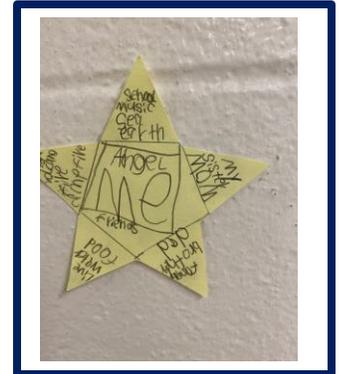
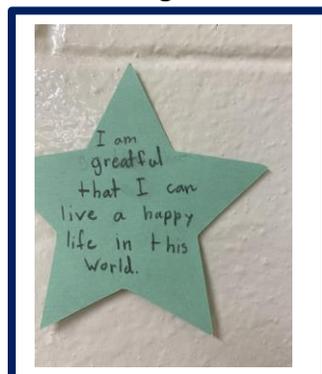


March 2021

The season of Lent is a Catholic liturgical season consisting of forty days of fasting, prayer, and penitence beginning at Ash Wednesday, February 17 and concluding at sundown on Holy Thursday, April 1. It is a time of preparation through prayer. The official liturgical color for the season of Lent is purple. Our students participated in a virtual Ash Wednesday liturgical celebration, presided by Father Dean from St. John the Evangelist and we will celebrate Easter in April after Spring Break.

This past month our students practiced gratitude. In stars cut outs, students identified what they are grateful in their lives. Some examples of what our students are grateful for were 'my mom', 'I am grateful for sleeping', 'education and friends', 'I am grateful for my friends and family because they take care of me and help me when I am sad', 'my brothers and sisters', 'school' and 'my dog'. Research has shown that practicing gratitude increases happiness, boosts immunity, improves sleep and much more. As principal, I am grateful to all the beautiful students, families and staff at Our Lady of Peace. I absolutely love walking through the hallways and interacting with the students. They are positive, happy and kind. Parents you have done a wonderful job! I am grateful for the staff at Peace who work diligently to help our students learn and create a safe and caring environment for everyone.



"Love is a gift that gives meaning to our lives," says Pope Francis. Love helps us to see all men and women as our brothers and sisters. Charity is multiplied when given with love, as we see not only in the Scriptures, but in our own lives, too, when we give alms "with joy and simplicity."

"To experience Lent with love," says Pope Francis, "means caring for those who suffer or feel abandoned because of the Covid-19 pandemic." He invites us to "speak words of reassurance and help others to realize that God loves them as sons and daughters."

Our Lady of Peace General News

Follow us.....on Social Media: Check us out on:

Twitter: @OurLadyofPeace1

Facebook: ourladyofpeaceschool Edmonton

Instagram: ourladyofpeaceecsd

It is a great way to see what is going on in our school. Please re-tweet or share our social media sites with others.

School Council: Our next School Council meeting will be Monday, March 16 at 6:30 pm. This special meeting is a community engagement with the Board of Trustees which will look at Board priorities for the upcoming year and talk about how they are brought to life in our school.



Street Safety: A reminder to parents/visitors about street safety. Do not make U-turns on the streets near our school. When parking, you must be at least **5 metres** from the cross walk. As well, please do not park in the bus zone between 8:00 – 9:00 am and 2:00 – 3:30 pm. The speed limit near schools between 7:30 am and 9:00 pm is 30 km/h. Taking that extra minute or two to follow traffic safety laws could save a life. Thank you for taking time to protect our children.

