



The Cougar Column

ST. JOSEPH - NEWSLETTER

October 1st, 2019

A Message from the Principal...

We made it through the first month of school! Our virtue of the month continues to be Faith. Thanksgiving is just around the corner and as a faith community, we will be participating in a food drive from the first until the 10th. We will bring items to the food bank so that they can be shared out for Thanksgiving.

I am wishing everyone a safe and happy Thanksgiving holiday and ask that you be especially safety conscious on Hallowe'en. We will have our annual parade in the gym at 1:00 – this will allow you time to help your children dress in their costumes after the recess bell.



Sincerely,

Mrs. Pichette



CROSS COUNTRY RUNNING

Our students from Gr. 3-6 will have the opportunity to participate in a X-country meet at Opishig Lake on Oct. 4th. They have been practicing since the beginning of the school year several times per week. Indeed, they have been placing very well in our local meets. Come on out and cheer them on!



FOCUS ON FAITH

Our monthly mass will be celebrated on October 10th at 9:30 at St.

Joachim Church.

Our virtue continues to be – Faith.

Students are working toward their Sacraments of First Reconciliation and First Communion with the Parish this year.

Reconciliation

Parents only: Sunday, October 6th at 6:30 - Parish hall

Celebration of Commitment : Sunday, October 27th at 10:30 am Mass

First session of Reconciliation: Sunday, Nov. 3rd at 6:30 - Parish hall

Second Session: Sunday, November 17th at 6:30 - Parish hall

Celebration of Reconciliation: Sunday, December 1st at 2:00 pm - Parish hall

Eucharist

Sunday, Feb. 16th at 6:30 pm - Parish hall

Sunday, Mar. 22nd at 6:30 pm – St. Joseph school

Sunday, April 5th at 6:30 pm - Parish Hall (Palm Sunday – Re-enactment of Last Supper)

Celebration of Eucharist

Sunday, April 19th at 10:30 am Mass



HEALTHY PEANUT FREE SNACKS

As you are already aware, we have students with severe, life-threatening allergies to nuts. To help you continue to pack nutritious lunches and snacks, we are sharing a list of foods that do not generally contain peanuts or peanut/tree nut products. Always read food labels to be sure.

- Fresh fruit, fruit cups
- Dried fruit (raisins, dried apricots, dried cranberries), 100% fruit leathers
- 100% fruit juices
- Fresh veggies
- Milk and chocolate milk
- Plain low fat cheese
- Low sodium pretzels
- Plain popcorn
- Whole grain crackers
- Homemade trail mix (without peanuts or other nuts)
- Yogurt

- Homemade muffins or baked goods made without peanuts or peanut oil



FOCUS ON ATTENDANCE

Research has shown a very strong link between students showing up for school regularly and on time, and their success in life. According to Charity Intelligence, students who miss 2 days of school per month from Grades 1-9, by grade 10 will have missed an entire YEAR of school! Wow – that's a lot of catching up to do!!!

As a parent, you can help improve your child's attendance by ensuring they get enough sleep so that they get up readily and arrive on time to school. Work with the school – classroom teacher, child and youth worker and principal to find the source of any anxieties and help your child through planning ahead, organizing and talking about upcoming events.

Getting involved in your child's entire school experience will help boost their attendance.



Letters will be going home shortly to all children in Gr. 4 with their EQAO test results. St. Joseph School has done very well - Way to go!

Webcasts for Parents and Guardians on School Councils

[“EQAO & School Councils: Working Together to Support Students’ Learning Journey”](#)

Participants will hear about research the agency has conducted into students’ experiences with EQAO. They will learn about resources to help students feel confident as they write the assessments. Go to www.eqao.com and register to participate on the following dates:
October 1, 7:30–8:30 p.m.
October 2, 7:30–8:30 p.m.