



The Cougar Column

ST. JOSEPH - NEWSLETTER

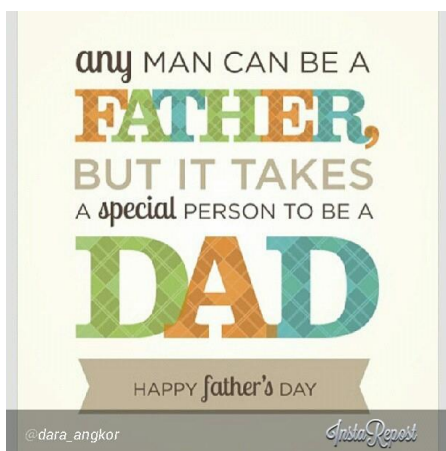
June 1, 2019

A Message from the Principal...

It is hard to believe we are coming to the end of the school year already!

June is a busy month with many end of year activities taking place and don't forget Father's Day! Be sure to check the attached calendar to keep abreast of the many events we have planned.

Have a Happy Father's day!



Mrs. Pichette,
Principal



Last pizza day – June 20th



FOCUS ON FAITH

We will celebrate Mass, led by Father Henri on **June 20th** at 9:30 at St. Joachim Parish.

Following this we will

hold the **Gr. 5/6 Celebration** in the basement of the Church.



SCHOOL BARBEQUE

The family BBQ will take place on June 13 from 5-7 pm.

Included this evening – the School council, in conjunction with the YMCA has put together some fun Math activities that include using math while cooking. There will be free give-aways to help you support your children with math strategies at home and a Recipe book made with family favourites of our students. Come out to see who won the cover contest for our school recipe book! The “bouncies” will be back for the children and there will be plenty of food for all. We look forward to seeing everyone there!

STOLEN BIKE

We had a bike stolen from the rack recently – please ensure you send children with locks for security!

Our virtue continues to be Temperance, or self-control.

AM I SHOWING SELF-CONTROL?



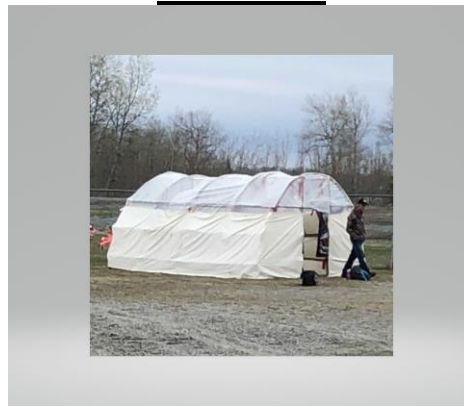
DEVELOPING CHARACTER via TEMPERANCE

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 awareness 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 are 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

WIGWAM



We recently had the pleasure of working with Ontario Native Women's Association (ONWA) and Faith Healer, Martin Millen (seen in the picture) who in conjunction with St. Joseph's – built a wigwam (actually Martin built it pretty much single handedly with some input from others and materials other than the branches supplied by us). We are proud of this structure and what it means to the school in terms of serving our multicultural diversity, as well as how it supports our push toward outdoor education and its benefit to mental health.

OUTDOOR EDUCATION SPACE



A letter went home recently with regard to helping us with continuing to expand our outdoor learning and play areas and we are hoping to see many of you out on **June 8th** with **items requested** on our list. We can do this!



FIRST DAY OF SCHOOL in SEPTEMBER
Wednesday, September 4th, 2019