

# St. Pat's Pulse

Volume 4, Issue 7

December 2, 2009

*Upcoming St. Patrick's School Events:*

Dec. 2

-Term # 1 report cards go home

Dec. 3

-Parent-teacher interviews, Art show & bake sale 4:00-6:00

Dec. 4

-Parent-teacher interviews, Art show & bake sale 8:45-11:45  
-P.D. Day (No school for students)

Dec. 6

Reindeer Run @ 1pm—good luck Cross Country Team

Dec. 7

Advent Celebration

Dec. 9

Watch our own Megan Boudreau on CBC's Dragons' Den @ 8pm. Everyone invited to Casey's (wear St. Pat's clothes). Good luck Megan!

Dec. 10

Sign & return page 3 of report card

## Bullying Awareness Week

November 16th-20th was declared bullying awareness week across the province of Ontario. We had a very successful week thanks to Mrs. Rusnak and our student anti-bullying committee. There were over 100 students who entered the colouring contest or designed a poster highlighting this year's theme of cyber-bullying. Congratulations to our colouring contest winners: Carlos Smokowich & Cody Fraser. Our cyber bullying poster winners were Will Davidson and Gavin Laundriault.

What is Bullying? Bullying can be defined as "An individual who is exposed repeatedly and over time to negative actions on the part of one or more students (Olweus, 1991). Bullying can take many forms. It can be:

1. Physical - pushing, hitting,

shoving, spitting, stealing, vandalism

2. Verbal - name calling, mocking, teasing, making fun of, threats, put-downs

3. Social - gossiping, rejection, spreading rumours, isolation, embarrassing others

4. Electronic - (known as cyberbullying) spreading rumours and hurtful comments through e-mail, MSN, cellphones or text messaging.

Bullying is the deadliest combination going: bullies who get what they want from their target, bullied kids who are afraid to tell and bystanders who either watch, participate or look away. Many students are afraid that they are going to be labeled a tattletale. A tattletale gets someone into trouble; while a reporter gets someone

out of trouble. We need to encourage our students to report to trusted adults when they see bullying happening in the schoolyard and in the community.

Just because bullying awareness week has ended, it doesn't mean our campaign to make St. Pat's a safer place for all staff & students has ended. Bullying is never acceptable. It should not be considered just "part of growing up". Please take the time to discuss bullying with your children.

### WRITER OF THE WEEK

Congratulations to **Kaylin Laflamme and Jared Reckzine** who have been recognized as excellent writers over the past two weeks.



Keep up the great work!

## Megan Boudreau on Dragons' Den

Last spring, Megan Boudreau participated in the "Kids Invent Toys!" program offered by the North Claybelt Community Futures Development Corporation. She worked with another student from Smooth Rock Falls and developed a board game called "Let's Dance". The girls went to Toronto for a taping of the

show last May. Dragons' Den is a program where aspiring entrepreneurs pitch their business concepts and products to a panel of Canadian business moguls who have the cash and the know-how to make it happen. We wish Megan luck, as the Dragons' have a reputation of being ruthless as it is their own personal money on the

line.

Be sure to tune into CBC's Dragon's Den on Wednesday December 9th to see how Megan and Abby do in the Dragons' Den. Everyone is invited to join family and friends at Casey's Restaurant. Be sure to wear St. Pat's clothing. Go Megan Go!

# Cold Weather Reminders

## RECESS:

The cold weather is upon us. Please make sure your children are properly dressed. Snow pants, hats, scarves, mittens and boots are a must. Students need the fresh air and they will be sent out as usual unless there are extreme weather conditions.



Recesses serve a special purpose in the school routine and students should participate fully in outside activities during this time. If a child cannot go outside for fresh air and exercise at lunch or recess because of a cough or cold, then they are too contagious to

be sitting in the classroom with other children, and should remain at home. The Health Department recommends staying home with all contagious viruses to support a healthy daily school environment.

## INDOOR SHOES:

It is also important for health and safety reasons that your child have shoes on at all times while indoors. Please ensure your child has a pair of indoor shoes to wear at school. Be sure to check with your child and/or teacher (using agenda) to make sure their indoor shoes still fit.

An additional pair of dry socks is also a good idea!

## SCHOOL BUS

### CANCELLATIONS:

When transportation services have been cancelled due to inclement weather, St. Patrick's school will remain open and operational for all walkers and students who have their own transportation.

As always, it is the parent's responsibility to decide if conditions are safe for their children to walk to and from school. Tune into our local radio stations or on-line for news about buses being cancelled due to inclement weather.

## Advent is upon us



This is the Season of Advent. Advent means "coming" or "arrival" and is the beginning of the Church year. It is a season of anticipation, expectation and yearning for the coming of the Lord.

Some families use a home Advent Wreath to help focus daily or weekly prayer and/or short scripture readings from Isaiah or

the Gospels as they prepare to celebrate Christmas. Some focus on preparing to help the less fortunate to better imitate Jesus. Others have different practices and customs during Advent to make it possible to keep the material aspect of Christmas in proper perspective and under control. The tinsel and lights are fun and can help us celebrate the

Prince of Peace in this darkest time of the year.

Each Monday, we will be celebrating a short Advent Celebration in the gymnasium with Father Leo at 9 a.m.

This week children are focusing on being helpful and patient at school and home.



## Help support our school with Avgen Cards



Our Catholic School Council has started a unique fundraising opportunity that will allow our school to raise money needed for academic, athletic and social programming. Avgen gift cards are a great way to allow our school to profit from money you are already spending. For example, if you are spending \$100.00 per week on groceries,

you could buy a gift card for Independent from us for the same amount and the school gets 3% profit on money you are already spending. Please consider buying gift cards for local businesses (Independent, M&M's, Canadian Tire, Shoppers Drug Mart, etc.) from us, so that we not only support our community, but our school as

well. There are also many other gift cards for businesses out of town if you are traveling in the next few months or you could give them as presents for the holidays. Cheques should be made out to "St. Patrick's School". Don't miss your last 2 chances to order before Christmas: Dec 4th & Dec. 15th.