



# ST. MARY OF THE ANGELS CATHOLIC ELEMENTARY SCHOOL

351 VELLORE PARK AVE • WOODBRIDGE, ON • L4H 0E4 • 289-304-0719



sms@ycdsb.ca



@SMSVaughan

## February 2021 Newsletter

Creator God you are the one from whom on different paths all of us have come to whom on different paths all of us are going. Make strong in our hearts what unites us; Build bridges across all that divides us; united make us rejoice in our diversity and in one in our witness to your peace, a rainbow to your glory, we ask all this, through Christ our Lord.

Adapted from David Steindl-Rast OSB

BLACK HISTORY  
MONTH 2020

CANADIANS  
OF AFRICAN  
DESCENT:

GOING  
FORWARD,  
GUIDED BY  
THE PAST



Dear Parents and Guardians,

It is always an appropriate time to thank God for His many blessings. We are grateful for His presence in our lives evident through the generosity of others, through prayers, personal reflection and the ability to recognize the goodness that exists in each of us.

With February already upon us, we look forward to a new semester. However we cannot do so without taking a moment to look back at a very unique first semester. I would like to acknowledge and thank the contributions of all the staff at St. Mary of the Angels for creating a safe and caring environment for our students in the face of much adversity and who still persevered to provide an excellent education day in and day out. I would also like to thank the parents and above all else the students who have shown perseverance and determination to get through the challenges of schooling during a pandemic. We are excited to welcome back our face-to-face learners in our building on February 16th! Please know that we have worked hard to make sure our school continues to be a safe place for staff and students. Please review the information sent by the school board regarding the reopening for updated information.

In February we also celebrate Black History Month and look forward to the sweetness of Valentine's Day, the celebration of Family Day, and of course the beginning of Lent. This year, students will be commemorating Black History Month through a virtual Liturgy along with the various lessons and activities teachers have prepared for their students. This year Family Day will be on February 15th. Though we find ourselves in a unique circumstance whereby we might be limited in the activities we can do together as a family, I encourage all of you to spend and cherish quality time with your family, whether it is cuddling up to watch a favourite movie, playing out in the snow, or playing a game together. Take the time to appreciate one another and cherish every moment together.

May God Bless you and your family.

Mr. B. Dulcigno  
Acting Principal

Dr. A. Garito  
Acting Vice Principal

**Trustee:**

**Maria Marchese,**

647-960-3165

maria.marchese@ycdsb.ca

**Superintendent:**

**Mr. A. Arcadi,**

**Superintendent**

905-713-1211, Ext. 13656

**ACTING PRINCIPAL:**

**Bernardo Dulcigno**

**ACTING**

**VICE PRINCIPAL:**

**Anna Garito**

**SECRETARIES:**

**Linda Santino**

**Lilliana Tamburini**

**Shirley Galloro**

**The School Day:**

Entrance: 8:30a.m.

Recesses: 10:00 a.m. & 1:55 p.m.

Lunch: 11:35 a.m.—12:35 p.m.

Dismissal: 3:00p.m.

**To report student absences/lates,  
please dial: 1-855-856-7862 or  
<http://go.schoolmessenger.ca/>  
before 8:30 a.m.**

**Mission Statement**

Guided by Gospel values and Catholic Virtues, in partnership with home and Church, we educate and inspire all students to reach their full potential in a safe and caring environment.

**Vision Statement**

Our students will become creative and critical thinkers who integrate Catholic Values into their daily lives, as socially responsible global citizens.

