



HAMILTON-WENTWORTH CATHOLIC DISTRICT SCHOOL BOARD  
**ST. AUGUSTINE CATHOLIC ELEMENTARY SCHOOL**  
25 Alma Street  
Dundas, Ontario  
L9H 2C9



Tel: 905-523-2338

Fax: 905-628-3271

PRINCIPAL: MR. M. TROTTA

SUPERINTENDENT: MR. M. HUCAL

TRUSTEE: MRS. C. CORNALE

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## OCTOBER 2015 NEWSLETTER

*God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly.*

*2 Corinthians 9:8*

### PILGRIMAGE

On **Sunday, October 18<sup>th</sup>, 2015** students of the Hamilton-Wentworth Catholic District School Board will be participating in our twelfth annual **Pilgrimage “Walk with Christ-Justice for the Poor,”** an event that will raise money to support development projects in Uganda, Haiti and the Dominican Republic. In addition, funds will be set aside for Holy Childhood Society and Development and Peace Emergency Appeal Fund. Staff of the secondary and elementary schools are working with teams of students to plan the event. The pilgrimage raises our awareness of the injustice of world hunger, and inadequate health care, shelter, and education. As a Catholic school community, the pilgrimage gives us the opportunity to do what the Lord asks of us: to act justly, love tenderly, and walk humbly with our God (Micah 6:8).

### ANNUAL PARENT CONFERENCE

**“Weaving the Catholic Partnership”** – Saturday, November 7, 2015 at Bishop Ryan Catholic Secondary School. I would encourage as many parents as possible to attend this free worthwhile conference. Excellent guest speakers and workshops! Breakfast and lunch are provided as well as goodie bags. Visit our board website for more details. <http://www.hwcdsb.ca>.

### CATHOLIC SCHOOL COUNCIL NEWS

On September 21, 2015 parents met for the first C.S.C. meeting this year and held elections for the 2015-2016 Catholic School Council Executive. WELCOME to the following people who were elected:

Chair Person: Mr. G. Settimi

Vice Chair: Mrs. M. Morris

Treasurer: Mrs. D. Sienna

Secretary: Mr. Perkin

Councilors: Mrs. L. Cupples, Mrs. A. Di Felice, Mrs. L. Fraser and Mrs. A. Geagan

Teaching Representative: Mrs. J. Glavic

The next Catholic School Council meeting will be held on Monday October 19<sup>th</sup> @ 6:45 pm. Please check the Catholic School Council section of our website for more information and future meeting dates.

### PARISH

The next school Mass will take place on October 8<sup>th</sup> at 9:00 a.m. Lord’s Day Mass times are: Saturday – 5:00 p.m. and Sunday – 9:00 a.m. & 10:30 a.m.

## LUNCHROOM SUPERVISORS

We are looking to hire Paid lunch supervisors to work one hour per day 11:15 am to 12:15pm Monday to Friday. Applicants will need to have a Police Criminal Reference Vulnerable Screening dated within the year, a TB Test Result – dated within the year as well as a SIN number. Applicants please contact the Main Office.

## SCHOOL PHOTOS



School photos will be taken for all students from JK to Grade 8 on **Friday, October 2, 2015**. If a student is absent, they will have their photo taken on retake day (to be announced).

## STUDENT COUNCIL 2015-2016

Elections and voting will be taking place over the next week. We look forward to the addition of a Religion Representative and Media Representative this year. Look to the website later this month for the full results taken place. Thank you to all the students who are campaigning! Congratulations to the following:

### FREE MATH HOMEWORK HELP IS BACK!

[homeworkhelp.ilc.org](http://homeworkhelp.ilc.org) is funded by the Ministry of Education and exclusive to the Hamilton-Wentworth Public and Catholic Boards. The website is designed to complement the classroom and to assist grade 7, 8, 9 and 10 students with their math homework.



### CHESS CLUB

The Chess club is up and running again this year. Many students attend this strategic and fun club. Thanks to Mr. Wedekind for volunteering his time.



### STAMP CLUB

The Stamp Club has begun to meet monthly. Thank you to Mr. Tan for his continuing to support our students with his time and expertise.

### VIRTUE OF

The following students are recognized for their demonstration of **Faith** as the focus virtue for September:

FDKA	Mrs., Mrs Bacik, Miss MacFarlane	Simon C.
FDKB	Mrs. MacCabe-Freeman, Mrs. Clausen	Scarlett R.
Grade 1	Mr. Havers	Samantha M.
Grade 1/2	Mr. Hewitson	Grace S.
Grade 3	Mrs. MacEachern	Holt G.
Grade 2/3	Ms. Bury	Mia O.
Grade 4/5	Ms. Cornale	Daniella L.
Grade 5	Mrs. Harold	Erin M.
Grade 6	Miss Filice	Joshua S.
Grade 7	Mrs. Glavic	Aiden T.
Grade 8	Mr. Burgio	Kaden K.

## **WORLD TEACHER DAY OCTOBER 5<sup>TH</sup> AND CHILD CARE WORKER & EARLY CHILDHOOD EDUCATOR APPRECIATION DAY OCTOBER 8<sup>TH</sup>.**

Many thanks to all the dedicated staff at St. Augustine School who work tirelessly with their students every day to create a safe, welcoming and stimulating learning environment. Their commitment to education is a true example of being a Catholic educator.

### **NUTRITION PROGRAM**

The nutrition Program is up and running again. To improve communication about this wonderful initiative we have added Nutrition Program to our Website! Visit the Nutrition Program page which is found under the School drop down in the menu.

### **EQAO**

Primary & Junior Assessments individual student reports will be coming out later this year. We will make you aware when the EQAO reports become available.

