



## St. Mary's School Newsletter | September 2023



### NOTE FROM THE PRINCIPAL



*Dear Parents and Guardians,*

We would like to welcome you to our St. Mary's School family. We are a Christian community who share the Catholic faith and foster the spiritual, intellectual, emotional and physical growth of our students. It is our goal to bring a greater love and knowledge of God and one another to the larger Christian community and society.

This fall, we look forward to participating in the St. Mary's Parish Centennial celebrations. School choir members from Grades 5-7 and Alumni choir students have an opportunity to sing at the special Mass on September 22 at 5:30.

Our 2022-23 Yearbooks have arrived and are now available for purchase. They were beautifully created by Mr. Facultad, and will be a cherished keepsake of last year. Please see attached order form. Our Grade 7 Class of 2023 will be mailed a complimentary copy.

We look forward to seeing you at the upcoming Meet the Teacher Event on Sept 13 starting in the church at 6:15, and Back-to-School BBQ on Sept. 15 from 5:00-7:30. Stay up-to-date by downloading the **St. Mary's School App** and follow us **@smsaints604** on **Instagram** and **Facebook**. Our School App has been recently changed and you need to update it at the iTunes or Google Play store.

We wish you many blessings for a wonderful year!

Yours sincerely,  
**Brenda Krivuzoff**  
Principal

“ *Felicity Hannah Ruggier Ching joined us on July 10th at 3:33 pm.*

*We are so grateful for the warm and loving welcome, and can't wait to introduce her to our wonderful St. Mary's School Community.*

*Ms. Ruggier* ”



### OUR THEME

**Green** represents growth and renewal. This section symbolizes the idea that living the faith is an ongoing process of growth and development.

**Blue** represents trust and faithfulness. This section symbolizes the importance of trust and faithfulness in living the Catholic faith.

**Gold** represents wisdom and holiness. This section symbolizes the goal of living the Catholic faith - to become wise and holy people who reflect the love of God in the world.

**Overall, this logo conveys the message that living the Catholic faith is a journey of growth, trust, and wisdom, and that the Catholic school community is united in this journey.**

#wearesaints smsaints604 smsaints604 smsaints604

Please download our School App on iTunes or Google Play Store



# DOMINICAN MONTHLY VIRTUE IN PRACTICE PROGRAM

## *Year of Hope: Trusting in God's Loving Plan*

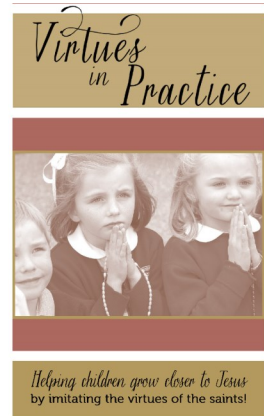
This year, St. Mary's will continue with "Virtues in Practice", a program for children in Kindergarten through Grade Seven to grow closer to Jesus by imitating His life and virtues. The whole school will focus on the same virtue each month. The overall theme for the year is "Hope: trusting in God's loving plan."

The virtue of hope enables us to suffer with joy in this life, knowing that the Lord will use even our difficulties for our salvation. The Christian knows that hoping in wealth, power or anything that is of this world is foolish, since all of these will fail us at some point. God alone will never fail us and heaven is the only world that will never pass away. Hope gives us the strength and direction we need to continually orient our steps toward God, recognizing that life is a journey toward eternal life with Him.

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.



St. Mary's School Staff



## OUR STUDENT NETWORK

Last June, our students elected 5 mentors for our Student Network Leadership Program.

We congratulate our Mentors from Grade 7: (left to right)  
Jaden Monreal  
Anna Collins  
Mikaela Ferreira  
Edressa Dicritan  
Mika Albania

Two Ambassadors from each class will be selected by the end of September to assist the mentors in planning a variety of activities such as Out-of-Uniform Days, assemblies and special events.

