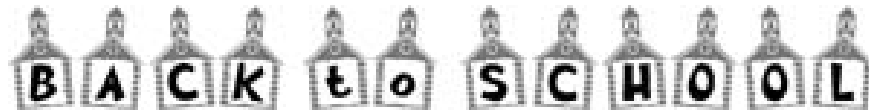


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SEPTEMBER 2019

ST. FRANCIS XAVIER
SCHOOL NEWSLETTER



Dear Parents,

Welcome back!

It is very gratifying to be able to send that message to you all. During my year's leave to come to grips with my condition with the ultimate goal of returning to work with and serve this uniquely wonderful school, I have come to realize more fully the fact that we all need to live in community, share in community, work in community, and serve in community. Your warm and sincere messages to me are much appreciated and have made this first week back to school even more gratifying!

We are pleased to welcome all our new and returning families to the 2019-2020 school year. We hope everyone had a wonderful and fulfilling summer and are ready to get back to learning!



Changes: This school year, though just started, is one of continuous change for our school. There have been many staff changes, which by now you are fully aware of that resulted in new faces in new places. I am confident that every addition will add to the energy and outstanding education that we offer to our students.

Spirit Days: Each month a theme is selected by the SFX Leadership Group and all students are invited to show their school spirit through their participation. Proceeds for all Spirit Days go towards our local and international charities.

Manner of the Month: Families and cultures throughout the ages have made sets of rules to make life as orderly, peaceful and enjoyable as possible for everyone. Learning how to build relationships with caring courtesy at home and school will skyrocket the children to effectiveness in their walk with God, friends at school, in bringing others to Jesus and for future relationships and employment situations. Each month we focus on a manner at school and encourage all our families to set the standard for manners at home.

The five most important words or phrases parents can use – and often – are: Hello, please, thank you, I'm sorry, and excuse me! **September's manner is to use these five simple phrases.** This is important this year as we have several new students in our school who have come not just to Kindergarten but to other grades as well. It is part of our commitment to being the Good News to welcome the stranger, so we ask our returning students to be welcoming and helpful to any new classmates this month. Reach out to those who are new to our school to help them find their way around. Our school is a big place; let's make sure we reach out and help our new students and teachers feel welcomed to St. Francis Xavier School!



Enrolment Vacancy: We currently still have five student vacancies in our school: four in Grade One; and one in Grade Five for 2019-20. If anyone knows of someone looking perhaps to join our school community, please let them know of these vacancies. Please have them contact the Office if interested.

Reminder: School Security Measures

The school wants to remind all parents of the security procedures to ensure the safety of your children and all the teachers and staff working within the school building.

All entrance doors to the school building will be closed and locked during school hours. The front door will be opened automatically during the following times:

Monday, Tuesday, Thursday and Friday: 8:30 to 9:00 AM, 3:30 to 4:00 PM and 5:00 to 5:30 PM

Wednesday: 8:30 to 9:00 AM, 2:30 to 3:00 PM and 5:00 to 5:30 PM

If you need to access the building during times when the doors are secured, you may ring the door bell to the left of the main doors and one of the office staff will open the door. A reminder that the door at the top of the stairs leading up to the playground will continue to be locked during the day.

We know security procedures may cause some inconveniences, but in weighing all of the information, the ability to provide a higher level of security for students, teachers and staff outweighs the minor inconveniences we may collectively face. We will work to continue to provide a welcoming atmosphere within the context of a safe environment for students.

Birthday treats: Please inform your child's teacher if you plan on bringing some kind of special treat (pizza, cake, fruit/veggie platter, etc.) to your child's classroom to celebrate their birthday. It is generous of parents to bring such treats to share in the joy of their child's special day, but please also be respectful and mindful of the teacher's time.



BOOK FAIR!

Come one! Come all! Come to our annual Book Fair!

When: September 25th, 26th & 27th, 2019

Where: John Paul II Room (Second floor)

Time: Every day from 8:45 a.m. – 5:30 p.m.

Morning Traffic: Dealing with traffic issues is a familiar way of life here at St. Francis Xavier School. With our enrolment consistent, we have many more families all trying to drop off their children in the morning. It is a common sight to see cars lined up around the corner waiting for their chance to pull up and drop off their children. Some cars stretched into the bus stop area, which by law you are not permitted to do. I am certain that if the bus drivers complain enough, there will be representatives from the city more than happy to be close by issuing tickets. Above all please remember to follow the rules and be as courteous as possible. I am sure that after a week or so things will tend to calm down, but for now I do ask your cooperation and patience in obeying the rules and cooperating with the parking supervisors.

