



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!

"SUBMIT TO ONE ANOTHER OUT OF REVERENCE FOR CHRIST" EPHESIANS 5:21

APRIL 2026

PRINCIPAL'S MESSAGE

Dear OLGC Families,

We begin the month of April and end our Lenten journey by rejoicing and celebrating the resurrection of Jesus Christ and beginning the Easter season. For the month of April, we focus on the virtue of **Reverence**. Lent provides an opportunity to reflect on our lives, our relationship with God, and our actions, fostering a deeper sense of *reverence*. During Lent, a period of spiritual reflection and renewal, *reverence*, defined as a feeling of deep respect and awe, can be cultivated through prayer, fasting, and almsgiving, deepening our relationship with God.

Easter is a time of joy for Catholics as we commemorate the rebirth and renewal of Christ with the Easter Mass, which includes special prayers, litanies, psalms, and hymns. This year, our school Easter Mass will be celebrated on Tuesday, April 21, 2026, at 1:00pm. Parents are welcome.

Easter isn't just a day; it is a season that is fifty days long. The Easter season runs from Easter Sunday until the feast of Pentecost. These fifty days until Pentecost are an invitation to explore more deeply our memory of God's presence and power in our lives.

The purest meaning of Easter is the celebration of the rising of Christ to heaven, which is the foundation of Christianity. Easter Sunday reminds all Catholics of their heavenly calling and of the open door for relationship with God through Jesus, His Son

As we embrace the spring months, may we find renewal and rebirth in nature and in our own lives. May we continue to protect the environment and bring awareness especially during Earth Week and Earth Day (April 22). OLGC will be participating in various activities during Earth Week to observe and learn about the Earth and how to be stewards of the Earth.

The staff at Our Lady of Good Counsel CES wish you a joyous Easter season!

Yours in Catholic Education,

K. Quan King Thompson
Principal



Active School Travel

USE ACTIVE SCHOOL TRAVEL - DO YOU YOUR PART TO KEEP THE EARTH CLEAN

EARTH DAY - APRIL 22

We are all stewards of the Earth. It is our duty as people to be aware and ensure our day-to-day actions have positive impacts on the environment. One easy way to do this is by reducing the number of times your child or children are driven to and from school by using active travel, including the school bus. It takes a lot of energy (gas) to drive your vehicle, including short distances. This energy contributes to the burning of fossil fuels, which creates pollution and sends greenhouse gases into the air. These gases harm the earth's atmosphere and contribute to pollution, smog and climate change which are all harmful to both physical and mental health.

Earth Day is an annual worldwide event and is celebrated on April 22. Earth Day is a time to reflect on your habits and consider making small changes to your routine to do your part to keep the Earth clean including using Active School Travel! For those who can't walk or cycle to school every day, choosing active travel 2 or 3 times a week can still provide benefits. You can also consider parking a block away from the school and walking the rest of the way. Do your part, choose active school travel and help keep our Earth clean!



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 OLG. Our next Catholic School Council will be held on Thursday, April 9, 2026 at 6:30pm in the library. The council will again hear updates from the principal, staff, students and committees. Thank you for your Purdy's orders. CSC raised just over \$1100 in sales to go towards our school funds.

School Nutrition Program (SNP)



OLGC continues to pilot the School Nutrition Program. Our CSC subcommittee for the Snack Program has received funding 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. The goal of Ontario's Student Nutrition Program (SNP) is to help provide nutritious meals and snacks to our children to support their learning and healthy development. The SNP program will look similar to the snack program that already exists at OLGC. Thank you to our school SNP coordinators, Ms. Melinda Mendes, Ms. Tasie Mallouros and Ms. Lena Rolo-Gerow for leading this initiative. Please see their letter attached to the email for further information.

OLGC's got Talent! ❄️🎨

In celebration of Catholic Education Week, between May 4-8th, we will be hosting our very own OLGC Talent Show "OLGC's Got Talent" — and auditions have begun!

Thank you to the many staff members who are helping our student leaders from the Student Council, Health & Wellness Club and Art Club who are putting this together. OLGC is blessed with an amazing staff, students and parents as this simply would not be possible without your enthusiasm and support!

Pause to Play Challenge

The 2026 Pause to Play Challenge runs from April 13 to April 17, 2026. This annual Spring **Pause to Play Challenge** encourages students to put their TVs, gaming devices, smartphones, tablets and computers on "**pause**" for one full week, **April 13-17**, and be more physically active through playing outside. Parents can also join in with their kids at home!

There has been an increased usage of electronic devices for many essential activities in our daily lives and less time spent being physically active. This can have a significant negative impact on mental and physical health, and sleep for kids. Therefore, it is time to prioritize physical activity and power down our devices to participate in outdoor activities.

