



## St. Mary's School Newsletter | January 2023



### Note from the Principal

Dear Parents and Guardians,



We hope that you had a wonderful Christmas holiday and that the new year has started off on a positive note for you and your family. As we begin the new year, we are focusing on the virtue of gratitude. Gratitude is seeing everything as a gift and being thankful. By cultivating gratitude, we can cultivate happiness and positivity in our own lives, as well as in the lives of those around us. We encourage you to take some time to reflect on the things in your life that you are thankful for, and to express your gratitude to those who have made a positive impact on your life.

I'm offering positions for Kindergarten next year, so this is the last call for siblings (children born 2018) entering school in Sept. 2023.

We are grateful for the opportunity to work with your children and for the support of our school community. We look forward to a successful and fulfilling year ahead.

Warmly,

**Brenda Krivuzoff**  
Principal



### Before & After [School Link](#)

#### St. Mary's Alumni Association

We are interested in building a St. Mary's Alumni Association. Alumni associations play a key role in fostering a sense of community and connection among former students, and in supporting and promoting the institutions that they attended.

Alumni Associations serve a number of important purposes:

1. Preserve and promote the traditions and values of the school and serve as ambassadors for St. Mary's in our community
2. Stay connected to your alma mater by organizing events and activities to bring alumni together
3. Support the school by raising funds and promote the school to potential students and donors

♦ If you are Alum and interested in joining the association see our School Announcements section at [stmary.bc.ca](http://stmary.bc.ca)



“Kindness is firm and persevering intention to always will the good of others, even the unfriendly.”  
- Pope Francis

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#wearesaints smsaints604 smsaints604 smsaints604

Please download our School App on iTunes or Google Play Store

# Virtues in Practice

## Gratitude

During January, we will practice the virtue of **“Gratitude: Seeing everything as a gift and being thankful”**.

It can be easy to race through a day without giving thought to how grateful we should be, even for the beauty of a sunset or the faithfulness of a close friend. Yet we are called not only to be grateful for these things, but even for the difficulties in life, which God allows for the greater good of our salvation. Everything God has made, everything that happens, is a gift. So, in all things, “Give thanks to the Lord, for He is good, for His love endures ... FOREVER”! (Psalm 118)

The goal of Catholic Education is heaven, but knowledge alone will not get us there! “Virtues in Practice” will help our students to live out their faith in their everyday lives.



Year of

*Faith*

SERVICE

“Faith is the assurance of things hoped for, the conviction of things not seen.”  
—Hebrews 11:1

Just as the body without the spirit is dead, so also faith without works is dead.”  
—James 2:14-16, 26

**FAITH** is believing in God and all He has revealed. Through the theological virtue of faith we participate in the very life of God.

**THE YEAR OF FAITH** is an opportunity to renew and develop the use of Catholic devotions such as Eucharistic Adoration, the Rosary, or Stations of the Cross as well as an opportunity to expand Catholic ministries and service projects.



Grade 4 Advent Celebration



Primary Classes Christmas Carol Sing-a-long



## Saints' Health & Physical Education

As snow storms hit Vancouver early and intensely this year, Saints PHE classes took full advantage of the winter wonderland! Sliding, shimmying, and climbing skills were the order of the day, as was exploration of snow and its natural beauty. The Grade 5 class is expanding its skating program to 2 trips this year, which offers students the opportunity to build upon the experiences and skills they learned in the first session.

We're excited to have Grade 6's cross country ski program back at Cypress Mountain this year! Not only is the natural environment so beneficial for students' mental and physical health, cross country skiing is one of the most rigorous sports for cardiovascular endurance, strength, and balance. Have a great trip, Grade 6!

Grade 4's are in the process of organizing their snowshoeing trip for the year, so stand by for details.

From January 9th until March Break, Grade 3's will be participating in the "Swim in Schools" program each Monday at Renfrew pool. The children look forward to this program as they enjoy the water, building their confidence, and spending time with friends, all while learning this essential survival skill.

