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St. Gabriel
Catholic School

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November 2024 Newsletter



Principal's Message

During the month of November, we honour all the Saints of our faith. We continue to pray for the Faithfully Departed and our loved ones who have died. Keeping them close to us through our prayers and devotions helps to bring us comfort and support.

First term progress reports are going home on November 4th. These reports give a good indication of how your child is achieving in the various curriculum areas and how they are progressing in their learning skills. Next steps are provided to ensure your child reaches their potential.

Parent/Teacher Interviews will take place in person on Thursday November 14th in the evening and Friday November 15th in the morning. There will be a separate email explaining how to sign up for interviews with your child's teacher. Please ensure that you sign-up for an interview as this is a great opportunity to hear about how well they are doing and how you can support them at home as well.

On Monday November 11th we will celebrate Remembrance Day with our school Liturgy. Poppies will be given to each student in the school. We are asking for a small donation to support our veterans on that day.

Please take the time to remember Canada's Veterans, Brave and Proud.

Peace and Blessings,

Mrs. J. McLaren Gibbons & Mrs. R. Plant

Principal & Vice-Principal



***Little Poppy
Little poppy
Given to me,
Help me keep Canada Safe and free.
I'll wear a little poppy,
As red as red can be,
To show that I remember
Those who fought for me***



Please call the office if any of your contact information has changed, i.e. phone numbers, email addresses. This information is how we will be communicating all information to our parents/guardians, so it is very important that we have the correct and up to date information. 519-756-4706.

If you need assistance in registering for school cash, please contact the office.

Thank you!

Progress Reports were sent home with students on Monday November 4th. Please return the envelopes to school along with the signed page.



Important Dates

Monday November 11 th	Remembrance Day Liturgy
Tuesday November 12 th	Picture Re-Take Day and Class Photos
Wednesday November 13 th	Immunization Clinic (Gr. 7s and any 8s who missed last year)
Thursday November 14 th	Parent Teacher Interviews (Evening Only)
Friday November 15 th	P.A. Day (No school, Parent Teacher Interview Morning only)
Tuesday November 19 th	Poinsettia Orders Due
Tuesday November 26 th	Camp Celtic Deposit Due (Grade 8s)
Thursday November 28 th	Poinsettia Pick-Up (Gym 3pm-6pm)

INCLEMENT WEATHER– SCHOOL CLOSING OR BUS DELAYS

www.stsbhn.ca

St. Gabriel School is Zone 4

Student Transportation Services of Brant Haldimand and Norfolk has developed a website which contains information on bus cancellations and delays. This site can be accessed either through the Board's website www.bhncdsb.ca (under the Parents tab) or directly through your browser to www.stsbhn.ca. Once you have entered into the Transportation's website, click on the "**Cancellations– Closures Morning Fog Delays**" icon, which is on the top left corner of the page. This will tell you:

- A) What routes have been cancelled/delayed on any given day;
- B) When a zone is cancelled or delayed, it will flash and read "**Cancelled**" or "**Fog Delay**".

Please note when transportation is cancelled in a zone, the schools in that zone are closed.

We are in Zone 4, and that includes all the schools in the city of Brantford. When the weather is bad, be sure to listen to the radio (1380 AM, 92.1 FM). Have a back-up plan for baby-sitting in an emergency. Please do not send your child out in bad weather until you know that the schools are open, and staff are in attendance. The information on the website is updated daily **by 6:30 am** and will be reported on our **Twitter account @stgcatholic**. Thank you for your attention to this very important safety concern.

WINTER WEAR & DRESSING FOR THE WEATHER

This is the time of year to dig out those snowsuits, hats and mittens. Please remember to **label** all your child's outerwear. Ensure that your child has proper clothing for the weather. This includes proper footwear to stay warm for our outdoor play.



