



Sts. Peter & Paul Catholic Elementary School is dedicated to "Believing, Achieving, & Serving". These are the three pillars that define our board and school's goals in the school improvement plan.



We **believe** that Christ is at the center of our school life and culture so that each student can realize the fullness of their humanity and to live out the Ontario Catholic School Graduate Expectations. In January, our focus became the virtue courage. Courage means to be brave and do the right thing even when it is hard or scary. To have strength in the face of pain or grief. Let us remember the story of Moses leading the Israelite slaves out of Egypt. The Israelites were trapped! The Red Sea was in front of them, mountains were on both sides, and the Egyptian army was behind them. God told Moses to hold out his staff and tell the Israelites to walk into the Red Sea. As the first person stepped into the sea, God created a dry path. The Israelites crossed safely and escaped the Egyptian army. If we believe in God and have the courage to take the difficult path, then God will provide. Courage sounds like a peer cheering you on when you must speak in front of the class. Courage looks like the calm child who controlled his/her frustration by using a new strategy such as colouring or meditation. Courage sounds like the person who admitted their mistake. Courage might be turning on your video during virtual learning even though you may feel timid. We encourage all members of our Sts. Peter & Paul CES community to make a courageous New Year's Resolution this year.

We **achieve** greatness through our dedication to improving engagement, using research based instructional and assessment practices that respond to student learning needs and interests. Some great learning has taken place virtually this month. Students have visited the Art Gallery virtually and other classes have worked with Rising Stars. Students have become incredibly skilled in remote learning conversation and learning etiquette such as muting and unmuting, respecting timetables, assignment submission and sharing presentations using various formats.

We **serve** ourselves and others. The staff provides a healthy, safe, accepting and inclusive learning environment where students feel connected, valued, empowered and engaged.

Staff have access to a wonderful resource called the **Student Mental Health Action Kit** prepared by School Mental Health Ontario. There are three areas of focus in the resource:

1. Promoting Wellness During Challenging Times
2. Supporting Student Mental Health Learning
3. Encouraging Early Help-Seeking When Mental Health Problems Arise

We also encourage our community to participate in the annual board Parent Conference which will be virtual this year. It will take place on the evening of February 3rd. Pre-registration is required to join Sara Westbrook who will share different strategies for developing resilience and emotional well-being in children.