



St. Mary's School Newsletter | December 2022



Note from the Principal

Dear Parents and Guardians,



Our students will be sharing their gifts and talents this week as we listen to them perform their Christmas Concert pieces on two separate nights: Dec. 6 The Primary Classes present **"Tails from the Manger"**, and Dec. 8, **The Intermediate Christmas Concert of Music**.

St. Mary's Parish is celebrating their Centennial anniversary in Oct. 2023 and planning is underway to connect all ministries all year long which includes our school. Each month, ministries will work together to organize events for the community. No one should feel out of place in the church, and our participation in these activities can ensure this community is even more faith filled and welcoming. Please check out our google calendar for posted events and save the date for Feb. 10 Love is in the Air Gala Dinner. Proceeds support our Building Fund.

It is now time for new families to apply for Kindergarten and other grades for September 2023-24. We appreciate the referrals from our existing families, and know how blessed we are to learn and work at St. Mary's. Our updated 360' [virtual tour](#) showcases our new learning spaces and teaching staff. Please share it with family and friends. Lastly, please ensure your children attend church on Sunday as it is important to build our relationship with Jesus. Let us make this Advent season one of peace, kindness and sharing.

Yours sincerely,

Brenda Krivuzoff

Principal



Before & After [December School Link](#)

Advent

During the season of Advent, we are called to seek the light of Christ even in the midst of darkness. We are called to wait, to hope and to trust in the promises made by the prophets. We ask for the grace to set down all those burdens that darken our hearts as we search for light. We ask for attentiveness that we may truly see God's loving presence within and among us. We ask for renewed faith that we might be light for others.



Grade 5L Advent Wreath

“ The Church is or should go back to being a community of Gods people, and priests, pastors and bishops, who have the care of souls, are at the service of the people of God. ”
- Pope Francis



#wearesaints smsaints604 smsaints604 smsaints604

Please download our School App on iTunes or Google Play Store



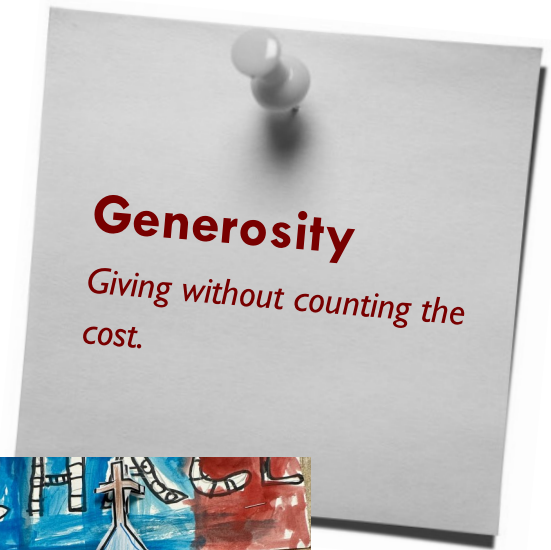
Virtues in Practice

Generosity

During December, we will practice the virtue of **“Generosity: Giving without counting the cost”**.

If someone is selfish, stingy, or gives just the socially acceptable minimum, are they a true disciple of the God who gave His very life for us? Generosity is God-like. It means throwing open the doors of one’s heart and pouring out all our love on everyone. It means looking out for everyone else instead of looking out for ourselves. It means giving not only because we have extra or leftovers, but giving when there is a cost to us - and expecting nothing in return. It means giving not only where we have a duty to give, but giving to the undeserving: to those we don’t like, or to those we don’t know at all.

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.



(inside)
We show God’s love to others. We gather. We take care of each other. We are blessed!

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 5 lead a prayer service for the first week of Advent

Staff Congratulations

Congratulations to Mrs. Bystrom and Miss Perri on receiving their Bachelor of Education degrees from UBC in late November.

We also congratulate Mrs. Rossander on successfully completing her Educational Assistant Diploma from Ashton College last week.

