



St. Mary's School Newsletter | September 2022



Note from the Principal

Dear Parents and Guardians,



We've had a successful start to the year! Thank you for your support as students settle into new classrooms and important routines. Children need routines to help them learn and grow. This is also true for prayer. Parents are the first educators of their children. As Catholic educators, our goal is to work with you in promoting the Catholic Christian formation of your child and strive for excellence in education by helping each student develop to his or her potential. Establish prayer routines in the morning, during sad moments, when sharing meals and at the

end of the day.

We have a number of "Community Connections" coming up this month. You are welcome to join us for Mass tomorrow at 9:30 with our new pastor Fr. Joseph Dsouza. We look forward to seeing our Kindergarten families tomorrow at 11:30-12:30 at our meet and greet event. Our Back to School BBQ is a fun community event to reconnect and share the joy of being together and celebrating a new school year. I will be having lunch with all the new students on Sept. 22 and order forms will be sent home shortly. Please join us to say goodbye to Fr. Guy on Monday, Sept. 26 at 2:00pm in the church. We will also be welcoming Fr. Dsouza to our community.

A new non-instructional day (school closure) was just added to commemorate the funeral of Queen Elizabeth II on Sept. 19. Do not hesitate to contact your child's teacher or the office if you have any questions. Have a great year!

Yours sincerely,

Brenda Krivuzoff



Before & After School Club [Link](#)

Farewell Fr. Guy

Fr. Guy will be leaving St. Mary's Parish early in Oct. We thank Fr. Guy for his guidance and support to our staff, students and parents at St. Mary's over the years. We also appreciate his service on the Parish Building Committee over the years with a vision to build a new school and parish centre. Please pray for Fr. Guy during this transition to his new position as Prior of his order and will reside in Ottawa.



“ The home is the place where we learn to appreciate the meaning and beauty of faith, and where we learn to pray and to serve our neighbour. - Pope Francis ”

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Please download our School App on iTunes or Google Play Store



Community Events | Fundraising

Back to School BBQ



Our first community fun event is Friday, September 16th from 5:00-7:30 here at St. Mary's playground. There will be lots of good food, face painting,

big inflatable toys and fun. BBQ food pre-order link is open now

<https://forms.gle/EodhMKVPgzfByteb8>

Legends will cater our event.

- ◆ Hamburgers \$14.00 each
- ◆ Veggie Burgers \$14.00 each
- ◆ Pull Pork Sandwiches \$14.00 each
- ◆ Dill Pickle Potato Salad \$5.00 each
- ◆ Herb & Citrus Cole Slaw \$5.00 each

These food items are nut free as per vendor.

The BBQ will be held rain or shine! So come on out to kick start the school year in a fun & community building way! We'd love to see you all there.

Thank you in advance.

*The PEC Special Events/
Fundraising Sub-Committee*



This year the PEC Special Events/
Fundraising Sub-Committee is hosting ...

the 2nd Annual **CAKE WALK** is back at the **BACK TO SCHOOL BBQ** !

TO DONATE A CAKE or 12 CUPCAKES: If you would like to participate and provide a nicely decorated cake or 12 cupcakes, **PLEASE SIGN UP BY EMAILING** Heather Muir at: ham.muir@gmail.com by Tuesday, September 13th.

On the day of the BBQ, you will be required to drop off your cake or 12 cupcakes in the gym between 3-5pm. Cakes need to be at least 8"x 8", cupcakes need to be by the dozen and both need to be nicely decorated and in a pan that can be given away. Baked goods are to contain no nuts. No squares/ bars or muffins please.

For those of you who are not bakers but would like to participate and donate, baked goods can be store bought.

**To thank you for your donated baked good(s), you will receive 1 hour of volunteer time per cake or 12 cupcakes!
** with a max of 2 donations / 2 volunteer hours per family
**

If you are interested in volunteering at this event, please keep an eye on the school's volunteer website.

