





UPCOMING EVENTS

- MARCH Break (11th to 15th)
- Pancake Breakfast for Shrove
 Tuesday
- Grade 7 Dental Screening (PHU)
 March 5th, 1:00pm
- Ash Wednesday Prayer Service1:00pm in the Gym
- Winter Carnival, March 8th
- Poutine and Popcorn Day,
 March 8
- Toronto Trip Deposit Due Mar. 8th
- MARCH Break (11th to 15th)

LOST AND FOUND ITEMS

Please remind your child to have a look at the lost and found table that has been set up in the entrance of the school. There are many sweatshirts and other items that need to be claimed and taken home.

Students have until March 8th to claim their clothing. The remaining items will be donated to St. Martin de Porres Community Charity.

GRADE 8 O'GORMAN HIGH SCHOOL COURSE SELECTIONS

O'Gorman High School has let us know that there are students who have yet to complete their course selections for Grade 9. The deadline to complete the course selections is on **Friday, March 8**th. It is important that your child complete the course selections and have you sign the selection sheet as as soon as possible. Your child may have limited options for classes if this is not completed.

LENTEN SEASON 2019

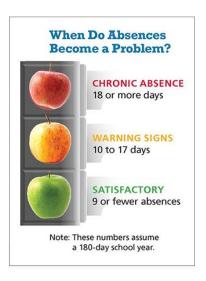
This week marks the beginning of a very special time in the Liturgical Year. On Ash Wednesday, Lent begins. At this time, we are reminded that this special season provides all of us with a time to prepare for the death and resurrection of our Lord Jesus Christ. As in other years, we will begin the season with the distribution of ashes during **a prayer service at 1:00pm** in the gym. Please join us in prayer and reflection. Lent is a time to become closer to Jesus. It is our hope that you will take time out of your busy family schedules to pray, fast, prepare and give. We can use the Lenten season to develop a greater appreciation of the life that God is calling each of us to lead.

ATTENDANCE

Regular and punctual attendance is directly related to success in school. We are beginning an **Attendance Matters** initiative as regular attendance is the best way to promote student achievement. We hope to educate students and families about the importance of regular attendance. When students are absent, they fall behind in their learning which creates gaps that can have lasting impacts on student achievement.

HOW CAN YOU HELP MAKE ATTENDANCE A PRIORITY?

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Don't let your child stay home unless he or she is truly sick.
- If your child seems reluctant to go to school, talk to his/her teacher, the Child and Youth Worker or other parents for advice and insight on how to make him or her comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call upon a family member, neighbor or another parent.
- Avoid medical appointments and extended trips when school is in session.







We are organizing a fun filled winter carnival on. The students will enjoy snowshoeing, skating, or sliding. These activities are available as options for the children to choose from. There is no cost to participate, however permission forms need to be submitted no later than Thursday, March 7th. Should you have any questions about our Winter Carnival, please call Mr. Seguin at the school.

VIRTUE MARCH AND APRIL: Fortitude

Fortitude is one of the four cardinal virtues. It is commonly called courage; however, it is different from what we often think of.

Fortitude is always reasoned and reasonable. The cardinal virtue of fortitude involves practicing what is good and just when it is difficult or even dangerous. A person of fortitude practices patience when meeting obstacles. They do what is right, even when others criticize them.

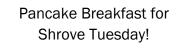


WHAT IS FORTITUDE?:

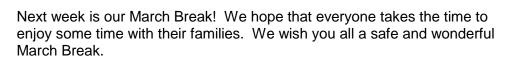
Our Grade 5 and 6 Ski and Snowshoe Program has been very well received!

The students enjoyed the amazing winter conditions at Porcupine Ski Runners!









DEVELOPING CHARACTER THROUGH FORTITUDE

The goal of this virtue:

- To help our students develop strength of character in times of adversity
- To base our actions on defending truth and justice
- To help our students face problems and obstacles
- To develop our students' self-esteem to be able to overcome peer pressure.
- Standing up respectfully when something wrong is being done
- Facing obstacles with patience and determination
- Living a life that pleases God