We are no different than many other “commuter” schools located in the city. The key is for everyone to stay calm and not let the fact that they may be running late lead to a decision they would later regret. Being ‘late’ is not a cardinal sin and as a school it merely gives us a way to account for students as they arrive. Better drive safely than take a chance you’d regret for a long time!

After school pickup – A refresher for returning parents and some instruction for our new parents. Dismissal will continue to occur in the same manner as previous years. There are two types of dismissal: Indoor and Outdoor. In the Outdoor procedure, each class will be taken by their teachers into the playground area by going through the front doors and walking along the side of the school to the playground, where they can be picked up by their parents. Please wait for your children **on the playground**. Some people wait by the gym door to grab their children and go, but this causes undue traffic snarls as people tend to bunch up there and other classes cannot get to the playground.

Students who attend Chinese classes after school will be supervised by the After School Mandarin teachers until 4:00 pm outside until they are taken inside for Chinese classes. Students not enrolled in Chinese should be picked up before 4:00 pm. Any student still in the school will be taken to late supervision. No children should be playing on the Playground after 4:00 pm as there is no supervision at that time.

Indoor dismissal occurs if it is a rainy/snowy/bitter day, then students may be picked up at their classroom. Thank you for helping make our dismissal procedure run in a safe and orderly manner.



Traffic Advisory – While the Emily Carr University is now open, construction continues in the area. Work on a new building to the north of the school has already begun, Lululemon is planning on building on the eastern end of the Emily Carr campus, and in the not too distant future the construction will commence on the Broadway extension that will include a ‘Great Northern Way Station’ virtually on our front door.

Exactly what kind of impact this will have on our operation in regards to parking and traffic as yet to be definitively determined. I do have good communication with the GNW Trust, the body assigned to oversee the development. I know the GNW Trust will continue to be responsive to our needs as a school community as construction progresses. During this time it will be more important than usual to heed the instructions of the Parent volunteers during parking times in the morning drop-off and afternoon pickup times.



Baptism of Children: Parents who would like to have their children baptized during the 2019-2020 school year should notify the School Office by Friday, October 25, 2019. We like to keep a record of the children who are preparing for baptism this year.

Lunches: If you are dropping lunches off for your children, please bring them to the office and they will be given to your child. This helps eliminate classroom disruptions. Please remember that we do not encourage 'fast food' type lunches (McDonald's, Burger King, KFC, etc.) at St. Francis Xavier at any time. We encourage parents to make healthy choices for snacks and lunches, and hope that you will make the same choices on weekends as well. Please check product packaging for information regarding the nutritional value of food. Thank you!

A reminder to all parents about the "Play First" lunch schedule. Students will go outside to play from 11:55 am-12:25 pm weather permitting. At 12:25 they will be brought back to the classroom to eat their lunch. Experience has already shown us that implementing this system helps to calm and focus the children as they are not rushing through their lunch (and thereby not eating all their lunch) in their rush to go and play. Also, students will eat more as by the time they have played, they are good and hungry and eat more of their lunch as a result.

We are also continuing to expand the food leftover program that has been used very effectively in our school for the past number of years. All students will be required to bring their lunch packed in a reusable container with a lid. Students will be required to put any leftover food back in their containers (like shown below) to bring their food scraps back home for disposal. As a school this is a big step in reducing our environmental footprint.

As mentioned in a previous letter, we are also working to ban juice boxes from the school as they are quite messy and present a challenge as students often just drop the container in the trash even though there is still juice in the box.

We ask your cooperation in sending any drinks to school in reusable refillable water bottles and have your children bring their leftover drinks home as well as leftover food!



“Allergy Aware” School

St. Francis Xavier School strives to keep schools safe for all students and staff. Where there is a student with a life-threatening allergy, school staff, students and parents must work together to make the school ‘allergy-aware’ and prepare a plan to reduce the risk of student exposure to the allergen.

Factors such as the age of a student, organization and layout of the school, and properties of the allergen are considered in deciding upon the most appropriate action. Ideally, this is achieved without depriving allergic students of normal interactions or placing unreasonable restrictions on the activities of other students and staff in the school. In order to reduce the risk for allergic students, all students and staff are asked to wash their hands before and after eating. Schools may also ask parents to avoid sending specific food/beverage products to school in their child’s lunch or snack if there is an anaphylactic student in their child’s classroom. Alternative ideas for lunches and snacks can be obtained from public health facilities. The success of an ‘allergy-aware’ school and the safety of our students are dependent upon the support and assistance of all staff, students and parents to limit the risk of exposure. Cooperation and understanding of life-threatening allergies is greatly appreciated.

