



Gobind Sarvar's Monthly Newsletter



November 2019

Exciting News!

- November 13 will be our first PAC meeting of the school year 2019-2020. All parents are encouraged to attend as this is an important opportunity for parents to address their concerns regarding the betterment of their child and Gobind Sarvar. This meeting is being held to elect the members for this years PAC.
- Report cards will be going home November 15, Parent- teacher conference will be November 21 from 3:30pm-6:00pm and November 22 from 8:00am-12:30pm. Please note all parents meeting division 2 teachers (grades 4 & up) are required come see all teachers as they will be in the gym and parents have the option to meet each subject teacher if they like, we are not booking in advance and meetings will be on a first come first serve basis. Division 1(grades KG-3) parents, please book your appointments before November 21.
- On November 27 @ 5:30pm-7:00pm there will be a special parents workshop held at the gym of Gobind Sarvar for grades 4-8, where members of PCHS (Punjabi Community Health Services) will be sharing information on drug awareness within the youth for parents. Please take out your time to attend this very informative workshop.

Upcoming Events



- November 7- Grades 3-8 going to MRU
- November 8- Remembrance Day Assembly
- November 11- Remembrance Day (no school)
- November 13- PAC meeting 5pm-6pm
- November 15- Report cards go home & Guru Nanak Gurburab celebrations
- November 21 & 22- PTC meetings (3:30-6:00pm & 8:00-12:30pm)
- November 27-Parent workshop on drug awareness for grades 4-8
- November 29- PD Day (No School)

Reminders



- **SNACKS & LUNCH**
Please provide proper lunch and snacks for your child as the **school will not be responsible for providing it.**
- **Late Students** Please note if your child is late consecutively for more than **3 days in the week**, the parents will be notified twice before the school holds a meeting with the parents. Please make sure your child is at School **no later than 8:00 am every morning.**
- **Pick up & Drop-off** Please pick up & drop off your child at the back of the school. **Drop off time begins at 7:45 am.**



This month's spiritual focus will be, "The meaning of Vaheguru"

Guru Nanak Dev ji gifted this mahamantar "Vaheguru" but most of us do not REALIZE the value of this shabad. Through strong faith, we can keep this gift from our beloved Guru near and dear to us. The 5 k's are gifted to provide physical strength, this priceless shabad "Vaheguru" is for internal strength. So next time you recite "Vaheguru", believe in its power, believe that it is powerful because our beloved gave it to us. Thank him every time you recite "Vaheguru". He tied himself to a rope at one end and gave you the other end. He asked you to pull while reciting each time. It's not about how many times you recite or listen to Vaheguru on repeat. It's about how many times you connect to him while reciting with pure love, that will decrease the distance. It is about quality over quantity. The connection will grow stronger each time, until there will be no rope left, only Ek Onkar! Students of Gobind Sarvar will be focusing on this concept in more depth throughout the month of November. Happy GURPURAB to everyone! ❤️

Theme of the month: How can humility rise from within?

Humility is not only an action performed externally with our body, but rather an external action transcended through an internal quality that is realized from within. Humility can be realized through practicing various positive qualities such as being kind to ourselves and others, forgiving ourselves and others for any hurt that may have been caused in the past, showing equality amongst all living beings as the same universal light circulates within them all. Practicing gratitude for everything we have and all we do not have at the moment as we are exactly where we need to be in this moment. Extending empathy towards all living beings is an essential quality of humility as it allows one to be able to experience the life of another being through their perspective. This is essential to practice on a daily basis because it makes room for contentment within our hearts which is another quality of humility. Upon practicing the above qualities, true humility from within will shine through our actions.

Kindergarten Talent Show

On November 21, Kindergarten students will be participating in a talent show to help raise funds for the Sarbat Da Bhala project. This is a fundraiser project Gobind Sarvar participates in all year round, to help give to the less fortunate around the world. This month we request everyone attending the talent show to bring \$1 as a donation fee that will go towards the cause. We thank the parents and students in advance for their generous support. This will be from 1:30-2:30pm.

Live Basketball Game

We are grateful to Mount Royal University for allowing Gobind Sarvar Students and Staff to watch a live basketball game. **The students will be at MRU all day on Thursday November 7 returning at 2:00pm.** This is an exciting opportunity and everyone at Gobind Sarvar is looking forward to it!



November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 Div 2 Grades 3-8 will be going to MRU to watch a live basketball game	8 Remembrance Day assembly	9
10	11 Remembrance Day (No School)	12	13 PAC Meeting 5pm-6pm	14	15 Gurupurab celebrations @ Darbar Sahib 6-7pm	16
17	18	19	20	21 KG Talent show 1:30pm-2:30pm PTC meeting (3:30pm-6:00pm)	22 PTC Meeting (8:00am-12:30pm) (No School, meetings are appointment based only)	23
24	25	26	27 Parent Workshop for grades 4-8 on drug awareness From 5:30-7pm	28	29 PD Day (No School)	30