

#### SEPTEMBER 2023

## Sittick School Base

## **Nurturing Our Families of Faith**

### BACK TO SCHOOL EDITION

Some images have links.

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

## **Philippians 4:6**



## Welcome to the 2023-2024 School Year!

A message from the TCDSB Nurturing Our Catholic Community Team



Welcome to "Nurturing our Families of Faith." This is a newsletter to support the faith journey of students, staff, and their families across The Toronto Catholic District School Board during this Lenten season.

We are grateful for the chance to share this journey with you, and we hope this newsletter will be helpful to you as you live out your faith in these challenging times.

#### **Back to School!**

As we say goodbye to the summer months, we also look forward with anticipation to a new school year and all the wonderful things that go with that: new friends, new classrooms, new teachers, new subjects and materials to learn, and new experiences.

However, along with the excitement of returning to school, there is also some concern and perhaps anxiety. Pope Francis, in a meeting with children from all over Europe in 2017, gave an answer to a question about the fear of moving from one grade to another: *life is a continual round of big and small 'hellos and goodbyes'. We grow up...by making new friends and letting go of old ones. Don't be frightened...but try to see it as a challenge. Don't worry about what's behind the wall, but imagine instead a horizon you can see in the countryside and try to always move forward towards your new horizons.* (From <u>Pope Francis encourages children to change the world</u>)

If we maintain this perspective and attitude, it will assist us during those times of difficulty and fear. To that end, in this <u>Back to School</u> edition of *Nurturing Our Families of Faith*, we have provided prayers, guided meditations, activities for the family, and information about some popular September saints. We hope that the material contained in this newsletter will be helpful towards easing your child's return to school, and that the activities will be enjoyed by your family throughout the year!



## **BACK TO SCHOOL PRAYERS**



## Prayers for the Start of a New School Year

A Collection of Back to School Prayers

A Back-to-School Prayer

Aleteia: Catholic prayers for students and teachers for the school year

Family Prayer for the Start of a New School Year

Prayers for Opening the Academic Year

First Day of School Prayer



## **GUIDED MEDITATIONS FOR BACK TO SCHOOL**

Returning to school can be a stressful time - consider adding some time in your daily schedule to do a guided meditation or to engage in mindful practices with your child to help them remain centered and calm during this time of change.

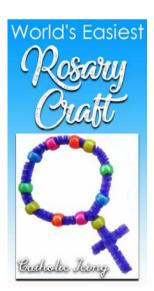
Guided Meditation for Self-Confidence at School
Two Simple Mindfulness Practices for Back to School
Jesus Calms the Sea - Guided Meditation
Christian Meditation with Children

## **YEAR-ROUND ACTIVITIES**















## **BACK TO SCHOOL TIPS**



# BACK-TO-SCHOOL TIPS FOR CATHOLIC FAMILIES



#### SET A BEDTIME ROUTINE

In the 2 to 3 weeks before the start of the school year, set a healthy bedtime so your child is well-rested and ready to learn at school.

#### READ WITH YOUR CHILD

Read with your child every day. Include a wide variety of choices in your child's bookshelf, including fiction, nonfiction, and books about our Catholic faith





#### SPEND TIME AS A FAMILY

Eat meals together and talk with each other as often as possible to promote language development, relationship skills and positive behavior.

#### ATTEND MASS REGULARLY

Spending an hour each week celebrating our faith during Mass is the greatest spiritual gift you can give to your child.





### **PRAY TOGETHER**

Establishing a prayer routine will help your child become comfortable with talking to God and teach them that He is always there for them.

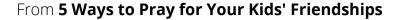
#### JOIN PARISH EVENTS

Children learn to interact with others by participating in group events. Your parish community is a great place to start.



From: <a href="https://jerseycatholic.org/back-to-school-tips-for-catholic-students-families">https://jerseycatholic.org/back-to-school-tips-for-catholic-students-families</a>

## PRAYING FOR FRIENDSHIPS



In the beginning of time, God created and formed the world of beauty, then created man to inhabit it. Each day, God viewed His creation, and said it was good. He created the sun, moon and stars, then said it was good. He spoke the entire animal kingdom into existence and called it "good." Then he made man. And for the first time, God looked down at His creation and said "It is not good that man should be alone." God knew that his creation of human beings required community and friendship.

Cultivating good friendships is important to every parent. Praying for healthy friendships for your children is a wonderful way to encourage the right choice of friends.

Take a few minutes to discover 5 ways to pray for your kids' friendships:

- **1. Pray for your child's heart to understand that they are never alone.** Jesus is a Friend who will never leave them or forsake them. Though your child may experience feelings of loneliness, they are never alone when Jesus lives in their hearts. For He Himself has said, "I will never leave you nor forsake you" (Hebrews 13:5).
- **2. Pray for your child's mind to make wise choices regarding close friendships.** Friends can be the very thing that builds you up or tears you down. Any person we choose to be a friend will influence our daily choices. Because of their influence, praying for wisdom is critical! "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him" (James 1:5).

