



December 2016

St. Martin's Catholic School
Newsletter

Principals Message:

"It's the most wonderful time of the year." Written in 1963, this Andy Williams song tells of all of the activities that we do as friends and families around the holiday season. From hosting parties and visiting with friends to sledding with the kids or kissing that special someone under the mistletoe, his song shares the activities that often make the most memorable of traditions for families.

It is very interesting how traditions begin and continue within families for years to come. When my wife Meghan and I were first married, and before the kids were old enough to realize it was Christmas and wake up at 6:00 am or earlier, we would wait until 12:01 am on Christmas Day, open the presents we had purchased for each other and then head to bed for a sleep-in before the festivities of Christmas required us to get up. Now that we have children of our own, we have traditions such as hiding a pickle in the Christmas tree and the first person to find it gets to open the first present. But, the highlight of our Christmas tradition is our trip to 9:00 pm mass on Christmas Eve followed by ham sandwiches and egg nog or chocolate milk and the whole family on the couch watching *White Christmas*, our family's favourite Christmas movie.

As we continue through the Advent season towards Christmas, I pray that your family is able to continue to celebrate your own family traditions. It is these traditions that create the memories that will last a lifetime for parents and children. As much as the presents that are under the tree are fun and having the latest and greatest toy or gadget is made even better because you can show it off, these gifts never outlast the wonderful memories of time and memories shared together. The gift of time and the gift of family is a gift that lasts a lifetime.

Merry Christmas! May the spirit of the Advent season and the joy at the birth of our king, Jesus Christ, be with you in the coming weeks and over the Christmas holidays.

Dan Coles
Principal

Season of Advent



Dear Parents,

Everywhere we look, we are starting to see signs that the Christmas season is quickly approaching. Our staff has started planning our yearly Advent service projects. The first Sunday of Advent is Sunday, November 27th. Our regular Monday morning assemblies will be opportunities to light the candles of the Advent wreath. We invite you to join with our school family in prayer at these times.

With our Advent service projects, we have decided to once again focus our attention upon our Vegreville community.

Week One: Nov. 27th - Dec. 3rd: Vegreville Food Bank

During the *first week* of Advent we invite our students to donate non perishable food items.

- ECS.....jam or peanut butter, canned fruit
- Grade 1..... pork and beans, mixed beans/lentils, canned vegetables
- Grade 2.....canned soup, canned tomatoes, pasta sauce
- Grade 3.....boxed macaroni and cheese, dry soup, dry pasta
- Grade 4.....canned tuna or salmon, canned flaked meat
- Grade 5.....rice, rolled oats, cold cereal
- Grade 6.....juice, sugar, tea or coffee

Week Two: Dec 4th – Dec 10th – Winter Warmth

The *second week*, we will be collecting clean winter coats, snow pants, scarves, toques, or mitts ...and even blankets (Yes, this gives you an opportunity to go through your closets and feel great about helping a family in need!)

Weeks Three and Four -Dec 11th -Dec 23rd:

During the *final two weeks* (Dec. 11th-24th), students will be making cards in class to share with our seniors at the various Seniors Homes and Lodges throughout Vegreville.

Thank you for your wonderful support in the past. The students have always been very generous and kind whenever they are asked to assist those in need. Any support from the families of our school community, whether large or small, will be greatly appreciated! Our hope is that by participating in these projects and by sharing talents and conversations in our classrooms about these actions, our children will experience a meaningful and special sense of giving.

Our Christmas Concerts will be held on the following dates:

- December 20th at 7:00 pm--Grades 1, 2, and 3S
- December 22nd at 6:00 pm -- ECS
- December 22nd at 7:00 pm -- Grades 3/4 A, 4, 5 and 6

Dress Rehearsal dates and times will be announced at a later date. We cordially invite everyone to join with us on these special days!



As we head into this busy season, may we remember:

Jesus is the Reason for the Season!



December 2016

Sat

				1 <i>Hot Lunch Spaghetti & Meatball Soup</i>	2 Junior University	3 
4 Second Sunday of Advent Winter Warmth Please bring items in for the Christmas Bureau	5 Prayer Assembly 8:50am 1M	6 <i>Hot Lunch Chicken Fingers w/pasta & veggies</i>	7 <i>Spirit Day Wear Festive Fashion</i> Early Dismissal 1:55pm Subway Day	8 <i>Hot Lunch Super Chili</i>	9 ECS M/W Hot Dog Day Junior University →	10
11 Third Sunday of Advent Service Projects In Classroom Projects	12 Prayer Assembly 8:50am 6S	13 <i>Hot Lunch Perogies & Sausage</i>	14	15 <i>Hot Lunch Lazy Lasagna</i>	16 Junior University →	17
18 Fourth Sunday of Advent Service Projects In Classroom Projects	19 Prayer Assembly 8:50am 6B	20 <i>Hot Lunch Beef Barley Soup</i> Grade 1-3 Christmas Concert at 7pm Dress Rehearsal 1pm	21 Mass at St. Martins Parish 9:00am <i>Boston Pizza Day</i>	22 <i>Hot Lunch Christmas Dinner ECS Christmas Concert at 6pm</i> <i>Grade 4-6 at 7pm</i> <i>Dress Rehearsal 1pm</i>	23 →	24 <i>Christmas Eve</i>
25 Merry Christmas!	26 <i>Boxing Day</i>	27	28	29	30	31 
<p style="text-align: center;">Christmas Break Begins December 26 Happy Holidays!!! School Resumes January 9, 2017</p>						

Healthy Tips and Treats for the Holiday Season

Carolyn Frail, PHEc, BASc Food and Nutrition

Healthy Tips

The holiday season is upon us! Amidst the festivities, parents are faced with the challenge of trying to keep up with their children's healthy eating habits, while still indulging in the delicious foods that the holiday season has to offer. Many store-bought kid-friendly holiday treats are loaded with fat and sugar. However, here are some easy tips to keep your holiday treats healthy:

- When baking cookies or other traditional baked goods, try experimenting with whole-wheat flour instead of white flour.
- Keep lots of cut up fruit and veggies on hand for easy grab and go snacking. Get your children involved with the shopping and ask them to choose at least one fruit and vegetable to try.
- If the kids are looking for something salty, try air popped popcorn. Adding your own toppings such as cinnamon means you can control how much salt and butter is added.

