



St. Mary's School Newsletter | March 2023



Note from the Principal

Dear Parents and Guardians,

We started the liturgical season of Lent, which lasts 40 days until Easter. "Lent is a time of fasting. But it can also be more: Lent can be a time of feasting — on positive spiritual improvements. Sacrifices aren't the only penances. You can do more positive penances, such as adding devotions — for instance, praying more, going to daily Mass, and practicing virtues." *Catechist 2022*

Yesterday's unexpected snow day was a delightful surprise for many.

We want to remind you that we always communicate school closure information through various channels such as our website, Google calendar, social media platforms, email to parents, and voice message on the school phone. We encourage our students to take advantage of the snowy weather by engaging in fun activities such as reading and playing outdoors.

Last month, our students had an opportunity to celebrate our faith during Catholic Schools Week, participate in Pink Shirt Day and Black History Month, and explore the theme of kindness through school-wide writing activities. As we navigate through our third year of the global pandemic, we recognize the importance of having faith in God, being flexible and adaptable to change, and trusting each other as we overcome challenges. As a Catholic community, let us lead by example and demonstrate respectful interactions with one another, setting a positive role model for our children. We welcome new families to the school this month, and encourage everyone to extend their care and St. Mary's hospitality.

Finally, the main entrance stairway will be repaired over the break. Have a lovely spring break with your family.

Sincerely,

Brenda Krivuzoff, Principal



Before & After School [March Link](#)

Uniform Policy: Please read

After a uniform inspection today, parents asked to review our uniform policy on pages 12-13 in our [parent handbook](#). Please ensure students are wearing the official uniform pieces from **NEAT Uniforms**.

Please note: We have no undershirts or leggings as official pieces. Girls must be in navy socks or navy tights. Black shoes must be worn on formal uniform days. On wet or snowy days, students can change out of their boots. Gym socks are white only. Hair accessories are modest and in keeping with school colours. Students need to wear sweaters or hoodies (PHE days) if cold. We have noticed some variations that require addressing, so please ensure your child is dressed appropriately. Thank you!



“ During this season of conversion, let us renew our faith and receive with open hearts the love of God.
- Pope Francis



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Please download our School App on iTunes or Google Play Store



Virtues in Practice

Mercy

During March, we will practice the virtue of “Mercy: caring for those who suffer”.

According to Jesus, “Blessed are the merciful, they shall obtain mercy” (Matthew 5:7). Mercy is the desire to lessen the suffering of others. It has its ultimate expression in the passion and death of Jesus on the cross, His saving act of mercy for all people of all time who suffer the effects of separation from God through sin. When we sin, we suffer; and the only relief from that suffering is the mercy of God. When others suffer, bodily and/or spiritually, we can imitate God’s own mercy through the corporal and spiritual works of mercy. 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.



Sunday Envelope Program

St. Mary’s Parishioners should regularly use the Parish Sunday Envelope program (minimum of 30 times per calendar year) to remain in Category I. If you donate online, please put the envelope in the basket each week with “online donation” written on it. Thank you for your cooperation.



Student Network Mentors

Mass in a Stairwell

In response to St. Mary's "Catholic Identity" goal of helping students learn more about the Mass (especially after Covid), our Grade Six classes took on a project to create instructional posters for our entrance stairwell. Pairs of students were assigned a part of the Mass to represent visually; some chose to take photographs and others used text and graphics. Now students and staff alike can be further catechized as we make our way up the stairs every day! Thank you, 6M and 6P, for a job well done and an awesome contribution to our school community.



February Highlights



Our staff recently had a heartwarming experience at the CISVA Catholic Educators' Conference, which brought together Catholic educators from across British Columbia. During the conference, Archbishop Miller recognized all CISVA teachers who have dedicated 25 or 40 years of service to their students.

We are delighted to congratulate Mrs. Kozak and Mrs. Collins on their remarkable milestone of 25 years of service to their students. It is a testament to their unwavering commitment, dedication, and passion for educating young minds and nurturing their growth.

