



Home of the PANTHERS!

May 2017 Newsletter

CATHOLIC EDUCATION: *Principal's Message*

WALKING
forward
together

Dear Parents,

Catholic Education Week is a special week in our schools as we continue to celebrate not only the gifts that God has given us, but the Gift of Catholic Education. This year's Catholic Education Week theme is, "*Walking Forward Together.*"

The 2017 CEW theme and its five sub-themes are drawn from three contemporary Catholic documents that address the need for reconciliation and renewal – in our lives, with our families, in our relationships with others and in our relationship with our environment and our common global future.

This year's Catholic Education Week biblical quote, "*Do justice, love kindness and walk humbly with your God*" (Micah 6:8), acknowledges the important role of justice and solidarity with our Indigenous peoples, our environment, the poor and marginalized, and all those who work to protect our common global future.

There are five sub-themes for each day of Catholic Education Week, which we as a school will be celebrating through a number of activities and events during the week:

- Day 1: Walking Forward Together with God
- Day 2: Walking Forward Together with Our Families
- Day 3: Walking Forward Together with Others
- Day 4: Walking Forward Together with Creation
- Day 5: Walking Forward Together in Hope

As a Catholic Community, one thing we need to rely on for support and strength - is the triad of Home, School and Parish. Building community is at the heart of our Christian faith. With these pillars working together, your child has the best opportunity to be prepared to meet the challenges of life.

In closing, it is my hope and prayer that the Sacred Heart School community will invite the Holy Spirit to strengthen our pillars of Home, School and Church. With your prayers and participation, we are sure to succeed together in instilling Catholic Gospel Values in our children. They are the future ambassadors of Christ in the world. We should not underestimate the importance of this and of Catholic Education in Ontario.

Yours in faith and education,

Mr. Berthier
Principal

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

School Updates



Transportation: If your child receives a bus, it is important that they take the bus to and from school each and every day. If you have to pick up your child, please ensure that they are aware of this prior to them getting on the bus in the morning and then contact the school with this information. This will eliminate confusion at the end of the day.

As a friendly reminder, Mrs. Belisle is at lunch from 11:45 to 12:45. During this time the office is closed, therefore the phones and door are not monitored regularly. If you need to drop something off or you have to pick up your child, please do so before 11:40. Your understanding will be appreciated.



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, 2017), please come by the office to pick up a registration package. Tours will be provided to parents every Tuesday and Thursday.



Grade 4, 5, & 6 orientation days and parent night will take place during Catholic Education Week at O'Gorman Intermediate School. The grade 4 and 5 student's session will take at OICS on May 2nd (Grade 4 in the morning and Grade 5 in the afternoon) and the Grade 6's will take place for the entire day on May 3rd. All current Grade 4, 5, & 6 parents are invited to attend the parent information session that will take place the evening of May 3rd beginning at 6:30 pm.

Our Grade six students will be traveling to Camp Miniyowe from June 7th to the 9th. A brochure with a tentative schedule and meal plan will be provided to your child shortly.

Reminders:



VICTORIA DAY HOLIDAY:

Please remember that Monday, May 22nd is Victoria Day. Schools will be closed. May you enjoy a wonderfully warm, relaxing, fun-filled day with family and friends.



MOTHER'S DAY:

The students and staff of Sacred Heart School wish all moms and grandmothers a very "Happy Mother's Day" on May 14th. May God bless you and keep you safe.

Education Quality and
Accountability Office



EQAO TESTING:

Grade 3 and Grade 6 students will be participating in EQAO testing beginning May 23rd and ending June 2nd. We ask for your co-operation in ensuring that all children are present and on time on the testing days.

Please try to schedule any appointments accordingly, as it becomes very difficult for the children to catch up if they miss a testing day. Be sure to encourage an early night's sleep and a healthy breakfast, lunch and snack to put the children in top form.

The assessments provide opportunities for all Grade 3 and Grade 6 students to demonstrate their achievement in reading, writing and mathematics, as outlined in The Ontario Curriculum. The assessments provide high-quality metrics to educators, students, and parents on academic achievement in these subject areas. The assessments augment the information teachers gather about individual

students throughout the year and will help teachers to adapt curriculum and instruction for their students. Assessments provide important additional input for improving student learning. Aggregated information for schools, boards and the province will identify areas for program improvement.

Parent and student resources are available at the EQAO website. These resources include information about this year's test; sample tests from previous years; and tips on how to prepare for the test. To access the website, go to <http://www.eqao.com> and click on "Student Resources" or "Parent Resources" at the top of the page.

Monthly Virtue: TEMPERANCE



The Importance of Temperance

We live in a world that constantly sends us messages that if it feels good, it must be good for us. Instead of consuming too much or focusing on things that give us pleasure for only brief moments, we should practice temperance. True pleasure is found through aware-ness and appreciating the practice of moderation and self-control.

Temperance is one of the four cardinal virtues that speaks to the need for balance and moderation in what we do and how we live. We must have moderation in all aspects of our lives. For example, moderation in our speech would be to not gossip or tell stories that aren't true or hurtful to someone. What about moderation for our temper by managing our anger?

We can strengthen our will and ability to control ourselves with God's help. We need to leave room for God instead of filling our lives with too much. We must also put our own needs and wants aside for the good of others.

"For God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline" 2 Timothy 1.7



Basketball and All Sport Camps

You have received a brochure for the 21st annual P.R.I.D.E. basketball camp. This is a great opportunity for your child to continue to develop their individual and team skills. The brochure also includes information about the All Sports Camp. For more information, please contact Mr. Weltz at 705-268-4501.

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.

Please see the attached “Quick Facts for Parents – Learning about Mental Health”

For more information on kids and mental health please visit www.kidsmentalhealth.ca.

Catholic School Council

2016-17 Catholic Parent Council members;

Co-Chairs – Mrs. Taylor and Mr. Dupont

Secretary – Mrs. Alexander

Members – Mrs. Oliver, Mrs. Miller, Mrs. Presseault, Mrs. Hynes, Mrs. Courchesne, Mrs. Gauthier, Mrs. Pelletier, Mr. Chartrand, Mrs. Lamothe, Mr. Westerling and Constable Southcott.

Our next meeting will take on May 24th, beginning at 6:30.

OUR SCHOOL DAY

8:50 - Entry & Opening Exercises

10:10-10:25 - Morning Recess

11:45-12:15 - Lunch Recess

12:15-12:45 - Lunch Inside

2:05-2:20 - Afternoon Recess

3:20 – Dismissal

OFFICE HOURS

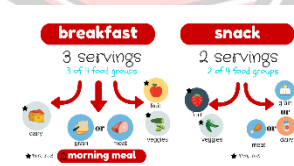
Open from 8:00 am to 11:45 am

Closed from 11:45 am to 12:45 pm

Open from 12:45 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.



Breakfast Snack Program

Just as a friendly reminder, the Breakfast Snack Program runs from 8:30 to 8:45 every morning in the Library. If you would like to support this amazing program by volunteering or making a donation, please contact the school and speak to Mrs. Belisle or Mr. Berthier.

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. Stefanic Weltz (705) 268-7443

Board website: www.ncdsb.on.ca