



# Our Lady of Fatima Catholic School

191 Crofters Rd  
Woodbridge, ON L4L 7G3  
905-856-1666



Visit us @ [olf.ycdsb.ca](http://olf.ycdsb.ca)

Tweet us @ [olf\\_ycdsb](https://twitter.com/olf_ycdsb)

## March 2021 Newsletter

Let your roots grow down into him, and let your lives be built on him. Then your [faith](#) will grow strong in the truth you were taught, and you will overflow with thankfulness." [Col. 2:7](#)

Dear Parents and Guardians,

It is truly with great excitement that we welcome back our students, staff, and gladly receive new families and teachers to Our Lady of Fatima School. In light of the present situation (COVID-19) our primary goal is the spiritual, emotional, physical health and welfare of all students we serve, recognizing our duty of care. During these unprecedented times we come together as a community to be present for one another rooted in our Catholic Faith and commitment to prayer and reflection. We look forward to our continued partnership in Catholic Education.

We invite each and every one of you to become an integral member of the school community. Catholic Education is a partnership that cannot occur without the support of every staff member, the involvement of every parent and the commitment of every student. At Our Lady of Fatima Catholic School, we strive to help our students become successful through dynamic, differentiated learning experiences, while supporting their transition from childhood into adolescence. We thank each of our Catholic School Council members who continue to collaborate with us in response to student and school needs.

As we experience a new mode of education during Covid-19 communication will be of prime importance. We remind everyone to check the board website for regularly updated information.

God Bless and stay safe,

Dr. A. Garito  
Acting Principal

Anna Fiore  
Vice Principal

Dino Giuliani  
Trustee  
Vaughan Area 2

**Father Rony Grayda**  
Pastor  
**St. Margaret Mary Roman**  
Catholic Church  
905-851-2661

**Opiyo Oloya**  
Superintendent of  
Education  
Area 3

**Anna Garito**  
**ACTING PRINCIPAL**

**Anna Fiore**  
**VICE PRINCIPAL**

**Lina Cicchilo**  
**Cristina Boscaglia**  
**SECRETARIES:**

### The School Day:

Entrance: 8:50a.m.  
Recesses: 10: 00 a.m. & 1:55 p.m.  
Lunch: 12:00—1:00 p.m.  
Dismissal: 3:00p.m.

**To report student absences/lates,**  
**please dial: 1-855-856-7862 or**  
**<http://go.schoolmessenger.ca/>**  
**before 8:30 a.m.**

#### Mission Statement

Guided by Gospel values and Catholic Virtues, in partnership with home and Church, we educate and inspire all students to reach their full potential in a safe and caring environment.

#### Vision Statement

Our students will become creative and critical thinkers who integrate Catholic Values into their daily lives, as socially responsible global citizens.

#### Core Values

Excellence    Equity  
Fiscal Responsibility    Catholicity    Inclusion  
Integrity    Respect

#### Strategic Commitments

Integration of Our Catholic Faith    Continuous Improvement of Student Achievement  
Effective Use of Our Resources    Engaging Our Communities

## Catholic Community of Character Award Winners: **WISDOM**

Grade	TEACHER	STUDENT NAMES	Grade	TEACHER	STUDENT NAMES
FDK	Marsala, E. DeSantis, D.	Thalia G. Michael S.	4	DeLuca-Mirabelli	Lucas C. Matteo S. Lidia V. Samantha C. Annabella A.
FDK	Artibello, J.	Anthony M. Xavier A. Cole A.B. Samuel O.	4FI	Salerno Malisani	Stella D. Jace T.
FDK	Griffo, M.	Sofia Manolis Valentina Poto Avrum Pezzelli	5	Caggiano, A.	Christian Z. Matthew F. Simon S. Elisa P. Avlyn P.
1	Wojewoda, J.	Alexander S. Benjamin D. Gabriel R. Mulan C. Andrea F.	5FI	Malisani DiCresce	Damian C. Alice M.
2	Amantangelo, C	Simona B. Avaya P. James D. Martina R.	6	Bertucci, C	Matthew B. Isabella D. Monica E. Sebastian R. Nathan C.
1FI	Grossi, S.	Isabella P. Evan S.	5/6 FI	Celebre, A.	Julian K. Adrian C. Alyssa R. Michael R.
1/2FI	Blouin, M.	Giordana C. Sakia G.	6	Colalillo	Victoria M. Joseph A. Maia D'Uva Anthony D;A
2FI	Lastoria, M.	Brooklyn T. Catherina M. Victoria P.	7	Cerrone	Arianna C.
3	Maniglia, S.	Mila M. Leia D. Jake F. Charlie A. Matthew Z.	7/8	Caruso	Nathan F.
3FI	Bongiardina, M	Liah S. Angelica K. Alma E.	8FI	Fortino, S.	Annalisa D.
3FI	Capano, J.	Laila A. Katherine R.	8	Piccone, G.	Julia L. Adamo C.
3/4	Bertucci, C.	Anthony C. Luca M. Sienna L. Violet S.	8FI	Belvedere, M.	Sofia De S.

