**November**

**2018**

St. Gregory the Great

Academy Newsletter

*Principal Mrs.*

*Naccarato Trustee Mrs. Marchese YCDSB 905-713-1211*

**November brings us colder weather and outdoor fun days where we need to remember the importance of dressing warmly every day! Our school is committed to good health and nutrition through our collaboration and planning for healthy eating, mental awareness and healthy physical activity**

**Engage in healthy eating and exercise** – At St. Gregory we work with the York Region Public Health department to encourage healthy eating and activities. We are very grateful for their contributions to help us achieve our goals in providing healthy grab and go snacks for students. We have been able to provide students with healthy fruits and vegetables and grain products as a healthy snack for students as they need them. A healthy meal consists of a vegetable + fruit + dairy + (grain or meat/ alternative) and we teach this to students during Health classes. Drinking water and refillable water stations at our school is also a part of a healthy day. We are also protecting the environment with our healthy lifestyle habits.

Handwashing keeps germs away – We review with students healthy ways to keep germs away. Washing hands is important throughout the day but especially before and after preparing food, before and after eating, after coughing and sneezing and after washroom use.

**We create a supportive nutrition environment** - We demonstrate a positive attitude to student health and nutrition by encouraging enough time for students to eat, encouraging students to listen to their hunger and fullness cues and to understand the positive healthy role models available to us in the media.

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**Anti-bullying Initiatives**

Thanks to our wonderful resources and librarian Ms. Fazari, we will once again share inspirational picture books to spearhead our anti-bullying initiatives. A

variety of topics will be discussed in our classrooms, such as: learning to be me,

helping others, what would Jesus do, respect for all of God’s people, positive

self-image and decision-making.

**Mother Mary Apostolate**

The Rosary Group of wonderful ladies will have started their monthly visits to every class to pray the rosary together. They share their gift of prayerfulness with the students and truly inspire them to be followers of Jesus just as Mother Mary shared with all of us.

**Dina Pestonji**

A life coach, author, and TEDx speaker [view my most recent talks [here](http://r20.rs6.net/tn.jsp?f=001iJLUiiQLnNE7LXhyATQx5i-gS1H1sLCZPwXqKtzvkFfmM7fgslpQHMcmf5fd0JIQOS47Vq4Ynjd4MgO7yOi1XAxlynwGEVUx0Ahd4yBBp0lbRKrOg91gqXMJ0rkmHMTt6LU2F5U0mpXMIA2E_w7UgXS4nHuvHzcBirI0Y_L4GgJQwhY1iaOxFw==&c=HXKIMlKqGvXgY0-CTqAYLQPQWCaI9O-E-M_eJ2GNZ5FZsP5xVGYRVg==&ch=J4n6B-rcoj4M0eRgXzJ9jHOHmQU2oHbqitrV9YyVkbuZMrA2A7gQvw==) and [here](http://r20.rs6.net/tn.jsp?f=001iJLUiiQLnNE7LXhyATQx5i-gS1H1sLCZPwXqKtzvkFfmM7fgslpQHMcmf5fd0JIQKQDf19SOygktXC3xzE0gfbhDPAnN-PYEDDXwc6qmAIlPZTfRAQ7IrDa6E1HZJt5E9__Lggpkbh7d2l0ZNy-yHetPaR373ydKb-zDQWOZ1wKlTkK4kUBaSQ==&c=HXKIMlKqGvXgY0-CTqAYLQPQWCaI9O-E-M_eJ2GNZ5FZsP5xVGYRVg==&ch=J4n6B-rcoj4M0eRgXzJ9jHOHmQU2oHbqitrV9YyVkbuZMrA2A7gQvw==)] within the health and lifestyle world. She will be delivering motivational speeches surrounding **female empowerment, self-love, and body confidence for women and young girls.**

**Synopsis:**In the digital age, with personal highlight reels on every social media platform for all to see, young girls cannot help comparing themselves to one another. Pressure, anxiety and metal health issues are on the rise as it feels impossible for a young girl to focus on their strengths and develop a sense of confidence in who they are. This is precisely what I have grown to embrace - love of myself. My journey to this point only came after losing my life on three separate occasions. It is my goal to help girls reach this realization much earlier in life than I did, saving them endless amount of emotional turmoil in the process. In this revealing and practical presentation, I give young girls what I never had - useful and effective lessons along with daily strategies so they can become strong confident women.

