



**St. Mary's**

**Catholic School**

**2020 Newsletter**

[stmary@shaw.ca](mailto:stmary@shaw.ca) / [www.stmarysschool.ca](http://www.stmarysschool.ca)

## October from the principal's desk...

"It's so cold out", said the grade one student! "I don't get it mom? Isn't September supposed to be warmer"? Most of us go with the flow, knowing we can't control the weather, but to a child these things can be unexpected. We know we cannot prepare our children for every eventuality; however we can prepare them to react to life's unexpected happenings in a manner that gives them confidence and keeps them calm. In fact, if we do a good job at teaching children these age appropriate skills, they will learn how to problem solve and act logically when unexpected things happen. Learning these ways of thinking can even save a life. The weather is usually easy to cope with but something like a life changing event such as an accident, a fire, or an unexpected illness can be exceedingly difficult and can shake a foundation. Teaching your children to think logically and focusing on what can be done instead of what has happened can make all the difference in empowering a child to feel less like a victim and more like a part of the solution. Good advice for all of us is: ***My thinking brain is in charge of my feeling brain.***

In David Romanelli's book *Happy is the New Healthy* he asks, "Did you consider that too much time spent with your technology creates ***absence***? While increased connectivity can be a good thing for communicating online, for children it creates an absence of time, absence of sensation, absence of connectivity as a family, and absence of peace. **The anecdote to absence is presence.**

Children need our ***presence*** because they need us to teach them how to handle themselves when life throws unexpected events. Big or small issues, teach them while they are young and they will grow into confident capable people who are better prepared to handle life's curveballs and anxiety.

God Bless,

Jerelynn MacNeil  
Principal

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**Murray D. Floyd**  
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 250.426.7912 (Flaman Fitness)  
 250.426.5900 (Fax)  
 Email: [murray.cbf@shaw.ca](mailto:murray.cbf@shaw.ca)

**Return-It** **Cranbrook Bottle Depot**  
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**REMINDER TO PARENTS:**

**NO SCHOOL:**

Friday, October 9th  
 (day in lieu)

Monday, October 12th



*Happy Thanksgiving*

**NOON DISMISSAL:**

Friday, October 23rd

 ***Smile ☺***

***Retakes Photo Day***

**Tuesday, October 13th  
 at 9:00 A.M.**

**Wear brightly coloured clothing and  
 bring your best smile!**



**Going away?** Please let the school know if parents are leaving on vacation and someone else will be looking after or picking up your children. Thank you!

## **Pointsettia Power!**

Please consider supporting the PSG by buying your Christmas flowers through St. Mary's School. In doing so, you are also supporting Cranbrook's locally owned Top Crop business!



## **Student, Parent, Teacher Interviews**

Your child's teacher will contact you to set a time to discuss your child's progress at school.

This year the school prefers a:

- ✓ Phone call
- ✓ An outside face-to-face meeting
- ✓ An inside meeting only if absolutely necessary. Those present must wear masks.

## **Save-On Foods**

If you buy your groceries at Save-On Foods, please tell the cashier that you are from **St. Mary's School** and they will record your total sales in a binder. The school receives a percentage of all sales quarterly!



God be in my head,  
And in my understanding;

God be in my eyes,  
And in my looking;

God be in my mouth,  
And in my speaking;

God be in my heart,  
And in my thinking;

God be at my end,  
And at my departing.

## **House Team Names for 2020-2021**

Intermediate: Black Bandits (**Black**)

Primary: Blue Cheethas (**Blue**)

Office: Pink Panthers (**Pink**)

Daycare/ASP: Mini-Monkeys (**Neon**)





## St. Mary's PSG (Parent Support Group)

Wow! What a great start to the school year! It's hard to believe that September has already come and gone!

PSG has been busy getting to work. We hosted our Welcome Back Morning Coffee on the first day of school. This is always a special way for parents to connect after a summer apart. Thank you to McDonald's Restaurant for providing their delicious McCafe coffee. These coffee times are a great opportunity for catching up and fostering a warm school community. That's why PSG has decided that McCafe School Morning Coffee Time needs to become a more regular occurrence! The next one will be on **Thursday, October 8th starting at 8:20am**. Please drop by!

Our annual September Walk-a-thon has been postponed until later in the school year. With Covid regulations, a bit more time was needed to plan it. We are thinking a winter-themed Walkathon would be fun. Stay tuned!

Our first hot lunch session was on Friday, September 25th and it went super! The kids were so excited to have Dominos and McDonald's. And it was particularly amazing to have an abundance of parent volunteers helping serve. Thank you to all the moms and dads who came to assist with hot lunch! The next hot lunch date is **Friday, October 16th** and we will be offering Dominos and Booster Juice. If you can help serve, please be in the school kitchen at 11:45am.

Coming up in November is our popular Poinsettia and Christmas Wreath Fundraiser. Barb Koch did an amazing job running this last year and we are thrilled that she is overseeing it again. Forms will be sent out in the next few weeks.

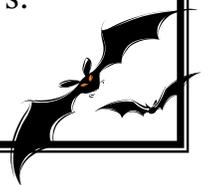


PSG will also be offering a chance for families to purchase St. Mary's school apparel. Order forms will be sent out soon. We hope to offer a selection of hoodies, sweatpants and toques, all with our school logo and emblem on it. What a great way for kids to show their school pride!

