Greetings St. Teresa of Avila community! The staff and I would like to welcome you back to another exciting school year. We would also like to extend a warm welcome to all those students and families who are new to our community.

It is with great enthusiasm, energy and commitment that I continue this year with you as principal. I am looking forward to working in partnership with you and your children. I believe that working together is essential in promoting the best learning experience for your children. It is my hope that, together, we can build a strong partnership that allows our young people to be successful in school.

I want to give a big Thank-you to Mrs. Freeth and Miss Postrozny, our custodians, who have been working very hard to clean our school over the summer.

We are all working hard to keep our staff, students and our community safe. Our focus will continue to be hand hygiene and social distancing. However, we will return to our regular recess schedule of rotating areas for play by divisions such as primary students playing on the soccer field during morning recess and junior students playing on the soccer field during lunch recess. Please note that if your child is bringing their own hand sanitizer to school it must be scent free due to allergies.

I would like to give a special thank you to our School Board for creating a kit for each student that contains items such as scissors, pencil crayons, pencils, glue, calculators etc. so that students don’t have to share items. This year will bring new routines and procedures for everyone. Please be patient. The students have started off the year with excitement and are quickly adjusting to our new norms. We are so proud of their resiliency!

For more update information about our schools and procedures please visit:
https://www.wcdsb.ca/return-to-school/
https://www.wcdsb.ca/operational-guidelines/

Sincerely,

Mrs. Amy Flynn
Saint Teresa of Avila
Staff Members 2021-2022

Principal
Amy Flynn
Administrative Assistant
Anik Racine
Head Custodian
Jo-Anne Freeth
Evening Custodian
Cassandra Postrozny
Library Technician
Joe Walsh
JK/SK
Lucia Hogeveen
JK/SK
Lisa Brown
Early Childhood Educator
Eva Salek
Early Childhood Educator
Shelley Harnack
Grade 1/2
Cheryl Reinhart
Grade 2/3
Liz Bauer
Grade 3/4
Madeline DaPonte
Grade 4/5
Mary Russell
Grade 5/6
Anna Tupling
Grade 6/7
Anna Jakeman
Grade 7/8
Carleen D’Arcy
French As A Second Language
Mary Baldasaro
Special Education Teacher
Corrine Donald
Special Education Paraprofessional
Ken Gallipeau
Special Education Paraprofessional
Jesse LuLoff
Planning Time Teacher
Nick Rintche
Itinerant Planning Time
Ermelinda Luis
Lunch Hour Supervisor
Amanda Battler
Lunch Hour Supervisor
Pat Ditner
CYCW
Nicole Cornfield

"Preach the Gospel often, and if necessary, use words"
- St. Francis

School Hours
8:20-8:35 Morning Supervision begins
8:35 School begins
9:45-10:00 Recess
11:20-12:20 Lunch
1:40-1:55 Recess
3:05 Dismissal

*There is no yard supervision until 8:20 a.m. Please do not drop off your children before then.

Procedures for Reporting Lates/Absences:

◆ Parents are responsible for communicating their child’s absence or lateness prior to the beginning of the morning or afternoon classes. Our school answering machine is in service 24 hours a day.
◆ Please note: We must receive a call from a parent or caregiver prior to 8:35 a.m. on the day of the absence. If your child(ren) does not arrive at school, we will attempt to contact you at home or at your place of work. Please keep us updated on current and active phone numbers.
◆ If you are calling to report your child’s absence, please leave the following information:
◆ ⇒ Their full name
◆ ⇒ Grade and room number
◆ ⇒ Teacher’s name
◆ ⇒ Reason for their absence
Special Note to Parents

*Please be sure to complete all forms in the First Day Package that was sent on School Cash online.

*Please notify the office and your child’s teacher of any changes in your child’s schedule, busing and if you require 2 copies of report cards and mailings.

The Umbrella Project

St. Teresa of Avila will be continuing our participation in The Umbrella Project. The Umbrella Project is a curriculum designed program to help your child learn the skills of emotional wellbeing. This year we will be focusing on **Empathy, Growth Mindset, Cognitive Flexibility, Authenticity, Purpose, Kindness, Self-efficacy, Optimism and Lifestyle**. Developing these skills will help your child lead a happier, more successful life. Learn more on the umbrella of emotional wellbeing on our website here: [http://www.umbrellaproject.co/video/](http://www.umbrellaproject.co/video/). This program also helps to enhance our focus of inclusion and acceptance.

You are invited to follow along with your child’s learning journey for each new skill by subscribing to a weekly newsletter (details below) where you will be provided information, stories, challenges and tips about fostering the skill your child is focusing on in class. Caregivers have a powerful impact on childhood wellbeing and your participation will help to deepen your child’s understanding of these important skills.

You can also follow the Umbrella Project on social media for additional tips, resources and information. Find all the details here: [http://www.umbrellaproject.co/parent-resources/](http://www.umbrellaproject.co/parent-resources/)
NewsWire

We are continuing to try and reduce our use of paper. Almost all forms, money transactions and communication will be completed in electronic formats via our newswire service, School Cash, SchoolMessenger and website. It is very important that all families sign up for these services (SchoolMessenger is automatic when an email is provided) to avoid missing out on important information. You can subscribe to these services located on our school website.