This recognition is not only a celebration of their individual achievements but also a reflection of the incredible work that our entire team does every day to support our students and build a strong, compassionate community. We are grateful for the opportunity to serve our students and families and look forward to many more years of service.

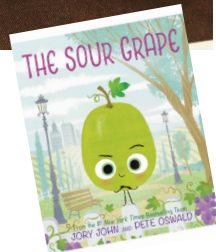
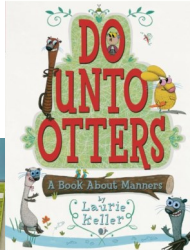
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Our Student Network cast



3P Pink Shirt Day Grapes



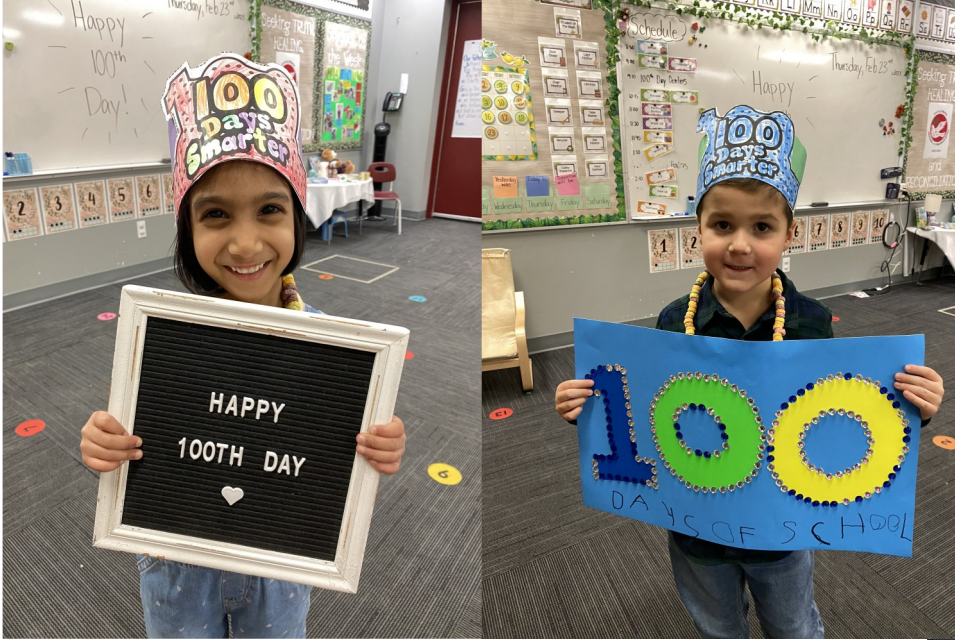
On February 22, all students participated in Anti-bullying (Pink Shirt Day) activities. Our Student Network members took the lead and organized a range of engaging activities to promote kindness and empathy. The event began with a prayer led by the Student Network. They then performed a re-enactment of the book "Do Unto Otters: A Book About Manners," which emphasized the importance of treating others with respect and kindness.

Next, the students watched a video titled "Sour Grape" by Jory John and Pete Oswald. Inspired by the video, they created small grape-shaped cutouts with different acts of kindness written on them. These grapes will be displayed as clusters in the gym foyer, serving as a visual reminder to everyone to spread kindness and avoid negativity.

Through this event, our students learned valuable lessons about the power of kindness and the detrimental effects of bullying. The goal is to continue to promote a positive school culture where everyone is valued and respected.

Curricular Activities

Kindergarten celebrating 100 days of school!



