



ECCS Newsletter: November 2017

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

*November 11th is
Remembrance Day*



Flu Season

With the flu season upon us, students and staff are reminded daily of the importance of proper hand washing and coughing/sneezing etiquette. In addition, parents/guardians are asked to please inform the school of any symptoms relating to your child(ren)'s illness when reporting an absence (i.e. fever, cough, sore throat, headache, fatigue, aches, pains and/or chills). This information will help in tracking trends in absenteeism rates and will further assist us in reporting accurate information to the local health unit if required. Children should remain at home when they are ill.

Remembrance Ceremony

We will hold our annual Remembrance Ceremony on Friday November 10th at 9:15 am. This date and time are subject to change. Thank you to Mrs. Mac for organizing this event for us again.

School Start Time and End of Day Plan Changes

We are increasingly seeing students either walking to school or being dropped off at school before 8:35 a.m. The school and school yard are not supervised until 8:35 a.m. so please ensure students arrive at or before this time. Also, please ensure you contact the school before 2:30 p.m. to indicate a change of plans for end of day procedures for your child (picked up instead of on the bus for example). It is very busy after 2:30 p.m. in the office and difficult to keep track of late changes. Your support is greatly appreciated in communicating with the school before 2:30 p.m.

From the Principal's Desk

As we transition into November, we move from our Catholic Virtue of "Faith" into our Virtue of "Love". Of course students will learn about the importance of love between friends and family, but they will also hear about Jesus' great Love for us, at all times, as well as the need for us to love our neighbors as ourselves. A more complicated way of showing Love is the need for us to love those who may not always love us back.

We have many interesting events happening at the school throughout November, so please refer to the calendar for more details.

As always, please contact your child's teacher(s) if you have any questions or concerns about their progress.

PLEASE remember that many Halloween treats contain or may contain nut and tree nuts. PLEASE check any treats you may happen to send in student lunch kits throughout November accordingly.

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



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Catholic School Council

The second meeting of the ECCS Catholic School Council will be held **Monday, November 6th 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 to improve the school experience for ECCS students. 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.

This year's council membership is:

Chair: Heather Godmaire
Vice-Chair: Heidi Donck
Parent Rep: Jennifer Bailey
Parent Rep: Jennifer Brown
Parent Rep: Carla Duquette
Parent Rep: Myra Gauvreau
Parent Rep: Billie Richer
Parent Rep: Marc Teskey
Teacher Rep: Sarah Desmarais
Support Staff Rep: Peggy Miron
Secretary: Matt Turner

Student Information

If at any time throughout the school year there is a change to student information (i.e. address or phone, medical information, custodial status, etc.), please inform the school immediately. It is extremely important that we are kept apprised of this type of information. If you have not already done so, please return the Student Information Update Forms that were forwarded to you. Even if there are no changes to the information, it is important that the forms are returned to the school.

Spaghetti Supper!!!

This is one of our main Grade 7/8 Fundraisers!! The Spaghetti Supper and Silent Auction will be on Tuesday, November 28 from 4:30-7:00. Everyone is welcome to come out and eat, enjoy and shop! Take-out will also be available. More detailed information will be sent home closer to this event.

Progress Reports

Progress Reports will be sent home on Wednesday, November 15th. Student-Led Conferences are currently scheduled for November 23rd from 4:00-7:00 p.m.

SOCIAL MEDIA & INTERNET SAFETY

Please consider the following safety and responsible usage guidelines if your children use Social Media, text messaging or other online communication platforms.

- People should accept "friend" or chat requests only from individuals that are known to actually be associated with the account requesting the interaction. Anyone can create a user profile for any reason so it is very important to ensure communication happens only with known persons.
- Interactions online or on social media should be up to the same standard as face-to-face interaction. Treat people the same online as you would in person.
- If a person becomes concerned with any interaction online or on social media, they should take a screen shot or other picture of the concern, speak to a caring adult, report the concern if possible to the management of the social media platform, delete content and then **BLOCK** the user.
- Learn the technology that your children use. Be aware of your children's interactions online and on social media. If possible be a "friend" directly with them on whatever platform they are using.
- Change passwords regularly and make them "difficult" to improve security.



November 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|--|--|
| 5 31 st Sun. in Ordinary Time  | 6 Day 3 Catholic School Council Meeting at 6:00 p.m. | 7 Day 4 | 8 Day 5 All Souls Mass at 1:00 pm | 9 Day 1 | 10 Day 2 Remembrance Ceremony at 9:15 am | 11 Remembrance Day  |
| 12 32 nd Sun. in Ordinary Time | 13 Day 3 | 14 Day 4 | 15 Day 5 Progress Reports Home  | 16 Day 1 Volleyball Tournament in Englehart. GO FALCONS!! | 17 Day 2 Gum Day!! Licenses are \$2. | 18 |
| 19 33 rd Sun. in Ordinary Time | 20 Day 3 "Fresh From The Farm" Delivery This Week | 21 Day 4 Chocolate Sales Begin  Ends Dec. 15 th | 22 Day 5 | 23 Day 1 Student Led Parent Conferences 4:00 – 7:00 pm | 24 Day 2 Grade 4-8  VILLAGE NOËL TEMISKAMING | 25 |
| 26 Christ the King | 27 Day 3 Christmas Shop in Library!! | 28 Day 4  4:30 p.m. - 7:00 p.m. Take out available. | 29 Day 5 | 30 Day 1 | Dec 1 Day 2 Electronics Day!! Cost is one non-perishable food item for OMPH Hampers | |

