



Holy Child



November 2023

Dear Parents/Guardians:

Greetings to all of our Holy Child families! We have had an exciting month of learning and sharing our light with one another in so many ways. Thank you to all of the parents, guardians, and community members for taking time out of their busy schedules to spend time reading to our students during reading week!

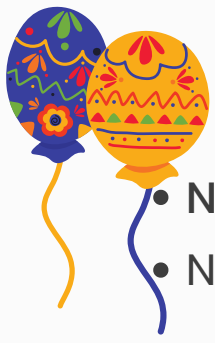
Celebrating Thanksgiving as a whole school at St. Joseph's Basilica was a beautiful way to express gratitude to God for all of our food and the gifts He has given us. We would also like to extend thank you to Father Joseph, for devoting the time to facilitate this special celebration for us. Congratulations as well to all of our grade four students, as they recently participated in their Holy Bible celebration. We know that learning the word of God through reading your Bible will provide you with a meaningful faith foundation in your journey throughout life. This month we will also gather together in prayer to reflect and pray for peace at our Remembrance Day Ceremony on Wednesday, November 8th.

As we look further ahead into November, we hope that all of you will be able to join your child's teacher for the demonstration of learning, which is taking place on the afternoon and evening of November 23rd, 2023. Please note that assessment is being reported and entered on Powerschool in Grades one to six. Kindergarten Teachers are sharing ongoing student progress with parents through the use of portfolios as well. Please note that teachers will be reaching out to families soon to book time to meet with you and share student success. Wishing you a wonderful day and month ahead.

Take care and God bless.

Madame Christine Samson,
Principal

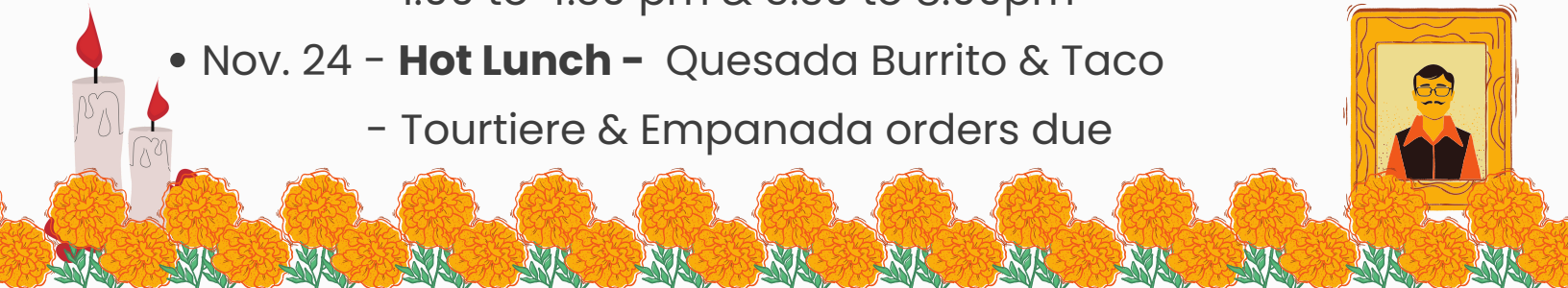




UPCOMING EVENTS



- Nov. 1 – Dia de los Muertos
- Nov. 2 – ECSD 135th Anniversary
 - School liturgy in the gym 9:00 am
- Nov. 3 – Day of the Dead Celebration
 - Dance Workshop
 - Family Event 5 – 6:30 p.m.
- Nov. 5 – Catholic Education Sunday
- Our parishes will celebrate the gift of publicly funded Catholic education in our province.
- Nov. 8 – Remembrance Day Ceremony
 - in the gym 9:00 am
- **Nov. 9 – Faith Day – NO SCHOOL**
- **NOV. 10 to NOV. 15 – FALL BREAK– NO SCHOOL**
- Nov. 15 – **PICTURE RETAKE DAY**
- Nov. 16 – PAC meeting 6–7:30 p.m. School Library
- Nov. 17 – **Hot Lunch orders due**
 - **ORDER AT HEALTHYHUNGER.CA**
- Nov. 20 – Gr. 4 Field Trip – EWMC
- Nov. 22 – Book Fair
- Nov. 23 – Book Fair
 - Demonstration of Learning
 - 1:00 to 4:30 pm & 5:30 to 8:00pm
- Nov. 24 – **Hot Lunch** – Quesada Burrito & Taco
 - Tourtiere & Empanada orders due





Join us at Holy Child gym on
Friday Nov 3rd to celebrate

DIA DE LOS MUERTOS

Doors open at 4:30pm

Pan de muerto sale

Mexican accessories sale

Gallery viewing

Dance performance

Singer performance



HOLY CHILD CATHOLIC LYNX CLOTHING STORE **IS OPEN AGAIN!**

Place your order now in time for Christmas! If you are interested in ordering any school lynx clothing items, please click on the link attached. All ordering is completed through the link/website. Thank you to Elite Marketing for organizing this for us.