March is Mindfulness Month: We will be practicing mindfulness activities throughout the month of March. Here is a short list of activities that you can do at home with your child(ren):

25 Simple Mindfulness Activities for Kids

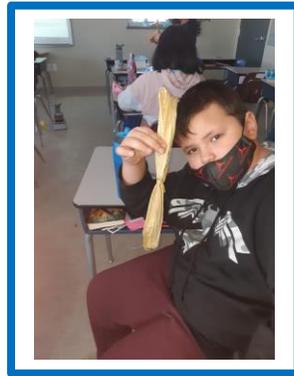
1. Practice kind thoughts by prompting your child to think of 5 people they'd like to send kind wishes to
2. Bang on a pot/pan and invite your child to signal to you when they no longer hear the sound 'hanging' the air
3. Blow bubbles 'slo-mo' style, emphasizing a big deep breath in through the nose to fill the bubble... and out through the mouth as slow as possible
4. Squeeze and let go, tensing different muscles in the body for 5 seconds and then slowing releasing
5. Tune into the body by getting down on your child's level and feeling each other's heartbeats
6. Focus on breathing by building 'Elsa' ice sculptures' by taking in a deep breath (don't forget to smell the 'chocolate fountain on coronation day!) and then slowly blowing out to create amazing ice creations
7. Have a 'mindful' snack by describing the smell, texture and taste of the food
8. Try this 'Rainbow' [guided meditation](#) to wind down at bedtime

9. Explore textures in nature, take a walk to collect several different objects and observe/describe how each feels
10. Have your child give you the 'weather report' on how they're feeling, "I'm dark and cloudy with some raindrop tears coming out"
11. Find shapes in the sky by laying down together and choosing different objects to search for in the clouds
12. Practice noticing with art. Choose several different utensils and describe how they all feel different on the paper
13. Take a mindful walk pointing out sights and sounds along the way.
14. Explore touch by choosing several objects, then comparing the difference in how they feel dry vs. wet
15. Slow down by having a snack in 'slow motion' and taking notice of the taste throughout
16. Explore smell by inviting your child to help you cook a meal while taking notice of each smell present
17. Try 'buddy breathing' and invite your child to grab a toy/stuffed animal to place on their tummy while they lay down and take slow breaths, in through the nose and out through the mouth
18. Explore emotion by prompting your child to scan their body when experiencing a feeling, and describe where they feel it the most.
19. Try a playful guided meditation together
20. Use a happy moment to 'soak in the good' by pausing with your child to observe the pleasant physical and emotional feelings present
21. Sit down with your child and 'color your feelings' together depicting each emotion with a new color
22. "Press the pause button' together during a tense moment (but not too tense) and check in with how each of you is feeling at that moment
23. Listen to some music and see how many different instruments you can each hear
24. Try a body scan together at bedtime
25. Explore gratitude by going back and forth with your child (for as long as you can!) to name as many things possible that you are grateful for



Braided Journeys

Braided Journeys: A lot has been going on in our Braided Journeys program. This last month Miss. Nicole continued supporting our Indigenous students in the area of Literacy. Our Tuesday grade 5 and Thursday grade 6 afterschool groups are continuing with great success. Braided Journeys also facilitated the northern lights teachings, oral story and craft for all of our OLOP students and teachers to explore and enjoy. Some classes made corn husk dolls. In February, many classes were able to investigate soap carvings.



Open House Information

Open House: We will be hosting a virtual open house for those wanting to register at Our Lady of Peace for September 2021. Any new Kindergarten to grade 6 students who would like to register are invited to attend our Open House on **Thursday, March 18 at 5:30 pm**. The link to our open house can be found here: <https://www.ecsd.net/8010/page/7126/open-house-information>

We will be providing information on our school programs, specifically for our new kindergarten parents, as well as other grades. Note that to register for Kindergarten your child must be five years old on or before December 2021.

Those students **new** to the school can **register** at:

[ecsd.net](https://www.ecsd.net)

Grade 3 CCATS

CCAT's: The grade three students will be writing the Canadian Cognitive Abilities Test from March 2– 9. The tests are administered to help teachers better understand the strengths of the students and to utilize the information to aid planning and programming.

School Wide Events

Demonstration of Learning: During this time, it is difficult to present our Demonstration of Learning as in past years. Information about how your child(ren) will be demonstrating their learning to you will come from their classroom teacher just prior to March 18. Our Demonstration of Learning will occur virtually or by phone on Thursday, March 18 from 10:30 am -12:00 pm, 4:00 – 5:00 pm and 5:45 – 6:45 pm. An up-to-date assessment of your child's progress can be seen at any time on Parent PowerSchool. If you require support in accessing this site, please call the school at 780-489-1222. Just a note: there is no school on March 18 for your child because it is a pd for staff.

