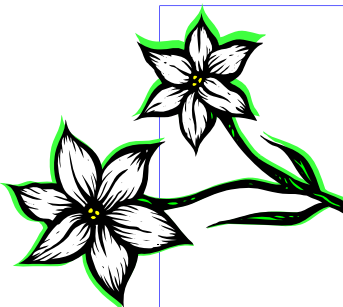




St. Mary of the Lake  
CATHOLIC SCHOOL

# April 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> K-6 Cake Auction	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
			Spring Break—No School April 4th to 8th			
<b>10</b>	<b>11</b>	<b>12</b> Pizza Day Gr. 3-4 Swimming 2-3 pm	<b>13</b> Hot Lunch- Grilled cheese with cucumber and ba- nanas and whip cream	<b>14</b> Hot Lunch Gr 7-9 Field Trip K-6 Assembly	<b>15</b> Report Card Day Gr 7-12 Gr 1-2 swimming 1-2 pm Gr1-3 Sock Hop	<b>16</b>
<b>17</b>	<b>18</b> ECS Grad photos "Power Down" lunch day	<b>19</b> Parent Teacher Interviews Gr 7-12 Pizza Day	<b>20</b> Hot Lunch- chicken nuggets/ fried with gravy	<b>21</b> Hot Lunch ECS Cake Walk	<b>22</b> Good Friday NO SCHOOL	<b>23</b>
<b>24</b>	<b>25</b> Easter Monday NO SCHOOL	<b>26</b> Subway Day School wide Open House	<b>27</b> Hot Lunch- pancakes with ber- ries	<b>28</b> Hot Lunch	<b>29</b> 30 Hour Famine Sundae/Float sale Easter Mass at the church 10:00 am	<b>30</b> Badminton Tournament at the school



St. Mary of the Lake  
CATHOLIC SCHOOL  
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# St. Mary's Messenger

News You Can Use!

APRIL 2011

### IMPORTANT DATES

- Apr 1 K-6 Cake Auction
- Apr 4-8 Spring Break NO SCHOOL
- Apr 12 Pizza Day  
Gr 3-4 Swimming 2-3 pm
- Apr 13 Hot Lunch—Grilled cheese
- Apr 14 Hot Lunch— spaghetti and meatballs \$5.00  
Gr 7-9 Field Trip  
K-6 Assembly
- Apr 15 Report Card Day Gr 7-12  
Gr 1-2 swimming 1-2 pm  
Gr 1-3 Sock Hop
- Apr 18 ECS Grad photos  
Grade 12 Grad photos  
"Power Down" lunch day
- Apr 19 Gr 7-12 Parent Teacher Interviews—call to book an appointment  
Pizza Day
- Apr 20 Hot Lunch—chicken nuggets with fries and gravy  
Freezie Day
- Apr 21 Hot Lunch— Hamburger soup and homemade bun \$5.00
- Apr 22 Good Friday—NO SCHOOL
- Apr 25 Easter Monday—NO SCHOOL
- Apr 26 Subway Day  
Open House 5-7 pm
- Apr 27 Hot Lunch—Pancakes with berries
- Apr 28 Hot Lunch— Hot turkey sandwich with gravy \$5.00
- Apr 29 30 Hour Famine  
Sundae/Float Sale  
Easter Mass 10:00 at the church
- Apr 30 Badminton Tournament at St. Mary of the Lake School

### Parent Teacher Interviews

All students in grades 7 to 12 will be given their report cards on April 15th.

Parent Teacher Interviews will be held on April 19th from 5:30 to 7:30 pm.

Please call the school to book an appointment with your child's teachers.

### Open House

April 26, 2011 5:00 to 7:00 pm

Everyone is welcome to come tour the school and meet the staff. Preschool and Kindergarten classes will be accepting early registrations during the Open House.

respect  
high quality education  
values spiritual leadership  
God

# SPRING IS HERE

We would just like to remind all elementary parents that with the warmer weather comes the puddles.

To help cut down on phone calls home, please try to provide your child with a spare change of clothes during the spring months.

