



Home of the PANTHERS!

February 2016 Newsletter

Principal's Message



Dear Parents,

Lent is fast approaching and all are welcome to join us as we mark the beginning of Lent on Ash Wednesday, February 10th at Sacred Heart of Jesus Parish. The mass begins at 9:30 a.m.

Pope Francis in his Lenten Message stated:

Lent is a favourable time for letting Christ serve us so that we in turn may become more like him. **This happens whenever we hear the word of God and receive the sacraments, especially the Eucharist.** There we become what we receive: the Body of Christ. In this body there is no room for the indifference which so often seems to possess our hearts. For whoever is of Christ, belongs to one body, and in him we cannot be indifferent to one another. "If one part suffers, all the parts suffer with it; if one part is honoured, all the parts share its joy" (1 Cor 12:26).

Let us take the time during Lent to listen to our hearts and allow the Holy Spirit to work in us.

Yours in faith and education,

Mr. Berthier

Principal



Important Dates for February

February 9th – Shrove Tuesday

February 10th – Ash Wednesday

February 10th to March 23rd - Lent

February 12th – Spirit Day – Love and Friendship Day

February 15th – Family Day

February 17th – Report Cards Sent Home

February 16th to 18th – Pastoral Care Visit – Mr. Buhler

February 22nd – DARE begins for our Grade 6 students

February 24th – New FDK parents and student afternoon school visit

February 29th – P.A. Day - No school

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, 2015), please come by the office to pick up a registration package.

The giving of alms is an important part of Lent and we ask that you give generously to our food drive in support of the Sacred Heart of Jesus Parish Food Drive. More details will be sent out later this month.

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.

Reminders:

Monthly Virtue: Forgiveness /Le pardon

Forgiveness is to release the need to be right, even if we know we are and to focus, not on our anger, but on what's possible for ourselves and others if we make amends. When we forgive, no matter how difficult, we experience freedom from our pain and sorrow and become people who are more love-based rather than fear-based, creating a better world. Ask to be forgiven, forgive others, and forgive yourself because peace cannot exist without forgiveness.

Quote: "Forgiveness is not always easy. At times, it feels more painful than the wound we suffered, to forgive the one that inflicted it. And yet, there is no peace without forgiveness." Marianne Williamson

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, 1tbsp. 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 12th. Students and staff are encouraged to celebrate this day by dressing in red, pink or white.

February 19th will be our second dress up day of the month. The Spirit team is asking for the students to dress up as anything ending in "er" (teacher, firefighter, dancer, etc.).

Finally, wear your "Bullying Stops Here" t-shirts on February 24th.

Provincial Report Card #1

Elementary report cards will be going home for term 1 on Wednesday, February 17th. We encourage you as parent 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 8th. 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 take place on March 9th.

The School Team has started the Bug and a Wish committee that is run by the students for the students. 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 to report bullying or other issues that are bugging them.

Catholic School Council

2015-16 Catholic Parent Council members;
Co-Chairs – Mrs. Taylor and Mr. Dupont

Members – Mrs. Oliver, Mrs. Miller, Mrs. Fenton, Mrs. Alexander, Mrs. Bird, Mrs. Lauziere, Mrs. Savard, Mr. Corbett, Mr. Chenier and Mr. Westerling
Our next meeting will be held on February 22nd.

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.