## 3. Pray for your child's spirit to be friendly.

In order to have friends, the Bible teaches that we need to be friendly. For shy children, this concept can be tough. Praying for your child to want to be friendly is a wonderful way to encourage this area of concern. "A man who has friends must himself be friendly, But there is a friend who sticks closer than a brother" (Proverbs 18:24).

**4. Pray for your child's mouth not to participate in talking poorly about others or gossiping.** Talking about others separates friends rather than bringing them closer together. "A troublemaker plants seeds of strife; gossip separates the best of friends" (Proverbs 16:28).

5. Pray for your child's love to reach beyond the surface of superficial friendship.

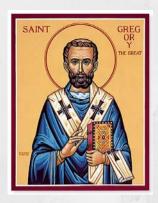
True friends stick with each other through the good times and the bad times. "A friend loves at all times, and a brother is born for adversity" (Proverbs 17:17).

From: <a href="https://faithgateway.com/blogs/christian-books/5-ways-to-pray-for-your-kids-friendships">https://faithgateway.com/blogs/christian-books/5-ways-to-pray-for-your-kids-friendships</a>



## **SEPTEMBER SAINTS**

## Click on the images to find out more about the saints!



## St. Gregory the Great

Feast Day: September 3

**Lived:** 540-604

Patron Saint of: musicians, singers,

students, teachers



### St. Teresa of Calcutta

Feast Day: September 5

**Lived:** 1910-1997

Patron Saint of: World Youth Day



## St. Hildegard of Bingen

Feast Day: September 17

**Lived:** 1098-1179

Patron Saint of: ecology, musicians, writers



## **St. Andrew Kim & Companions**

Feast Day: September 20

**Lived:** 1821-1846

Patron Saint of: Korea



## St. Matthew the Apostle

Feast Day: September 21

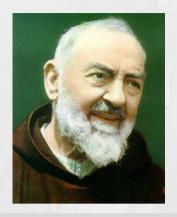
Lived: 1st century, AD

Patron Saint of: bankers, tax officials

A A A

## **SEPTEMBER SAINTS**

## Click on the images to find out more about the saints!



St. Padre Pio

Feast Day: September 23

**Lived:** 1887-1968

Patron Saint of: adolescents, stress

relief, and civil defense volunteers



St. Cosmas and Damian

Feast Day: September 26

**Lived:** 3rd century, AD

Patron Saint of: physicians, surgeons,

pharmacists



St. Vincent de Paul

Feast Day: September 27

**Lived:** 1581-1660

**Patron Saint of:** charities, volunteers



## <u>Feast of the Holy Archangels (St.</u>

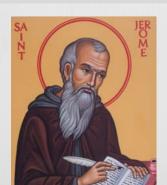
Michael, St. Gabriel, & St. Raphael)

Feast Day: September 29

Patron Saints of: St. Michael - Guardian of

the Church; St. Gabriel -

telecommunications and messengers; St. Raphael - travelers and those who are ill



### St. Jerome

Feast Day: September 30

**Died:** 420 AD

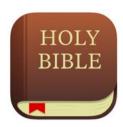
Patron Saint of: translators, librarians,

encyclopedists



## WORTH EXPLORING





Christian Meditation - The Prayer of 3 "S's"











## **ONLINE / LIVESTREAM MASSES**

Catholic TV Daily at 12:30 pm EST

St. Michael's Cathedral Daily at 6:30 am, 11:00

am, 3:00 pm & 10:30 pm

(all times EST)

Salt and Light TV Daily at 6:30 am, 11:00

am, 3:00 pm & 10:30 pm

(all times EST)

Radio Maria Monday and Thursaday

at 12:30 pm EST

Fr. Rob Galea's YouTube Channel Daily TV Mass

(Loretto Abbey Chapel)

## **GIVING OPPORTUNITIES**







Year 3 of our Pastoral Plan has begun! This year, we will be **Walking with Christ with Minds** of Justice and Peace! Stay tuned for more information and initiatives!

> with MINDS of JUSTICE and PEACE

## FOR ADDITIONAL INFORMATION

Visit us at: Nurturing Our Catholic Community,

Contact us at: ncc.team@tcdsb.org

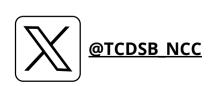


Michael Caccamo **Superintendent** 

> Nurturing Our Catholic Community, Safe Schools, Continuing Education, Monsignor Fraser College,

Policy Review & Development

**Emily Diamanti Officer for Superintendent Caccamo** 



Religion/Family Life Resource Teachers

Veronica Tuzi

Fr. Michael Lehman Lisa Malcolm

**Catholic Student Leadership** 

**Catholic Teacher Centre** 

**TBA** 

Annamaria Di Paolo Azniv Marie Jorge