



"Forming Leaders of Tomorrow"



## St. Anthony of Padua School – March 2019 Newsletter

### March Highlights

Tennis is Fun (last day)	Friday, March 1
Dress-Up Day	Friday, March 1
Ash Wednesday Mass led by Gr. 6 <i>Parents welcome!</i>	Wednesday, March 6 @ 1:15pm
Lenten Assembly led by Gr. K <i>Parents welcome!</i>	Thursday, March 7 @ 9:00 am, Church Hall
Stations of the Cross <i>Parents welcome!</i>	Fridays, March 8 & 15 @ 9:30 – 10:00am
Coffee with the Principal	Friday, March 15 @ 8:45am, Church Hall
Early Dismissal - Term 2 Report goes to parents	Friday, March 15 @ 12:15pm
Spring Break – NO SCHOOL (School Reopens on April 1)	March 16 - 31

### Important Notes

#### Lent

Lent begins on Ash Wednesday, March 6<sup>th</sup>. This is a time of preparation for the greatest feast of the year—Easter. Let's be well prepared to celebrate this feast. The best preparation is to observe the traditional penitential practices of the church – prayer, fasting and almsgiving. Why should we undertake penitential practices? Self-denial is definitely countercultural so it's worthwhile to spend a moment considering this. The moral side of the Christian life concerns rightly ordering our desires. Because of our fallen nature, we tend to be over desirous of those things which give us sensual pleasure - food, drink, entertainment, etc. None of these desires are sinful in themselves - the problem is in neglecting the higher things and preferring the lower things. It takes training ourselves to curb this disorder and rightly fix our desires on the most important and highest things - the mysteries of God, the love of God and love of neighbour. Through Penitential practices, we train ourselves to be less ruled by sensual desires so that we can attend more to the higher things. It is particularly appropriate, therefore, that we engage in these practices before feast days so that our hearts can be ready to receive the graces God wishes to give us. Here are some suggestions:

## ***Ideas for Adults***

### **Prayer**

- Come to school 15 minutes early to pick up your children and spend that time in Eucharistic adoration in our church. (Fringe benefit - it will be much easier to get parking!)
- Attend the Friday 8:00 am Parish Mass with your children.
- Begin (or begin again) the daily Rosary.
- Meditate for 10 minutes a day (daily meditations can be found at Catholic.net).
- Choose one extra devotion per week during Lent: Stations of the Cross, Eucharistic adoration (occurs Tues. – Fri. 9am - 10pm in our church!).

### **Fasting**

- Fast with only one full meal, no snacks, one day a week.
- Skip meat an extra day (or two) a week.
- Give up alcoholic beverages.
- Give up coffee (or reduce to one cup a day).
- Give up all desserts.
- Give up all unnecessary shopping.
- Fast from music in the car.

### **Almsgiving/Charity**

- Visit a nursing home with your children.
- Forgive someone and patch things up in a visit, by phone or letter.
- Give up gossip, judging or profanity.
- Find one “act of forgiveness” to make every day: A driver who cuts you off, a co-worker who annoys you, a shopper who cuts in line, a store clerk who is rude or a family member who ignores your needs.
- Say a kind word to everyone you meet.
- Pay a significant compliment (or more!) to each of your children every day.
- Offer to watch the children of a new mother one day a week throughout Lent.
- Visit an elderly friend or relative.
- Save up a significant amount of money for a deserving charity or apostolate.

### **For Children and Teens**

If none of the adult ideas work for you, try:

- Do chores without complaining.
- Restrict your TV, Internet or music time.
- Restrict your phone and texting time.
- Send a letter or picture to a grandmother, aunt or Godparent.
- Make a new friend outside your “group.”
- Be a friend to a shy person.
- Choose a favorite toy, electronic device, book or piece of clothing and put it away until Easter.

## Speech Arts

Our annual Speech Arts Festival took place last week and we are very proud of those students who put so much time and effort into preparing poetry, Bible passages and persuasive speeches and performing them before an audience. It took great courage! We congratulate the following classes and students who will represent St. Anthony of Padua School next week, March 12 & 13, at the Regional Speech Arts Festival.

