

St. Juan Diego School



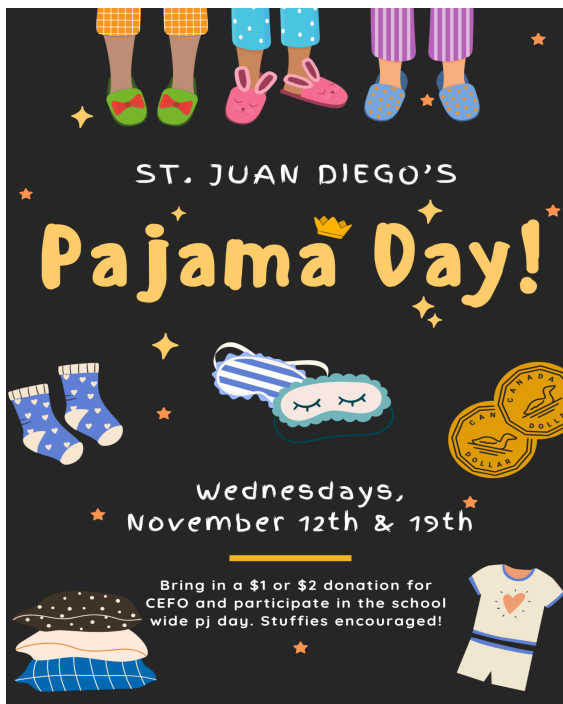
November 9-15, 2025 Newsletter

School Updates

Happy Birthday to...

Santiago RV, Neif AA, Jayla Maine L, Amaira T, Siddharth S, Palash A, Nathan A, Elahi M, Zoey-Grace O, Marvelous A, Adam H, Ella T, Javier OR, Madelyn F and Dalbert O.

CEFO Fundraiser



Progress Reports and Interviews

Progress reports will be posted in the Parent Portal on Thursday. Educators will be reaching out soon regarding upcoming interviews.

ArriveSafe

An email was sent out to parents on Friday regarding our new attendance tool. [Please see this link](#) to information regarding ArriveSafe if you did not see that email.

Jamaican Relief Fund

This week, our school is collecting donations for the **Jamaican Relief Fund** to support families in need. We welcome contributions of non-perishable food, clothing, and small household items. Thank you for your kindness and generosity!

Canned Food Drive

Thank you to all of our families for donating food for our We Scared Hunger Food Drive. Mme Lucky, Ms Sloan and Ms Peixoto's classes collected the most cans. These classes mummified the admin team as part of their prize.



The Zones of Regulation

The Zones of Regulation is a support to help students identify emotional states and to consciously regulate their actions, which in turn leads to increased control and problem solving abilities. Students use strategies or tools to stay in a zone or move from one to another.

Zone Descriptors

Blue - describes a low state of alertness, such as when we feel tired, sick, or bored. This is when one's body and /or brain feels like it's moving slowly or sluggishly.

