



Principal: Kendra Duench
Vice Principal: Jo Goossens



April 2017 Newsletter

St. Luke Catholic Elementary School

550 Chesapeake Drive
Waterloo, Ontario N2K 4G5



Administrator's Message

St. Luke's staff wishes everyone a Happy Easter! Our Easter Mass is on Friday, April 25th at 1:00 pm. Families are welcome to attend. As we celebrate this Easter season, we remember that when Jesus rose it was not the end of the story, it was only the beginning. When we go out into the world let us remember that we are now the hands and feet of our Saviour!

Our Catholic community celebrates Christ's journey and we grow in understanding of ourselves and others. We sincerely hope your Easter was filled with peace and the love of family and friends.

At the end of this month our grade 4 and grade 7 students will write the CCAT and CAT-4 tests. This assessments provide valuable information to help teachers program for students and support them in their learning. It is very important that students are present for all the test days.

May our Lord bless us all on this journey ahead.

Kendra Duench

Jo Goossens



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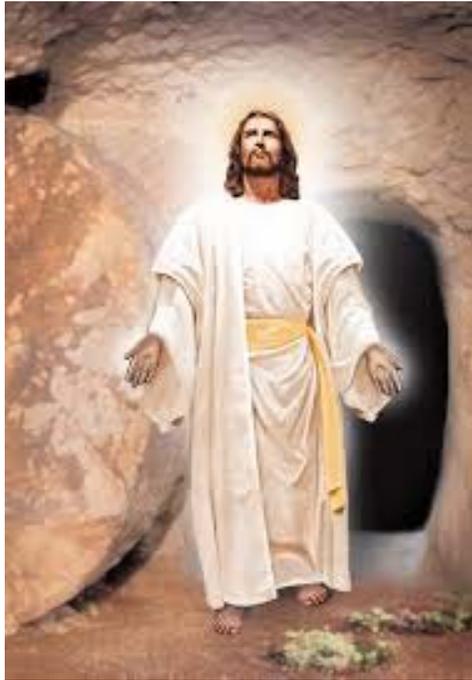
5th SUNDAY OF LENT

April 2, 2017—Year A

EASTER PRAYER

Lord, the resurrection of Your Son has given us new life and renewed hope. Help us to live as new people in pursuit of the Christian ideal. Grant us wisdom to know what we must do, the will to want to do it, the courage to undertake it, the perseverance to continue to do it, and the strength to complete it.

New Saint Joseph People's Prayer Book



Today's Gospel recounts Jesus saying, "I am the resurrection and the life: whoever believes in me, even if he dies, will live". These words clearly identify Jesus as the Son of God, the author of life and the one who brings our salvation. The words also give the promise and hope of eternal life in heaven to all who believe in him and persevere in faith.

ACTIVITIES THIS COMING WEEK:

PARISH NEWS

- MONDAY, 1:30 pm: Lenten Scripture Study Group
6—7:30 pm Good Friday Liturgy practice
TUESDAY, 9:30 am: Ladies' Group
7:30—10 pm: AA & ALANON in the Parish Centre
THURSDAY, 6:00 PM: Children's Choir followed by Folk Choir in Conf. Room

GOOD FRIDAY FAMILY LITURGY: Children in Grade 3-8 who would like to take part in the Good Friday celebration on April 14, 10 am, can sign up this weekend as Readers or Petitioners. The one and only MUST ATTEND. Practice is on Monday, April 3, 6—7:30 pm. The "Sign-Up Sheet" is in the vestibule of the church. Any questions? Contact: Joanne Thorpe at jgmthorpe@gmail.com

LENTEN PENITENTIAL SERVICES are celebrated in our 4 Waterloo Parishes April 3-6. All begin at 7:30 pm.