Milk Bag Collection for St. Basil CWL

We are happy to support the CWL at St. Basil church in their collection of CLEAN milk bags to make bed mats for other countries. If you can support this initiative, please send in the **CLEAN** bags with your child and we will be collecting for a monthly pick up from the CWL.



Arrive On Time



We continue to experience a number of families and students that are arriving in the morning after the bell and also picking up students late at the end of the day.

One of the key ways that you can support your child's learning, and create sound work habits, is to ensure they **arrive on time for school**. Our new bell time is **8:40am**. Please help them to organize themselves at night by packing their backpacks, laying out their clothes and making their lunches so that the morning is organized and runs smoothly to ensure a timely drop off each day. A good night's rest sets up the next day for success. **Late arrivals mean students are missing important learning and it can disrupt the learning for others when students arrive after the bell.**

Our **dismissal bell rings at 3:00pm** and it is important that families arrive on time for dismissal. We realize the front of the school can be very congested, but students need to be picked up promptly. Please ensure that if for some reason you are running late you contact the office to make us aware so we can notify teachers, and ensure students are waiting at the office to be picked up.

We appreciate your support in ensuring students begin their day promptly and are picked up on time.

EARLY LEAVE/APPOINTMENT

The school office is a busy place, especially at the start and end of the school day. Last minute requests for students to leave early are difficult to manage – both due to the volume of requests and their last-minute nature. Parents are reminded to send a note to their child's teacher if there will be a different dismissal arrangement (early pick up, different person to pick up, no YMCA, etc.) ***If a change legitimately occurs at the last moment, please make EVERY effort to contact the school BEFORE 2:30 pm.*** Thank you.



DROPPING SOMETHING OFF FOR YOUR CHILD?

Lunches and forgotten items are to be labeled and left in the "Drop-Off Zone", on the table just outside the office. Students will be excused by their teachers at an appropriate time to pick items up; this minimizes classroom disruptions and learning interruptions. Thanks for assisting us with this.



Hot lunches are still available through Lunch Box by placing your orders through School Cash Online. Be sure to order before Sunday at noon for the next week. We are offering Hot Lunch **Tuesday = BIG BOX PIZZA, Wednesday = SUBWAY, Thursday = La Bottega, AND Every OTHER FRIDAY JOHNNY GREEKOS.** Please note that this our school fundraiser and we appreciate your support in ordering when you can.

Catholic Virtues of the Month **October: Being a Team Player (Compassion)**



The recipients of the **October Virtue** demonstrate kindness towards others, are considerate in their actions and words, are forgiving towards others and demonstrate an attitude of wanting to help others, particularly when someone else is in need.

This month's recipients of the October Catholic Virtue are:

Morire O., Cyril A., Harmonyee H., Ellie M., Torera M., Jesse A., Kayley D., Sherie Thea R., Claire C., Cason C., Callum E., Emilia P., Anderson F., McKinley S., Broderick R., Abigail S., Malcolm B., Kaden L., Myla M., Peral L., Clara C., Xavier F., Mateo A., Luke S., Lucy B., Annette M., Michael D., Zak Y., Mason R., Pyper P., Juan R., Emmanuel Y., Zaina Y., Ava B., Coen C., Tenley E., Jordan O., Gabriella B., Felix B., Mehri B., Cole D., Addison A., Makaley O., Guiseppe A., Niko A., Brooklyn F., Sasha L., Colton K., Tatum D., Fifi A.

Congratulations!

The Catholic Virtue for November is to be a Peacemaker.

Junior and Senior Cross Country Tournament

Congratulations to both our Cross Country teams! All of our students ran well and worked hard for well over a month practicing after school. We would like to thank them for their hard work, dedication and modelling strong sportsmanship skills during the tournament.

Thank you to our coaches Mrs. Mancini and Mrs. Howarth for their time, dedication, and guidance in supporting our students at the tournament and practices.