Please note that the store closes on November 15th at 12:00 p.m., and that orders may take up to five weeks to arrive.



Holy Child Catholic Elementary School 2023 | Elite Promotional Marketing | powered by OrderMyGear (itemorder.com)

123, 321 Holy Child Lynx!

WELCOME U OF A NUTRITION STUDENTS



As part of their Masters in Dietary Nutrition, Xinyi Wang and Yuxin Guo are excited to be sharing information and lessons in nutrition and wellness with a few of our classes over the next few Monday afternoons. Please note that they have included a nutrition tips page within this newsletter. This is the practicum component of their programming, so we hope they enjoy their time with us. Their enthusiasm for nutrition and wellness is appreciated!

STUDENT PROGRESS: PARENT PORTAL

PowerSchool is Edmonton Catholic Schools' Student Record System. PowerSchool is a web-based home-to-school collaboration system linking parents, students and schools with real-time information via the internet. Elementary parents have the ability to pay school fees online, view report cards, and attendance. Please visit our website to find out more information on accessing Powerschool. **If you do not have a PowerSchool account please contact our office at 780.482.3676.**

<https://holychild.ecsd.net/power-school>

DIVISION & SCHOOL PLANS 2023-2026

We are all partners in Catholic Education! As our commitment to excellence in learning and providing a quality Catholic education to our students, the division has created an Assurance Dashboard, where parents/guardians are able to view division and school plans for continuous growth. Please take a few minutes to read this information, which is found in the link below:

SCHOOL ASSURANCE DASHBOARD:
HOLY CATHOLIC ELEMENTARY SCHOOL

RECESS AND ACTIVITIES: WEATHER

Dear Parents/Guardians: Please see Administrative Policy 131 for more information on the guidelines for outdoor activities. Policies are found on our ECSD website at: **<https://www.ecsd.net/administrative-procedures-manual>**. With the cold weather approaching, this is a kind reminder that students are to dress appropriately for the weather, as we have two recesses during the day: Morning and lunch recess, where students are able to spend time outside. Please note that there are guidelines in place as to when students would have an indoor recess:



We share the light and joy of Christ as we celebrate our 135th Edmonton Catholic Schools Anniversary together virtually on Thursday, November 2nd, at 9:00 a.m. Please see the link below if you would like to join us!

<https://www.youtube.com/watch?v=Bdtdq4UDqIU>

For over a century, we have been dedicated to providing an exceptional Catholic education to families in Edmonton. In 1888, three sisters from the order of the Faithful Companions of Jesus began teaching 23 students in the very first Catholic school in Edmonton. Since then, our Division has grown to 95 schools and more than 47,000 students.



READ IN WEEK



From October 3rd to 6th, Holy Child staff and students welcomed many special guests, parents and family members to come and share their love of reading. Students were thrilled to hear a variety of story genres and themes shared by members of our community.

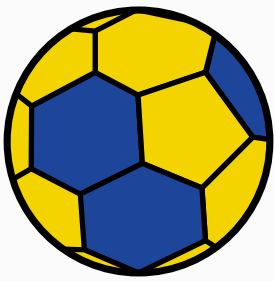


STUDENT LEADERSHIP

As part of the Mental Health Strategic Plan, ECSD wants to empower student leaders to be agents of change within their school community.

The Elementary Student Symposium which took place on Monday October 16 2023 at ECSD Lumen Christi, allowed Mme Sophie and four grade 6 students from our school to attend a district wide event. Here students had the opportunity to connect with other student leaders in our district, to have fun while growing as individual and group leaders and to learn about various topics, Mental Health Literacy, Physical Literacy, Wellness through Art and Music, Belonging and Inclusion, Self Care, and Digital Citizenship. It was a fun packed day and our student leaders were equipped with tools and new ideas to help guide our school Leadership Team in our goals for this 2023/2024 school year!





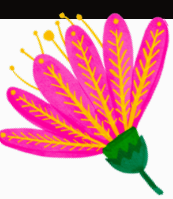
HANDBALL



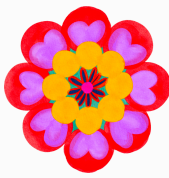
We were so excited to welcome back Handball for the second year in a row! On October 28th, 4 teams from grades 3-6 attended the Alberta Mini Handball tournament, competing against schools from all over the province. Students showed amazing teamwork skills, cooperation and resilience. Way to go Holy Child!

123, 321 Holy Child Lynx!

