

Sunday, November 29th marks the First Sunday of Advent. Prayer table cloths should be purple throughout this season which lasts until Christmas, at which time the cloths will be white until January 10, 2016.

We remember those who have given their lives and service to protect our freedom. [Click here](#) to find a selection of video suggestions, prayer services and other resources to assist honouring this special day.

Advent Begins Sunday,
November 29, 2015



Click [here](#) for links to Prayers, Prayer Services and Activities for Advent
Watch for the upcoming Advent edition of this newsletter.

A Message from our Mental Health Lead Christine Preece

Spirituality and Mental Health

Spirituality can help you maintain and sustain positive mental health. It can help to cope with everyday stress as well as stay grounded. It can provide positive coping skills to address tension and stress. Catholic communities provide a sense of belonging, valuable support and friendship. Spirituality can also help you deal with mental distress or mental illness. Spirituality can bring a feeling of being connected to something bigger than yourself and it can provide a way of coping in addition to your own mental resilience. It can help make sense of what you are experiencing. Having a spiritual life provides strength and improves well-being.

Spiritual values and religious practices such as prayer through Christian meditation are important in the lives of our students and staff. Many negative thoughts may centre around existential preoccupations or past experiences. It is therefore important that we incorporate spirituality and religious practices in our classroom practices.

Practicing daily prayer and Christian meditation or allowing for 5 minutes of silence can improve student and staff mental wellness. It can help you connect with your brain and body and the spirit. It can help provide positive ways to address stress and take responsibility for actions. Religion can provide us with hope and we all need hope in our lives. Practice prayer through Christian meditation and witness the benefits...it will make a difference in your life and the lives of your students.

EXTRAORDINARY JUBILEE OF MERCY

DEC. 8, 2015 - NOV. 20, 2016



Our Holy Father Pope Francis has announced an Extraordinary Jubilee. ***This Holy Year will commence on the next Solemnity of the Immaculate Conception, December 8, 2015.*** The Holy Doors will be opened to signify this special year of forgiveness and mercy. Information, events, retreats and other special activities are being planned in recognition and celebration of this special year. ***Please watch for our Board plan in our upcoming newsletters.***

NOVEMBER							Liturgical Calendar 2014-2015	Year - B Series 1
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1 ALL SAINTS (10)	2 CONVERSION OF SAINT PAUL (10)	3 <i>Feast</i>	4 ST CECILIA (10)	5 <i>Feast</i>	6 <i>Feast</i>	7 <i>Feast</i>		
8 SAINT MICHAEL IN THE EVENING (10)	9 INDICATION OF THE LUTERAN BAPTISM (10)	10 HE LOVED THE GREAT ONE (10)	11 ST MARTIN OF TOURS (10)	12 ST KRISTINA (10)	13 <i>Feast</i>	14 <i>Feast</i>		
15 SAINT ANDREW IN THE EVENING (10)	16 <i>Feast</i>	17 ST ELIZABETH OF HUNGARY (10)	18 <i>Feast</i>	19 <i>Feast</i>	20 <i>Feast</i>	21 ST PETER AND ST PAUL (10)		
22 CHRIST THE KING (10)	23 <i>Feast</i>	24 ST ANDREW BUNG-LAC (10)	25 <i>Feast</i>	26 <i>Feast</i>	27 <i>Feast</i>	28 <i>Feast</i>		

The Canadian Conference of Catholic Bishops has an online liturgical calendar that contains the daily readings for each day of the liturgical year.

Visit the website to find the link to this valuable resource:

<http://nlo.cccb.ca/index.php/liturgical-calendar>

Faith in Action in Our Schools



Mass of Thanksgiving for Celebration of Consecrated Life

Attend Mass to celebrate the Consecrated life – all are welcome!

November 15 - 3:00 pm - St. Joseph Catholic Church, Chatham

This Mass will honour:

The Ursulines - Foundresses of UCC

The Capuchins - St. Michael Parish Ridgetown

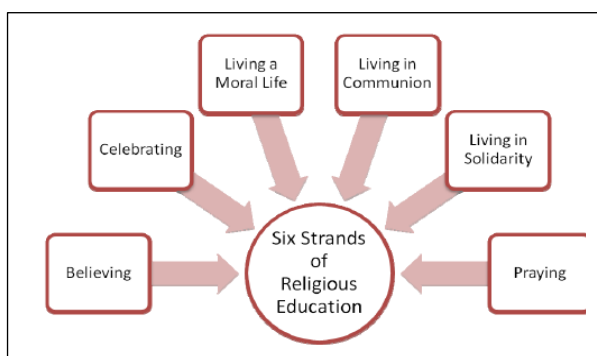
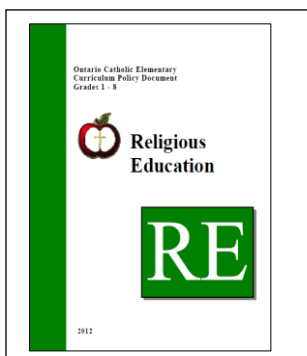
The Rosarians - St. Patrick Parish Merlin

Sisters of St. Joseph - Founders of the original St. Joseph Hospital Chatham and the Hospice in Sarnia.



Curriculum Connections

This newsletter will highlight the last of the six strands in the Religious Education Policy Document, the **Living in Solidarity** strand.



The strand, *Living in Solidarity* focuses on the responsibilities of all baptized to share the Good News of Jesus Christ and to make Christ’s message alive in the lives of all people. This is the mission of those who form the living Body of Christ the Church. The curriculum supports the efforts of catechesis to develop in students an awareness of their responsibility as Catholics to participate in the mission of the Church. By virtue of baptism into the Body of Christ, all Christians are called to a way of life that is itself mission. *Living in Solidarity* focuses on two primary topics: Catholic social teaching and Mission.

While learning about the Church’s social teachings, students will explore the biblical source of the principles of social justice and be given opportunities to apply these principles to contemporary local and global social justice issues. Under the topic of Mission, they will learn about life as a vocation that calls all Christians to dedicate their entire life to establishing the Reign of God.

Links to Websites / Organizations to support Social Justice:

Development and Peace - <https://www.dev.org/en/cst>

Jesuit Forum for Social Faith and Justice - <http://www.jesuitforum.ca/>

Pontifical Mission Societies - <http://www.missionsocieties.ca/contact-us/>

Rayjon - <http://rayjon.org/>

Canadian Conference of Catholic Bishops - <http://www.cccb.ca/site/eng/component/search/?searchword=justice&ordering=&searchphrase=all>

“I Was a Stranger and You Welcomed Me” – October 26, 2015 Pastoral Letter on Welcoming Refugees - http://www.cccb.ca/site/images/stories/pdf/Pastoral_Letter_Refugees.pdf

If you have links to websites that are useful for classroom teachers and students or examples of how your school is reaching out please email Terri Sinasac (terri.sinasac@sccdsb.net) to have these items in the newsletter.

Health and Physical Education (H.P.E) and Family Life Education (F.L.E.) Updates

Materials to support the implementation of the Elementary Human Development and Sexual Health Strand of the H.P.E. curriculum through the F.L.E. program, Fully Alive, continue to be added to the [Institute for Catholic Education \(I.C.E.\) website](#). Brochures (linked on the image below), have been sent home with each family to outline how the expectations are covered through the Fully Alive program.



Support materials to assist teachers in implementing the new expectations are expected to be available later this month and will continue to be outlined in the newsletters.