# CSM Family Update

**Week of October 26–30, 2026**

## A Message from Mrs. Clamp

Last Friday, our Grade 5/6 volleyball players had the opportunity to play their first games of the season. They had a lot of fun, learned a great deal, and improved with every game. We are proud of the way they represented CSM and look forward to continuing practices over the next few weeks before finishing the season with more games.

This week also marks the final week of our fall **Run Club**. Thank you to all of the students who joined us! We have loved seeing you out running together and look forward to starting again in the spring.

Last week gave us a wonderful opportunity to celebrate **Catholic Education Week**. We are incredibly grateful to live and learn in a community where we can openly share our faith, pray together, celebrate Mass, and allow Gospel values to shape the way we learn and care for one another each day.

This week brings lots of excitement as we move toward Halloween, our monthly Mass, and our Grow & Glow Assembly. We know Halloween is a much-loved tradition for many families, while others celebrate differently or not at all. Our goal, as always, is to make sure every child feels welcome and included.

Thank you for continuing to be such an important part of our CSM community.

As always, thank you for trusting our school with your children.

**Mrs. Clamp**

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## Faith in Our Week

**October Scripture**
*“Now you are the body of Christ, and each one of you is a part of it.”*
— 1 Corinthians 12:27

As October comes to an end, this scripture continues to remind us of something important: **every person has a place and every person has something to contribute.**

Our students experience that when they play on a team, run together, participate in Colour Teams, celebrate Mass, learn with buddies, or simply help someone who needs a hand.

This week also gives us a chance to remember that belonging does not require everyone to celebrate the same traditions in the same way.

Some students will be very excited about Halloween. Others may participate differently, and some families may choose not to celebrate it at all.

Part of being the Body of Christ is making room for one another and ensuring that everyone knows:

**You belong here exactly as you are.**

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## Growing in Our Catholic Faith

### Why Do Catholics Genuflect?

When Catholics enter a church, you may notice them briefly lower one knee toward the ground before entering a pew.

This is called **genuflecting**.

Catholics genuflect toward the tabernacle as a sign of reverence because we believe that Jesus is truly present in the Eucharist.

It is a small physical gesture that expresses something much bigger: respect, prayer and recognition of Christ's presence.

As our students become more familiar with attending Mass, we continue helping them understand not only **what** Catholics do, but **why** we do it.

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## This Week at a Glance

**Monday, October 26**
🏐 Grade 5/6 Volleyball Practice — **4:00–4:45 PM**

**Tuesday, October 27**
🧭 Grade Destination Exploration

**Wednesday, October 28**
🏐 Grade 5/6 Volleyball Practice — **4:00–4:45 PM**
💛 Wellness Break

**Thursday, October 29**
⛪ Whole-School Mass
🏃 Final Run Club of the fall season

**Friday, October 30**
✨ Grow & Glow Assembly — **9:15 AM**
🎃 Halloween / Colour Team Celebration & Costume Parade
Students may wear a costume, **orange and black**, or their **Colour Team colours**

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## School Updates

### Thank You for Adjusting With Us

Thank you for working with us as we settled into our revised bell times.

As we move further into fall, **wet, cold and eventually snowy weather will become our new normal**.

Please make sure students come prepared for outdoor recesses and changing weather. Depending on the day, this may include:

- warm winter coat;
- snow pants;
- boots;
- hat or toque;
- mittens or gloves; and
- a clean pair of indoor shoes that remain at school.

Please label items whenever possible. This greatly increases the chance that lost clothing makes its way back to the correct child.

**Need Winter Gear?**

If your family does not currently have all of the winter clothing or footwear your child needs, **please let us know**.

The **Knights of Columbus** have generously offered to help provide winter gear for students who need it.

Please email **csmadmin** and include:

- your child's name;
- the item or items needed; and
- clothing and/or shoe size.

We may not always be able to provide every requested item, but we will do our very best to help.

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## Halloween at CSM — Friday, October 30

We want Halloween at CSM to be **fun, safe and welcoming for students of all ages and for families with different traditions and beliefs**.

Students may choose to:

- wear a Halloween costume;
- wear **orange and black**; or
- wear their **Colour Team colours**.

All options allow students to participate and earn Colour Team points.

If your child chooses to wear a costume, please help us keep costumes appropriate for an elementary school environment.

**Please avoid:**

- weapons or replica weapons of any kind;
- blood, gore or graphic injuries;
- frightening or disturbing masks;
- costumes intended to scare younger children;
- costumes with inappropriate language, images or themes;
- anything that prevents a student from seeing, moving, learning or participating safely; and

- costumes that mock or stereotype another culture, religion or identity.

Students should be able to manage their costume independently during the school day.

We want Friday to feel joyful for students who love Halloween while ensuring that children who celebrate differently — or not at all — feel equally included.

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## Looking Ahead

**Thursday, November 5**

We have two important family events coming up:

**Parent-Teacher Interviews**
Families will receive a separate email this week with information about booking interview times.

**Family Photo Night**
More information will also be shared this week.

We will also soon send details about our upcoming **food drive and colouring contest**.