

École Notre Dame de Fatima
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Our Lady of Fatima School
Website: www.fatimaschool.ca



Living,
Celebrating, &
**PROCLAIMING
OUR FAITH**



Vivre,
Célébrer, &
**PROCLAMER
NOTRE FOI**

COMMUNIQUE

Proclaiming Our Faith

September 2025

October Calendar of Events

- Tuesday, September 30th - NO SCHOOL - National Day for Truth and Reconciliation
- Wednesday, October 1st - Individual Photo Day
- Cross Country Meet
- Friday, October 3rd - Evacuation and Release
- Tuesday, October 7th - Mass
- Confirmation Parents Meeting @ 7:00 pm
- Thursday, October 9th - Rosary Paraliturgie
- Friday, October 10th - Fatimathon - 12:00 pm Dismissal
- Monday, October 13th - Thanksgiving Holiday - No School
- Wednesday, October 15th - Hot Lunch
- Thursday, October 16th - PEC Meeting
- Friday, October 17th - Mass
- KE/KF Laity Pumpkin Patch
- Tuesday, October 21st - Grade 2 Sacramental Info Meeting @ 6:45 pm
- Wednesday, October 22nd - Hot Lunch
- Friday, October 24th - Provincial Pro-D
- Saturday, October 25th - Workbee
- Monday, October 27th - No School - Parent Teacher Interviews
- Wednesday, October 29th - Retake Individual Photos
- 1E/1F Apple Barn
- Friday, October 31st - Halloween - Pumpkin Boot Camp



OCTOBER

MONTH OF
THE ROSARY



PHOTO DAY

Date: Wednesday, October 1, 2025

Time: Commencing at 8:45am

Details: Full school uniform must be worn - no gym strip.



*****Note:** Many students will be attending the X-country meet and will not be able to have their individual photo taken at this time. However, those students will have the opportunity on Retake Day to have their individual photo taken which is scheduled for Wednesday, October 29 commencing in the morning.



Hello and welcome back from the Staff of Our Lady of Fatima.

Thanksgiving Prayer

*Heavenly Creator,
In this season of gratitude and abundance, we
give You thanks for our many blessings as we
pray for all who struggle with hunger and want.
Be with them in the dark of night, when all hope
seems lost. Keep their faith strong as they await
relief. Let Your goodness flow throughout our
hearts and hands as we reach out to one another
in the full, true joy of Thanksgiving in Christ.*

Amen

How Do You Proclaim Your Faith?

- Grade 4 English -

Date: September 10, 2025

Name: Abby

PROCLAIMING MY FAITH



ACTIONS AND SERVICE

There are many ways I proclaim my faith with service. First, I gave some money to a homeless man playing the guitar and singing at Porpoise Bay Mall. Next, I helped my brother Ollie with his homework instead of my mom so she can work.

PARTICIPATION IN FAITH ACTIVITIES

There are many ways I proclaim my faith in church. First, I invited my cousin Alec to mass last Sunday after I asked my mom. Next, I go up for a blessing to give me peace and to receive God's grace.