As with weather gets warmer the puddles get bigger and we all know how tempting they can be for children.

Your assistance on this matter is greatly appreciated.



### PIZZA WITH THE PRINCIPAL QUIZ

Answer the following question correctly and you will be entered into the monthly draw for Pizza with the Principal.

Question:

What day is "Power Down" lunch?

Student's Answer

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Parent Signature:

## 30 HOUR FAMINE

This year the grades 7 to 12 students have the opportunity to participate in the 30 Hour Famine. It is sponsored by World Vision. Our school Famine date is Friday, April 29<sup>th</sup> until Saturday, April 30<sup>th</sup>. Please support our students as they ask for donations for this very worthwhile cause! I know we will do great things!!!

### Highlights for March



### Parents of Preschool (4 yr old) and Kindergarten (5 yr old) children

St. Mary of the Lake School staff are currently planning our fall programs and need your help.

St. Mary of the Lake School offers an environment in which your child will be respected and feel secure. By providing hands-on experiences, children will engage in rich opportunities to share, learn cooperation, and enhance their academic readiness. We are tentatively planning on offering the following preschool and kindergarten programs but need to know interest and possible enrolment before we can finalise class lists in early May. If you are planning on registering your child in one of our programs, please complete the form below:

Parent's name \_\_\_\_\_ Child's Name \_\_\_\_\_

Telephone number: \_\_\_\_\_ Email \_\_\_\_\_

Please prioritize your choices by indicating 1 (1<sup>st</sup> choice), 2 (2<sup>nd</sup> choice), etc.

#### Preschool (open to students 4 years of age as of Jan, 2012). \*Note that preschool fees are \$12.50 per day.

\_\_\_\_\_ Tuesday and Thursday 12:15- 3:15pm.

\_\_\_\_\_ Tuesday and Thursday 8:30- 11:30am.

\_\_\_\_\_ Monday and Wednesday 12:15- 3:15pm.

\_\_\_\_\_ Monday and Wednesday 8:30- 11:30am.

#### Kindergarten (open to all students 5 years of age as on Jan, 2012)

\_\_\_\_\_ Monday- Friday 8:30- 11:30am.

\_\_\_\_\_ Monday, Wednesday and Friday- 8:30- 3:15pm.

\_\_\_\_\_ I am not sure about registering my child but I would like to be contacted for further information.

Formal registration forms will be available in the School Office after April 26<sup>th</sup>. We will contact all parents who complete this form by telephone or email.

### NEWS FROM THE LIBRARY

#### Dave Glaze



Dave Glaze is a teacher and teacher/librarian living in Saskatoon, Saskatchewan. For many years he wrote short pieces for newspapers and magazines but at the age of 40 he decided he would like to write novels. He has since published six juvenile books including three action books taking place in Saskatchewan and Alberta at the turn of the last century. A member of Saskatchewan Writers Guild, he's also a member of the Writers Union of Canada. Mr. Glaze is married and has two daughters.

Mr. Glaze does readings for audiences from Grades 4-6.

To learn more about Mr. Glaze, please visit: <http://www.daveglaze.ca>

### SPORTS CORNER- BASKETBALL FUNDRAISER SUNGLASSES SALE

The Huskies basketball team is looking to prepare for next season, and we need your help. The Huskies have made a deal with Sundog Sunglasses, to bring you shades at a stellar deal. What usually sells for 40-60 dollars, we're giving up for 25. Our goal is to sell 60 sets, which will give us enough money to pay for one basketball tournament for the coming year. With 10 different styles, we'll have you looking fine for those sunny days ahead, so contact Mr. Mellisen at the school for details. Your support is greatly appreciated



## HELLO FROM YOUR COUNSELLOR

By: Ms. Marcia St. Pierre

When thinking about the overall physical and mental health of your child, one of the most important things that we can all focus on is nutrition. If a child's body and mind are not properly fed, they are unable to learn what they need to in school.