Curricular Activities

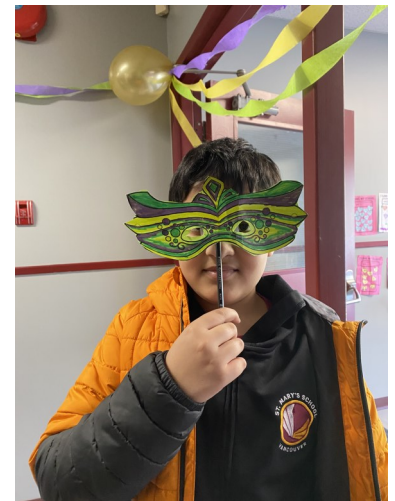
On Feb 15, students enjoyed a French-Canadian cultural presentation by Quebecois maple farmer Rene Turmel, known as “The Maple Man”. In addition to traditional dancing and music, Mr. Turmel showed students how maple syrup was made in his ancestral sugar shack back home. Students also enjoyed a sweet treat—maple taffy made on the spot with real snow!



Puppets and instruments used to entertain



Original bucket used to carry maple water from the tree



.Swanik wearing a mask for Mardi Gras



Rolling up the maple taffy and tasting it.



Pancake Breakfast is served up!



Health & Athletics

March, 2023

February has been a very diverse and wonderful month of physical activity at St. Mary's!

Our basketball program encompassed PHE classes, lunch hour Intramurals, and practice and play for the CISVA Inter-School league in Grades 5-7. Students and coaches worked hard, showed incredible collaboration and cooperation and found ways for a strong majority of students in Grades 3-7 to participate! All four of our grade 6-7 teams made it to the quarter finals. Congratulations!

As part of a broad approach to health and wellness, students participated in off campus and outdoor experiences in swimming, skating, snowshoeing and cross country skiing. These varying opportunities show us that there are many ways to develop our health and wellness.

We have begun our badminton/racquet skills units and badminton competitions will begin shortly after March Break.

Track and Field practices will also begin after the return from March Break, and if you'd like to get a "Taste of Track" check out the free workshop offered by the Kajaks club below.

Whether participation in physical activities for fun or competition, all students at St. Mary's are encouraged to try a wide variety of opportunities. This contributes to physical literacy and an inclusive, supportive, compassionate, healthy community.

Have a terrific March Break and enjoy the outdoors!

Mrs. Kozak



Grade 6 M shares cultural heritage with the Tinikling Folk dance from Philippines

Grade 3's pilot the Junior Intramural Basketball program



Kajaks Track & Field Club
5d · 🌐

Mark your calendars!
TRY TRACK is back for the third year.
For elementary age students, grades 3 to 7.
Supervised by our certified coaches, the participants will be in small groups. They will rotate through different run, jump, throw stations, learning proper form and technique in a safe, fun environment.
No registration necessary.

TRY TRACK! 2023
FREE FREE FREE FREE FREE FREE

- ✓ ELEMENTARY STUDENTS
- ✓ TEACHERS

SATURDAY, MARCH 11, 2023
9:00 AM - 11:00 AM
CLEMENT TRACK/MINORU PARK
DROP IN - NO REGISTRATION

- ARRIVE BY 8:45 AM
- LOOK FOR WHITE KAJAKS TENT NEAR GRANSTANDS
- ACTIVE WEAR & WEATHER APPROPRIATE
- BRING WATER BOTTLE
- RAIN OR SHINE

KAJAKS
TRACK & FIELD CLUB

Health and Athletics



Grade 3's ready for their swimming lesson at Renfrew Pool!



Grade 6 skiing at Cypress Mountain

Grade 4 snowshoes through a winter wonderland!

Grade 5 Day 2 of skating at the Shipyards. Big improvement on the skills!





Community Spirit

Green and Gold Galore Out-of-Uniform | March 10

On Friday, March 10th, let's celebrate St. Patrick's Day with a Green and Gold Galore theme! Students are invited to wear their green and gold outfits. In order to participate, students will be asked to contribute \$2, which will go towards supporting a local charity. In addition to dressing up, students will have the opportunity to participate in a fun and exciting game. Two gold coins will be hidden somewhere in each classroom, and students who find them will have the

chance to enter a lucky game with the chance to win a special prize.

