



January 2019

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School Council

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We hope that everyone enjoyed a beautiful Christmas! We were so pleased with the days leading up to the Christmas Holidays. Georges Vanier certainly was a wonderful place to be for the month of December with so many fun activities and so much happiness. The generosity of our school community was overwhelming. There was so much giving of oneself whether by the gift of time by volunteering to help prepare the school with decorations or simply spending a little time with helping the children, the gift of donated food and much needed items for our families who are struggling at this time, the gift of donations for a successful school White Elephant Sale, the gifts of little treats on our staff room table that were so delicious, and all of the beautiful cards and gifts that were given to all of our staff. The most wonderful gift was the pleasure of being around such a wonderful community. What great children we have at Georges Vanier! We are always so impressed with the many students who come to the office and ask how they can help. The number of children caught "Making a Difference" at our school is overwhelming. Yes, December certainly was a wonderful month. Everyone worked toward preparing their hearts for Jesus. But, the most wonderful thing about this is that it doesn't end with Christmas. You can always feel this spirit at Georges Vanier!



MAY GOD BLESS YOU AND YOUR FAMILY IN THIS NEW YEAR

The Work of Christmas

When the song of angels is stilled,

When the star in the sky is gone,

When the kings and princes are home,

When the shepherds are back with their flock,

The work of Christmas begins:

To find the lost,

To heal the broken,

To feed the hungry,

To release the prisoner,

To rebuild the nations,

To bring peace among the brothers,

To make music in the heart.

Howard Thurman

Welcome!

We are happy to welcome our new Vice-Principal, Vincenza Nicoletti, to Georges Vanier and wish her all the best as she embarks on her new role in Administration. Also, welcome back educator, Shannon Nemhe to her kindergarten position here at our school. We wish you both all the best!

New Year Success

Set Up for Success in the New Year!

After two weeks of later than usual hours, a lot of leisure time to play games and watch television or socialize with friends, children (and even adults!) need guidance in getting back into routines. Here are some tips that seem to work for many children. Help your child to set up a schedule and stick to it.

- 1. Set aside a quiet, well-lighted room to study.**
- 2. Keep your children on task by setting a time for completion of subject areas. (e.g. a grade three student should have approximately 30 minutes of homework each night.)**
- 3. Check your child's agenda on a nightly basis to ensure**

that they are keeping up with their assignments.

Not everyone likes schedules, however, they work well in helping children create good work habits. Having a mentor is also beneficial. A mentor is someone who cares enough about us to remind us of what we set as our goals.

School Council

FREE PRESENTATION

We are pleased to offer a free educational presentation for parents on anxiety, stress management and coping skills for parents and kids.

Date: February 5, 2019

Time: 7:00 - 8:30 p.m.

Location: Georges Vanier gymnasium

RSVP to: gvocsc@gmail.com (to help estimate number of seats required)

PARENTING IN AN AGE OF ANXIETY: A STRESS AND ANXIETY TOOLKIT FOR PARENTS

All kids experience stress and anxiety. These emotions are part of being human, after all. But one in eight children experiences such a high level of anxiety that the child finds it difficult to manage at home or at school. In this thought-provoking presentation by Ann Douglas, a bestselling parent author who also struggles with anxiety herself, you'll learn how to tell the difference between stress and anxiety (and why this matters); stress management skills for kids and adults; and anxiety management skills for kids and adults (what makes anxiety better, not worse).

About the Speaker:

Ann Douglas sparks conversations that matter about parenting and mental health. She is a bestselling parenting author and the weekend parenting columnist for CBC Radio. A passionate and inspiring speaker, Ann delivers keynote addresses and leads small-group workshops at health, parenting, and education conferences across the country.

Follow us on Facebook

School Council hosts a GV Facebook page to keep parents up to date on programs, events and news happening at the school. Stay informed, join today!

	https://www.facebook.com/groups/1001591619935352/
<p>Activity Fee</p>	<p>Parents, we make excellent use of the money you contribute to the school activity fee (\$25). It helps to pay for class trips, performances and special events at our school. The cost of a school bus is exorbitant and there is always a fee to visit museums or special events in our area. If you have not yet paid the activity fee, would you kindly do so as soon as possible. Teachers are trying to plan activities for their students and can't do so if the activity fees are not paid. We would also like to have enough so that we can plan school events as well. Thank you in advance!!</p>
<p>Important Dates</p>	<p><u>January 14th - 18th</u>: Kindergarten Registration Registration Hours are from 9:30 - 12:00 and 1:00-2:30 p.m., Monday to Friday <u>January 25th</u>: PD DAY <u>January 29th</u> (7-8 pm) : Sacrament of Reconciliation - St. Isidore Church</p>



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