**Core Values**



**Strategic Commitments**



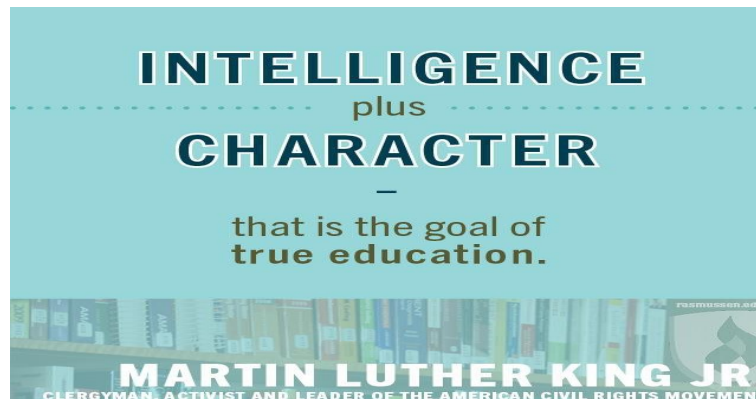
## Catholic Community of Faith

### Virtue— January— Unity

GRADE	TEACHER	STUDENT NAMES	GRADE	TEACHER	STUDENT NAMES
FDK	Papini, J. Lontini, S.	Cristian Z Emma M. Stefano M.	4	Pellegrino, L.	Arianna V. Karina D.
FDK	Colombo, A. Arcuri-Sanita, F.	Cristian C. Lilah D.	4	Sacco, T.	Victoria B. Gabriel c. Siena N.
FDK	Genovesi, A. Chavez, S.	Lucas V Veronica D. Taya W.	5	Torchia, C.	Uchenna O. Ava G.
FDK	Sacco, C. Sampogna, A	Isabelle S. Cristian S. Leah T. Leonardo V.	5	Santoli, M	Angelina M. Alexander A.
1	Kennedy, S.	Julian V. Jessica D.	5	Zezza, M.	Matteo s. Emma M.
1	Contatto, S.	Aviella D. Gabriel M.	5	Carrozza, D. (Remote)	Natasha K. Gianluca Q.
1	Noce, E. Cristiano, C.	Amedeo Gianpaolo	6	D'Ercole, R.	Juliano M. Adriano P. Angela F.
1/2	Tatangelo, P.	Victoria D. Michael C.	6	Monteleone, E.	Claudia C. Michael M.
2	Colasanti, A.	Olivia M. Gabby S.	6	Spadafina, F.	Aryana A. Christian D.
2	Simone, T.	Lauren C.	7	Cavaliere, V.	Ava R. Aiden P.
2	DiPietro, R.	Lucas D. Tristan K.	7	Amato, T.	Ava B. Esther B. Nathan M.
2/3	LaNeve, V.	Luca B. Julian B.	7	Villani, N.	Elisa I. Gavin P.
3	Crupi, G.	Lucas M. Milania R.	7	Koci, R.	Gianluca V. Gianluca D.
3	D'Ugo, S	Mason D. Gianluca L	8	Asaro, T.	Bianca B.
3	Raponi, R.	Christina P. Gianluca G.	8	Dell'Anno, G.	Stefan F. Alyza D.
3	Spadafina, G.	Antonio F. Catherine F.	8	Balsamo, M.	Matteo Q. Mikayla R.
4	DeAngelis, G.	Leah A. Nicholas F. Selina P.	8	Romano, E.	Daniel Luca

## Quality Learning For All

### February is Black History Month



“The ultimate measure of people is not where they stand in the moments of comfort and convenience, but where they stand in times of challenge and controversy.”

Dr. Martin Luther King, P&J #111 Quoted in Henry Oertelt's "An Unbroken Chain" Lerner Publications, 2000.

“In facing the challenges and tribulations of today’s society, Dr. Martin Luther King’s words call us to demonstrate strength of character, morality and conviction. Let us use Dr. King as an inspiration to live with conviction to our faith and to strive for a just society, where all are equal.”

February is Black History Month. During this month, St. Mary of the Angels school is recognizing and celebrating the many contributions of Black Canadians and famous black people from around the world.

#### BLACK HISTORY MONTH EVENTS—CLASSROOM CONVERSATIONS

- ◆ Sharing stories throughout the month.
- ◆ Discussions around representation, inclusion, and diversity.
- ◆ Reading children’s stories each week highlighting the life and accomplishments of famous historical figures followed by activities.
- ◆ Reading the biographies of important historical figures in Black History.
- ◆ Celebrating significant musicians from around the world and their contributions to the development of music.
- ◆ Contributions made by Black artists in the Media.

## **Managing Anxiety During Uncertain Times**

### **By Diana Alvarado—BRS**

Anxiety is our brains and bodies reacting to what we perceive as a threat or danger. Anxiety can be helpful. It can help us stay safe or motivate us for something like a class presentation by encouraging us to practice and prepare. Sometimes anxiety is a good thing if we can manage it and our reaction to it disappears once the threat or danger is no longer present (helpful anxiety). Sometimes, our anxiety isn't so helpful and can cause our brains and bodies to overreact to the threats or danger we sense (unhelpful anxiety)

### **What are some things you can do to keep calm and manage anxious thoughts.**

1. **Take Care of Your Body** - try to keep a regular schedule, eat healthy, exercise, and stick to a regular sleep cycle. Getting enough sleep helps you deal with the stresses of everyday life

**Tip:** Keep a healthy snack nearby so you can refuel and avoid getting “hangry”

2. **Hydrate-** Increase water intake and reduce caffeine drinks. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless.

**Tip:** Drink a glass of water or milk before bed rather than a caffeinated drink. This should also help you sleep.

3. **ENJOY** Take time to discover things you enjoy. Do things that make you feel good as often as you can.