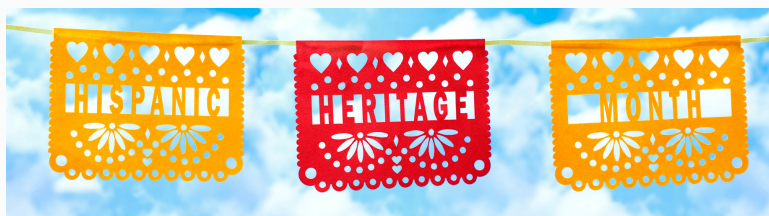




HISPANIC HERITAGE MONTH



On October 20th, in celebration of Hispanic Heritage Month, each Spanish Bilingual class invited a French Immersion class to join them and learn about a country special to them. They discussed cultural traditions and shared information about the country and their people. The Spanish Bilingual students even shared a yummy snack that originates from that country! Thank you to our Spanish Bilingual teachers for organizing this special event!



SOUND SCHOOL FUN!

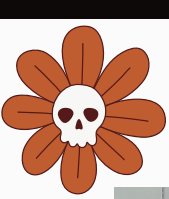
During the week of October 23-27th, our Grade 5 students in both Spanish Bilingual and French Immersion had the opportunity to learn about the Edmonton Symphony orchestra, music and even some Math and writing skills with the Winspear Centre's Sound School program. We had the chance to play a wide variety of instruments from around the world, created graphs comparing real sales from Winspear events, got a private organ tour, met a mystery musician who played us a private concert and got to see a Winspear rehearsal of music composed by John Williams, including some Star Wars!



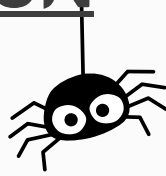
STUDENT NEWS FROM 3A

During the month of October, the grade 3A class used their newly learned cursive writing skills to write their pen pals in France. In Social Studies, students applied what they learned in class about maps and created their own topographical maps out of plasticine. In mathematics, students learned about telling time, converting money and number patterns. We finished the month off by doing pumpkin science. We predicted, measured, analyzed, recorded and compared the height, circumference, weight, floatability and counted the number of ribs and seeds of pumpkins. For Halloween, we sang, "C'est L'Halloween" to the residents of the Rosedale Manor Retirement home





HALLOWEEN FUN



Rosedale Halloween

On October 31, all Grade 1-3 students walked to Rosedale Manor to visit the residents. They wore their Halloween costumes, sang Halloween songs and then got to go Trick or Treating. The students loved bringing some Halloween fun to the residents, and were so happy to come home with some candy and treats too!



**TRICK
OR
TREAT**



PARISH NEWS



We are blessed to have St. Joseph's Basilica, the cathedral for the archdiocese, as the parish associated with our school. Sacraments of preparation such as Reconciliation, First Communion and Confirmation will begin in the Spring for all families who are registered at the parish. To register your family at the Basilica, please email: basilica.info@caedm.ca. For more information, please visit their website at: <https://www.stjosephbasilica.com/>

As a school we love celebrating when students receive one of their Sacraments. We encourage families to share with their teacher or the administration a picture of the event and the date it took place in order for us to celebrate this big event in the school!



November 5 is Catholic Education Sunday

This year's theme is Courage to Lead!



Our parishes will celebrate the gift of publicly funded Catholic education in our province. It is a beautiful opportunity for all of us to connect home, school, and parish as partners in creating a vibrant, engaging, Christ-centred learning experience for our children and youth. For more information, please see the following link:

<https://www.ecsd.net/catholic-education-sunday>

HOLY CHILD HOT LUNCH



CHECK OUT
HEALTHYHUNGER.CA
TO ORDER HOT LUNCH!!



NOVEMBER 24 – QUESADA – NEON DAY

JANUARY 26 – OPA – PYJAMA DAY

FEBRUARY 23 – TIM HORTONS

– MISMATCH DAY

APRIL 26 – EDO – WILD HAIR DAY

MAY 31 – PITA PIT – BEACH DAY



VOLUNTEERS NEEDED TO HELP DISTRIBUTE LUNCHES

DEADLINE TO ORDER IS ONE WEEK BEFORE EACH HOT LUNCH DATE

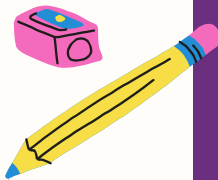


ÉCOLE ESCUELA
HOLY CHILD
Catholic Elementary School



**PARENT COUNCIL &
FUNDRAISING SOCIETY**

Parent Council & Fundraising Society News



NOVEMBER 2023

Upcoming Events

November 16th (NEW
DATE) Parent

Council/Society
meeting 6-7:30pm, School
Library

November 9-14th
NO SCHOOL

Meeting Dates

All Welcome | 6-7:30pm
School Library or via Zoom

Wednesday, Nov 16 (in-person)

Tuesday, Dec 12th (Virtual)

Wednesday, Jan 10th (Virtual)

Wednesday, Feb 7th (Virtual)

Wednesday, March 6 (in-person)

Wednesday, April 10 (in-person)

Wednesday, May 8th (Virtual)

Wednesday June 5th (in-person)

Makes a great
Christmas present!
Major School
Fundraiser of the year.

