



# Home of the **PANTHERS!**

February 2017 Newsletter

---

## **Principal's Message**

Dear Parents,

February is the warmest month of the year. Although a winter month, this is the month that provides opportunities to reconnect with God and focus on the basic Christian values of kindness with Valentine's Day (celebrating friendship) and Random Acts of Kindness Week (February 21<sup>st</sup> to February 24<sup>th</sup>). We will ask students to set a goal and meet it: How many Acts of Kindness can we do/write and post along our school walls...

I also wish to thank our volunteer community: Sacred Heart is a unique community where parents are truly involved with their children. Thanks to your support, we have been able to run attend all of our outings to date! I feel blessed to work in such a supportive environment.

## **A Family Prayer**

Heavenly Father, thank you for the gift of our family. Enlighten our hearts and minds that we may live more fully this vocation to love. In our daily life and work, may we reflect the self giving love which you, O Father, eternally show with your Son and the Holy Spirit.

Let your love be evident in the peace that reigns in your home and in the faith we profess and live. May our family always be a place of generosity, understanding, forgiveness and joy. Kindly give us the wisdom and courage to be witnesses to your eternal design for the family; and grant that the Holy Family of Nazareth may always guide our path to holiness as a family.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever. Amen

Yours in faith and education,

Mr. Berthier  
Principal

**Our spiritual theme: "By Our Works, We Show Our Faith," (James 2: 16 - 18).**

### **Important Dates for February**

February 3<sup>rd</sup> – P.A. Day - No school

February 14<sup>th</sup> – Spirit Day – Love and Friendship Day

February 15<sup>th</sup> – Report Cards Sent Home

February 20<sup>th</sup> – Family Day

February 22<sup>nd</sup> – Pink Day – Wear your Bullying Stops Here pink t-shirt

February 23<sup>rd</sup> – New FDK parents and students – Welcome to Our Family Day.

February 27<sup>th</sup> – P.A. Day - No school

February 28<sup>th</sup> – Shrove Tuesday

### **School Updates**

Registrations for our Full Day Junior/Senior Kindergarten are ongoing. If you have a child that is eligible for JK (must be 4 years old by December 31, 2017), please come by the office to pick up a registration package.

**Parent meeting** – On February 16<sup>th</sup> at 6:30 pm, parents of children in JK to Grade 3 are invited to attend a meeting in the school gym to discuss the transition to Pope Francis. Please indicate in your child's agenda if you are planning on attending or not. Coffee will be provided.

### **Kids and Mental Health**

One in five children in Ontario has a mental health problem. Changes to your child's mental health may not be obvious.

Warning signs to look for:

- Mood swings and changes in eating habits.
- Headaches and sore stomach.
- Low energy and not sleeping well.
- Missing school and/or having trouble at school.
- Spending less time with friends and family.
- Wanting to be left alone.
- Feelings of anger and rage.

Remember:

- Listen to your child and trust your judgment.
- You are the best person to notice changes.
- Talk to your child's teacher, he or she may have seen some changes too.
- It's okay to ask for help and talk to your family doctor.

For more information on kids and mental health please visit [www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca).

## Reminders:

### Monthly Virtue: Respect and Responsibility

God has called us to model the respect shown by Christ. As brothers and sisters who share one Spirit, we are all valuable to God and deserve to be shown courtesy, consideration, sensitivity and thoughtfulness, all ways of showing respect. We shall remind students that through prayer, we improve our ability to be Christ-filled people respecting ourselves, others and our environment in which we live.

We will also be celebrating responsibility. We will work with students to develop models that enable them to make good and conscientious decisions based on scriptural values. We will emphasize the importance of making decisions that do not harm themselves, others or the environment. We will also remind the students of the importance of being able to say “sorry” when they make mistakes and to act correctly, as Jesus would have, in these situations.

*Quote: “Responsibility does not only lie with the leaders of our countries or with those who have been appointed or elected to do a particular job. It lies with each of us individually.” Dalai Lama*

### HOME AND SCHOOL - WORKING TOGETHER FOR SCHOOL SUCCESS

#### Building Understanding and Excitement for Children – Math and Science

##### *Pop, fizz and paint!*

Your little painter can learn about chemistry as your child creates their next masterpiece.

You'll need: baking soda, cornstarch, measuring spoon, food colouring, small bowls, paintbrushes, paper or other objects to paint on, spray bottle and white vinegar.

Here's how: To make each colour of paint, have your youngster mix 2 tbsp. baking soda, 1 tbsp. cornstarch, and food colouring in a small bowl. Then, let your child use the brushes to paint a picture on paper. Next, fill a spray bottle with vinegar, and let your child spray their painting.

What happens? The paint will fizz and bubble before their eyes!

Why? When the baking soda and vinegar combine, there is a chemical reaction. Carbon dioxide, a gas, forms and creates the fizz.