**Audience takeaways:**

* Deeper understanding at the traps we often fall into which rob us of our confidence unknowingly
* A closer look at the cost of self-doubt and what you can accomplish if you believe in yourself
* Guidance on the important journey to self-love and important keys to reframing your perspective
* Unique positive affirmations to integrate into your morning routine and manifest into reality

**Coby the Magician Anti-bullying Presentation**

On May 6th, we will continue our Anti-bullying workshops for students with an interactive presentation from Coby the Magician. Coby the Magician visits SGG to share messages of respect and anti-bullying through the captivating world of magic.

**9:15am FDK-Grade 4**:  Verbal and Physical Bullying - Identifying what bullying is and what its not (3 strikes and you’re out), coping strategies, visual demos and discussion  1 hour in length.  
   
**10:45am Grades 5-8** Cyber Bullying- Responsible use of technology and awareness and explanation of the damage caused by Cyber-bullying, Jokes are not always funny, think before pressing enter. 1 hour in length.

Thank-you to our Catholic School Parents for being an active part of the decision-making and financial support for these programs

**Volleyball at St. Gregory the Great - 2018**

**Congratulations to our Intermediate students who have worked hard to be a part of this year’s Volleyball team. We see them working hard on developing skills and becoming an active and respectful member of the TEAM! We always say there is no “I” in the word team and that they are representatives of the whole school.**

**Boys Volleyball Team**

**Eric, Joseph H., Joseph D., Dante, Jordan, Diego, Daniel, Paul, James, Daniel, Luca.**

**Thank you coaches – Ms. DiNicolantonio**

**Girls Volleyball Team**

**Julia C, Samantha, Thea, Olivia, Alexandra, Veronika, Olivia C, Marie, Estelle, Darcy, Laura, Sera, Melissa, Francesca. Thank-you coaches – Ms. Solimine**

**SGG Cross Country Team 2018**

**The SGG Cross Country Team has had another incredible year! Congratulations to the team and their coaches, Ms. Grisonich,, Mrs. Mastrangelo, and Mrs. Granchelli. The students were exceptional - displaying great skill and great team work! There were a record number of students participating this year and really meeting the challenges of this outdoor event.**

On October 15 St. Gregory the Great participated on the Area Cross Country Meet.  Grade 4s ran 1km, grade 5s, 1.5km, grade 6s 2km, grade 7s 2.5 km and grade 8s, 3 km. The following students placed in the top 5 and were able to participate in the Board level meet on October 18:

Eliana Haces-Tatone (grade 5) 3rd

Michael LaCroce (grade 6) 3rd

Julia Cristovao (grade 7) 1st

Serena Graziosi (grade 7) 5th

Alesandra DiGiovanni (grade 8) 2nd.

At the final Board meet, Julia and Alesandra placed 7th and 6th respectively. The St. Gregory community is very proud of the team's performance both on and off the course. They all ran with determination and heart!

**Yearbooks:**

There are a handful of 2017-2018 yearbooks still available to be purchased. Please remit $32 to Miss Grisonich to purchase a copy!

**Student News**

**Student Council 2018-2019**

Congratulations to our new SGG Student Council! They are committed to creating fun, memorable and selfless opportunities for our school to participate in. They have already organized a fun Halloween Dance! Sofia V., Vivian T., Sofia M., Tyson T., Alesandra D., Samantha T., Thea F., Isabella K., James S., Marie L., Alessandra T., Darcie B., Laura S., Melissa R., Francesca F., Larissa C. Erica R.

**Luke 4:18**

Our Luke 4:18 club offers more Leadership opportunities that want to help others in our community and globally. We will be linking with Me to We for shared goals and events as well as contributing to many needy charities, such as Sick Kids Foundation.

