



# Home of the **CARDINALS!**

March 2019 Newsletter

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## Principal's Message



Dear Parents/Guardians,  
Although it doesn't feel like it right now, spring is just around the corner. We would like to thank you for your continued support of our Catholic school community. Whether your family is travelling over the March Break, or staying home, we hope everyone is able to spend some good quality family time together. Lent provides a perfect time to reflect both outwardly and inwardly. It is important to take census of what's important, what we need to change and ultimately, how we can live to meet the Gospel Values we proclaim. During the Lenten season, students will be encouraged to help others and to prepare their hearts for Easter. Our Lenten charity focus will be the Sacred Heart of Jesus Parish Food Drive. We are asking students to bring in 5 non-perishable food items. In 2014, Pope Francis said the following in his Easter Vigil Homily, "The Gospel of Easter is very clear: we need to go back there, to see that Jesus has risen and to become witnesses of his resurrection. This is not to go back in time: it is not a kind of nostalgia. It is returning to our first love, in order to receive the fire which Jesus has kindled in the world and to bring that fire to all people, to the very ends of the earth."

Dear Lord, we strive to do your will. We don't follow the goals of this world because people often make material gain or power their goals. We choose your path, a path that is worthwhile, a path of love and service. In this way, all that we do is good, all that comes from what we do will be good.

Amen

Yours in faith and education,

Mr. Berthier

Principal

**Our spiritual theme: "By Our Works, We Show Our Faith," (James 2: 16 - 18).**

## **School Updates**

Registrations for our Full Day Junior/Senior Kindergarten are ongoing. If you have a child that is eligible for JK (must be 4 years old by December 31, 2019), please go online or contact the school to complete registration package.

## **Parents – Internet Warning**

What you need to know about the “Momo Challenge”?

Momo is said to target young children on social media. A scary looking doll encourages them to add a contact on messaging service WhatsApp, then send them violent images and dares. It encourages them to self-harm and the ultimate post tells them to take their own lives.

Students have asked me about this site which I then researched. It is considered a hoax, with has led to more publicity for the site than it would otherwise have had. It has, however, brought to the forefront, the importance of parental supervision with children on the internet.

What can you do to protect your child on all levels regarding internet use?

Remind your child that Momo (and others) are not real.

Ensure parental controls are set up on children’s devices.

Most importantly, have discussions with your children about internet safety and flag/report any scary or harmful sites.

## **Reminders:**

### **Dates to Remember:**

**Shrove Tuesday – March 5<sup>th</sup>**

**Lent Begins on March 6<sup>th</sup> and extends to April 18<sup>th</sup>.**

**Ash Wednesday – March 6<sup>th</sup>**

**Winter Carnival – March 7<sup>th</sup>**

**March Break – March 11<sup>th</sup> to March 15<sup>th</sup>**

**Pizza forms and money are due March 26<sup>th</sup>**

## **Monthly Virtue: Fortitude**

### **Importance of Respect and Responsibility: 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.

Fortitude allows us to overcome our fear and remain resilient in the face of obstacles. Prudence and justice are the virtues through which we decide what needs to be done; fortitude gives us the strength to do it.

As Catholics we look to Jesus as our model. He always did what was right, even when it cost Him his life. Practicing fortitude is challenging, but it brings deep peace that comes from knowing we have done the right thing.

Fortitude is visible in our Catholic schools when we witness people defending truth and kindness especially during challenging situations. Students who do not cheat when the opportunity presents itself, who are capable of saying no to their friends who pressure them

and students who stand up for others and do not participate in teasing or bullying are students who are displaying the virtue of fortitude.

## **HOME AND SCHOOL - WORKING TOGETHER FOR SCHOOL SUCCESS**

### **Building Understanding and Excitement for Children – Math and Science**

Math – When your child explains how he/she solved a math problem, it helps them to understand the math concepts involved. With these ideas, you can encourage them to talk about how they figured out that  $3 + 9 = 12$ ... and much more.

Roll and add - Play a simple dice game. Each person rolls two dice, adds the numbers together, and tells how he/she got the total. For instance, your youngster might say, "I know that  $4 + 5 = 9$  because  $4 + 4 = 8$ , and 5 is 1 more than 4, so I have to add 1 more to 8." After five rounds, the high score wins. TIP: Boost the challenge by rolling three dice.

### Science

Gravity in Action: Gaze into the night sky with your youngster and talk about why the moon stays "near" the earth. Have your child crumple a piece of newspaper into a ball and help your child tape it closed. Tape the ball to a piece of string. Now, ask your child to hold the end of the string and spin the ball around your child's head. Tell your child to pretend he/she is the earth, the ball is the moon and the string is the gravity that keeps the moon in orbit around the earth. What happens if he/she lets go of the string? (You can explain that without gravity, the moon and the earth wouldn't stay together.)

