



St. Lucy Catholic Elementary School

25 Kanata Road, Brampton, Ontario L7A 3R2

905-840-3121 (telephone) 905-840-6137 (fax)

Virtue of the Month: Hope

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit. (Rom. 15:13)

God helps us to work for a more peaceful world even when we feel discouraged.

Hope is the virtue of relying on God. It keeps us searching for true happiness and sustains us during hard times or discouragement.

Upcoming Events:

December 10 – Movie Night! Come watch The Grinch with us at 6:30pm

December 16 – Virtue Assembly - Hope

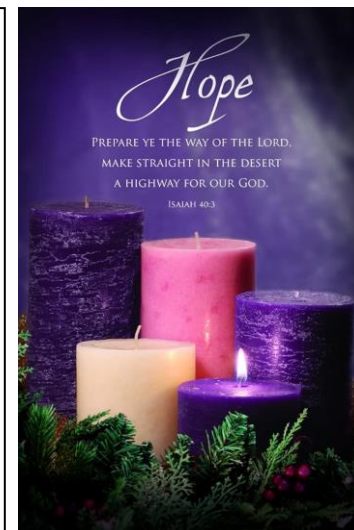
December 18 – Christmas Concert morning and afternoon shows

December 23 – January 3 – Christmas Break

December 25 – Merry Christmas

January 1 – Happy New Year!

January 6 – Back to school



Monday, December 2	Tuesday, December 3	Wednesday, December 4	Thursday, December 5	Friday, December 6
	<p>Please join us for our school Advent Mass at Guardian Angels Parish – 7pm</p>	<p>Brampton Steelheads Hockey Game – Grades 4-8</p>		

Other Reminders:

Lunch Lady Order – Don't forget to order for this Wednesday's lunch. Regular or Vegetarian options. **The cost of a meal is \$5.75, pay what you can, or FREE.** See below for more information.

Sub Day – Thursdays are Sub Days. It's not too late to order for next week.



Community Advent Mass

Tuesday, December 3, 2024

7:00pm

Guardian Angels Parish

All families are invited to attend.

Confirmation Candidates will be receiving their crosses at this mass.

Snack Shack

Fridays

\$2 Each Item



Chocolates



Candycanes



Chips



Cookies





Dear Parents/Guardians,

Your Lunch Lady Pam in Partnership with **The Lunch Lady Foundation** is excited to trial a **Universal Meal Program at St. Lucy!**

The Program will be offered every **Wednesday** for **10** weeks. **Each meal is \$5.75 or pay what you can.** You can choose to **pay the full amount or set up an account for meals that are FREE** (or if you choose you can make a contribution of any amount). A Regular and Vegetarian Choice will be available each Lunch Day.

Please read through the [New Lunch Program Information and Sign Up.pdf](#) for important information about the program and how to sign up for an account.

St Lucy Universal Meal Program

Cycle 2: Every Wednesday Nov 20, 27, Dec 4, 11, & 18



CYCLE 1	Wed Nov 20	Wed Nov 27	Wed Dec 4	Wed Dec 11	Wed Dec 18
Regular	Garlic Chicken Pasta Peas and Carrots	Grilled Cheese Sandwich Ketchup Veggies and Dip	Beef Meatballs Mashed Potatoes Gravy	Chicken Fried Rice Plum Sauce	Topsy Turvy Pasta
Vegetarian	Buttery Parmesan Pasta Pea and Carrots	Grilled Cheese Sandwich Ketchup Veggies and Dip	Veggie Meatballs Mashed Potatoes Gravy	Veggie Fried Rice with Egg Plum Sauce	Veggie Topsy Turvy Pasta

About Our Universal Meals

- We make it easy for all students to enjoy the same meal regardless of means
- Our meals are prepared with care in an inspected, **nut-free**, commercial kitchen
- Kid-Approved regular and vegetarian options always available
- Modified meals available for children with allergies – reach out to your Lunch Lady Pam
brampton@thelunchlady.ca
- All meals meet PPM150 School Food Guidelines
- Friendly and helpful customer service

Get your order in for any Wednesday by 8am any Friday



brampton@thelunchlady.ca

theLunchLady.ca



Thrive in Community

December 2024

Supporting Mental Health and Well-Being



December is a Time for Hope

This month, we celebrate the virtue of hope, as we wait and prepare for the Nativity of Jesus Christ at Christmas. It is a good time to pause and reflect on the year and all the memories, challenges, and joys it has brought us. We also share our hopes for the new year ahead and ask for God's blessings in all that we will do. Science tells us that people who practice hope live happier lives and enjoy better physical and mental health. Hope helps us develop patience with ourselves and with others, which can affect all aspects of our lives in a positive way. When we make a conscious effort to focus on strengths and be hopeful, we can avoid negative/unhelpful thinking patterns that can have an impact on our overall well-being and perspective.