### **SPORTS NEWS**

**Fall Cross-Country:** Cross-Country training is well underway. The permission forms have gone home, training is occurring during the weeks ahead. The meet will take place on Tuesday, October 14<sup>th</sup>, 2015 at Camp Marydale, Mount Hope. Thank you to Mrs. Medeiros for leading and organizing this for our school.

Good luck to the Junior Boys, Senior Boys and Senior Girls flag football teams this year. With one win already, the juniors are off to a good start. Both senior teams are gearing up for the playoffs. We are looking forward to a great season!

**Junior Boys Flag Football:** Thank you to Coach Mr. Havers. Team Members: Eric M, Bryce S, Josh M, Michael O, Chris P, Roman C, Nick S, Juan Carlos L, Ethan R, Evan C, Tyler C, Kalan B, Aidan T, Vince L

**Senior Boys Flag Football:** Thank you to Coach Mr. Burgio. Team Members: Evan D. Osezua I. Kaden K. Eli D. Sangeeth A. Shane S. Marcus R. Alejandro L. Zach H. Daniel H. William O. Jacob M. Lachlan P.

**Senior Girls Flag Football:** Thank you to Coach Miss Filice. Team Members: Christina G. Caitlin J. Hannah M. Kate D. Natalie M. Holly O. Natalia W. Alesandra C. Grace O. Margo Y. Resse C. Gwen R. Madison R. Olivia F.

### **ECO NEWS**

St. Augustine School has been certified an ECO PLATNUM SCHOOL! Congratulations to our Eco team you have done an outstanding job. Now we are challenging all staff and students to make ECO practices a part of our daily lives as we continue with our initiatives and look for new and unique projects for the upcoming year.

### **CCAS FOSTER PARENT INFORMATION NIGHT**

The Catholic Children's Aid Society of Hamilton is presenting a Foster Parent Information Night. If you have ever considered building your family through fostering, this is a great opportunity to learn about the process with the CCAS and have your questions answered.

Where: CCAS of Hamilton. 735 King St. East.

When: 6:30pm on Wednesday, October 7, 2015

For more information and to register please call Katrina at (905) 525-2012 ext. 3280 or email [katrina.mcmorrow@hamiltonccas.on.ca](mailto:katrina.mcmorrow@hamiltonccas.on.ca)

Visit our website to find out more [www.hamiltonccas.on.ca](http://www.hamiltonccas.on.ca)



## Heart and Stroke Corner—October 2015 Edition

### Tip of the Month

October is **International Walk to School** month. **Is your child ready to walk to school alone? These tips will help you know when-and how to keep him/her safe:** There are a lot of variables to consider. The first is whether your child is up to the task developmentally. This is why experts are reluctant to pinpoint an age — every child develops the necessary skills at a different pace. **Parachute**, a national injury prevention network, says a child needs to master these skills before he can hit the streets without adult supervision: 1. Decide on and use a safe crossing route 2. Realistically assess a vehicle's speed 3. Judge safe gaps in traffic. But even once your child has these skills, there are still things to consider: **Suss out the route-** make sure it has safe crossing locations and lots of pedestrians **Buddy up:** Kids are safer when they walk together. **Take a practice run:** Walk the route with your child and point out high-traffic areas or blind corners and driveways. **Keep iPods at home:** Headphones take hearing out of play, meaning your child won't hear a car pulling out or a driveway or a bike coming up behind him.



### Recipe of the Month

#### *Scary Apple O's*

*Kids will love creating these apple rings with you, they'll have as much fun making these Halloween treats as she had decorating holiday cookies.*

**Nutritional Information (2 apple rings with 2 tbsps of cream cheese):** Calories: 115, Protein: 3g, Fat: 6 g, Saturated Fat: 3 g, Dietary cholesterol: 18 mg, Carbohydrate: 14 g, Dietary fibre: 2 g, Sodium: 203 mg, Potassium: 139 mg

#### Ingredients

2 large apples (Granny Smiths work best)  
8 tbsp (100 mL) peach flavoured light cream cheese (or your favourite flavour)

Diced dried apricots  
Dried blueberries or currants  
Rainbow coconut

#### Suggested toppings

Sunflower seeds  
Dried cranberries

#### Directions

1. Cut each apple into 4 slices horizontally. Discard the top and bottom pieces. Use a paring knife or melon baller to remove the core in each piece.
2. Spread each apple slice with 1 tbsp (15 mL) of cream cheese.
3. Let your kids decorate each slice with the toppings.

### Question of the Month

**Q:** My son only goes for white bread and pasta. How good are the white breads and pastas that claim to have "whole wheat nutrition"?

**A:** Processing grains removes fibre, vitamins, minerals and antioxidants – the nutrients that made them so beneficial. Food manufacturers may add some of these nutrients back in, but the grain is not as nutritious as it once was. It's impossible to replace the beneficial natural plant compounds such as antioxidants. The white with "whole wheat nutrition" items are better than the regular white products since they contain fibre. You just need to be aware that it's a different type of fibre. Bread and pasta made with whole grain wheat contain insoluble fibre, which is vital for regularity and preventing constipation — key for the estimated 30 percent of children who suffer from painful or infrequent bowel movements. The white with "whole wheat nutrition" products do not contain insoluble fibre. Instead, they are made with a powdered fibre called inulin, which is derived from the vegetable chicory. Inulin may aid digestion and calcium absorption, but it does not have the same beneficial effects on bowel habits.

**The bottom line?** Whole grains are always a better choice, especially if your kids struggle with constipation. The "whole wheat nutrition" products have some fibre, so they are marginally better than white bread and pasta.

