



7906 Mission Heights Drive
Grande Prairie, AB T8W 1H3
PH: 780-538-2883
FAX: 780-539-3236
Main email: kateri@gpcsd.ca



HARD TO BELIEVE THAT IT IS FEBRUARY ALREADY AND HALF OF THE SCHOOL YEAR IS FINISHED.

PARENTS OF GRADE 4 & 7 STUDENTS SHOULD HAVE RECEIVED, BY MAIL, A SURVEY FROM ALBERTA EDUCATION. IF YOU HAVE ANY QUESTIONS OR NEED CLARIFICATION DO NOT HESITATE TO CALL ME AT THE SCHOOL. PARENTS ARE STRONGLY ENCOURAGED TO FILL IT OUT AND MAIL IT IN.

THIS MONTH AS WELL, WE BEGIN LENT WITH ASH WEDNESDAY. LENT IS MARKED BY A TIME OF PRAYER AND PREPARATION TO CELEBRATE EASTER. CHRISTIANS TODAY, USE THIS PERIOD OF TIME FOR INTROSPECTION, SELF-EXAMINATION, AND REPENTANCE.

OUR ASH WEDNESDAY CELEBRATION, WILL BE ON FEBRUARY 14TH AT 11:00 AM.

FAMILIES AND FRIENDS ARE WELCOME TO ATTEND.

OUR VIRTUE FOR FEBRUARY IS **LOVE. WE WILL BE LOOKING OUT FOR STUDENTS WHO ARE SHOWING CARE AND KINDNESS TO OTHERS.**

**HAPPY FEBRUARY,
MIKE MATHESON**





February Faith Insert

On Ash Wednesday our foreheads are marked with ashes, this marks the beginning of our journey through Lent. Lent is sometimes compared to a desert, a time Christians have traditionally given over to 40 days in a combination of prayer, serving the needy and fasting in order to draw closer to God. Lent is sometimes seen as a second chance, a chance to see if our lives and actions are in line with God's will for us.

St. Therese of Lisieux said, "the world's thy ship and not thy home'. Lent is an opportunity to evaluate our ship, to ensure that in all areas of our lives we are navigating home. It's a time to check our sails, point our bow towards the saving grace of Christ, and cut away any anchors that are restricting our progress.

Now this can seem daunting; but it need not be! For the community of our church is a whole fleet of ships heading in the same direction; and we can look to them for support.

There are many people, and resources that can assist you in this Lenten journey, I encourage you to reach out to your church, to your friends, and ask them for help. I've also included a brief list of resources; but remember there are many more. And remember the biggest resource, the biggest help, is one available to you at every minute of every day, and that is prayer. My prayer for you is that during this sacred season of Lent, you invite Jesus onto the ship with you, make him your captain as well as your destination.

- Laura Tapson



Tuesday Feb. 13th

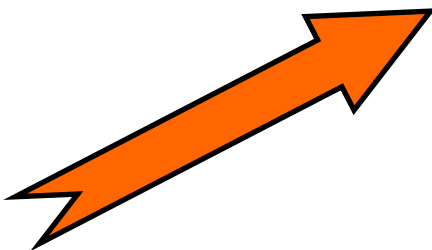
We will be celebrating Shrove Tuesday.

Students will be treated to pancakes.

We are looking for Volunteers to help

donate Griddles and cook pancakes. Please go to:

[http://www.signupgenius.com/
go/60B094FA9A922A6F85-shrove](http://www.signupgenius.com/go/60B094FA9A922A6F85-shrove)



Thank you for your help!!!



Show your school spirit February 5-9

Monday Feb 5—Tropical Tourist

Tuesday Feb 6– Twin Day

Wednesday Feb 7— Decade Day (50's,60's ect)

And Global Playday

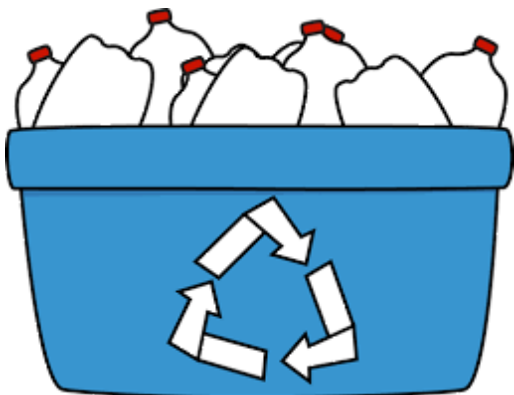
Thursday Feb 8— Superhero Day

Friday Feb 9 — school is at Nitehawk

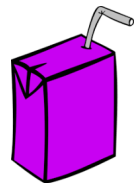
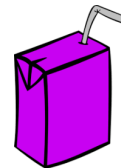
Prizes for the class with the most participation



olympics Feb 9-25



Thank you to Claire, Gracie, Jordyn, Seth and Addison L. in 4A for helping their teacher collect all the recycling from each classroom every week. They are always willing to help.