Multicultural Day: We are looking forward to celebrating every student in our school on Thursday, March 11. We will start our Celebration of Nations at 11:00 am which will be broadcast in every classroom. An information sheet will be emailed home on the week of March 1. Please fill out the Microsoft Form. Children are encouraged to dress in ethnic wear or bring flags.

Spirit Days: We would like to thank the 5A class for being our leaders for this month. They have chosen a theme day, as well as an activity for the month of March. They have chosen 'dress as a character from your favorite book/novel' which is a theme that blends well with our school wide literacy focus. This can mean dressing as Harry Potter, Cinderella, Alice in Wonderland, Batman, The Giving Tree, The Rainbow Fish, Paddington the Bear, Dr. Seuss, etc . Some simple ideas for dressing up include wearing an elf hat, carrying a fairy tale book, painting whiskers on the face for a cat, wearing red for Little Red Riding Hood, wearing Harry Potter glasses, a striped top for 'Where's Waldo', etc. This will be a great opportunity to discover stories with your children. Dress up as your favorite book character is on March 9.

The activity theme for March is mindfulness. The 5A class is preparing a special activity for the entire school on March 23 to participate in this event.

St. Patrick's Day: March 17 is St. Patrick's Day. Students are asked to wear green on this day.

Spring Break: Thursday, March 25 is a full day ending at 3:00 pm. It is important for your child(ren) to be at school because many events have been planned for this day. Friday, March 26 is a half day. Children will be dismissed at 12:13 pm. Spring break holiday occurs from March 29 – April 2. Monday, April 5, is Easter Monday and it is a holiday. School resumes Tuesday, April 6.

Numeracy Activities

Numeracy Skills

1. Look for opportunities to count, add, subtract, multiply or divide. Count the number of green tiles on the floor of the grocery store or the number of cracks you walk over on the sidewalk. Once children are able to count, look for opportunities to allow them to extend that knowledge. On a drive or a walk you might say, "I see two geese on this side of the lake and three geese on the other side. How many geese does that make?" With older children, provide more challenging opportunities; "These \$30.00 ski boots are 10% off at Walmart but \$10 off at Superstore. Which ones will make a better deal?"
2. Look for opportunities to problem-solve. Grocery shopping and other routine situations provide many opportunities for mathematics. For example, asking your children to draw up a list of groceries needed for a camping trip can involve calculating days, meals, cost per meal, total cost, etc. Calculating the amount of paint needed to paint a child's bedroom or the weight and/or monetary value of candies received on Easter provide other examples of problem-solving activities in the home.
3. Use open-ended questions to sustain math talk as long as possible. Math talk means talking about mathematical ideas and open-ended means being ready with questions that allow for multiple routes to solutions. Wonder out loud how much money you would have if you had saved a dollar every day since your child was born. Estimate how many cars have driven past your house in an hour. Sustaining the talk as long as possible is the key.

Kinders writing words



Gr. 6 snowshoeing fun



Lunch



Did you know?

- Our school has a cart of brand new, generation 4 mini iPads, and three carts of new Chrome books.
 - We celebrate all our students during our Multicultural Day.
 - Our school wrote letters, created crafts and decorations for seniors before Christmas.
 - Our student collected pop can tabs in the month of February to help provide wheelchairs to those who cannot afford it.
 - Each month a class in our school takes a leadership role creating a theme day and a school wide activity.
 - We continue to celebrate all religious celebrations by having Father Dean broadcast to all classes
 - We are proud to have Cree Language taught in our school.
 - We have the Braided Journeys program.
 - Our families have fundraised to help those less fortunate with food during times of need.
 - Our entire school is working on literacy and numeracy.
 - Many classes have attended virtual field trips.
 - Our snack program funds are supplements by anonymous donors.
- Thank you!

Wheelchair designed by
Kinder students



Pink Shirt Day: kindness



Physical Literacy: Fun!

