



OUR LADY OF GOOD COUNSEL

CATHOLIC ELEMENTARY SCHOOL

801 Murrell Blvd, East Gwillimbury, ON L9N 0P6

Telephone: 905-478-4242 Fax: 905-478-8642



G.R.O.W.L - WE GROW WITH RESPECT, OPENNESS, WISDOM, AND LOVE. WE ARE KODIAKS AND WE GROW!

**"FOR THE LORD GIVETH WISDOM:
OUT OF HIS MOUTH COMETH KNOWLEDGE AND UNDERSTANDING." — PROVERBS 2:6**

FEBRUARY 2025

PRINCIPAL'S MESSAGE

Dear OLGC Families,

We begin the month of February and look to the Virtue of Wisdom to guide our way. On February 2nd, we celebrated the feast of the Presentation of the Lord, also known as "Candlemas". This feast occurs exactly 40 days after Christmas. Forty days after his birth, his parents, Joseph, and Mary, presented Jesus in the temple. There, Simeon and Anna, as the "light of revelation to the Gentiles" acknowledged him, hence the tradition of blessing candles on this day. This feast reminds us that as followers of Jesus Christ, it is important to respect God's laws and commandments.

We have come to the end of Term One and begin the second term. First term reports are in process and will be available on Tuesday, February 11, 2025 after 4:00pm. On February 17th, we acknowledge the importance of families on Family Day, where we take time to spend with our loved ones, on this statutory holiday. There is no school on this day.

Carnaval D'Hiver begins on Friday, February 14th at OLGC. We encourage everyone to wear, Red, Pink and/or White and enjoy a Valentine's Day Dance. Thank you to the French Dept led by Mme. Gallo for organizing the themes for the week of February 17-21st ending with a French Café!

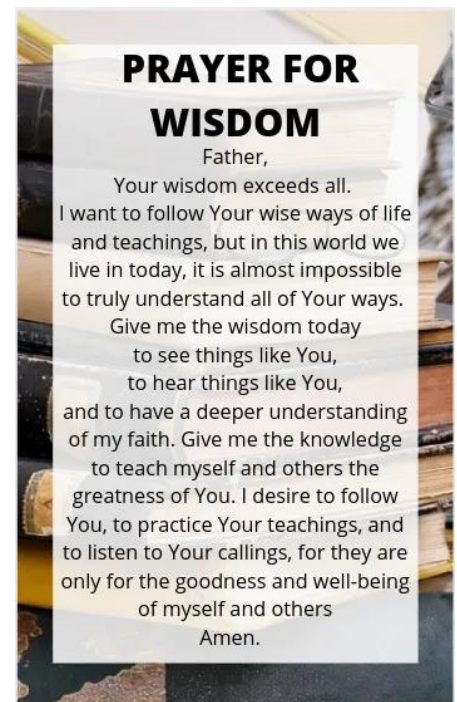
This month we are proud to celebrate **Black Heritage Month**. This year's theme, Black Legacy and Leadership: Celebrating Canadian History and Uplifting Future Generations, celebrates the diversity, leadership and legacy of Black Canadians while also highlighting the role these trailblazers play every day, inspiring young people. We look forward to welcoming Black Author and Storyteller, Aubrey Clarke to share his talents and stories with us on Friday, February 7th, 2025.

We look forward to a productive and successful second term!

Yours in Catholic Education,

K. Quan King Thompson

Principal



PRAYER FOR WISDOM

Father,

Your wisdom exceeds all.

I want to follow Your wise ways of life and teachings, but in this world we live in today, it is almost impossible to truly understand all of Your ways.

Give me the wisdom today

to see things like You,

to hear things like You,

and to have a deeper understanding of my faith. Give me the knowledge

to teach myself and others the

greatness of You. I desire to follow

You, to practice Your teachings, and

to listen to Your callings, for they are

only for the goodness and well-being

of myself and others

Amen.

Active School Travel

The snow has fallen and the winter season is now in full swing! Celebrate the colder months of the year by staying active alongside your peers and school community with Winter Walk Day on February 5. Enjoy the beauty of the snowflakes and snow-covered trees on your journey walking to and from school. Walking is healthy for our body and minds – and prepares our brains for learning. Beyond all the health benefits, walking to school in winter is just plain fun. Try stopping to make snowballs or snow angels and you'll see what an enjoyable adventure it is to be active when getting to school as well as when returning home again. Make sure to dress for the cold weather by adding layers of clothing!

Walking together with friends and family fosters social connections and we encourage parents, teachers and the entire school community to participate alongside our students. Let's continue to celebrate walking as a fun form of exercise and an opportunity to connect with our community. Together, we can make Winter Walk Day an unforgettable experience for everyone!



For those who can't walk or cycle to school every day, choosing active travel once, twice, or a few days a week can still provide benefits. You can also consider parking a block away from the school and walking the rest of the way.

Remember it only takes 21 days to create a habit. Consider making small changes to your routine to get these benefits that could have major lasting impacts on your child(ren) lives. Include active travel as part of your day-to-day life.