What is Anaphylaxis?

Anaphylaxis is the medical term for allergic shock. An allergic reaction to peanuts and nuts can be any or all of the following: tingling in the mouth, hives, itching, flushed face, and body, swelling of eyes, lips, face, and tongue, tightness in the throat, mouth, and chest, difficulty breathing and swallowing, wheezing, coughing, choking, vomiting and stomach upset, dizziness and unsteadiness, loss of consciousness, coma and death. Some individuals can react to traces of peanuts or other substances.

We have children and staff members at our school who are highly allergic to nuts, tree nuts, and related nut products.

The specifics and the severity are different for different children. While there are other causes of allergies, the Anaphylaxis Handbook for School Boards says: *“Peanuts and nuts are the most common allergen causing anaphylaxis in school-aged children.* Since the beginning of this school year, three families have informed the office that their children have severe allergies to peanuts and tree nuts. It is imperative that each family reads this information and acts upon it. As a school, we must do our utmost to avoid nuts and nuts products from entering our school and endangering the health and well being of students in our community. **Please** take the time to read the information in this newsletter.



Allergy Aware: School and Childcare Settings

Tips for parents

As your child attends an “allergy aware” school, you are being asked to help keep it safe and healthy for all children.

Children with a severe food allergy must not eat even tiny amounts of the food that cause them to have an allergic reaction. A severe allergic reaction can come on quickly and cause death. Even when a child tries to be careful, an accident can happen. A child with a food allergy and their family are responsible for staying safe but need help from other children, parents, and teachers to help reduce the risk of an accidental exposure.

- As a school, we are asking that lunches and snacks be free of certain foods, like peanut or tree nuts.
- Teach your child to wash his/her hands with soap and water before and after eating. This helps stop food from getting on other things like desks, toys and books. Washing hands is good for everyone; it can also help reduce the spread of colds and flus.
- Teach your child not to share his/her food, drinks or eating utensils with others. Many children love to share. Teach children to share non food items instead (e.g. toys, stickers, games).
- Think about guidelines for school events and fundraisers that might include food. When sending snacks for sharing, such as on birthdays or class parties, please make sure all items are peanut and nut free. Other guidelines may be in place to help all children make healthy food choices.

What is the difference between tree nuts and peanuts? Almonds, Brazil nuts, cashews, hazelnuts (filberts), macadamia nuts, pecans, pine nuts (pignolias), pistachio nuts and walnuts are all **tree nuts**. **Peanuts** are part of the legume family and are not a tree nut. **Please be aware that Nutella, which is popular with many students, is made from hazelnuts which are a tree nut.**

How can I know if a food contains tree nuts or peanuts?

- Read product ingredient labels carefully to make sure they do not list any source of tree nuts or peanuts in the food. Often, different names are used for tree nuts and peanuts. See the Health Canada fact sheets found at the websites below for other common names to watch for on ingredient lists.
- Avoid foods and products that do not have an ingredient list.
- Recipes sometimes change or use other ingredients so read labels **every time** you shop.
- Be cautious of bulk food items as they may have come into contact with trace amounts of nuts.
- Food allergic people should not eat products with a “may contain” warning with respect to their allergen(s).

Watch out for allergen cross contamination Cross contamination is the transfer of an ingredient (food allergen) to a food that does not normally have that ingredient in it. Through cross contamination, a food that should not contain the allergen could become dangerous to eat for those who are allergic.

Cross contamination can happen:

- When **food is processed**, e.g. through shared production and packaging equipment;
- At **stores** through shared equipment, e.g., cheese and deli meats sliced on the same slicer; and through bulk display of food products, e.g., bins of baked goods, bulk nuts
- During **food preparation** at home or in restaurants through equipment, utensils and hands, e.g. if a knife used to put peanut butter on toast at breakfast is also used to make a sandwich for lunch. The sandwich may have traces of peanuts and would be unsafe to send to a peanut aware school or child care setting.

For more information

Dieticians Services at HealthLink BC: Call 8-1-1 or go to www.healthlinkbc.ca/dietitian to email your question.