We have a committed and talented team of educators at St. Mary's. We are proud of their accomplishments and service to our students.



Mrs. Bystrom (Gr. 2MB) and Miss Perri (3P)



Mrs. Rossander supports our students in Kindergarten





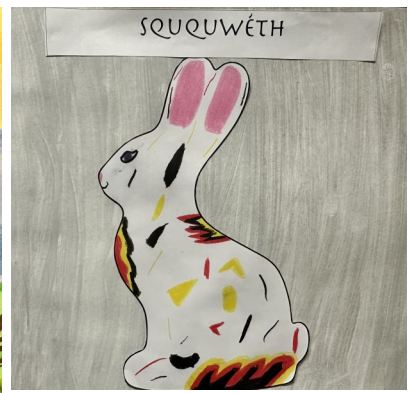
The Longhouse Experience

On Tuesday, November 8th and 9th, the Grade 4s had the opportunity to visit the Cheakamus Centre in Squamish. Their overnight experience was rooted in Skwxwú7mesh (Squamish) culture.

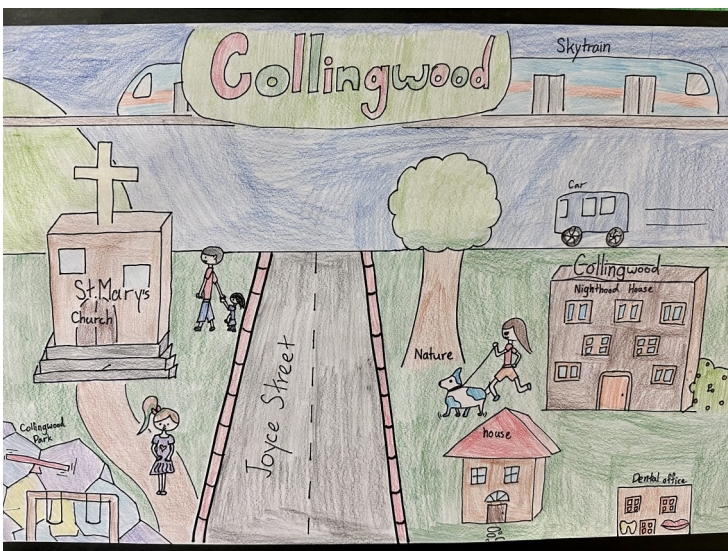
We were guided by Matthew, a local Indigenous Coast Salish resident, along with other indigenous interpreters. We had the opportunity to spend most of our time immersed in traditional Coast Salish practices, in and around an authentic longhouse and a surrounding ecological reserve.

This overnight indigenous cultural program was based on three major ideas that underlie the activities at the longhouse: Respect, sharing and Seasonality.

As a result of our experiences we now have an enhanced understanding and respect for Skwxwú7mesh culture and traditional teachings. We experienced the traditional longhouse culture of the Coast Salish people, we worked alongside knowledgeable cultural program interpreters. We learned to cooperate with one another and we developed a strong sense of community.



Animals from the naming ceremony in the longhouse



Community Elements by Grade 3P



Emily Carr inspired cedar trees from the perspective of looking up from the ground after visiting the Museum of Anthropology by Grade 2 MB (right)



Saints' Health & Physical Education

December, 2022
Physical and Health Education

November's learning experiences remained outdoors as we continued to hold PHE classes at our beloved Collingwood Park. In an article from the [International Journal of Environmental Research and Public Health](#), the importance of community greenspaces on children's health is highlighted.

...the availability of [Natural Outdoor Environments] NOE and the time that children spend in them have been associated with increased self-esteem, quality of life, respiratory health, physical activity, and lower body mass index (BMI). It has also been suggested that NOE provide benefits that directly influence cognitive development in children, as NOE provide opportunities that stimulate discovery, creativity, mastery, engagement, risk taking behavior, basic emotional states (e.g., surprise), and psychological restoration.



Grade 2's gaining confidence to run up and slide down snowy, slippery surfaces



Grade 5's catching World Cup fever!



