

# Holy Cross School News

**October 2016**

Dear Parents/Guardians

I am very pleased to report that our PAC Annual General Meeting (AGM), held on Tuesday, September 27th, 2016 turned out to be very successful. A number of participants attended this exciting event and I am positive that the newly elected members will serve us well. Anyone still interested in volunteering please contact the office so that we may place you in the appropriate educational environment. A warm thank you goes out to all individuals who have already signed up this year as school volunteers.

Our welcome back BBQ that was held September 13th had a very high attendance, a relaxed atmosphere and a very interesting informal evening for all participants.

On Monday, October 10th, will be our Thanksgiving Day – an annual Canadian holiday, which celebrates the harvest and the bounty of the previous year. As a result Holy Cross School will be closed on Monday October 10th.

Every year our teachers attend the annual SAGE conference enabling them to remain current in their major or minor subject areas. Sage this year will be held on Friday, October 21st therefore Holy Cross School will be closed on that day.

As you can see, we started our school year on a high note. Let us keep up this tempo. Winter is just around the corner, so be sure to dress the children appropriately.

Should you require any additional assistance or have any additional concerns, please do not hesitate to contact us or visit us at the office.

Sincerely yours

Alexander Cap, M.Ed.  
Principal



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## IMPORTANT DATES

### OCTOBER

- 4– Early Dismissal 2:00pm
- 6 – Picture Day
- 7– Thanksgiving Mass 10:30
- 10– Thanksgiving Day  
NO SCHOOL
- 14–Youth Social Justice  
Workshop
- 20– School Board Meeting  
All Welcome 7:00pm
- 21– SAGE-NO SCHOOL
- 25– PAC Meeting 7:00pm
- 27– Picture Retakes

### NOVEMBER

- 1– All Saints Day Mass 10:30
- 1–Early Dismissal 2:00pm

# BEFORE & AFTER SCHOOL PROGRAM HOURS

Before 7:00 AM	No supervision provided.
7:00 AM – 8:20 AM	Before School program hours. Unless students are enrolled in the Before School program, they should arrive at the school no earlier than 8:00 AM.
8:00 AM – 8:20 AM	School open to receive pupils. Supervision provided.
8:20 AM – 3:00 PM	Regular school hours. Supervision provided.
3:00 PM – 3:30 PM	School open for pickup of pupils. Supervision provided.
3:00 PM – 5:30 PM	After School program hours. Unless students are enrolled in the After School program, they should be picked up no later than 3:30 PM.

It is that time of year already...

## Science Club! Spooktacular" Bake Sale!!!

Who is not fascinated by cool, creepy science? Science Club will be hosting a Halloween Spooktacular Bake Sale on October 27th, 2016 from 11:30-12:15 PM and after school from 3:00-4:00 PM.

Children will take part in many explorations including testing the sour levels of Halloween candy, testing the density of Halloween decorations and preparing some goeey, colourful slime!



Come and support our Bake sale!



## REMINDER:

Tuition Is due September 30th, 2016. Your remittance would be greatly appreciated. Please note that we accept payments of Cash, Interac, Visa/MasterCard or American Express.

Should you have outstanding fees for the 2015-2016 school year, please bring your account up to date.



## HOLY CROSS PARISH MASS TIMES

All families, regardless of their faith, are warmly invited to attend the weekly weekend masses at Holy Cross Parish, 252 Dubuc, just down the street from the school.

Mass times are Saturday, 5:00 p.m.,

Sunday, 7:50 a.m., 10:00 a.m. and 12:00 p.m.

Sunday 4:00 p.m. (charismatic mass)

## PRIVATE MUSIC LESSONS



Holy Cross School now offers **guitar lessons** as well as **piano lessons** at the school through the Academy of Music. For more information or to register please contact the music

director Shawn Coughlin at 204-786-1704 or email [academymusic@shaw.ca](mailto:academymusic@shaw.ca)

[www.academymusic.ca](http://www.academymusic.ca)



## Late or Absent

Please call the school office by 9:00 am if your child is going to be late or absent. Also please remind your son/daughter to sign in at the office if he/she is late. If they do not sign in, a telephone call home may cause some concern for you.

## SCHOOL UNIFORMS

Students must be in the proper school uniform. This includes Gr. 3-8 gym clothing as well. Students that are not in proper uniform will have a note sent home. The second time the student will have to call home for replacement clothing. Remember all clothing must be purchased through Top Marks.

Uniforms may be ordered online at [www.topmarks.ca](http://www.topmarks.ca). School code is HOLA1.

## SCIENCE CLUB NEWS

Holy Cross Science Club students attended Global Biotech Life Science Showcase at the St. Boniface Hospital Albrechtsen Research Centre on Friday, September 30th, 2016. They had an opportunity to participate in the short presentations by graduate students on topics ranging from cancer research to cardiovascular health and foods and nutrition research. We also had interactions with participating organizations such as Cerebra Health, Composite Innovation Centre, Conviron, Monsanto and Orthopaedic Innovation Centre and more!

