



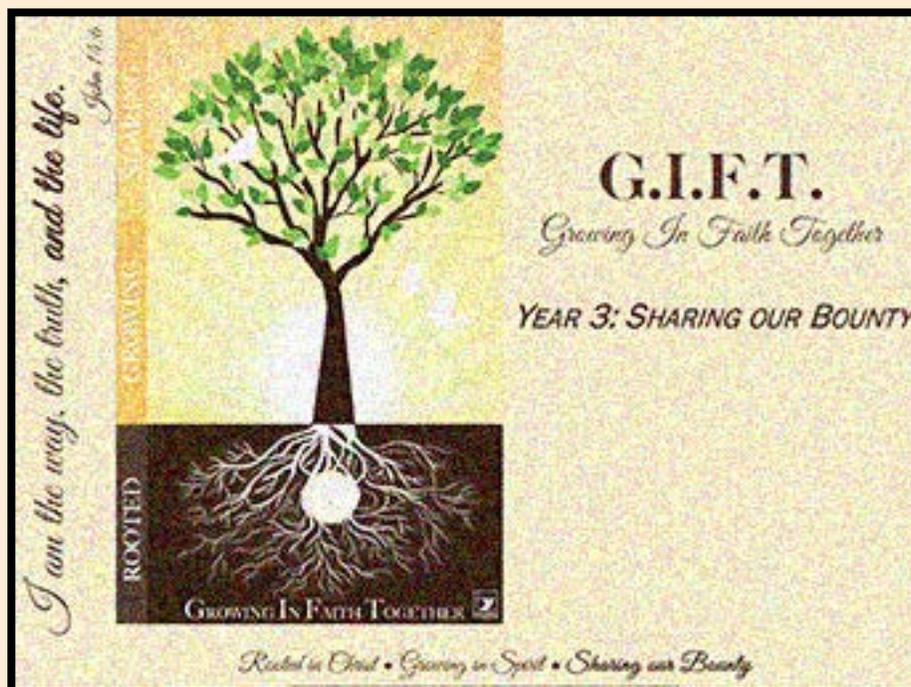
**September 2018
Principal Address**

"Let the same character be in you that was in Christ Jesus" (Philippians 2:5).

Dear Parents, Guardians and Students,

Welcome to a new school year, a new beginning and a renewed journey with Jesus Christ. I am very excited to welcome you to our school. I wish to welcome our new staff, parents and students to our community. I also wish to welcome back parents and students who have been a part of the journey in education and faith at St. Mary's School. St. Mary's School is a community of lifelong learners with permeation of our faith throughout each subject as our mission. Our school is committed to developing the full potential of each student and in providing an enduring education that reflects the essence of our gospel values.

Our Division theme this year is "Sharing the Bounty". It is the third year of our 3-year faith plan. The first year we focused on being, "Rooted in Christ". Our second year theme was, "Growing in Christ. Together, we will continue our faith journey which is guided by our Catholic Virtues.



As a school community, we will continue to lay the foundation for student success in school and in life. We look forward to working with parents and students to maintain the excitement, enthusiasm and faithful spirit that makes success possible. We invite all parents to come out to our School Council AGM on September 12, right after our Welcome Back BBQ which starts at 5:00 PM.

We will continue to build on the many wonderful programs and new traditions that our staff, students, and parents have worked so hard to establish over past years. By continuing to work together as partners, we can establish new goals and open new doors that will further enrich the lives and learning of all students. Last year, our graduating class qualified for over \$46000 in Alexander Rutherford Scholarship alone. Over 50% of our student body participated in extra-curricular activities and we have 30% of our student body engaged in Fine Arts programs. As a community, we can take pride in the accomplishments of all our students.



On the other hand
inactivity
negatively impacts

brain health and executive control including: maintaining focus, working memory, multi-tasking.



Did you know?

-  Most research shows replacing academic lessons with physical activity does not have a detrimental impact on school grades – in fact some research shows increased participation in physical activity leads to better grades.
-  Most university-based, internationally-published research in this field has found a positive link between children's physical activity participation and academic achievement.
-  Short amounts of exercise benefits executive functions.
-  More intense physical activity out of school resulted in higher test scores and improved reading comprehension.
-  Physical activity intervention led to significant improvements in children's maths scores.
-  Students who exercised more, participated in sport and achieved higher grade point averages.

Why is this?

-  Exercise can increase levels of a brain growth factor.
-  Exercise can stimulate nerve growth.
-  Regular physical activity may reduce plasma noradrenaline (a vasoconstrictor which reduces blood flow to the brain).
-  Exercise increases blood flow to the cortex of the brain.
-  Physical activity improves children's concentration, attention and reasoning ability.
-  Physical activity leads to improvement in cognitive control.


=


In other words – if you exercise, your brain is fitter and works better. It's pretty simple!



The Benefits of Music Education

- More Than Just Music. Research has found that learning music facilitates learning other subjects and enhances skills that children inevitably use in other areas. ...
- **Language Development.** ...
- Increased IQ. ...
- The Brain Works Harder. ...
- **Spatial**-Temporal Skills. ...
- Improved Test Scores. ...
- Being Musical.

[The Benefits of Music Education . Music & Arts . Education | PBS ...](#)

[www.pbs.org › parents › the-benefits-of-...](http://www.pbs.org/parents/the-benefits-of-...)

I look forward to being part of the continual academic, spiritual and social growth, as we walk in the path of Jesus and work together as a vibrant school community.

Please take the time to explore our website, Newsletter and Facebook page to learn more about the school, our students, the staff, our parish and opportunities for parents and community members to be a part of our amazing school.

In conclusion, I wish you all a wonderful school year. If I can be of any assistance, please do not hesitate to contact me and know that my door is always open.

May God bless!
Randy Spenrath

Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity.

1 Timothy 4:12