

ÉCOLE ST. MATTHEW SCHOOL

Tel: (306) 659-7410 Fax: (306) 659-2128 www.gscs.ca/studentsandfamilies/schools/MAT
Facebook Page: <https://www.facebook.com/gscsstmatthew/>



Principal: Marc Colleaux
Vice-Principal: Daniel Denis
Office Coordinator: Julie Tolmie
Secretary: Jeannette Ishak-Stefo
Trustees: W. Stus, S. Zakreski-Werbicki

Newsletter #12

March 9th, 2021

Food for Thought:

*Before God we are all poor. We are handicapped in one way or another. Sometimes it can be seen on the outside; sometimes it is in the inside. The healthy person may be closer to dying or even more dead than the person who is dying. They might be spiritually dead, only it does not show.
(Mother Theresa)*

THANK YOU

.....to Mlle Churko and her students for leading the second week of lent liturgy.
.....to Mme Brisebois and her students for leading the third week of lent liturgy.
.....to M. Colleaux, M. Denis, Mme Jundt, Mme Reschny-Crawford, Mlle Churko for organizing a wonderful staff retreat and to Mme Gayle Brodie for facilitating the retreat.

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.

MARCH IS NUTRICIAN MONTH

March is Nutrition Month. St. Matthew school will focus on "FIRST SNACK; HEALTHY SNACK" Premier gouter/Bon gouter. Please encourage your child to make good choices when eating the morning snack. Also, this month we will have prizes for eating healthy snacks following the colours of the rainbow. Gouter ARC-En-CIEL will begin on Monday, March 22nd. See the details listed in the dates to note.

FACEBOOK PAGE

École St. Matthew School is now on Facebook! Follow us by searching École St. Matthew or by using the following link: <https://www.facebook.com/gscsstmatthew/>. We are excited to keep you even more updated and engaged. We will be sure to follow the media consent forms when we share photos of our students. We cannot wait to share all the exciting things happening at our school.

3 WAY CONFERENCES

March marks the end of the second term of the school year. 3 Way Conference dates and times are listed below. If you haven't yet received instructions from your child's teacher about how to connect for a virtual conference, you will shortly. 3 Way Conference dates and times are as follows:

Thursday, March 18th

8:45 a.m. to 7:00 p.m. for Kindergarten KA/KB/KC only (*no school for KB/KC today*)

3:45 p.m. to 7:00 p.m. for Grades 1 to 8 (*regular school day for grades 1 to 8*)

Friday, March 19th

8:30 a.m. to 1:00 p.m. for KA/KB to Grade 8 (*no classes for any grade*)

Parents will be able to book their conferences online beginning Thursday, March 4th at <https://ptc.gscs.ca> beginning at **10:00 a.m.** If you have any problems logging in, please contact the office.

SILVER FOR GOLD – COLLECTION OF POP CAN TABS

Silver for Gold is a unique collaboration between Small But Mighty SK and EcoGenX Agricultural Recycling. It is an entirely Saskatchewan based initiative to fund childhood cancer research in Canada. Please collect your pop can tabs! They can be sent to the office at any time.



ST. MATTHEW SCHOOL – AN ALLERGY ALERT ENVIRONMENT

Please be aware that St. Matthew School is an allergy alert environment. Please do not send food with peanuts or tree nuts to school.



KINDERGARTEN REGISTRATION 2021/2022

Registration for Kindergarten students has begun. If your child will be **5 years of age by January 31st, 2022**, he or she may begin Kindergarten in September 2021. Please share this information with neighbors who have Kindergarten age children. For more information, please call 306-659-7410 or check our website at www.gscs.ca/studentsandfamilies/schools/MAT.

At this time, we are not able to give families a tour the school and the opportunity to meet the teacher in person because of the COVID-19 pandemic. If we are able, we plan on having some form of information evening at the school after the Easter break.

PRESCHOOL REGISTRATION FOR 2021/2022

Mes Amis Preschool is now open for registration. Registration forms are available online at <http://saskatoonmesamis.ca/>. Questions regarding registration may be emailed to mesamispreschool13@gmail.com. Follow the link below for a sneak peak of the presentation of Mes Amis Preschool. https://drive.google.com/file/d/11kBN_nnCtCACdq8MLAZuXZrtK_pO1jHc/view?usp=drivesdk

DATES TO NOTE:



Wednesday, March 17th

*Wear green for St. Patrick's Day!



