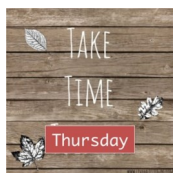


October 2020

Take Time Thursday



Take time Thursday started last year by Trinity's family support coordinator, Kathy Behrens. This is to designed give families some uninterrupted time together. These will happen on the first Thursday of each month. Students will not be assigned homework on these nights.

October 1, 2020, is the first Take time Thursday of the school year. This year will look different than last year due to regulations that we must follow. The theme is, *What does a home cooked meal look like in your home?* We are looking for videos/pictures of your family preparing, eating and cleaning up after a family meal. Please submit your videos and photos to Mrs. Baillargeon at advancement@trinitycatholicschool.net by noon October 2, 2020 to be posted on Trinity's social media and website.



From our Family Support Coordinator - Kathy Behrens Mindful Activities for the Family Dinner Table

Starting at the heart of family life, the dinner table is an engaging and fun place to bring mindfulness into family life in a practical way. One of the foundations of our family program is what we call "Family Check-ins" – connecting activities that allow us to bring our full attention to one another and practice deep listening. Our full presence is the greatest gift of love we can offer one another. Here are some tips and activities for bringing this into mealtime. We encourage families to play around with these, pick the ones that speak most easily to your family dynamics, and adjust as you wish.

[Begin mealtime with a prayer of Thanksgiving.](#)

Use a traditional prayer or take turns leading the prayer.

Practice Jedi Listening

You might explore with your family what it means to be a 'Jedi' listener. Ask your children, "When you are speaking, what do you want from me as a listener? Do you want me to be thinking about my food? About what I'm going to say next? About the meeting I had this morning? Or do you want me to just let that all go and give you my full attention? I am going to do my best to be a master listener ... a Jedi listener. Can you too?" Variations: A+ listener, super-hero listener, etc.

Some of the information above is taken from the below

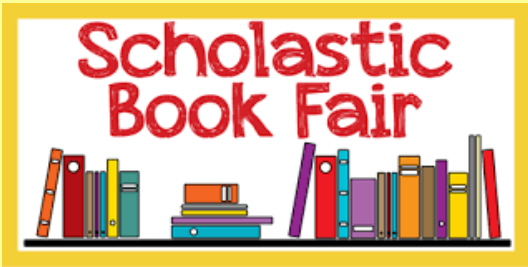
<https://www.mindfulschools.org/inspiration/mindfulness-at-mealtime-tips-for-bringing-presence-kindness-into-daily-family-life/> or our website home (<https://www.mindfulschools.org/>).

IMPORTANT DATES

- 10/1 **Take Time Thursday**
- 10/5 **Virtual Morning Prayer - 8:45**
Mr. Cumming's 3rd Grade Leads
- 10/12 **NO SCHOOL**, Columbus Day
- 10/14 **Wilson Bickford Painting**
- 10/19 **Virtual Morning Prayer - 8:45**
Ms. Burns' 3rd Grade Leads
- 10/24 **PTC Halloween Party**
TBD
- 10/26 - 11/8 **Book Fair Week**
- 10/26 **NO Monday Prayer**
- 10/28 **Share the Wisdom Day**,
TBD
- 10/31 **Virtual Halloween Prayer Svc**
Classroom Parties

LOOKING AHEAD

- 11/11 **No School - Veterans Day**
- 11/20 11/23, 11/24
Early Dismissal - Virtual Parent Conferences
- 11/25- 11/27 **Thanksgiving Recess**
- 11/29 **1st Sunday of Advent**



BOOK FAIR

Trinity's annual Scholastic Book Fair is online this year. The bookfair will run from October 26-November 8. All orders will ship directly to the student's homes and there is free shipping on book only orders over \$25, standard shipping. Orders should be received 5 to 13 days after ordering.

Grandparents, aunts, uncles, special people in our kids' lives can order and have the books sent directly to the child's house.

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BOX TOPS

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Share the Wisdom

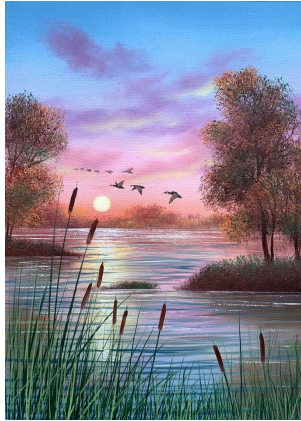
Our annual Grandparents/Share the Wisdom Day will be **Wednesday, October 28**. With no visitors allowed in the building, the Share the wisdom Day committee is working hard to make this still a special day to all the Grandparents, Aunts, Uncles and our students. We understand the importance of this day. More details to follow. **This IS a half day for students. Dismissal will be at 11:15, There will be no busses available. Please note: Extended Day Care WILL be available on this day.**

FALL FUNDRAISER



Trinity's Fall fundraiser was postponed due to starting the year remote learning. We will still be having our Otis Spunkmeyer cookie dough fundraiser. The start date will be October 9th with the end date October 23rd. We will put reminders for these dates as they get closer. Since we did delay the start, we can not guarantee delivery before Thanksgiving break, but will know the date when we submit our orders.

PAINTING CLASS TO BENEFIT PE DEPARTMENT



There will be a Wilson Bickford's painting class on Wednesday **October 14th 5:30-9:30 PM** AT St. Mary's Social Hall with all social distancing guidelines followed. Mr. Bickford will provide all supplies and his instruction to help you create your own 11 x 14 "Early October" painting. Cost is \$45 per person and will benefit our PE Department. Please call the school office at 315-769-5911 to reserve your spot soon!

SCHOOL CLOSINGS, EARLY DISMISSAL DAYS,

Please note the following early dismissals and school closings for October and November:

- There is **NO SCHOOL** on **Monday, October 12** due to Columbus Day.
- **Thursday, October 28** is our Share the Wisdom Day and a half day of school. **There will not be buses, but After Care will be available that afternoon.**
- Early Dismissal Days scheduled during November for parent/teacher conferences are: **Friday, November 20, Monday, November 23, and Tuesday, November 24**. Parent Conferences will be for students in JK-6. I will be sending a request form for you to schedule your appointment for Parent Conferences. **These forms must be turned back into the office by Friday, November 1st.** Families who turn their appointment request in by November 1st will receive one of the times they requested. We hope by having this information in a timely manner you will be able to make arrangements for babysitting, carpooling and any other needs required by your family. **Please note, Ms. Saucier will be here for After Care on Parent Conference half days.**

IMPORTANT for BUSSERS! Buses will bring children TO school on the NOVEMBER 1/2 Days, but there **WILL NOT** be busing available AFTER school on these days due to the fact that Massena Central doesn't have 1/2 days on these days.

