



# St. Angela School

302 Russell Rd., Saskatoon Phone: 659-7250 Fax: 659-2080  
[www.gscs.sk.ca/studentsandfamilies/schools/ang](http://www.gscs.sk.ca/studentsandfamilies/schools/ang)

## Administrator's Message

Principal  
Mrs. O. Kowaluk

Vice Principal  
Mrs. S. Trask

Office Coordinator  
Ms. T. Smitten

St. Anne's Pastor  
Father Matthew  
Ramsay

Superintendent  
Mrs. Tammy Shircliff

Trustee Liaisons  
T. Jelinski  
D. Case

**SCHOOL STARTS:**  
8:45 a.m.

**SCHOOL ENDS:**  
3:10 p.m.

Our Lenten journey towards Easter began on Ash Wednesday (Feb. 17). During Lent it is important to remember to not just 'give something up', but rather to focus on 'doing something' for others. Giving of ourselves, sharing our time, talents, or skills, is yet another way to build community and bring us closer to God. Lent is a time to remind us of how one kind deed at a time brings us closer to being the person that God wants us to be. Simple acts of kindness bring great joy to others and fill our own hearts with love.

During the month of March, let us practice the virtue of perseverance. Perseverance is being persistent with a task despite challenges, difficulties, or obstacles. Perseverance is not giving up but continuing to put forth an effort until the goal is achieved. God of the Journey; walk with us this Lent. Help us to persevere in staying with you on the path through Lent to Easter. Amen.

In March we continue to look forward to the many learning opportunities our teachers have planned for the students. We are currently accepting kindergarten registrations for the 2021-2022 school year. We are excited to present a virtual kindergarten information evening for parents this Spring (Covid safe of course!). In the meantime, we invite any questions you may have regarding the kindergarten program at 306-659-7250.

In honour of St. Patrick's Day, we share with you a special Irish blessing:

*May God give you...*

*For every storm, a rainbow; for every tear, a smile,  
For every care, a promise, And a blessing in each trial.  
For every problem life sends, A faithful friend to share,  
For every sigh, a sweet song, And an answer for each prayer.*

Yours in Catholic Education,  
'Let all that you do be done in Love' - 1 Corinthians 16:14

Mrs. O. Kowaluk, Principal  
Mrs. S. Trask, Vice Principal

## SCHOLASTIC ORDERS

Parents wishing to order books from Scholastic this year must order through the parent account online, and pay online only. Items ordered will be shipped directly to your home. There will be a \$4.00 shipping fee, which is waived if you spend \$35.00 or more. Although you may see an option to ship to the school, please ship only to your home address. Make sure to include your class code so you still get a bonus for your child's class.

## BEFORE AND AFTER SCHOOL PROGRAM

Please call Mrs. C. Cochrane at 306-659-7250 for more information.

## U-TURNS IN THE SCHOOL ZONE

Saskatoon City Police are reminding motorists that U-turns in the school zones are illegal and are subject to a \$90.00 fine.

# Important Dates

## Tuesday, March 2

Dress from the 80's Day

## Monday, March 8

PLD Day—NO SCHOOL for students

## Wednesday, March 10

PT Conference Scheduler OPENS

## Friday, March 12

Pi Day classroom activities

## Wednesday, March 17

St. Patrick's Day—wear green

## Thursday, March 18

Mass with Father Matthew 9:30 a.m.

## Monday, March 22

PT Conference Scheduler CLOSES

## Wednesday, March 24

School Spirit Day—wear school apparel or school colors

## March 25 & 26

Parent-Student-Teacher Conferences

## Friday, March 26

No School for Students

By this date, we ask that families inform schools if they plan to transition back to face-to-face or to online learning for the remainder of the academic year.

## Thursday, April 1

Holy Thursday—Stations of the Cross

Last day of classes before the break

## Friday, April 2

Good Friday—NO SCHOOL for staff and students

## April 3-11

Easter Break—NO SCHOOL for staff and students

## Monday, April 12

Students return to classes

## Friday, May 7

PLD Day—NO SCHOOL for students

## Friday, May 14

Staff Retreat—NO SCHOOL for students

## Monday, May 24

Victoria Day—NO SCHOOL for staff & students



# March School Spirit Days

Tuesday Mar. 2 <b>80's Day</b> Dress like you're going to school in the 1980's	Friday Mar. 12 <b>π Pi Day</b> Classroom activities	Wednesday Mar. 17 <b>St. Patrick's Day</b> Wear something <b>GREEN</b>	Wednesday Mar. 24 <b>School Spirit Day</b> Wear school apparel or school colors (blue and yellow)
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## Welcoming Kindergarten Registrations for Fall 2021

Come learn and play at St. Angela School!

