

# Sacred Heart Catholic School Newsletter

Important Information and Upcoming Events

February 2011

## Virtue for the Month of February

### Temperance (Self-Control)

Temperance is one of the four cardinal virtues. It is the control of the desire for pleasure. In this sense, it corresponds to fortitude, which restrains our fears, physical as well as spiritual. St. Thomas Aquinas ranked temperance as the fourth of the cardinal virtues, because it serves prudence, justice and fortitude. The moderation of our desires is essential to acting rightly (prudence), giving each one their (justice), and standing strong in the face of adversity (fortitude). Temperance is the virtue which attempts to overcome the human condition that "The spirit is willing, but the flesh is weak." (Mark 14:38) Temperance is defined as the righteous habit which makes a person govern their natural appetite for pleasures of the senses in accordance with the norm prescribed by reason. In one sense temperance may be regarded as a characteristic of all the moral virtues; the moderation it enjoins is central to each of them. Thus it is the virtue that controls the yearning for pleasures and delights which most powerfully attract the human heart.

#### TEMPERANCE (SELF-CONTROL)

Temperance is a virtue that we constantly work to develop as part of our character.

Temperance helps us:

† to be honest with who we are.

† to use the power to stand up for what is right.

† to behave in moderation... not to do too much of something.

† to balance the use of goods at our disposal.

† to control our desires, our actions and our behaviours.

Temperance goes with balance, humility and moderation.

*God wants us to do what we know and feel is right.* A person with self-control...

† is patient with themselves and others

† knows how to share and take turns

† has the power to stand up for what is right

† looks for peaceful ways to solve conflict

† can think things through

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## Bus Procedures

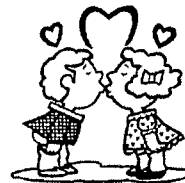
All students who ride a school bus shall adhere to the following procedures for transporting equipment or personal effects because of room availability (many buses are at maximum capacity).

1. **MUSICAL INSTRUMENTS:** Only small instruments which can be easily placed on a student's lap shall be permitted on a school bus. These include but are not limited to: clarinet, saxophone, trumpet, flute, trombone. All musical instruments must be transported in instrument cases and must remain in the case while on the bus. Larger instruments such as guitars, bass guitars, baritones, and tubas are not permitted on a school bus.
  2. **SKATES:** All ice skates shall have the blades suitably protected with guards and shall be tied together. All skates must be stored in a case or school bag and placed on the floor at the student's feet.
  3. **SPORTS EQUIPMENT:** Small types of sports equipment such as baseball gloves or rubber balls that can be stored safely in a school bag are acceptable but must remain stored while on the school bus. Other sports equipment such as and not limited to: hockey bags, hockey sticks, skis, poles, snow boards and skate boards are not permitted on a school bus.
  4. **OTHER ITEMS:** Larger items, such as but not limited to science fair projects that cannot easily be placed on a student's lap are not permitted on a school bus and should be transported by parents.
  5. **OTHER ITEMS NOT PERMITTED ON A SCHOOL BUS:** Animals, cigarettes, firecrackers or any flammable object or substance, laser pointers, lighters, matches
- Thank you for your support!

**Valentine Candygrams:** Available during the lunch hour for \$1.50 from the Student Council.

*Monday, February 14th*

*Red and Pink Day!*



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## *We're on our way to creating a Healthy School Nutrition Environment!*

Last year students, teachers, staff, parents and volunteers began talking and learning about *Creating a Healthy School Nutrition Environment* at Sacred Heart Catholic School. Our whole school learned that a healthy school nutrition environment is one that repeats and supports the same healthy eating messages throughout the school, the classroom and in the community. It is also an environment where healthy eating is promoted through actions *and* words. Together we celebrated healthy eating and a whole school approach to fostering healthy eating for everyone. Now it's time for the next steps in *Creating a Healthy School Nutrition Environment*. Sacred Heart Catholic School has started a **School Nutrition Action Committee** (SNAC). A SNAC looks at the current nutrition issues in the school and plans activities to improve it. If you are interested in joining or have any ideas, come to our next meeting on Thursday, February 10<sup>th</sup> at 11:40a.m. in Ms. Eno's Room. Contact Ms. Eno or Mrs. Bougie for more information.

**Together we can make the healthy choice the easy choice!**

*Wednesday, February 16<sup>th</sup>*

*Semester 1 Report Cards*

*Go Home!*

*Parent/Teacher Interviews*

*Tuesday, February 22<sup>nd</sup>,*

*5:00 - 8:00 p.m.*

*Details to Follow!*



## **Grade 8 Fund Raising**

**Legion Shop & Stop:** Friday, February 18<sup>th</sup> 5:00-7:00pm. \$10 per person Roast Beef Dinner with all the trimmings. See Grade 8 students for tickets!

**Raffle :** Tickets \$2 each

1st Prize : Ducks Unlimited Framed Print

2nd Prize : \$100 Home Hardware Gift Card

3rd Prize : \$50 Home Depot Gift Card

Drawn on Thursday, March 3<sup>rd</sup>, 2011 at 11:45a.m.

Sacred Heart Catholic School. See Grade 8 students for tickets!

**Healthy Snack Cart :** Variety of snacks **sold** at lunch time in the gymnasium. Cost \$0.50 to \$2.

**Bubble Gum Day:** Friday, February 11<sup>th</sup>. Licenses \$1, Gum \$1.25 a pack, 25 cents or 10 cents each.

**Duct Taping Mr. Conrad to the Wall:** Friday, February 18<sup>th</sup> at 2:15p.m. in the gymnasium. One arm's length of duct tape sells for \$1

**Bake Sale :** Wednesday, February 23<sup>rd</sup> beginning at 12:40 p.m. Donations of nut free baking gratefully accepted.

**Fudge :** 4 varieties - Death by Fudge, English Toffee, Maple and Chocolate \$7 a half pound from any Grade 8 student.

**Great News :** \$1 260 funding has been approved for the Ontario Young Travelers' Grant!



*Monday, February 28<sup>th</sup>*

*Professional Activity Day*

*No classes for the students!*