### **Student Attendance**

Regular attendance is crucial to success at school. When students are habitually late or leave habitually early, they miss critical class time, feel disorganized and may miss important information. Punctuality is an important life skill that students learn and helps them establish good work habits for their future. Encourage your child(ren) to take responsibility for themselves to prepare and plan ahead in order to be ready and on time for school. Working together makes a difference for student learning.

### **Lateness: School Arrival**

Lateness continues to be a concern at Pope Francis. Many students miss the initial part of their instructional school day due to this late arrival. **Valuable learning time is lost.** Chronic lateness is reported to the school's attendance counsellor. Please ensure that these inappropriate patterns of behaviour are not established with your children. Students should arrive at school no later than 8:45 a.m.

### **Catholic School Council**

Our next meeting will take place March 4<sup>th</sup>, at 6:30. Please use the Balsam Street entrance. Our co-chairs, Mrs. Courchesne and Mr. Fernandez will be taking any agenda items for our next meeting. At our last meeting, items that were discussed include, the construction update, signage, front entrance, playground design, student safety (doors not locked, buzzer system still not operational and cameras not up at the doors), school year calendar, Principal profile,

reviewed the School Improvement plan, welcoming/seating area at the front of the school, request for school yard plans from the Board.

For our next meeting, we will continue to discuss items from the last meeting and bring up the following items; signage in and out of the school, construction timelines (Letter to the Director), budget consultation, fundraising (pizza kits, receipt books), welcoming environment, mental health and parent engagement.

### **Kids and Mental Health**

One in five children in Ontario has a mental health problem. Changes to your child's mental health may not be obvious.

Warning signs to look for:

- Mood swings and changes in eating habits.
- Headaches and sore stomach.
- Low energy and not sleeping well.
- Missing school and/or having trouble at school.
- Spending less time with friends and family.
- Wanting to be left alone.
- Feelings of anger and rage.

Remember:

- Listen to your child and trust your judgment.
- You are the best person to notice changes.
- Talk to your child's teacher, he or she may have seen some changes too.
- It's okay to ask for help and talk to your family doctor.

For more information on kids and mental health, please visit [www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca).

### **Breakfast Snack Program**

Just as a friendly reminder, the Breakfast Snack Program runs from 8:30 to 8:45 every morning in the Breakfast room. Below is a letter that outlines this universal program and ways that you can support this amazing program.

Dear parent/guardian,

Research has proven that students learn more effectively when they are nutritionally satisfied, particularly during the morning hours. There are a variety of reasons why young people may start their day hungry including lengthy commutes, hectic family routines in the morning, lack of hunger upon rising, and poverty. **Regardless of the reason, the first need of a hungry student is good nutrition!**

We are very excited to announce that with the assistance of the Canadian Red Cross, we will be offering breakfast to our students 5 days a week, through the Student Nutrition Program (SNP). The SNP is *universal* which means that any/all students are encouraged to access it. Participation in the SNP program is associated with positive educational outcomes including improved academic performance, reduced 'lates', improved student behaviour, and the development of long-term healthy eating habits beyond participation in the program. SNP also creates a positive social environment in which teachers, and the parent community can connect and engage with students in meaningful ways.

While the funding provided from the Red Cross kicks the program off to a great start, it does not cover the costs needed to sustain this program for the entire school year. Any contribution that you can make to this program, either by providing a financial or in-kind donation (ie plastic spoons and other disposable items will be used occasionally) or volunteering your time to help prepare/serve meals, would be very much appreciated.

To make a donation, simply come into the school and meet with Mrs. Belisle or Mr. Berthier.

Thank you for taking the time to help and to learn about the Student Nutrition Program – we very much appreciate it!

Sincerely,

The Pope Francis Cardinal Team

P.S. To stay connected to events, recipes and other SNP related news, connect to **Student Nutrition Program- Timmins & District** on Facebook.



### **OUR SCHOOL DAY**

8:50 - Entry & Opening Exercises  
10:00-10:15 - Morning Recess  
11:35-12:05 - Lunch Recess  
12:05-12:35 - Lunch Inside  
1:55-2:10 - Afternoon Recess  
3:20 – Dismissal

### **OFFICE HOURS**

Open from 8:00 am to 11:35 am  
**Closed from 11:35 am to 12:35 pm**  
Open from 12:35 pm to 4:00 pm

As a safety issue, we would like to remind you that the supervision of the school yard does not begin until 8:30 a.m. It would be best if students who walk or are dropped off at school do not arrive to school before then.

If you are coming into the school, you are reminded that you must report to the office and not go to your child's classroom or locker. We appreciate your support on this.

### **Closing Message:**

"Everything is God's to give and to take away, so share what you've been given, and that includes yourself." Mother Teresa

### **Contact Information**

Principal: Mr. Berthier (705) 264-5869  
Superintendent: Mrs. Brumwell (705) 268-7443  
Board website: [www.ncdsb.on.ca](http://www.ncdsb.on.ca)