It's Party Time!

It's that time of year when classrooms are having their holiday parties and parents are trying to figure out what to send to school with their children. Party snacks do not have to be unhealthy. You can make holiday snacks that are fun and festive, and that will still give kids the nourishment they need. There are so many holiday items you can create with healthy foods and your kids can be of great help by using their imagination to come up with creative ideas. Here are some suggestions to get you started:



- **Fruit and Veggie Christmas Tree:** Try creating a Christmas tree with vegetables like broccoli, cucumbers and cherry tomatoes, or with fruits such as grapes, strawberries, kiwi, star fruit and bananas. Children will have lots of fun eating the fruit and vegetables right off the tree!

<http://www.breakfastforlearning.ca/wp-content/uploads/2013/06/Grape-Christmas-Tree.pdf>

- **Rudolph the Red-nosed Muffin:** Use your favorite muffin recipe and decorate it like a reindeer or elf. <http://www.breakfastforlearning.ca/wp-content/uploads/2013/06/Rudolph-the-Red-Nosed-Muffin.pdf>

Breakfast for Learning is a national charity committed to helping children across Canada realize their full potential by funding breakfast, lunch and snack programs. Check out Breakfast for Learning's Nutrition Corner for more Holiday Recipe ideas: <http://www.breakfastforlearning.ca/services-info/nutrition-corner/>

HAPPY HEALTHY HOLIDAYS!

BREAKFAST CLUB NEWS

Make sure to wish the Breakfast Club volunteers a Merry Christmas! Caryn, Tammy, Sabrina, Tracey, Colleen, Jing, Rachel, Heather, Alicia, Connie, Jeremy, Kyle, Brandon, Kim, Sandra, Jen, Melissa, Robert, Verona, Lloyd, Danita, Kylene, Carol, Roger, Louise, Dee, Stacey, Heike, and Jenny are working hard to send full snack bins out the door! Thank you to the TELUS Edmonton Community Board and the Case Processing Centre for your generous financial donations this month!

Become a
Snow Angel

Shovel for someone
who can't.



Attention St. Martin's Family

Please save and send your Boston pizza receipts dated from September 2016 to December 2016. Our school receives a portion from the balance of the receipts, funds received will be used for various projects within the school.



Helping kids be kids

The more you invest in The Greater Interest GIC, the more Canadian Western Bank will donate to our Agency.*

Learn more at greaterinterest.ca



Pleased to introduce
our 2016/17
Student Government!

Parish News

Mass Times

St Martins Parish

December 2016

- 3 Sat. 4:30pm 4 Sun. 9:00am
- 10 Sat. 4:30pm 11 Sun. 11:15
- 17 Sat. 4:30pm 18 Sun. 9:00am
- 24 Christmas Eve 10:30pm
- 25 Christmas Day 9:00am
- Jan. 1, 2017

Mary Mother of God

9:00am Mass Vegreville

Mass Times

Holy Trinity Parish

December 2016

- Every Saturday 5:00pm
- Every Sunday 9:00am- Ukrainian 11:15am- English

December 24, Saturday: Eve of Nativity of our Lord - (Day of Abstinence from meat)

7:30 a.m. - Divine Liturgy of St. Basil the Great (English)

8:00 p.m. - Great Compline (Z Namy Boh)

9:00 p.m. - Solemn Divine Liturgy (Bilingual), & Myruvannia

December 25, Sunday: Nativity of our Lord — CHRISTMAS DAY (Holy Day of Obligation)

10:00 a.m. - Divine Liturgy (Bilingual), and Myruvannia

- Zahalnytsia - meat permitted the Fridays between Dec. 25 and Jan. 4

December 26, Saturday: Synaxis of the Blessed Mother of God & St Joseph

10:00 a.m. - Divine Liturgy (Ukrainian)

5:00 p.m. - Divine Liturgy (English)

December 27, Sunday: Feast of Saint Stephen, First Martyr

9:00 a.m. - Divine Liturgy (Ukrainian) with carolling after sung Liturgy

11:15 a.m. - Divine Liturgy (English)



Reindeer Lane

**Saturday, November 26th, 2016
12:00 - 3:00 p.m.**

Vegreville Social Centre

4802-47 a Street

Please bring a Food Bank Donation

For more information: Parent Link Center 780-632-2912

Children's Shopping Event
all gifts \$2 each
shopping & wrapping
elves on hand

Hot chocolate & cookies
Free

Santa Photos
Donation

Preschool Concert
with Perogies & Jam

Sponsors
Flaman Rentals

Partnerships
Vegreville & Area
Parent Link Center

Community Association
for Lasting Success

Vegreville Preschool
Association

Vegreville & District
Child Development
Coalition

Vegreville Association
for Living in Dignity

Vegreville & District
Family & Community
Support Services