Primary Choral Speech – Grade 3, Intermediate Choral Speech – Grade 7

Bible Recitation: Larry Wong, Martin Cai (Primary); Faith Akugbe, Audrey Chen (Intermediate)

Poetry: Michelle Kam, Theepika Sivananthan (Primary); Rathushan Selvakumar, Sienna Fabbro (Intermediate)

Prose Recitation: Zamuel Tudit, Ava Brind

Persuasive Speech: Caitlin Antolis, Morgan Wang



## Tax Receipts

Tax receipts for the eligible amount of tuition payments for 2018 were sent home with your child yesterday. Please note that the amount receipted is considered a **charitable donation** so be careful that it is properly entered into your tax form. It is not considered as tuition or an education expense by Revenue Canada. If you have not received your tax receipt, please check your child's backpack. If it is not there, call the school office.

## Parent Participation Program (PPP)

### THANK YOU

We thank you if you checked Parent Participation Program in your 2019/20 re-registration package. You will be informed of your possible roles/teams next school year in mid/late June. Thank you for your patience.

### REMINDERS

- Please track your PPP hours at [www.vanbc.org/stanthony](http://www.vanbc.org/stanthony) promptly and regularly.
- 1/4 of families have only 10 PPP hours or fewer approved in the system. Please catch up your PPP hours in the next four months and log your hours promptly online, otherwise you will be charged with the incomplete participation hours at \$15.5 per hour. Please note that PPP families need to attend at least TWO Parent Enrichment Talks. Each missing talk will be charged \$15.5 x 2.5 hours = \$38.75. **PPP families need to complete at least 40 PPP volunteer hours PLUS at least TWO Parent Enrichment Talks** (2 X 2.5 hours = 5 PPP hours) (these hours are not transferrable).
- **Families who decide to opt out this school year need to submit a non-participating fee (\$700).** If you haven't done so, please submit your cheque to School Office as soon as possible.

### VOLUNTEER OPPORTUNITIES

**Walkathon parent helpers (5 hours)** - we need 10 more parent helpers on **April 26 Friday (8:30am - 12:30pm)**: water station, chaperone during the walk, food preparation, crosswalk support, runners, set up and clean up.

**Money in a Bag** is one of our school fundraisers this Spring. We will be collecting gently used clothes and donate them to Canadian Diabetes who will donate to our school based on the number of bags of clothes. This event will take place on **May 8 Wednesday (morning)**. Parents will drop off clothing donation (in large garbage bags) at our school. Our Team Coordinator is looking for 5-8 parent helpers to help parents move bags from their cars to the school ground and track the number of bags. Time: **8:15am - 12 noon (5 PPP hours)**.

Parent helpers to **pick up coffee** at Starbucks at Oak and West 67th for Coffee with Principal around 8:25am on two or more of the following days. Mar 15th, Apr 26th, May 10th, June 7th.

**Reading Helpers** - during school hours, helping students to practice their reading skills. For the most part, this involves listening to students read and correcting them. Mrs. Magel, our Learning Resource Teacher, will provide the required training for this. Let us know when you are available if you are interested. You will need to apply for a Criminal Record Check 1 week before starting this (no fee, takes 10 minutes to apply online).

**Hot Lunch Team** - Thursday 11:25am -12:35pm (90 min PPP credit)

#### Playground Supervision

8:15am - 8:45am (60min PPP time) \*most needed on Tue & Thu.  
10:10am - 10:45am (60min PPP time) \*most needed on Mon & Wed.

11:50am - 12:55pm (120min PPP time) \*most needed on Tue & Thu.  
2:40pm - 3:15pm (60min PPP time) \*most needed on Mon & Fri.

**You can also view and sign up volunteer opportunities at PPP website by clicking "Volunteering" Tab, then click "Sign-up for Jobs".**

Should you have any question, please contact Ivy Chan at [sap.ppp2018@gmail.com](mailto:sap.ppp2018@gmail.com)

## **Fundraising**

### **Donation for the Parish Center Project**

We would like to say "Thank You" for your generous support of our "Santa Photo" event. We raised \$974 and we got more donations to make it **\$1000**. The earned money will be donated to the Parish Center Project on behalf of the **Students of St Anthony of Padua School**.