Today, many children are eating way too much fat, sugar and salt, and not enough fruits, vegetables and whole grains. Although it is often easier to grab fast food, or a processed pre-packaged dinner, these foods are not helping our children to grow up healthy. To help get your family on the road to healthy eating, try the following:

Encourage your children to choose most of their foods from Canada's Food Guide (fruits and vegetables, meat and alternatives, milk and alternatives, and grain products). Check out the food guide at:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/>

- Keep ready to eat, healthy foods at hand, so that children can choose a healthy snack. Good foods for this are: carrots, yogurt, cheese strings, fruit, etc.;
- Involve your children in packing their lunches, planning meals and selecting snacks. Only allow for one or two treats per lunch, and make sure that the rest is healthy;
- Set "nutrition ground rules" for your household. Make sure that all members of the home are eating breakfast, healthy snacks and drinking milk (or a milk substitute);

Remember that children model what they see, so if they see their parents eating healthy foods, they are more likely to follow suit.

If you have any questions, or would like to discuss this further, please contact me at the school! And remember, the healthier you are, the healthier your children are, so let's all make a change for the better!



### Grade 5 D.A.R.E. Graduation

Drug Abuse Resistance Education (D.A.R.E.) is a 10 hour in-school program that by specially trained law enforcement officers. The D.A.R.E. program teaches students how to resist drugs, avoid violence, and deal with peer pressure. Through participation in the D.A.R.E. program, students are able to establish positive relationships with law enforcement, with their teachers, and other partners in the community.

Grade 5 students at St. Mary of the Lake School have been participating in the D.A.R.E. program since March of 2011. To be eligible to graduate from the program, students must:

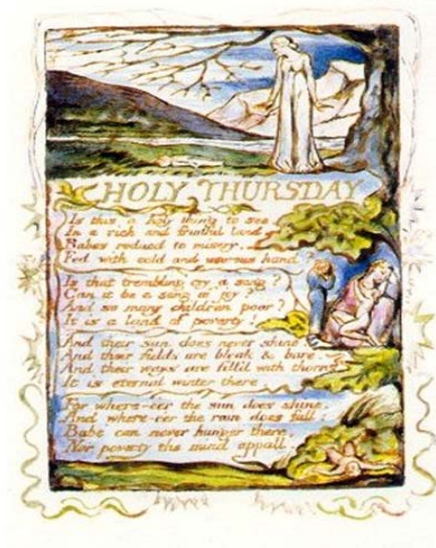
- Have good attendance;
- Demonstrate good behaviour during D.A.R.E. classes;
- Complete the D.A.R.E. student workbook;
- Keep their bodies free from drugs;
- Write a report about what they have learned from D.A.R.E.;
- And make a pledge statement to make wise choices about alcohol, tobacco and other drugs.

***St. Mary of the Lake is pleased to announce that the Grade 5 D.A.R.E. graduation will take place on Tuesday, April 19, 2011, between 11:00 am and 12:30 pm. Friends and family members of Grade 5 students are invited into the school during this time to share this special event with us. Light refreshments will be served after the ceremony.***

If you have any questions about this event, please contact the school for more information.

MRS. CARA BLOCK

### Spiritus Mundi



**Easter Triduum, Holy Triduum, or Paschal Triduum** is the period of three days from Holy Thursday (seen as beginning with the service of the preceding evening) to Easter Day. It begins with the Thursday Mass of the Lord's Supper and ends with evening prayer on Sunday. The Triduum begins with the Mass of the Last Supper on the evening before Good Friday. During the Gloria in Excelsis Deo, all church bells may be rung and the organ played; afterwards, bells and organ are silenced until the Gloria of the Easter Vigil. After the homily of the Mass a ritual washing of the feet is envisaged. The Mass concludes with a procession of the Blessed Sacrament to the altar of repose. On Good Friday, Christians recall the Passion and crucifixion of Jesus. In Roman Catholicism, the clergy traditionally begin the service prostrate in front of the altar. Mass is not celebrated on Good Friday and the communion distributed at the Celebration of the Lord's Passion is consecrated on Holy Thursday, hence the name Mass of the Pre-sanctified. Also in Roman Catholicism, images of saints are either kept or veiled until the Easter Vigil. Votive lights before these images are not lit. Crucifixes that are movable are hidden, while those that are not movable are veiled until the Easter Vigil. The Easter Vigil is a commemoration of the day that Jesus lay in his tomb. In the Roman Catholic Church, daytime Masses are never offered, and there are no colors seen or used throughout the chapel or on vestments. Statues of Jesus, which have been veiled during Passion (usually throughout Lent), are unveiled. The date of Easter varies from year to year, but is always on a Sunday between the dates of March 22 and April 25. It occurs on the first Sunday after the first full moon of Spring. The Easter season extends from the Easter Vigil through Pentecost Sunday on the Catholic and Protestant calendars, normally the fiftieth day after Easter.