When you subscribe to the service you will receive the newsletter and important bulletins for the 2021-2022 school year. You do not have to register again for the upcoming school years once you have registered.

Hard copies of the school newsletter, trip forms and letters will no longer be provided.

Here’s how to subscribe:
1. Start at our school website http://stteresaelmira.wcdsb.ca
2. Go to the Newswire section (Join Our Mailing List - left hand side of this page) of the St. Teresa School website and type in your email address.
3. Submit your email address when prompted and that is it

Stay in touch and stay informed! If you have any questions or require help on how to register, please feel free to contact me at the school.

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Terry Fox Walk

During the week of September 27th, students will be participating in a “Terry Fox Walk” in support of cancer research. Classes will walk the school yard throughout the week in order to maintain social distancing. We will be joining students from coast to coast running or walking for cancer research. If you would like to donate a Toonie for Terry please donate directly to the Terry Fox organization at https://terryfox.org/.

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Hot Lunches

We are excited to announce that hot lunches will start again this year. We hope to have this running for the month of October. Stay tune for more information!

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PICTURE DAY

Wednesday September 29th!
Peanut/Allergy Aware School Environment

We have several people attending Saint Teresa Catholic School with a severe allergy that can cause an anaphylactic reaction. An anaphylactic reaction is an allergic reaction so severe that it can cause death. These children have a severe allergy to Peanuts and Nut, Dairy, Wheat and Egg Products. Since these children can react to trace amounts, inhaling or ingesting even minute amounts can trigger a life threatening reaction. Emergency treatment involves an immediate drug injection and an immediate trip to the hospital.

These children with these allergies usually show admirable restraint and maturity in dealing with this issue. They are taught not to share any food because of a possible reaction. All of us need to do what we can to provide these children with a safe learning environment. Although this may or may not affect your child’s class directly, we respectfully ask that you not send food products to school that contain peanuts, peanut butter or nut products, remembering to check ingredients carefully.

Additionally, since school administrators, staff and volunteers are not food experts and are not qualified to decide what is (or isn’t) real peanut butter, peanut butter substitutes will not be allowed at school as well.

Thank you for your understanding and co-operation in helping to ensure all of our students are safe.

Communication Guidelines For Parents

At any given time during the year, you may have some concerns or issues that you need to have resolved. School Councils are not forums to discuss teacher-student-parent issues. The Waterloo Catholic District School Board has established guidelines for parents to follow if issues happen. They are as follows:

STEP ONE:
• Parents should speak to the teacher. If the issue is not resolved proceed to step two.

STEP TWO:
• Parents should speak to the principal.
• The principal may involve the teacher in the discussions.
• The principal may request, at any time in the process that concerns be put in writing.
• The principal may involve at any time in the process, others who may be helpful in resolving the concern.

If the issue is not resolved, contact the Supervisory Officer.

NOTES:
If a Trustee, supervisory officer, executive administrative assistant receives an inquiry about an incident or school related matter they will record the name of the individual making the inquiry, the nature of the inquiry and direct the person to follow the communication inquiries/concerns process outlined above.
The purpose of the Catholic school council is to improve pupil achievement and to enhance the accountability of the education system to parents, through the active participation of parents. Catholic school councils are advisory organizations.

Even though visitors will not be in the school building at the beginning of the year there are still opportunities for you to participate virtually with our school. Please consider signing up for our Catholic School Advisory Council. The Council or CSAC will meet approximately 4-6 times throughout this school year. All meetings will be virtual. The Catholic School Advisory Council helps to run many wonderful experiences for our students such as our annual fundraiser, Christmas Lunch, Shrove Tuesday and the Year End BBQ. The Council also acts in an advisory role with school improvement plans and code of conduct and assists with communication to our parent community.

If you are interested in joining our Catholic School Advisory Council please fill out the nomination form and send it to amy.flynn@wcdsb.ca by Monday Sept. 20, 2021. or complete the copy that was sent on School Cash Online.

CATHOLIC SCHOOL ADVISORY COUNCIL (CSAC)
Nomination of Parent Candidate

ACCESSIBILITY:
To request this file in large print, please email aoda@wcdsb.ca or call (519) 578-3660.

SCHOOL: ___________________________

Note:
- A Parent or Guardian whose child attends the school indicated above is eligible to serve on that school’s Catholic School Advisory Council (CSAC).
- Please attach a brief autobiography to this form OR if nominating another parent, please attach a brief autobiography of the candidate you have nominated to this form.
- You will be notified when your nomination has been received.

SELF-NOMINATION
☐ I wish to declare my candidacy for an elected position as a parent/guardian representative on the CSAC.

Name: ___________________________
Address: ___________________________
Home Phone #: __________________ Cell Phone #: __________________ Work Phone #: __________________
Email Address: __________________

☐ I am the parent/guardian of the following children who attend this school (name and grade):

☐ I am an employee of the Waterloo Catholic District School Board. ☐ Yes ☐ No

Signature of Candidate ___________________ Date (yyyy-mm-dd) ___________________