



ST. MATTHEW SCHOOL

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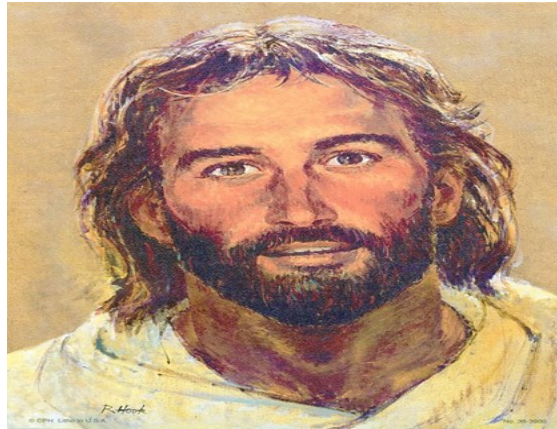
website : www.cssd.ab.ca/stmatthew

THE BEARALD

ADMIN MESSAGE

October 1, 2020

Dear Parents/Guardians of St. Matthew School,



Bienvenue/Welcome to October! Incredible work by all in September as we navigated safely through one of the most unprecedented school startups I have ever seen in my career! My heart is filled with gratitude and respect for my school community: staff, students and parents have followed all of our new health and safety procedures perfectly this past month. We made it safely through September by the grace of God and by everyone's flexibility, cooperation and positive attitude. It is so good to be back!

October is going to be a very special month for all of us at St. Matthew School. We begin our month with a Virtual Thanksgiving Liturgy on October 9th; giving thanks to God for not only for all of our blessings but for our challenges and trials in life. Challenging experiences teach us to be resilient, patient and perseverant. "Don't pray for an easy life, pray to be a strong person." (Author Unknown). There is such truth in this quote. Together, we can do hard things! Jesus did hard things. He modelled for us perseverance and strength throughout his life here on earth.

We are supporting St. Vincent de Paul through St. Cecilia Church this month in a Thanksgiving Collection of Toonies (Toonies for Turkeys!) to help support families in need. We appreciate any donation you are able to give to this cause. We are collecting cash this year instead of non-perishable food items, so that St. Cecilia Church can buy Walmart gift cards for families in need.

Check out our school website and October Newsletter for all the great teaching and learning activities in October! Elementary parents: stay informed by visiting your child's Google classroom and for Junior High parents, Brightspace will be up and running by mid-October. Our new Virtue of the Month for October is **OBEDIENCE**. Check out the Virtue of the Month page in this newsletter for more information about the importance of growing in obedience to Jesus and Mary.

Wishing you and your families a blessed Thanksgiving. *"If the only prayer you ever say in your entire life is thank you, it will be enough."*
M. Eckhart

Yours in Jesus and Mary,

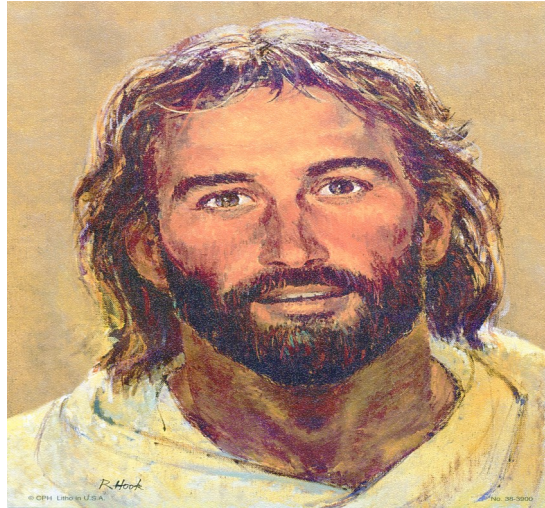
Mme Suzanne Kitt
Principal/Directrice

"Give thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ."
Ephesians 5:20



October Virtue of the Month

Obedience



Thanks to Father Paul's inspiring homily last Sunday, our next Virtue of the Month for the month of October is **OBEDIENCE**. According to Father Paul, here is why the virtue of **OBEDIENCE** is essential in our daily life.

