



## Weekend Update: Friday, January 24, 2025

Well, it certainly was a cold week! We managed to navigate the challenges of inclement recess due to the frigid temperatures ensuring that students had their Phys-ed classes as well as increased opportunities for DPA (Daily Physical Activity) in their classes. We were all relieved when the mercury rose just enough to get our students outside for some fresh air by the end of the week. I thank all our families for ensuring that students come to school prepared for outdoor play during the colder temperatures with the appropriate winter gear, including boots! I also want to remind our students to ensure that they are leaving their indoor shoes on their coat racks at the end of each day to ensure they don't end up down the hall when the night custodians are cleaning the hallways.

The temperatures may have been cold outside, but our hearts were all warm as we spent some time reflecting on the importance of caring for our mental health throughout the week, inspired by Bell Let's Talk Day. Through morning reflections and class activities, students were reminded that caring for our mental health is just as important as our physical health, as well as the links between the two. We discussed proactive strategies and activities to stay healthy, and resources to get help when we may feel low, anxious, or how to support a friend. I encourage our families to continue these conversations at home as well. Although many of our classes make breathing exercises a part of their day, we began to make more routine "brain breaks" as we transitioned into the afternoon from lunch recess. We will continue to do mindful breathing throughout the school year to support balance, calm, and transitions throughout the day.

As we look ahead to next week, the final week of January, we want to wish our junior boys and girls Indoor Soccer teams the best of luck at their Invitational Tournaments in Brampton. We know how hard they have been practicing, "Go Mercy Magic!" We are also welcoming representatives from the Elizabeth Fry society who will be presenting to our Intermediate students on Tuesday. Of course, all our classes continue to be productive as they wrap up Term one and prepare for Term Two! Information regarding signing up for the Parent-Teacher interviews on February 14<sup>th</sup> will also be sent home soon!

I want to wish you all a wonderful weekend and that everyone has an opportunity to fill their sails with activities that truly allow you to recharge. I look forward to seeing everyone back on Monday!

*Leslie Marchand*

### January's Virtue of the Month: Self-Control

"Like a city breached, without walls, is one who lacks self-control" (Proverbs 25-28)

God wants us to do what we know, and feel is right.

**SELF-CONTROL**  
GREEK: EQKRATEIA  
1. THE VIRTUE OF ONE WHO MASTERS HIS DESIRES AND PASSIONS  
2. RESTRAINT EXERCISED OVER ONE'S OWN IMPULSES, EMOTIONS, OR DESIRES

**Staff Directory:**

Leslie Marchand	Principal
Serita Pereira	Head Secretary
Jennifer Cahill	FDK Teacher
Hui Zhang	DECE (LTO)
Heather Maxwell	Grade 1/2 Teacher
Caroline Loiacono	Grade 1/2 Teacher
Cindy Nguyen	Grade 3/4 Teacher (LTO)
Trish Fang	Grade 4/5 Teacher
David MacSporran	Grade 5/6 French Immersion Teacher (LTO)
Colleen Dougherty	Grade 6/7 French Immersion Teacher
Trish Duivesteyn	Grade 6/7 Teacher
Madeleine Hinterhoeller	Grade 7/8 French Immersion Teacher
John Galbraith	Grade 7/8 Teacher
Sara Petruccelli	SERC Teacher/ESL/SERT/Planning Time
Elaine Romaniuk	Sanctuary Program Teacher
Filomena Pandullo	Special Education Teacher/Planning Time
Lyla Colavecchia	Core French/ Planning Time Teacher (M, T, Th, F)
Paola D'Agostino	Teacher Librarian/Planning Time
Asmaa Ezzo Daher	Education Resource Worker
Sylvia Caruso	Education Resource Worker (Sanctuary)
Kellie Donaher	CYW
Jamie Brassard	CYW Sanctuary Program
Gillian Grant	Social Worker
Margaret Russ	MHSW (Sanctuary)
Jason Kotsopoulos	School Psychologist
Cheryl Suh	Speech and Language Pathologist
Tony DiRenzo	Head Custodian
Rose DiCerbo	Night Custodian
Luigi Aquino	Night Custodian

**February Cookies:**

Thank you to everyone who purchased cookies for the month of February! We look forward to beginning our weekly delivery of the heart cookies on Tuesday, February 4<sup>th</sup>.

