



## ECCS Newsletter: October 2018

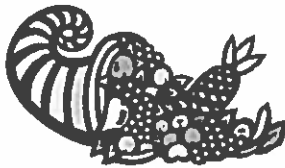
### Masses & Celebrations

Masses at Our Mother of Perpetual Help Parish are Sundays at 9:00 am and 11:00 am. ALL are welcome to attend

### Milk Program

The ECCS Milk Program has begun once again. We will continue with the pre-order system each month. All money raised will go towards the grade 6 Camp Min-You-We trip. *In the event that there is a surplus in these funds, money will be put towards general student activities such as buses for sports teams.*

*October 8<sup>th</sup> is Thanksgiving Day*



### Progress Reports

Progress Reports will be sent home on Wednesday, November 14<sup>th</sup>. Student-Led Conferences will be held November 22<sup>nd</sup> from 4:00-7:00 p.m. In the meantime, please contact your child's teacher if you have any questions or concerns.

### Cross Country

Our team will go to the Nordic Ski Club in Cobalt on Thursday, October 11<sup>th</sup> to compete in the TDSS Invitational Cross Country Meet. Please return permission forms when they come home. *Good luck team!*



### From the Principal's Desk

September has flown by... It has been a good start up at ECCS and the children have settled into their learning and social routines very well! Of course we know that Thanksgiving is just around the corner as well as our upcoming first school Mass. At our opening liturgy in early September, students were encouraged to "dig deep" to find things in their lives to be truly thankful for. We must always teach children to be thankful for the good things they have in their lives. They must also be taught to be mindful that there are people in our world who are far less fortunate. Lastly, we must continually be thankful for God's ultimate gift to us, His Son Jesus Christ.

We have our first Catholic School Council meeting and Open House & BBQ in the first week of October. Hope to see you there! We also have many other events happening at the school throughout October, so please refer to the calendar for more details.

An important reminder about our Facebook group "**English Catholic Central School**". Please follow us! The group remains open to parents/guardians and staff only so extended family and friends will not be accepted into the group.

If you are a Catholic who has been away from your faith for a time and are interested in returning to the church, please consider attending Mass this weekend. Mass time at Our Mother of Perpetual Help Parish is Sunday at 9:00 am and 11:00 am. Also, if you are not a Catholic, but would like information on becoming one, please contact the school or Parish at 647-5035. Please know that you are always welcome at the Lord's Table!!

*Matt Turner*



## ECCS Newsletter: October 2018

### Catholic School Council

The first meeting of the ECCS Catholic School Council will be held **Monday, October 1<sup>st</sup> at 6:00 pm**. The main goal of this year's Council will be to increase parental involvement and participation in school based activities and improvement planning, as well as to raise funds for our Basketball Court Project. We will post our meeting agenda and minutes on the school website, as well as on the Catholic School Council bulletin board in the front lobby of the school. Parents/Guardians are always welcome to attend our meetings.

### Dress-Down Days

Fridays are dress-down days for the staff of ECCS. In order to dress down, staff members are asked to contribute to our Christmas Wish Campaign.

### Snack Program

We continue to offer a universal snack program at the school. Thank you to our volunteers Mr. and Mrs. Venne and Mrs. Turner for running this important program. There is no formal Breakfast program at the school. If a student forgets to eat breakfast, they are welcome to access the classroom snack bin upon arrival to class.

### Halloween

Students may bring their costumes to school on, October 31<sup>st</sup>. They can wear them in the afternoon. Please ensure that costumes are in good taste and are in keeping with our school dress code. The school will not be responsible for damaged or lost costumes. Also, students and staff are encouraged to wear black and orange. Reminder, we are a nut-aware school. Please don't send treats on Halloween.

*Black & Orange Day  
October 31<sup>st</sup>*

### Lunchtime Fundraising

Hot Dog Days will again be offered every Tuesday. Hot dogs are \$1.50 each and students can purchase them on the spot at the beginning of lunch. All proceeds from hot dog days go towards the Grade 7-8 year-end class trip and School Yard Improvement. Popcorn will also be periodically available at lunch for \$1 a bag. Proceeds from this will go towards the grade 7-8 year end trip.



Pizza Days will be held every Friday. Pizza slices are \$2.00 each. All funds raised will be used for the Student Activities and Supplies. In the event that there is a surplus in these funds, money will be put towards general student activities such as buses for sports teams.

### Everyday Practices for Mental Health and Well-being









Our School is introducing MindUP in classrooms! MindUP is an evidence-based curriculum developed by The Hawm Foundation. MindUP is dedicated to the belief that the child who learns to monitor his or her senses and feelings becomes more aware and better understands how to respond to the world reflectively instead of reflexively. The program is delivered in 4 units over 15 lessons. MindUP is based on 4 core pillars: 1. Neuroscience (learning about the brain), 2. Core Practice (breathing/"brain breaks"), 3. Mindfulness Practices (engaging the 5 senses) and 4. Optimism and Gratitude.