Kindergarten registrations for the 2021-2022 school year are now being accepted. Children who will be 5 years old on or before January 31, 2022 (birthday of January 31, 2017) can register for Kindergarten through the St. Angela school website [www.gscs.ca/ANG](http://www.gscs.ca/ANG) under Announcements. There you will find our fillable registration form and further instructions.



At this time, we are not able to give families a tour of the school and the opportunity to meet Mrs. Hayward in person because of the Covid-19 pandemic. We are excited to present a virtual kindergarten information evening for parents this Spring.

If you have questions or need more information, please contact us at 306-659-7250 or email [tsmitten@gscs.ca](mailto:tsmitten@gscs.ca).

## Little People's Preschool Registration



Early registration for the 2021/2022 school year is now open. Submit your registration before March 1, 2021 and receive \$10 off your Registration fee.

Visit our website [www.littlepeople'spreschool.net](http://www.littlepeople'spreschool.net) or email Theresa Shepperd at [littlepeoplespreschool@outlook.com](mailto:littlepeoplespreschool@outlook.com) for more information about our programs.

## Parent-Student-Teacher Conferences March 25 & 26

Parent-Student-Teacher Conferences will again take place virtually this term where students and parents/guardians meet with their teacher online or by phone.

Conferences will be held on:

**Thursday, March 25 from 3:30 p.m. to 8:30 p.m. and Friday, March 26 from 8:30 a.m. to noon.**

**There is no school for students on Friday, March 26.**

\*For Kindergarten only, there will be a few conference times available on Wednesday, Mar. 24 after school. Please book through the online Scheduler.

An email with details about accessing the online Scheduler will be sent from the school on Wednesday, March 3rd. The Scheduler opens for booking on Wednesday, March 10 at 8:00 a.m. and closes on Monday March 22 at Noon.

Please continue to use your login credentials from last term to sign up. If you can not locate your login credentials, please send an email to [tsmitten@gscs.ca](mailto:tsmitten@gscs.ca) requesting new login credentials and state your child's name and grade/teacher.

Progress Reports for all students will be emailed on Thursday, April 1.

## Theodore Court Case Appeal Decision

On February 25, 2021, the Supreme Court of Canada dismissed Good Spirit (Public) School Division's application for leave to appeal the Theodore case to the Supreme Court of Canada. This means that the unanimous decision of the Saskatchewan Court of Appeal that overturned the April 2017 trial decision stands. Good Spirit has exhausted their legal options, and the decision of the Appeal Court remains the law in Saskatchewan—which can be considered a victory for both religious and parental rights and freedoms.

An update from Board of Education Chair Diane Boyko can be found at <https://go.gscs.ca/theodore>

Background information on the Theodore case can be found at [www.opencatholiceducation.ca](http://www.opencatholiceducation.ca)

## Home Alone Course

The Home Alone Course will take place on Monday, March 29, from 4:00—6:30. Deadline to register is Friday, March 19. To participate, the student must be 10 or turning 10 within one month of the course. The fee is \$30.00 and requires 8 participants to proceed. If the class does not reach the minimum, refunds will be issued electronically.

## Babysitting Course

**The Babysitting Course** will take place on the PLD Day, Monday, May 7, from 9:00—3:30. To participate, the student must be 11 or turning 11 within 1 month of the course. The fee is \$40.00 and the deadline to register is May 3. A minimum of 8 registrants are required.

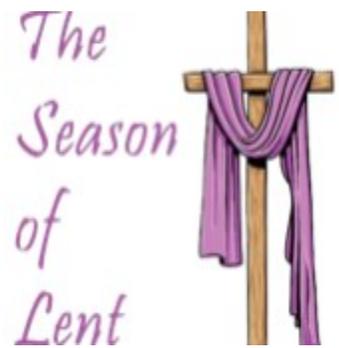
To Register for either the Home Alone or Babysitting Course:

- Go to [myschoolbucks.com](http://myschoolbucks.com)
- Click 'Sign Up Free'
- Select 'Saskatchewan-Canada' from the drop-down menu
- Select 'Greater Saskatoon Catholic Schools'
- Create an account by entering your information – name, address etc.
- Then click Continue to Add a Student
- Choose St. Angela School, enter your child's first and last name and date of birth. No student number needed. Add the student.
- Click 'Browse Items' and select the course you wish to register for.
- Click Buy Now and fill out your credit card information. The money will come directly to our school and you are now registered.