**Inclement Weather:**

As a reminder, weather that could cause cancellations and/or closures is now upon us. Should there be bus or school cancellations reported in the morning, Our Lady of Mercy School is located in Zone 1 for Dufferin-Peel Catholic DSB. Bus cancellations affect only a small handful of our students, as the majority of students do not depend on transportation for daily school attendance. If buses are canceled, the school is open. If schools are closed, all students are to stay home and access "Snow Day" work in their Google classrooms. These are tasks that will allow for review and consolidation. There will be no virtual learning for the day.

### **February 6<sup>th</sup>: Grade 6-8 Trip to the Rose Theatre**

On **Thursday, February 6<sup>th</sup>, 2025**, all grade 6, 7 and 8 students will be going to the Rose Theatre in Brampton to see “The Mighty Remix” as part of our planned Black History Month activities.

“The Mighty Remix” aims at spotlighting the birth and progression of Caribbean culture, resilience through music and how enslaved and exploited people of West Africa and South and East Asia mixed their rhythms together in defiance of their colonizers. Caribbean genres such as calypso, chutney, kaiso, bomba, reggae, and hip hop represent roots and resistance. Performed by Joseph Khargie and the MATH THRU MUSIC team, this is a show that allows students plenty of opportunities to dance, cheer, and interact from their seats.

Please note that students on the Intermediate Girls soccer team, as well as those students participating in the “Girls Who Game” trip to Microsoft, will still go ahead with their planned excursions that day, and not the Rose Theatre trip. Should you have any questions about this, please reach out to the school for clarification.

As always, payment for the trip can be made on SchoolCash Online.

### **Term One Report Card Distribution and Parent-Teacher Interviews:**



Term One report cards will be distributed electronically to student emails on Tuesday, February 11<sup>th</sup>. We will ensure that all students know how to log into their school email accounts. Parent-Teacher interviews will take place on Thursday, February 13<sup>th</sup> in the evening, and Friday, February 14<sup>th</sup> during the PD Day. Information regarding utilizing the online booking system for interviews will be sent to all families at the beginning of February.

### **Black History Month:**

Throughout the month of February, our school will be engaged in activities, workshops, and reflections to honour Black History Month. This year’s theme is “Black History 365: A look back, A look within, A look ahead” with specific emphasis on hope in alignment with our Catholic Education Week Theme, Pilgrims of Hope. Each class will present an individual to the school during morning announcements throughout the month highlighting their accomplishments as well as how they bring hope to their lives, and the lives of others in the community. Along with morning announcements, students will have activities in their classes and opportunities to participate in webinars, virtual workshops and the Grade 6-8 trip to the Rose Theatre.

### **Eco Club Spirit Week: February 3 to 7**



During the first week of February, our Eco Club is bringing us a fun and fresh, Winter Eco Week! Students are encouraged to wear Blue and Green in honour of our beautiful planet on Monday, and wear sweaters on Thursday. All classes will have opportunities to get outside for some extra fresh air (weather permitting) and students are encouraged to pick a day to walk to school one day that week, for those who are close enough to do so.

### Weekly Lunches

Monday	Tuesday	Wednesday	Thursday	Friday
No special Lunches.	<b>Subway</b> Order from Lunchbox on SchoolCash by previous Sunday @ noon.	<b>Lunchlady</b> Order from the lunchlady website, 48 hours in advance.	<b>Panago Pizza</b> Order forms are out now, due Thurs. Sept. 26 <sup>th</sup> . Payment on Schoolcash.	<b>Harvey's</b> Order from Lunchbox on SchoolCash by previous Sunday @ noon.

Our lunch offerings are always optional and meant to ease the pressures of daily lunch making for families and our students do enjoy their special lunches as well! The school does get a share of commission from these items to support extra activities and materials in our school.