HEALTH BENEFITS

Exercise that gets your heart rate up has many health benefits. Being active for at least 60 minutes daily can help children:

- Improve their health, fitness, grow stronger and maintain a healthy lifestyle
- Do better in school
- Have fun playing with friends and feel happier
- Learn new skills and improve self-confidence
- Alleviate social and academic stress

PARTICIPATE IN PAUSE TO PLAY AT HOME!

Parents, guardians and caregivers are encouraged to have their children participate in physical activity before and after school. Some of the ways to do this include:

- Be an active role model and provide positive encouragement; lead by example

- Use the Pause to PLAY Student Activity Log to track how much physical activity and screen time children are getting each day
- Every minute counts: encourage your child to walk or ride a bike to school, have active play time and/or play sports
- Check out Pause to PLAY: Tips for Parents
- Make active time family time – have fun together and Pause to PLAY all year long!

For more information on Pause to PLAY, please visit york.ca/pausetoplay

Fact Sheets:

- [Put Down Those Screens and Pause to Play](#)
- [Tips for Parents](#)
- [Pause to Play Student Activity Log Version A \(Grades 4 to 8\)](#)
- [Student Activity Log Version B \(Kindergarten to Grade 3\)](#)
- [Support Your Teens with Mindful Screen Time](#)

For more information on the *Pause to Play Challenge*, please email York Region Public Health School Services at healthyschools@york.ca

OLGC Yearbook 2025-2026

The yearbook committee has been busy planning the 2025-2026 OLGC yearbook. We are excited to include fantastic memories, school events, celebrations, teams and class portraits. What a wonderful keepsake of this school year.

At this time, we have begun taking orders for the yearbook via School Day. Each yearbook is \$25.00 and must be ordered before **Friday, June 5th, 2026**. This is the only time yearbook orders will be accepted. All orders and payment must be made on School Day. Additional yearbooks will not be ordered, there will be no extra yearbooks for purchase after this date. Yearbooks will be ready for pick up in September 2026. We thank the staff and students involved in creating the yearbook this year. We look forward to a great book of memories for 2025-2026!

Earth Week

OLGC will be honouring our beautiful Earth from April 20-24 with activities organized by our amazing Eco Club members and selected Student Council students. Please see to the right all activities planned. All activities are simple, yet engaging where the JK to Grade 5 create their own earth pledge and the Grade 6 to 8 participate in our School Ground Clean up and School Wide Nature Walk.

On behalf of the Eco Club members and the Student Council, we want to thank everyone for your support! We are excited to get our school community engaged in these activities that celebrate our wonderful Earth and our Home. Thank you to Mme. Gallo for leading this initiative.

"Earth is not just a planet; it is our home. Let's treat it with care."



OLGC EARTH WEEK
Organized by our Eco Club

THERE IS NO PLANET B
SO LET'S TAKE CARE OF THE ONE WE ARE BLESSED TO CALL HOME!
April 20-24, 2026

MONDAY, APRIL 20
Our students from JK to Grade 5 write their Earth Pledges to be displayed around our school

TUESDAY, APRIL 21
Wear our Earth colours, blue, green and brown!

WEDNESDAY, APRIL 22
Grade 6 to 8 students help clean up the school grounds! Together, we can maintain and take care of our Planet starting with what is around us!
Rain date: Friday

THURSDAY, APRIL 23
School-wide Nature walk day for all students JK to Grade 8! All students need walking permission forms.
Rain date: Friday

FRIDAY, APRIL 24
Energy Conservation - Lights out Friday. Turn off the lights to your classrooms!
Rain date for Nature walk and Grade 6-8 Clean up!

September Enrolment

Thank you to those families who have already informed the school of their intention to move for September 2026. We are already starting to prepare for September; therefore, we ask for this information in order to determine enrolment numbers for the new school year. ***If you are certain that your child(ren) will NOT be returning to OLGC, please contact the school to let us know.*** We also continue to register children for Kindergarten in September. If your child will be 4 years old on or before December 31, 2026, they are eligible to attend Kindergarten this

Date	Upcoming Events
April 2	World Autism Awareness Day, Holy Thursday
April 3	Good Friday – No School
April 6	Easter Monday – No School
April 7	Freeze DNA Comic Workshops Gr.1-4
April 9	CSC Meeting 6:30pm in the library
April 10	Intermediate Boys Basketball Tournament @OLL
April 13	Pause to Play Week
April 14	Gr. 7 Wampum Presentation, Ms.Cerzosimo's class at the STREAM Centre
April 20	Earth Week begins, Pause to Play Challenge, Tales from the Heart Workshops
April 21	Easter Mass, Tales from the Heart Workshops
April 22	Earth Day Activities
April 23	Graduation Photo Retakes
April 30	Dairy Farmers of Ontario Presentations

September. Please register online. Thank you!

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

