



The Cougar Column

ST. JOSEPH - NEWSLETTER

May 1, 2019

A Message from the Principal...

The EQAO Gr. 3 and 6 Provincial Assessment for Reading, Writing and Mathematics will be held during the weeks of May 21st – June 3rd, inclusive at our school. It is important that the students come to school well rested and on time. Nutritious snacks will be provided for our students writing the test. Please make every effort to have your child at school!

May is a busy month with May 6th being the start of Catholic Education week and it has both Mother's day and Victoria day weekends. Be sure to check the attached calendar to keep abreast of the many events we have planned.

Have a Happy Mother's day and a restful and safe "May Run" weekend.

Mrs. Pichette,
Principal



Remember to pencil in the Spring Tea for the afternoon of May 10th!

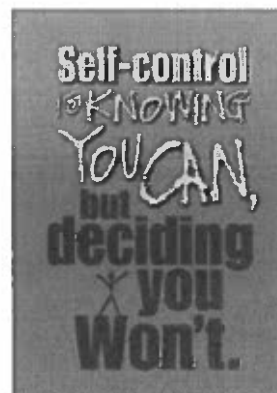


FOCUS ON FAITH

We will celebrate Mass, led by Father Henri on May 9th at 9:30 at St. Joachim Parish.

Our new virtue for the

next 2 months is Temperance, or self control.



DEVELOPING CHARACTER via TEMPERANCE

The goal of this virtue:

- ☺ Being in control of your thoughts and actions
- ☺ Communicating in a calm and strong voice
- ☺ Knowing your limits
- ☺ Having a sense of accomplishment when reaching a goal
- ☺ Practicing balance in living responsibly
- ☺ Being honest about who you are

Before you act—listen

Before you react—think

Before you spend—earn

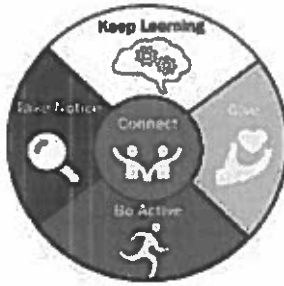
Before you criticize—wait

Before you pray—forgive Before you quit—try

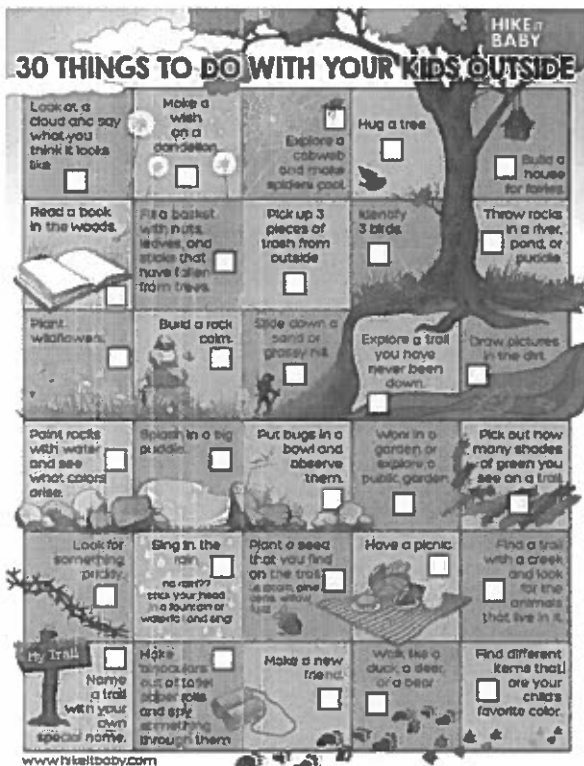


MENTAL HEALTH WEEK

Mental Health Week coincides with our Catholic Education week from May 6th to 10th, 2019. St. Joseph school is committed to promoting the **Five Ways to Well-being** to encourage students to live a happy and fulfilling life, and feel engaged in our school community.



The **Five Ways to Well-Being** are Connect, Take Notice, Be Active, Keep Learning, and Give.









Student Voice

We continue to work on "Student Voice" as part of our school improvement plan. This means that we want children to become self advocates, using their "voice" (written, oral) to make their wants/needs known. So far this year, they have done a survey to share their ideas for after school programs, extracurricular activities and equipment they would like to have for play at recess. This has been very successful, although we have had some difficulty finding experts to lead the after-school programs they have expressed interest in! On a brighter note, children did choose the outdoor play equipment they used throughout the winter and will do so again for the spring/summer activities. We have had a drama group, a dance troupe, sports teams, a choir, crafts and a knitting group as outcomes of their voice. Students are learning to write persuasive letters and that not every letter results in a positive outcome. We as adults give them examples of this – indeed, we have requested a crossing guard for some time now and are still working on it! Patience, perseverance and continued effort typically pays off – this is what we are working on modelling and teaching the students.



**If you learn
self-control,
you can master
absolutely
ANYTHING.**

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			D CHEF	 Milk & Pizza Day		Mass St. Joachim Parish 4:30 pm
Mass St. Joachim Parish 9:00 am	6 Assembly & Prayer Service for CEW Cedar Meadows & Library Visit	7 Cedar Meadows Visit	8 D CHEF	9  Milk & Pizza Day Mass @ St. Joachim Parish 9:30 am	10 Library Visit Spring Tea 1:30 pm	11 Mass St. Joachim Parish 4:30 pm
Catholic Education Week						
12 Mass St. Joachim Parish 9:00 am  HAPPY MOTHER'S DAY	13 Cedar Meadows & Library Visit	14 Library Visit	15 D CHEF	16  Milk & Pizza Day		18 Mass St. Joachim Parish 4:30 pm
19 Mass St. Joachim Parish 9:00 am	20 Victoria Day	21 Cedar Meadows Visit	22 D CHEF	23  Milk & Pizza Day EQAO Assessments Begin Grade 3 & 6	24 Library Visit Spring Tea 1:30 pm	25 Mass St. Joachim Parish 4:30 pm
26 Mass St. Joachim Parish 9:00 am	27 Cedar Meadows Visit	28 Cedar Meadows Visit	29 D CHEF	30  Milk & Pizza Day	31 Yoga Kids 