Grade 5 basketball practice (left)



Grade 1 enjoy a group photo after an exhilarating game of Frozen Tag!



Grade 6M Introduction to street hockey



Community Connections

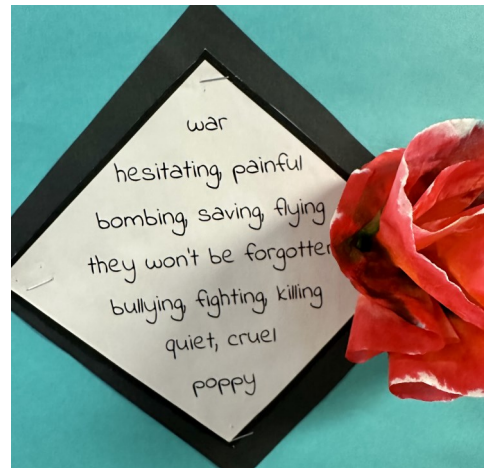
Remembrance Day | November 2022

We had two events that honoured our past and active military. On *All Souls Day* the No Stone Left Alone ceremony took place at Mountain View Cemetery. Students had the opportunity to meet 18 active military members from the 39 Canadian Brigade and the Dukes of Connaught's Own and place a poppy stone on a headstone. Grade 2 students and members of the Student Network returned to school to reflect on the experience. Our school was featured on the Global National No Stone Left Alone program on Nov. 11.

On Nov. 10, Grade 3C led a reverent Remembrance Day prayer service which included O Canada, the recitation of Flanders Fields, and prayers. Poppy wreaths and candles were laid on the prayer table. The 3C students read beautifully and their efforts were appreciated by all in attendance.



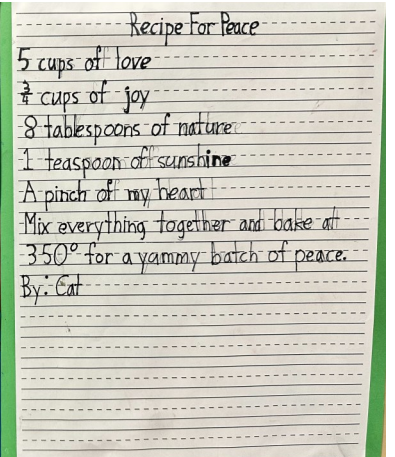
Connecting with our military at NSLA.



Poppies & Writing pieces from Grade 3C above and Grade 2MB below



Grade 3C leads our Remembrance Day Service





Saintly Sounds

Junior and Senior Choir Spreads Christmas Joy

The Senior choir had the opportunity to spread the Christmas spirit at the annual Collingwood Business Improvement Association Tree Lighting on Nov. 26 at the Safeway parking lot. They will also be singing at the St. Mary's Parish Healing Mass for seniors in the community on Dec. 10th. At 12:45. The Junior choir also shared their talents by singing at the Renfrew Park Community Centre. Their efforts were much appreciated and enjoyed by all.