On Sale NOW!
Until Nov. 28th | Pick Up Dec. 19th

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HOLY CHILD
Catholic Elementary School

**PARENT COUNCIL &
FUNDRAISING SOCIETY**

ANNUAL
*Tourtiere & Empanada
Fundraiser!*

ORDER ON POWERSCHOOL TODAY!
ORDERS COME FROZEN & READY TO BAKE *

Reminders



- Join the Council or Society for 2023/2024! Email us to find out more
 - details
 - Order HOT LUNCH at healthyhunger.com
- Follow us on Facebook for school information @GrandinSchoolSociety



GrandinParents@gmail.com | @GrandinSchoolSociety

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**NEW Recipe!!
It's Delicious!!**



Locally made pork/beef
Tourtieres from French
Chef Steven Brochu
with MilkCrate
Downtown (9" Pie)
\$35 each

MilkCrate



Locally made Corn
Empanadas from
Sabor de los Andes
(bags of 5- large)
Various Flavours!
\$30/bag. Gluten Free!



Healthy Hunger

2023-10-27



2023-11-24



2024-01-26



2024-02-23



2024-04-26



2024-05-31



Hot Lunch is BACK!!

Last Friday of the month.

Register & pay for your child online at
www.healthyhunger.com

Volunteers needed each month to help deliver lunches to classrooms from 11:30am-12:15pm.
Sign up online!



Fun Lunch Fundraising

PARENTS

FUN LUNCHES ON-LINE

You have been asked to order your Fun Lunches On-Line... Now what? Go to www.HealthyHunger.ca and click "**REGISTER YOUR STUDENT**". After your account is created, you will be able to view all up-coming Fun Lunches, place orders, and then pay for your orders Online with Visa, or MasterCard.



HOW IT WORKS

Create an account

STEP 1.

Click "REGISTER YOUR STUDENT" and create Your account.

REGISTER YOUR STUDENT

Add Student

STEP 2.

Login, and add your children to the account.

ADD STUDENT

View upcoming fun lunches

STEP 3.

View all the Up-coming fun lunch dates.

ORDER NOW

Place your orders and make payment online

STEP 4.

Place your orders and make payment Online.

PAY NOW



Healthy Hunger Inc.

1935 27 Ave NE, Suite 107, Calgary, AB, T2E 7E4



800-818-6260



support@healthyhunger.com



www.healthyhunger.ca

Words matter:

How to talk about food neutrally with your child

Parents play an important role in shaping your children's relationship with food. A healthy relationship with food contributes to your children's physical development and supports their social and mental well-being.



Helpful tips to help you navigate food with children:

Call food by its name

- Attaching judgment or labels to food such as 'good', 'bad', 'clean', 'junk', etc., may lead to children feeling 'good' or 'bad' for eating those foods. It can also lead to guilt, shame, and stress around eating which can create an unhealthy relationship with food.
- Avoid calling food 'treat', 'snack', or 'reward'.

Use descriptive words to explain the sensory aspects of food such as colour, shape, smell, flavour, and texture (rather than the food's nutritional value)

- Examples: 'crunchy', 'spicy', 'round', 'cold', 'sweet', 'juicy', 'sour', or 'soft'. This helps children learn about, become familiar with, and accept new foods.

Avoid making comments about the amount or type of food your child eats

Pressure to eat reduces children's acceptance of new or different foods.

- A neutral approach could be comparing which food has more or fewer ingredients by comparing food labels without labelling foods as better or healthier.

Focus on the positive message

- Emphasize the positive aspects of eating a variety of foods and the enjoyment of food rather than focusing on the effects of unhealthy eating.

Try this:	Instead of this:
Starting your day with grains can give the body the energy it needs for a busy day.	Eat high-fiber foods like oatmeal to help manage your weight.
I like that apples taste so juicy, crisp and sweet.	Snacking isn't good. If you snack, you should only snack on foods like apples that are good for you.
Drinking water keeps you hydrated so you can play and think.	Don't drink juice or pop, they are bad for you.
Eat what you like from your lunch and stop when you feel comfortably full.	Finish your whole lunch, please.
Eat what you want from your lunch in any order you like.	You need to eat your sandwich before you have your brownie.
If you work on your assignment quietly, you can have 5 minutes of free time.	If you work on your assignment quietly, you can have a chocolate.

More information? Check out this website: <https://www.albertahealthservices.ca/nutrition/Page6457.aspx>