# Monday Morning Retreats

***Living our Mission Statement – “Let all that you do be done in Love”***

Through Lenten activities we will engage students through various activities connecting the Love Jesus showed during Lent and Easter to our mission statement. The children of St. Angela will have a strong sense of identifying the connection between Jesus’ suffering during lent to the love he shared at Easter.



**Monday, March 1-** “Lord, teach us to pray, as John taught his disciples” Luke 11:1, Let us pray together the “Our Father”.

**Tuesday, March 9-** Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted. He ate nothing at all during those days, and when they were over, he was famished. Luke 4:1-2. Let us pray together, Jesus, I’m with you in the desert. May my fasting bring me strength to love and serve. Amen

**Monday, March 15** – But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God. John 3:21. Let us pray, Jesus, I want to share the light of your love with people I meet today. Amen

**Monday, March 22** – Rejoice always, pray without ceasing, give thanks in all circumstances: for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:16-18. Let us pray, Lord, thank you for all the different parts of my life. May I grow closer to you through them. Amen

**Monday, March 29-** Holy Week- Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus’ feet, and wiped them with her hair. John 12:1-3. Let us pray, Loving God, may the suffering find rest and help in me. Amen

We hope you are enjoying your “Lenten at home kits” as a family.

# Your Rings of Responsibility



How do digital citizens take responsibility for themselves, their communities, and their world? Click on the link below to see more:

<https://www.commonsense.org/node/4635001>

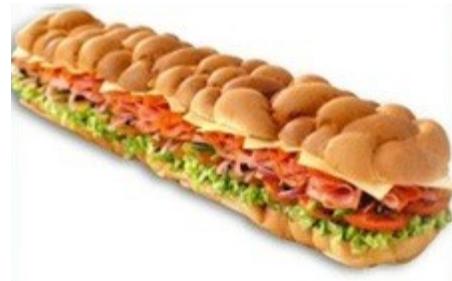
# CSCC News

Looks like the weather has finally turned around. We have survived the coldest past 30 days recorded in the past 85 years. Great job everyone...we think that calls for cookies! Speaking of cookies, the parent council is having a Cookie Crumbles Fundraiser from March 1-15th. Details for ordering will be sent out on Monday, so stay tuned...

This month we will get to know more about Mr. MacKinnon and Mrs. Jeffery.

## Mr. MacKinnon

1. Favorite Thing to do on your days off: Watch sports or any activity outside
2. Favorite Sports Team: Montreal Canadiens, Pittsburgh Steelers
3. Favorite Candy: Sour soothers (But I would take chocolate over anything)
4. Starbucks or Tim Horton's: Timmies
5. Favorite Place to Eat: Subway should be its own food group
6. Favorite Food: Tacos on Tuesday. Burger and fries on any other day of the week!
7. Favorite Movie: Monster Inc.
8. Favorite Quote: 'Mistakes are proof that you are trying'
9. Favorite Animal: Sea Turtles
10. Where would you like to travel next (post Covid): Vancouver to see my baby niece



## Mrs. Jeffery

1. Favorite Thing to do on your days off: Run (I run marathons and ultra marathons), xc ski, snowshoe, kayak, anything outdoors!
2. Favorite Sports Team: Steelers (NFL), Bruins (NHL), Red Sox and Blue Jays (MLB), Riders (CFL)...of course!
3. Favorite Candy: I'm not a candy person, but never met a bag of chips I didn't like.
4. Starbucks or Tim Horton's: Starbucks, but would rather support any local coffeehouse instead.
5. Favorite Place to Eat: Pizza, pizza, pizza (I love carbs)
6. Favorite Food: see #5
7. Favorite Movie: not a movie person, but I'll binge-watch almost anything on Netflix
8. Favorite Quote: 'Everything will be okay in the end, if it's not okay then it's not the end'
9. Favorite Animal—Animal from the Muppets
10. Where would you like to travel next (post Covid): Croatia!!



## Counsellor's Corner – Cyndi Jeffery GSCS Counsellor

Many of us have experienced or observed an increase in anxiety within the past year. The following are some strategies we can use to de-fuse tense situations. First, it is important to watch for indications of rising levels of emotion in others. We may see inappropriate behaviours, negative comments, or anxiety-ridden movements such as fidgeting, leg shaking, fist and/or jaw clenching, loud shallow breathing, or downcast, rapid eye shifting. These signals should raise immediate concern and indicate that a response may be needed. So how do we respond? These suggestions are from the Crisis Prevention Institute's Top 10 de-escalation tips.