*Sincerely,
YCDSB Active School Travel Team*

Catholic School Council Updates

We continue to work alongside our CSC members to continue to improve student achievement and wellbeing at OLGC. We have formed a committee who will be working on an outdoor education project plan that has been talked about for a while. Events are being planned to raise some more money for student learning, such as an Easter Fundraiser in March and Family Fun Night in June. Our next Catholic School Council will be held on Thursday, February 20, 2025 at 6:30pm in the library. The council will again review our budget, hear updates from the Principal, staff, students and committees. The council continues to run our Hot Lunches every day. Thank you to our parent volunteers for helping with lunches.

EQAO Update

Webinar: EQAO Math Night for Parents and Guardians

Join EQAO for a free live webinar where EQAO staff will discuss math questions that Ontario students encounter when they participate in Ontario's large-scale assessments. These assessments are taken by all Ontario students in Grades 3, 6 and 9. During the webinar, EQAO staff will show how these math questions help assess the skills students are learning in their math classes. Staff will also share valuable insights from the past three years of assessment results, which can help parents and guardians support their children's math learning. Please sign up for one of three dates and times: Monday, February 10th at 12:00pm, Tuesday, February 18th at 6:30pm or Wednesday, March 26th at 6:30pm. Visit the link to register for this webinar:

https://eqao.zoom.us/webinar/register/WN_5puRqI8uQJypldHgBYoBMw#/registration

Carnaval D' Hiver



Fragrance/Scent Safe School

We would like to remind parents and students that Our Lady of Good Counsel CES is a fragrance/scent-safe environment. There are staff members and/or students who could suffer severe adverse reactions when exposed to even the smallest amount of a fragrance or scents. We ask that the community support us in our efforts to maintain a healthy and safe environment by refraining from wearing fragrances or scented products when visiting the school, even if your visit will be short.

Pink Shirt Day!

The Pink Shirt Day Story

In 2007, Coldbrook Nova Scotia, after a new student at their school was bullied for wearing a pink shirt, two grade 12 students bought 50 pink shirts and encouraged their classmates to wear pink. The next day they went to distribute the shirts and to their surprise the majority of students arrived wearing pink! With that act of kindness, Pink Shirt Day was born.



In recognition of the Coldbrook event, Nova Scotia proclaimed the second Thursday of September "Stand Up Against Bullying Day." In 2008, British Columbia proclaimed February 27th to be the provincial anti-bullying day, and the movement has continued to grow. In 2012, the United Nations declared May 4 as Anti-Bullying Day. The last Wednesday each February is Canada's officially-recognized national Pink Shirt/anti-bullying day.

Many countries recognize specific days for raising awareness about the prevention of bullying and promoting kindness and inclusion. In Canada, many students have heard the Pink Shirt Day message from kindergarten through to their high school graduation. The movement continues to grow. (<https://pinkshirtdaycanada.ca/#Story>)

Let's keep Pink Shirt Day alive at OLGC! Wear your Pink Shirt on Wednesday, February 26, 2025.

Student/Staff Wellness: Seasonal Illness

As with other times of the year, but more predominantly during the winter months, students and staff may battle colds/flu. During the cold winter months, we spend more time indoors, leading to increased respiratory illnesses such as colds, the flu, COVID-19 and Respiratory Syncytial Virus (RSV).

Parents are encouraged to continue to help their children to practice proper hand and respiratory hygiene (e. g. washing hands, disposing of used tissues, sneezing into the elbow). In the event of illness, allow for the opportunity to rest and recuperate at home. This will also serve as a preventative measure to maintain the health of students and staff.

Respiratory infections are spread by:

- Respiratory droplets that come out of your nose and mouth when you breathe talk, cough or sneeze;
- Aerosols, which are tiny respiratory droplets that can stay in the air longer;
- Close contact with other people in crowded indoor spaces is a common way that viruses spread through respiratory droplets;
- Touching something with the virus or bacteria, then touching your mouth, nose or eyes.

Prevention strategies include:

- Getting the flu shot and/or staying up to date with your COVID-19 vaccination. Information on where you can get vaccinated can be accessed [here](#).
- Monitor yourself for [symptoms](#) if you are not feeling well
- Wash your hands frequently with soap and water

- Use hand sanitizer when soap and water are not available. When your hands are not visibly dirty, then a 70-90% alcohol-based hand sanitizer can be used.
- Practice respiratory etiquette
 - Cover your mouth and nose when you cough, sneeze or blow your nose
 - Put used tissue in the garbage
 - If you don't have a tissue, cough or sneeze into your sleeve, not in your hands
 - Clean your hands with soap and water or hand sanitizer
- Clean and disinfect high-touch surfaces

What to do if you have symptoms?

- You should stay home until:
 - Your symptoms have been improving for at least 24 hours (or 48 hours if you have gastrointestinal symptoms such as nausea, vomiting and/or diarrhea), **and**
 - You do not have a fever, **and**
 - You do not develop any additional symptoms



Date	Upcoming Events
February 5	Winter Walk Day
February 6	Intermediate Ski Trip
February 7	OLGC Welcomes Black Author Aubrey Clarke!
February 11	Term Two Reports available after 4:00pm, The Cup Intermediate Hockey Tournament
February 14	Carnaval D'Hiver Begins! Happy Valentine's Day
February 17	Family Day – No School
February 21	Last day of Carnaval D'Hiver ends with French Café
February 25	Sacred Heart Intermediate Basketball Invitational Tournament
February 26	Pink Shirt Day

You may also visit us at <https://olgc.ycdsb.ca/> for important dates and events listed on the right-hand side under upcoming events.