## Managing Anxiety During Uncertain Times by Diana Alvarado

Anxiety is our brains and bodies reacting to what we perceive as a threat or danger. Anxiety can be helpful. It can help us stay safe or motivate us for something like a class presentation by encouraging us to practice and prepare. Some Anxiety is a good thing if we can manage it and our reaction to it disappears once the threat or danger is no longer present (helpful anxiety). Sometimes, our anxiety isn't so helpful and can cause our brains and bodies to overreact to the threats or danger we sense (unhelpful anxiety)

### What are some things you can do to keep calm and manage anxious thoughts.

**1. Take Care of Your Body** - try to keep a regular schedule, eat healthy, exercise, and stick to a regular sleep cycle. Getting enough sleep helps you deal with the stresses of everyday life

**Tip:** Keep a healthy snack nearby so you can refuel and avoid getting "hangry"

**2. Hydrate-** Increase water intake and reduce caffeine drinks. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless.

**Tip:** Drink a glass of water or milk before bed rather than a caffeinated drink. This should also help you sleep.

**3. ENJOY** Take time to discover things you enjoy. Do things that make you feel good as often as you can.

**4. Stay Connected:** Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness.

**Tip:** Do something nice for others can give you a mental health boost. Send a text or message or bake something for them, it will make their day and yours. Connect with family members and friends by playing a game, or watch a movie or an activity outdoors. Face time or Zoom are great ways to stay connected when you can't see them.

**5. Pause:** Practice Mindfulness. Mindfulness doesn't always mean meditating, it means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time and focusing in a relaxed and easy way.

**Tip:** If you would like to practice meditating, there are many great apps available: Calm, Mindshift even Youtube has a variety to choose from.

**6. Deep Breathing:** Practice different breathing techniques to help you stay grounded and refocus your energy on your breath. There are many different breathing exercises, breathing in for a count of 4 and breathing out for a count of 4, 5 finger breathing, lazy 8 breathing technique. The idea is to focus your thoughts on your breath, taking deep breaths in and long exhales out.

**7. Practice Self Compassion-** Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk,

**Tip:** When thinking, ask yourself, Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Talk kindly to yourself, don't judge yourself

**8. Practice Gratitude:** try to find one thing each day to be thankful for. This will help improve your sense of well being and happiness.

## 5 steps that caregivers can take in supporting their children with pandemic related anxiety

As the province moves towards easing COVID-19 restrictions, you may be wondering how to best support your children. Social distancing and isolation can take a toll on mental health. Children often look towards their parents or caregivers for answers, guidance and support. Below are steps you can take to help your child/adolescent with their anxiety.

- 1. Listen and Validate** - It is important to listen to a child's concerns. Regardless of how unrealistic their fears may be, communicate that you hear them and express empathy.
- 2. Avoid blanket reassurance** (i.e., "everything is going to be fine") - These statements can create further doubt and uncertainty, leading to a need for further reassurance. Instead, be honest, validate their feelings, acknowledge risks, and emphasize the precautions being taken to reduce those risks.
- 3. Assess your child's anxiety** and encourage children to face their fears instead of avoiding them if safe to do so. Avoidance maintains the anxiety in the long-run.
- 4. Praise and reward children/youth for facing their fears** - let them know you've noticed their actions and are proud of them for facing their fears courageously.
- 5. Model good coping.** As parents/caregivers, children/youth will look to you to know how to react to situations. Be calm, honest, and caring. Use healthy coping strategies, such as breathing, going for a walk and talking about your feelings.