PSG has many goals to enrich our children's education and school experience. We appreciate your support with all the fundraising that we do throughout the school year. We have earmarked funds for the computer lab as well as bringing in a Dance Program for the kids to enjoy.

PSG held their first board meeting of the year on September 15th. Minutes from our meetings are always posted to the PSG Facebook page. We love seeing new faces and getting fresh ideas on how to make our school an even better place. So please, come join us! Our next meeting will be **Tuesday, October 13th at 7:00pm** at McDonald's.

**Courtney Magro**  
**PSG Chair**



As part of our staff goals to focus on self-regulation in children this year, we have reviewed a resource from Jim Grant entitled **Grit, Mindset and Determination (The key to Learning by influence)** that we share here (in part). Philosophies of parenting and philosophies of teaching and learning ideally have the common goal of making children successful. We share Jim Grant's ideas with you for reflection and consideration.

*An excerpt from Jim Grant's presentation on Grit, Mindset and Determination (The key to Learning by influence)*

**Grit** is defined as a collection of hardy, timeless character traits that enable one to persevere in the face of setbacks, disappointment and adversity in the pursuit of long-term goals. Characteristics include but are not limited to: self-control, open-mindedness, delayed gratification, diligence, courage, tenacity and hard work. The characteristic of grit comes from both nature and nurture.

**Students who are NOT gritty may:**

- Have a fixed mindset (give up easily, not have flexibility of thinking)
- Have feelings of entitlement
- Look for the easy way out
- Not be able to persevere
- Not be able to self-regulate and delay gratification
- Have a poor work ethic
- Are not resilient
- Do not persist when a task becomes difficult
- Are not reliable and do not make commitments

Has society inadvertently shielded many children from developing grit? Yes. To their detriment, too many children have been spared from having to deal with setbacks, obstacles, adversity and failures.

Children with an **open (flexible) mindset** take the approach:

- I will not procrastinate
- Tomorrow is a new day
- I fall down, I get back up
- Nothing ventured, nothing gained,
- Rome wasn't built in a day
- I may fail, but I'll take the risk

**"It's not our job to toughen our children up to face a cruel and heartless world. It's our job to raise children who will make the world a little less cruel and heartless."** L.R. Knost

## Helicopter parents

- Do their children's homework
- Contently rescue their children
- Protect their children from a dangerous world
- Spare the child from having to do chores
- Direct and orchestrate their child's likes
- Demand better grades from the teacher

## Snowplow parents

- Remove hurdles in a child's way
- Protect the child from setbacks
- Shield children from disappointments
- Foster an entitlement mentality in children
- Weaken children's perseverance
- Undermine children's resilience

All adults influence a child's life. Parents, teachers, family, and community all contribute to how a child view's the world, how they handle adversity, and how they develop philosophies that guide their life and determine their mindset.

- Whether we realize it or not our day-to-day expectations of children matter.
- How we model for them to problem solve social situations matters,
- How we hold them accountable matters,
- How we nurture their spirit matters,
- How we nurture their confidence, by allowing them to fail (in a safe manner) so as to lead them to a place of a flexible mindset matters.

If you would like to view this entire presentation, purchased by the school as a webinar, please click on the link <http://goo.gl/Wbcso8>



### **FACEBOOK (Social Media)**



The school recognizes that parents take photos of their children at school events. The school however, has a responsibility to protect the privacy of all students. Under no circumstances does the school authorize the posting of any photos at St. Mary's events on Facebook unless cleared through the principal.

We ask that all parents respect the privacy of all families at the school and not post photos of our students on Facebook.



## Halloween 2020:

At St. Mary's everyone dresses up on October 30th for the day!

We would like everyone to dress in appropriate costumes – the less props the safer! There will be an informal parade in the gym at 10:00 AM. Adults are welcome to attend if wearing masks. This way everyone gets to see the costumes from Daycare to grade 6!

We will be separating the Learning Groups for this event!



### Connecting Families Expecting and with Children 0 – 6 to Supports you Need

Cranbrook Family Navigation is a call-in, email or in-person navigational service to guide and support families who are expecting or have children 0 – 6.

The Cranbrook Family Navigator will:

- Help families identify & connect with the right help for your needs & situation
- Provide follow-up support

*The Cranbrook Family Navigator will not provide the service itself, but rather we will help to connect you with the most appropriate services and resources available.*

**To speak to the Family Navigator, call or email:**

Gina 250-426-2542 [ekids1st@ccsseb.com](mailto:ekids1st@ccsseb.com)

**In-person service by appointment**

**If this is a crisis:**

- Call 911 or make your way to a hospital emergency
- For 24-hour help, call: 1-888-353-CARE (2273) for the Crisis Line or 310-6789 for the Mental Health Crisis Line or
- 1-800 Suicide (1-800-784-2433) if you would like information, resources, or support during a suicide-related crisis for suicide-specific concerns.



We acknowledge that we are on Ktunaxa ʔamakʔis, the territory of the Ktunaxa people *Funded by province of British Columbia*