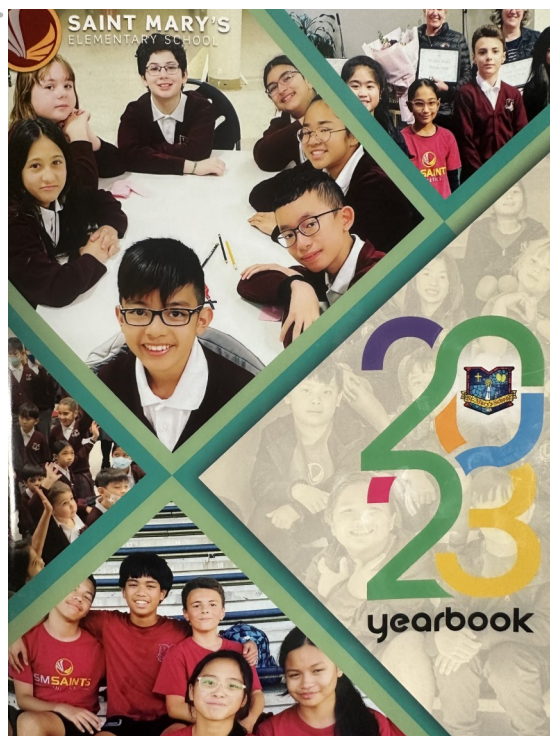




## LEARNING PATHWAYS

Annually, we offer more than 80 enriching field trip experiences, spanning from Kindergarten to Grade 7. Our commitment lies in nurturing students' connections with nature and the community, facilitating the growth of their foundational knowledge, and honing essential core competencies such as communication and critical thinking.

Next month, we will feature the 4-day Grade 7 Outdoor Education experience that the students are currently enjoying.



Order your 2022-23 Yearbook copy today! \$18 each

## BEYOND CLASSROOM BOUNDS

### ***St. Mary's School Choir Announcements***

This year we will again offer three choir levels for our St. Mary's Students. The Primary Choir is for students in grades 2 and 3. Practices will be held during lunch recess on Tuesdays from 11:45-12:15 starting in October. Parents will be asked to register their children at the end of September. Please watch for a notice and/or email.

The Junior Choir is for students in grades 4 and 5. Practices will be held on Thursday mornings from 8:00-8:45 in the music portable. Please note the new time. Students will bring home a notice to sign up during the first week of school. Practices will begin on Thursday, September 7.

The Senior Choir is for students in grades 6 and 7. Practices will be held on Tuesday mornings from 8:00-8:45 in the music portable. Please note the new time. Students will bring home a notice to sign up during the first week of school. Practices will begin on Tuesday, September 12.

We are also pleased to announce that the St. Mary's School Junior and Senior Choirs will be leading the 5:00 pm Sunday Mass music at St. Mary's Church one Sunday each month. Please see the school calendar for dates. Our first Sunday Mass will be September 17 at 5:00 pm. We hope to have a wonderful turnout of singers for these Masses. Students will be asked to wear their school uniform when singing for Parish Masses.





# PHYSICAL & HEALTH EDUCATION (PHE) 23-24

Welcome to a fresh school year in PHE! I look forward to continuing to nurture St. Mary's children in developing the knowledge, skills, and confidence needed to establish a healthy lifestyle. For those new to the PHE program at St. Mary's, our focus is to develop health and fitness and the fundamental components of physical literacy in a supportive, positive, encouraging environment that is physically and psychologically safe. Students of all ability levels are accepted and encouraged to develop their skills to their full potential by supportive staff and fellow students. The PHE and Intramural programs follow principles and guidelines outlined by [Via Sport](#), the provincial sports organization for British Columbia.

Here are a few practical notes for students to be prepared, organized, and safe for themselves and others during PHE classes. Please note that, in order to optimize student movement and health, PHE classes will be held outdoors wherever possible, including the back of the school and Collingwood Park.

Please take a moment to review this information:

## Uniform:

- Students wear PHE uniform for the full day on PHE days. There is no changing for PHE
- 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
- Students should not be wearing long sleeve shirts under their t-shirts, or tights under their shorts, as this is what the pant and jacket component of the uniform is for
- Running shoes which fit properly and provide support, stability, and cushioning for rigorous physical activity are necessary. This is especially needed for upper Intermediate students and students with low arches who begin to experience discomfort and pain without proper footwear. Students are not expected to purchase sport-specific shoes for different units of study in PHE (e.g. volleyball, basketball, track)
- Grade 6 and 7 have classes first thing in the morning, as the grass is often wet, students may wish to bring a change of socks
- No jewelry, including necklaces, bracelets, rings, dangling earrings, etc.
- Long hair needs to be tied back with simple hair accessories (e.g., barrettes, hair pins, elastic band)
- Fingernails should be short to prevent scratching or injuries
- Students' clothing and water bottles need to be labelled. [Mabel's Labels](#) or [Oliver's Labels](#) are excellent in that they are washable and durable, and they support school fundraising. For the cost of one lost water bottle, a package of labels can be purchased, saving lost belongings, time, and stress on the part of students, parents, and staff.
- Students with Epi-Pens and inhalers must bring them to PHE class. Proper containers are provided. Please ensure epi-pens and/or their cases are clearly and boldly labelled. Several classes have more than one student with allergies, and clear access to medication saves essential time in an emergency.

