

# ECCS Newsletter: April 2018



## Masses & Celebrations

Masses at Our Mother of Perpetual Help Parish are Sundays at 9:00 am and 11:00 am. ALL are welcome to attend

## Catholic School Council

Our meeting Agendas and Minutes are now on the on the school website, as well as on the Catholic School Council bulletin board which is now up in the front lobby of the school.

## SOCIAL MEDIA & INTERNET SAFETY

Please consider the following safety and responsible usage guidelines if your children use Social Media, text messaging or other online communication platforms.

- People should accept "friend" or chat requests only from individuals that are known to actually be associated with the account requesting the interaction. Anyone can create a user profile for any reason so it is very important to ensure communication happens only with known persons.
- Interactions online or on social media should be up to the same standard as face-to-face interaction. Treat people the same online as you would in person.
- If a person becomes concerned with any interaction online or on social media, they should take a screen shot or other picture of the concern, speak to a caring adult, report the concern if possible to the management of the social media platform, delete content and then **BLOCK** the user.
- Learn the technology that your children use. Be aware of your children's interactions online and on social media. If possible be a "friend" directly with them on whatever platform they are using.
- Change passwords regularly and make them "difficult" to improve security.

## From the Principal's Desk

Our Catholic Virtue focus on **HOPE** continues throughout April:

At ECCS, our main improvement goal is to increase student understanding and achievement in Mathematics. We have been busy looking at Mental Math instruction, and the importance of having a positive attitude towards math. At our April PA Day (April 9<sup>th</sup>) we will continue learning about the importance of student understanding of equivalency and of promoting a Growth Mindset in math. We will also look at finding ways to maximize student learning through "Productive Struggle", where students experience math success through challenge and perseverance.

If you are a Catholic who has been away from your faith for a time and are interested in returning to the church, please consider attending Mass this weekend. Mass time at Our Mother of Perpetual Help Parish is Sunday at 9:00 am and 11:00 am. Also, if you are not a Catholic, but would like information on becoming one, please contact the school or Parish at 647-5035. Please know that you are always welcome at the Lord's Table!!

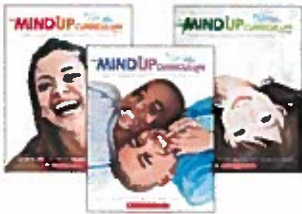
*Matt Turner*

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## Grade 8 Graduation

Graduation exercises will be held on Tuesday June 26<sup>th</sup> at 7:00 pm at Our Mother of Perpetual Help Church. This year we are encouraging parents and community members to consider sponsoring a graduation award. Please let us know if this may be of interest to you.

## Everyday Practices for Mental Health and Well-being



Did you know?

MindUP is all about discovery! MindUP is based on 4 core pillars and **neuroscience** is one of them. Our kids are learning about brain plasticity (neuroplasticity) and how our brains can change over time. Proper nutrition, getting enough sleep, movement, positive connection etc. have a positive influence on neuroplasticity. This is also a major factor in helping kids develop a GROWTH mindset where effort is rewarded above achievement, intelligence is not granted, rather it is earned, and mistakes are seen as opportunities, rather than as failures. Everyone can learn and grow!

More information about MindUP can be found at: [www.mindup.org](http://www.mindup.org)

## Northern Fruit and Vegetable Program

We are happy to collaborate with the Temiskaming Health Unit in running the NFVP at ECCS! We receive fresh fruit and vegetables that support our Snack program! We also continue to offer our Universal snack program which is available to all students.

## Healthy Tips:

Did you know that added sugars are found in many popular drinks? Check out the ingredient list on your favourite drink to find out. Other words that mean sugar are: cane sugar, beet sugar, glucose-fructose, dextrose, corn syrup, fruit juice concentrates, honey, molasses, and syrups. This week Sip Smart!<sup>TM</sup>. Enjoy plain milk or water with meals. Always quench your thirst with water.










