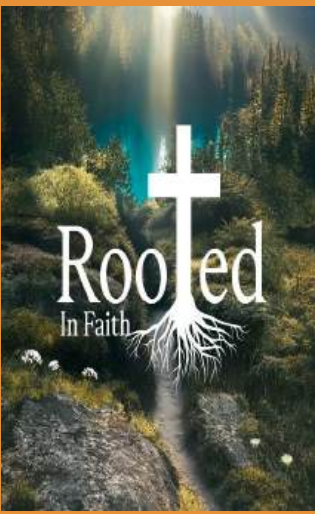




École Notre Dame de Fatima  
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## COMMUNIQUÉ

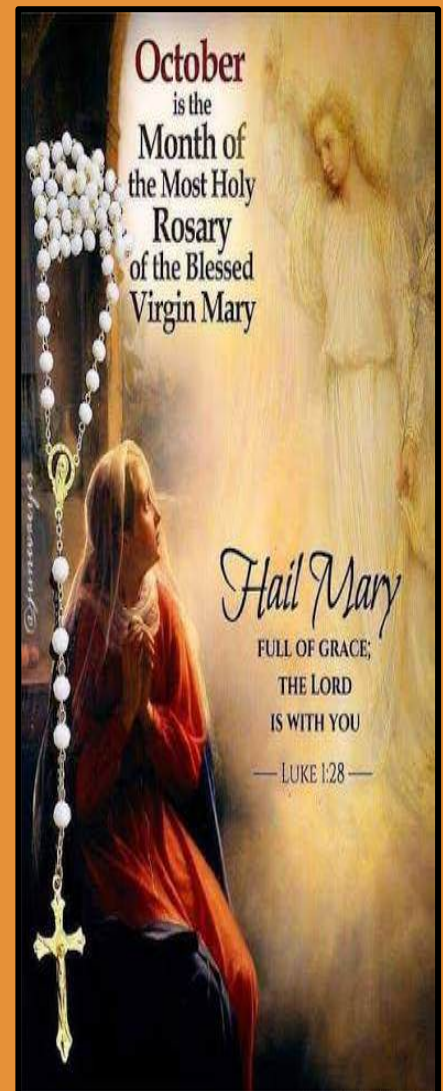
Rooted in Faith

September 2026

### October Calendar of Events



- Friday, October 2nd- Evacuation and Release
- Monday, October 5th - Wednesday, October 7th - Outdoor Ed. Grade 7s
- Wednesday, October 7th - Cross Country Meet
- Thursday, October 8th - Mass
- Thursday, October 8th - KE/kF Laity Pumpkin Patch
- Friday, October 9th - Fatimathon - 12:00 pm Dismissal
- Monday, October 12th - Thanksgiving Holiday - No School
- Tuesday, October 13th - Rosary Paraliturgy
- Wednesday, October 14th - Hot Lunch
- Thursday, October 15th - PEC Meeting
- Friday, October 16th - Grade 4E Pumpkin Patch
- Tuesday, October 20th - Grades 2 & 7 Parent Sacramental Meeting from 6:45 - 7:45
- Wednesday, October 21st - Snack Day
- Thursday, October 22nd - Parent Teacher Conferences - No School
- Friday, October 23rd - Provincial Pro-D - No School
- Wednesday, October 28th - Taves Apple Barn - Grade 1 English
- Friday, October 30th - Mass
- - Halloween Pumpkin Boot Camp
- Saturday, October 31st - Workbee



# Catholic Faith: Saints, ✦ Mary & the Rosary ✦

🙏 The Catholic Saints are holy men and women who lived faithfully, followed Jesus, and now inspire us with their example. They remind us that living a holy life is possible for everyone.

❤️ Mother Mary, the Mother of Jesus, is the greatest saint and our spiritual mother. She always guides us closer to her Son. Through her life of humility, obedience, and love, she teaches us how to say "Yes" to God.

❤️ The Holy Rosary is a powerful prayer that helps us meditate on the life of Jesus through the eyes of Mary. Every Hail Mary is like a rose we offer to her, and every Rosary is a chain of love that connects us with Heaven.

❤️ When we pray the Rosary:

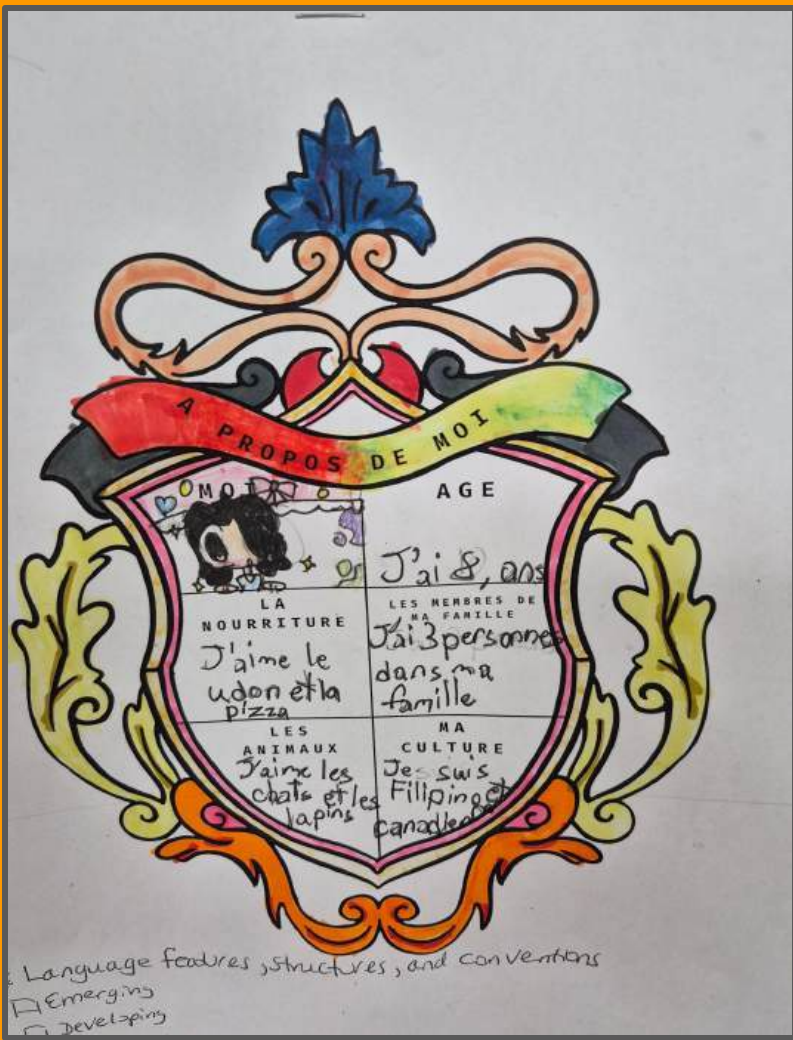
- 🕊️ We find peace in our hearts
- 📘 We receive protection against evil
- 🙏 We grow stronger in faith
- ✨ We honor Mary and glorify Jesus



## **BUDDY ACTIVITY - GRADES 3F/4F AND 6F**

3/4F and 6F students met their new buddies while collaborating on an activity exploring our 2026-2027 school theme *Rooted in Faith*.





The gr 3/4 F class spent the week discussing and writing "All about Me". Bravo les amis.



The Gr 3/4 F class spent the week discussing ways to stay "Rooted in Christ."



## PEER MEDIATOR OF THE MONTH

For the month of September, we would like to recognize: Chelsea Kim in 7F and Adie McGreevey in 6E for their efforts as peer mediators. These students have done some excellent work during the long recess, being diligent to their jobs and helping their peers to resolve their playground problems. Thank you for your hard work and dedication. Bravo!

Pour le mois de septembre, nous félicitons Chelsea Kim (classe 7F) et Adie McGreevey (classe 6E) pour leurs efforts en tant que médiateurs entre pairs. Ces élèves ont accompli un excellent travail durant la récréation, ont fait consciencieusement leur rôle en aidant leurs camarades à résoudre les conflits. Merci pour votre travail acharné et votre dévouement. Bravo!





Thank you to Mrs. Katsionis, Ms. Sanico, Mrs. Niemerski, and Mrs. Talbot for revving our students up for our 2026 Fatimathon - Super Mario Edition!



### **PRAYER SERVICE FOR 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 created their own orange hearts as part of a whole school collaboration activity. We wrote our own personal promises, or specific actions we could take to help others learn about Truth & Reconciliation.

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. Thank you, merci, ·iθamə cən (chee-tham-uh tsun).

Nous, les élèves et les professeurs de l'école Our Lady of Fatima, reconnaissons avec gratitude que nous travaillons, apprenons et jouons sur le territoire traditionnel, ancestral et non cédé de la Première Nation Kwikwetlem. En tant que communauté scolaire, nous nous efforçons de mettre la vérité en lumière et d'œuvrer à bâtir un chemin de paix, d'harmonie et de réconciliation pour tous.



# SCREEN SMART

www.SocialWorkersToolbox.com

**GUIDE YOUR CHILD. PROTECT THEIR FUTURE.**



## WHY IT MATTERS

Too much screen time can affect sleep, focus, mood, creativity, and real-life connections.



## RECOMMENDED LIMITS (GUIDELINES)

Under 2 years: Avoid screens (except video calls)

2 to 5 years: Max 1 hour/day of quality content

6+ years: Consistent limits with balance



## SET HEALTHY HABITS

- ✓ Create screen-free zones (meals, bedrooms)
- ✓ Watch and use content together
- ✓ Set time limits and stick to them
- ✓ Encourage outdoor play, books & hobbies



## SIGNS OF TOO MUCH SCREEN TIME



**IRRITABLE OR MOODY**



**TROUBLE SLEEPING**



**POOR FOCUS OR LOSS OF INTEREST**



**DIFFICULTY STOPPING OR MELTDOWNS**



**WITHDRAWN FROM FAMILY & FRIENDS**

## TIPS THAT WORK



**BE CONSISTENT**  
Kids thrive on routine and clear boundaries.



**LEAD BY EXAMPLE**  
Limit your own screen time. They copy what they see.



**OFFER BETTER CHOICES**  
Give engaging alternatives like play, art, or stories.



**TALK & LISTEN**  
Understand their world. Build trust and guide.



**PRAISE GOOD CHOICES**  
Encourage balance and celebrate progress.

## SCREEN TIME CHECKLIST

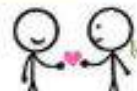
- ✓ Do we have screen-free zones and times?
- ✓ Is the content age-appropriate and meaningful?
- ✓ Are we balancing screens with real life?
- ✓ Do we talk about what they watch or play?
- ✓ Are we leading by example?



## WHAT KIDS NEED MOST



**BE HEARD**



**BE PRESENT**



**BE ACTIVE**



**BE YOU**



**SCREENS ARE TOOLS.  
YOU ARE YOUR CHILD'S GUIDE.**  
CHOOSE BALANCE. CHOOSE CONNECTION.

**YOU'VE GOT THIS!**

Small steps. Big impact.

