

# Holy Family School Newsletter

Important Information & Upcoming Events

February 2019

## Masses & Celebrations

<u>February 3</u>	Sunday Mass 9:00 am at Holy Trinity Church
<u>February 6</u>	Mass 9:30 am at Holy Trinity Church
<u>February 10</u>	Sunday Mass 9:00 am at Holy Trinity Church
<u>February 17</u>	Sunday Mass 9:00 am at Holy Trinity Church
<u>February 22</u>	Virtue Assembly 2:20 at School
<u>February 24</u>	Sunday Mass 9:00 am at Holy Trinity Church

## PA Day February 1st



## Kindergarten Registration

Holy Family School is continuing to hold Kindergarten Registration for children, born in 2014 or 2015, who will be starting school in September 2019. Please visit our Board web site at [www.ncdsb.on.ca](http://www.ncdsb.on.ca) to register on-line, and stop by the school to tour our facility.

## 100s Day February 11th

### Skating

Our Skating Program continues. It is mandatory that students in Junior Kindergarten to Grade 4 wear a helmet, and mittens/gloves must be worn by *all* students at *all* times. As well, no child or adult will be permitted on the ice surface at any time without skates. Given that some children currently do not have skates or helmets, we do have a few extras that students are welcome to *borrow* on skating days. Please note that if students are bringing their skates on the school bus, all ice skates must have the blades suitably protected with guards and must be stored in a case or school bag. The bag is to be placed on the floor at the student's feet while on the bus.

## From the Principal's Desk

This school year, one of our school improvement goals is to build resiliency in our students. When children have the skills and confidence to confront and work through their problems, they learn that they have what it takes to confront difficult issues. The following information was written by Katie Hurley in her article "Resilience in Children: Strategies to Strengthen Your Kids" at [www.psychom.net/build-resilience-children](http://www.psychom.net/build-resilience-children). As Hurley notes, "Parents can help kids build resilience and confront uncertainty by teaching them to solve problems independently. While the gut reaction of the parent might be to jump in and help so that the child avoids dealing with discomfort, this actually weakens resilience. Kids need to experience discomfort so that they can learn to work through it and develop their own problem-solving skills. Without this skill-set in place, kids will experience anxiety and shut down in the face of adversity" ([www.psychom.net/build-resilience-children](http://www.psychom.net/build-resilience-children)).

Some of the strategies that Hurley discusses in her article include:

- Building a strong emotional connection with your child/children
- Promoting healthy risk-taking
- Resisting the urge to fix the problem for your child/children and ask questions instead
- Teach problem-solving skills
- Teach your child/children that all feelings are important and that feeling anxious, sad, jealous are feelings that usually pass
- Demonstrate coping skills
- Embrace mistakes – theirs and yours!
- Promote the bright side – every experience has one
- Model resiliency

Thank you for continuing to support Holy Family School. In working together, we can help "our kids" become stronger and more confident children of God.

### Prayer for Strength and Guidance

*Lord, I reach out to you for your guidance.*

*Please show me which way to turn.*

*Calm my anxious thoughts, come speak into my mind.*

*Strengthen me as I falter and feel weary.*

*May I feel strength rising up within my heart.*

*Bring clarity into my visions and dreams.*

*I trust that you are with me, no matter where I go,*

*Or what I decide to do.*

*You journey with me always.*

*Amen.*

*Cheryl Ricca*

**Report Cards go Home  
February 13<sup>th</sup>**

*A Valentine Prayer*

*(Author unknown)*

I said a Valentine prayer for you  
and asked the Lord above  
to fill your heart and bless your soul  
With the precious gift of love.

I asked Him for sincere love  
The kind that's meant to stay  
Just like the generous love  
You give to those you touch each day.

I prayed for love from family  
And from every cherished friend  
Then I asked the Lord to give you  
His love that knows no end.



*Happy Valentine's Day  
February 14<sup>th</sup>*

**Graduation Pictures**

Grade 8 graduation photos will be taken on Wednesday, February 27<sup>th</sup> at 11:00 a.m. The graduates are asked to bring a white button-up shirt/blouse, and the boys a tie, if they have one. If not, we will have one on hand that students can borrow. More information will be forthcoming.



**Pink Shirt day is February 28th**

In today's digital world, it can be impossible to escape online bullying, whether it takes the shape of harassment, spreading rumours, sharing embarrassing information or threats. Pink Shirt Day is encouraging others to combat cyberbullying by thinking twice before posting something negative, and instead using the internet to spread kindness.

**BUBBLE GUM DAY**

Friday, February 8th  
License \$2 Gum \$1



**Public Speaking**

Holy Family School will be holding its annual Public Speaking competition in the school library on Tuesday, February 12<sup>th</sup>, beginning at 9:00 a.m. Parents are welcome to come and listen to the students speak. The top three finishers in each of the categories (Primary, Junior & Intermediate) will go on to compete at the Branch Level of competition at the Englehart Legion on Sunday, February 17<sup>th</sup>, beginning at 1:00 p.m. The first place finishers in each of the categories at the Branch Level will compete at the Zone competition in March. *Best of luck to all of the speakers!*



*Canada Clothing & National  
Flag Day February 15<sup>th</sup>*

**School Council**

Holy Family Catholic School Council will meet on Tuesday, February 26<sup>th</sup> at 4:30 p.m. in the school library. Parents and staff are always welcome to attend.

*Family Day February 18<sup>th</sup>*

**Transition Meeting**

Mrs. Stinkowji from Englehart High School will be meeting with the Grade 8 students on the afternoon of Thursday, February 7<sup>th</sup>, to discuss Grade 9 transition information and to review the course selection booklets. Actual course selections will be held at a later date.

*Respect & Responsibility*

Respect, honesty, responsibility, and

hope are the language of a great team leader.

Samuel R. Chand