Idea: Suggest that your child make a fizzy rainbow. Your child could mix paint for each colour and paint a rainbow. Then, your child could squirt it with vinegar and watch it fizz.

##### *Build a pattern*

Here's a pattern game with a twist your child will like – your child will get to name the pattern! And as she uses blocks to create repeating patterns, she'll work on important pre-algebra skills.

1. Gather one die and a pile of red, blue, yellow and green Legos.
2. Ask your youngster to create a pattern, such as blue, blue, yellow, green.
3. To play, take turns rolling the die and using the Legos to make that pattern – repeating it as many times as the number rolled (roll a 4, and repeat blue, blue, yellow, green four times). Note: Set the blocks down side by side, with each person creating a separate chain of Legos.
4. After three rounds, players can count the number of blue, yellows, and green in their chains. Then, let your child announce a new pattern, and play again!

### *Developing Number Sense*

Question: I've heard that my child has good "number sense". What does that mean, and how can I help my child develop it further?

Answer: Number sense is, simply put, the ability to use and understand numbers. It's more than being able to write numbers, count, or recite math facts – it's the deeper understanding of what numbers mean and how to think through math problems.

To help your child continue to develop number sense, look for ways that your child can apply math concepts in daily life. At clean-up time, ask your child to estimate the number of toys and then count them as your child puts them away. When you're playing board games, have your child tally the score in their head.

Your child should also understand the relationships between groups of objects. If your child collects baseball cards, for instance, ask your child to make comparisons. Does your child have more pitchers than catchers, or is the number equal? The more often your child uses numbers and math terms, the better his number sense will be.

### **A Message from the Spirit Team.....**

Love and Friendship Day will take place on February 14<sup>th</sup>. Students and staff are encouraged to celebrate this day by dressing in red, pink or white.

Finally, wear your "Bullying Stops Here" t-shirts on February 22<sup>nd</sup>.

### **Provincial Report Card #1**

Elementary report cards will be going home for term 1 on Wednesday, February 15<sup>th</sup>. We encourage you as parents to call and speak to your child's teachers prior to you receiving the report card. Parent meetings are also welcomed.

### **"What is going on at Sacred Heart?"**

Basketball Season Begins: The Panther Basketball teams will begin on February 6<sup>th</sup>. All students interested in playing basketball, must see Mr. Garon and attend all of the practices. The Panthers will be competing in the annual Board Tournament which will be held in March.

We encourage you as parents to speak to your child regarding the Bug and a Wish committee. This is a committee that is run by the students for the students. The goal of the committee is about making the school a better place. The students meet once a week to talk about issues they see happening or are experiencing at school. They give each other advice or solutions to the problems under the guidance of Mme Vachon and Mme Baker. The committee also has a Bug and a Wish card that can be used by the students either at school or online at [www.bugandawish.weebly.com](http://www.bugandawish.weebly.com) to report bullying or other issues that are bugging them.

### **Student Absences and Lates:**

Just a reminder that a great deal of learning occurs first thing in the morning! In most classrooms, this is the Literacy or Mathematics Block. In order to maximize opportunities for learning, it is crucial that students arrive to school **on time** and that absences are kept to a minimum.

## **Catholic School Council**

2016-17 Catholic Parent Council members;

Co-Chairs – Mrs. Taylor and Mr. Dupont

Secretary – Mrs. Alexander

Members – Mrs. Oliver, Mrs. Miller, Mrs. Presseault, Mrs. Hynes, Mrs. Courchesne, Mrs. Gauthier, Mrs. Pelletier, Mr. Chartrand, Mrs. Lamothe, Mr. Westerling and Constable Southcott.

Our next meeting will take in February. An email will be sent once the date is confirmed.

### **OUR SCHOOL DAY**

8:50 - Entry & Opening Exercises

10:10-10:25 - Morning Recess

11:45-12:15 - Lunch Recess

12:15-12:45 - Lunch Inside

2:05-2:20 - Afternoon Recess

3:20 – Dismissal

### **OFFICE HOURS**

Open from 8:00 am to 11:45 am

Closed from 11:45 am to 12:45 pm

Open from 12:45 pm to 4:00 pm

As a safety issue, we would like to remind you that the supervision of the school yard does not begin until 8:30 a.m. It would be best if students who walk or are dropped off at school do not arrive to school before then.

If you are coming into the school, you are reminded that you must report to the office and not go to your child's classroom or locker. We appreciate your support on this.

### **Closing Message:**

**"Everything is God's to give and to take away, so share what you've been given, and that includes yourself." Mother Teresa**

### **Contact Information**

Principal: Mr. Berthier (705) 264-5869

Superintendent: Mrs. Stefanic Weltz (705) 268-7443

Board website: [www.ncdsb.on.ca](http://www.ncdsb.on.ca)



**PANTHERS**