4. **Stay Connected:** Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness.

**Tip:** Do something nice for others can give you a mental health boost. Send a text or message or bake something for them, it will make their day and yours. Connect with family members and friends by playing a game, or watch a movie or an activity outdoors. Face time or Zoom are great ways to stay connected when you can't see them.

5. **Pause:** Practice Mindfulness. Mindfulness doesn't always mean meditating, it means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time and focusing in a relaxed and easy way.

**Tip:** If you would like to practice meditating, there are many great apps available: Calm, Mindshift even Youtube has a variety to choose from.

6. **Deep Breathing:** Practice different breathing techniques to help you stay grounded and refocus your energy on your breath. There are many different breathing exercises, breathing in for a count of 4 and breathing out for a count of 4, 5 finger breathing, lazy 8 breathing technique. The idea is to focus your thoughts on your breath, taking deep breaths in and long exhales out.

7. **Practice Self Compassion-** Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk,

**Tip:** When thinking, ask yourself, Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Talk kindly to yourself, don't judge yourself

8. **Practice Gratitude:** try to find one thing each day to be thankful for. This will help improve your sense of well being and happiness.

### 5 steps that caregivers can take in supporting their children with pandemic-related anxiety

As the province moves towards easing COVID-19 restrictions, you may be wondering how to best support your children. Social distancing and isolation can take a toll on mental health. Children often look towards their parents or caregivers for answers, guidance and support. Below are steps you can take to help your child/adolescent with their anxiety.

- 1. Listen and Validate** - It is important to listen to a child's concerns. Regardless of how unrealistic their fears may be, communicate that you hear them and express empathy.
- 2. Avoid blanket reassurance** (i.e., "everything is going to be fine") - These statements can create further doubt and uncertainty, leading to a need for further reassurance. Instead, be honest, validate their feelings, acknowledge risks, and emphasize the precautions being taken to reduce those risks.
- 3. Assess your child's anxiety** and encourage children to face their fears instead of avoiding them if safe to do so. Avoidance maintains the anxiety in the long-run.
- 4. Praise and reward children/youth for facing their fears** - let them know you've noticed their actions and are proud of them for facing their fears courageously.
- 5. Model good coping.** As parents/caregivers, children/youth will look to you to know how to react to situations. Be calm, honest, and caring. Use healthy coping strategies, such as breathing, going for a walk and talking about your feelings.

**Adapted from:** <https://www.anxietycanada.com/articles/7-tips-for-educators-returning-to-school-during-covid-19/>



#### Help our child develop an excellent day to day ROUTINE!

1. Follow a schedule
2. Keep your child's class schedule in his/her personal work area to lessen the anxiety of what happens next

## Quality Learning For All

If you are concerned about your child's mental health and emotional well-being, please contact **Mr. Dulcigno or Dr. Garito**. Mental health professionals are available for assistance, and resources are available on the Mental Health and Well-Being page of the Board's website. You can also stay up to date on what the Mental Health Team is providing by following them on Twitter @YCDSB\_MH.

### **Community Services:**

York Hills Centre for Children "Here to Help Line" is offering free telephone support services available to children, youth (0-18 years) and their parents, caregivers or adult supporters. Support is available

Family Services of York Region offers online counselling (services can be offered in a variety of languages): <http://www.fsyrc.ca/>

310 Cope - 1-855-310-COPE (2673)

## RETURN TO SCHOOL ON FEBRUARY 16TH NEW HEALTH AND SAFETY MEASURES



- Masks are now required for students in Grades 1-3, as well as those in Grades 4-12. Students in kindergarten are strongly encouraged to wear masks.
- Masks are now required outdoors during recess, as well as in all common areas, in addition to in the classroom.
- As a result, **students are required to bring four (4) masks to school each day** so that a clean, dry mask can be reapplied after being outdoors for recess, etc.
- Students are strongly discouraged from congregating before and after school.
- York Region Public Health is recommending that students wear three-layer masks. Two layer masks are permitted if they are clean and fit appropriately.
- In addition, new screening measures are required for all elementary and secondary staff, secondary school students and visitors.

Details of the screening measures will be communicated as soon as they are finalized, prior to February 16.

**NOTE:** As students are required to wear their mask throughout the school day, including at recess, teachers will provide outdoor mask breaks for students as part of their Daily Physical Activity, where physical distancing measures can be ensured.