**Adapted from:** <https://www.anxietycanada.com/articles/7-tips-for-educators-returning-to-school-during-covid-19/>



### Help our child develop an excellent day to day ROUTINE!

1. Follow a schedule
2. Keep your child's class schedule in his/her personal work area to lessen the anxiety of what happens next

### Mental Wellness Live stream Activity led by—Dr. Garito

Staff and students at OLF were introduced to a strategy called, "Finding Calm". As a school community we learned that mindfulness is an important practice to let go of stress and feel calmer. Together we listened to relaxing music while paying attention to our bodies and practiced slow breathing.



## Quality Learning For All

If you are concerned about your child's mental health and emotional well-being, please contact **Dr. Garito or Ms. Fiore**. Mental health professionals are available for assistance, and resources are available on the Mental Health and Well-Being page of the Board's website. You can also stay up to date on what the Mental Health Team is providing by following them on Twitter @YCDSB\_MH.

### **Community Services:**

York Hills Centre for Children "Here to Help Line" is offering free telephone support services available to children, youth (0-18 years) and their parents, caregivers or adult supporters. Support is available

Family Services of York Region offers online counselling (services can be offered in a variety of languages): <http://www.fsyr.ca/>

310 Cope - 1-855-310-COPE (2673)

## RETURN TO SCHOOL NEW HEALTH AND SAFETY MEASURES



- Masks are now required for students in Grades 1-3, as well as those in Grades 4-12. Students in kindergarten are strongly encouraged to wear masks.
- Masks are now required outdoors during recess, as well as in all common areas, in addition to in the classroom.
- As a result, **students are required to bring four (4) masks to school each day** so that a clean, dry mask can be reapplied after being outdoors for recess, etc.
- Students are strongly discouraged from congregating before and after school.
- York Region Public Health is recommending that students wear three-layer masks. Two layer masks are permitted if they are clean and fit appropriately.
- In addition, new screening measures are required for all elementary and secondary staff, secondary school students and visitors.

Details of the screening measures will be communicated as soon as they are finalized, prior to February 16.

**NOTE:** As students are required to wear their mask throughout the school day, including at recess, teachers will provide outdoor mask breaks for students as part of their Daily Physical Activity, where physical distancing measures can be ensured.

## Safe & Caring School Reminders

### BEFORE ARRIVAL TO SCHOOL

- Parents/guardians of students under 18 and students over 18 are responsible to review and adhere to the [checklist](#) from York Region Public Health (**see the attached**)
- Any student experiencing Covid-19 symptoms **must** remain home (the use of a mask is not an acceptable alternative).
- Parents of young children should review the video on Returning to School During Covid-19: Vimeo: <https://vimeo.com/449324526?ref=em-share>
- Where possible, students must maintain a physical distance at all times, as they enter, move through and exit the building.

### DEVELOPING SYMPTOMS OF COVID-19 AT SCHOOL

- If a student develops symptoms of COVID-19, the school will contact the student's parent or caregiver to pick up the child immediately and ask them to bring the child to the nearest COVID-19 Assessment Centre.
- In these cases, students will be relocated to an isolation room until a parent/guardian can pick them up. They cannot re-enter the school until they are symptom free for 24 hours.
- Staff will be provided with a protocol, based on public health advice, on what to do if a student develops symptoms of COVID-19

### New Procedures

If your child displays any symptoms related to Covid-19 while at school the following two letters will be provided for parents at pick up.

- A. Symptomatic Letter
- B. Return to OLF Parent Attestation Following Child Illness letter—See the attached

Please return the “[Attestation form to the office with parent /guardian signature](#). The attestation form will be returned to you”.