This new format allowed the opportunity to capture more students' imaginations and access learning, information and ideas from more of the life science industry in Manitoba...all in one spot!

~ Dr. Bajaj



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The Harvest collection for October is dry pasta.  
Donations may be brought to your child's classroom.



Picture day is  
October 6th.  
Students must  
be in proper  
uniform please.

### RECESS



That time of the year is quickly approaching when everyone needs an extra layer of clothes to keep warm.

Since students will be going outside for recess each day when the weather is suitable, we ask families to check and ensure that students are wearing the warmer clothing to school. Label the clothing please.

### SCHOOL BOARD MEETINGS

School Board meetings are held in the staffroom on the 3rd Thursday of every month @ 7:00pm. An invitation is extended to all parents to come out and participate at the meetings. New members are always welcome. The next meeting is on October 20nd.



## Roots of Empathy Racines de l'empathie

Holy Cross School is pleased to announce that the Roots of Empathy (ROE) program will be introduced in the Grade 5 classroom for the 2016-2017 school year. Roots of Empathy is an evidence-based classroom program that has shown significant effect in reducing levels of aggression and bullying among school children while raising social/emotional competence and increasing empathy.

This program teaches children about empathy, the ability to understand how another person feels. Children learn about their own feelings, and the feelings of others, from a tiny teacher, a baby. Once every three weeks, a baby and his mother will visit the classroom. A trained ROE Instructor will gather the children in the classroom around a green blanket and together they will watch the baby grow and develop. The children will learn about physiological and brain development, temperament traits, and infant safety. The children predict and cheer when their ROE baby reaches the 'developmental milestones' of the first year: "He can roll over!" "He got his first tooth!" "He can crawl!"

The ROE Instructor also coaches the children in observing the baby and reading the cues the baby gives as to how the baby is feeling: "Is the baby happy or sad?" "How can you tell?" They will use this discussion as a lever for the children to talk about their own emotions and to understand how their classmates feel. Being able to understand how other people are feeling is called empathy.

The ROE Instructor also visits the classroom the week before and after each Family Visit to prepare and reinforce teachings using a specialized lesson plan for each visit.

Look for the green Roots of Empathy Bulletin Board in the school lobby. Pictures of the baby and his family will be posted, as well as developmental milestones and growth charts. Updates will also be shared in the school newsletter. All students can be excited about this baby joining our school community!

# TABS FOR WHEELCHAIRS

Hi Everyone,

In the September **Tabs for Wheelchairs Newsletter**, I failed to mention a couple of Drop Off Spots in the western part of our province that have been collecting tabs forever!

The people responsible for this are **Maureen and Ed Farrant** of Brandon and of the Royal Canadian Legion #3. They have been our **very faithful collectors** for **17 of the 18 years** of the program and have been to all the presentations in those years. They have been **true devoted friends** of Tabs for Wheelchairs and many people in the south-western corner of Manitoba are saving tabs because of them! Over the years, they have brought in millions and millions of tabs!

**Congrats** Maureen and Ed and thank you so much for all your dedication and energy!

**The Drop Off Spots that they take care of are:**

1. Royal Canadian Legion #3 at 560 13th St. East in Brandon
2. Wesman Salvage at 855 49th St. East in Brandon

You can also call Maureen at (204) 761-2356 if you have any questions.

Thanks to all who save tabs and hope this year proves to be even better than last year!

Gwen Buccini

Tabs for Wheelchairs Coordinator

Holy Cross School

# THE PAC TIMES

www.holycrossschool.mb.ca

HOLY CROSS SCHOOL PAC

October 2016

We are asking each family to donate **ONE** bottle of wine for our upcoming raffle.

Donations may be dropped off at the office.

Stay tuned for more details!

## KERNELS POPCORN FUNDRAISER

STARTING IN OCTOBER!



## OUR NEXT MEETING IS ON OCT.25 @ 7:00 IN THE MPR

We are currently in need of new members.

Come out and share your ideas!

If you have any questions or concerns contact us at [pac@holycrossschool.mb.ca](mailto:pac@holycrossschool.mb.ca). All of this info can also be found on the PAC page on the school website.

Do you want to see pictures of what is happening at Holy Cross School? Then click below to go to our Facebook page!



Don't forget to like us while you're there!

## Bingo Volunteers Needed

As one of our school's fundraising efforts, we ask parents to volunteer as a Bingo Helper at the **McPhillips Street Station Casino** on one of the following dates:

**Tues. November 15 from 4:15-6:15 pm**

**Tues. December 13 from 4:15-6:15 pm**

If you are an adult, at least 21 years old, and you would like to volunteer please leave your name, phone number and email with the office or contact us at [pac@holycrossschool.mb.ca](mailto:pac@holycrossschool.mb.ca).