Date: Sept. 10, 2025

Name: Yuna

PROCLAIMING MY FAITH

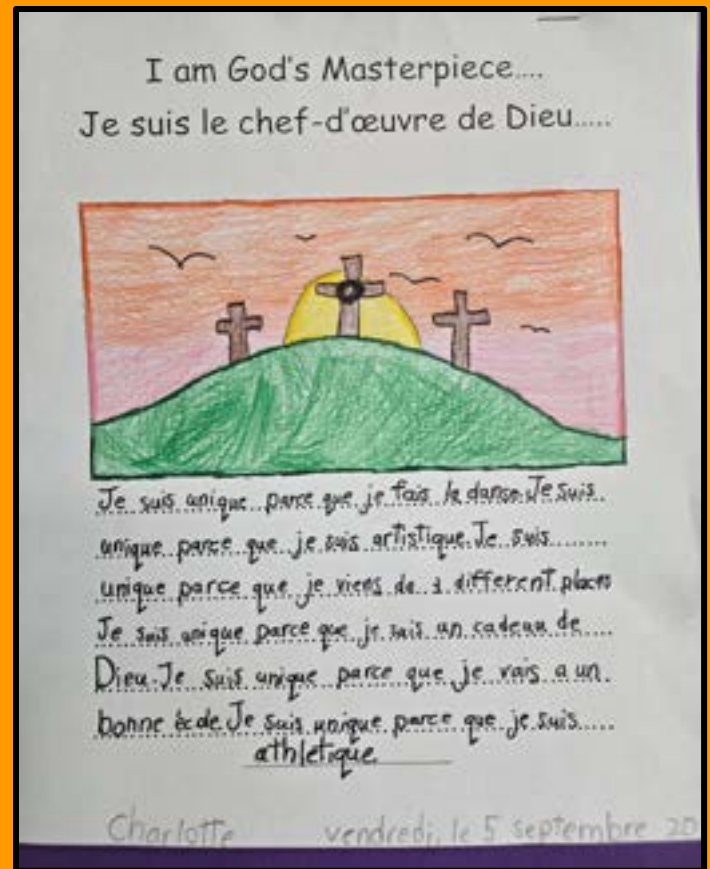
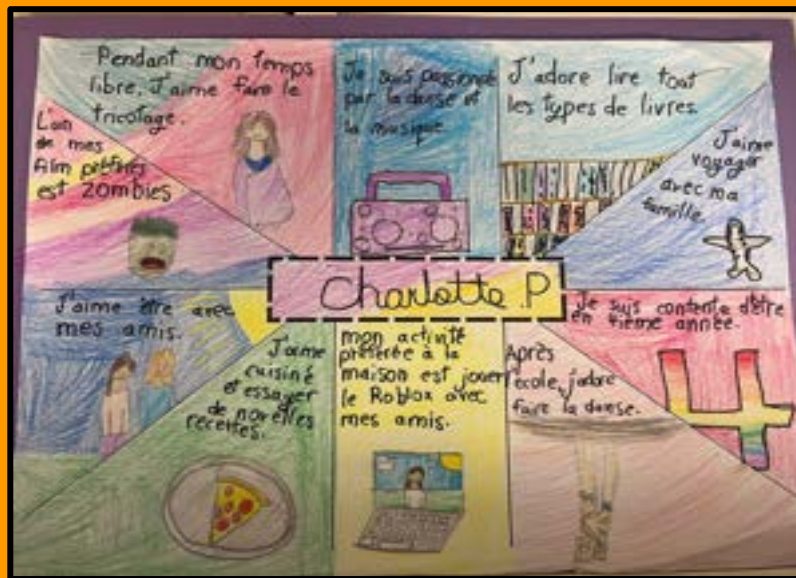
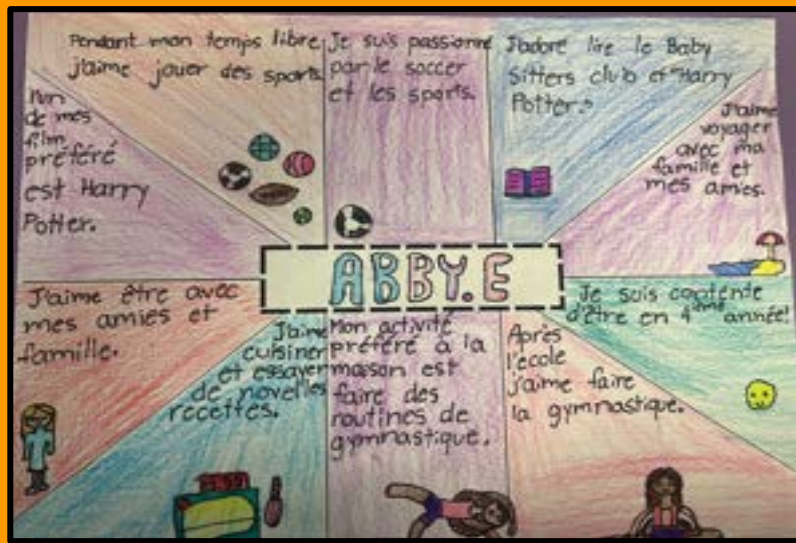


