



OUR LADY OF GOOD COUNSEL

CATHOLIC ELEMENTARY SCHOOL

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

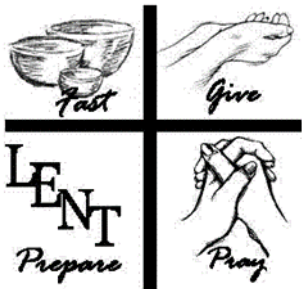
"NOT ONLY SO, BUT WE ALSO REJOICE IN OUR SUFFERINGS, BECAUSE WE KNOW THAT SUFFERING PRODUCES PERSEVERANCE; PERSEVERANCE, CHARACTER; AND CHARACTER, HOPE." ROMANS 5:3-4

MARCH 2025

PRINCIPAL'S MESSAGE

Dear OLGC Families,

The month of March has begun, and we embrace and take part in this holy season of Lent. We take time to repent and offer up our confessions. During Lent, we recall the baptism of Jesus and repent as a way of preparation for the greatest feast of the year, Easter! In the forty days of Lent, we hope to become people who love and forgive like Jesus. The cornerstones of Lent are **praying, fasting and almsgiving**. These sacrificial practices prepare and purify us in body, mind, and spirit for the passion of our Lord. We look to the virtue of perseverance this month as we persevere through the season of Lent.



Prayer during Lent focuses on our need for God's forgiveness. It's also about repenting (turning away from our sins) and receiving God's mercy and love. Fasting or giving something up, is a very common practice during Lent. The idea is that giving up something that's a regular part of life, like eating dessert or scrolling through Instagram, can be a reminder of Jesus' sacrifice. That time can also be replaced with more time connecting with God. Lastly, almsgiving which is giving money or doing something good for others is a way to respond to God's grace, generosity, and love. For example, some people spend time volunteering or donate money they would normally use to buy something, like

their morning coffee.

During this Lenten season, may God give all of us the grace to participate in forgiveness so that we can be at peace with ourselves and one another, as true disciples of Jesus. We conclude our Lenten journey with Holy Week, where we observe the passion, death, and resurrection of Jesus Christ. We look forward to the celebration of new life during the Easter season as we end Lent and begin Easter in April.

We take this journey through the Lenten season together and await the joyful resurrection of our Lord Jesus Christ!

Yours in Catholic Education,

K. Quan King Thompson

Principal

Prayer for Perseverance

Lord, I pray for the strength and perseverance to endure the trials and challenges of life.

Help me to remain steadfast in my faith, trusting in Your promises and Your goodness.

Give me the strength to keep moving forward, even when it seems impossible, knowing that with You, all things are possible.

I pray in Jesus' name.

Amen.


prayray.com

Active School Travel

"The wheels on the bus go round and round..." Walking to the school bus stop and riding the bus to school are considered important forms of active school travel. Students who live outside of the Non-Transportation Zone for their home school qualify for school bus service.

Walking to the bus stop and riding the bus provides a number of benefits including:

- Teaching children the value of time and being organized
- Keeping children active, which leads to strong physical and mental health
- Encouraging social interaction and improving and building social skills
- Keeping communities safe and reducing private automobile traffic congestion
- Reducing environmental air pollution
- Making school more accessible for all children

Ministry of Transportation School Bus Safety Tips	
When you board or leave the bus	While on the bus
<ul style="list-style-type: none">• Wait in a safe place away from the edge of the road• Stay out of the DANGER ZONE. If you can touch the bus, you're too close. Use 10 giant steps to take you out of the DANGER ZONE, and make sure you and the bus driver can see each other.• Always cross the road in front of the bus, never behind.• Look all ways and wait for the driver to signal before you cross in front of a bus	<ul style="list-style-type: none">• Stay seated, facing forward at all times• Don't put things in the aisle• Never distract the bus driver• Don't eat or drink while on the bus• Don't yell, push people or throw things• Keep your arms and head inside the bus 

If your child does not qualify for the school bus, we encourage walking/cycling/scootering or parking a block away and walking the rest of the way. For those who can't walk/cycle/scooter every day, choosing active travel once, twice, or a few days a week can still provide benefits.

Sincerely,
YCDSB Active School Travel Team

Catholic School Council Updates

Thank you to our CSC members who continue to help improve student achievement and wellbeing at OLGC. Our next Catholic School Council will be held on Thursday, April 24th, 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.

The OLGC Catholic School Council is teaming up with Purdy's Chocolatier in hopes of raising at least \$1000 to support funding of school equipment and events. The fundraiser will run from Tuesday, March 18th until Tuesday, April 1, 2025. Please use this link below to order through Purdy's and orders will be ready just in time for Easter! <https://fundraising.purdys.com/2128951-126756>



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:

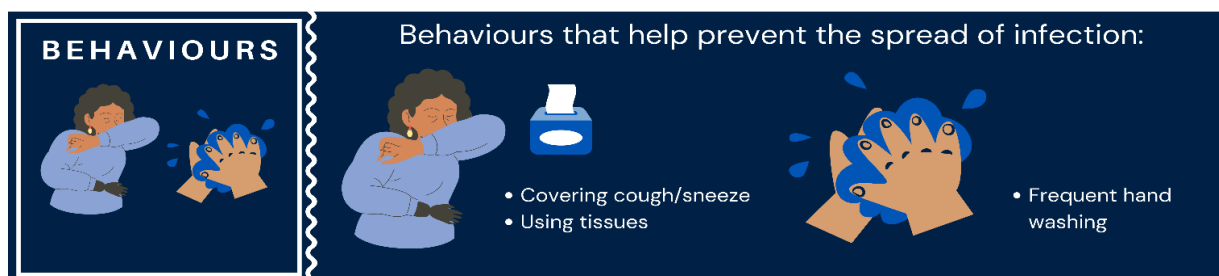
- Respiratory droplets that come out of your nose and mouth when you breathe talk, cough or sneeze;
- Aerosols, which are tiny respiratory droplets that can stay in the air longer;
- Close contact with other people in crowded indoor spaces is a common way that viruses spread through respiratory droplets;
- 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
March 5	Ash Wednesday, Lent Begins
March 10-14	March Break
March 17	Return to school, St. Patrick's Day
March 18	Purdy's Chocolate Fundraiser Begins
March 20	Intermediate Boys Basketball Tournament @ OLGC
March 21	Intermediate Girls Basketball Tournament
March 22	Earth Hour
March 25	Junior Boys Hockey Tournament, Payment due on School Day for The Traveling Stage for all Gr.1-8 students (Dance sessions for Gr.1-8 will occur between March 25-May 1)
March 27	Board Wide Virtual Lenten Mass 1:15pm
March 28	Graduation Photos

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

