggle, it helps us to reach our fullest potential. We are using the symbol of the butterfly to remind us of this.

Please make sure that you read the newsletters thoroughly each month, as we will have a lot of information and exciting news to share in the coming months. There will continue to be a special section every month that focuses on Growth Mindset and parenting tips to help your children to always work to their potential. Newsletters will be posted from the school at the beginning of every month. These will put on our website. Please keep up to date with information by visiting: <http://stagnes.wcdsb.ca/>. Classroom newsletters will also be coming home at the beginning of every month/ or posted on D2L or Google Classroom.

This year, we will continue to celebrate our students at our "Student of the Month" Assemblies. Every month, our school community will be focusing on one of our 7 Catholic Graduate Expectations. We will also recognize the great things that students do on a daily basis in our school (office helpers, sports teams, classroom helpers, etc). These assemblies give us, as a staff, opportunities to publicly recognize our students for the great things they do for our school community.

As a staff, providing a safe, nurturing learning environment for our students is our most important job. Seeing happy students who are safe and healthy is what we strive to accomplish every year.

I look forward to seeing you at our Open House BBQ on Tuesday, September 20 at 5:00 p.m. If you have any questions or concerns, please do not hesitate to call à 519-885-3180.

Sincerely,

*Gloria Lasovich*

## Join The Paperless Movement

September's newsletter will go out in paper format to all families.

Moving forward we encourage our students and their parents to access the Newsletter and School Calendar on our School Website at <http://stagnes.wcdsb.ca>. You can also receive the Calendar, Newsletter and important school information immediately by joining our NEWSWIRE List.

From October to the end of the year we will no longer provide a paper copy of the calendar and newsletter, unless directed to by the parents. If you wish to continue to receive a paper copy please complete the information below and return to the office.

I would like the St. Agnes Newsletter in a paper format

Name and Grade of Youngest Child Attending  
St. Agnes

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

## ALLERGIES: SEVERE NUT

### ALLERGY

Please refrain from sending any food items that contain peanuts. We have some students at St. Agnes who are severely allergic to peanuts. Additionally, since school administrators, staff and volunteers are not food experts and are not qualified to decide what is (or isn't) real peanut butter, students arriving at school with a peanut butter substitute will be dealt with using the same protocol used for students who arrive at school

The way we  
talk to our  
children  
becomes their  
inner voice.

PEGGY O'MARA

Student Absences

Call the school at  
885-3180

## ST. Agnes Staff 2015-16

*Mrs. Lasovich—Principal*  
*Mrs. McGlynn—Administrative Assistant*  
*Ms. Claire Rickert—JK and SK*  
*Mrs. Michelle BORHO-HARRIS—JK and SK*  
*Mrs. Elena Cerilli-Schulz—Grade 1*  
*Mrs. Maric—Grade 1/2*  
*Mrs. Amy Schnurr—Grade 2/3*  
*Mrs. Kelly Monahan—Grade 3*  
*Mrs. Joanna Buzek—Grade 4*  
*Mrs. Angela DiMarco—Grade 5*  
*Mrs. Sandra Labelle—Grade 5/6*  
*Mr. Clifford—Grade 6/7*  
*Mr. Mark Johnston—Grade 7/8*  
*Mr. Paul Henriques—Grade 8*  
*Mrs. Watchorn—DECE*  
*Mrs. Voelzing—DECE*  
*Mrs. Gasior—DECE*  
*Mme Renée—French*  
*Ms. Poulin—Special Education*  
*Mrs. Brown—Educational Assistant*  
*Mrs. Weadick—Educational Assistant*  
*Mrs. Schlegel—Educational Assistant*  
*Mrs. Stemerding—Educational Assistant*  
*Ms. Steffen—Educational Assistant*  
*Ms. Lazarevich—Planning Time*  
*Mrs. Bechtel—Library Technician*  
*Mr. Clayfield—Custodian*  
*Mr. Howlett—Night Custodian*  
*Mrs. MacIntosh—Playground Supervisor*  
*Mrs. Jewer—DECE Asst. Playground Supervisor*  
*Ms Webster—Itinerant Teacher*  
*Mrs. Koechl—Itinerant Teacher*  
*Mr. Figueiredo—Itinerant Teacher*

# Fit Bit September 2016: Making Healthy Choices Easier with the Better Food to Buy List

Overwhelmed by the idea of packing school lunches? Wish the easy choice was the healthy choice? We're here to help.

Public Health has created a **Better Food to Buy** list of healthier food and beverage items available in grocery stores to help you make the easy choice, the healthy choice. The items listed in the resource meet the criteria for "Maximum Nutritional Value" in the WCDSB Food and Beverage Policy's nutrition standards.\*

Parents and caregivers can use this list when they are...

- Packing lunches and snacks for school or work
- Making donations to the food bank
- Buying food and beverages for a camping trip or long car ride
- Putting non-perishable food into an emergency preparedness kit

Teachers and school staff can use this list when they are...

- Packing lunches and snacks for work
- Purchasing food or beverages to offer during workplace meetings
- Offering snacks during events, programs or after-school activities
- Planning menus or purchasing food for student nutrition programs
- Choosing items to sell in vending machines, tuck shops or other retail settings at school

Better Food to Buy – Perishable <http://bit.ly/BFTBPerishable>

Better Food to Buy – Non-Perishable <http://bit.ly/BFTBNonPerishable>

\*The food and beverages listed in the resource also meet or exceed the nutrition criteria for "Sell Most" in the P/PM 150 Ontario School Food and Beverage Policy, which is the minimal policy standard that schools in Ontario must

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The **Better Food to Buy** lists are available on our website <http://bit.ly/NutritionResources>. The perishable version features healthier refrigerated and frozen foods including yogurt; while the non-perishable version features healthier shelf-stable foods such as cereals, granola bars, and canned goods.

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## *Pizza Day*



Pizza day is every Thursday, here at St. Agnes. We will again be serving pizza with whole wheat crust, low fat cheese and pepperoni. (Cheese only for JK/K). The Grade 8 class will be organizing and delivering the pizza as part of their data management math program. The program will run very similar to last year.

Each classroom teacher will collect pizza money from their students Thursday morning and the pizza will be delivered that day for 12:05 pm. The cost is only \$1.00 per slice of pizza you can pay for your pizza for the whole month through CASH ONLINE. If you choose to pay cash, bring in the money on Thursday mornings. **(EXACT CHANGE PLEASE)**. Please remember to send your child's drink and snacks like all other days. The pizza orders will be sent to Room 14 first thing on Thursday morning.