The final checkbox on the list of circumstances when a student can return to school reads:

***My child has completed the York Region Screening tool today and can attend school / Child Care.***



Please note the above statement **is not** a stand alone condition for returning to school after an illness. It should be read as required **in addition to one of the previous five options on the form**. (Please refer to the attached)

**THANK YOU FOR YOUR CO-OPERATION AS WE WORK IN PARTNERSHIP TO KEEP OLF SAFE FOR OUR STUDENTS**



## YOUR CHILD PRESENTED WITH SYMPTOMS CONSISTENT WITH COVID-19 AT SCHOOL

\_\_\_\_\_, 2021

Dear Parent(s)/Guardian(s) of Student(s) Attending \_\_\_\_\_:

Your child presented with symptoms consistent with COVID-19. As recommended by guidance from the Ontario Ministry of Health and York Region Public Health, parents or guardians are contacted to bring their child home from school when they present with symptoms consistent with COVID-19 during the school day.

As a precaution, your child was separated from other children and supervised by a staff member until you were able to bring them home. We explained to your child how separating them from their classmates can help prevent the spread of illness and you would be coming to pick them up.

### **Next Steps:**

**Step 1:** Review the [York Region Public Health COVID-19 School and Child Care Screening tool](#) to determine how long your child should stay home from school, if they should go for testing and if household members/siblings should also stay home from work or school. This tool is also available online at [york.ca/safeatschool](http://york.ca/safeatschool)

**Step 2:** If you have medical questions, consult a health care provider or contact York Region Public Health at 1-800-361-5653

**Step 3:** If it is determined your child should go for testing, please take this letter with you to any York Region COVID-19 Assessment Centre to ensure your child will be tested

For information on COVID-19 Assessment Centres located in York Region, visit [york.ca/covid19](http://york.ca/covid19) or call Access York at 1-877-464-9675. You must make an appointment before visiting an Assessment Centre; walk-in testing services are no longer available.

If your child is tested for COVID-19, they **must remain in isolation at home while waiting for the results of a COVID-19 test and cannot attend school in person.**

If the test result is **negative**:

Your child may return to school, if all the below apply:

1. They do not have a fever and symptoms are improving for at least 24 hours
2. They are not part of a dismissed cohort
3. They have not had any close contact with a confirmed case of COVID-19
4. They or someone in their household have not travelled internationally within the past 14 days

Household members can return to normal activities (including attending school and child-care) if they remain well.

### **PUBLIC HEALTH**

1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/covid19](http://york.ca/covid19)







# RETURN TO PARENT ATTESTATION FOLLOWING CHILD ILLNESS

Child Name:

My child was sent home/kept home from or denied entry to  because of symptoms consistent with COVID-19 on  (dd/mm/yyyy)

I confirm my child may return to  on  (dd/mm/yyyy) for the following reason (check one):

- My child was sent home because of ongoing symptoms which are caused by a chronic condition previously diagnosed by a health care provider.  
These symptoms include:
- My child was sent home because of a symptom/symptoms they often experience and is not unusual for them.  
The symptom(s) include:
- My child was sent home/kept home because of symptoms compatible with COVID-19 and has had a negative COVID-19 test or has stayed home for the full 10 days. Their symptoms have improved over the last 24 hours, they do not have a fever and they have not travelled outside the country or been in close contact with a confirmed case of COVID-19 in the last 14 days.
- My child was sent home/kept home because of symptoms compatible with COVID-19. After seeing a health care provider, a diagnosis other than COVID-19 explains my child's illness.
- My child developed symptoms compatible with COVID-19 and did not have a test for COVID-19. My child has been isolated for 10 days from the onset of their symptoms. Their symptoms have improved and they do not have a fever. They should be able to return as per public health guidelines.
- My child has completed the York Region Screening tool today and can attend school / Child Care

Parent/Guardian Name:

Parent/Guardian Signature:

Date:

## PUBLIC HEALTH

1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/covid19](http://york.ca/covid19)



# Staying Safe @School

## Changes to Covid-19 Practices

The Ministry of Education and York Region Public Health recently made the following changes for schools, effective February 16, 2021.

### One Symptom



If you have **just ONE** Covid-19 symptom you must **stay home** from school and **get tested** at an Assessment Centre.

### More Masks



All staff and students in **Grades 1- 12** must wear a mask on school property throughout the day. JK/SK students are encouraged to wear masks. Two- or three-layer reusable cloth masks are recommended for students.

