

St. Pat's Pulse

Volume 7,
Issue 3

September 26th,
2012



Upcoming St. Patrick School Events:

Sept. 27

Terry Fox Walk (10:20-11:20). Bring \$2.00 and wear Green & Yellow

Sept. 28

I.P.R.C. meetings today

Bake Sale @ lunch (.50 & 1.00)

Sept. 30

School Community Mass at 9:30. Everyone welcome

October 1-5

Thanksgiving Food Drive

Oct. 3

I.E.P.'s go home today

Oct. 5

Thanksgiving Mass @ 9:00

Oct. 8

Happy Thanksgiving. No school

Oct. 16

Immunizations for Grade 7/8 students

Oct. 23

Catholic School Council Meeting @ 6pm

Nov. 12

P.A. Day—no school for students

Nov. 14

Progress reports go home today

Nov. 22

Mass @ 9:00



From the Principal's Desk

We have had a very busy September. We had Lifetouch photography at the school on Tuesday September 18th to take fall school pictures. We will let you know when picture re-take day will be. Lifetouch also comes each spring to take graduation pictures and there is an opportunity to take spring pictures/group pictures.

Catholic School Council:

This year, we were not required to hold elections for our parent representatives. Here is the list of acclaimed Catholic School Council members for 2012-2013: Laura Empey, Jennifer Rickard, Lynn O'Reilly, Jodi Robinson, Nora Davidson, Candace Van Lith, Jennifer Landriault. The teaching representative is Isabelle Boulet and the non-teaching representative will be Doriana Smokowich. If you have any concerns that you would like your Catholic School Advisory Council to discuss, please contact one of the parent representatives. Our first Catholic School council meeting will be on Tuesday October 23rd @ 6pm. All parents are welcome.

Thanksgiving Food Drive:

Students are asked to bring non-perishable food items to school for the next week. There will be a box in your child's class. The final day of the food drive is on Friday October 5th; we will bring all our food items to the Food Bank after our Thanksgiving Mass. Thanks for helping make our community a better place.

Terry Fox School Walk:

St. Patrick's School will be hosting its annual Terry Fox Walk on Thursday September 27th, 2012, from 10:20-11:20. All monies raised through our event will be forwarded to the Terry Fox Foundation to further the cause of cancer research. For this year's walk, we will be using a 2.5 Km route around the town of Kapuskasing. Staff parents and supervisors will be on hand to supervise and assist students along the way. Refreshments will be provided to all participating students courtesy of the Catholic School Council. All students are encouraged to take part. In lieu of pledge sheets, we have decided to have each student donate \$2.00 for cancer research "A twoonie for Terry". We also invite you to participate by walking, jog-

ging or by cheering for your children as they complete this event. Everyone is encouraged to wear school colours (yellow & green). If you would like to volunteer and help out at this event, please contact Paulette Clinton (705) 335-3241 or your child's teacher prior to the day of the event to allow for the assignment of responsibilities. Each class will need at least one parent volunteer.

Our goal this year is to match last year's contribution of \$300.00. We are confident we can realize this goal with the full participation of the school community. We hope to count on your support. Let's keep Terry's dream to find a cure for cancer alive.

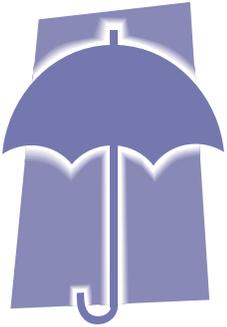
Our Route:

- Right onto Cedar St.
- Right onto Ash St.
- Right onto Brunetville Rd. (cross at lights)
- Straight onto Byng Ave.
- Right onto Queen St.
- Circle
- Right onto Queen St. (CIBC)
- Right onto Mundy St.
- Return to school

This is a rain or shine event, so dress for the weather.

Mrs. Gretchen Morgan

Dress for the weather



With the weather getting chillier with each passing day, it is very important for your children to be properly clothed so they can enjoy the weather outside at recess time. During the fall, the mornings can be quite cold—but the afternoons can be quite warm. Children should be dressed in

layers to ensure their comfort in class and while outside.

Please remember that if students are well enough to be at school, they are well enough to go outside.

At St. Pat's, all students go outside for recess breaks unless it is pouring rain or so cold that

it is dangerous. Please ensure that your children are dressed properly for rain, mud and the inevitable snow which will come our way.

You may want to send an extra pair of clothes to school in case your child gets wet or dirty at recess. Thank-you

The Music Within Me



We are thrilled to be able to announce that St. Pat's is the proud home of Mrs. Natalie Lanthier's school of music called "The Music

Within Me". She is offering private lessons, infant music classes, a bilingual regional youth choir and community drum circles.

If you have questions or would like to register please contact Mrs. Lanthier at (705) 335-3029 or (705) 367-4574.

Parent tips for a new school year



**CAFÉ
Strategy for
this week:
Use beginning
and ending
sounds**

Starting a new school year brings change for parents and children. Getting back into routine is so important. A little planning ahead will help:

Set the Times – When to go to bed, when to get up, when to eat breakfast, and when to leave.

Set A Routine – Invite your kids to plan step-by-step what's needed to get ready on time. Some people function best with habit.

Set the Stage the Night Before – To simplify mornings, organize breakfast and lunches, clothing, backpacks, and other details for the coming day.

Set Aside Time for Breakfast – Everyone does better mentally and physically with a balanced morning meal (e.g., milk, wholegrain cereal and fruit or fruit smoothies). When possible eat together to connect and review everyone's plan for the day. Keep this time positive.

Set Up a Cushion – Start earlier on busy mornings to give yourself a little relaxed private time or your family some extra support. Mornings can be hard for children when the family is going in different directions at the same time. Help them adapt to the demands of a working family by

getting them involved in planning the daily routine.

Set Up a Sleep Schedule Just getting enough sleep can make mornings easier.

Children generally need 10 hours of sleep and adults need 7-8.