### COFFEE HOUSE

St Mary's first annual Coffee House was a great success! On Behalf of Mrs. Shultz Senior High Art Students and our Glee Club we would like to extend a huge thank you to all that came to support our event. We had a terrific time show casing the incredible talent in our school and community. The students are already planning for next year's performance.



**Badminton Season Is Here**

The 2010-11 schedule is as follows:

<b>Mondays</b>	3:30 to 5:30 pm at St. Mary of the Lake School
<b>Wednesdays</b>	3:45 to 5:00 pm at Roland Michener School (Sr high only)
<b>Thursdays</b>	3:45 to 5:00 pm at Roland Michener School (Jr high only)
<b>Fridays</b>	3:30 to 7:00 pm at St. Mary of the Lake School

**Badminton season is short and intense. This year we added a new element, which is playing weekly games with Roland Michener's badminton team.**

**It is exciting to see our players' growth over few weeks. Tournaments are right after spring break. Players, you better shape up!**

**MS. KAREN POTSKIN**

Tanisi! Everyone, April is here and what a way to start it off with a Spring Break. Before we know it we will be going for Summer holidays. Every Spring in the Native Education Program we kick it off with Native awareness week(N.A.W) and it has been set for May 2- 6, 2011. We will have many activities planned throughout the week and close on Friday with a "Hoop dance" performance. This year we are adding a traditional twist to the Native culture and give the students an experience of the Native way of life of our ancestors. If you have a talent you want to share with our students, you are very welcome to share it during our native awareness week. We are always open to suggestions as well. Please contact me at the school anytime. Have a good Spring break and I hope you can join us for one or some of the N.A.W activities. Also, the Cree classes will be fundraising and selling some fried bannock (lazy bones) and Indian tacos for our yearend farewell parties. Please support us and if you want you can pre-order, order slips will be sent home.

Ekosi maka (that's all for now)

**Grade 5 Atco Electricity Presentation**

On Thursday, March 24, 2011, at 9 am the students of Grade 5 class had the opportunity to listen to a free electricity presentation, courtesy of Atco Electric. The presenters, Bruce Martel and Leonard Leblanc, shared a lot of personal experiences and even brought a "live" electricity demonstration which was used to teach students about the importance of electrical safety. Students had an opportunity to watch a classic video (with some modern day updates) featuring the timeless "Louis the Lightning Bug" (which some parents may remember from television commercials and/or presentations they may have seen when they were students in elementary school).

The Grade 5 students did an amazing job showcasing their learning of "Electricity and Magnetism" and the presenters commented that the students were polite and well-mannered throughout the presentation.

A great big thank-you goes out to Atco Electric for sharing this wonderful free resource with our school!



**ELEMENTARY NEWS— MS. GWEN ZWICK**

**POWER DOWN LUNCH DAY—APRIL 18, 2011**

There is a challenge to all elementary homeroom classes to come to school with a lunch that does not require being heated. Our goal is to have one Monday per month as a "Power Down" day, where all students will bring a lunch that doesn't need to be heated in the microwave.

The staff on supervision will track the results for each homeroom and the winning class will receive prizes.

Please help your child's class win this challenge.