Parents/visitors must wear a mask when on school property, even during drop-off/pick-up.



Students and staff need to wear masks everywhere on school property, **even OUTDOORS** during recess.



Students should **bring four (4) masks** to schools **each day** and a clean paper or breathable cloth bag to store them in.

### Entire Household Treated the Same

If **anyone** in your household is sick and does not have a negative COVID-19 test or an alternative diagnosis, **EVERYONE** in the household must stay home from school.



If anyone in your household has **travelled outside of Canada**, **EVERYONE** must stay home from school until their 14-day quarantine period has ended.



If anyone in your household was **identified as a high-risk/close contact of a COVID-19 case**, **EVERYONE** in the household must stay home from school until notified they can return.

### Updated Screening



All students and staff must complete the **York Region Public Health school and child-care screening tool** before going to school each day. **DAILY CONFIRMATION** of screening is required for **staff and secondary students**.

Special accommodations may be made in some circumstances. Please visit [www.ycdsb.ca](http://www.ycdsb.ca) for more details.



**York Catholic**  
District School Board



# HOW TO PUT ON AND TAKE OFF YOUR FACE MASK



## PUTTING IT ON



1. Wash your hands with soap and water for 15 seconds or use hand sanitizer



2. Put the mask on your face using the ear loops



3. Make sure it covers your nose, mouth and chin



4. Even though it's hard, DON'T touch the mask while it's on your face

## TAKING IT OFF **Do not touch the front of your mask to remove it, use the ear loops**



1. Before taking your mask off, wash your hands with soap and water for 15 seconds or use hand sanitizer



2. Only use the ear loops to take your mask off. If you're wearing a throwaway mask, place it in a garbage bin



3. If you're wearing a cloth mask, make sure it is washed after each use and place safely in a bag in between uses



4. After taking your mask off, wash your hands with soap and water for 15 seconds or use hand sanitizer

## STORING IT **Before recess, snack or lunch time, remember these steps if you're going to wear your mask again**



1. Fold the mask in half so that the outer surface of the mask is inwards and against itself



2. Make sure the outer surface does not touch or fold against the inner surface



3. Place in a clean, individually labelled paper bag



4. Clean your hands again. Wash your hands with soap and water for 15 seconds or use hand sanitizer.

Stay COVID-smart!  
Do your part to stop  
the spread!

  
York Region



# ACTION CALENDAR: MINDFUL MARCH 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Set an intention to live with awareness and kindness

2 Notice five things that are beautiful in the world outside

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself. Try to use kind words

5 Take three calm breaths at regular intervals during your day

6 Bring to mind people you care about and send love to them

7 Have a 'no plans' day and notice how that feels

8 Eat mindfully. Appreciate the taste, texture & smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to just watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that need doing

15 Stop, breathe and just notice. Repeat regularly during the day

16 Get really absorbed with an interesting or creative activity

17 Look around and spot 3 things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Cultivate a feeling of loving-kindness towards others today

20 Celebrate the International Day of Happiness [dayofhappiness.net](http://dayofhappiness.net)

21 Listen to a piece of music without doing anything else

22 Walk a different route today and see what you notice

23 Tune in to your feelings, without judging or trying to change

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Notice when you're tired and take a break as soon as possible

27 Have a device-free day and enjoy the space it offers

28 Appreciate nature around you, wherever you are

29 Notice what is working today and be thankful that this is so

30 Mentally scan down your body and notice what it is feeling

31 Notice the joy to be found in the simple things of life

**"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn**

## ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/mindful-march](http://www.actionforhappiness.org/mindful-march)

Happier · Kinder · Together



# March 2021

Sun

Mon






Tue

Wed

Thu

Fri

Sat

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 School Wide google meet mental health activity lead by Dr. Garito	4	5 Faith Fridays 	6
7	8	9	10	11	12 Faith Fridays 	13
14 Daylight Savings time	15	16	17 St. Patrick Day  Green Shirt Day	18	19 Faith Fridays 	20 First day of spring
21	22	23	24	25	26 Faith Fridays  Civvies Day	27
28	29	30	31 Catholic School Council Google meet  7pm			