



Father Michael Goetz Secondary School

WEEKLY NEWSLETTER

February 21st, 2021

'Take a Risk... Get Involved... Be Committed'

Volume 6, Issue 8

Superintendent: Cairine MacDonald

Trustees: Bruno Iannicca, Stefano Pascucci, Luz del Rosario

Hey Gators!

As always we hope all is well and everyone continues to be safe and healthy. Thanks to staff, parents and students for the extremely smooth re-start this past week. It was wonderful to see the community come back to life with the vibrant Gator spirit. As we move one step closer to a full re-open, we must remember to keep diligent in adhering to the increased safety protocols. Remember to do and report your self-screening every day! Keep smiling, keep safe and God Bless!

Mr. Coccimiglio

First Week of Lent ... what have you decided to give up for Lent?

Along with the fasts of Ash Wednesday and Good Friday, meatless Fridays, and your personal disciplines interspersed, what else are you fasting from during Lent? Your favourite candy, chocolate? Coffee? It's almost a game for some, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ. Here is a list of ways for from Pope Francis that he encourages us to practice.

POPE FRANCIS' Advice for Lent

Fast from **hurting** words and say kind **words**.

Fast from **sadness** and be filled with **gratitude**.

Fast from **anger** and be filled with **patience**.

Fast from **pessimism** and be filled with **hope**.

Fast from **worries** and **trust in God**.

Fast from **complaints** and **contemplate** simplicity.

Fast from **pressures** and be **prayerful**.

Fast from **bitterness** and fill your heart with **joy**.

Fast from **selfishness** and be **compassionate** to others.

Fast from **grudges** and be **reconciled**.

Fast from **words** and be silent so you can **listen**.



May the practice of these disciplines bring you peace and closer to God. **Blessings for the journey in Lent!**

Deacon Frendo

For parish worship information visit:

<http://www.cristo-rei.com/>

	MONDAY 22	TUESDAY 23	WED 24	THURS 25	FRIDAY 26
	COHORT A In Person			COHORT B In Person	
Feb 22 - 26					
8:17 - 10:47 AM	PERIOD 1 A In Person BC Virtual	PERIOD 2 A In Person BC Virtual	PERIOD 1 A In Person BC Virtual	PERIOD 1 B In Person AC Virtual	PERIOD 2 B In Person AC Virtual
1:02 - 2:20 PM	PERIOD 2 ABC Virtual	PERIOD 1 ABC Virtual	PERIOD 2 ABC Virtual	PERIOD 2 ABC Virtual	PERIOD 1 ABC Virtual

Congratulations to our new Student Trustee
Clarence Carl Magsombol!
...and thanks to Ruth Osunde for her two years of service.



ALL students, staff and visitors MUST PASS the COVID-19 self-screening assessment before entering the school.
covid-19.ontario.ca/school-screening/



The Goetz Wellbeing Team participates in a Virtual JackTalk

Phishing attempts are way up... DON'T CLICK!!



follow [fathermichaelgoetzart](https://www.instagram.com/fathermichaelgoetzart) on Instagram

Need Emotional Support in These Trying Times? Try These Agencies:

Peel Children's Centre Crisis 24/7:	905.410.8615
Online Youth Peer Support Program	Click here to register online.
CMHA for Crisis (for those over 18):	905.278.9036
Kids Help Phone	1.800.668.6868 or Text 'Connect' to 686868
Crisis Outreach and Support Team (COAST)	289.748.0123
Hospital Emergency	911
Good2TalkConfidential Helpline 24/7/365:	1-866-925-5454
LGBTYouthLine:	1-800-268-9688
Black Youth Helpline:	416-285-9944
Where to Start-Teen Mental Health Intake	905-451-4655
Rapid Access Medical Clinic	905-897-8928
http://www.tangerinewalkin.com/	https://handuptoronto.org/

To get to email Go to <https://students.dpcdsb.org/>
OUR CENTRAL E-MAILBOX:
FatherMichaelGoetzSecondarySchoolInfo@dpcdsb.org
OUR MONITORED VOICEMAILBOX:
[905.277.0326](tel:905.277.0326)