



Holy Spirit Catholic Elementary School

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⚡ HST FRIDAY FLASH ⚡

Prayer 🙏

God of love, may we walk with saints in the ways of justice, peace, and freedom this month and always.
With the company of saints may we seek justice where there is none. We strive to be responsible citizens. Amen.

Week at a Glance- November 3- November 7, 2025

Monday	Nov 3	- Delicious Greek 🥗 - Int. Boys' Volleyball Tournament at St. Patrick Schomberg 🏐 11:40 am Junior Girls Triple Ball Try Outs 🏐
Tuesday	Nov 4	- Pizza Lunch 🍕 - Int. Girls Volleyball Tournament at St. Nicholas CES 🏐 11:40 am Junior Boys Triple Ball Try Outs 🏐
Wednesday	Nov 5	- Grade 8s visiting St. Max 🏠 - Photo Re-Take Day. 📷 - J/I Stars of the Stage 🎤 - Barburrito 🌮 11:40 am Junior Girls Triple Ball Try Outs 🏐
Thursday	Nov 6	- Primary Division Paramedic Visit 🚑 - Sibbalds Point In school Program (Grade 2) - J/I Stars of the Stage 🎤 11:40 am Junior Boys Triple Ball Try Outs 🏐
Friday	Nov 7	- Dairy Farmers Presentation for FDK/Gr 1 Students 🐄 - Subway Lunch 🥪

📷 Follow us at @hstces_ycdsb

VIRTUE OF THE MONTH: JUSTICE

This month we celebrate justice. This is one of the virtues that Jesus modeled through his words and deeds. We take opportunities this month to reflect on the justice that is needed to heal our beautiful, yet wounded planet. We think of the justice needed in the classroom and school yard to heal fractured relationships. We think of the justice needed to stand for the world. When we join justice with Compassion (October's virtue) we strongly echo the Gospel message and example of Jesus. We pray for peace, and can reflect on the wise words of St. Francis in his well known Prayer for Peace. (Make me an instrument of your peace...)

- I will treat others in a just, equitable and unbiased manner.
- I will play by the rules, take turns and share.
- I will be open-minded and listen to others

Students are encouraged to demonstrate these monthly virtues in their daily actions and words with one another.

HALLOWEEN FUNDRAISER UPDATE

Thank you for your incredible generosity during our fundraising campaign!

We'll be announcing the grand total raised and all prize winners next week. Our wonderful prize donors will also be acknowledged and recognized in the next Friday Flash.

PROGRESS REPORTS:

Due to technical glitches in our online platform, Progress Reports for students will be sent home on Tuesday, November 18th. General progress in Learning Skills and Work Habits and general progress in working towards meeting the expectations in specific subject areas will be the focus. All parents are invited to participate in the Parent-Teacher interviews. Interviews will be held on November 20 (3:30 pm-4:30 pm and 6:00 pm-8:00 pm) and November 21 (8:30 am-10 am). We will be organizing these via School Day. A stand alone email with important information about how this works will be sent home soon.

ACTIVE SCHOOL TRAVEL NEWS

Why Is Strong Mental Health Important for Children?

Strong mental health allows children and youth to:

- think more clearly,
- develop socially and emotionally, and
- learn new skills more effectively.

It also helps to:

- build confidence,
- increase self-esteem, and
- provide a **positive** mental outlook on life overall.



All of these factors benefit children as they grow and enter different phases of life. A child with strong mental health is a child more likely to succeed in all aspects of life, including transitions into high school, college/university and work or starting their own family one day.

Active Transportation and Mental Health

Did you know that **Active Transportation** can strengthen child and youth mental health, which helps children and youth perform better academically, form social relationships, promote positive emotional feelings that increase self-confidence and overall make healthier lifestyle choices?

Children's Mental Health Ontario reports that as many as **1 in 5 children and youth** in Ontario will experience some form of mental health problem and that 70 per cent of mental health problems start during childhood or the teenage years.

Use Active School Travel To Stay Mentally Fit!

Active School Travel (AST) is an easy way for families to strengthen the mental health of children and youth and it's good for you too! Simply walking or wheeling to and from school leads to increased social connectedness, which can boost confidence and self-esteem and encourage positive behavior and skills. In adults, it also helps manage stress and promotes wellness.

Active School Travel is simple and can easily be added into your daily routine!

- Walk and/or wheel to school or to the bus stop.
- Park and walk a block to school.
- If Active School Travel every day is a challenge, choose one or two days a week to try and make a change.

Be proactive and help to strengthen your child's (and your own) mental health!

UPCOMING: (all important dates can be found on the [HST website](#))

- November 13- YouthSpeak: Anti-Racism presentations
- November 17-21- Anti-Bullying Awareness and Prevention Week
- November 18- Progress Reports sent home
- November 20- Parent/Teacher Conferences
- November 21- PA Day Parent/Teacher Conferences

