



St. Jerome Journal

March 2011

Message from the Principal

As we approach the season of Lent, we are reminded that this special season provides all of us with a time to prepare for the essence of our faith—the death and resurrection of our Lord Jesus Christ.

As in previous years, our school community will embark upon the Liturgical Season of Lent with the distribution of ashes and their own Lenten promises. These promises will be their focus for the forty days of Lent and will be a reminder that Lent is a time to change the things in our lives which separate us from Jesus. Some of us will choose to give-up something like candy or TV, remembering each time we deny ourselves of the huge sacrifice that Jesus made for our sins. Others may choose to add something to their daily lives that will bring them closer to Jesus, like extra time given over to prayer or volunteering extra time in the community. Whatever the case, we know that keeping our resolutions are difficult and that sometimes we may slip, but it is a good lesson for our students to keep on trying and not to give up. It is my hope that by all of us taking time from our busy schedules to develop our relationship with God, we can use the Lenten season to develop a greater appreciation of the life that God is calling each of us to lead.

Prayer for Lent

Blessed are you, O Lord our God, You have made the sun to light the day and the moon and stars to light the night. Help us walk in your light. During this season of Lent, renew us through the gift of your Holy Spirit. Help us grow in faith, hope, and love. During this special time, we remember that Jesus died and rose from the dead, so that we might be free to love. Help us grow to be the people you call us to be --
- letting go of old habits of selfishness, - forgiving those who have hurt us,
- giving quality time to our families, - spending time in quiet prayer.

Amen.

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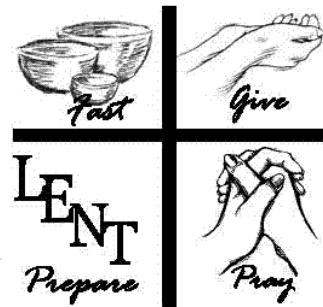
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March's virtue is Forgiveness

How timely that the virtue for this month is FORGIVENESS, not only because we are in the season of Lent but also because it is an important cornerstone of our faith and one that Jesus modeled for us in his life and death. We are reminded that forgiveness is a gift to ourselves as we let go of the burden of resentment when we forgive another person and it's a gift to our children when we teach and model it to them. This month at St. Jerome School we will be exploring the virtue of forgiveness by learning to forgive.

Science North

We welcomed Science North to our school on Wednesday, March 2nd for the entire day. Students were engaged in some of the following programs along with a Live Science Show.

Bridges - Your young engineers will be challenged to design and build a structure to meet a specific need. By the program's end, each team will understand why things like columns, struts, braces and arches are used in everyday construction.

Build a Healthy Body - Students 'shop' for healthy bones, muscles and organs as they learn the connection between what they eat and how the different parts of their bodies grow. Using the Canada Food Guide, students will build a healthy body by 'eating wisely' and adding the parts they collect to their anatomy vests.

On the LEGO Track - Your students will hop on the LEGO track and learn all about colours, patterns, shapes and sorting. They will use hands-on equipment and learn how to follow a pattern by building their very own LEGO track and seeing whether their circus train will be able to ride the rails!

Kirkland Lake Skating Club Ice Show

Students will be attending the Ice Show at 1:00 p.m. on Friday, March 4th. Please be aware that our lunch has been changed from 11:15 a.m. to 12:15 p.m. on this day, as the buses will be boarded at 12:30 p.m. Students are asked to drop-off a non-perishable food item to the school for their entry to the show. A representative from the Kirkland Lake Skating Club will pick-up the goods at our school.

Have a Heart Campaign



Our recent campaign of Balloon Bouquet sales was successful in raising \$ 1,825.00 for our special friend Aiden. A big thank you goes out to Mrs. Conrad, Ms. Kelly Gorman, Mr. Conrad and his Grade 8 classroom and the many other staff members at our school for making this such a great success! Thank you St. Jerome families as you have proven to possess really big hearts!

Subway Lunch



As part of our Healthy Foods awareness program we are offering a Subway Lunch to our students on Wednesday, March 30th. Please make sure that you have completed and turned in your order form.

We are on the web: <http://www.ncdsb.on.ca/>

Daylight Savings Time

Please be reminded that on Sunday, March 13th at 2:00 a.m. we will turn our clocks ahead 1 hour. During late winter, we move our clocks one hour ahead and "lose" an hour during the night. The phrase "Spring forward" helps people remember how Daylight Saving Time affects their clocks. At 2 a.m. on the second Sunday in March, we set our clocks forward one hour ahead of Standard Time ("Spring forward," even though Spring doesn't begin until late March, several weeks after the start of Daylight Saving Time). The change to Daylight Saving Time ostensibly allows us to use less energy in lighting our homes by taking advantage of the longer and later daylight hours.

Soup Lunch / Ash Wednesday

As part of our Healthy Foods awareness program we are offering a Soup Lunch to our students on Wednesday, March 9th. As March 9th is also **Ash Wednesday**, and the first day of Lent, the season of preparation for the resurrection of Jesus Christ on Easter Sunday. The Church emphasizes the penitential nature of Ash Wednesday by calling us to fast and abstain from meat and therefore we are offering Country Vegetable Soup to our students. Please make sure that you have completed and turned in your order form.

Public Speaking

Brennan made us so proud as he was successful in placing first at the municipal level competition with his speech on dinosaurs. Congratulations Brennan!

Junior Kindergarten Registration

Registration for the 2010-11 school year are ongoing and we welcome anyone interested in registering their child to call the school or drop by anytime.



Junior Kindergarten - Children must be 4 years old by Dec. 31, 2011

Parents/Guardians should bring the following documents when registering their child:

- proof of age
- original Catholic Baptismal Certificate
- Immunization Record
- Health Card

Please spread the word...

Catholic School Council

People for Education a parent-led organization is working to support public education in Ontario's English, French and Catholic Schools. For excellent information you can go to their website.

www.peopleforeducation.com

Their helpline is 1-888-534-3944.

We are on the web: <http://www.ncdsb.on.ca/>



Make the Healthy Choice the Easy Choice! *Creating a Healthy School Nutrition Environment*

The 2009 *Heart and Stroke Report on the Health of Ontario's Kids* shows that only 1 in 8 children are meeting the daily recommendations for vegetables and fruits. Many are also skipping breakfast and filling up on foods high in fat, sugar and salt.

Healthy eating and physical activity can help your child succeed in so many ways! Together, they give students the energy to grow and be active, are linked to school grades and behavior, and lower the risk of many medical conditions, including type 2 diabetes.

Because food is available to students at many school events, such as special food days, open houses, sporting events or classroom celebrations, *the school provides many opportunities to practice making healthy choices and to reinforce the health lessons taught in class.* You can help too by supporting healthy school activities, promoting healthy or non-food fundraisers, being active and eating healthy together as a family!

Visit www.timiskaminghu.com for more information.

Newsletter / Report card insert #2

Purple Day for Epilepsy

On Friday, March 25th, we will be supporting the Seizure and Brain Injury Centre by wearing purple clothing. Thanks for being a part of "Purple Day" and for supporting epilepsy and seizure awareness in our community.

We are on the web: <http://www.ncdsb.on.ca/>