

Olivet Weekly

October 10, 2017



OLIVET SCHOOL

From the Pastor's Office

So we, Your people and sheep of Your pasture, Will give You thanks forever; from generation to generation we will recount your praise. (Psalm 79:13)

We hope you've had a delightful and refreshing Thanksgiving break over the weekend. We seem to have gotten a reprieve from the colder seasonal temperatures we might normally have at this time of year. More to be thankful for!

So, even though we might say, "Well, Thanksgiving is over," as we return from the weekend break, it's good to try to keep a thankful attitude nonetheless. Why? It's not just the spiritual benefits, but science has proven there are multiple benefits to ourselves and our children/students. Here is some research:

Top 10 Benefits of Gratitude

[Dr. Robert Emmons](#) is the world's leading scientific expert on gratitude. He conducted studies and found that when people regularly engage in gratitude, they experience measurable psychological, physical, and interpersonal benefits:

1. Feel better about their lives overall
2. Experience higher levels of positive emotions like optimism, enthusiasm, love, and happiness
3. Are kinder and more generous to others
4. Have fewer physical problems, including pain
5. Exercise more regularly and eat healthier
6. Sleep better
7. Visit the doctor more regularly for checkups
8. Feel less stressed
9. Able to cope with stress more effectively and recover more quickly from stressful situations
10. Live longer—on average, being thankful adds 7 years to our lives!"

These are just the top ten, but a longer list of 31 benefits of gratitude is found on the [Happier Human](#) website.

My favourite scientist, John Gottman, PhD, has been saying the same things for decades. As quoted from an article by Dawn Schatz found on the Gottman Institute website:

Gratitude is not only important for our individual well-being, but for our relationships as well. [Drs. John and Julie Gottman](#), renowned couples therapists, have been researching marriages for several decades and have consistently found that marriages with a high ratio of positive (grateful) to negative interactions (5:1 or more) have the highest rates of intact, satisfying marriages. Teaching couples how to demonstrate appreciation and respect is one component of their model of couples

therapy, having found that appreciation is an antidote to contempt created by hurtful or negative experiences.

“Positive Sentiment Override”

An “*attitude of gratitude*” is a “best practice” for parents, students and teachers. At Olivet we encourage you to share what you are grateful for with your children, both large and small. A very simple way to do this is to say “Thank you, Lord” for any and every positive moment or thought you have. Try it.

Thank You, Lord.

Rev. Michael Cowley, B.Th., MAPC

For more on the benefits of gratitude, visit links below:

<https://www.parent.co/10-science-backed-benefits-of-practicing-gratitude-with-kids/>

<https://www.gottman.com/blog/an-attitude-of-gratitude-and-the-51-ratio-during-the-holidays/>

<https://www.gottman.com/blog/3-ways-to-keep-your-relationship-in-the-positive-perspective/>

Recitation

So we, Your people and sheep of Your pasture,
Will give You thanks forever; from generation to
generation we will recount your praise.

(Psalm 79:13)

Principal's Message

Our best form of advertising is word of mouth! This is your chance to say something nice about Olivet and get paid for it!

Our Kids (a company that helps parents find the right private school and/or camp for their children) is soliciting detailed reviews from alumni, parents, and students of member schools. Reviews will be featured on their site on our school review page, as well as on our school profile. *They are offering an honorarium of \$50 for each complete review for the first 50 respondents* (with a cap of 4 per school). Should you wish to participate, please visit <http://www.ourkids.net/school/school-review.php>.

Hurray!! We have completed our first ‘head-check’ this school year, and found ZERO evidence of head-lice! Staying proactive and providing education about prevention is important. Our next check-up is in January, and we are aiming for another perfect score!

Remember to put **Wednesday, November 15th**, on your calendar for our **Open House** to show-case the children’s work! Professional storyteller, [Nathalie Vachon](#), will perform at 6:00 pm. It will be fun-filled family entertainment!

Forgiveness. This is something we all need to practice. ARE you interested in this topic? We are in week one of the small-group spiritual-growth program – you are not too late. Please inquire in the office, or speak to Rev. Michael Cowley or me (Gabriele Pulpan) directly.



The afterschool computer-coding classes through [Hatch Canada](#) have been cancelled for now. Depending on interest, the program will be reintroduced in the Spring.

Thank you to everyone for your donations supporting the **Terry Fox Foundation!** We are overwhelmed with gratitude at your generosity. Our little school **raised \$1,285** in total! We *exceeded our fundraising goal* by \$785!

Last Friday the teachers got together with the teachers at our sister school, Carmel New Church School, for an educational and enlightening day here at Olivet.