Larissa C, Anthony H, Marie L, Veronika P, Melissa R, Rachel R, Emilia S, Laura S, Melissa T, Serena G, Abby M, Lia C, Yvette B, Alessandra D, Katelyn M, Sofia M, Ava C, Julia C, Julian D, Thea F, Angelica G, Sofia G, Julia G, Sofia G, Celeste G, Claudia I, Isabella K, Alexandra L, Matteo P, Sarina S, Ashley S, James S, Paul V, Dario D, Samantha T.

**Drama Club**

We look forward to another year of great drama fun!

Thea, Sofia, Ariyana, Maria, Natalie, Sophia, Francesca, Gavin, Thomas, Luca, Blake, Olivia Marie, Mikayla, Olivia, Madison, Julia, Williamina, Aria, Anna-Grace, Adam,Adrian.

**Healthy Initiatives Club**

The Healthy Initiatives Club is new this year! The club focuses on healthy ways of living: physical and mental. They will work together with our Catholic School Council parents

to encourage healthy habits of thinking and doing. Congratulations to our team and to our coach Mr. Carbone. The student members are: Darcie B, Marie G., Mia F., Melissa R., Laura S., Olivia C., Tatiana R., Veronika P., Emilia S, Rachel R, Maya B, Melissa T.

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**Kindergarten Reporting**

The following link provides access to the ministry’s  **Full Day Kindergarten - Understanding Your Child’s Reports**.

[Full Day Kindergarten - Understanding Your Child's Reports](http://www.edu.gov.on.ca/eng/parents/kindergarten_report.html)

These three reports will help parents understand their child’s progress during the course of the school year. They are part of Ontario’s updated policy on the assessment, evaluation and reporting of children’s learning in kindergarten, found in Growing Success – The Kindergarten Addendum 2016.

This document is also available as a [PDF format](http://www.edu.gov.on.ca/eng/parents/understanding_your_childs_report_en.pdf) (1.22 MB).

**Catholic School Council**

Thank-you for everything you do! Our parents are truly incredible in their efforts to support our school and to help those in need. God bless you all for your tireless ability to give and give and give! Pizza lunches have been very successful with our students as well

as Costa Verde and this year we have introduced Rainbow Lunches.

Monies collected will be given to teacher wish lists that include technology, manipulatives and hands on learning items and events , sports equipment, a new gym screen, and to offset various guest speakers/events.

Meeting dates have set for the year. Please feel free to join us and be a part of the conversation! We meet on the following dates at 7:00 pm in the library:

October 11, November 8, December 6, January 17, February 7, April 11, May 9.

**Active Transportation and Mental Health**

Did you know that **Active Transportation** can strengthen child and youth mental health, which helps children and youth perform better academically, form social relationships, promote positive emotional feelings that increase self-worth and overall make healthier lifestyle choices?

Children’s Mental Health Ontario reports that as many as **1 in 5 children and youth** in Ontario will experience some form of mental health problem and that 70% of mental health problems start during childhood or the teenage years (CMH, 2018).

**Why Is Strong Mental Health Important for Children?**

Strong mental health allows kids and youth to:

* Think more clearly,
* Develop socially and emotionally, and
* Learn new skills more effectively. (MHA, 2018)

It also helps to:

* Build confidence,
* Increase self-esteem, and
* Provide a **positive** mental outlook on life overall. (MHA, 2018)

All of these benefits have significant positive impacts on children as they grow and enter different phases of life. A child with strong mental health is a child more likely to succeed and deal with challenges in all aspects of life, including transitions into high school, college/university and work or starting their own family one day.

**Use Active School Travel To Stay Mentally Fit!**

Active School Travel (AST) is an easy way for parents/guardians to strengthen the mental health of children and youth. Simply walking and/or wheeling to and from school leads to increased social connectedness, which can boost confidence and self-esteem and encourage positive behaviour and skills. In adults, it also helps manage stress and promotes wellness.

Active School Travel is simple and can easily be added into your daily routine!

* Walk and/or wheel to school or to the bus stop
* Park and walk a block to school
* If Active School Travel every day is a challenge, choose one or two days a week to try and make a change.

Be proactive, and help to strengthen your child's (and your own) mental health!

Sincerely,

YCDSB Active School Travel Team