



Update - October 1, 2025

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Prayer For October

Heavenly Father, as October unfolds with its vibrant colors and crisp air, we're reminded of Your ever-changing yet constant hand in creation. As the trees release their leaves, help us let go of burdens and trust in Your perfect timing. Protect and guide our loved ones this month. In every challenge, draw us closer to You, strengthening our faith. As we celebrate the season of harvest, inspire in us a spirit of generosity and gratitude.

Lord, in the quiet of this month, speak to our hearts and remind us of Your unwavering love. With gratitude for Your many blessings, we trust in Your plans and promises for us.

In Jesus' name, we pray. Amen.

What a beautiful beginning we've had to the school year! September was filled with the wonderful sounds of learning and laughter as students settled into their new classrooms, reconnected with friends, and built new relationships.

As we welcome October and the stunning colours of Fall, we are reminded of the importance of gratitude and community. This month, we

613-232-4891

Canadian Martyrs
613-232-5347

St. Patrick Basilica
613-233-1126

St. Theresa
613-235-5119

will continue to nurture a school-wide culture of respect, compassion and kindness. We will encourage students to be thoughtful listeners and problem-solvers, learning to use their words to express themselves clearly and compassionately as they work and play together.

We know that you are your child's first and most important teacher. Our goal here at school is to build upon the wonderful foundation you create at home. Thank you for working with us — your support makes all the difference in the classroom and beyond.

On behalf of our entire staff, I wish you and your loved ones a very happy Thanksgiving. May your long weekend be filled with warmth, joy, and many grateful moments with family and friends.

Sincerely,

Jodi Ashton
Principal

OCSB Spiritual Theme
Monthly Focus
October - Understanding

WE ARE CALLED TO BUILD BRIDGES OF

Understanding

True understanding begins with a willingness to listen; with hearts open and judgments set aside. This month, we're invited to lean into the sacred work of dialogue: to hear the stories, experiences, and perspectives that shape the people around us. Every conversation is a gift, if we are patient and present enough to receive it.

We pray for open hearts and listening spirits. May we grow in understanding, learn from one another with humility, and walk together as a community rooted in respect and love.

Thank you



- to all the families who donated to our Thanksgiving Food Drive for the Centertown Food Centre.
- to the families who have donated to the Terry Fox Foundation for cancer research in support of our school event. Every dollar makes a difference!!
- to all the parents who joined our first School Council Meeting. We greatly appreciate your dedication in supporting your child(ren) and our school.
- to all of the family members who joined us for our Welcome Back Liturgy.

	It was the best turnout we've had in a long while. We really do love praying together as it builds community and belonging. - to the parents who joined the grade 6s on their day at the Diefenbunker to observe National Day for Truth & Reconciliation. - to all of you for continuing to support the educators at home by reinforcing academic and behavioural expectations and working on learning skills with your child. It truly helps!
Important Information 	Exciting Growth in our Primary Division! Great news! To better support our growing school family and maintain smaller class sizes, we are adding a new primary class starting this Monday, October 6th. Families of students who will be moving to this new classroom will receive a letter sent home tomorrow (Thursday, October 2nd) with all the necessary details. Thank you for your patience and support as our wonderful school community continues to grow! Drop-off & Pick-up Times - Please be mindful! Supervision begins at 9:00AM, and all students enter the yard through Third Ave. gate. Students should not arrive any earlier. End of day pick up is promptly at 3:45PM. If you come after 3:25pm, we ask you to please wait at the Mutchmor gate until 3:45pm to collect your child(ren). It's quite busy at the end of the day, and to ensure safety, we need to limit the amount of ins/outs during this time. Thank you for your understanding. Junior Activity Day - Monday, October 6th It's a Sports Day for Junior Students (Gr. 4-6)! <i>All Junior Girls</i> will attend Sports Day, the Girls Way at TD Place, sponsored by the OSEG Foundation (more details). Girls are less likely to get involved and stay in sport compared to their male peers. Reasons for dropping out of sport include lack of access and opportunities, and lack of positive female role models. Sports Day The Girls' Way supports girls by giving them the opportunity to try a new sport, gain confidence, make friends, continue with a favourite sport, and access role models in a positive, empowering environment where fun, participation, and social belonging are at the forefront. <i>All Junior Boys</i> will participate in various sports and mental wellbeing activities at school. Mr. Dwyer, Mr. Deacon, & Mr. McConnery have

planned and organized a fun day for the boys.