ACTIONS AND SERVICE

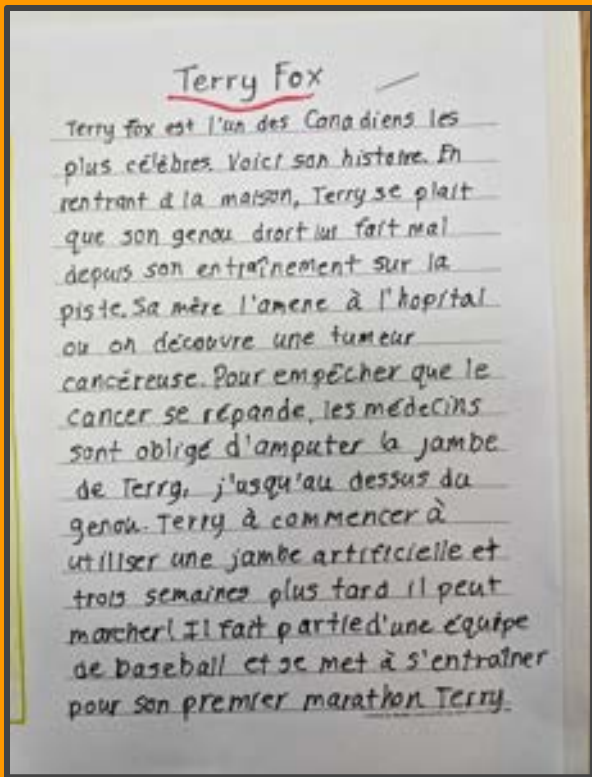
There are many ways I proclaim my faith with service. First, I gave the money to homeless person who needed it more than me. Next, I donated pasta to the St. Vincent de Paul to help people who need food.

PARTICIPATION IN FAITH ACTIVITIES

There are many ways I proclaim my faith in church. First, I sing together with my mom at St. Andrew Kim's church. Next, I pray for my 90 year old Korean grandma to be healthy in Korea.



The Gr 4F class is working on Christian Education; ideas on why "I am God's Masterpiece"



The Gr 4F class have spent the week reading and writing about Terry Fox's legacy.



ORANGE SHIRT DAY - TRUTH AND RECONCILIATION

On September 29th, the Grade 7 classes presented the first assembly prayer service of the school year. We began with a prayer service for Truth and Reconciliation, and did a presentation for Orange Shirt Day. As the first paraliturgy for the year, the classes began with a territory acknowledgment, a practice we establish and hope to maintain for all paraliturgies for the rest of the school year. The Grade 7s discussed the meaning behind this national day and the steps and actions we can take towards reconciliation.

Every class then participated in the whole school collaboration activity of the Witness Blanket, inspired by Carey Newman and Nancy Richards. This project recalls the original creation of Newman, who collected items from residential school survivors to create a sort of "blanket" that honors not only them but also their descendants.

We, the students and staff of Our Lady of Fatima School, gratefully acknowledge that we work, learn, and play on the traditional, ancestral, and unceded territory of the Kwikwetlem First Nations. As a school community, we strive to shine a light upon truth and work to forge a path of peace, harmony, and reconciliation for all. Huy chexw, merci. Thank you.



GRADE SEVEN OUTDOOR ED 2025

On Wednesday, September 24th, the Grade 7s took a bus up to Loon Lake for their annual Outdoor Ed overnight field trip. The students had a full schedule over the course of three days, packed with activities like archery, wall climbing, hiking, low ropes, team-building activities, and canoeing, as well as Christian Ed activities and arts and crafts! We all had such a wonderful time! We were also so grateful to Father Medard who came with us and celebrated a beautiful mass out on the dock with us. A big thank you to Mrs. Mazzuca, Mme Sanico, Mrs. Antonio, Mrs. Battista, and Mr. Panagiotou, who helped make it an unforgettable experience for the students. It was three days spent in fellowship and faith and we thank God for such a wonderful experience.

Mercredi le 24 septembre, les classes de 7^{ème} année sont allées à Lac Loon pour leur sortie scolaire annuelle. Les élèves ont fait beaucoup d'activités et ont participé aux plusieurs ateliers comme: le tir à l'arc, l'escalade, le canotage, et beaucoup d'autres! Un gros merci à tous nos professeurs qui ont aidé à créer une belle expérience vraiment inoubliable pour nos élèves. Nous remercions Dieu pour le temps que nous avons passé ensemble.







Fall asleep praying the Rosary. It is better than counting sheep.



Say it in moments of sadness or spiritual drought.