TO PARTICIPATE IN THE CAKE WALK GAME: If you would like to try your luck on winning a cake or 12 cupcakes, you will be able to purchase tickets to play the Cake Walk game during the BBQ. You can only win if you play!

Ticket prices: \$5 for 3 tickets, \$2 for ticket Rules of the game will be explained to you when you purchase your tickets. The Cake Walk will run until all cakes/cupcakes are won! If you would like to try winning a scrumptious dessert at the event, make sure you buy some Cake Walk tickets and participate in this fun game! See you all at the Back to School BBQ!



Virtues in Practice

Year of Faith (Year 2 of a 3-year cycle)

This year, St. Mary's will continue with "Virtues in Practice", a program for children in Kindergarten through Grade Seven to grow closer to Jesus by imitating His life and virtues. The whole school will focus on the same virtue each month. The overall theme for the year is "Faith" (believing in God and all He has revealed). The Year of Faith is an opportunity to renew and develop the use of Catholic devotions such as Eucharistic Adoration, the Rosary, or Stations of the Cross as well as an opportunity to expand Catholic ministries and service projects.

The goal of Catholic Education is heaven, but knowledge alone will not get us there! "Virtues in Practice" will help our students to live out their faith in their everyday lives.



Saints' Physical Health Education

Physical and Health Education (PHE) 22-23

After a restful summer, it is exciting to come back as a school community and continue our journey into good health. The aim of our PHE program is to develop students' physical literacy in the areas of balance, coordination, endurance (muscular and cardiovascular), flexibility, strength, and agility. This is done through selecting games, activities, sports, and, for the Intermediate students, training activities that target these fitness elements.

Developmentally appropriate programming is an essential component of the St. Mary's PHE program, and we follow the guidelines for the Long Term Athletic Development model (LTAD), a federally-organized approach to inclusive athlete development, adopted by national and provincial sports organizations. This model ensures each child is working towards their potential in a safe and supportive environment and structure. Adaptations for children with special needs is another essential component of our program, and it is always a joy to see St. Mary's students encourage and support one another, regardless of their physical ability. We are *all* on a journey to health!

On the practical side, please take a moment to review this information:

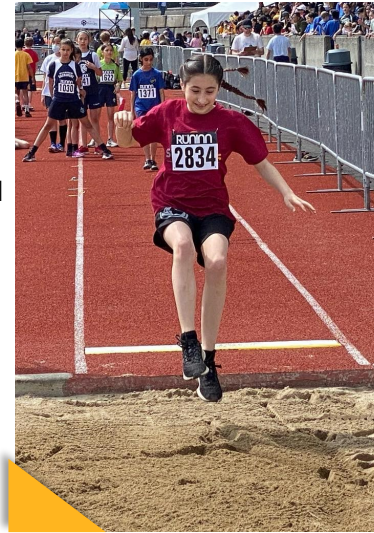
Uniform:

- ◆ Students wear PHE uniform for the full day on PHE days
- ◆ Shorts, t-shirt, track pants, and track jacket are required PHE uniform
- ◆ Students can wear a combination of these items according to the weather or activities
- ◆ PHE classes will be held outside wherever possible
- ◆ 5SR, 6P, and Grade 7 have classes first thing in the morning, as the grass is often wet, students may wish to bring a change of socks
- ◆ Kindergarten girls wear shorts under dresses on PHE days
- ◆ Running shoes which fit properly and provide support and cushioning for rigorous physical activity
- ◆ Long hair to be tied back
- ◆ No jewelry, including necklaces, bracelets, rings, dangling earrings, etc.
- ◆ Fingernails should be short to prevent scratching or injuries

Should you have any questions, you can email me at: dkozak@stmary.bc.ca. I am looking forward to another wonderful year of growth with our Saints!

