



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!

"THE SPIRIT OF THE LORD WILL GIVE US WISDOM" — ISAIAH 11:2

FEBRUARY 2026

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 celebrate 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 online from Tuesday, February 10, 2026 after 4:00pm. On February 16th, 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 Monday, February 9th at OLGC. Thank you to the French Dept led by Mme. Carvalho and Mme. Gallo for organizing the themes for the week of February 9-13th. Please see below for more details.

This month marks the beginning of the 30th Black History Month in Canada, under the theme 'Honouring Black Brilliance Across Generations – From Nation Builders to Tomorrow's Visionaries'. This is a time to honour the enduring culture and brilliance of Black Canadians. We look forward to welcoming one of 100 Accomplished Black Women in Canada and inspirational speaker, Tanika Riley. Tanika has collaborated with many major school boards in Ontario & hundreds of organizations with her keynotes, events, training and programs.

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 Wednesday, February 4, 2026. 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

Thank you to our Catholic School Council who continue to work behind the scenes to organize and plan events to improve student achievement and wellbeing at OLCG. CSC subcommittees continue to meet monthly to plan fundraisers, graduation, our snack program, our outdoor revitalization project and more. Our next Catholic School Council will be held on Thursday, February 5, 2026 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 our subcommittees.

School Nutrition Program (SNP)



Beginning in March, OLGC will be piloting a School Nutrition Program. Our CSC subcommittee for the Snack Program has applied for funding that will come from the Ministry of Children Community and Social Services and the

Federal Government through the Central Eastern Ontario lead agency, the Peterborough Child & Family Centres. More information can be found at <https://studentnutritionontarioce.ca/>

The goal of Ontario's Student Nutrition Program (SNP) is to help provide nutritious meals and snacks to children and youth to support their learning and healthy development. Research has established that proper nutrition, particularly during the morning hours, plays an important role in supporting learning. The SNP program will look similar to the snack program that already exists at OLGC.

The [Student Nutrition Program \(SNP\) Nutrition Guidelines \(2020\)](#) help schools provide nutritious breakfast, morning meals, and/or snacks to students. These guidelines recognize that nutrition is important for children and youth to support their growth and development, learning, and overall physical and mental well-being. Based on current research and best practices in healthy eating, the guidelines provide information that will help us to:

- Create a welcoming and positive eating environment for all students
- Shop for and select foods with the most nutritional value
- Create simple menus for nutritious snacks
- Reinforce healthy eating messages to support classroom learning

There will be more opportunities to donate to the program and to have a variety of healthy, nutritious snacks for our students to explore.

Carnaval D'Hiver is coming to OLGC! ❄️🎉

During the week of February 9-13th, OLGC students will participate in & enjoy theme days, daily bingo, curling, mask making, Bonhomme visits, winter Olympic activities, and le Café Français throughout the week as well as a Valentine's Day Dance to wrap up our wonderful Carnaval week!

There are fun games and PRIZES to be won:

Qui est Bonhomme (1 winner per division) – prize - a \$5 McDonald's gift card

Belt-A-Bonhomme? Contest (5 class winners) – prize - a class game, a set of cards, and pencils

Bingo (1 class winner) – prize - a class game, a set of cards, and chocolates

It's sure to be a fun and memorable week for everyone! A big thank you to the CSC for their generous donations supporting our hot chocolate café, the Student Council members for their incredible leadership & help leading up to Carnaval week, and of course, to our amazing staff here at OLGC for all of their support & flexibility throughout the week. We can't wait to celebrate & see your Carnaval spirit Kodiaks!



Our Lady of Good Counsel

Carnaval 2026

lundi le 9 février	mardi le 10 février	mercredi le 11 février	jeudi le 12 février	vendredi le 13 février
 Plaid Shirt Day! Bingo Begins!	 Jersey/Canada Gear Day!  Curling	 Olympic Colours Day! (Blue, Yellow, Black, Green, Red)  Curling	 Hat & Scarf Day! Café Français  Jour Olympique d'hiver	 Red, Pink & White Day! Valentine's Day Dance Jour Olympique d'hiver



daily bingo, Qui est Bonhomme, Belt-a-Bonhomme: Quelle couleur?, mask making, curling, hot chocolate, Bonhomme visits, prizes, & so much more!!



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 suffer from 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!

In 2007, in 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. The theme this year is "Sprinkle Kindness," emphasizing sharing kindness, inclusion, and compassion.

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 sprinkle kindness on Pink Shirt Day at OLGC! Wear your Pink Shirt on Wednesday, February 25, 2026.

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:

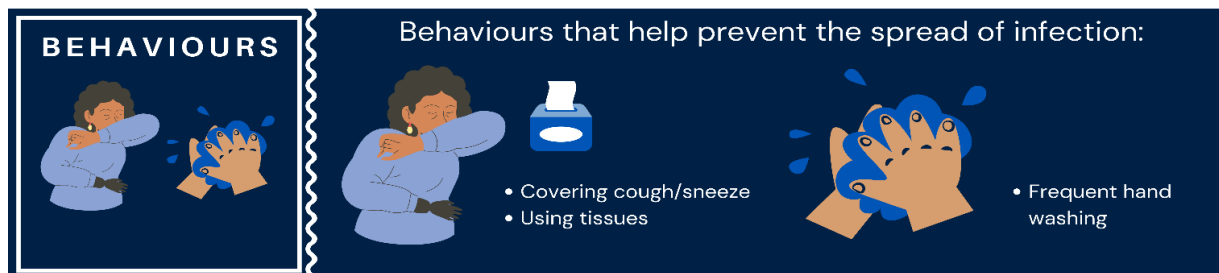
- Respiratory droplets that come out of your nose and mouth when you breathe talk, cough or sneeze;
- Aerosols, which are tiny respiratory droplets that can stay in the air longer;
- Close contact with other people in crowded indoor spaces is a common way that viruses spread through respiratory droplets;
- 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 2	Feast of the Presentation of the Lord, Ground Hog Day
February 4	Winter Walk Day
February 6	OLGC Welcomes Tanika Riley! Black Heritage Month Whole School Presentations
February 9	Carnaval D'Hiver Begins! Plaid Shirt Day, Bingo Begins, Intermediate Hockey Tournament
February 10	Term Two Reports available after 4:00pm, Jersey Day, Curling, Hot Lunch Make Up day
February 11	Carnaval D'Hiver Curling, Olympic Colours Day
February 12	Hat and Scarf Day, Café Français, Jour Olympique D'Hiver
February 13	Valentine's Dance, Jour Olympique D'Hiver
February 16	Family Day – No School
February 17	Shrove Tuesday
February 18	Ash Wednesday Liturgy, Lent begins
February 19	Intermediate Ski Trip
February 24	Ms. Fabris' Class visits the STREAM centre, Black Heritage Month Intermediate workshops
February 25	Pink Shirt Day "Sprinkle Kindness", Juniors Trip to the Roc

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