Thursday, March 18th

*No school for KB/KC

*3 Way Conferences: 8:45am to 7pm. for Kindergarten only
3:45pm. to 7pm for Grades 1 to 8



Friday, March 19th

***No school for students**

*3 Way Conferences: 8:30pm to 1:00pm for Grades KA/KB to 8



March 22nd to 26th

*With March being nutrition month, this week is “Healthy **Rainbow** Snack” week.

Prizes to be won in each classroom for participating.



Monday, March 22nd

*Rainbow Snack Day colour: **Red** - Eat a red snack today and get a chance to win a prize.



Tuesday, March 23rd

*Rainbow Snack Day colour: **Orange** - Eat an orange snack today and get a chance to win a prize.



Wednesday, March 24th

*Rainbow Snack Day colour: **Yellow** - Eat a yellow snack today and get a chance to win a prize.



Thursday, March 25th

*Rainbow Snack Day colour: **Green** - Eat a green a snack today and get a chance to win a prize.



Friday, March 26th

*Rainbow Snack Day colour: **Purple** - Eat a purple snack today and get a chance to win a prize.

*Report Cards go home today

Principal
Marc Colleaux

Vice-Principal
Daniel Denis



COMMUNITY ANNOUNCEMENTS:



Holy Spirit Parish Liturgies/Events: Phone 374-1425; Fax: 374-3190 www.holyspiritsaskatoon.ca;
www.facebook.com/holyspiritsaskatoon

Celena Komarnicki - Youth Ministry Coordinator - Holy Spirit Parish



St. Philip Neri parish (www.stphilipneriparish.ca) Parish facebook page: **Saint Philip Neri parish**
Sacrament of Reconciliation at St. Philip Neri Parish - The registration for the preparation for First Reconciliation at St. Philip Neri parish has begun in January 2021. This is for all of those who have children about age 7 or 8 who desire to celebrate this Sacrament. This same group will be invited to prepare for First Communion in the Spring of 2021. Contact person, Shirley, pastoral associate, 306-343-0325.

Counsellor's Corner - Cyndi Jeffery, GSCS School 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*

Together in Remembrance, Together in Hope

A virtual vigil marking one year of Covid in Saskatchewan



Bring a candle!
Together, we will
shine our light in the
darkness

Register for the Zoom event
or watch live on YouTube:

Thursday, March 11, 2021
7:00pm CST

All are welcome!

Register and find more info at: www.covidvigil.ca

Since 1993



SOCCER DAY CAMPS

...more than
just a soccer camp!

2021

full refund
'no questions
asked' until
June 1, 2021



- * morning & full day sessions
- * before & after care available
- * July & August weeks
- * all kids aged 5 to 13

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royalsoccer.com

Join the 2021 Virtual MaraFun Club

SASKATCHEWAN MARATHON

maraFUN

PRESENTED BY **Nutrien**

FUN, SAFE, ENERGIZING

Cost \$20

After April 15 - \$25

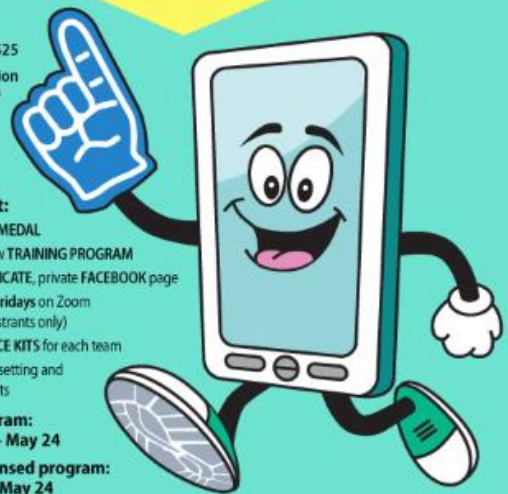
Family registration
(4 people) - \$70

What you get:

- T-SHIRT and MEDAL
- Easy-to-follow TRAINING PROGRAM
- RACE CERTIFICATE, private FACEBOOK page
- Fun Fitness Fridays on Zoom (open to registrants only)
- MaraFun RACE KITS for each team
- PRIZES, goal setting and health benefits

10-week program:
March 15 - May 24

6-week condensed program:
April 12 - May 24



Get moving and get healthy!