### Reporting Student Absences

Student absences should be reported by parents/guardians for each student in our school through the Safe Arrival system in School Messenger. There are three ways to access the program:

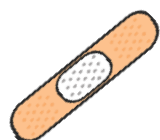
Web: [www.go.schoolmessenger.ca](http://www.go.schoolmessenger.ca) App: SchoolMessenger Phone: 1-844-435-3440 (toll free)

Student absences not reported will trigger phone calls to confirm the absence each morning. If you need assistance, please contact the school.

### Water Bottles:

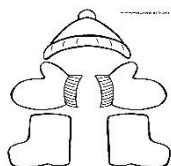
As we are a Platinum Eco School, we remind students to bring a reusable water bottle to school each day. We have water-filling stations for their bottles to be refilled but we do not have any disposable cups for students to fill.

### Reporting Student Injury:



When students get hurt and come to the Office for care, we look at their injury and provide first aid treatment as appropriate. Sometimes, students are just looking for some “magic ice” and a visit in the Office and then go on their way. When students hit their head, or require more significant treatment, you will receive a call from the school to inform you of the injury. This may come from the Office, or the classroom teacher.

### Dress for the Weather:



Please be mindful of the weather conditions and dress children appropriately. Students need to have warmer items to play outside comfortably, such as hats, gloves, and warm jackets. **Students are all expected to have indoor shoes at school**, as wet and soiled boots and shoes will remain in the hallways to keep the classrooms clean!

### **School Day and Kiss and Ride:**

Our school day commences at 8:45. Students will be able to enter the school as of 8:30 each morning and will be asked to make their way to their classroom. All students (other than FDK) are asked to enter the school through the side door closest to the driveway entrance of our school.

Parents who are driving are asked to drive their children up to the front of the school so staff supervising the Kiss and Ride are present to assist children exiting cars and making their way to the sidewalk.



**Please avoid pulling over to drop children off at the entrance to the parking lot, as this significantly backs up traffic.** If you wish to park and walk your children to their entrance, you are welcome to do so.

Students are dismissed at 3:15. Primary students are to be picked up on the school grounds so teachers can ensure they have been safely met. All students being picked up by car are asked to walk around to the front of the school to line up on the sidewalk and wait for their ride. All our Kindergarten students are to be dropped off and picked up at their gate at the front of the school.

### **Student Lunches:**



Please make sure your children come to school with their lunch. Our intermediate students (**grade 7 and 8 only**) may bring a note to sign-out for lunch. Please ensure the note is dated with the appropriate date. Students can then go out to eat but are asked **not to bring food or drinks back to school**. Students will not be able to go back to their class until the bell rings again at 12:56 to signal the start of our afternoon classes. Students will not be permitted to call home to ask for permission, please have this arranged in advance.

### **Students Signing Out for Lunch:**

**ONLY students in Grades 7 and 8 are permitted to leave the property for lunch.** EACH time your child wants to go out for lunch in the community, parents are required to provide a note, dated, and signed, for that specific day. We thank you for supporting your children in making these plans in advance.

### **Allergens:**

Please make sure you are sending your children to school each day with lunches that are free from allergens including **Nuts, Tree nuts, Pumpkin, and Seafood**. We have many children in our school who have serious allergies to these allergens, some of whom are airborne allergies. We thank you in advance for your attention to this as you pack lunches.

### **Non-Essential Items at School**



Just as a reminder, we ask that students refrain from bringing non-essential items to school like toys, and trading cards. Students may want to share some of their special items, but we'd hate to see these favourites get lost. These items are a distraction from learning and can also create conflict between students if they go missing. I thank you all for supporting this from home.

### **Cellphone Communication**

This is just a reminder that cell phone communication is not permitted during the school day. If you need to connect with your children, please contact the school and we will support you in connecting with them. Students bringing phones to school are expected to leave them in their backpacks on silent or turned off. Smart watches should also be set to school mode.

We also remind parents and students that taking pictures, and recording videos of students or teachers during the school day is prohibited, ESPECIALLY when there is no consent.