Monday, April 3 - St. Louis Church

TUESDAY, April 4- ST. AGNES CHURCH

Wednesday, April 5 - St. Michael's Church

Thursday, April 6 - Our Lady of Lourdes Church

STATIONS OF THE CROSS Friday. 6:30 pm—led by members of the St. Vincent de Paul Society

HELP-ST. AGNES SCHOOL BREAKFAST PROGRAM NEEDS VOLUNTEERS: This program runs school days in the gym for 8:30—10:30 am. If you have even a half hour per week available to help out please email Denise Porter: d-h-porter@rogers.com or call school office: 519-885-3180

ST. AGNES YOUNG PEOPLE—GRADES 7-12: THE DIOCESE OF HAMILTON YOUTH MINISTRY OFFICE—Registration is now open! Youth in grades 7 to 12 are invited to participate in the Youth Rally taking place at C.Y.O. Camp Brebeuf, Rockwood on Saturday, June 3, 2017. The day will focus on our theme "All are Welcome". The day will consist of a keynote address, workshops, Celebration of the Eucharist, fellowship and fun! Registration is \$20 per person. For more details: http://hamiltondiocese.com/youthrally/ individual and group registration will close May 1, so register soon!

ST. AGNES VACATION BIBLE SCHOOL (VBS) will be held July 10-14, 9 am to 12 noon. Register on the Parish Website today.catchat.ca

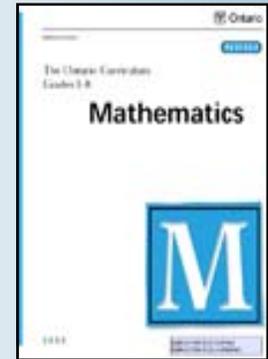
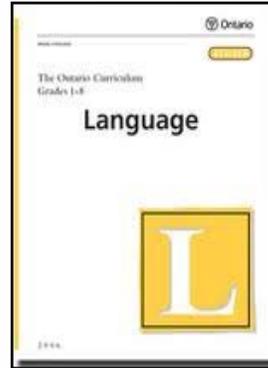
What is EQAO?

What is the "EQAO Test"?

- It is a provincially mandated test conducted in grades 3, 6, 9 and 10.
- It is meant to assess your child's cumulative knowledge and skills in reading, writing, and math.

When does testing occur?

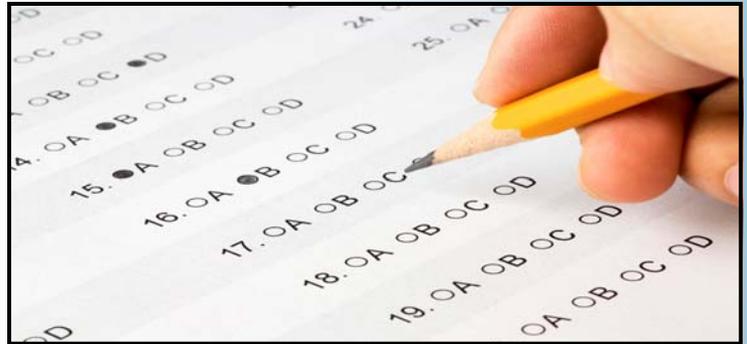
- The test is in late May and early June.
- Exact dates are set by your child's school.
- You will receive the results of your child's test in September; an individual student report is sent home



EQAO TESTING DATES FOR ST. LUKE SCHOOL 2017
Grade 3 & 6 students : May 23rd to June 5th

Why does Ontario conduct these tests?

- To identify trends in student learning
- To identify curriculum areas that need more attention
- To give an indication of how a child is doing
- To target the needs of various resources



How do we ensure the tests are valid and fair?

- The tests are based on Ontario Curriculum.
- They are developed and reviewed by Ontario educators.
- They are administered consistently and scored by Ontario teachers.

How is achievement assessed?

- Achievement on these tests are reported according to the provinces four achievement levels.



There are parent resources available at:

www.eqao.com

and on our school website

- sample test questions
- sample of individual student report
- parent's guide to understanding results
- curriculum connections in language (reading and writing)

LEVEL 4

LEVEL 3
THE PROVINCIAL STANDARD

LEVEL 2

LEVEL 1

Results do not affect your child's report card.

From the Office...

Standardized Test Dates: The following dates have been reserved in our school for students to complete standardized tests. The information collected from these tests assists the school in planning and preparing instruction that meets the needs of all students. It is important that all students attend on these days and complete the assessments. . Please mark your calendars accordingly, and avoid booking appointments on these dates. These dates will be confirmed again closer to the dates.