## Safe & Caring School Reminders

### KISS AND RIDE

The safety of our students, parents and staff is paramount. To prevent an accident please follow the guidelines below:

- Please ensure your child does not exit the car door facing the moving car lane unless supervised by a parent/guardian. To ensure safety students should exit the right side of the car closest to the sidewalk.
- When dropping off your child/children to school please ensure your child is wearing a seatbelt while the vehicle is in operation.
- Drivers are asked to remain in their vehicle at all times to avoid blocking the flow of traffic. Please refrain from parking and idling vehicles in the Kiss and Ride lane to ensure a safe school environment.
- Follow the speed limit



### BEFORE ARRIVAL TO SCHOOL

- Parents/guardians of students under 18 and students over 18 are responsible to review and adhere to the [checklist](#) from York Region Public Health (see the attached)
- Any student experiencing Covid-19 symptoms **must** remain home (the use of a mask is not an acceptable alternative).
- Parents of young children should review the video on Returning to School During Covid-19: Vimeo: <https://vimeo.com/449324526?ref=em-share>
- Where possible, students must maintain a physical distance at all times, as they enter, move through and exit the building.

### DEVELOPING SYMPTOMS OF COVID-19 AT SCHOOL

- If a student develops symptoms of COVID-19, the school will contact the student's parent or caregiver to pick up the child immediately and ask them to bring the child to the nearest COVID-19 Assessment Centre.
- In these cases, students will be relocated to an isolation room until a parent/guardian can pick them up. They cannot re-enter the school until they are symptom free for 24 hours.
- Staff will be provided with a protocol, based on public health advice, on what to do if a student develops symptoms of COVID-19

### ISOLATION ROOM

- Room is set up to have 2 meters/6 feet of physical distance between seating in the event there is more than one student in the room
- Washroom will be dedicated for use by individuals using the isolation room
- Continuous supervision will be provided until parent/guardian arrives
- Ill student will be provided with a surgical mask (if able to tolerate)
- Isolation room and washroom will be disinfected once the individual is picked up

**REPORT CARDS**

Term 1 Report Cards will be uploaded to the parent portal on **Tuesday February 16, 2021 at NOON**

**GRAD PHOTOS**

WILL TAKE PLACE ON FRIDAY **FEB. 26TH**  
(MORE DETAILS FOLLOW)

**FAMILY DAY**

Monday February 15th, 2021 is Provincial Family Day.

There will be no school on this day.

We wish you an enjoyable long weekend with your Family!





# Staying Safe @School

## Changes to Covid-19 Practices

The Ministry of Education and York Region Public Health recently made the following changes for schools, effective February 16, 2021.

### One Symptom



If you have **just ONE** Covid-19 symptom you must **stay home** from school and **get tested** at an Assessment Centre.

### More Masks



All staff and students in **Grades 1- 12 must wear a mask** on school property throughout the day. JK/SK students are encouraged to wear masks. Two- or three-layer reusable cloth masks are recommended for students.

Parents/visitors must wear a mask when on school property, even during drop-off/pick-up.



Students and staff need to wear masks everywhere on school property, **even OUTDOORS** during recess.



Students should **bring four (4) masks to schools each day** and a clean paper or breathable cloth bag to store them in.

### Entire Household Treated the Same

If **anyone in your household is sick** and does not have a negative COVID-19 test or an alternative diagnosis, **EVERYONE** in the household must stay home from school.



If anyone in your household has **travelled outside of Canada**, **EVERYONE** must stay home from school until their 14-day quarantine period has ended.



If anyone in your household was **identified as a high-risk/close contact of a COVID-19 case**, **EVERYONE** in the household must stay home from school until notified they can return.

### Updated Screening



All students and staff must complete the **York Region Public Health school and child-care screening tool** before going to school each day. **DAILY CONFIRMATION** of screening is required for **staff and secondary students**.

Special accommodations may be made in some circumstances. Please visit [www.ycdsb.ca](http://www.ycdsb.ca) for more details.



**York Catholic**  
District School Board

# HOW TO PUT ON AND TAKE OFF YOUR FACE MASK



## PUTTING IT ON



1. Wash your hands with soap and water for 15 seconds or use hand sanitizer



2. Put the mask on your face using the ear loops



3. Make sure it covers your nose, mouth and chin



4. Even though it's hard, DON'T touch the mask while it's on your face

## TAKING IT OFF **Do not touch the front of your mask to remove it, use the ear loops**



1. Before taking your mask off, wash your hands with soap and water for 15 seconds or use hand sanitizer



2. Only use the ear loops to take your mask off. If you're wearing a throwaway mask, place it in a garbage bin



3. If you're wearing a cloth mask, make sure it is washed after each use and place safely in a bag in between uses



4. After taking your mask off, wash your hands with soap and water for 15 seconds or use hand sanitizer

## STORING IT **Before recess, snack or lunch time, remember these steps if you're going to wear your mask again**



1. Fold the mask in half so that the outer surface of the mask is inwards and against itself



2. Make sure the outer surface does not touch or fold against the inner surface



3. Place in a clean, individually labelled paper bag



4. Clean your hands again. Wash your hands with soap and water for 15 seconds or use hand sanitizer.

Stay COVID-smart!  
Do your part to stop  
the spread!