1. **Be empathetic and non-judgemental:** Remember that the person's feelings are real, whether or not you think the feelings are justified. Keep in mind that whatever the person is going through could be the most important event in their life at the moment.
2. **Respect personal space:** Be aware of your position, posture, and proximity when interacting with a person in distress. Allowing personal space shows respect, keeps you safer and tends to decrease a person's anxiety. If you are about to enter someone's personal space, explain what you're doing so the person does not feel threatened or frightened.
3. **Use Nonthreatening Verbals:** The more a person is in distress, the less they hear your words, the more they react to nonverbal cues. Keep facial expressions neutral, movements slow and deliberate, and a soft, low tone of voice. Mindful gestures go a long way to diffusing a situation.
4. **Keep your emotional brain in check:** remain calm and rational, even if you don't feel so. While you can't control the behaviour, you can control how you respond, which has a direct effect on whether the situation escalates or diffuses. Positive thoughts such as "I can handle this" or "nice and easy" will help you maintain your own rationality and help calm the person down.
5. **Focus on feelings:** Facts are important, yes. But how a person feeling is the heart of the matter. Some people have trouble identifying how they feel about what's happening. Watch and listen carefully for the real message. Try saying "that must be scary (frustrating, etc)". Supportive phrases will let the person know that you understand the intensity of this experience for them.
6. **Ignore challenging questions:** Engaging with people who ask challenging questions is rarely productive. When a person challenges you, redirect their attention to the issue at hand. Ignore the challenge, but not the person. Bring back their focus on how to solve the problem together.
7. **Set limits:** As a person progresses through a crisis, give them respectful, simple and reasonable limits. Offer concise and respectful choices and consequences. A person who is upset may not be able to focus on everything you say. Be clear, speak simply, and always offer the positive choice first.
8. **Choose wisely what you insist upon:** It's important to think about which rules are negotiable and which are not. If you can offer options, you may be able to stave off an altercation.
9. **Allow silence for reflection:** Silence can be a powerful communication tool. It can give the person a chance to process what's happened, reflect, and think of how to proceed.
10. **Allow time for decisions:** When a person is upset, they often can't think clearly. Give them moments to think through what you've said. A person's stress rises when they feel rushed. Allowing time brings calm.

Until next time: Respect each other. Be a servant to one another. Keep each other safe. That's not just life, that's good living. - All the Best, *Cyndi*

# Silverwood Heights Community Association News

SHCA Programming registration for online classes remains open. Many classes start the week of March 1st. We offer programming for toddlers to seniors. To check out class options, please go to [silverwoodcommunity.org/programs](https://silverwoodcommunity.org/programs). To register, visit [registration.silverwoodcommunity.org](https://registration.silverwoodcommunity.org).

All programs offered at this time are online only. Kids Dance classes for 4-7 year olds start the week of March 1. We're offering a few classes for teens this session - Teen Fit, Empowered Teens, and Learn to Draw Manga/ Cartooning. Check out all the details on our website [silverwoodcommunity.org/programs](https://silverwoodcommunity.org/programs).

Do you know of a senior that may be interested in our upcoming Seniors Virtual Hub Club meeting on Tuesday, March 2 @ 2 pm? We are happy to have Sask Tourism do a presentation on Exploring Your Backyard. Register in advance for this meeting: [https://zoom.us/meeting/register/tJlkde2orjosHNfL5-R4e5PNZwCFbkZYFVAQ](https://zoom.us/join/zoom/register/tJlkde2orjosHNfL5-R4e5PNZwCFbkZYFVAQ). After registering, you will receive a confirmation email containing information about joining the meeting.

## Soccer Update:

Silverwood has decided to refrain from hosting community soccer for the 2021 outdoor season due to the current SYSI and SHA Covid-19 restrictions.

However, our neighboring communities have confirmed they will be hosting the outdoor season. You can contact:

Andrew for River Heights at [arl240@gmail.com](mailto:arl240@gmail.com); or

Tanya for Lawson Heights at [soccer@lawsonheights.ca](mailto:soccer@lawsonheights.ca)

Should you have any questions or concerns, please do not hesitate to contact Kayleigh at [soccer@silverwoodcommunity.org](mailto:soccer@silverwoodcommunity.org)

## Parish News

St. Anne's is working hard to stay in contact with their parishioners. For example, we have been holding meetings such as RCIA and RCIC (Initiation of adults and children) and Junior youth while maintaining all the government guidelines. Please go to St. Anne's web page to see what all is happening and please feel free to give any of the staff a call if you would like further information on any of our current or future activities.

Visit [saintannes.ca](https://saintannes.ca) for more information.