If the holiday season is a stressful time for you, consider these [5 ways to manage holiday stress](#) from CMHA.

Student Voice

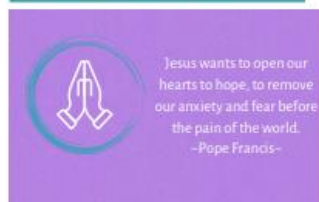


Prayer

Loving God,
We enter this Advent season with hearts full of hope. In this time of preparation and planning, we thank you for the hope, peace, joy and love you unfailingly offer us. Let our lives be inspired by the power of hope as we welcome Jesus into our hearts once again. Prepare our hearts to be transformed by your joy, that we may walk in the peace and light of Christ as people of hope.
Amen.



VIRTUE OF THE MONTH: HOPE



Click on each icon to access more resources.



Click on the resources below from School Mental Health Ontario to access the full version

In this month's Thrive, we focus on the virtue of hope. Hope is a powerful tool we can use when we are faced with challenges. When we exercise hope, we choose a positive mindset. Hope encourages us to practice key skills such as optimism, gratitude, and perseverance.

School Mental Health Ontario continues to be an excellent resource for educators, mental health professionals, students, and parents as well. [Click here](#) to learn more about skills that help to develop a positive mindset.

Illusions is a great activity to help young people consider things from another's perspective, to inspire flexible thinking and reframing. Negative thoughts are often an automatic response to stressors; reframing can provide a coping strategy to help gain perspective on the situation.

The **Pope Francis Five Finger Prayer** is an excellent way to help our children to engage in prayer and practice the skill of gratitude. Gratitude helps young people intentionally notice the positive elements in their day and shift the balance towards optimism. Prayer is an act of moral virtue and an important part of faith development. Engaging students in petition prayers provides them with an opportunity to communicate through prayer with God.



"If we love one another, God lives in us." (1 John 4:12)



Well-Being in DPCDSB Schools

Click on the images to see how our schools promote wellness!



We Dream Team at St. Alfred CES Roll/Bike/Walk to School



Gratitude Wall at St. Teresa of Avila CES



Bullying Prevention Week Recap Video!



Monthly Wellness Week at St. Timothy CES



Student Pledge from St. Barbara CES



Gr 7-12 Lesson Samples from DPCDSB Bullying Prevention Week



Student Information & Resources

As the holiday season approaches, there's a sense of excitement in the air. Students are anticipating a well-deserved break, with time to relax, reconnect with family and friends, and, most importantly, celebrate the birth of Jesus. The holiday season also offers a chance to reflect on the past year and begin thinking about our hopes, dreams, and goals for 2025. While the season is filled with joy, it can also be a challenging time for some students. In these moments, it's important to hold on to the virtue of hope. Hope allows us to stay positive, cultivate optimism, and actively work towards achieving our dreams, even when obstacles arise. It can be tough at times, but we've shared some helpful resources below that may provide support. From our Well-Being Team, we wish you all a very Happy Holiday season!



The Power of Yet



8 Ways to Foster Hope in Your Daily Life



5 Ways to Increase Positive Emotions

Looking for Support:

- Kids Help Phone: 1-800-668-6868 or text "CONNECT" to 666868 (0-18 years of age). Black youth can text "RISE" to 666868. Indigenous Youth can text FIRST NATIONS, INUIT or METIS to 666868 to connect with an Indigenous volunteer crisis responder.
- 24-7 Crisis Support Peel: 905-278-9036
- 1-888-811-2222 (for all ages)
- Dufferin Child and Family Services - Crisis Services: 519-941-1530
- Hope for Wellness Help Line: 1-855-242-3710 (support for all Indigenous peoples across Canada)
- National Indian Residential School Crisis Line: 1-866-925-4419
- Black Youth Help Line: 1-813-294-8650 or 416-285-9944 (website: www.blackyouth.ca)
- LCRB2Q Youth Line: 1-800-268-9688 (website: www.youthline.ca)
- Naseeha Mental Health Hotline for Muslim Individuals: 1-866-NASEEHA (627-3342) (website: www.naseeha.org)
- 911 or go to your local Emergency Room
- One Stop Talk for youth under 18: (M-F 12:00 pm - 8:00 pm and Saturday 12:00 pm - 4:00 pm) 1-855-416-8255 or onestoptalk.ca and click "start the conversation."

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