Junior Team: Zak Y., Michael M., Mason R., Jaylen X., Christopher J.M., Morgan C., Lilya C., Sydney L., Juliana D., Leah F., Annette M., Cara G., CJ S., Chris C., Kemeyeose O., Juan R. P., Seke O., Paula B., Amelia M., David O., Oscar L., Ben F., Brayden S., Gabriella B., Brooke L., Iliana F., Olivia S. D.,

Senior Team: Fabian O., Giuseppe A., Simon R. G., Christian L., Ryan C., Zulfaa N., Samantha L., Jake R., Gryffin F., Jackson S., Dorian B., Rodrigo M. P., Jonah G., Jeremiah O., Grayson P., Kaylan G., Charlotte G., Emma C., Avery S., Fifi A., Kayla B., Natalia S.D., Sasha L., Zoe A., Kaia S.



Head Lice Action Plan

You know the routine - it's that time of the year again. Check your children's hair at least twice a week, remind them not to share combs, hair bands, hats, scarves, and call the school if you notice a problem. Remember too, that if head lice is detected, you also need to treat your entire house - bedding, upholstery, any clothing that is pulled over the head, and anything that comes in contact with the hair. It's a big job, but it's necessary!

St. Gabriel school will communicate with the school community with regards to prevention and treatment of head lice.

Communication will include:

- Prevention strategies included in monthly newsletters and memos
- Treatment solutions shared with families
- Information regarding head lice outbreaks by class, school
- Checking classes for reported or suspected cases of headlice as needed throughout the year
- Sharing of information from the local Health Unit regarding treatment and prevention
- Sharing of the Administrative Policy with Parent Council, staff, and school community

All steps will be taken to ensure confidentiality of students and families.

St. Gabriel School is committed to supporting families with the treatment of headlice and re-entry to school once affected students are lice/nit-free.

Additional Information from The BCHU:

Head Lice

Head lice treatment is free for Ontario residents 24 years and under through OHIP. Head lice treatment products are available at no cost for anyone age 24 years or younger who is not covered by a private plan. Families would need a health card number and must get a prescription.

Families may find our head lice guide helpful to prevent reoccurrence: [Head Lice Prevention & Treatment \(bchu.org\)](http://bchu.org)

STUDENT ATTENDANCE AND LONG ABSENCES

We want to remind families of the School Board's Attendance Policy. If your family has planned an extended absence and your child(ren) will be away from school, **you must contact the classroom teacher and office to make us aware of the length of the absence.** There is also **specific paperwork** that must be signed to ensure we are aware of the reason for the absence **if over 5 days of a consecutive absence.** This includes periods of time that may impact a child's return to school in September if you plan to travel over the summer.

Parking

Please be aware that the Bylaw officer will continue to monitor the parking throughout the year. He will be ticketing individuals who are parking in the no parking spots across the street from the school. Please remember that double parking in the parking lot is not allowed. Our kids are worth it. Park in designated areas only. Please note *****YOU CANNOT DRIVE THRU OUR FRONT CIRCULAR DRIVE.*****

Self-Regulation and Supporting our students:

What is Self-Reg all about?

Shanker Self-Reg® is a process for enhancing self-regulation by understanding and dealing with stress. In Self-Reg we consider both our responses to stress and our underlying state of energy and tension when we encounter a stress. Check out the parent info sheet for more information [infosheet_SelfRegParents.pdf \(self-reg.ca\)](#)

Self-Regulation

- Self-Reg is based on the original, psychophysiological definition of self-regulation, which refers to how we respond to stress.
- We all self-regulate, though sometimes in ways that are maladaptive: i.e., that don't help us recover from stress and actually lead to even greater stress down the road.
- Adaptive (effective and helpful) self-regulation promotes growth and learning as well as helping us recover from stress.
- Self-regulation is not the same as self-control. Self-control is about inhibiting troublesome impulses. Effective self-regulation reduces the stress-induced feelings that cause impulses.
- Self-regulation is about understanding, not "monitoring and managing," emotions, thoughts and behaviour in ourselves and others.