Parent Bulletin Week 26 of 43
February 23 to February 27, 2026

The virtue for February is **Love**

Catholic Graduate Expectation:

A caring family member



"Hate is too great a burden to bear. It injures the hater more than it injures the hated." - Coretta Scott King



ST. ROBERT CATHOLIC SCHOOL

70 Bainbridge Avenue, Toronto

M3H 2K2 Phone 393-5297

PRINCIPAL - Mr. J. Gagliardi

VICE-PRINCIPAL - Ms. B. Byczko

SUPERINTENDENT – Ms. S. Campbell

Parish - St. Norbert Catholic Church 100 Regent Rd, North York

Pastor Fr. r. Elissandro Caldas

Phone: (416) 636-0213

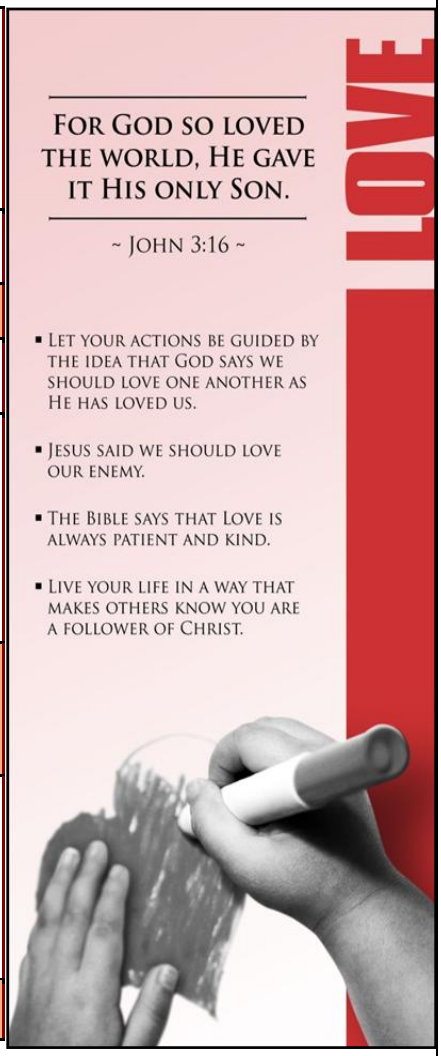
ST. ROBERT CSPC CO-CHAIRs – Anne-Joyelle Occhicone & Nicole Castriota

cspc.strobert@tcdsb.org

link for monthly minutes - https://www.tcdsb.org/o/strobert/page/parent-council

CURRENT ENROLLMENT	HOURS OF OPERATION	LUNCH HOUR
702 - WOW	8:30 am - 3:00 pm	11:15 am - 12:15 pm

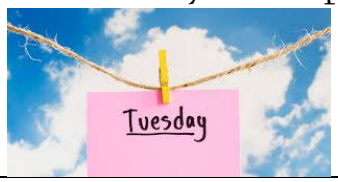
AM Recess – 10:12 am PM Recess 1:40 pm



We have a new Instagram account, and we encourage you to follow us as there will be semi daily posts to show all the wonderful things happening in our school

Go to - ***strobertrockets*** *and follow*

Week at a Glance

Monday, February 23	Girls Regional Chess @ St Robert Bus Safety presentation schedule to follow 
Tuesday, February 24 	Parent Presentation Nicole Myles 6:30 pm – Library 
Wednesday, February 25 	Pink Shirt Day Patty Day Junior W5H – Regionals Black History Month presentation Ms. Magtibay 10:30 pm 
Thursday, February 26 	Lockdown 9:45 am Open Regional Chess at St Robert Gr. 6s Field trip to Holocaust Museum Boys B-Ball Tournament @ JCM HS 
Friday, February 27 	Duke Grey Road Safety Carraway Presentation 

Dates of Note for the next 4 weeks:

Mar. 3 – Boys B-Ball Divisional @ St Robert

Mar. 4 – Jr. W5H Cities at CEC

Mar. 4 – St. Robert goes to Marlie Game @ Coka Cola Coliseum

Mar. 5 - Girl B-Ball Divisional @ St Robert

Mar. 8 – Daylight Savings time begins

Mar. 9 – CSPC meeting 7 pm Library

Mar. 10 – Boys Basketball Regional

Mar. 10 – Open City Chess

Mar. 11 – Girl's City Chess

***Mar. 11 – SK/Grade 8 Grad Photos ***

Mar. 12 – Reconciliation 930 am Grades 3 to 8

Mar. 12 – Seeding Ice Hockey Tournament

*** - Indicates a change

Mar. 16 to 20 – March Break

Mar. 23 – Back to school

Mar. 24 – School Spelling Bee

Mar. 26 – Fire Drill (5) – 10 am

Mar. 26 – Grades 6 to 8 ESL Students to Kortright Centre

Mar. 26 – Ice Hockey elimination tournament

Pink Shirt Day



Central to our Pastoral Plan - In *God's Image: Growing in Knowledge with Justice and Hope*, we celebrate how we are all made in the likeness and image of God. On **Wednesday, February 25th, 2026**, we recognize Pink Shirt Day, and we wear **PINK** to symbolize that we do not tolerate bullying. With our belief in the worth and dignity of every person, we demonstrate living out the Gospel values of love, inclusion, compassion, and care for all.

LITTLE JAMMERZ

GUITAR PROGRAM

Little Jammerz Guitar Program is a fun opportunity for students to be introduced to playing guitar. Students learn to play notes and chords on the guitar. We develop strumming techniques and learn to play pop songs. Students are having fun, while they are learning to play guitar in a group environment with their schoolmates.

This is a six week program, which runs once per week during lunchtime (nutrition-break) or after-school, and brings a guitar program to students in their own school. Guitars are supplied for the program. Students take the guitars home to practice and bring them back to school once per week for their lesson. They come in a small backpack carrying case that is easy for them to carry.

Our program is taught by dynamic instructors with university/college music education. We focus on developing positive character traits such as self confidence and listening skills. All of our instructors go through police reference checks and our company carries liability insurance

Our current program is being offered in several schools and is popular with students and parents. In order to have the Little Jammerz Guitar Club program at your school; all that is needed is 30 to 40 minutes per week of designated time either at lunchtime (nutrition-break) or after school. Our staff takes care of every other detail. We look forward to bringing the benefits of the Little Jammerz guitar program opportunity to your school!



LittleJammerz™

Gary

Little Jammerz

We ♡ Music

647-933-1177

Marlies Game

Please purchase tickets for this trip. The tickets have already been reserved and purchased by the school. It is a great trip, and you are welcomed to join us. Go to school cash online today.



Landscape and Still Life Painting

Join us for a fun and creative painting course designed for both beginners and experienced artists

We will focus on:
Landscape and still life painting
Colour mixing & painting techniques
Mixed media approaches





St.Roberts Catholic School (70 Bainbridge Ave)

Mar 28-May 2

Saturdays 10- 11:30am

265$ + hst

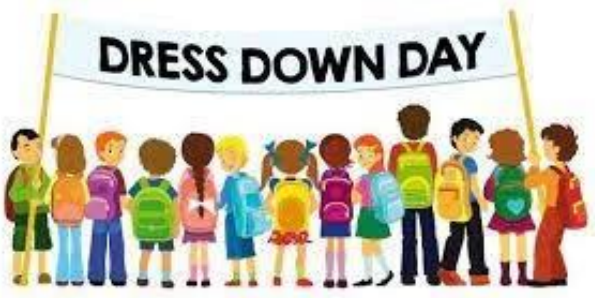
All supplies included

You're welcome to bring in your own reference photos or objects to paint from
Register online at **www.biaginiscolours.ca**

For any questions please email: biaginiscolours@gmail.com or call: 647 519 3983

Dress Down Days

Back by popular demand. Beginning this Friday and for each Friday there after (14 in total), students who register through ***School Cash Online*** will be able to dress down on Fridays. If students do not register, they will be required to be in proper uniform. The cost is only $5 total, not a Loonie or Twoonie each Friday but $5 total for the rest of the year.