  
York Region

# WHAT'S HAPPENING AT SMS!!!!

## MRS. D'UGO'S CLASS SHARE THEIR CREATIONS



OH NO Dr. GARITO'S SCHOOL BAG IS TAKEN FROM HER OFFICE.

Emmanuel figures out if he presses onto the button the handle will go down and it will be easier to pull. Great problem solving and goodbye to Dr. Garito's SCHOOL BAG!!!



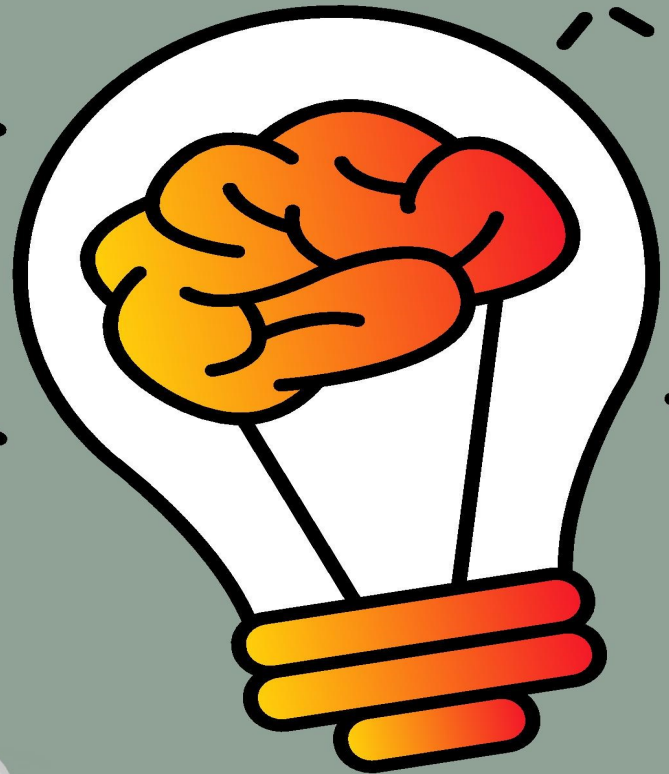


**YORK CATHOLIC DISTRICT SCHOOL BOARD  
ELEMENTARY CONTINUING EDUCATION**

**Remote**

**MARCH  
BREAK  
INNOVATION  
CAMPS**

**YCDSB Students only**



**Train your brain and  
have fun doing it!**

**MARCH 15 - 19, 2021**

**COST: \$349.00 / STUDENT**

**SCHEDULE:**

**CLASS TIME: 9:00 A.M. - 11:00 A.M.**

**LUNCH BREAK: 11 A.M. - 12:00 P.M.**

**CLASS TIME: 12:00 P.M. - 1:00 PM**

Register at [ce.ycdsb.ca](http://ce.ycdsb.ca)

**COLOURS & CODING  
PRIMARY GRADES 1 - 3**

- Student's will actively engage in visual arts and coding activities.
- Students will discover how to code an Ozobot Bit using colour codes.
- Students will learn to apply their knowledge to make original art pieces.
- This program will blend basic coding and computing skills through literacy and visual arts
- As part of the registration fee, students will receive an Ozobot Bit, an art kit and participate in workshops with guest speakers.
- Students will need a device with Internet access It recommended that students are supported at home with this program
- Classes will be limited to 15 - 20 students.



**STREAM Kids  
PROGRAM FOR GRADE 4 - 8**

- This program focuses on science, technology, religion, engineering, art, and math.
- STREAM ties together the global competencies and emphasizes our Catholic faith.
- Students will develop skills that are critical to building the resilience and adaptability
- Students will explore coding, 3D printing, and will be engaged in a variety of activities and presentations.
- Materials for this program will be provided prior to the start date.
- Students will need to feel confident and able to navigate the virtual learning platform independently for this program.
- Students will need a device with Internet access Classes will be limited to 15 - 20 students.





# February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11 School Wide Liturgy  9:00 a.m.	12	13
14 Valentines Day	15 Family Day	16 Return to School  Report Cards Accessible via parent portal	17 Ash Wednesday SMS Mass with St. Clair Church— Streamed	18	19	20
21	22	23	24	25	26 Grade 8 Grad Photos  Civvies Day	27
28						