"By learning about how the brain responds to stress and by practising strategies for quieting the mind, students become better at self-regulation, increase their capacity to absorb information and improve their relationship building skills." More information about MindUP can be found at: [www.mindup.org](http://www.mindup.org)



# October 2018

Community Faith Thank You  
 Oneness Spirit Family Soul  
 Believe Abundance Divine To  
 Change Health Purpose Create  
 Journey Receive Emotion  
 Grateful Appreciation Kindness  
 Feeling Warmth Thankful Love  
 Life Truth Give Ask Hope Thanks  
 © Can Stock Photo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Book Fair October 1-5, 2018	1 Day 4 Catholic School Council Meeting 6:00pm.	2 Day 5	3 Day 1 Thanksgiving Mass 1:00pm. All Welcome! Hockey Jersey Day! 	4 Day 2 Open House, BBQ & Book Fair 4:30pm.-6:00pm.	5 Day 3	6 
7 27 <sup>th</sup> Sun. in Ordinary Time	8 No School 	9 Day 4	10 Day 5	11 Day 1 Cross Country	12 Day 2	13
14 28 <sup>th</sup> Sun. in Ordinary Time	15 Day 3	16 Day 4	17 Day 5	18 Day 1	19 Day 2 Electronics Day 	20
21 29 <sup>th</sup> Sun. in Ordinary Time	22 PA Day No School!	23 Day 3	24 Day 4 Scholastic Orders Due	25 Day 5	26 Day 1	27
28 30 <sup>th</sup> Sun. in Ordinary Time	29 Day 2	30 Day 3	31 Day 4 			

# OUR MOTHER OF PERPETUAL HELP PARISH

## COMING EVENTS - October 2018

To reach out to our sick and elderly parishioners Our Mother of Perpetual Help holds a monthly celebration of the Sacrament of the Sick for those in need of God's healing grace. According to the teaching of the Church, the Sacrament of Anointing of the Sick should be celebrated with people who are: 1) seriously ill, 2) are seriously weakened by advanced age, 3) are scheduled for serious surgery, or 4) are elderly but not weakened by age, but have no serious illness present. Our next communal celebration will be on **Tuesday, October 9<sup>th</sup> at 7:00 P.M.**

**OUR MOTHER OF PERPETUAL HELP BAPTISMAL PREPARATION COURSE:** Parents who wish to have their child (from new-born to grade eight) baptised Catholic must attend a pre-baptismal preparation course. The course will take place on **Tuesday, October 9<sup>th</sup> at 7:30 P.M.** in the parish hall. Please call the office to register.

**OUR MOTHER OF PERPETUAL HELP AND ST. PATRICK'S PARISHES CONFIRMATION PARENTS' MEETING:** Parents of children, grade seven and up, who wish to have their child confirmed this year, must attend a parents' meeting **Thursday, October 11<sup>th</sup> at 7:00 P.M.** in the Parish Hall. For more information please contact the office or Paulette at 705-647-5116. This meeting is for both Parishes and is for parents only.

**OUR MOTHER OF PERPETUAL HELP WILL HOST A LIVING ROSARY** on **Tuesday, October 16<sup>th</sup>.** Please meet in the church early enough so we can get organized before **7:00 P.M.** We encourage everyone to gather to pray in a special way for our church and its leaders at this crucial time. This date happens to be a recognition of the Purity of the Blessed Virgin Mary. Let us come and pray for her guidance.

**OUR MOTHER OF PERPETUAL HELP PRESENTS CATHOLICISM PIVOTAL PLAYERS:** Join us for an inspiring study beginning on **Monday, October 22<sup>nd</sup> at 6:00 P.M.** in the parish hall. The program runs for six Mondays and will begin with a light supper followed by a video presentation and then discussion. All are welcome.

Our Mother of Perpetual Help Parish is hosting A Time For You and Me. Everyone wanting to make a difference helping others in our Church, our community and our world is welcome to attend. Join us for tea, coffee and dessert from **1:30 P.M. to 3:00 P.M. on Wednesday, October 24<sup>th</sup>.** Be sure to bring a friend and your ideas!

Our Mother of Perpetual Help Parish will be hosting its monthly Holy Hour for vocations to the priesthood and religious life on **Wednesday, October 17<sup>th</sup> at 7:00 P.M.** in the Church. This is one small way that we can help encourage and foster vocations within the Church. All are welcome! For further information call the office at 705-647-5035.

Our Mother of Perpetual Help will be hosting a euchre and dessert party on **Saturday, October 20<sup>th</sup> at 7:30 P.M.** There is no admission charge but participants are asked to bring a plate of your favourite dessert to share. Everyone is invited to join us for an evening of cards and fun! For more information please contact the office at 705-647-5035.

Our Mother of Perpetual Help Parish will be hosting a day of Adoration of the Blessed Sacrament on **Friday, October 26<sup>th</sup> from 12:00 A.M. until 4:00 P.M.** in the Church. All are welcome to come and spend some quiet time with the Lord in prayer. For further info, contact the office at 705-647-5035.

**OMPH IS ON FACEBOOK:** Check our new facebook page at [facebook.com/OMPH.NL](https://www.facebook.com/OMPH.NL) and stay up to date on the latest happenings in the <http://www.facebook.com/OMPH.NLParish>.

**WEEKLY OMPH E-BULLETIN:** If you would like to receive the weekly e-bulletin from Our Mother of Perpetual Help Parish, please email [omphoffice@gmail.com](mailto:omphoffice@gmail.com). Stay in touch with all the latest news and events on a weekly basis.

**PARISH WEBSITE:** Our Mother of Perpetual Help Parish has updated its parish website. It contains information about the Parish, the weekly bulletin and a host of other useful information and links. Check out the website at [www.ourmotherofperpetualhelp.ca](http://www.ourmotherofperpetualhelp.ca).