April 24—April 28 , 2017

CCAT for Grade 4 students

May 8—May 12, 2017

CAT-4 for Grade 7 students

May 23—June 5, 2017

EQAO for Grade 3 & 6 students



Families are encouraged to visit the EQAO site (<http://www.eqao.com/Parents/parents.aspx?Lang=E>) for more information and resources to assist children in preparing for the Grade 3 and 6 tests

Kindergarten Registration: We continue to offer full day every day Junior Kindergarten and Senior Kindergarten in September 2017. You are welcome to contact the office (519-884-4912) for more information or to book an appointment.

~We are happy to register ALL students new to St. Luke as well at any time, regardless of age/grade~

JK Orientation Night for Families of Children starting Junior Kindergarten in September 2016

Please mark your calendars: **Tuesday May 9th** from 6:00pm-7:00pm. Parents/guardians are encouraged to attend this information and activity session with your child.

April PD Day—There is a PD day on Friday, April 7th. There is no school for students on that day

School Starts at 8:20 - Students are to enter the doors assigned to their classrooms All students who arrive after 8:20 must come in the main doors and pick up a late slip from the office.

Walk to School—Now that the weather is starting to warm up, we encourage students to walk to school whenever possible. Studies have shown that even a brief period of exercise before learning can have profound effects on an individual's ability to learn!

Food Allergens: - As per Board policy, the school is a nut and nut substitute free environment. All other food restrictions will be limited to specific classrooms. If you have any questions, please contact the main office.

VISITOR/VOLUNTEER POLICY

All individuals, including all visitors, volunteers, parents, guests, delivery persons, and school board personnel must enter by the main door. All visitors must come to the office where you will wait to be greeted by one of our office staff, sign in if you need to enter the hallways, and get an authorized pass to wear while in the school.

If you are picking up your child for an appointment or early dismissal, parents are asked to remain in the school office. Our administrative assistant will call your child to the office. Please remember to sign your child out in the appropriate book in the office.

If you would like to meet with your child's teacher, please call the school or check in at the office. We will assist you by contacting your child's teacher to see if he/she is available to meet with you. If the teacher is not available, a meeting can be arranged by you and the teacher at a mutually convenient time. Our teachers are often occupied before and after school and may not be available for an impromptu meeting.

At no time are visitors permitted in the school's hallways and rooms without official permission. We must insist on your strict compliance with these procedures at all times. Although these precautions may cause some minor inconvenience, it will ensure that only authorized individuals will be in the school at all times. This will assist us in ensuring the safety of the students. We thank you for your understanding and cooperation.



PARENTS, JOIN US AT ST. ANNE'S CATHOLIC SCHOOL

**STILLNESS IN THE STORM:
A CONVERSATION ABOUT ANXIETY,
EMOTIONAL HEALTH, AND OUR KIDS.**

THURSDAY, APRIL 20, 2017—7:00-8:30 PM

*PLEASE RSVP BY APRIL 17 TO

STANNECOUNCIL@HOTMAIL.COM*

Invited Speaker: Dr. Meg Popovic

Meg Popovic, PHD is a university professor, mother and professional speaker. Her celebrated research and experiential seminars focus on resiliency, understanding youth culture, mindfulness and emotional health.



Making Smart Choices from the Kids' Menu

Going out to a restaurant can be a fun opportunity for kids to learn about different foods and eat in a new environment. Unfortunately the options on the kids' menu can be very limited and usually don't offer up much nutrition. Here are some ideas to help make healthier choices when eating out:

- Choose a restaurant with a kids' menu that offers more than the standard fare. Many only have nutrient-poor choices like fries, chicken fingers, grilled cheese, pizza or pasta with butter.
- If you do choose an item from the kids' menu, ask for veggies, rice or baked potato on the side instead of fries. You can also ask for fewer fries, or half fries and half veggies as other options.
- Consider ordering an appetizer for your child instead of a kid's meal. Fresh spring rolls, quesadillas, bruschetta or a salad with grilled chicken could be healthier options.
- A regular entrée might be large enough to share between you and your child (or between two children). Consider options like a vegetable soup and sandwich, a stir-fry or grilled salmon.
- Bypass the sugary drinks and order water or milk to drink.
- If the meal comes with dessert, ask for extra spoons for sharing or substitute a fruit salad.

