



## Weekly Update October 2 - 6, 2017

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### Parish Links

[St. Ignatius](#)  
613-745-3961

## Week at a Glance

### Friday, October 6th

- PD Day (School is closed)

### Monday, October 9th (School is closed)



## A Prayer of Thanksgiving

Father in Heaven, Creator of all, and source of all goodness and love, please look kindly upon us and receive our heartfelt gratitude in this time of giving thanks.

Thank you for all the graces and blessings you have bestowed upon us: our faith and religious heritage, our food and shelter, our health, the love we have for one another, our family and friends.

Dear Father, in Your infinite generosity, please grant us continued grace and blessing throughout the coming year.

This we ask in the name of Jesus,  
Amen

## Save the Date!

- October 10 - Dental Screening
- October 11 - Cross country tournament
- Picture day - To Be Determined



## Parent Information

**The A,B,C,'s of ADHD: What Parents Need to Know**  
Attention Deficit Hyperactivity Disorder (ADHD) is a common

neurobiological disorder that affects 7% of children and 5% of adults. It can cause a wide variety of impairments in academic, family, and social functioning. It is estimated that 25% of children with ADHD have a learning disability. The goal of this workshop is to provide an overview of ADHD, its causes and symptoms, how it impacts on children's lives and treatment options.

**Tuesday, October 17, 2017**  
**7:00-9:00 PM**  
**Immaculata High School**  
**140 Main Street**

**Register:** [bit.ly/CSPA\\_ADHD17](http://bit.ly/CSPA_ADHD17)

Cathy Philpott  
Co-Chair, CSPA  
[www.ottawacspa.ca](http://www.ottawacspa.ca)

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**ST. MICHAEL CATHOLIC SCHOOL**

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Principal: Victoria White

Office Administrator: Cathi Dawson-Hills

Vice Principal: Kim Hutchinson

Superintendent: Debbie Frendo

Trustee: Therese Maloney-Cousineau

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Please check our school website ([smi.ocsb.ca](http://smi.ocsb.ca)) for current updates and information about upcoming events. You may also follow us on Twitter ([@StMichaelOCSB](https://twitter.com/StMichaelOCSB)) for daily information about school and classroom activities. St. Michael will email a Weekly Memo each Sunday night to inform families of school information and upcoming activities.



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