

St. Mary's Catholic School October 2022 Newsletter

stmary@shaw.ca / www.stmarysschool.ca



Do you know that in many cultures the word 'breath' and 'spirit' are the same thing? Breathing is a very powerful biblical image. ... in Genesis God creates humanity from the clay of the earth. Yet the human being is merely a lifeless work of clay pottery until God breathes into the nostrils of the human. It is that first breath that gives us life. In Hebrew, 'ruach' is the word scripture uses for describing the 'breath of God'. It's not so much a physical force but an essence—God's essence that sustains life. By virtue of our breath, we are connected to spirit. Source: <https://en.wikipedia.org>

In Aboriginal culture everything is connected. For the Yankunytjatjara Aboriginal people (South Australia) the law of Kanyini implies that everybody is responsible for each other. It is a principle of connectedness that flows through their culture. Because of connection, Kanyini teaches to look away from oneself and towards community. In North America, we tend to "separate things out, even the relationship between the mind and the body, but especially between ourselves, and other people, and nature, and spirit." All elements of the earth are interconnected: the people, the plants and animals, landforms and spirit and the breath of life. Everything is related to each other.

Source: What is Aboriginal spirituality? - Creative Spirits, retrieved from <https://www.creativespirits.info/aboriginalculture/spirituality/what-is-aboriginal-spirituality>

Why does this matter? It matters because in a world becoming more connected through technology, we are simultaneously becoming more isolated. Isolation is a lack of connection, and a lack of connection with others, can result in poor decisions and actions toward others. It can result in 'entitlement' to expect others to think the same as ourselves and essentially it can result in an attitude of righteous to disrespect others.

Have a problem? Take a deep breath. Worried about someone? Take a deep breath. Did someone intentional hurt your child's feelings? Take a deep breath.

Breathe the spirit into your soul and let the spirit help you respond.

Not all problems require a solution; however, we can all react or respond better if we stop to 'take a deep breath' and if we stop to remember we should not be 'against each other'; we need to be 'for each other'. Especially in today's world when too many people feel justified in hurting another simply because they have lost the connection and accountability to others.

Be kind. Love yourself. Love others. Love your family. Love our beautiful school.

God Bless,

Jerelynn MacNeil
Principal



September 30, 2022 - Honouring National Truth & Reconciliation Day!

MARY KAY®
DONNA HOGG
Independent Beauty
Consultant

250-426-5944



dmghogg@gmail.ca

www.marykay.ca/dhogg

The Kootenay Place for
copiers and printers:



250-426-2241 • rmoffice.ca

Servicing Cranbrook, Nelson, Trail, Castlegar, Creston, Elkford,
Sparwood, Invermere, Golden, Radium, Fernie...

Culligan
water & ice

beachcomber
HOT TUBS

FLAMAN
Fitness

"Your Fitness Equipment Headquarters"

Murray D. Floyd
OWNER / GENERAL MANAGER

100 Van Horne Street North
Cranbrook BC V1C 3P3

250.426.2691 (Culligan Water)
250.426.7999 (Beachcomber Hot Tubs)
250.426.7912 (Flaman Fitness)
250.426.5900 (Fax)
Email: murray.cbf@shaw.ca

Return-It
IT'S WORTH IT.
Cranbrook Bottle
Depot

The only FULL REFUND
bottle depot in the entire East Kootenay

Monday to Saturday 8 am - 4 pm
Closed Sundays and Holidays

Ph: (250) 417-0306

1125 Industrial Road #3, Cranbrook, BC V1C 5E3
www.return-it.ca

REMINDER TO PARENTS:

NO SCHOOL:

Friday, October 7th
(day in lieu)

Monday, October 10th



Happy Thanksgiving



to Northstar Bike Co., The Choice,
Bumble Tree and Nutters for their
prize donations to our Family
Potluck, Cake Walk, and Bingo
Night.

It was BIG success!

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!

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 necessary.

Those present must wear masks.



PSG October 2022 Newsletter

How are we already a full month into the school year?!! And what a busy month it's been! On September 22nd PSG hosted a fantastic **Bingo and Potluck Night**. A big thank you to all the families that attended and brought so many tasty dishes. Definitely no one left hungry! We also managed to raise \$634 in raffle sales so a big thank you to Bumble Tree, The Choice, North Star Bike Co., and Nutters for their generous prize donations!

PSG also hosted our Back to School Morning Coffee on the first day of school. This is a tradition that we will continue on a monthly basis throughout the school year. These coffee times are a great opportunity for catching up and building a warm school community. Besides there's nothing better to break up the morning school run than with a good cup of coffee and a friendly chat with some fellow parents. Our next **PSG Morning Coffee will be on Thursday, October 6th starting at 8:25 AM.**

Our first hot lunch of the school year was on Friday, September 23rd and it was a delicious success! Don't forget to sign up to help serve on the PSG Facebook page when it's your child's grade's turn. We are usually looking for around five to six volunteers and we meet at 12:10 PM in the school kitchen. Our **next hot lunch is on Friday, October 14th** and we will be serving Dairy Queen and Domino's. Please don't forget that the deadline to order AND pay is midnight on the Tuesday before hot lunch.

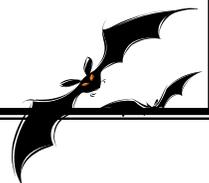
Hot Lunch Volunteer Schedule:

October – Grade 3/4
November - Grade 2/3
December - Grade 1/2
January - Kindergarten
February - Grade 5/6
March – Grade 3/4
April - Grade 2/3
May - Grade 1/2
June - Kindergarten

PSG held our first meeting on Tuesday, September 13th. We discussed our fundraising plans for the school year, as well as some of the items for which we hope to raise money. Did you know that last year we provided the funds for the school to purchase new computers for the computer lab? We also would like to continue raising money for additional playground equipment and field trips.

Our **next PSG meeting will be on Tuesday, October 18th at 6:30 PM at St. Mary's School.** As always, we encourage ALL parents to attend. We welcome any new ideas, suggestions and/or input so please come join us!

Courtney Magro
PSG Chair / Hot Lunch Coordinator



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 views 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>

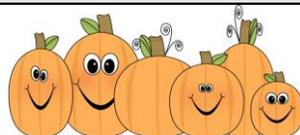


FACEBOOK (Social Media)



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 2022:



At St. Mary's everyone dresses up on October 28th 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 wearing masks. This way everyone gets to see the costumes from Daycare to grade 6! All are welcome to attend!



St. Mary's School Clothing

We have a selection of hoodies for sale and a few winter toques. If you are interested in purchasing one, please contact Mrs. Green at the office.

Colour choices are: royal blue, orange, purple and pink. Sizes are: XL, large, medium and small.



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!



There is an aboriginal proverb that says that everyone is a house with four rooms, a physical, an emotional, a mental, and a spiritual. Most of us tend to live in one room most of the time, but unless we go into every room every day, even if only to keep it aired, we are not a complete person.