As the day draws to a close, we will take a moment to learn a bit about St. Patrick and the history and traditions of this important holiday. Students will also receive an Irish blessing before heading off for Spring break, ensuring that the luck of the Irish follows them wherever they go.



St. Mary's Gr. 6 girls hosted a gripping game against Holy Trinity last week

Green and Gold Galore Out-of-Uniform is March 10



Love is in the air! The Grade Two class had a joy-filled day celebrating friendship on Valentine's Day. Making sugar cookies together was definitely a delicious highlight!



Are you an Alum of St. Mary's?
We'd like to reconnect!

If you attended St. Mary's Elementary, we'd love to reconnect! We are continuing to grow our St. Mary's Community by reaching out to members who attended our school. If you are interested in hearing from us through our news letters, fundraising opportunities, and see what is happening on our social media, [please fill out our form!](#)

See: [Help Build Our Alumni Association by joining. It's free!](#)



Community | Faith Formation

An Evening with Chris Bray

Please mark your calendars for an exciting opportunity for your family to join Chris Bray on Thursday, June 1st. Further details will follow. Your attendance at this event will earn you Parent Participation hours.



Presented by



Join us for a celebration in story and song
St. Mary's Elementary School Thursday June 1
7:00 pm





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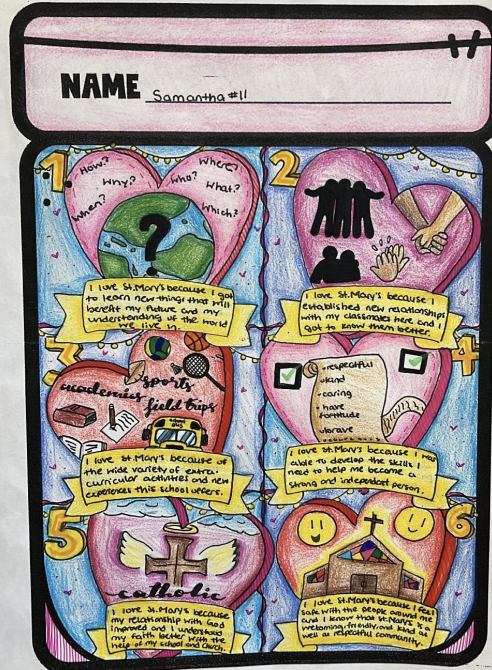


Art Card Fundraising samplers



TREE OF MEMORIES
90 YEARS OF STMARY'S SCHOOL

I LOVE MY SCHOOL



ADVENTURES OF A 4th GRADE CLASSROOM

Catholic Schools Week reflection



Upcoming Events

- ◆ March 2 Gr. 7 Boys Basketball Quarterfinals Richmond Oval 9:30
- ◆ March 3 Gr. 4-7 Written Spelling Bee 11:45
- ◆ March 6 Gr. 3 swimming; Gr.6 Badminton Teams to St. Paul's 12:45
- ◆ March 7 Gr. 3-7 Reconciliation 9:15
- ◆ March 8 School Mass 9:30; Parents are welcome to attend
- ◆ March 9 Eric Walters Author Visit 12:30; Gr. 7 Band at Notre Dame Festival 3:15
- ◆ March 10 Green and Gold Galore St. Patrick's Out of Uniform: Bring \$2 to participate: Schools close for Spring Break.
- ◆ March 13-24 Spring Break
- ◆ March 27 School is Open; Grade 2 swimming
- ◆ March 28 Report Card release
- ◆ March 29 6M leads Stations of the Cross 9:30; Gr. 7 Badminton teams to St. Paul's School
- ◆ March 30 Readers are Leaders In-House Competition 1:00
- ◆ March 31 Student Led Conferences; Sign up coming soon



Art Card Sampler.



St. Mary's Elementary School #wearesaints

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