***** PARENTS, WE DO OUR BEST TO MAKE SURE YOUR CHILD RECEIVES YOUR MESSAGE BUT PLEASE TRY TO MAKE ARRANGEMENTS IN THE MORNING BEFORE SCHOOL. PLEASE TRY TO LIMIT PHONE CALLS TO THE SCHOOL REGARDING AFTER SCHOOL PLANS!**

DO TO RENOVATIONS WE DO NOT HAVE A STUDENT PHONE.



****Please remember to send utensils with your child**



Please make sure your child is dressed for the weather as they will play outside until -25. Students are not permitted in the school until 8:35, unless they are told to come in by a supervisor.

It is also a good idea to send extra clothes just in case.

Pink Shirt Day

February 28

**Wear your pink shirt
to show your
support !!!**





Tuesday February 13th — afternoon

Valentine's &
MARDI GRAS
DANCE

Grade 6 will be hosting a dance Tuesday February 13th after lunch. There will be a bake sale with proceeds going towards buying a "Buddy Bench"

Feel free to wear a Mardi Gras Mask or Valentine's colors

dates to Remember

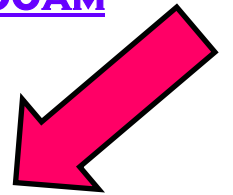
February 9th—Nitehawk Winter Carnival 1–3 and ski/snowboard 4–8

February 13—Shrove Tuesday— Students will be treated to Pancakes!

February 13– afternoon dance for Valentine’s Day

FEBRUARY 14- ASH WEDNESDAY CELEBRATION 11:00AM

February 19—Family Day – No school



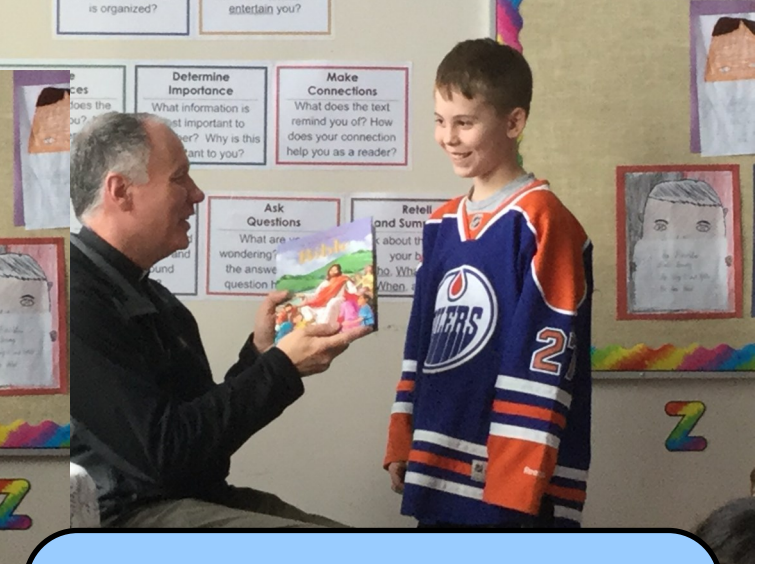
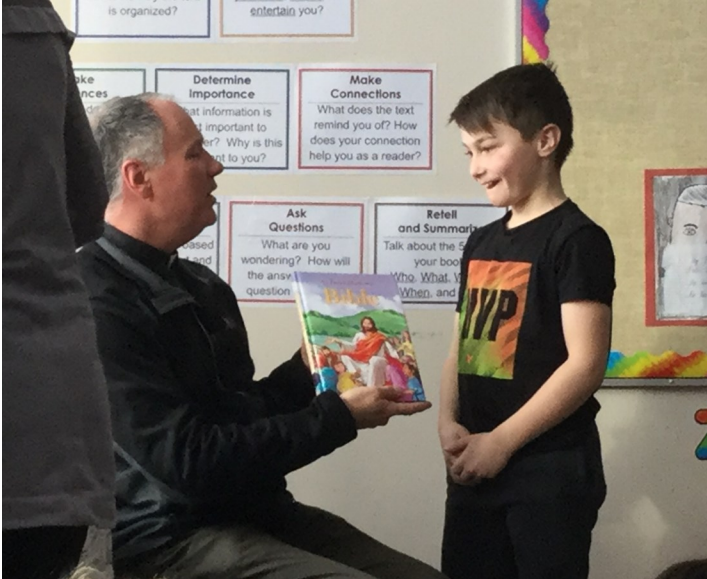
Valentine’s Day– Due to Valentine’s Day falling on the First day of Lent, all schools in GPCSD will celebrate Valentine’s Day on TUESDAY FEBRUARY 13TH