Jesus reminds us about the importance of perfect obedience to God. Obedience is more rewarding than anything this world can offer us.

Obedience gives us 5 gifts:

- **FAITH**- Obedience deepens our faith in God.
- **LOVE OF GOD**- Obedience makes our love for God and for others grow.
- **BLESSEDNESS**- Obedience brings blessings into our lives and into our family's life.
- **HAPPINESS**- More obedience brings more happiness into our life. (Psalm 119:1 "Happy are those who walk in the law of the Lord.")
- **CLOSER TO HEAVEN**- You will experience heaven on earth if you obey God.

As we pray the Rosary daily at St. Matthew School, let us pray for obedience to Jesus and Mary.

God bless,
Mme Kitt

Prayer Corner

October 12th, 2020 is the day on which we give thanks for all the graces God has provided us; our lives, our families, food on our tables, a beautiful country with exquisite landscapes, to name just a few of those graces. On that day, we gather around the table with our families to pray and share a meal in thanksgiving. The following Prayer of Thanksgiving should be recited with the priest or the head of the family:



O Divine Heart of Jesus, who said to Zacheus, "Today I must abide in your home," we thank You for Your great mercy in choosing our family to receive the grace of Your presence and Your love and to make of this home a "domestic Church" wherein You will receive love, reparation and consolation for the ingratitude of men.

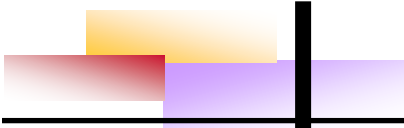
Unworthy though we be, we thank You for the honour You have bestowed upon us by coming to preside over our home. Gratefully we adore You, overjoyed to see You sharing with us our work, our family problems and our joys.

We thank You for dwelling with us. From now on may this home be for You another Bethany where You will always find Yourself among friends.

Stay with us Lord, for as in Nazareth's lowly home we too have a tender love for the Virgin Mary, Your mother, whom You gave us to be our mother.

Dispel from our hearts through Your holy presence all sorrow and discouragement.

Stay with us, for perhaps the darkness of trial is about to come upon us. Stay with us, for the night is coming on! The world strives to envelop us in the shadows of unbelief, but we want to be faithful to You, who alone are the Way, the Truth and the Life.



O Divine Jesus,
let Your words to Zacheus be fulfilled in our family, "Today salvation
has come to this home."

Yes, dear Lord, take up Your abode with us so that we may live in
Your presence and grow in Your love. You alone are King, and You
alone will we serve.

May Your Triumphant Heart, O Jesus, be forever loved, blessed and
glorified in this home! Most Sacred Heart of Jesus, Your kingdom
come!

Amen. (Oremus pp 52 & 53)



Have a peaceful, happy, and holy Thanksgiving!



October Feast Days

The church's devotion for the month of October is to the Holy Rosary.

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O merciful, O loving, O sweet Virgin Mary! Amen.

October 1 – St Therese of Lisieux is the patron saint of the Missions.

October 2 – Feast of the Guardian Angels.

October 5 – St. Faustina Kowalska is the patron saint of mercy.

October 6 - St. Mary Frances of the Five Wounds of Jesus is the patron saint of Naples (co-patron).

October 7- Feast of Our Lady of the Rosary.

October 8 – St. Pelagia the Penitent is the patron saint of actresses.

October 9 – St. Denis is the patron saint of France.

October 13 – St. Gerald of Aurillac is the patron saint of bachelors and disabled people.

October 14 - St. Calixtus is the patron saint of cemetery workers.

October 15 – St. Teresa of Avila is the patron saint of Headache sufferers and people in religious orders.

October 16 – St. Gerard Majella is the patron saint of expectant mothers.

October 19 – St. Jean de Brebeuf is the patron saint of Canada.

October 20 - St. Irene of Tomar is the patron saint of Tomar, Portugal.

