



# The Cougar Column

ST. JOSEPH - NEWSLETTER

September 6<sup>th</sup>, 2018

## A Message from the Principal...

I hope you all had a wonderfully relaxing and restful summer, and are raring to jump into a new school year! To those of you returning to our school, welcome back! To those families who have recently joined the St. Joseph Catholic School Community, you have made a wise choice. I am looking forward to meeting and working with all of you. Our staff is committed to the intellectual, social, emotional and spiritual development of each student. Our students come first and every child matters to us. In addition to excellent classroom programs, we have fantastic support staff available to those students who require extra help. We welcome Miss Fizzell as a full time educational assistant this year and our new CYW will be working 10 hours per week – we will keep you informed when he/she is hired and of their hours. All of the staff have been hard at work preparing the classrooms and hallways for the arrival of the students. The school looks fabulous - very bright and cheerful! A special thanks to all of the staff who made that extra effort over their summer holidays. Should you have any questions, concerns or comments, please be sure to share them. I am available by phone or in person anytime between 8:30 am and 4:30pm. If we have not already met, please be sure to drop by and introduce yourself!

Sincerely,

Mrs. Pichette



## SCHOOL HOURS

Morning Entry.....8:35 a.m.  
 School begins/announcements.....8:50 a.m.  
 Morning Recess.....10:00 - 10:15 a.m.  
 Lunch.....11:35-12:35 p.m.  
 Afternoon Recess.....3:05 – 3:20 p.m.  
 Dismissal.....3:20 p.m.

## SCHOOL STAFF

JK/SK – Mrs. Vaillancourt, Mrs. Koops  
 1/2 English - Mrs. Cote  
 Gr. 2/3 - Mrs. Meehan  
 Gr. 4/5 - Mrs. McCord  
 Gr. 5/6 - Mr. Presseault  
 Resource Teacher - Ms. O’Neil  
 Preparation Release - Ms. Lachance  
 Child & Youth Worker - TBA  
 School Secretary - Ms. Lefebvre  
 Custodian - Mr. Raymond  
 Educational Assistants – Mrs. Royer, Mrs. George and Miss Fizzell  
 Lunch Monitors: Ms. Sasseville, Ms. Bromilow, Ms. Byers

## SCHOOL SUPERVISION

Please be aware that our school is **NOT supervised until 8:35 am**. If your child walks or bikes to school, be sure not to send him/her too early. Also, there is NO supervision of the school yard after school, and thus, students are expected to go directly home.

## SECRETARIAL HOURS

The school secretary is generally available during the following times:

8:00 a.m. - 11:35 a.m.  
 12:35 p.m. – 4:00 p.m.



There is construction on William Street and will be on Huot Street as well. Thus, student pickups and drop offs, including buses will be done at the corner of Powell and Huot Street until further notice. Please do not enter the parking lot to drop off/turn around as all of our students will be walking there and it is a safety concern. We apologize for any inconvenience that this may cause.



## LUNCH PROCEDURES

All students will eat from 11:35 – 12:05 and then get ready to go outside at 12:10 to 12:35. Staff and lunch supervisors monitor students throughout the lunch hour.

## ATTENDANCE



Regular and punctual attendance is directly related to success in school. Most of our classrooms have Mathematics and/or Language classes scheduled first thing in the morning. It is important that you ensure that students arrive at school on time. Absent students should be reported before the start of the school day whenever possible. For those new to the school, we ask that you call before 9 am to report a child's absence and by 2:30 for early pickups.



Students who get enough sleep can concentrate better and learn more. For elementary school children, that means 10–11 hours a night (no I am not kidding – this is research based!). Make getting into bed on time a regular routine – it will benefit them academically and give you some time to yourself!

School Council Meeting  
Wednesday, Sept. 26<sup>th</sup> at 6 pm  
All parents welcome!



## HEALTHY SNACKS & LUNCHES

In order for students to be at their best, they need to be well nourished. Therefore, it has always been our policy to provide time for our students to have snacks. With that in mind, we request that you carefully select snacks that have minimal fat and sugar content. Some examples would be fruits and vegetables, yogurt tubes, cereal or granola bars. We will continue providing healthy snacks several times per week, through our various programs – watch for the days in our next monthly calendar!



## FOCUS ON FAITH

The Virtue for the next 2 months is Gratitude. In this age of consumerism and the “me-centered” focus of today’s culture, we must remember to appreciate all the gifts that God has provided us.

### **Exemplifying gratitude means:**

- ☺ Giving thanks to God for the many blessings we have.
- ☺ Focusing on the good in our lives and the good in others.
- ☺ Not complaining about the things we do not have.
- ☺ Recognizing the good in ourselves and giving our best to improve or to help others.
- ☺ Appreciating others and the things they do for us.
- ☺ Taking care of our things, keeping them in order and sharing them with those in need
- ☺ Not wasting your gifts (water, food, electricity, your talents, etc.).