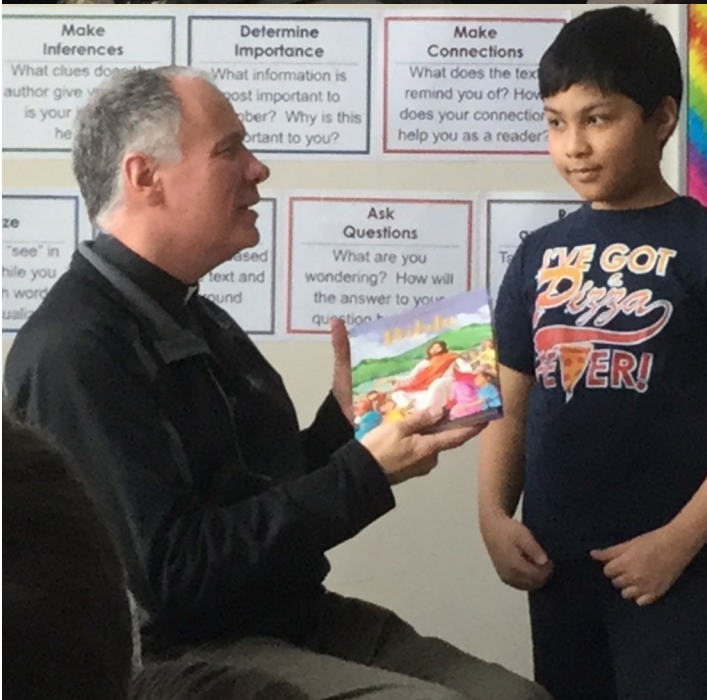
Please “like” our Facebook page. We share lots of pictures, events and fundraisers on the page.

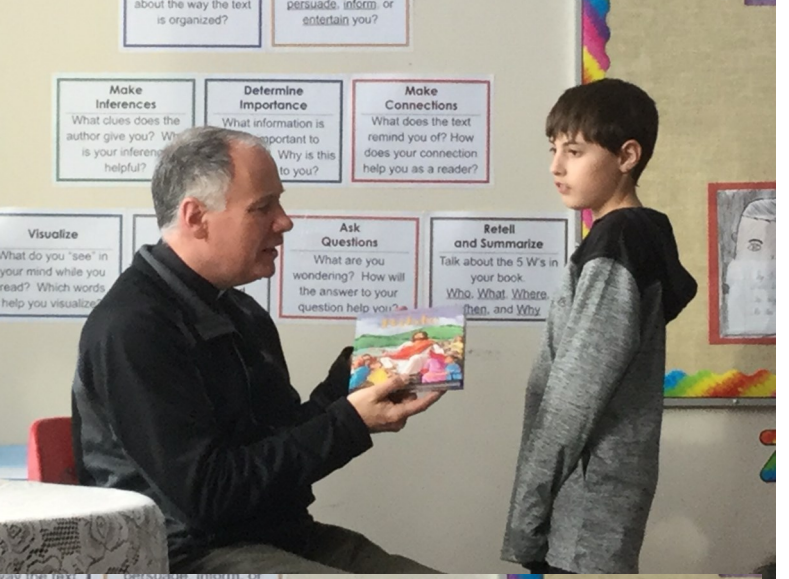
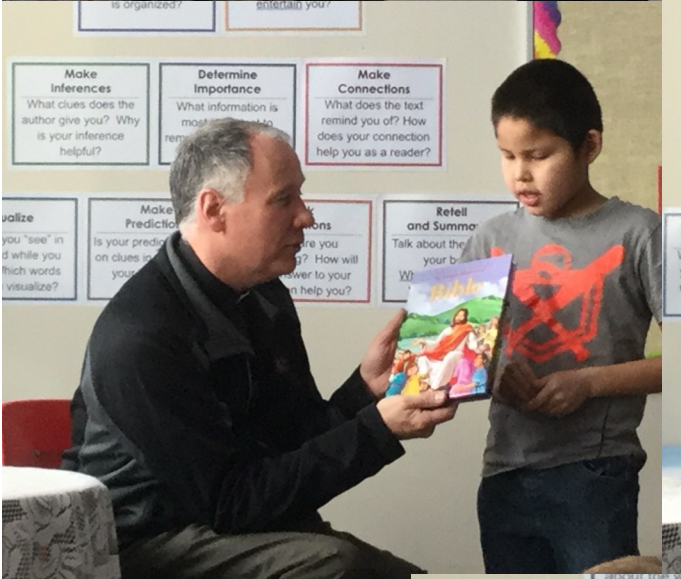