All Junior Students need to dress appropriately for outdoor physical activity on this day!

Terry Fox Event - October 9th

We've had to change the walk date to Thursday, October 9th as our Cross Country team will be gone to their meet on the 7th. We're really hoping for no rain! Students will be taking part in our Terry Fox Run/Walk/Roll on that day at 9:45am. The route will be Lyon, down Third Ave, then to Percy and then up Fourth Ave to Lyon again. We have reached just over half our goal of \$1000. Thanks to all who donated!! If you still wish to donate, you can do so via [School Cash-Online](#) or [Corpus Christi Donation Page](#).

We will be having 'Toonies for Terry' Spirit Days leading up to the event to get everyone hyped up and raise as much money as we can! Please consider sending in a Toonie with your child to help us reach our goal:

October 7th - Athletic Day - wear your favourite sports jersey to celebrate Terry as an incredible Athlete

October 8th - #CorpusProud - wear green/white or your Corpus Christi Spirit wear to show everyone we are a strong community, just like Terry built over his Marathon of Hope

October 9th - Canadian Colours - wear red/white and the maple leaf proudly to celebrate Terry as a Canadian Hero as we walk/run/roll around the school in his honour.

Mme Kelly will reach out to those who have offered to volunteer for the hour. We can use a few more volunteers to help for the hour, so if you are able, please email corpus.christi@ocsb.ca

PD Day - Friday, October 10th

A reminder that we have a Professional Development Day on October 11th. **There is no school for students.** EDP is also closed.

Thanksgiving Food Drive

Thanks to everyone who has donated food items so far. We've collected 200 items! Our goal is 260 - we're almost there!! We are collecting until October 9th.

Thanksgiving Liturgy - October 14th

Please join us at 2:30pm on Tuesday, October 14th to reflect on gratitude and thoughtful prayer.

School Photo Day

Tuesday, October 28th - be sure to send your child(ren) dressed, ready

and all smiles to get their photo taken. A reminder to not have them dress in green. Should your child be away, there will be a retake day.

Pizza Lunch

The first pizza lunch for those who ordered is Monday, October 20th and it will run weekly, every Monday, until January 26th.

Halloween & Monster Mash

On October 31st, students can choose to wear a costume that is not violent in nature and that respects all cultures. We ask that there are NO masks, face/head covering (other than hats), and NO weapons or accessories. We need to be able to identify/recognize our students. Alternatively, students can wear black/orange if they prefer or not dress up at all.

The School Council will be hosting their annual Monster Mash Dance Party during the school day for all classes. If you're interested in volunteering to help out a block, please reach out to corpusparents@gmail.ca. More information to follow closer to the date.

Mental Health Awareness

Over the next few months, our Mental Health Worker, Karine Gagne, will be visiting each class once to present strategies to our students to assist them in dealing with a variety of topics, as follows:

Primary: When I'm Worried

- This class conversation aims to continue students' self awareness and the physiological feelings associated. Worrying can lead to anxiety, so understanding both comfortable and uncomfortable feelings can better help students self regulate through identifying their own body clues. This will involve an interactive story where strategies will be practiced to help learn what students' can use to regulate their emotions.

Junior: Anxiety Deep Dive

- A classroom presentation outlining a definition, explaining our brain when it is anxious, looking at how our thoughts/feelings/actions are interconnected, the importance of reframing our thoughts, navigating feelings of discomfort and looking at the avoidance-anxiety cycle. Managing anxiety through self-care is a strategy within our control.