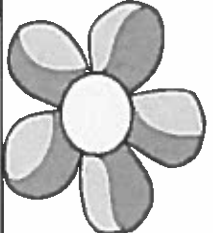
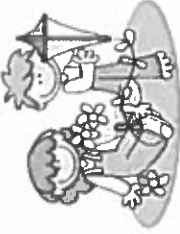
Did you know that it can take 5 oranges to make one cup of orange juice? Would you eat 5 oranges at one time? Enjoy eating whole fruits more often than juice!

Did you know: Refilling a half-liter water bottle 1,740 times with tap water costs the same as buying a 99 cent water bottle at a convenience store. Enjoy tap water: the cheaper, eco-friendly choice.

April  
SHOWERS  
BLIND  
May  
FLOWERS

# April 2018

HOPE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>  <p>APRIL IS NATIONAL <b>AUTISM</b> AWARENESS MONTH</p>	<p>2</p>	<p>3</p> <p>Day 4</p>	<p>4</p> <p>Day 5</p>	<p>5</p> <p>Day 1</p>	<p>6</p> <p>Day 2</p>	<p>7</p> 
<p>8</p>  <p>2<sup>nd</sup> Sunday of Easter</p>	<p>9.</p> <p>PA Day. No School!</p>	<p>10</p> <p>Day 3</p>	<p>11</p> <p>Day 4</p>	<p>12</p> <p>Day 5</p> <p>Graduation Photos!</p>	<p>13</p>  <p>Spirit day, wear your Jays outfit.</p>	<p>14</p>
<p>15</p>  <p>Third Sunday of <b>EASTER</b></p>	<p>16</p> <p>Day 2</p>	<p>17</p> <p>Day 3</p>	<p>18</p> <p>Day 4</p> <p>Easter Mass 1:00pm All welcome!</p>	<p>19</p> <p>Day 5</p>	<p>20</p> <p>Day 1</p> <p>Prayer for Diocese</p>  <p>PRAYER</p>	<p>21</p>
<p>22</p>  <p>4<sup>th</sup> Sunday of Easter</p>	<p>23</p> <p>Day 2</p>	<p>24</p> <p>Day 3</p>	<p>25</p> <p>Day 4</p>	<p>26</p> <p>Day 5</p>	<p>27</p> <p>Day 1</p>  <p>BUBBLE GUM DAY</p>	<p>28</p>
<p>29</p>  <p>LOVE ONE ANOTHER</p> <p>5<sup>th</sup> Sunday of Easter!</p>	<p>30</p> <p>Day 2</p>					

# Before & After School Program



Centre pour enfants  
Timiskaming Child Care

4/3/2018

Ashlyn Little RECE

## Activities

March flew by quickly! Of course there is still a huge interest in mixing ingredients and being scientist. Together the after school group worked on a volcano that took them a few days to construct and erupt. They had a plan – they needed to make brown playdough for the base. Let it dry and harden then make it erupt. What a great idea!



It was great to see the boys work together and create their own rules to a game of football in the gym.



They have been playing more

games together as a group. The leadership skills in some of the children are developing as well as really listening to each other and negotiating rules of games. Some of the favourite games this month are basketball, football, Pig with a tennis ball on the wall, badminton, and floor hockey. Some children have enjoyed setting up an obstacle course in the gym as well.

Our most anticipated activity was waiting patiently for our parents to buy shirts for us to tie dye. We recently spent the morning tie dyeing our shirts at our Before School Program! They turned out great!!!!



Please ensure to talk to Ashlyn early if you need care during PD Days or the summer, so we can plan accordingly.



Spaces are still available if you would like to register your child for the Before or After School Program, please contact Ashlyn Little, RECE, at 705-676-7609, or stop by the Home Economics room between 7:30-8:35 AM or 3:00-6:00 PM.



*Jaden and Lucy proudly wear their shirts and socks they made!*