



The Cougar Column

ST. JOSEPH - NEWSLETTER

Mar. 1, 2019

A Message from the Principal...

The calendar for March can be found with this newsletter. It outlines the activities we have planned for this month. We will be attempting to limit activities that keep students away from academics and learning for the next while as we have had an inordinate number of snow days this year. In keeping with this – we are requesting that you ensure your child attend school regularly and punctually to maximize the number of school days and learning we have left this year. Indeed, research has found that missing school as early as kindergarten can affect reading and math scores later. Additionally, missing school in younger grades leads to missing school in older grades, and missing school in older grades is linked to school dropout. It is a domino effect that can affect children into their adult lives. In Canada, chronic school absenteeism is defined as missing 10 percent of the school year, or about 19 days. That is missing just two days a month! As report cards just went home – please review the attendance of your child and see where they are at. We are here to support you in helping your child attend school regularly and punctually. You can read more information about attendance at the following site:
<https://www.cbc.ca/news/health/school-absenteeism-pediatrics-1.5005670>

Mrs. Pichette,
Principal



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 sends 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, which 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.



FOCUS ON FAITH

During the month of March, keep in mind that we prepare for Easter by making Sacrifices during Lent,

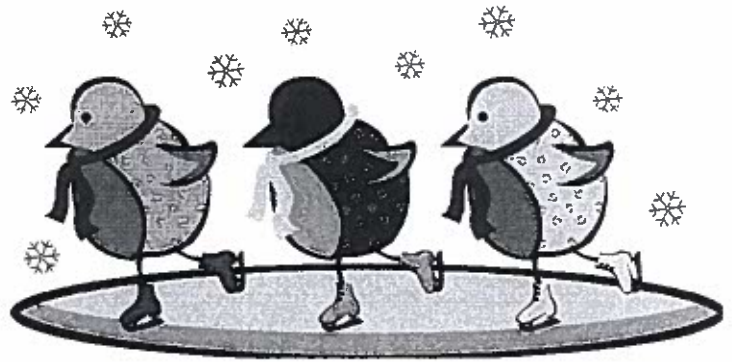
in keeping with Jesus' time of meditation and reflection in the desert before beginning his ministry. We will be making a Shrove Tuesday breakfast of Pancakes for all of the students and we will celebrate Ash Wednesday Mass, led by Father Henri on March 6th at 9:30 at St. Joachim Parish.

Our new Virtue that we are working on is Fortitude (Courage)

WE DON'T GROW WHEN THINGS ARE EASY; WE GROW WHEN WE FACE CHALLENGES.



Fortitude allows us to overcome our fear and remain resilient in the face of obstacles. 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.



WINTER CARNIVAL/DANCEATHON

On March 7th, we will be having a Winter Carnival in the morning with **skating** or a **movie** and a **danceathon** in the afternoon – once again – to raise money for Lily's family to offset costs for medical visits south.



LAST DAY OF SCHOOL BEFORE

March Break

Friday, March, 8th 2019



FIRST DAY OF SCHOOL AFTER

March Break

Monday, March, 18th 2019

March 2019

Courage

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mass St. Joachim Parish 9:00 am					1 PALS Program	2 Mass St. Joachim Parish 4:30 pm
3 Mass St. Joachim Parish 9:00 am	4 Vicky D'Amour Easter Fundraiser Orders will be sent home	5 Shrove Tuesday Pancakes served for Morning Breakfast	6 Ash Wednesday Mass 9:30 A.M. St. Joachim Parish	7  Milk & Pizza Day WINTER CARNIVAL Activities (a.m.)	8 Dress in GREEN to Celebrate St. Patrick's Day	9 Mass St. Joachim Parish 4:30 pm
10 Mass St. Joachim Parish 9:00 am Daylight Savings Time Begins	11	12	13	14	15	16 Mass St. Joachim Parish 4:30 pm
17 Mass St. Joachim Parish 9:00 am St. Patrick's Day	18	19	20 Spring 	21  Milk & Pizza Day	22	23 Mass St. Joachim Parish 4:30 pm
24 Mass St. Joachim Parish 9:00 am	25	26	27 Vicky D'Amour Easter Fundraiser Order Forms DUE	28  Milk & Pizza Day D CHEF	29 Yoga Kids 	30 Mass St. Joachim Parish 4:30 pm