Restaurant meals tend to be high in fat, sodium and sugar so try to limit eating out to no more than once a week (or 2 to 3 times per month). When you have indulged in a less than healthy restaurant meal, focus on healthier fare with lots of vegetables for the rest of the day. For more smart solutions when eating out with kids visit EatRight Ontario at: <https://www.eatrightontario.ca/en/Articles/Child-Toddler-Nutrition/You-can-ask---for-healthy-foods-for-your-kids.aspx>

Try this recipe for a kid-friendly and healthier twist on egg fried rice, a popular restaurant dish.

Egg Fried Rice

Preparation time: 15 minutes

Cook time: 15-20 minutes Makes: 6 servings

Ingredients:

- 2 cups (500 ml) brown or basmati rice, dry
- 6 cups chopped vegetables (carrot, green onion, broccoli, celery, cabbage, mushrooms, etc.)
- 2 Tbsp (30 ml) canola oil
- 4 eggs
- 6 Tbsp (90 ml) low sodium soy sauce

Directions:

- Cook rice according to package directions.
- Meanwhile, heat oil in a large wok or non-stick fry pan over medium-high heat. Add chopped vegetables and stir-fry until crisp tender, approximately 10 minutes.
- Remove vegetables from pan and set aside. Add eggs to pan and scramble while cooking.
- Once eggs are cooked add rice, vegetables and soy sauce to pan and combine well.

(This recipe meets the criteria for Maximum Nutritional Value for an entrée.)



SKILLS COMPETITION

Skills Canada is an annual competition held at Conestoga College. Its purpose is to test students' abilities in the areas of Lego construction, robotics and video creation. This year 20 junior and intermediate students from our school developed their skills in the above areas.

On Wednesday March 1 and Thursday March 2 our juniors and intermediates demonstrated teamwork and ingenuity while striving to meet the challenges they were given. Cheers to the junior Lego construction and intermediate robotics teams for their 3rd place finish.

The junior and intermediate Lego construction teams were represented by Peyton S., Eric B., Dalton E., Gabriel P., Peter W., Gabe L., Andy Mcl. and Callum B. The following students represented the junior and intermediate robotics teams: Yohannes G., Lochlain L., Thomas G., Connor M., Ryan G., John C., Ryan W., Matthew H., and Paul P. The junior and intermediate video teams were represented by Ben N., Daniel M., Sabrina St. D., and Morgan W. Congratulations to all participants.



SPRIT DAYS FOR APRIL

- Monday, April 3—wear Blue Jays shirts and hats, or Blue and White, to celebrate the start of the baseball season for the Blue Jays!
- Monday, April 10—wear Blue and Green to celebrate the Earth (this is also the day that there will be an eco presentation in the gym).
- Tuesday, April 25—wear Easter colours (yellow, pink, purple, blue, mint green) to celebrate Easter (this is also the day of St. Luke's Easter Mass).



World Wednesday's:

The students at St. Luke have been doing a wonderful job making efforts to walk to school each Wednesday. They have also been bringing in litterless lunches. The St. Luke Eco Warriors, are a dedicated group of Grade 4-6 students who have been promoting various Eco-friendly activities around our school. On **Monday, April 10th** at 10 am the Eco Warriors proudly present Mr. Tom Miceli, a retired teacher who will talk to the students about the various changes in our environment and things we can do to promote greener living. Students in Grade 4-8 will enjoy this presentation, and it will hopefully give them the tools to be Eco leaders in our community. We encouraged all students to wear green and blue on this day.



**WASTE
FREE
WEDNESDAYS**

Important Notice Regarding Class Lists for 2017-2018

Many factors are considered in the creation of class lists including academic abilities, social groupings and gender ratio. The teachers and administration take great care to ensure there is a balance of needs in each classroom. It is not possible to honour requests for teachers or peer groups in order to ensure equity across the school. **Please do not submit requests for an individual teacher to administration or the classroom teacher.** Please trust that our staff will continue to make decisions based on the best interests of all students.



Would you like a WCDSB operated
Extended Day Program
at your school?

Did you know the
Extended Day Before and After School Programs
are offered where there is
sufficient demand from parents?

