

ECCS Newsletter: March 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. Parents/Guardians are always welcome to attend our meetings. Our next meeting is Monday March 5th at 6:00 pm. Everyone is welcome to attend.

PEPPERETTES

This is a direct classroom fundraiser. All profits go to your child's classroom for various resources and/or activities. For siblings, you can either have them sell individually, or you can sell all on one sheet and we can evenly split the sales between their classes. Sales begin on Thursday March 8th. **Orders are due Wednesday April 4th.** Pepperettes will be delivered in mid-late April. Thank you for your support!

From the Principal's Desk

Our Lenten season continues throughout March. We have an early Holy Week this year, all falling in March. Lent is the period of time when we are called to examine ourselves through careful reflection: Students will continue to learn of the three pillars of Lent; Prayer, Fasting & Charity. It is through these efforts that we can be prepared for the Risen Christ on Easter Sunday.

Our Catholic Virtue for March and April is **HOPE**. Through our Faith and our Actions, we have hope in eternal life with Jesus. Another way of explaining hope to children is to have them understand that **Hope is like a Light in the Darkness** that we go towards when we face challenges, suffering, loss and fear in our lives. Hope is that light in the distance that they can continually move towards as they persevere through the challenge.

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 26th 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



Our School is introducing MindUP in classrooms! MindUP is an evidence-based curriculum developed by The Hawm Foundation. MindUP is dedicated to the belief that the child who learns to monitor his or her senses and feelings becomes more aware and better understands how to respond to the world **reflectively** instead of **reflexively**. The program is delivered in 4 units over 15 lessons. MindUP is based on 4 core pillars: 1. Neuroscience (learning about the brain), 2. Core Practice (breathing/"brain breaks"), 3. Mindfulness Practices (engaging the 5 senses) and 4. Optimism and Gratitude.

"By learning about how the brain responds to stress and by practising strategies for quieting the mind, students become better at self-regulation, increase their capacity to absorb information and improve their relationship building skills." More information about MindUP can be found at: 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!

Healthy Tips:

Eating a healthy breakfast each day can help your family have the energy to learn, work and play, but mornings can be a busy time for families. Plan ahead by making overnight oatmeal in grab and go containers. Include a vegetable or fruit with breakfast

Ensuring your child has a healthy and well-balanced breakfast before heading to school is an investment in their health, wellbeing, and their future. Research shows that children who eat breakfast every day have a healthier weight, better and longer attention span improved academic performance and decreased hyperactivity in class. Not only does having a good breakfast contribute to your child's school day, but a good breakfast can also provide them with a quarter of the essential nutrients and energy needed to grow, flourish and succeed.



MARCH 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Third Sunday of Lent	5 Day 5 Catholic Parent Council Meeting 6:00 p.m.	6 Day 1	7 Day 2 St Michel Tournament	8 Day 3 Virtue Liturgy 9:30 am	9 Day 4 Stations of the Cross OMPH 7:00 pm	10 DIOCESAN LENTEN DAY OF PRAYER
11 Fourth Sunday of Lent	12 March Break	13	14	15	16 Hot Day!	17 Happy St. Patrick's Day
18 5th Sunday of Lent Lent We prepare	19 Day 5	20 Day 1 10:30 am Lenten Penance Service	21 Day 2	22 Day 3	23 Day 4 Electronics Day Please bring in a canned food item.	24
25 Passion Sunday	26 Day 5	27 Day 1	28 Day 2 Lenten Communion Liturgy 1:00 pm	29 Day 3 1:00 pm Stations of the Cross	30 No School GOOD FRIDAY	31

OUR MOTHER OF PERPETUAL HELP PARISH

COMING EVENTS - March 2017

DAY OF EUCHARISTIC ADORATION: Our Mother of Perpetual Help Parish will be hosting days of Adoration of the Blessed Sacrament every Friday of Lent (March 9th, 16th and 23rd) from 12:00 P.M. until 4:00 P.M. in the Church. All are welcome to come and spend some quiet time with the Lord in prayer. For more information, please contact the office at 705-647-5035.