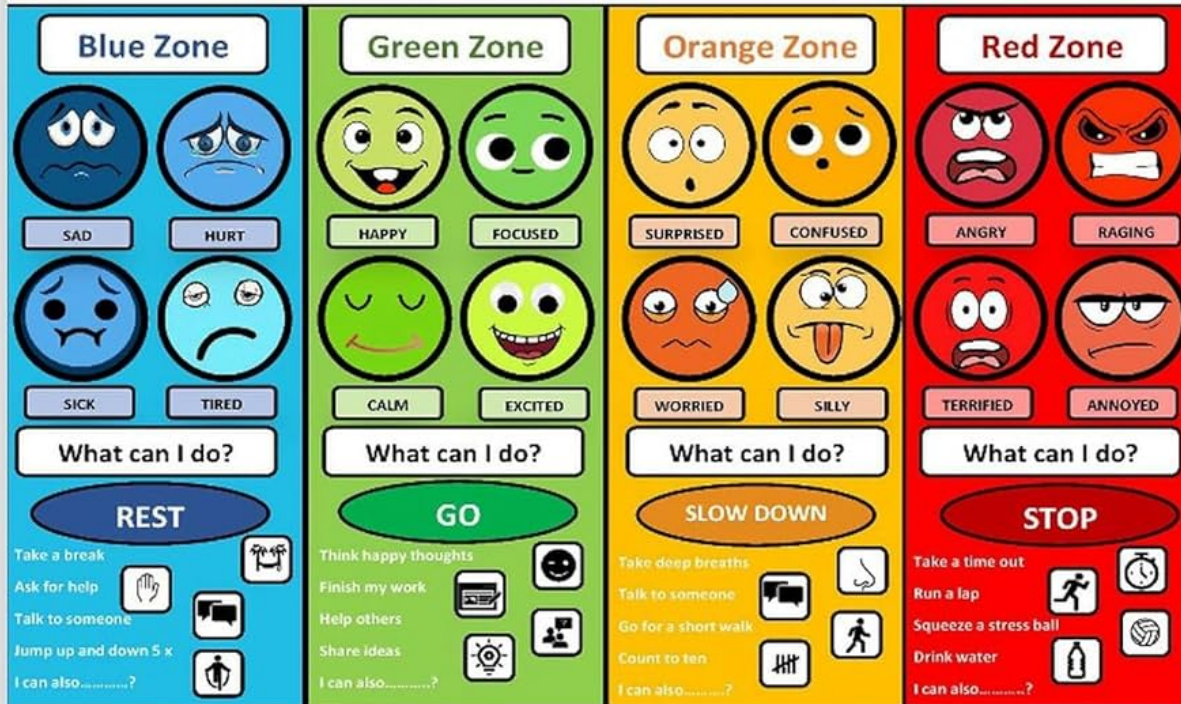
Green- describes a regulated state of alertness. A person in this zone might be described as calm, happy, focused or content when in this zone. This is the optimal zone for learning.

Yellow-describes a heightened state of alertness. Someone in this zone may be experiencing stress or feeling frustration, anxiety, excitement, silliness or nervousness or some other slightly elevated emotion. A person in this zone has some control over their actions.

Red - is used to describe an extremely heightened states of alertness or very intense feelings. Someone in this zone may be experiencing anger, rage, explosive behaviour, panic, terror or elation when in the red zone. Being in the red zone can be best described by not being in control of one's body.

The Zones of Regulation (Leah M. Kuypers)

What Zone Are You In?



School Council Updates

School Lunches

This is a quick reminder that lunch orders for block 2 (week of Nov 10th - week of Dec 15th) are due on Sunday, Nov 2nd on School Cash Online. Please note, no late orders will be accepted.

As of November 10th, the Cheng Chun Korean Pogos will be given on Wednesdays and no longer on Fridays.

School Council Christmas Event

School Council is planning a Winter Festival on December 4th! Please see the poster and save the date!



School Council Fundraising Event

Deadline to order: November 22, 2025

Chocolate pickup dates will be December 8th, 10th, and 12th, between 4:30 p.m. and 5:30 p.m. at the school.

Link:

<https://fundraising.purdys.com/join.aspx/2193795-133351>

Parish Updates

[Bulletin](#)

2026 Confirmation Registration

Children in Grade six and up, seeking Confirmation in 2026 must be registered for our preparation program by Nov. 13 at a one-hour parent-only meeting at St. Monica Church.

The final meeting to attend for registration:
Thu Nov. 13 @ 7pm

Nov. 13 is the deadline for registering - no extensions or exceptions will be made.

Please call Milva Calla, School Age Sacrament Coordinator if you have any questions (613-727-1067 x 238).

Upcoming Events

November 9-11

- Veterans' Week

November 11

- Baker Pie

- Remembrance Day Ceremony ([Remembrance Day](#))

November 12

- Cheng Chun Korean Pogós (notice date change from Fridays to Wednesdays)

- PJ and Comfy clothes day for CEFO



November 13

- Pizza day
- Progress reports and IEP's posted on parent portal
- [World Kindness Day](#)

St. Juan Diego School
135 Main Halyard Lane
Nepean, ON K2J 7B6

Juan.Diego@ocsb.ca
jua.ocsb.ca