### **Catholic School Council**

The next Catholic School Council meeting will be held on Monday, February 3, 2025 @ 6:00 PM. The agenda and link for those who wish to join virtually will be sent out closer to the date. If you have items for consideration for the Agenda, please reach out to the school. Approved minutes can be found on our school website: [www.dpcdsb.org/olmcy](http://www.dpcdsb.org/olmcy).

### **Merciful Redeemer Parish**



We want to thank Father Seamus for a beautiful experience with our Grade 7's this past week with the Teaching Mass. Also, we welcomed Father Adam on Wednesday for one of his regular visits.

Please check out the Merciful Redeemer website at [www.mercifulredeemer.org](http://www.mercifulredeemer.org) for the latest bulletin and other events happening at the Parish.

### **Self-Identification Option for Indigenous Families:**

If you are First Nation (Status Indian or Non-Status Indian), Métis and/or Inuit you can self-identify as Indigenous. You do not need to produce any documentation or proof of ancestry. Self-identification is voluntary and confidential. "This has been really important for us because of the sense of community and the connection to other Indigenous families." ~ Melanie Cormier, parent.

Self-identification will provide access to culture and language programs and monthly programming for students and families. Relevant information will be sent directly to you about upcoming cultural events and opportunities which help to build community and a sense of Indigenous pride in Dufferin-Peel.

To learn more about opportunities for Indigenous students and families please visit:

<https://www3.dpcdsb.org/students/indigenous-self-identification>

### **Final thoughts:**



I invite our students to take some time this weekend to reflect on the goals they set for themselves returning to school after Christmas vacation. How is it going? Are there changes that you want to make to realign your practice with your goals? Don't forget to take some time to breathe!

## **Upcoming Events:**

Please click on the following link to access the [2024-2025 School Year Calendar](#).

### **Tuesday, January 28, 2025**

Elizabeth Fry Society Presentations: Grade 7/8

### **Wednesday, January 29, 2025**

Junior Boys Soccer Tournament (indoor)  
Michael Visit (Seminarian)

### **Thursday, January 30, 2025**

Junior Girls Soccer Tournament (indoor)

### **Monday, February 3, 2025**

Catholic School Council @ 6:00

### **Wednesday, February 5, 2025**

Intermediate Boys Soccer Tournament (indoor)

### **Thursday, February 6, 2025**

Intermediate Girls Soccer Tournament (indoor)  
Girls Who Game Trip to Microsoft  
Grade 6-8 Trip to the Rose Theatre

### **Monday, February 10, 2025**

Junior Boys Basketball Tournament @ OLMCY

### **Tuesday, February 11, 2025**

Report Card Distribution (electronic delivery)

### **Wednesday, February 12, 2025**

Junior Girls Basketball Tournament @ St.  
Bernard of Clairvaux

### **Thursday, February 13, 2025**

P/T Interviews PM

### **Friday, February 14, 2025**

PD Day: P/T Interviews

### **Monday, February 17, 2025**

Family Day Holiday: No School

### **Wednesday, February 19, 2025**

Morning Sar School Rosary/Father Adam

### **Thursday, February 20, 2025**

French Concours

### **Tuesday, February 25, 2025**

Grade 6/7 FI Science North Virtual Workshop

### **Wednesday, February 26, 2025**

Grade 7/8 Black History Month Virtual  
Workshop (Galbraith and Hinterhoeller)

### ***In the Midst of Winter***

*Lord,*

*In the midst of Winter, when the days are  
cold and wind can pierce remind us of the  
warmth of your love.*

*In the midst of Winter, when days are short,  
dawn comes late, and dusk arrives early  
remind us that in the darkness your light  
still shines.*

*In the midst of Winter, when the flowers of  
spring still lie hidden in the earth, when  
leaves are off the trees, and the world can  
seem bleak*

*remind us that Easter is but a short time  
away.*

*And when in our lives we feel as if we are  
experiencing a season of winter, reach out to  
us with the power of your resurrection so  
that we may feel the warmth of your love  
and see your light that alone can take away  
the darkness of our soul.*

*- Cal Wick*