BC Health Files “Allergy Safe Child Care Facilities” and “Severe Food Allergies in Children”: www.healthlinkbc.ca/healthfiles

BC Ministry of Education Core Anaphylaxis Resources for administrators, teachers and parents: www.bcsta.org/anaphylaxis

Tree Nuts – one of the nine most common food allergens, Health Canada Fact Sheet http://www.hc-sc.gc.ca/fn-an/securit/allerg/fa-aa/allergen_treenut-noix_e.html

• Peanuts – one of the nine most common food allergens, Health Canada Fact Sheet http://www.hcsc.gc.ca/fn-an/securit/allerg/fa-aa/allergen_peanut-arachide_e.html

Extracurricular Activities: A fall schedule will be posted soon on a bulletin board located outside the Office and the Library. Students will be informed by sponsor teachers when sports and clubs are to commence each term. Permission forms will be sent home with students who are interested in participating in the sports program. Our fall sports schedule will include cross country running, volleyball (girls) and soccer (boys).



Dear SFX Parents:

Each year, the Parent Support Group (PSG) receives funding from the Gaming Branch of the BC government in the amount of \$20.00 per student, and it is responsible in ensuring all students receive this benefit accordingly.

The government establishes restrictions on how this money can be spent. For example, it must be spent on items directly related to the students, but must be non-curriculum related and it must be purchased within BC. Items such as trophies and transportation for field trips are eligible.

At the start of each academic year, the PSG invites suggestions on how this money is spent. You can express your ideas by email to sfx.psg@sfxschool.ca. While most of the funds have been allocated to support field trips, classroom supplies, and club supplies, the PSG welcomes parents' suggestions on any non-curricular activities for funding.

At the end of the academic year (in June 2020), the PSG holds an Annual General Meeting to report on the PSG's activities over the previous year, including a review of the financial statements, and the election of officers (3 positions) for the following year.

Some of the key PSG guiding principles are:

- 1) The PSG is responsible for applying and receiving funds from the Gaming Branch of the BC government.
- 2) When using the received fund, the PSG officers must consider the "wish list" of the school administration and the wishes of the parents as a whole.
- 3) The process of distributing the fund shall be open and transparent to all parents of students, without bias and/or self-interest of any PSG officers.
- 4) To keep accurate and up-to-date financial records.
- 5) To conduct all activities following the Gaming Branch's guidelines and conditions, as well as those of the Catholic Independent Schools of Vancouver Archdiocese (CISVA).

We look forward to an exciting 2019/20 academic year. If you have any ideas or questions, feel free to contact us via email at sfx.psg@sfxschool.ca.

2019/20 PSG:

Judy Chan, with children in grades 4 and 6

Angeline Han, with child in grade 7

Cristina Low, with children in grades 4 and 1

Jenny Ngo, with children in in grades 5 and 1

School Supplies and Emergency Supply Fee: Please issue the school a cheque for \$165 for the 2019-2020 school year if you have not done so already. Also those of you with children in K-3 are reminded to submit cheques for EduPac supplies. Thank you!

Uniform Reminder: I have noticed a number of girls in the school that have their hair dyed to verifying degrees. As laid out in the Parent Handbook and elsewhere, this is not permitted under the Uniform policy at our school. If this applies to your daughter, please take care of it by October 1st. Thank you for your cooperation.

I know this is going to be a great school year! With so many things already happening and many more to anticipate, we are very excited to see what the new school year brings! If you have questions or concerns, feel free to call or email the school or stop by the office. We will assist you in any way we can!

Yours truly,

Mr. Brian Fader, Principal

Date	What?	Where?	Who?
Monday, September 9 to Wednesday, September 11	Grade Seven Camp	Timberline Ranch, Maple Ridge	Grade Seven Staff and Students
Thursday, September 12	Meet the Teacher Night	Gym/Classrooms 6:30 pm	Parent/Staff meeting
Friday, September 13	Chinese Moon Festival Celebration	School	All students and Staff
Friday, September 13	School Mass	Church	All classes; Grade 6B to lead Mass
Wednesday, September 18	PTA Hot Lunch Fresh Slice Pizza		
Friday, September 20	Staff Retreat	SFX School	NO SCHOOL
Sunday, September 22	Staff Commissioning Mass	SFX Church 11:15 am Mass	All Staff
Wednesday, September 25 to Friday, September 27	School Scholastic Book Fair	SFX John Paul II Room	Students and Parents
Friday, September 27	Student Individual Pictures	School	Staff and Students
October 2019			
Wednesday, October 2	CISVA Cross Country Championships	Swangard Stadium, Burnaby	Cross country runners and Staff