October 21 – St. Ursula is the patron saint of the Order of St. Ursula (Ursulines).

October 22 – St. John Paul II is the patron saint of World Youth Day.

October 23 – St. John Capistrano is the patron saint of jurists.

October 26 – St. Cedd is the patron saint of interpreters.

October 27 - St. Odran of Iona is the patron saint of the city of Waterford, Ireland.

October 28 – St. Jude is the patron saint of lost causes.

October 30 – - St. Dorothy of Montau is the patron saint of brides.



COUNSELLOR CORNER

Mental Health

As students re-enter school, they may experience some difficulty in coping with the changes and challenges. If they experience any of the following as an ongoing behaviour change from earlier, they may benefit from talking with a health professional such as a psychologist, social worker, or physician who can help them understand and deal with how they are feeling. If you are concerned about any of the behaviours below, you can also contact me at jo-anne.wickes@cssd.ab.ca.

From the Canadian Psychological Association:

Some Reactions to Expect

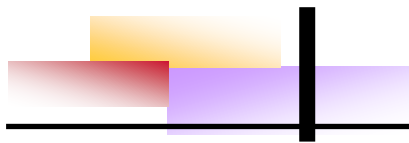
In general, most children and teens are strong, sensible and have good social support systems that will help them cope and respond well to distressing events. Nevertheless, a major stressful event or public health emergency can have many effects on teens. Some common reactions include:

- Worries, fears, and anxiety about their safety and the safety of family and friends
- Fear of other major emergencies
- Negative ideas about and mistrust of others, particularly those of different backgrounds
- Increase in disruptive behaviours, for example arguing, defiance, angry outbursts
- Increased crying, sadness or depressed feelings
- More difficulty concentrating or paying attention
- Variations in energy levels – either less active and tired, or more active, impatient and agitated
- Problems sleeping – either sleeping too much or not enough
- Problems eating – either eating too much or not enough

When to Seek Help

Some teens may be more at risk for a persistent or strongly negative response, or even for suicidal behaviours. Be watchful and prepared to seek professional help if your teen shows some of the responses listed below and keep communication open by checking in to see how they are doing. They may benefit from talking with a health professional such as a psychologist, social worker, physician, nurse or psychiatrist who can help them understand and deal with how they are feeling.

- Behaviour problems
- Learning problems
- Angry outbursts
- Withdrawal from family and technology-based connectedness to their friends
- Frequent nightmares or other sleep disturbances
- Physical problems such as nausea, headaches, weight gain or loss
- Feeling very anxious or afraid
- Ongoing sadness or depression
- Hopelessness about life or the future
- Increased risk-taking or problems with the law
- Abuse of alcohol, street drugs, medicines or solvents
- Suicidal thinking or behavior



Diverse Learning Teachers Corner

Learner Support Plans:

The Calgary Catholic School District recognizes the need to provide specialized supports and services for identified students with behavioural, communication, intellectual, learning or physical characteristics that demonstrate diverse learning needs. This may include those students who have the need for special health care services, as well as those who are gifted and talented. One of the ways we provide support to our diverse learners is through the Learner Support Plan (LSP).

An LSP is a plan of action which addresses an individual's learning needs and is based on diagnostic information and in consultation with the student's parent or when appropriate, the student. Teachers are beginning to work on Learner Support Plans (LSPs) for those students who have one. During Parent/Teacher conferences, teachers asked for input in developing the goal for the LSP. Please do not hesitate to contact your child's homeroom teacher or myself about the goal. Learner Support Plans will be sent home by October 28th, 2020.

Ms. LeClair
DLCT



Chromebook Use Guidelines

Students have been introduced to new Chromebook use guidelines this year in order for us all to take better care of school technology. Students will be accountable for their assigned device while it is in their care. They are expected to use their device at a table top, report any signs of damage immediately, and clean their hands before and after use. We all need to do our part to keep our school technology in good working order for everyone.

