



## Holy Spirit Catholic Elementary School

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### ⚡ HST FRIDAY FLASH ⚡

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#### Prayer

As we begin this new school year, we ask for Your presence to guide us in all we do  
Bless our students, families, and staff as we work together to grow in knowledge, faith, and love.  
Help us to seek Your wisdom in our decisions and to show kindness and respect to one another.






May this school year be filled with opportunities to learn, serve, and grow closer to You.  
Grant us the strength to face challenges, the courage to embrace new opportunities, and the grace to  
lead with humility and compassion.

We entrust this school community to Your care, knowing that with You by our side, we can accomplish  
great things.

In Jesus' name, we pray. Amen.

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#### Week at a Glance- September 8-12, 2025

Monday	Sept. 8	• Junior Cross Country Practice (11:20) 
Tuesday	Sept. 9	• Junior Cross Country Practice (11:20) 
Wednesday	Sept. 10	• Junior Cross Country Practice (11:20) 
Thursday	Sept. 11	• Junior Cross Country Practice (11:20) 
Friday	Sept. 12	• A great day for learning at HST! 

#### **“SUPPLY” LUNCHTIME SUPERVISORS WANTED**

Holy Spirit is looking to add to our Supply Lunchtime Supervisor. This is a paid position. Lunchtime Supervisors supervise students indoors and outdoors from 11:20 am to 12:20 pm Monday to Friday. If you or someone you know would be interested in being added to our list, please contact the [HST office](#).

#### **WALKING FORMS**

During the school year your child's class may take short walking trips within our community, i.e. park. Such local excursions may be planned at various grade levels to support the curriculum. *All excursions will first be approved by the principal, and supervised by the classroom teacher.*

Please visit [School Day to](#) complete the walking permission form.

#### **TERRY FOX WALK/RUN**

In 1980, Terry had a dream of a world without cancer. Forty-five years later, Terry's Marathon of Hope lives on. If we work together, we can make such a difference in the lives of so many. Please help fund critical cancer research in Canada by supporting our participation in the 2025 Terry Fox School Run.

The Terry Fox Foundation has created an online fundraising page customized for our school.

You can donate online at: [Holy Spirit Fundraising Page](#)

Click the link above to donate or search for our school name at [terryfox.org](https://terryfox.org) (Receipts are issued immediately to donors by email from the Terry Fox Foundation).

Thank you for your support

### **SCHOOL ALLERGY AWARENESS PLAN 2025/2026**

At Holy Spirit CES we have student and staff members who have life threatening allergies to (but are not limited to) insect bites, food (i.e. peanuts, tree nuts) and scents. Please take some time to read through our [HST-School Allergy Plan](#).

### **CURRICULUM/MEET THE TEACHER**

We are excited to invite you to your child's classroom for a glimpse of how they spend their day learning. Our "Curriculum/Meet the Teacher" event will be held on Thursday, September 18th beginning at 6:30 and ending at 7:30pm. We look forward to seeing you there

### **SUPPORTING YOUR CHILD WITH BACK TO SCHOOL**

During this time of transition, it's normal for you and your child to feel both excited and nervous. We are sharing two resources that provide strategies and tips to make the transition back to school easier for both you and your child.

[Supporting your child with school related stress or anxiety](#)

[Ten Tips for Supporting your Child](#)



### **CYCLE OR RIDE THE BUS This School Year!**

It's the start of the 2025/2026 school year! We want all of our students and families to take a positive step and encourage all families to incorporate active school travel in their children's daily routines.

There are many benefits to walking and cycling and riding the bus to and from school including:

- Improves student academic performance by making children more alert and better prepared to learn
- Contributes to the daily goal of 60 minutes of moderate or vigorous activity for children, improving their health and overall fitness
- Reduces traffic congestion and improves safety for everyone in school zones
- Promotes life-long habits that foster independence and active lifestyles, preparing children for their future

For those who can't walk or cycle to school every day, choosing active travel once, twice or a few days a week or parking a block away from the school and walking the rest of the way can still provide benefits. Include active travel as part of your daily routine!

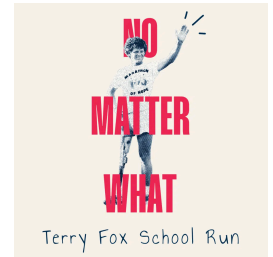
### **TERRY FOX RUN**

Each fall communities across Canada and the world come together to continue Terry Fox's legacy to raise awareness of cancer. Terry Fox Run Day is an excellent opportunity for all students and families to get

active for an incredible purpose. On September 25, we encourage all students and families to safely participate in a Terry Fox Run in any way you can.

Sincerely,

YCDSB Active School Travel Team



**UPCOMING: (all important dates can be found on**

- September 18- Open House/Meet the Teacher (6:30 pm to 7:30 pm)
- September 24- Rowan's Law Day
- September 26- CSC Election (More details to follow)
- September 25- Tentative Terry Fox Run/Walk
- September 26- PA Day- no school for students
- September 30- National Day for Truth and Reconciliation. **Please wear Orange.**
- October 2- Cross Country Meet
- October 9- Picture Day 😊