General Announcements

QSP Cookie Dough Campaign

Our campaign starts tomorrow! Olivet has teamed up with QSP Canada to raise funds to provide more outdoor games in the playlot outside the school (hopsotch, four-square, etc.). Forms will be coming home today, so be sure to check your child's backpack, or you can log on to www.qsp.ca and enter the school code of **3735156** to ensure your online purchases benefit Olivet School. All items sold online will help Olivet's fundraising efforts. The *deadline for ordering* cookie dough is **October 24th**. Thanks for your help!

Sunday Choir - October 15th

This is a reminder that **Grades 1 to 6** must meet on the **stage at 10:15 a.m.** on the morning of the performance. This is the *first of three mandatory* choir performances.

Choir Performance & Pizza Party



Date: **Sunday, October 15, 2017**

10:15 - Warm up with Mrs. Hasen on stage

10:30 - Choir Performance and Church

12:00 - Pizza lunch for the children

12:20 - Outside play



Library Teacher's Announcement

Reading Challenge: October

Themes: Dinosaurs and Halloween

Our library is full of books that have something to do with these themes, so please encourage your child to read! I will be happy to consider other books on these themes - just check with me. *The amounts read this month are more flexible since so many of the dinosaur books are non-fiction.* I'm encouraging the kids to pick a book that looks interesting to them, and we can discuss whether or not it meets their own quota for pages.

Kindergarten - Grade 1: have a picture book read to them

Grade 2: read a book on their own

Grade 3-4: read a book over 50 pages long

Grade 5-6: read a book over 100 pages long



From the Classrooms

Tots' Time

"Way up high in an apple tree" ...Tots sing, create an apple craft and experience different types of apples. Yum!

Preview of the Following Week: Leaves are just turning to red, yellow, orange and brown. Today, toddlers are interacting with leaves in all parts of the program.

Playschool

Word Wednesday: Bring in a **picture or an item** that shows the **letter "Vv"**. Also, bring your **favourite vegetable** to *show and share!*

- More about farmers feeding families. We continue to do activities labelling parts of a vegetable (roots, stem, seeds, flower)
 - Children really enjoyed making their applesauce to share with their family. More cooking activities this week using vegetables.
 - Positional concepts and graphing
-

Kindergarten

Our beach trip was a blast! Many thanks to Mrs. Raymond for coming along with us. We became real bakers last week - apple sauce, cinnamon swirl bread, and apple cake!!! All the children were good stirrers and tasters too! The children also went around the school and said their first poem "Funny Turkey". Though it is a short week, we will jump back into the alphabet and have a very fun time!

Bible Story Time - Noah and the flood; the Lord sends a rainbow

Scripture Verse - "The Lord is good to all, and His tender mercies are over all His works."
(Psalm 145:9)

Letter of the Week - Friendly Ff

Nursery Rhyme or Fairy Tale - The Frog Prince

Themes - fall; apples; fractions

Show and Tell - A favourite furry friend (stuffed one please)

Primary Room (Grade 1 & 2)

I hope everyone had a lovely Thanksgiving holiday! This week we will be exploring the wonderful apple! We will walk to the grocery store on the afternoon of Wednesday, October 11th, to look at the different varieties available. We will buy a few for a baking project. In science, we will look closely at the parts of an apple as well as the trees which grow them. During reading time, we will learn about the famous Johnny Appleseed. For show and tell, please bring something you are thankful for.

Our class is also beginning a large textiles project. We need old clothes that can be cut up. It doesn't matter what kind of fabric. If you have a bag of old clothes ready to go to the thrift store please consider giving them to the Primary room!

Junior Room (Grade 3 & 4)

This week we examine the continents and oceans around the world very briefly, before turning to our first science unit, which focuses on various types of forces. The children completed their first major test of the year, with excellent results! This week in math we will be comparing numbers, and we will begin sharpening our sequencing skills with some dictionary work. Last week, many of our children solved the Problem of the Week - they were certainly determined! Congratulations to them! The children will also be bringing home their reading book list this week. These are

suggestions for books only, they are more than welcome to choose whatever they like to read! Please review any books your children select before they start reading to ensure they are reading at an appropriate level.

Senior Room (Grade 5 & 6)

I hope you all had a wonderful Thanksgiving weekend. We will be finishing up the first units of various subjects in this week and the next. This week, students in Grade 6 will wrap up the whole-number unit for math, followed by a *test* on *Thursday, October 12th*; and the whole class will take a map-skills *test* this *Friday, October 13th*. We will also continue working on our story ideas and paragraphs for narrative writing, nouns for grammar, and biodiversity for science.

Olivet School | Website | Etobicoke, ON

