

PERSPECTIVE



École Our Lady of Perpetual Help School

273 Fir Street – Sherwood Park, AB, T8A 2G7 Tel: 780-467-5631 Fax: 780-467-1786 Website: <http://olphschool.eics.ab.ca>

DÉCEMBRE/DECEMBER 2015



Christmas Manger Prayer

O God,
whose mighty Son was born in
Bethlehem
those days long ago,
lead us to that same poor place,
where Mary laid her tiny Child.
And as we look on in wonder and
praise,
make us welcome him in all new
life,
see him in the poor,
and care for his handiwork
the earth, the sky and the sea.
O God, bless us again in your
great love.
We pray for this through Christ our
Lord.
Amen.

OLPH PARISH

Dates to Watch

Dec 8: Advent Penitential
Celebration 7:00 p.m.

Dec 24: Christmas Eve masses
are as follows: 4:00 p.m.
Upstairs and Downstairs, 6:30
p.m. Upstairs, 9:00 p.m. and
Midnight

Dec 25: Mass 8:30 and 10:30
a.m.

Dec 31: Mass 5:00 p.m.

Jan 1: Mass 10:30 a.m.

Join us!

Again this year we will get into the spirit of Christmas right in our front foyer. During the weeks of December 7th to 18th, Mme Gagnon, and our students will serenade visitors with Christmas carols. It's our gift to you, as we prepare for the celebration of Jesus' birth.

IMPORTANT DATES:

Dec 1 – Grade 8 Fundraising
Meeting in the school library at
6:30 pm

Dec 2 – School Mass at OLPH
Church 9:30 am

Dec 3 – Hot Lunch

Dec 9 – Peer Partners

Dec 10 – Linking Generations

Dec 10 – Hot Lunch

Dec 14 – Hot Lunch

Dec 15 – Émilie-Louise in
concert 9:30 am in the gym

Dec 16 – Christmas Celebration
11:20 am

Dec 16 – Start of Grade 6 DARE
Program

Dec 16, 17 & 18 – Artist in
residence: Dance Group
Tradansa

Dec 17 – Hot Lunch

Dec 18 – Dance presentation in
the gym at 1 PM. Everyone is
welcome to attend.

Dec 21 to Jan 1 – No School



We care about your kids!

Every day, we make sure that our chicks are all accounted for! When they're not, we have to find them and it can be quite time consuming. That's why we appreciate your **phone calls or notes** when your child is ill, attending an appointment or taking a trip! Having families ourselves, we sure know how life gets in the way, so if your child is late, please sign them in at the office in order to avoid disturbing their class to verify if they have arrived. Merci!



Season's Greetings from Linking Generations!

Linking Generations students and seniors embody the spirit of Joy and Giving! Their special links, formed from the goodness of their hearts, is helping to shape our community into a more caring, kind, and supportive community. With this in mind, we hope this upcoming festive season will bring each of you and your families a time to share your joy, your love, and your appreciation for the small things in our world!

On behalf of the Linking Generations Board of Directors, Program Coordinators, and volunteers - may you and your families experience the true essence of Christmas: Joyful time

Mission Statement

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with families and the sharing of love!

Linking Generations requires a Treasurer to serve as an executive member on our Board of Directors. Your role will be to assist in the financial oversight of the organization. Expectations would be to attend 4 meetings a year (once per quarter); provide the Board with financial updates, offer input into the annual budget and ensure an audited statement is completed on an annual basis for the Annual General Meeting. Contact Board Chairperson: Wendy Hoffmann at [780-475-8965](tel:780-475-8965) or email wihoff01@telus.net for more information.

Debbie Sinclair; Executive Director; Linking Generations

Counseling News



Counselor's Corner: December-What is Stress? Symptoms and Triggers

Bonjour and, in just a few weeks, Merry Christmas! December brings all kinds of added stress-extra bills, shortage of time, increased expectations and commitments, family relations and tensions, etc. However, it also reminds us of the peace that can be found in Jesus Christ if we focus on what is truly important and embrace the gift of gratitude for everything and everyone who IS in our lives. May you have a blessed Christmas and be truly thankful for all the little things in our lives.
~Mme Gagnon

STRESS is a response to an inappropriate amount of pressure.