Register: go to RaceRoster.ca and search for "Marafun"

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TRANSPORT



**TALK
ABOUT
WATER**

2021

LET'S TALK ABOUT WATER

YOUTH FILM PRIZE

Calling all youth filmmakers to submit a two-minute film about this year's theme: valuing water

Your film could win \$5,000 for video equipment for your school

FILM COMPETITION & FESTIVAL: JUNE 21-25, 2021

PURPOSE: The Let's Talk About Water - Youth Film Program provides a formula to improve communication around water issues by using film as a bridge between scientists, students and community. The overarching goal is to engage elementary and high school teachers and students including Indigenous students to encourage youth creativity, awareness of water issues, and help in bringing student views and voices to the fore front using films.

ELIGIBILITY: Elementary (Grade 5-8) & High School (Grade 9-12) students

IMPORTANT DATES

- **YOUTH FILMMAKING WORKSHOP:** MAR 4, 10am CST
- **INTENT TO SUBMIT A FILM DEADLINE:** MAR 15
- **FILM SUBMISSION DEADLINE:** APR 30

Visit the Let's Talk About Water website for feature film showings, and public forums

More information:

 letstalkaboutwater.ca
 water.talk@usask.ca



Global Institute for
Water Security
USASK

Film making resources for teachers:

letstalkaboutwater.ca/resources



**SASKATOON
Phantoms
FASTBALL**

**2021 Registration is Open
All Ages U6 to U16
www.saskatoonphantoms.com**



Meewasin's PELICAN WATCH CONTEST

Guess the closest date and time of the first
pelican's arrival at the weir to
WIN PRIZES!

Multiple prizes available for the closest guesses, including a
\$500 prize pack from local businesses!

Enter until March 31st at meewasin.com

The American White Pelican, once on the endangered species list,
are now a thriving population and have been making their return to
the South Saskatchewan River since the late 1970's, an area that
Meewasin stewards and works to conserve.

DID YOU KNOW?

Arrival times over the
past 23 years have
been between April 4
and April 20!

Thank you to our sponsors:



meewasin.com

Meewasin

March, 2021



The Saskatoon Early Years Family Resource Centre is a welcoming space
where young children from prenatal to age 5 and their parents and
caregivers can learn and grow together. There is no cost for families to
visit the Centre- all programs are free.
All families are welcome.

Upcoming Events

HOP INTO SPRING Come & Go Event

Join us for a come and go, family activity event!

March 26 & March 27 and April 4, 5 & 6

Book cropping, flowers growing, beehive hopping. Spring will soon be here!

Sign up for a 30 minute spot during which you can participate in a spring craft &
activity, hunt for some eggs and grab a fun spring book and treat bag!

Only one family will be in the space at a time and all materials will be sanitized
between families.

To register, visit www.familyresource.ca/events,
give us a call at 306-452-7515 ext. 301 or email us at fc@familyresource.org



Hop into Spring Family Come & Go Event
March 26 & 27 and April 4, 5 & 6

You & Your Postpartum Body

The early postpartum phase can be a strange mix of emotions, physical changes,
and mental gymnastics in trying to remember the vast array of information thrown
at mothers these days.

Join us for a comprehensive and approachable presentation provided by Haylie
Lalita of Woman Physiotherapy & Wellness in which she will address common
myths and misconceptions for both momma and baby!

Thursday, March 4 via Zoom

12:00-12:15

We have three ways to register:
1) visit www.saskatoonfamilyresource.ca/events
2) email us at fc@familyresource.org
3) call us at 306-452-7515 ext. 301.

The Zoom link will be sent to you the morning of the presentation.

All new parents/caregivers and those interested in learning more, are welcome to
attend!



You & Your Postpartum Body
March 4 at 11:00

For a complete list of programs, please see our [website](http://www.familyresource.ca) or give us a call! We have
monthly family yoga sessions, groups, family activity kits and more!

Following us on Facebook and Instagram is another great way to stay in the know about
all that's happening at the Centre.