### **Walkathon 2019**

It will be held on **April 26, 2019**. This year's goal is **\$33,000 for purchasing books (for the school library and classroom libraries) and iPads**. The pledges and more information will be sent home next week.

As usual, we will have the t-shirt design contest for Walkathon. The Walkathon Design Contest is open to all current families of St. Anthony of Padua School. Create a digital design (in white & navy blue only) and submit it to St. Anthony of Padua School ([office@stanthonyofpaduaschool.ca](mailto:office@stanthonyofpaduaschool.ca)) by **3:30 pm Friday, March 8, 2019**. You may submit more than one design. **The winner will get a free Walkathon T-shirt**. Please see the attachment for more information.

## Yearbook 2019

Every year we have a yearbook in order to retain wonderful memories of your child's school year. Order forms have been sent home.

If you submit an order **BEFORE/ON April 12<sup>th</sup>**, **Early Bird pricing is \$30/each**. Orders submitted **AFTER April 12<sup>th</sup>** will be **\$35/each**, and **due date May 31, 2019**.

## Support Our Seminarians – Practise Almsgiving

The Vocation Office of the Archdiocese of Vancouver has asked us to participate in their annual support of the training of men for the priesthood. The program is called Mite-Box Project and Adopt-a-Seminarian. The program runs throughout the Lenten Season beginning on Ash Wednesday and ending for us on Holy Thursday, April 18. The children will be given a small box to collect money for the training (schooling) of seminarians. Along with the mite box, the students will receive a printed "Seminarian Collectible Cards" with the name and photo of a seminarian. The students are asked to pray for the particular seminarian he or she receives. On Holy Thursday the boxes will be collected and time will be given for the students to make a special card to be given to "their" seminarian. If you have questions or concerns, please feel free to stop by and talk with Sister Janet. Thank you for allowing your child to participate in this program.

## Parent Alert

*The following alert was received from the organization Safer Schools Together*

We are receiving numerous calls with questions and concerns regarding the Momo Challenge which has resurfaced on multiple social media platforms. The Momo Challenge first started in 2016 on a mobile instant messaging application called Whatsapp. A phone number associated with the name Momo and a picture of a girl with bulging eyes and widespread mouth would use a feature of the app called 'Quick Add' where the app would allow the user to add and message multiple numbers in a short period of time to then send messages back and forth with any individual who was willing to respond.

The nature of the messages usually start out innocent such as "wanna play a game?" which can then evolve into Momo encouraging the child to engage in self-harm and suicidal behaviours. The motive to follow through with the challenge is that Momo tells the child that they know where they live (the address can typically be found through reverse search of the phone number) along with their parent's name, which is generally connected to the phone number. This can escalate to threats towards family and or loved ones if they do not follow through with the challenge or if they contact local authorities.

Recently the Momo Challenge has reappeared in multiple YouTube videos that are specifically intended for younger audiences. Typically, the Momo Challenge will be featured in videos (such as Peppa Pig, Paw Patrol, Minecraft gameplay) that come from new or unreliable YouTube accounts and begins 5-10 minutes into the episode, after attempting to establish as a legitimate video. **Parents/Caregivers should carefully monitor what their children watch on YouTube and only allow them to watch trusted channels.**

Online challenges such as the Momo Challenge unfortunately do circulate quite regularly. Parents should not overreact; however, it is important that they speak with their children regarding all aspects of their online activity and explain potential risk of using certain streaming platforms so that they can recognize dangerous online behaviour. If you have concerns about your children accessing Youtube, please be aware that you are able to block Youtube from your internet router [www.wikihow.com/Block-Unwanted-Site-From-Your-Router](http://www.wikihow.com/Block-Unwanted-Site-From-Your-Router)