Sincerely,

Mrs. Kozak



PE Schedule
2022-2023

Kindergarten (no PE uniform, athletic shoes required): Monday, Thursday, Friday

Grade 1: Monday, Wednesday, Friday

Grade 2 Marino: Monday, Wednesday, Thursday

Grade 2 Moffatt/Bystrom: Monday, Thursday, Friday

Grade 3C: Tuesday, Wednesday, Friday

Grade 3P: Monday, Tuesday, Wednesday

Grade 4: Tuesday, Thursday, Friday

Grade 5 Lewis: Monday, Thursday, Friday

Grade 5 Stokovak/Ryznar: Monday, Tuesday, Thursday

Grade 6: Monday, Tuesday, Friday

Grade 7 Quick: Tuesday, Thursday, Friday

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Community Connections

Paddling Together at Our Staff Retreat | September 2022

On August 30th, 2022, St. Mary's Education staff held a retreat to meaningfully consider Truth and Reconciliation. The notion of the paddle is a perfect symbol as, when everyone is collaborating and going in the same direction, significant progress is made with greater ease for everyone.

We were blessed to have Musequem Elder, Rita Kompst, and her daughter, Zoe, come to St. Mary's church and share their practice of weaving. We learned that weaving is a process to support healing. It was an honour to engage in a symbolic and literal process of weaving hearts and healing together with Rita. We are continuing on our sincere journey of Seeking Truth, Healing and Reconciliation.

We look forward to paddling together with the school community on this sacred journey.



Highlighting *The Mass*

While most Christians are familiar with the term “Mass,” there are many different ways to refer to the same thing. The Catechism of the Catholic Church (CCC), in paragraphs 1328-1332, refers to many different names of for the Eucharist, or Eucharistic celebration.

It is sometimes called the Lord’s Supper or the Breaking of the Bread. These terms show connection with the Last Supper. Because the

Eucharist is celebrated communally, it is sometimes referred to as the Eucharistic assembly. The Eucharist is also called the Divine Liturgy, or sometimes simply The Liturgy. Other expressions are The Sacred Mysteries, The Most Blessed Sacrament and Holy Communion. Finally, we refer to the Eucharistic celebration as the Holy Mass, a word that comes from the Latin “missa” a form of a word that means “to send forth.”

- From *A Minute in the Church The Mass*, Gus Lloyd



On September 8th, students in grades one and two honoured our heavenly Mother. We went to the church and gracefully sang Happy Birthday to her!



School Opening Celebration Staff Introductions., Sept. 6



Miracles can happen: These are 360 stairs leading to Mariahilf the miracle pilgrim church and monastery in Passau, Germany. Literally translated, Mari-ahilf, means Mary’s Help, otherwise known as Our Lady of Mercy. Pilgrims pray while walking or kneeling up the stairs and leave tokens of thanksgiving on the top of the stairs for answered prayers.



More than one million pilgrims and visitors seek the “Black Madonna” a wooden statue of the Virgin Mary kept in the octagonal Chapel of Grace (Altötting, Germany)



Saintly Sounds

St. Mary's School Choir

We are blessed to be able to offer three levels of extracurricular choir to our students: Primary Choir (Grades 2 and 3), Junior Choir (Grades 4 and 5) and Senior Choir (Grades 6 and 7). These three choirs practice on a regular basis and participate in singing for school Masses, concerts, music festivals and special parish and community events. More information will be sent home with any interested students some time in September.

The choir practices will be as follows:

Primary 11:45-12:15 on **Tuesdays** in the annex

Junior 12:15-12:45 on **Thursdays** in the annex

Senior 12:15-12:45 on **Tuesdays** in the annex

If you have any questions please contact Mrs. Ryznar (bryznar@stmary.bc.ca).



