



## Holy Spirit Catholic Elementary School

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### ⚡ HST FRIDAY FLASH ⚡

#### January Prayer for Unity🙏

Dear God:

You have guided me from night to morning,  
for as long as I can remember.  
You have filled my life with love, joy and shelter.  
You have kept me from danger,  
And you have given me many gifts and talents.  
You have made me unique.  
Amen

### Week at a Glance- January 12- 16, 2026

<b>Monday</b>	Jan. 12	<ul style="list-style-type: none"><li>Delicious Greek Hot Lunch 🥗</li><li>Jr. Boys TripleBall Tournamanet at Light of Christ CES 🏐</li></ul>
<b>Tuesday</b>	Jan. 13	<ul style="list-style-type: none"><li>Pizza Hot Lunch 🍕</li><li>Young Rembrandts- Grade 1 and 2 at 11:20 am 🎨</li><li>Jr. Girls TripleBall Tournament at Our Lady of Grace CES 🏐</li></ul>
<b>Wednesday</b>	Jan. 14	<ul style="list-style-type: none"><li>Barburrito Hot Lunch 🌯</li><li>Rosary Club at 11:40 am 🙏</li></ul>
<b>Thursday</b>	Jan. 15	<ul style="list-style-type: none"><li>Hero Burger Hot Lunch 🍔</li><li>Young Rembrandts- Grade 3 and 4 at 11:20 am 🎨</li></ul>
<b>Friday</b>	Jan. 16	<ul style="list-style-type: none"><li>PA DAY- No school for students</li></ul>

#### **KINDERGARTEN REGISTRATION 2025-2026 IS NOW OPEN**

Parents and guardians can register their child online at: [www.ycdsb.ca/admissions](http://www.ycdsb.ca/admissions)

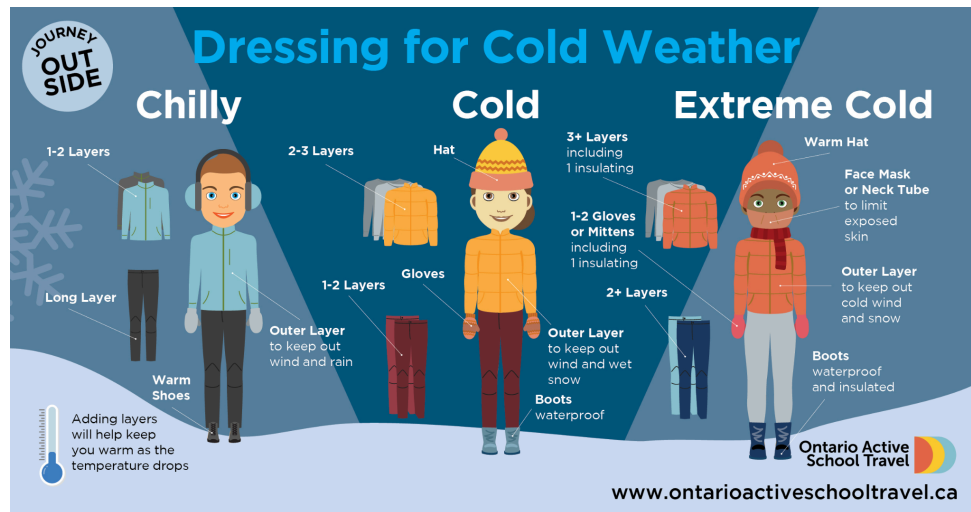
York Catholic's Full-Day Kindergarten (FDK) program teaches children through inquiry and play-based learning methods. Teachers and Early Childhood Educators work together in Kindergarten classrooms to support each child's unique needs. Children explore their world through play and real-life experiences. In York Catholic's FDK program, students actively engage in problem-solving and inquiry in an atmosphere that fosters fun and cooperation. The FDK program helps children build a solid foundation for future learning by enhancing their social, emotional, cognitive, language, and academic skills in a safe, caring, nurturing, and fun environment.

Children must be four years old by December 31, 2026 (born in 2022) to register for Junior Kindergarten, or five years old by December 31, 2026 (born in 2021) to register for Senior Kindergarten. Please see this digital [flyer](#) for more information..

#### **ACTIVE SCHOOL TRAVEL: JANUARY MESSAGE**

For January, we have some tips for how to get outside and still have fun in the cold, including while you're walking or wheeling to school or the bus stop.

- Being dressed for the weather is the first step to enjoying the outdoors. Here are a few suggestions on how to stay warm:
  - Wear a base layer
  - Wear an insulating layer (wool socks, shirt and pants but not jeans or cotton)
  - Wear an outer shell (windproof jacket with a hood and snow pants with elastic or velcro fastening at the cuff)
  - Wear insulated waterproof snow boots
  - Have a hat that covers the ears (and a spare!)
  - Add a neck warmer
  - Finish with waterproof mittens
- Keep moving!
- Eat healthy snacks to keep your body going.
- Drink water! Even though it's cold, the air is dry and your body can become dehydrated.



### Winter Walk Day!

Winter Walk Day is celebrated by schools across Canada on the first Wednesday of February each year. Walking and wheeling to and from school is fun every day, so we encourage you to journey outside throughout the entire month of February!



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

- January 20- CSC Meeting at 7 pm
- January 26-January 29- Joyeux Carnavale
- January 29- Rocks and Rings
- January 30- PA Day
- February 2- BRAVE workshops FDK-grade 3
- February 4- Grade 7 Retreat
- February 5- Ms. Domenichinni's class to STREAM

- February 9- Intermediate Hockey Tournament
- February 10- Black Excellence Month presentations in the PM
- February 16- Family Day
- February 17- Shrove Tuesday
- February 18- Ash Wednesday
- February 26- Chess Tournament
- February 27- Paul Davis Social Media presentation grades 4-8