Mme Adair
Assistant Principal

Thanksgiving is quickly approaching!

Our Thanksgiving Virtual Liturgy will be on Wednesday, October 9th at 9:00am.

Grade 2 Champion and Grade 5 Stock will be planning the liturgy together.



COVID-19- Community Resources and Mental Health/Wellness Information for Parents and Students:

There are some excellent resources available to parents and students on the Calgary Catholic School District internet site. Feel free to have a look and access this information when needed.
<https://www.cssd.ab.ca/News/COVID-19/Pages/default.aspx>

Reminders

No classes for students on the following days:

Thanksgiving Day - Monday, October 12th
District Faith Day - Thursday, October 29th
School Based Faith Day - Friday, October 30th

Toonie for Turkeys Event

Please help us support St. Vincent de Paul Society. Bring a toonie to your homeroom teacher and we will donate it to St. Vincent to Paul Society. Let's see how many Toonies we can donate!

Last day to donate is October 6th.



OFFICE STAFF

Mrs. Foster-Mohr & Mrs. Asilo are available to assist parents and students from 8:00am to 4:00pm Monday through Friday. If you have any questions or concerns please come in or call the office at 403-500-2030. You can also send us an e-mail at:

sandra.foster-mohr@cssd.ab.ca and

mariapauline.asilo@cssd.ab.ca



Grade 1 and Grade 2/1 News



Mrs. Cieslak's Grade 1 and Mrs. Goral Grade 2/1 classes created beautiful fall mosaic quilt pieces. Students learned that mosaics are a pattern or image made of small regular or irregular pictures. The images used were that of leaves and acorns. Mosaics are often used as floor and wall decorations and were particularly popular in the Ancient Roman world. The message behind our beautiful bulletin boards is that His grace "falls" on all of us just like the leaves from the trees as they drop down. Our project was completed on the first day of Fall because the season of Fall in itself is a mosaic of colours. May the season of Fall grant you and your family many blessings throughout this time.

Mrs. Cieslak
Mrs. Goral
Gr. 1 and Gr. 2/1 Teacher



Wednesday, October 28th is Halloween Spirit Day. Students may wear their favourite Halloween Costume to school. All costumes must reflect our Catholic values.

Grade 5 News

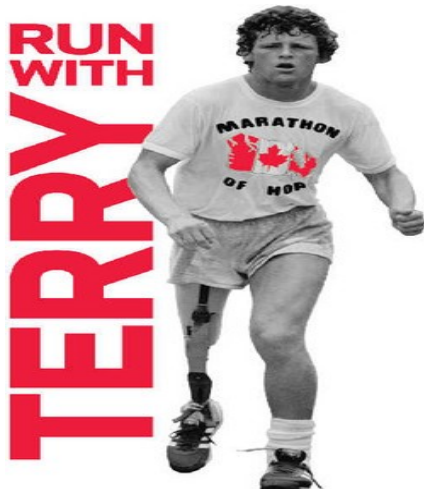


Mrs. Stock's Grade 5's have been working on Growth Mindset! What is Growth Mindset? It is the belief that our talents, intelligence and abilities can be developed over time. It is the belief that through hard work, effort, and perseverance, we can continue to grow our brains and learn new things.

Mrs. Stock

Grade 5 Teacher

TERRY FOX RUN



We will be having our annual Terry Fox Run on Friday, October 2nd. Run times will be staggered throughout the day for cohorts. Students may bring a donation of a "Toonie for Terry" by Friday, October 2nd, which will be collected by their homeroom teacher and tallied at the office.



Grade 9 Science News



We are off to a great start! The Grade 9's dove right into their first Science Unit, BIODIVERSITY! This entire collection of living organisms, each with their own unique characteristics, makes up the Earth's biodiversity. Among other things, we are learning about how species interact in their respective populations and communities. Here the 9-3 class is involved in a heated game of predator versus prey which is an opportunity for them to get outside and learn about the interdependence of different species and the need to protect what species we currently have on the Earth. Games such as these help students to understand the role that organisms play in their ecosystems and it provides opportunities for physical activity and mask breaks!