## HOLY SNACKS MENU.....OCTOBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>3</b>  Taco Skillet w/salad	<b>4</b>  Oven Baked Taquitos w/rice	<b>5</b>  Lasagne Casserole w/salad	<b>6</b>  <b>P I Z Z A</b>  <b>L U N C H</b>	<b>7</b>  Homestyle Creamy Mac & Cheese w/salad	<p><b>WE ARE AWARE AND WE TAKE CARE.....HOLY SNACKS IS PEANUT AND TREE NUT FREE!</b></p> <p>NONE of our meals OR ingredients contain ANY peanuts or tree nuts.</p>
<b>10</b>  <b>NO</b>  <b>SCHOOL</b>	<b>11</b>  Lean Tacos w/rice	<b>12</b>  Spaghetti w/homemade Meat OR tomato sauced and salad	<b>13</b>  Chicken Nuggets w/salad OR w/rice	<b>14</b>  Perogies w/salad OR w/veggies	<p>All meals are prepared in our commercial kitchen in compliance with Food Safety and Quality Control Policies and is regularly inspected by Manitoba Health Inspectors.</p>
<b>17</b>  Grilled Cheese w/tomato soup	<b>18</b>  Sloppy Joe on a bun w/veggies	<b>19</b>  Oven Baked Taquitos w/rice	<b>20</b>  <b>P I Z Z A</b>  <b>L U N C H</b>	<b>21</b>  <b>N O</b>  <b>SCHOOL</b>	<p>Please note our new prices effective as of October 1, 2015.</p> <p>In order to keep costs at a minimum, utensils are only provided when purchasing a menu item. Others will have to pay .05</p>
<b>24</b>  Perogies w/salad OR w/veggies	<b>25</b>  Chicken Noodle Bake w/fruit OR salad	<b>26</b>  Lasagne Casserole w/salad	<b>27</b>  Quasadillas w/salad OR w/fruit	<b>28</b>  Homestyle Creamy Mac&Cheese w/salad	<p>We encourage students and staff to purchase MEAL cards or SNACK cards.</p> <p>We also encourage all students to pre-order so you're sure to get lunch.</p> <p><b><u>DAILY ENTREES \$6.00</u></b></p>
<b>SIMMERS</b>	Home made soup will be available 2 – 3 x per week, or <u>when pre-ordered the day before....</u> \$3.00/bowl. Combine it with a salad, sandwich, or wrap, and a beverage for \$6.00 Steamed Rice will also be available 2 – 3 x per week, or when pre-ordered. \$3.00/bowl.				
<b>DELI</b>	Assorted sandwiches and wraps will be available <u>when pre-ordered the day before.....</u> \$3.50-4.00 each. Combine it with salad or soup, and a beverage for \$6.00 (Varieties include chicken salad, tuna, egg salad, veggie, ham or turkey)				
<b>SALADS</b>	Fresh salad is available daily for \$3.50-4.00 . Included with daily entrée, alone, or combine it with soup or sandwich for \$6.00 Specialty salads include Chef, Caesar, Southwest, Spinach..... \$4.00. Veggies & Dip \$3.00 *** Available only on select days***				
<b>SNACKS</b>	Veggie Chips/Chips      \$1.00 Granola Bars                \$1.00  <u>Available as Pre-orders:</u> Yogurt Parfaits              \$2.50 Fruit Cups                      \$1.50		White Milk      \$1.00 <b>Baked Goods</b> Chocolate Milk \$1.00                Available Select Days Juice Boxes     \$1.00 Bottled Water   \$1.00                      Muffins, Low-fat		
<b>UTENSILS \$0.05                      CONDIMENTS \$0.25</b> (Applies to anyone who has NOT purchased meal)					

\*\*\* MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY\*\*\*

**\*PEANUT/TREE NUT FREE\***



# October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Day 2	4 Day 3 <b>EARLY DISMISSAL</b> 2p.m. Staff Meeting	5 Day 4 IA Gr 7	6 Day 5 <b>PICTURE DAY</b>	7 Day 6 Thanksgiving Mass 10:30a.m. IA Gr 8	8
9 <b>HAPPY THANKSGIVING</b> 	10 <b>NO SCHOOL</b> Thanksgiving	11 Day 1	12 Day 2 Principals Meeting	13 Day 3	14 Day 4 Youth Social Justice Workshop 9:15-2:45pm IA Gr 7	15
16	17 Day 5	18 Day 6 IA Gr 8	19 Day 1	20 Day 2 School Board Meeting 7p.m.	21 Day 3 <b>NO SCHOOL</b> Sage Conference	22
23	24 Day 4 IA Gr 7	25 Day 5 PAC Meeting 7p.m.	26 Day 6 IA Gr 8	27 Day 1 <b>PICTURE RETAKES</b>	28 Day 2 MFIS New Teachers Inservice	29
30	31 Day 3 <b>HAPPY HALLOWEEN</b> 					