If you can't pray a whole Rosary at once, break it into parts.



Carry a Rosary in your pocket.



Say it while you wait (for example, at the bus stop)



Use each mystery to ask for a particular intention.



Pray while you walk and think of the people in your life.



Recite the Rosary while doing chores or while you work out.



Use images and music. The Rosary is a contemplative prayer.



If you're upset, pray for the situation that worries you.

TIPS TO PRAY THE ROSARY EVERY DAY

HOW MUCH *Sleep* DO KIDS NEED?

from newborn to 13-years-old
(and beyond)

Momtastic

Newborns to 4-Months-Old

Sleep **14 to 18**
hours a day
(*but on a very irregular schedule).

4-to-11 Months-Old

12 to 15 hours a day,
with about **10 to 12 hours**
at **night** and **2 to 4 hours**
during **the day**

1-Year-Old to 3-Years-Old

11 to 14 hours of sleep
in a 24-hour period,
including **one to two naps**

3-to 5- Years-Old

10 to 13 hours at night
(and, hey, if they'll still
nap -- go for it!)

6-to 12 Years-Old

9 to 11 hours at night

13-Years-Old (and beyond)

8 to 10 hours at night

BENEFITS OF ENOUGH SLEEP



Better Brain

Improved memory
and concentration



Better Body

Improved energy



Better Mood

Improved emotional
resilience

Children

Recommended Sleep

5 - 13 years

9 - 11 hours

Teens

Recommended Sleep

14 - 17 years

8 - 10 hours

YOUR TIPS FOR A HEALTHIER SCREEN TIME

'How much is too much screen time for children?'

	Birth to 5 years	6 to 10 years	11 to 17 years																												
																															
Waking up	 No screen time between birth - 24 months	 Waking up without screens. It is recommended that social media/screens are not used for the first hour of the day																													
 Phones, tablets and computers should not be in any child's bedroom overnight.																															
Hours per day	 2 - 5 year olds no more than 30 mins/day No screen time between birth - 24 months	<table><tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr><tr><td colspan="6">Not more than 1-2 hrs/day</td><td>Up to 2 hrs/day</td></tr></table> 'Walk, run, ride a bike, anything that gets kids up, outside and off their screens'	M	T	W	T	F	S	S	Not more than 1-2 hrs/day						Up to 2 hrs/day	<table><tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr><tr><td colspan="5">Up to 2 hrs/day</td><td colspan="2">Up to 2-3 hrs/day</td></tr></table>	M	T	W	T	F	S	S	Up to 2 hrs/day					Up to 2-3 hrs/day	
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 Watching lots of short videos is being linked to concentration difficulties in children.																															
Leisure	 Avoid using a device to settle your child down. Instead try a book, a game outdoors, or just a cuddle	 Keep active 'Encourage physical activity, ideally outside, for 1-2 hours'	 'Try and ensure screen-free time together'  Stay active. More green time, less screen time																												
 Reports suggest adults touch their phones over 2000 times a day.																															
Sleep Hygiene	 'Bedtime stories are the best and healthiest way to settle your child' Under 5s should not use a screen at least 2 hours before bedtime	 'Buy an alarm clock so that screens are not in the bedroom' No screens at least 1 hour before bedtime																													

Accepted by NHS England Mental Health Leads

'Studies have shown a clear link between excessive screen time and issues such as delayed speech and language development, short-sightedness, communication difficulties, reduced concentration spans, poor sleep and mental health problems.'

DONATIONS NEEDED

CARNEY ANNUAL GARAGE SALE 2025

DAMAGED ITEMS NOT ACCEPTED. FURNITURE NOT ACCEPTED
HOUSEHOLD ITEMS, TOOLS, BOOKS, TOYS, CLOTHING, SHOES, ACCESSORIES, SPORTING
GOODS, HARDWARE, RECREATIONAL ITEMS & ENTERTAINMENT ITEMS

DONATION
DROP OFF
SATURDAYS



carney_annualgaragesale
Carney Annual Garage Sale

9:30 AM - 1:30 PM

SEP 20TH, 27TH AND OCT 4TH, 11TH, 18TH
DROP OFF AT 1335 DOMINION AVE, PORT COQUITLAM
ARCHBISHOP CARNEY REGIONAL SECONDARY SCHOOL