Mme Campbell
Junior High Teacher

Gr 7 Mobile Lab:



**Gr7 Science
Students
explore the
correlation
between
capacity,
MASS, and
VOLUME.**



Gr 7 Science

**Mr.
N'GOYI**



St. Matthew School Council



Stay informed

Exciting things are coming up at school council, our next virtual meeting is on Wednesday, October 21, 2020 we encourage all parents to attend meetings and get involved, your contribution makes a difference in our students' success.

Fundraising

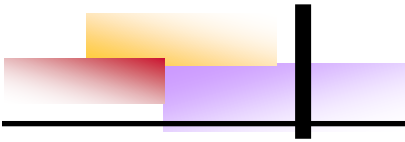
Did you know that our school is set up for fundraising on *mabel's labels* Just select the fundraising option on their website and select our school and a portion of every purchase you make will come back to the school for programs, supplies and activities. Thank you Nicole Ferguson for setting us up! https://mabelslabels.ca/en_CA/fundraising/support/

Check out the next page in this newsletter for more details!

2020-2021 School Council Executive

We are pleased to announce that we have a complete school council executive this year. The contribution from our parent volunteers and teachers is what makes our school such an amazing place to learn. Thank you everyone for volunteering!

Chairman : Erika Copeland
Vice Chairman: Cheryl MacLennan
Treasurer: Nicole Ferguson
Fundraising: Michelle Rooney
Secretary: Pamala Arnfinson



Fundraising

Great news! St. Matthew has signed up with Mabel's Labels! If you are not familiar with Mabel's Labels, they are personalized, durable, waterproof labels. They are great for everything from shoes, clothing tags, water bottles and backpacks. You can customize them with your name and a design, and they are dishwasher, laundry and microwave safe. Mabel's Labels also offers clothing stamps, silicone bands for water bottles and face masks for both adult and children! This is a great way to ensure your items don't get mixed up and make their way home. To reduce the spread of germs, we highly recommend labelling but they are also useful for everyday life.

Every purchase you make supports our school for programs, supplies and activities. Just go to the website campaigns.mabelslabels.com. On the right-hand side select **Support a Fundraiser** and select **St. Matthew Catholic School (Calgary)** from the drop down.

You can pick out whatever labels or products you want, and it will ship for free directly to your house! Thank you for supporting us!

mabel's labels.

Tired of losing their items to the lost and found?

You need Mabel's Labels.



Visit campaigns.mabelslabels.com to place your order and support

Why do parents love Mabel's Labels?

- ♥ Easy to order
- ♥ Take seconds to apply
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- ♥ Stay put (guaranteed!)
- ♥ Adorable designs + **FREE SHIPPING!**

Customize your own label pack today and you'll be supporting our fundraising campaign!

Order today at campaigns.mabelslabels.com



STARTER LABEL PACK
Just \$35.95 for 76 labels + tags



TAG MATES STICK ON CLOTHING LABELS
Just \$21 for 70 labels

mabel's labels.

Questions? ✉ info@mabelslabels.com
☎ 1-866-306-2235



Creating Calgary Catholic Together



CALGARY CATHOLIC
SCHOOL DISTRICT

OCTOBER 2020

Mental health and wellness information

The mental health of our students and staff is very important to us. We understand your child(ren) and your family may be experiencing stress and uncertainty as they continue to adjust to living in a world with COVID-19. Some materials to help support positive well-being are below.

- [Stress management](#) for elementary students
- [Stress management](#) for junior high students
- [Stress management](#) for senior high students
- [Coping and connection](#) for families
- [Supporting](#) in stressful times

Mental health and resilience study, students' feedback matters

We would like to remind you of the valuable research study the University of Calgary is conducting on the mental health needs and resilience of students during the pandemic. We approve the study and strongly encourage student participation as it will help us to better understand how COVID-19 has impacted your child(ren), their self-reported well-being and behaviour, and the social and emotional resources they are accessing. Any student ages 12–18 who is enrolled in CCSD is eligible to participate. With your consent, your child(ren) will be invited to complete a 20-minute online survey. They will also be invited to participate in three follow-up surveys throughout the school year. Please [click here](#) for more details and to participate in the study.