@ St.Kateri Catholic School

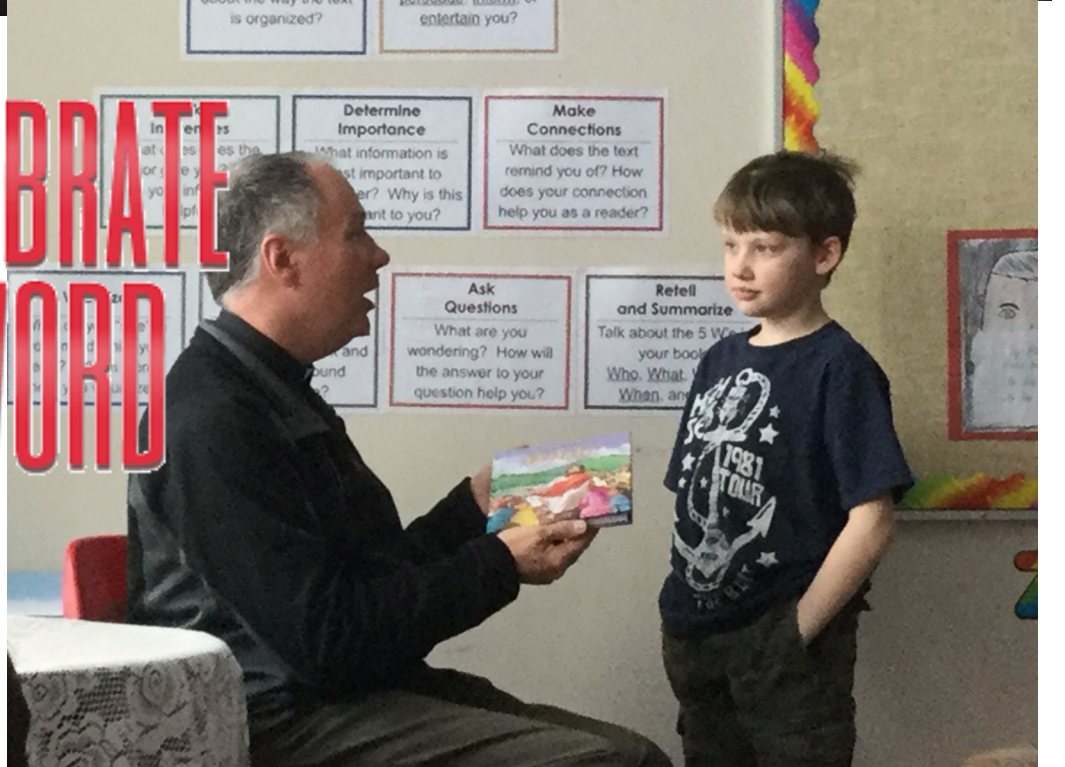


Grade 4
Bible Celebration





LET'S CELEBRATE GOD'S WORD





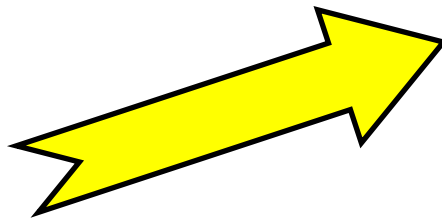
If you are already a parent of St. Kateri and have a child starting kindergarten in 2018-2019 you will be able to register your child the starting of March (date TBD).

The rest of the community will be able to register MARCH 27 @ 7:00PM.

You must bring:

