



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!

“STAND FAST IN THE FAITH, AND LOVE ONE ANOTHER, ALL OF YOU;
DO NOT LET OUR SUFFERINGS BE A STUMBLING BLOCK TO YOU.” ST. PERPETUA

MARCH 2026

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.

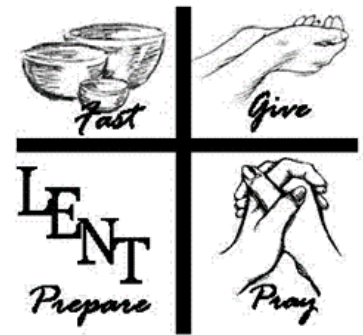
Prayer during Lent focuses on our need for God's forgiveness. It's also about repenting (turning away from our sins) and receiving God's mercy and love. Fasting or giving something up, is a very common practice during Lent. The idea is that giving up something that's a regular part of life, like eating 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.

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 <div style="text-align: center; margin-top: 10px;">  </div>

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, March 12, 2026 at 6:30pm in the library. The council will again 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. As an oversight to it being Holy Week when our next council meeting was scheduled, we will have to reschedule the meeting for Thursday, April 2, 2026 (Holy Thursday).

The OLGC Catholic School Council has been running Purdy's Chocolate Fundraiser over the past two weeks. The fundraiser ends this Wednesday, March 4, 2026. Thank you to everyone for your support!



School Nutrition Program (SNP)



As of this month, OLGC will be piloting a 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. You may reach out to them 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 begin soon!

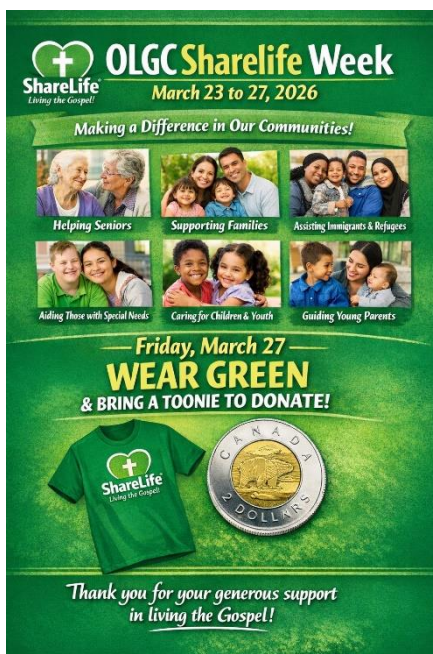
Months ago, when the Student Council placed the OLGC Suggestion Box in the front foyer, a school-wide talent show was one of the most popular student requests. A talent show is a great way to showcase our God given talents and what students have to offer at our Catholic school. Through this talent show, we will also be able to empower our young leaders to organize and lead this exciting event. This is a wonderful opportunity for them to grow in confidence, practice leadership rooted in kindness, promote wellness, and celebrate their God-given talents within our school community.

This event is truly a team effort! Thank you to the many staff members who have expressed interest in helping our student leaders from the Student Council, Health & Wellness Club and Art Club who want to put this together. OLGC is blessed with an amazing staff, students and parents as this simply would not be possible without your enthusiasm and support!

ShareLife Week

This year, ShareLife Week is March 23-27th across the YCDSB. Thank you for choosing to live the Gospel every single day. All of us at Our Lady of Good Counsel CES are committed to living out our faith and one way we can demonstrate this as a community is by supporting ShareLife.

ShareLife helps many people right here in our community, including those suffering from mental illness, isolated seniors, young mothers and their children, newcomers to Canada, and people with special needs. To extend the hands of Christ to the least of our brothers and sisters, members of our Student Council Luke 4:18 committee will be raising awareness of ShareLife by informing our school community about ShareLife through daily announcements. We also encourage everyone to wear **GREEN** and bring in a toonie on **Friday, March 27th**.



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 will soon begin taking orders for the yearbook via School Day. Each yearbook is \$25.00 and must be ordered before **Friday, May 8, 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. 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!

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 September. Please register online. Thank you!

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.

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 3	Gr.5/6 and 6's to Safety Village
March 5	Intermediate Boys Basketball Tournament @ND
March 6	Amelia's Loose Parts Presentation for All FDK classes
March 9	Intermediate Girls Basketball Tournament @ OLGC
March 10	Hot Lunch Make Up day
March 12	CSC Meeting 6:30pm
March 13	Purdy's Chocolate Pick Up, Last Day before March Break
March 16-20	March Break
March 21	World Down Syndrome Day
March 23	ShareLife Week
March 26	Junior Hockey Practice
March 27	Graduation Photos
March 30	Holy Week, Junior Hockey Tournament

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