STATIONS OF THE CROSS: Each Friday, during the Season of Lent, **Our Mother of Perpetual Help Parish** will be celebrating the Stations of the Cross at 7:00 P.M. We encourage you to come out and participate in this traditional devotion. For more information please contact the office at 705-647-5035.

STATIONS OF THE CROSS: Each Friday, during the Season of Lent, **Saint Patrick's Parish in Cobalt** will be celebrating the Stations of the Cross at 7:00 P.M. We encourage you to come out and participate in this traditional devotion. For more information, please contact the office at 705-647-5035.

EASTER TRIDUUM SCHEDULE: Our Mother of Perpetual Help Parish' Easter Triduum schedule begins with **Holy Thursday on March 29th at 7:00 P.M.** *This is the Mass of the Lord's Supper followed by Adoration of the Blessed Sacrament until Midnight.* **Good Friday, March 30th at 3:00 P.M.** *Service of the Word and Veneration of the Cross.* Also on **Good Friday at 7:00 P.M.** is Stations of the Cross. **Easter Vigil Mass, Saturday, March 31st at 8:00 P.M.** **Easter Sunday, April 1st, we will have Masses at 9:00 A.M. and 11:00 A.M..** For more information, please contact the office at 705-647-5035.

EASTER TRIDUUM SCHEDULE: Saint Patrick's Parish in Cobalt's Easter Triduum schedule begins with **Holy Thursday on March 29th at 7:00 P.M.** *This is the Mass of the Lord's Supper.* **Good Friday, March 30th at 3:00 P.M.** *Service of the Word and Veneration of the Cross.* Also on **Good Friday at 7:00 P.M.** is Stations of the Cross. **Easter Sunday, April 1st, we will have Mass at 10:00 A.M..** For more information, please contact the office at 705-647-5035

LET THE CHILDREN COME TO ME PROGRAM: Our Mother of Perpetual Help Parish offers a children's program (for children from JK until grade three) each Sunday during our 11:00 A.M. Mass. The children are dismissed downstairs just after Mass begins and return at the time of the offertory procession. During their time together they hear the gospel read at their level and work on an activity or craft based on the theme of the gospel. For further information, call the Parish Office at 705-647-5035.

OMPH IS NOW ON FACEBOOK: Check our new facebook page at facebook.com/OMPH.NL and stay up to date on the latest happenings in the <http://www.facebook.com/OMPH.NLParish>.

WEEKLY OMPH E-BULLETIN: If you would like to receive the weekly e-bulletin from Our Mother of Perpetual Help Parish, please email omphoffice@gmail.com. Stay in touch with all the latest news and events on a weekly basis.

PARISH WEBSITE: Our Mother of Perpetual Help Parish has updated its parish website. It contains information about the Parish, the weekly bulletin and a host of other useful information and links. Check out the website at www.ourmotherofperpetualhelp.ca.

Before & After School Program



Centre pour enfants
Timiskaming Child Care

3/1/2018

Ashlyn Little RECE

Activities

During the month of February the children enjoyed exploring many science experiments they had done previously. They have explored with many different baking ingredients and one child decided to make his own version of bread. Including "baking" it for 5 minutes in the microwave.



Others chose to make their own playdough recipe. One morning they did a repeat experiment of oil, water, and watching the food colouring drops sit at different levels in the oil until it finally dropped through to the water.



When the Olympics started and the school had their winter Olympics in their spirit teams, this generated a week long interest in making flags.



Floor hockey and basketball in the gym still seem to be a big interest. One child wondered what it would be like to shoot hoops in a wheel chair, so he created his own version of a wheel chair by sitting on a stool and added hula hoops as the wheels.

Please ensure to talk to Ashlyn early if you need care during the March Break



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.

It was great to see two children work together for about 30 minutes or so setting up a domino line. Once complete with a few errors in building it, they requested "electronic instrumental music" from Google Play, and for Ashlyn to record their achievement that took a total of 15 seconds to knock down.