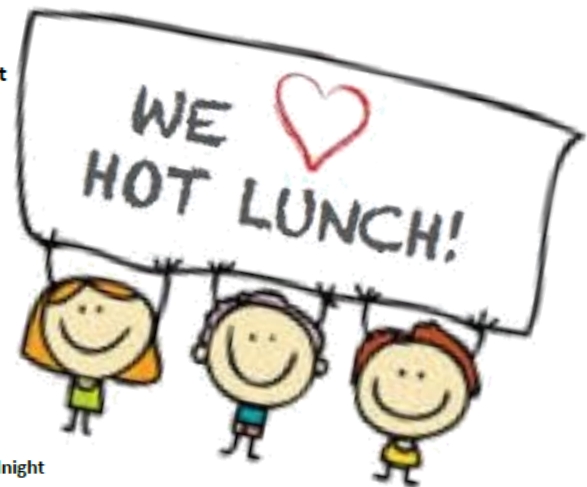
Birth Certificate

Immigration Documents if applies *



FEBRUARY & MARCH HOT LUNCHES

- Feb 14— Mary Brown's due feb 6 @ midnight
- Feb 16— WokBox due feb 8 @ midnight
- Feb 21— Boston Pizza due feb 13 @ midnight
- Feb 23—Pita Pit due feb 15 @ midnight
- Feb 27—Swiss Chalet (menu #1— wraps only) due feb 19 @ midnight
- March 1—WokBox due feb 21 @ midnight
- March 5— McDonalds due feb 25 @ midnight
- March 7—Pizza Hut due feb 27 @ midnight
- March 13—Pita Pit due march 5 @ midnight
- March 15—Subway due march 7 @ midnight
- March 20—Pizza Hut due march 12 @ midnight
- March 22—Wokbox due march 14 @ midnight
- March 26—Swiss Chalet (menu #2—pasta, chicken, sandwich) due march 18 @ midnight
- March 28—Boston Pizza due march 20 @ midnight



We are super excited to offer Munch A Lunch, an online paperless order form to order your hot lunches. Please take your time when you are using the program for the first time and read instructions carefully. If you have any questions please call the school office

780-538-2883. Unfortunately do to the renovations and our lack of office space we are unable to offer paper order forms. **No paper orders forms will go home.** Each family will need to use this online program. We appreciate your support and understanding!

Please read the attachment with information on how to order.

Term 1 (November) - this was missed in the last few newsletters **

HONOR ROLL LIST ST KATERI -TERM 1



HONORS WITH DISTINCTION 90% +

GRADE 7

Faith Batyski
Jessica Dobish
Grace Lundrigan
Carl Santiago

GRADE 8

Anella De Rueda Davis Marin Fiona Rita
Kate Eisfeld Ore Maxwell Anna Rosol
Kendra Hovelkamp Gabrielle Nelles Rachel Scheiris
Acacia Kabyn Jullianna Pasia Summer Tomiak

HONORS 80% +

GRADE 7

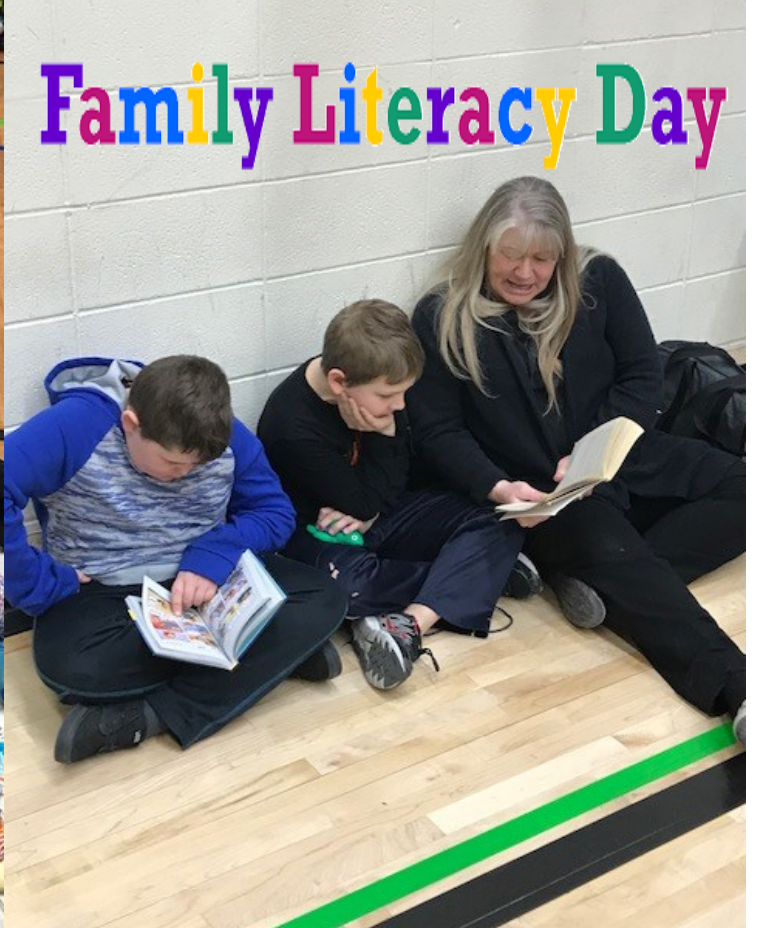
Cadence Bouchard
Kimuel Clemente
Colin Freemark
Anton Grassl
Jeremy Hart
Dawson Loder
Zandra Leigh Posadas
Connor Roberts
Ryleigh Schmidt
Noah Theriault
Kaydence Thompson

