



**February 2019**

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## **February Means Focusing on Love**

February is a great month to refocus and to prepare ourselves to enter into the season of Lent with prayerful hearts. Within our home and school families, February can speed up, and feel rushed- yet within our Church family we are trying to slow down, to enter into another time of preparation.

The difference is that this time we know that we are moving toward the cross. As the world around us prepares to celebrate Valentine's Day, we are remembering the true meaning of love: to unselfishly choose the best interests of one another. We know that sometimes love is not a feeling, but a choice. How did God demonstrate love for us? By unselfishly being born, in the knowledge that the cross was ahead.

This Lent, the Georges Vanier community will look at ways that we can more fully celebrate the love of God. As a school we can...

- Spend more time together in prayer
- Have suggestions for daily good deeds
- Give to those less fortunate
- Read more scripture together and look ahead to the Sunday Gospel
- Try to slow down and enjoy one another's company
- Take time to thank God for the precious gifts of our families and friends

Perhaps as families, we can try to do the same in our homes.

**Wishing everyone a very Happy Valentine's Day  
and Family Day!**

## **A Valentine Prayer**

**I said a Valentine prayer for you  
and asked the Lord above  
to fill your heart and bless your soul  
With the precious gift of love.**

**I asked Him for sincere love  
The kind that's meant to stay  
Just like the generous love  
You give to those you touch each day.**

**I prayed for love from family  
And from every cherished friend  
Then I asked the Lord to give you  
His love that knows no end.**

**Amen**



**Spirit Week :  
February 11th-14th**

**Winter Activity Day Feb 14th**

- During first and second block, students will be participating in the GV Winter Carnival (weather permitting)

<p>Georges Vanier Catholic School</p>  <p>Winter Spirit Week Feb 11-14</p>	<p>Monday - GV Generals Spirit Wear or School Colours</p>  <p>Teachers vs. Gr 6 Student Volleyball!</p>	<p>Tuesday - Lumberjack Day, Eh!</p> <p>Wear Red &amp; Black or your favourite plaid pattern</p>  <p>Buddy Reading Block 4</p>
<p>Wednesday - Crazy Hair &amp; Hat Day</p> 	<p>Thursday - Winter Walk to School Day</p>  <p>Winter Outdoor Activity Day AM School-Wide Bingo Block 3</p>	<p>Friday - PD Day</p>  <p>No school for students!</p>

- Students from grades 1-6 will participate in outdoor activities during Blocks 1 and 2 (weather permitting). Our kindergarten students will also be participating in outdoor games (for a shortened period of time) and in the gym.
- All students are reminded to dress appropriately for outdoor play (e.g., warm winter coat, snow pants, warm socks and boots, hat, neck-warmer and mitts).

**Winter Walk to School  
Day**

**Beat the winter blues with a brisk walk to school!** Fresh air, sunshine, and movement can help to improve your physical and mental health. Link up with other friends, families, and neighbours and join us on **February 14, 2019** for our **#WinterWalkDay** and get all these benefits by choosing to walk to school. We are proud to choose active transportation for the school journey and encourage others to do so too! You may even spot some special guests!

To learn more visit: <http://ontarioactiveschooltravel.ca/winter-walk-day/>  
To find the best walking route to school, check out the Ottawa Student Transportation Authority's Walking Route Maps:  
<http://www.ottawaschoolbus.ca/helpful-resources/walking-route-walk-zone-maps-by-school/>

