

St. Pat's Pulse

Volume 9,
Issue 6

Wed. October 15,
2014

Upcoming St. Patrick School Events:

Wed. Oct. 15

- Term # 1 IEP's go home
- DARE—Gr. 6 students
- Gr. 7 & 8 sheet orders due

Mon. Oct. 20

- Hockey pools due
- Spooky grams on sale all week. Will be delivered on Halloween

Tues Oct. 21

Catholic School Council Meeting @ 6pm. Everyone welcome

Thurs. Oct. 23

Candlelight living rosary at St. Patrick's Church @ 7pm. You are invited to celebrate in prayer and song.

Fri. Oct. 24

Science Olympics

Schedule for 2014/2015

- 8:00—Office open
- 8:30—School yard open for students (please do not send children prior to 8:30)
- 8:43—Warning bell
- 8:45—School starts
- 10:05-10:20—Recess
- 11:20-11:50—Lunch recess
- 11:50-12:15—Lunch
- 1:40—1:55—Recess
- 3:15—Dismissal
- 4:00—Office closes



From the Principal's Desk

School Council

This year, we were not required to hold elections for our parent representatives. Here is the list of acclaimed Catholic School Council members for 2014-2015: Luana Chmelik, Jennifer Rickard, Lynn O'Reilly, Jennifer Landriault, Sarah Burt, Cindy Card, Annaick Chubb and Tammy Stanbury. The teaching representative is Pierre Dube and the non-teaching representative will be Doriana Smokowich. If you have any concerns that you would like your Catholic School Advisory Council to discuss, please contact one of

the parent representatives. Our first Catholic School council meeting will be on Tuesday October 21st @ 6pm. All parents are welcome.

Thanksgiving Food Drive:

Students are asked to bring non-perishable food items to school this week. There will be a box in your child's class.

The final day of the food drive is on Friday October 10th; we will bring all our food items to the Food Bank after our Thanksgiving Mass. Thanks for helping make our community a better place.

The class who brings the most items will get a prize!

Dance Day

This Friday, we have dance workshops planned for all students. In celebration, we are having a dance dress up day. **Picture Retake Day:** Lifetouch will be here on Monday (pm) October 27th for picture retakes.

Lice Checks: It is very important that you check your child's head weekly. We will be doing a school-wide check after Thanksgiving. If you have time to volunteer, please contact the school.

Mrs. Gretchen Morgan

Parent tips for a new school year

Starting a new school year brings change for parents and children. Getting back into routine is so important. A little planning ahead will help:

Set the Times – When to go to bed, when to get up, when to eat breakfast, and when to leave.

Set A Routine – Invite your kids to plan step-by-step what's needed to get ready on time. Some people function best with habit.

Set the Stage the Night Before – To simplify

mornings, organize breakfast and lunches, clothing, backpacks, and other details for the coming day.

Set Aside Time for Breakfast – Everyone does better mentally and physically with a balanced morning meal (e.g., milk, wholegrain cereal and fruit or fruit smoothies). When possible eat together to connect and review everyone's plan for the day. Keep this time positive.

Set Up a Cushion – Start earlier on busy mornings to

give yourself a little relaxed private time or your family some extra support. Mornings can be hard for children when the family is going in different directions at the same time. Help them adapt to the demands of a working family by getting them involved in planning the daily routine.

Set Up a Sleep Schedule Just getting enough sleep can make mornings easier. Children generally need 10 hours of sleep and adults need 7-8.