GRADE 8

Phoenix Andreeff Emily Lumley Kirsten Wentzell
Peyton Blinston Addison Mohr Jesse White
David Briones McBlaise Neba
Andrew Carsley Emma Noskey
Maria Christiansen Josaiah Ordonia
Carson Christie Cole Ramteemal
Chevy Dika Xander Rogers
Kiela Douglas-Girard Kaitlin Sauer
Caleb Eiserman Kyra Sauve
Hudson Graham Jillian Smith
Riley Ingram-Mitchell Rona Jean Suballa
Noah Jardine Gabrielle Surka
Kenadie Jones Ariel Timanson
Carter Kettyle Zeus Trinidad
Emily Kuntz Raul Urbina
Matthew Ljuden Brendan Wabick



St. Kateri Parent Council is looking for parents to join the council. If you are interested in helping the parent council (any help is greatly appreciated) please email St. Kateri School Council @ katerischoolcouncil@hotmail.ca



Family Literacy Day



Grande Prairie and District Catholic Schools

**District Good
News**
February 2018

inspire. create. believe.

WHL Debut



Congratulations to Kaden Reinders who made his WHL debut this past weekend for the Victoria Royals. Kaden ended the weekend +1. Way to go Kaden!



Ambassador of Christ
2017-2018 Recognition

The Selection Committee is calling for nominations! We invite you to share and celebrate the Ambassadors of Christ among us
**Nomination
Deadline: Feb. 9**



Student Mental Health and Wellness



During the annual January Board meeting, the Director of Inclusive Education Pauline Ruel-Wyant, showcased the various programs and services that are available within the District. The funding through Catholic Family Services has been significantly increased to \$389,000 (2017-2018) from \$163,000 (2014-2015). Also specific schools CIF funds were allocated to bring the number up to \$500,000. Fourth R program (grades 7 –9 Health Education) and Zones of Regulation / Super Flex programs –these programs teach students how to identify and manage their emotions. Think Social Program –program designed to teach students how to navigate social situations, resolve conflicts and problem-solve. Career and Life Management (CALM) curriculum and High school Re-design (Families / Colleges model).



Other Tier two supports include: classroom awareness education programs as offered through the RCMP School Resource Officers, PACE, John Howard Society and Suicide Prevention Resource Centre. Early Intervention for at-risk families by connecting them to community agencies such as: Healthy Families program or Parent Link Centre. “All About Me” –mentorship program for girls in grades 4-8; designed to build resiliency & increase self-esteem.

Also protocols are in place to identify and address the needs of students at-risk. These include: suicide risk assessment protocol, Violence Threat Risk Assessment (VTRA) and all administrators and classroom support teachers are trained in the VTRA protocol.

4th Annual Floor Hockey Tournament



Registration Due Friday Feb. 9, 2018
hand in to your Coach.

Cost: \$20.00/ Player

When: April 21 and April 14, 8:30 a.m.

Where: Mother Teresa Catholic School

What: 3 on 3 hockey. Teams of nine players and goalie.

Who: Any student from grades 1-8.

Find more at: www.gpcsd.ca/Foundation.php

Connect With Us!



VISIT US AT

www.gpcsd.ca

2018 Family Literacy Week



Students from across the District embraced their love of reading and writing, during the annual Family Literacy Week from Jan. 22-26 (Jan. 27 was Family Literacy Day). Students, their families, hockey players, and news reporters celebrated their love of reading.



Celtic Sports Academy



Spirit River MicroSociety Has a Name



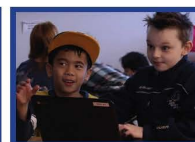
Congratulations to Ste. Marie Catholic School! The school voted on the official name for their new MicroSociety. Their new name is Micro Galaxy Society!

Read more about MicroSociety here: www.microsociety.org

Questions to Ask Your Kids after School Instead of "How Was Your Day"?

- What made you smile today?
- Can you tell me an example of kindness you saw / showed?
- What did you do that was creative?
- Who did you sit with at lunch?
- Was anyone in your class gone today?
- Tell me something you know today that you didn't know yesterday?
- What made your teacher smile?
- What made them frown?
- What kind of person were you today?

A Day in the District



Connect With Us!