<p><b>Success at School</b></p>	<p><b>School Tardiness and Early Departures: It's Becoming a Problem!</b></p> <p>Parents, please make every effort to get your child to school on time. We understand that it is sometimes unavoidable. However, we continue to have many students arriving late to school and this is detrimental to your child's learning. Children who arrive late miss important announcements and introductions to lessons that teachers have to repeat. Furthermore, it is disruptive for the students who are here on time as they are distracted by the child who is entering the classroom late. We also have many children leaving early on a regular basis. This is, again, detrimental to your child's learning and also causes a disruption to everyone's learning. We realize that sometimes it can't be helped but we do appreciate your efforts to make ensure that your child attends school from 9:05 am to 3:35 pm each day. This is an important life lesson for them as we know that our jobs require us to be on time and to remain for the duration of the day! Thank you for your help with getting your child to school on time and not picking them up early unless absolutely necessary!</p>
<p><b>Bus Lane &amp; Pick-up/Drop-off</b></p>	<p>Please be sure to drop off your children <u>safely</u>. Please do not park /drop off students near the bus lane. Please remember that the side door is reserved for special transportation drop-off only. Safety is always a priority at our school!</p>
<p><b>Nominations for Gifted Testing</b></p>	<p>Nominations for gifted testing deadline, Tuesday, February 5th, is approaching quickly. Please contact Mrs. Salinas or Mrs. Weber by calling the school on or before the 5th.</p>
<p><b>Georges Vanier Read-A-Thon</b></p>	<p>Chase away the cold with a good book. We will be having our 1st <b>Read-A-Thon</b> here at Georges Vanier. Here is how it works. Each class will track their students reading. Any books count, so reading at home or having family story time counts! The top reader in each grade from grade 1 to 6 will win a 10\$ gift certificate for the book fair in May. All books read in February, March and April will count towards your tally. So Get Ready, Get Set and READ!</p>

**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](mailto: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/>

**Important Notice about Immunization**

**Immunization Notices**

If you received an Immunization Notice from Ottawa Public Health you must contact them directly to update your child's records. The school does not update records. It is imperative that you do update your records if you received a notice as we are obligated to suspend all children who do not have proof of immunization to Ottawa Public Health.

<p><b>Mathematics Help</b></p>	<p><b>Are you interested in helping your child with Mathematics?</b></p> <p>Here are some great Math resources for parents to have a look at:</p> <p><a href="http://www.eqao.com/en/assessments/junior-division/assessment-docs/understanding-achievement-levels-junior-division.pdf">http://www.eqao.com/en/assessments/junior-division/assessment-docs/understanding-achievement-levels-junior-division.pdf</a></p> <p><a href="http://www.eqao.com/en/assessments/primary-division/assessment-docs/understanding-achievement-levels-primary-division.pdf">http://www.eqao.com/en/assessments/primary-division/assessment-docs/understanding-achievement-levels-primary-division.pdf</a></p> <p>If you would like to work with your child on Math activities you can go to:</p> <p><a href="http://mathies.ca">http://mathies.ca</a></p>
<p><b>EcoSchools Update</b></p>	<p>Our Eco Club's Garbage Police are tracking every room's trash, compost and paper recycling. Help our classes reach GOLD status by preparing waste-free lunches and using reusable containers! GV cares for God's creation.</p>
<p><b>Blues in the Schools</b></p>	<p>We are fortunate to host Blues in the Schools program at the end of February. Several artists and educators will be leading our students with presentations, demonstrations and musical performances. This will enhance our music curriculum while developing an appreciation to music as a form of communication and expression.</p> <p><a href="https://ottawabluesfest.ca/blues-in-the-school/">https://ottawabluesfest.ca/blues-in-the-school/</a></p>
<p><b>Important Dates</b></p>	<ul style="list-style-type: none"> <li>● <b>Tuesday, 5 February · 19:00 – 20:00 Ann Douglas Parent Presentation on Anxiety</b></li> <li>● <b>Feb 7th Sweater Day</b></li> <li>● <b>Feb 13th Report Cards go home</b></li> <li>● <b>Winter Spirit week Feb 11-14</b></li> <li>● <b>February 14 - Winter Walk to School Day</b></li> <li>● <b>February 15 - Professional Development Day for teachers (No school for students)</b></li> <li>● <b>February 18 - Family Day Holiday, Schools are closed</b></li> <li>● <b>February 22 - Hot Dog Day</b></li> <li>● <b>February 28 Signed FSL Letter with program choice for 2019-20120 due back in office</b></li> <li>● <b>February 28 - Grade 6 Parent Information Evening 6:00- 7:30 P.M. All Saints H.S.</b></li> <li>● <b>Feb 25-28 Blues in the Schools Program</b></li> </ul>



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