

SELF CONTROL























TEMPERANCE

Some of my worst decisions were made when I was angry.

February is Healthy Heart Month

MONTH of February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 	3	4  Healthy snacks	5 Staff Meeting at 3:20  Kick off for Jump Rope for Heart	6 School Council Meeting at 7pm Superintendent visit to the school in a.m.	7  Pizza Day/Smoothies	8
9 	10	11 Skating for 1-6 students: 1-2 pm  OHS LINK team here for Gr. 8's  Healthy snacks	12 Officer Depatie visit for 5-8's Internet Safety presentation  Cup'o soup lunch	13  Mass at Sts. Martyrs at 9:30  Healthy snacks	14  Pizza Day/Smoothies	15
16 	17 FAMILY DAY HOLIDAY 	18  Healthy snacks	19 REPORT CARDS GO HOME	20  Healthy snacks	21  Pizza Day/Smoothies	22
23	24	25  MacMillan order sheets go home (due March 18)	26  Pink Shirt anti-bullying day Scholastic Book Fair - students	27  Scholastic Book Fair – open to the public from 4-6 pm	28  Last Day of Scholastic Book Fair	