Winter is also basketball season! Students have the opportunity to develop skills through PHE classes, in-school Intramural programs, learning with staff coaches, and playing in inter-school tournaments and the CIS-VA basketball league. With all these offerings, we intend for every child to have a place where they can play, support their school-mates, develop and grow in a safe space. We are particularly excited to welcome back Joey Heywood, aka "[King Handles](#)" on January 13th! Joey has exceptional basketball skills, has been coaching in our community for many years, and has been a positive influence on our students.

We have much to look forward to in January 2023, and may this year bring good health to all!



Joey Heywood visits grades 5-7 on January 13th



Students enjoying the Swim in Schools program at Renfrew Pool



Pure joy! Grade 4 sledding



Finding signs of love and faith all around

## Saints' Health & Physical Education



Grade 5SR and 5L at the Shipyards Rink in North Vancouver

## Parking Lot Safety

A few key points to remember about Parking Lot Safety:

1. Pay attention to signs: Parking lots often have signs indicating where you can and cannot park, as well as other important information. It's important to follow these signs to avoid getting ticketed or causing an accident. **Cars should only turn right out of our parking lot.**
2. Watch for pedestrians: Parking lots can be busy places, with pedestrians and vehicles constantly moving around. Be sure to watch out for pedestrians and yield to them when necessary.
3. Drive slowly: Our parking lot has a speed limit of 5 kph. Be sure to follow the speed limit and drive slowly to ensure the safety of pedestrians and other drivers.
4. Look out for backing up vehicles: When backing out of a parking spot, be sure to check your surroundings carefully to make sure there are no pedestrians or other vehicles in your path.

5. Follow the directional flow of traffic: Many parking lots have a designated flow of traffic that is indicated by painted arrows or other markers. Be sure to follow the flow of traffic to avoid causing an accident.

6. Watch for cones. On field trip days we put cones out in three designated spots so the bus has space to turn around.

7. Avoid the parking lot unless you have a child in Kindergarten or need the disabled parking stalls. Park in the neighborhood in a designated parking area and walk to school. Enjoy walking in our Collingwood Neighborhood and get a few extra steps if you are counting!

By following these simple guidelines, you can help ensure the safety of yourself and others in the parking lot.

Thank you for your cooperation.



## Extra Curricular Activities

After the December 14th School Mass, we celebrated the successful completion of our fall sports season, which included cross country running and volleyball. We celebrated the strong participation from students in both sports. Pictured right, Eoin (G3C), receives his 4th place finish ribbon in the CISVA Cross Country Championship Race which took place at Swangard Stadium.

Thank you to all the coaches for sharing their time and gifts with the students. Their positive impact on the students helps them grown and learn in meaningful ways.

Thank you to our Athletic Directors: Mr. Motagas (Cross-Country, Miss Vukasovic (Boys and Girls Volleyball). Thank you also to Mrs. Kozak for organizing and supervising the volleyball intramural program at lunch.



*Mr. Mogatas presents a prestigious ribbon for his 4th place finish out of approximately 120 students.*



*Junior & senior combined choir at Christmas concert*

## Benefits of Participating in Extracurricular Activities

There are many benefits to children participating in extracurricular activities. These activities can provide children with the opportunity to try new things, develop new skills and interests, and make new friends. They can also help children to build confidence, learn time management skills, and become more responsible and disciplined. Extracurricular activities can also provide a break from the structure and routine of school, allowing children to relax and have fun. In addition, participation in extracurricular activities can lead to better grades and improved academic performance. Overall, extracurricular activities can be an important and enriching part of a child's education and development.