Saints' ReconciliACTIONS

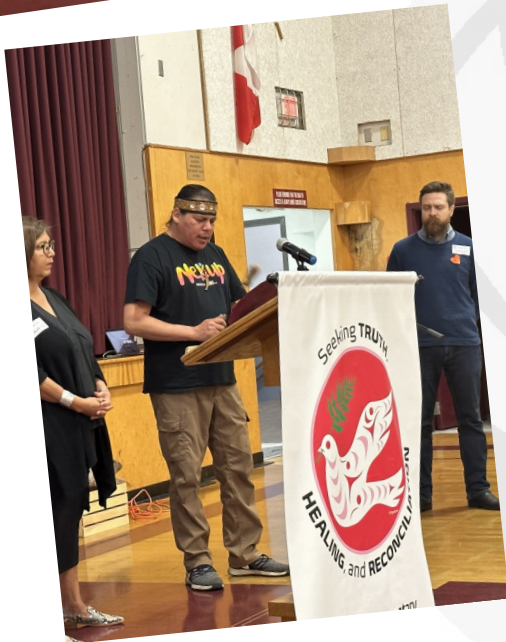
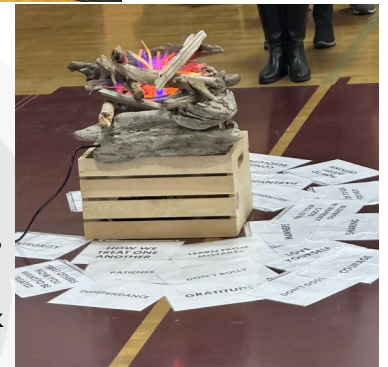
At our CISVA Networking Professional Day, we joined educators from four other CISVA schools to listen to the voices of elders and support workers from the Indian Residential Schools Survivors Society. (IRSSS). We were able to listen to their lived experiences and learn about the History and Impacts of Indian Residential Schools.

In the sacred fire exercise led by Chas Coultee, we learned about how all members of the family hurt when children were taken away to Indian Residential Schools.



The Importance of Family What we learn from our families: (surrounds the fire)

integrity, treat others how you want to be treated, independence, patience, learn from mistakes, gratitude, don't gossip, love yourself, how we treat one another, manners, self-worth, how to accept criticism, sharing, It's ok to ask for help, conflict resolution, parenting, don't bully.



Jeremy Jones led a discussion of cultural agility and the practical idea of the cultural identity backpack.



St. Mary's was one of many CISVA schools featured in the November 28th issue of the BC Catholic. We shared our Staff Retreat cedar weaving experience with Musqueam elder Rita Kompst and her daughter Zoe Kompst. Messages of hope, prayers, and artwork were shared in the piece as we all strive to move forward together to seek truth, healing and reconciliation.



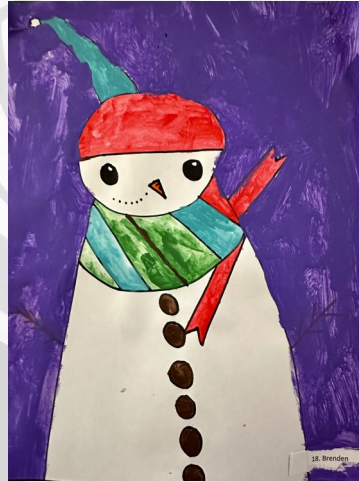
Grade 2s Up Close snowmen



TREE OF MEMORIES
90 YEARS OF STMARY'S SCHOOL



Grade 4s are taking part in our "LED there be light" contest where students will show their creativity by decorating their classroom with LED lights. Good Luck!



Snow much fun by Grade 1s.



#futuresaint

Upcoming Events

- ◆ Dec. 6 St. Nicholas Feast Day
- ◆ Dec. 6 K-3 Christmas Concert 7pm
- ◆ Dec. 7 Term 1 Reports released
- ◆ Dec. 8 Parish Living Rosary – After 7pm Mass
- ◆ Dec. 8 Gr.4-7 Christmas Concert 7pm
- ◆ Dec. 9 Out-of-Uniform— Christmas Explosion \$2 to wear anything Christmassy
- ◆ Dec. 10 Senior Choir at Parish Healing Mass 12:45
- ◆ Dec. 14 School Mass 9:30
- ◆ Dec. 16 Last day of school; 12:00 Dismissal
- ◆ Early Dismissal; No ASC; School closes for Christmas Break

St. Mary's Elementary School #wearesaints



5239 Joyce St.
Vancouver, BC
V5R 4G8
T: 604.437.1312
F: 604.437.1193

Email: office.smarv@cisva.bc.ca

Website: www.stmary.bc.ca

#wearesaints

Facebook @SMSaints604

Instagram smsaints604

Twitter @smsaints604

Please download our School App on iTunes or Google Play Store.

#wearesaints604