Parent Workshop: Navigating Children's Challenging Emotions and Behaviours

FULLY FEELING

Parent Workshop

Facilitated by Nicole Myles –Social Worker

You'll learn:

This emotion focused workshop will introduce parents to a unique approach that builds parents confidence and skill in navigating children's challenging emotions and behaviours. Through psycho-educational teachings and experiential activities, parents will gain insight and knowledge about emotions (their own and their child's) and behaviour from an emotion focused lens. This workshop will put a "spotlight" on anxiety, and they will be reintroduced to validation as a way to acknowledge, process and support their children's big emotions. As always, there will be time for a Q&A at the end.

When: Tuesday February 24th from 6:30 -8:00pm

Find us online at: www.fullyfeeling.ca

Learn more about Nicole: www.therapywithnicole.com

FULLY FEELING

presents

Helping your Child with Anxiety: Tips for Parents

Understand Anxiety

- **Normal but powerful:** Anxiety is normal! But it can become excessive
- **Fight or Flight in overdrive:** The brain misreads danger and triggers strong reactions
- **Parent instincts:** Parents are driven to rescue their children from experiencing distress, however...
- **Rescuing worsens anxiety:** Avoiding things that are not dangerous keeps the anxiety alive



What parents can do

- **Stay calm and supportive:** You can handle this! Your caring and calm response will help regulate your child
- **Validate!** Tell them why their worry makes sense (from their point of view), "No wonder you are feeling worried because..."
- **Feel it!** Help your child to feel the feelings without avoiding
- **Identify rescuing:** Notice and reduce how you are helping your child to avoid feeling anxious
- **Encourage small steps:** Breakdown challenges - have faith in their abilities, "I know you can do this"



"Bigger, Kinder, Stronger Wiser"

Say to yourself:

- I've got this! I can handle their feelings and behaviours
- They are struggling! I have compassion for them
- I know my child better than anyone



When to get help

- Anxiety interferes with school, sleep, friendships or daily life
- The anxiety is too much or too long lasting
- Your child avoids more and more
- You find yourself doing more and more to help them avoid or manage their anxiety
- You feel stuck or overwhelmed

Talk to your family doctor or mental health professional. Anxiety is manageable. You are not alone, and neither is your child

These anxiety tips are brought to you by **FULLY FEELING** - a team of clinicians (psychologists, social workers and psychotherapists) with extensive experience supporting parents and spirited, anxious and neurodivergent kids with their emotions and challenging behaviours.

Visit www.fullyfeeling.ca for info on our next parent workshops, spotlights and therapy

Chocolate Fundraiser



Chocolate Fundraiser – Important Updates

1. If you have chocolate that you do not plan to sell (either a complete case OR a partial case) please **return the chocolate (+ the money for the boxes you sold) to the school ASAP** so that another family can sell it.

2. If you have **already sold** your chocolate, **return the money** to your child's teacher in bag or envelope (labelled with your child's name and teacher). Complete case sold = $100

Help us save on the cost of returning chocolate later!

The more you sell, the more chances to WIN!

- **Top seller** wins a pair of Blue Jays tickets!
- **Each complete case** sold will be entered into a raffle for more great prizes (*Prizes will be announced in the next WAG!*)

Save the Date!



Family Movie Night

Friday, April 17 @ 6:30-9:00pm (in the school gym)

Stay tuned for more information.

VERY DANGEROUS BEHAVIOUR BY PARENTS

Avoid the bus lanes between the hours of 7:50 am - 8:45 am and 2:30 pm to 3:20 pm.

DO NOT ENTER THE BUS LANES.

Be part of the solution, not part of the problem!