 /gpcatholic  @GPCSD

VISIT US AT

www.gpcsd.ca

Grande Prairie Aquarians

All Swimming Levels and Ages Welcome
never-ever, beginners, intermediate or advanced

Participate at your level
Learn new swimming skills, Staying Fit, or Competitive

Summer Swim Club

Swim May through Mid-August

Includes:

- 4 months of training, 3-5 times per week on M, T, W, T & F by trained and certified coaching staff
- The option to participate in up to 10 swim meets on the weekends (everyone is always welcome and fees are covered)
- A competitive team swim suit and cap
- Team building events

Registration

- On-line starting March 1, 2018
- In person & Swim Suit Sizing March 12 & 13, 2018 6-8 pm

Eastlink Center, Main floor EAST end of concourse

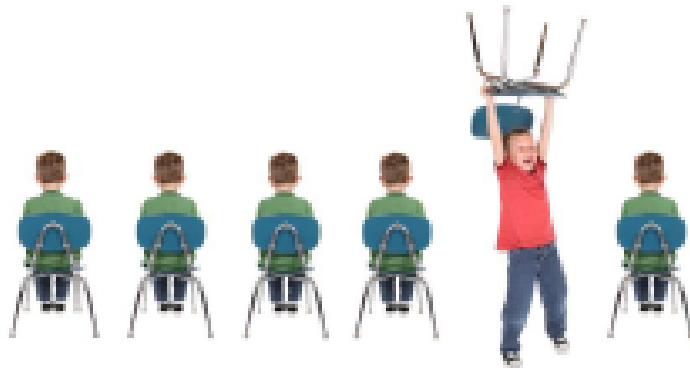
For More Information
www.gpaquarians.org
 or e-mail
aquariansgp@gmail.com



Christ in Action Winners K-4 for Charity



ADHD Information Session



What is it?

This presentation is designed to be an overview of ADHD. It includes what ADHD is, where it comes from, how it is diagnosed, the gifts of ADHD, the impact ADHD can have on an individual if left untreated, the impact ADHD has on executive functioning, improving academic outcomes, effective treatments for ADHD and some classroom strategies and parenting tips.

When and Where is it?

6:30pm – 9:00pm

IV Macklin Public School
8876 – 108 Avenue
Grande Prairie, AB

September 20, 2017

October 18, 2017

November 15, 2017

December 6, 2017

January 17, 2018

February 21, 2018

March 21, 2018

April 18, 2018

May 16, 2018

June 6, 2018

Parenting of Anxious Children and Youth



What is it?

This presentation provides a brief overview of anxiety, including the different types of anxiety, the origins of anxiety and it describes some of the possible ways anxiety can be expressed behaviourally, emotionally, physically and cognitively. There will be discussion on both helpful and unhelpful ways to support children and youth who struggle with anxiety through classroom management, coaching and parenting tips and speaking to your physician about pharmaceuticals.

Where and When is it?

September 28, 2017
6:30pm – 8:30pm
GPPSD Central Office
10127 - 120 Avenue
Grande Prairie, AB

November 23, 2017
6:30pm – 8:30pm
IV Macklin Public School
8876 - 108 Avenue
Grande Prairie, AB

February 15, 2018
6:30pm – 8:30pm
GPPSD Central Office
10127 - 120 Avenue
Grande Prairie, AB

April 26, 2018
6:30pm – 8:30pm
Isabel Campbell School
7149 - 114 Street
Grande Prairie, AB

The Breakfast Club

Youth Program

- stressed out?
- conflict with family or friends?
- not fitting in?
- dealing with low self-esteem or emotional struggles?

2018 Retreats:

February 9-11

March 23-25

April 27-29

(Fall Dates TBD)

Free weekend retreats for teens

Anyone can refer a teen

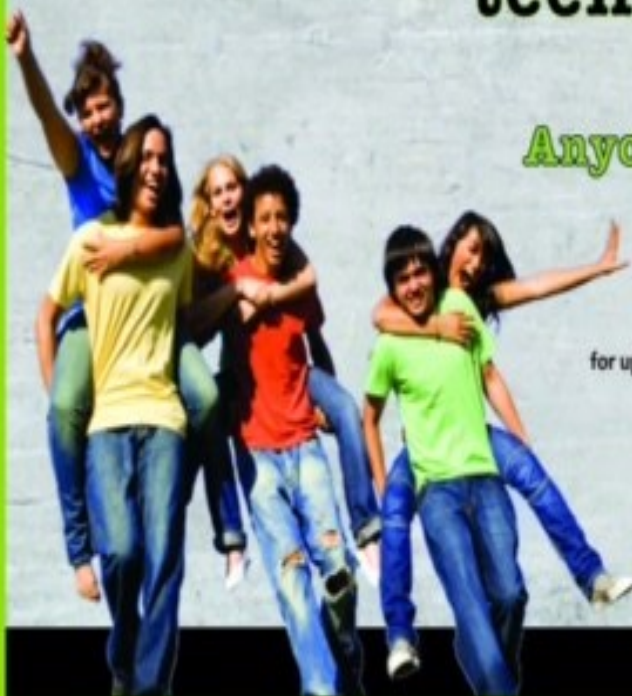
Phone: 780.539.7142

Online: www.sp-rc.ca

Email: bclub@sp-rc.ca

Text: 780.402.1579

for updates, see www.facebook.com/BreakfastClubGP



The Breakfast Club is available at no cost to participants thanks to: City of Grande Prairie Community Social Development/ FCS, County of Grande Prairie No.1 FCS, Green View FCS, Alberta Health Services, Child and Family Services, grants, donations, & fundraising. The name is inspired by the movie, "The Breakfast Club," by John Hughes.