Should you have any questions, you can email me at: [dkozak@stmary.bc.ca](mailto:dkozak@stmary.bc.ca)

Thanks to everyone for your wonderful support over the past years, and I am looking forward to another fulfilling and fun year of growth with our students!

Sincerely,  
Mrs. Kozak

## PHE Schedule, 2023-2024

Kindergarten (no PE uniform, athletic shoes required, girls wear shorts under tunic): Monday, Thursday, Friday  
Grade 1: Monday, Wednesday, Friday  
Grade 2: Monday, Wednesday, Thursday  
Grade 3M: Tuesday, Wednesday, Thursday  
Grade 3P: Monday, Tuesday, Wednesday  
Grade 4C: Monday, Tuesday, Wednesday  
Grade 4Q: Tuesday, Thursday, Friday  
Grade 5L: Monday, Thursday, Friday  
Grade 5SR: Wednesday, Thursday, Friday  
Grade 6M: Monday, Tuesday, Wednesday  
Grade 6L: Monday, Tuesday, Friday  
Grade 7P: Monday, Thursday, Friday  
Grade 7S: Tuesday, Thursday, Friday





# 100TH ANNIVERSARY OF ST. MARY'S PARISH

## St. Mary's Parish Centennial Mass September 22

Calling all choir members past and present! We are honoured to be leading the singing for this auspicious celebration and are inviting choir students from grades 5, 6 and 7 as well as any Alumni Choir Members to join us. If you are an alumni and are interested in singing for the Centennial Mass on September 22 at 5:30 pm please email Mrs. Ryznar [bryznar@stmary.bc.ca](mailto:bryznar@stmary.bc.ca)

Parents are encouraged to attend the Mass as well, however, you will need to register for free tickets. Please see the Eventbrite link on the parish website to reserve your tickets.



*Our staff spent time together at our annual retreat and explored the theme "Living our Faith"*



*We each brought cherished spiritual relics and shared our deeply personal interpretations of our faith, drawing from the profound significance these relics hold for us.*



*Creating an artifact for the prayer tables*



## GET TO KNOW YOUR PARISH EDUCATION COMMITTEE (PEC)



**ST. MARY'S PARISH  
VANCOUVER**  
IN CHRIST WITH MARY  
TOGETHER IN HOPE



*Pastor: Fr. Joseph D Souza  
Chairperson: Ryan Raguero  
Vice-Chairperson: Anne Woo  
Secretary: Cristina Ferreira  
Treasurer: Daniel Chou  
Parent Participation: Alfred Liu  
Fundraising & Special Events: Richelle Tapia  
Maintenance: Brett Hughes*



## LIFE @ ST. MARY'S

We are looking forward to an exciting sports season this fall, including Cross Country running and boys and girls volleyball. Our Athletic Directors, Mr. Mogatas (Cross Country) and Ms. A. Vukasovic (volleyball), be sending important information to students and parents shortly. Mrs. Kozak will be coordinating a fun Intramurals program during the lunch hour.



*Participating in a Cross Country Meet*

## Month at a Glance

- ♦ Sept. 13 School Mass 9:30; Meet the Teacher 6:15 church
- ♦ Sept. 14 Kindergarten Social 1:45
- ♦ Sept. 15 Back to School BBQ 5-7:30
- ♦ Sept. 22 School Closure:: Pro-D Day; Parish Centennial Mass 5:30
- ♦ Sept. 25 Photo Day (Full Uniform)
- ♦ Sept. 26 St. Mary's Cross Country Meet
- ♦ Sept. 29 Orange Shirt Day Out-of-Uniform; Truth & Reconciliation Prayer Service led by G7 2:15 church

## BEFORE & AFTER SCHOOL CLUB

Register for club services using the September [Link](#). Drop in is available using the link. The asc@stmary.bc.ca email is checked at 7:00am and 1:00pm. Any changes should be emailed to asc@stmary.bc.ca.