Corpus Christi Merchandise Webstore - DUE OCT. 8th

We have set up a web store where staff and families can purchase Corpus Christi gear. If you purchase by October 8th, items are delivered FREE to the school.

	Corpus Christi Webstore
Reminders 	<u>Checklist for parents:</u> MUST BE DONE for your child to participate fully in school activities, food days and field trips ☐ Register and access the OCSB Parent Portal ☐ In the Parent Portal, under FORMS, please complete all of the important consent forms for each child you have at school ☐ Sign up for School Messenger. Please be sure to check that you have allowed permissions to receive emails from your child's teacher and from the school. ☐ Sign up for School Cash-Online. Dress For Weather Fresh air is key to every day! Students go out for recess and outdoor learning in all types of weather, including light rain and temperatures down to -25 celsius. Please ensure your child comes dressed in layers, with proper outdoor footwear, coats and hats. Extra socks, pants and a shirt are always great to keep in their bags.
Special Requests 	Student Illness Please follow Ottawa Public Health guidelines if your child is sick. Students can return to school when they are fever-free (without using fever-reducing medication) AND their symptoms have been improving for 24 hours. If they are experiencing symptoms of gastroenteritis (vomiting/diarrhea), they are to stay home until they are 48 hours symptom-free. OPH Respiratory Fact Sheet Volunteering Field trips and school events are successful because of the help from parent/family volunteers. We always need more, so if you are interested in helping out throughout the year please click the OCSB volunteer form and follow the steps so that you are ready to go when needed! Thank you!

School Council Updates



Chair: Amanda Black
corpusparents@gmail.com

Next Meeting

Our next school council meeting has been set for **Tuesday, October 7th, at 5:30pm**. This meeting will be held VIRTUALLY. All are welcome to join the [Google Meet](#)! Please email corpusparents@gmail.com if you have any questions. We hope to 'see' you online as we'd love your voice at the table!

[October 7th - Google Meet Link](#)

Monster Mash Fun!

Please mark your calendars for Halloween Day, October 31st! If you're able to volunteer for a couple of hours, please email corpusparents@gmail.com.

Dates to Remember



[2025-26 School Calendar](#)
(PD Days & Holidays when there is NO school)

Month of October

National Bullying Awareness Month
Women's History Month

Thursday, Oct. 2

All Day Custodian Appreciation Day

Sunday, Oct. 5

All Day World Educator Appreciation Day

Monday, Oct. 6

All Day Sports the Girls' Way - Junior Girls - TD Place
All Day Sports & Mental Health - Junior Boys - School

Tuesday, Oct. 7

All Day Spirit Day - Favourite Sports Jersey
10am-1:30pm Cross Country Meet - Terry Fox Facility
5:30pm School Council Meeting - Virtual

Wednesday, Oct. 8

All Day Spirit Day - #CorpusProud - Wear Green/White

Thursday, Oct. 9

All Day Spirit Day - Canadian Colours - Wear Red/White/Maple Leaf
9:45am Terry Fox Walk/Run/Roll

Friday, Oct. 10

PD Day - NO School

	Monday, Oct. 13 Thanksgiving Day - NO School Tuesday, Oct. 14 All day Cross Country Meet - Terry Fox Athletic Centre 5pm IEPs available on the Parent Portal Thursday, Oct. 16 All day Dental Screening - Kindergarten, Gr. 2, Gr. 4 Friday, Oct. 17 All day National ILibrary Workers' Appreciation Day Tuesday, Oct. 21 Early Childhood Educators' Appreciation Day Monday, Oct. 27 Gr. 4 & ½ Classes - field trip to Experimental Farm Tuesday, Oct. 28 Photo Day Friday, Oct. 31 All Day Halloween Monster Mash Sunday, November 2 Daylight Savings - Move Clock Back One Hour Friday, November 7 PD Day - NO School Thursday, November 13 5pm Progress Reports & Communication of Learning available on Parent Portal
Just for Laughs	What Homework Should Look Like 😊 - Reel



Actual footage of my kids
getting ready for school



What I
plan to
do



What I
actually
do →



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