OUR MOTHER OF PERPETUAL HELP PARISH COMING EVENTS - November 2017

ALL SOULS DAY CELEBRATION: On **Thursday, November 2nd at 7:00 P.M.** Our Mother of Perpetual Help and St. Patrick's Parishes will be celebrating a special Memorial Mass at OMPH (81 Maple St. North). During Mass there will be an opportunity to remember our family and friends who have died. All are welcome to attend. A social time will follow.

CELEBRATION OF THE SACRAMENT OF THE SICK: 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, November 7th at 7:00 P.M.**

TIME FOR YOU AND ME: A new group to Our Mother of Perpetual Help Parish is beginning this Fall. It is open to everyone wanting to make a difference helping others in our Church, our community and our world! Join us for tea, coffee and dessert from **1:30 P.M. to 3:00 P.M. on Wednesday, November 15th.** Be sure to bring a friend and your ideas!

HOLY HOUR FOR VOCATIONS: Our Mother of Perpetual Help Parish will be hosting its monthly Holy Hour for vocations to the priesthood and religious life on **Wednesday, October 15th 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.

EUCHRE & DESSERT PARTY: Our Mother of Perpetual Help will be hosting a euchre and dessert party on **Saturday, November 25th 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.

DAY OF EUCHARISTIC ADORATION: Our Mother of Perpetual Help Parish will be hosting a day of Adoration of the Blessed Sacrament on **Friday, November 24th from 12:00 P.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. 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.

Before & After School Program



Centre pour enfants
Timiskaming Child Care

11/2/2017

Ashlyn Little RECE

Activities

In October the children had lots of fun! We love that the climbing equipment has been reassembled and we have been practicing reaching new heights together. We encourage manageable risk and have discussed that everyone has a different comfort level of climbing. It is incredible to hear the words of encouragement and praise the children have been giving one another as well as showing each other how they climb to new heights.



The after school group really likes to see the cooking activities of the 7/8's who have home economics, so they have begun baking nearly every week. One of the after school children found three healthy recipes online and wrote them out for us by making a book! Way to go with printing practice! We followed his recipes exactly as we did not have the website they were from. All three recipes have turned out really well! We have attached them to the newsletter.



We also decided to do some balloon splatter painting outside! We quickly discovered that most of the balloons broke on the grass, and we had to use some rocks to break the balloons with only paint in them. Our masterpiece is hung up!

PD DAY on

Wed Nov. 1, 2017.

No full day program will be available at ECCS on this day but alternate care is available at other TCC child care locations.

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Spaces are still available if you would like to register your child for the Before or After School Program, please contact Ashlyn Little, RECE, at 705-676-7609, or stop by the Home Economics room between 7:30-8:35 AM or 3:00-6:00 PM.

Nov. 29 – Happy Birthday Chase!!

Nov. 30 – Happy Birthday Dora!!!



Some of the children proudly show their popsicle stick scarecrows they made.

No Sugar Cookies Recipe

- 2 cups of quick oats
- 3 bananas mashed
- 1/3 cup apple sauce
- 1/2 cup raisins
- Add cinnamon (about 1tsp)

Mix all together. Drop by spoonful on a baking sheet.

Bake at 350 F (175 C) for 15-20 minutes.

Apple Quinoa Muffins

- 1 cup of cooked Quinoa
- 1 cup of quick oats
- 1 tsp of cinnamon
- 1/4 tsp of salt
- 2 eggs
- 1/4 cup of maple syrup
- 1 tsp of vanilla
- 1 cup chopped apple

Mix together. Drop in muffin tins.

Bake at 350 F for 15-20 minutes.

Banana Bread

- 1/3 cup oil
- 1/2 cup honey
- 2 eggs
- 1 cup of mashed bananas
- 1/4 cup of water
- 1 tsp of baking soda
- 1 tsp of vanilla
- 1/2 tsp of salt
- 1/2 tsp of cinnamon
- 1 3/4 cups of whole wheat flour

Mix together in a bowl. Pour into a 9x5" loaf pan, greased. Bake at 325 F for 55-60 minutes.

Fresh From The Farm Delivery to the school will be on Monday November 20th. Orders will be put together and sent home throughout the week of November 20-24.

We will begin our school chocolate sale fundraiser in support of student activities and our school yard improvement initiative (Basketball court) on Tuesday November 21st. This is the same fundraiser we ran last year with much success! Please contact the school if you do not wish to receive chocolate to sell. Thank you in advance for your support of this fundraiser!