Did you Know?

A list of community resources that may assist you and your family during this unprecedented time is available on our [website](#).

Calgary Transit rebate reminder

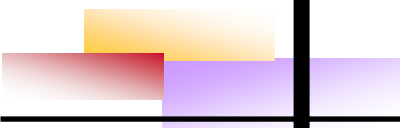
We are not able to reimburse transit pass purchases for eligible students if the pass is purchased digitally via Calgary Transit's My Fare app. Families who wish to apply for the district's monthly Calgary Transit bus pass rebate must purchase monthly youth transit passes at convenience stores, as per last year. We are working with Calgary Transit on rebate opportunities for their new mobile ticketing method and will share updates as they become available. Visit our [website](#) for full transit pass rebate and eligibility information.

A time to give thanks

Schools and worksites will be closed on Monday, October 12, for Thanksgiving Day. Even though some of the ways that we gather and celebrate will be different this year, remember to pause and take time to pray, reflect and give thanks for the abundant blessings God has provided to us through Christ.

Catholic Education Sunday

Since 2010, Catholic Education Sunday has become an annual opportunity to support the [Calgary Catholic Education Foundation](#) (CCEF) through the Diocese of Calgary. The foundation is a non-profit organization dedicated to enhancing educational experiences for Calgary Catholic students through faith-based classroom and school grants. This year, Catholic Education Sunday is November 1. You can support the valuable and vital role Catholic education plays in our communities by supporting the CCEF [online](#).



St. Gianna and St. Isidore, CCSD's newest schools

We are excited to welcome and support students in two new schools this year: **St. Gianna**, a K-6 school in the SE community of Auburn Bay, and **St. Isidore**, our first virtual school. St. Gianna was completed on time, on budget and provides students with learning opportunities in a state-of-the-art academic facility. Its design highlights include an abundance of natural light from two clerestories that run the length of the west and south corridors and a grand, inviting main entrance that offers immediate views of the gymnasium and learning commons. St. Isidore offers full-time online learning and supports approximately 5,500 grade 1-9 students in English, French Immersion and Diverse Learning programs. With the addition of these learning spaces, CCSD now proudly serves more than 59,000 students in 118 schools in Calgary, Airdrie, Chestermere and Cochrane.



October 2020

St. Matthew School

Virtue of the Month: Obedience

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Day 1	2 Day 2 Terry Fox Run
5 Day 3	6 Day 4 Last day to donate a TOONIE for St. Vincent de Paul Society.	7 Day 5	8 Day 6	9 Day 1 Thanksgiving Liturgy 9:00am
12 NO CLASSES Thanksgiving Day	13 Day 2	14 Day 3	15 Day 4 8-1 School Open Minds Presentation 8:50am-10:20am	16 Day 5 Fall Photo Retake Day K-9
19 Day 6	20 Day 1 Trustee and School Council Chairs General Virtual Meeting 7:00pm-8:15pm	21 Day 2 School Council Virtual Meeting 6:30pm (all parents are welcome)	22 Day 3	23 Day 6
26 Day 1	27 Day 2	28 Day 3 Halloween Spirit Day (dress in your favourite Halloween costume)	29 NO CLASSES District Faith Day	30 NO CLASSES Staff School-Based Faith Day

Supervision begins at **8:15 am**. Students should not arrive at school before this time.
Kindly phone the school at **403-500-2030** if your child will be absent or late.
Messages can be left on the answering machine before and after school hours.
Any students wishing to leave the building during school hours due to **illness, doctor's appointment etc. MUST be signed out at the office by a parent or guardian.**