#### Key Reminders:

1. It is essential to stay vigilant when receiving reports of any students exhibiting “worrisome behaviours” especially those students who may be struggling at this time.
2. Pay close attention to individuals who seem fixated on the Momo Challenge.
3. The role that social media plays as both a risk enhancer as well as a prominent contributing source of data has never been stronger. A comprehensive review of the individual’s online behaviour and digital footprint is where we find the most information. An accurate risk determination cannot be made without reviewing the entirety of their digital baseline.
4. We collectively, staff, parents/ caregivers, need to “strategically” intensify our connections with our children who may be vulnerable to engaging in the Momo Challenge. **The power of positive, meaningful human connection is one of the best prevention strategies we can utilize.**

*Theresa Campbell, M.A.  
President, Safer Schools Together Ltd.*

#### Upcoming Events – Mark Your Calendar!

<b>Mon, Apr 1, 2019</b>	School Reopens
<b>Tue, Apr 2, 2019</b>	School Mass led by Gr. 4 @ 9:00am Class/Panorama Photo @ 10:00am – Full Uniform First Reconciliation @ 5:00 – 7:00 pm
<b>Tue, Apr 9, 2019</b>	Immunization – Gr. K & 6
<b>Wed, Apr 10, 2019</b>	Parent Enrichment Talk @ 7:00 – 9:00pm
<b>Wed, Apr 17, 2019</b>	Holy Thursday Assembly led by Gr. 3
<b>Thurs, Apr 18, 2019</b>	Early Dismissal @ 12:15pm – Easter Weekend
<b>Fri, Apr 19, 2019</b>	No School – Good Friday
<b>Mon, Apr 22, 2019</b>	No School – Easter Monday
<b>Tue, Apr 23, 2019</b>	Gr. 7 Confirmation Retreat with NET Ministry
<b>Thurs, Apr 25, 2019</b>	Gr. 7 Camp Meeting @ 6:00 – 7:00pm – Gr. 7 Classroom
<b>Fri, Apr 26, 2019</b>	Walkathon

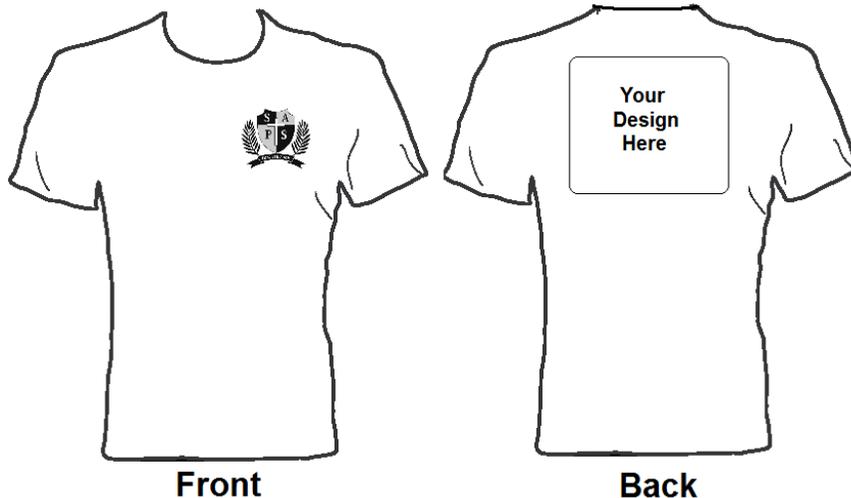
***Our annual Money in a Bag fundraiser is coming up! Please begin collecting your gently used clothing. Collection day at the school is May 8.***

# WALKATHON

## DESIGN CONTEST

The **Walkathon Design Contest** is open to all current families of St. Anthony of Padua School. Create a **digital design (in white & navy blue only)** and submit it to St. Anthony of Padua School via email by **3:30 pm Friday, March 8, 2019**. You may submit more than one design. The design must include:

1. School name  
**St. Anthony of Padua School**
2. The phrase  
**Walkathon 2019**
3. The phrase  
**Trek for Learning**



Email your design to : [office@stanthonyofpaduaschool.ca](mailto:office@stanthonyofpaduaschool.ca)  
Please include a subject line on your email: **WALKATHON DESIGN 2019**