Tribal Vision Dance Presentation of "Visions of Turtle Island" This group will be coming to St. Mary's school this year on April 13, 2023. Tribal Vision Dance is a First Nations dance group based on the Six Nations of the Grand River Reserve in Ontario and we are honoured to have them come to St. Mary's School. Dance is very important to North American Indigenous people, it is a way to celebrate life and give thanks for all things. The members of Tribal Vision enjoy sharing their culture through songs and dances with audiences from around the world. "Visions of Turtle Island" is a multimedia presentation that showcases the dances and songs that one would experience if they attended a modern powwow. The dances and their evolution, from their origins to the current form, will be discussed during the presentation as well as how stereotypes develop, all in an age-appropriate format. Students will be invited to dance and sing along and the presentation will culminate with a message of unity in the hoop dance.

Parent Volunteers Needed for Liturgy of the Word With Children

Liturgy of the Word for Children is celebrated during the 9:30 and 11:15 am Masses every Sunday during the school year (September to June). Children from Kindergarten to grade 5 are invited to the church basement during the Liturgy of the Word to hear the readings of the day, which are proclaimed in language that the children can easily understand. Volunteers can choose to be **presiders** or **assistants** and commit to one Sunday every month. No experience is necessary and training will be provided. Parents at St. Mary's School are able to earn Parent Participation Hours by volunteering in this Parish Ministry. If you are interested in learning more please contact Natsuko Motegi (natsukomo@gmail.com) or Mrs. Ryznar (bryznar@stmary.bc.ca).



Saintly Sounds

SMS 90th Celebration and 2022 Songs of Spring Concert

Just a few pictures of our incredible Songs of Spring Concert in June 2022!



SAINT MARY'S SPRING CONCERT
SONGS OF SPRING
AND 90TH CELEBRATION





Pilgrimage & Passion Play in Germany

I had the opportunity to take part in a pilgrimage through Austria and Germany to Oberammergau in August.

Our pilgrim group of 30 was led by Fr. James Hughes from Our Lady of Assumption Parish and Fr. Mark McGuckin from St. Francis de Sales Parish. Oberammergau, a small Bavarian town was the site of the Passion Play where local villagers had been staging it every decade since 1633. Almost 400 years ago Oberammergau was seized by the turmoil of the Thirty

Years' War. Soldiers rampaged the land, famine followed and the Black Death held the people in its clutches. According to a legend, a man brought the plague to the village and about 80 people died. In their distress, the people of Oberammergau came together and vowed to perform the play "of the suffering, death and resurrection of our Lord Jesus Christ" every ten years from that point. To take part in the cast, choir or orchestra, one must live in the village. The Passion Play is all in German (5 hours long). Good thing we had an English translation book.



Ticket to the Passion Play 2022; the Play was postponed for two years due to the pandemic.



The Passions theater in Oberammergau. From May to October about 4500 people view the play per day.

A special moment for me was at the very beginning of the play when Jesus entered Jerusalem as great multitudes of people shouted "Hosanna to the Son of David," It felt as though I was transported back in time and was personally welcoming Jesus with palm branches swaying. The cast of villagers including adults, children, and even live animals made is all so real. I was awestruck. I'm so grateful for this spiritual blessing in my life.



First morning!



Student Network Mentors



TREE OF MEMORIES
90 YEARS OF ST. MARY'S SCHOOL



Classes make their way to the church for our opening blessing



Grade 3C meeting their new teacher Mrs. Collins



Upcoming Events

#futuresaint

- ◆ School Mass – Sept. 14 at 9:30am – Parents are welcome
- ◆ Kindergarten Community Connections Sept. 14 at 11:30-12:30
- ◆ School Closure: Sept. 19
- ◆ Library Volunteer Training Sept. 20 at 5pm
- ◆ Lunch with the principal for all new students Sept. 22 at noon
- ◆ Farewell celebration for Fr. Guy Sept. 26 2:00pm church
- ◆ SMS Invitational Cross Country Meet Sept. 27 10am-2pm
- ◆ Photo Day (Individual and Classroom) Sept. 28
- ◆ Out-of-Uniform Sept. 29: Orange Shirt Day \$2 to participate
- ◆ School Closure: National Day for Truth & Reconciliation Sept. 30

St. Mary's Elementary School



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