SPRC

Do you remember how excited your children were about maths* when they were young? How they were excited by patterns in nature? How they rearranged a set of objects and found, with delight, that they had the same number? Before children start school they often talk about maths with curiosity and wonder, but soon after they start school many children decide that maths is confusing and scary and they are not a "math person". This is because maths in many schools is all about procedures, memorization and deciding which children can and which cannot. Maths has become a performance subject and students of all ages are more likely to tell you that maths is all about answering questions correctly than tell you about the beauty of the subject or the way it piques their interest.

Given the performance and test-driven culture of our schools, with over-packed curriculum and stressed out students, what can parents do to transform maths for their children? Here are some steps to take:

- 1

Encourage children to play maths puzzles and games. Award winning mathematician, Sarah Flannery reported that her maths achievement and enthusiasm came not from school but from the puzzles she was given to solve at home. Puzzles and games – anything with a dice really – will help kids enjoy maths, and develop number sense, which is critically important.
- 2

Always be encouraging and never tell kids they are wrong when they are working on maths problems. Instead find the logic in their thinking – there is always some logic to what they say. For example if your child multiplies 3 by 4 and gets 7, say – Oh I see what you are thinking, you are using what you know about addition to add 3 and 4, when we multiply we have 4 groups of 3...
- 3

Never associate maths with speed. It is not important to work quickly, and we now know that forcing kids to work quickly on maths is the best way to start maths anxiety for children, especially girls. Don't use flashcards or other speed drills. Instead use visual activities such as <https://bhi61nm2cr3mkldgk1dtaov18-wpengline.netdna-ssl.com/wp-content/uploads/2015/03/FluencyWithoutFear-2015.pdf>
- 4

Never share with your children the idea that you were bad at maths at school or you dislike it – especially if you are a mother. Researchers found that as soon as mothers shared that idea with their daughters, their daughter's achievement went down.
- 5

Encourage number sense. What separates high and low achievers is number sense – having an idea of the size of numbers and being able to separate and combine numbers flexibly. For example, when working out $29 + 56$, if you take one from the 56 and make it $30 + 55$, it is much easier to work out. The flexibility to work with numbers in this way is what is called number sense and it is very important.
- 6

Perhaps most important of all – encourage a "growth mindset" let students know that they have unlimited maths potential and that being good at maths is all about working hard. When children have a growth mindset, they do well with challenges and do better in school overall. When children have a fixed mindset and they encounter difficult work, they often conclude that they are not "a math person". One way in which parents encourage a fixed mindset is by telling their children they are "smart" when they do something well. That seems like a nice thing to do, but it sets children up for difficulties later, as when kids fail at something they will inevitably conclude that they aren't smart after all. Instead use growth praise such as "It is great that you have learned that", "I really like your thinking about that". When they tell you something is hard for them, or they have made a mistake, tell them: "That's wonderful, your brain is growing!"
- 

* I use maths, rather than math, partly because I am from the UK and we say maths there and partly because maths is short for mathematics, it is a plural noun. Mathematics was chosen to be plural to reflect all the many parts of mathematics - drawing, modeling, asking questions, communicating, etc. Math sounds more singular and narrow (Do the math, usually means do a calculation), and I prefer to keep the idea that maths is a multidimensional and varied set of mathematical forms and ideas.

For more resources see <https://www.youcubed.org>



Resources for Parents
www.youcubed.org

Online Courses for
Students, Teachers and Parents
<https://www.youcubed.org/category/mooc/>

Student Page
<https://www.youcubed.org/students/>

Parent Page
<https://www.youcubed.org/parents/>

Recommended Apps and Games
<https://www.youcubed.org/category/teaching-ideas/math-apps/>

More Information about Brain Science
<https://www.youcubed.org/think-it-up/>

Jo's Mindset Book
<http://tinyurl.com/qxhnqsh>

Maths Tasks to Do At Home
<https://www.youcubed.org/tasks/>

Summer Camp Video
<https://www.youcubed.org/youcubed-summer-math-camp-2015/>

Week of Inspirational Maths Curriculum
<https://www.youcubed.org/week-of-inspirational-math/>