If you are interested in enrolling your child in an
Extended Day Program at your school
please express your interest by pre-registering
for the 2017-18 school year.

We will start to determine viability early in April so
register now!

To register visit www.wcdsb.ca

And follow the Extended Day Program links to
2016-17 Pre-registration

Extended Day Programs.....

Are led by knowledgeable Early Childhood Educators
working in your child's school throughout the school
day

Operate from 7:00 a.m. to school starting bell time and
school ending bell time to 6:00 p.m.

Are offered at your child's school providing convenient,
consistent programming for parents and children
Allow for fulltime schedules or part time schedules that
follow a weekly recurring set of days

Are available for an affordable fee offering a variety of
payment methods, including most major credit cards

Are eligible for Region of Waterloo child care subsidy
Have ongoing registration throughout the school year

Would you like to know more about WCDSB Extended
Day Programs?

Visit www.wcdsb.ca and follow the Extended Day
Program links

Email extended.day@wcdsb.ca
Or give us a call at 519-578-3660

Food Drive in Room 101

The kindergarten students from Room 101
know that they can make a difference in
their community. During the season of
Lent, they are running their very own Food
Drive! If you would like to contribute to
this initiative, please send all donations to
Room 101. I bet you can make a difference
too!



Expressions 42: Spin, Twist, Shift

Expressions 42 will be held at the KW Art Gallery and St. Luke will have 9 students representing us with their original creative works this year! This event showcases artwork by Waterloo Region elementary and secondary school students alongside a selection of art from the Gallery's Permanent Collection. This show will run from April 22- June 11, 2017.



April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Music Presentation in Library	5 Gr. 3 trip to Laurel Creek	6	7 PD Day	8 International Women's Day
9	10 Environmental Presentation Gr. 4-8 @ 10:00 am Gr. 1 trip to Landfill Site	11	12	13 Holy Thursday Stations of the Cross @ 12:05-12:45	14 Good Friday No school	15
16 Easter Sunday	17 Easter Monday No school	18 	19	20 1st communion retreat and rehearsal 9:00-2:00 Beacon of Hope Breakfast	21 Gr. 3 Tree Planting	22 Earth Day
23 1st Communion 11:00 am	24 CCAT 24-28 Let's Talk Science visit Kindergarten	25 Easter Mass 1:00 pm	26	27	28	29
30		HAPPY EASTER				



Please Join Our "Mudpuppy Chase" St. Luke Team!

**Date and Location: Sunday May 7th, 2017 at Columbia Ice Field Athletic Centre
(new location).**

We are *very excited* to be participating in the Mudpuppy Chase road race again this year and we would love for you to join our St. Luke Team! This is an exciting event that helps to support the KidsAbility Centre for Child Development and many other local causes supported by the Rotary Club of Kitchener Grand River as well as healthy living in our own community!

EVENTS AND START TIMES ON RACE DAY	Fees
600m Kids Run - 9:00am 3K Family Run - 9:20am 5K Run - 10:20am	600m race \$15.00 (6 years and under) 3km race \$35.00 5km \$35.00 Parents can sign up with our school team and get the school rate. Registration fees for both the 3km and the 5km races includes a technical t-shirt, finishing prize, and post race food. Race kits will be delivered right to our school!

Register/Pay/Fundraise Online!

You can pick up a copy of the registration form in the main office or from Mrs. DeGasperi in Room 101. You can also register, pay, and fundraise all online this year!

Instructions for Online Registration:

Site: <https://secure.e2rm.com/regirant/startup.aspx?eventid=217691>

Once on the site you will choose Sign Up at the center of the page; Create New Account; Accept the Waiver; Join a Team; choose your race distance; enter your coupon code: Luke; and search for our team name: St. Luke...

If you are not registering online, then all registration forms and money are due to Mrs. DeGasperi by Mon. May 1st, 2017!

Prizes: The top 3 schools are treated to a pizza lunch! The top student receives a gift certificate for a new bike! For students running the 3km and 5km events, we will schedule some short training runs during lunch recess throughout the month of April. If you would like your child to participate in these training sessions, please sign and return a permission form.

For additional information about the race: www.MudpuppyChase.com

