

# THE PANTHERS' PRIDE



*We are smart. We do our part. We take pride in Sacred Heart!*

SACRED HEART SCHOOL - NEWSLETTER

OCTOBER 2014



**GRATITUDE** is the virtue that will be our focus for the month of October. It is our hope that we will be able to show our gratitude to God for all the blessings

he has given us, as we realize we are often much more fortunate than others. Students will learn that we demonstrate gratitude by:

- ✓ saying "thank you"
- ✓ expressing gratefulness
- ✓ show appreciation for what we have and for what others do for us
- ✓ resisting behaviours and attitudes of entitlement
- ✓ rejoicing in what they have been given rather than wanting more

## OUR PANTHERS CAN RUN!

Congratulations to our cross country running team who represented our school very well in the Hersey Lake and the Iroquois Falls meets! The grade 5 team of Noah Blais, Kelton Ryan, Connor Chenier and Braydon Morin earned a first place team finish during the race in Iroquois Falls. We had several top 10 finishes in the last two races and we are very proud of our team. All our runners' dedication to running every day certainly paid off! Our cross country team will be participating in two more events; the race in Opishing on Oct. 7<sup>th</sup> and our NCDSB race at Gilles Lake on Oct. 17<sup>th</sup>. We continue to wish our runners all the best!



## CHRISTMAS PLAY AUDITIONS



It is hard to believe that Mme Vachon will be starting auditions for our Christmas play this month. The play this year will be "A Strange Toy" and will show all our students the true meaning of Christmas.

## "D.A.R.E." PROGRAM

Our grade 6 students will be starting D.A.R.E this month. D.A.R.E is a drug abuse resistance education program that teaches students about the dangers of drugs and alcohol, how to deal with peer pressure and how to say "No" to drugs and alcohol. We are very fortunate to have Constable Rick Lemieux teach the program this year. Constable Lemieux will be teaching the program on Wednesdays starting October 8<sup>th</sup> and will last 8 weeks.



## OFFICE HOURS

We would like to remind all parents and guardians that the office hours are from 8:00 -11:45 a.m. and 12:45-4:00 p.m. If you are calling the school during the lunch hour, please leave a message as Mrs. Belisle is not at school during the lunch hour.



## PARENTS CORNER

We cannot stress enough the importance of having your child read daily at home. We would like to share the following research which highlights how daily reading can affect your child's academic success. Some food for thought...

### Why read twenty minutes at home?

Student A Reads..	Student B Reads..	Student C Reads
<ul style="list-style-type: none"> <li>•20 minutes a day</li> <li>•3600 minutes per school year</li> <li>•1 800 000 words per year</li> <li>•Scores in the 90<sup>th</sup> percentile on standardized tests</li> </ul>	<ul style="list-style-type: none"> <li>•5 minutes a day</li> <li>•900 minutes per school year</li> <li>•282 000 words per year</li> <li>•Scores in the 50<sup>th</sup> percentile on standardized tests</li> </ul>	<ul style="list-style-type: none"> <li>•1 minute a day</li> <li>•180 minutes per school year</li> <li>•8000 words per year</li> <li>•Scores in the 10<sup>th</sup> percentile on standardized tests</li> </ul>

If they start reading 20 minutes a night in Kindergarten, by the end of 6<sup>th</sup> grade, Student A will have read for the equivalent of 60 school days, Student B will have read for 12 school days and Student C will have read for 3.

Nagy and Herman, 1987

**To be a better reader, you need to simply read.**

The staff and students at Sacred Heart School would like to wish you and your family a very Happy Thanksgiving. May God bless your family and may you appreciate the blessing of this additional time to spend with your children.