Physical Signs of stress may include:

Palpitations
Dizziness
Indigestion or heartburn
Tiredness
Tension headache
Aching muscles
Trembling or eye twitches
Diarrhea
Frequent urination
Insomnia

Personal Stress may be caused by the nature of your work, changes in your life or personal problems.

Stress in family or friends in turn may affect you.

Stress in your classmates/colleagues may also affect you.

Learn to relax: Many people do not include relaxation time in their schedules. Conscious relaxation is important for your body and mind and can help you deal with the negatives of stress.

Time management: Effective time management allows the amount of work or other commitments undertaken to be regulated, reduces the uncertainty of not having enough time to complete every task required and allows for the planning of 'time off' periods in which to relax.

Reduce the demands on yourself: Do not over-commit yourself and be prepared to say 'No' if the load is too great. It is common for people to overestimate how much can be achieved in a particular space of time, so leave free time to cope with the unexpected.

Ensure that you get enough fun out of life: Plan time in the day to do something that gives you pleasure. Looking forward to such times helps when you have to cope with less pleasant aspects of life.

Positive thinking: Do not dwell on failures and reward yourself for

your successes. Accept that everyone has limits and cannot succeed at everything. Reflect on what you have achieved.

***Summarized from
<http://www.skillsyouneed.com/ps/avoiding-stress.html>

How to Avoid or Minimize Stress

- **Learn to recognize when you are stressed:** Knowing what is likely to cause stress can help avoid such things in the future. Keep a record of what situations make you stressful and see how you might deal with them in other ways in the future



More Reading Fun!

The following is a great website geared towards encouraging children to read:
<http://www.readkiddoread.com>

BOOK FAIR **Un gros MERCI!**

Thank you for supporting the Library's Book Fair. We received new French books for our library through your support.

School Fees Please!

As we are anticipating and encouraging payment of fees to be made primarily online, there will not be cash on hand at the office. Therefore, if you are paying fees at the office, please bring the correct change. Also, please note, if you are paying fees by cheque, please make the cheque payable to **Elk Island Catholic Schools.**

Throughout the year, our students will be participating in various fieldtrips, presentations and projects. In order to make the collection of these fees simpler, we will be adding these fees to your child's

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PowerSchool Public Portal account as they take place. A note will be sent home to advise you of this and you will then have the option to pay the fees online or send the payment to the school. Once again, you must send exact cash or make **cheques payable to Elk Island Catholic Schools.**

Please contact Mme Marcoux-Jones at 780-467-5631 if you encounter any issues when creating your Public Portal account or when adding a child to your existing account or paying fees. If there are any problems with payment, please do not hesitate to call Mme Manon Marcoux-Jones at 780-467-5631.



Thin Ice!

In the late fall and early winter, the ice may appear to be solid but numerous factors affect its thickness and safety. When ice is unsafe, the County posts thin ice signs on many of the storm water ponds in Sherwood Park. In both Sherwood Park and in the rural areas there are other water bodies, including lakes, ponds, sloughs and streams, which are not monitored, and will **not** have "Thin Ice" warning signs. Please be advised that the **best** rule to follow at this time of year is to keep off **all** ice surfaces. So...

Play safe...Stay off the ice!

VOYAGE QUÉBEC



We are well on our way to planning a wonderful trip to Québec for our grade 8 students! Thank you, parents, for paying your deposits, and sending post-dated payment cheques. Thank you also for checking your emails regarding fundraising information.

PUB NIGHT – SILENT AUCTION

Everyone is welcome to the Pub Night – Silent Auction Fundraiser held on December 5th at Average Joe's Sports Bar on Baseline Road at 7 p.m.



Inclement Weather

As per EICS Board Policy, Bus Services will be cancelled when the temperature is below -40C or a wind chill factor of -50C. Bus Services may also be cancelled if road conditions are not safe for travel. In the event that service is cancelled, families will be advised via SynreVoice, a message will be placed on the website at eics.ab.ca, announcements will be made on local radio stations or, you may contact 780-449-6480.

LOST AND FOUND

Please come by to claim lost items before December 17th. All items of clothing not claimed by Dec. 17th will be donated to the needy.



*Joyeux Noël et
Bonne Année!*

*Feliz Navidad y Feliz Año
Nuevo!*

*Merry Christmas and
Happy New Year!*

**From our school house to your
house.....**

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