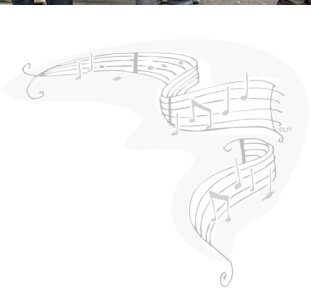




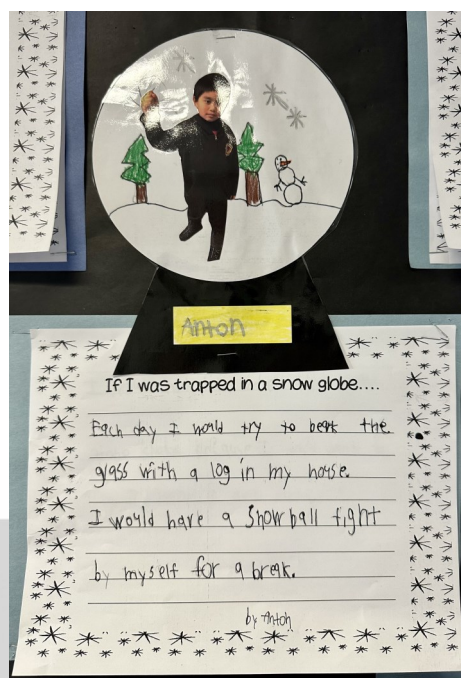
# Saintly Sounds

## St. Mary's School Christmas Concerts 2022

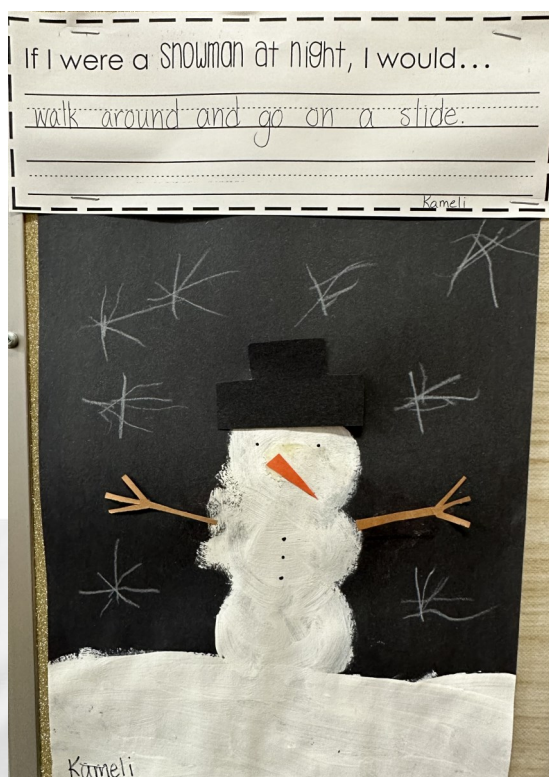
So much Christmas joy was spread during our two Christmas Concerts in December. These were our first in-person Christmas concerts since the pandemic and it was wonderful to see all the families in the audience. It was also the first time we have divided our Concert over two evenings (primary and intermediate) and we hope that this new format made it easier for families to enjoy watching their children perform. Our primary grades presented "Tails From the Manger" with the addition of some grade seven actors and our intermediate grades presented "Christmas Music" which showcased our intermediate choirs and bands. Thanks to all the parents and families for their unfailing support of all our students and our thriving fine arts programs at St. Mary's. Thank you to Mrs. Ryznar and Mr. Pascua for directing the concerts and all the staff for their support!







Grade 3P Trapped in a Snow Globe



Kindergarten Snowmen at Night



Snowy Day by 3C

# St. Mary's Elementary School



**TREE OF MEMORIES**  
90 YEARS OF ST. MARY'S SCHOOL

## #futuresaint Upcoming Events

- ♦ Jan. 3 School Opens
- ♦ Jan. 6 Epiphany
- ♦ Jan. 9 Grade 3 swimming starts (8 sessions—Mondays)
- ♦ Jan. 13 Joey Handle Visit
- ♦ Jan. 18 Grade 5SR Mass at 9:30 am
- ♦ Jan. 20 Adrian Dix Visit to Grade 5 Classes
- ♦ Jan 23-25 Grade 7 Outdoor Education at Loon Lake
- ♦ Jan 31 Grade 2 First Reconciliation 6:30 pm

See Google Calendar for Basketball practices, games or tournaments.



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