



Home of the **CARDINALS!**

February 2018 Newsletter

Principal's Message

Dear Parents,

February is the warmest month of the year. Although a winter month, this is the month that provides opportunities to reconnect with God and focus on the basic Christian values of kindness with Valentine's Day (celebrating friendship) and Random Acts of Kindness Week (February 21st to February 24th). We will ask students to set a goal and meet it: How many Acts of Kindness can we do/write and post along our school walls...

I also wish to thank our volunteer community: Sacred Heart is a unique community where parents are truly involved with their children. Thanks to your support, we have been able to run and attend all of our outings to date! I feel blessed to work in such a supportive environment.

A Family Prayer

Heavenly Father, thank you for the gift of our family. Enlighten our hearts and minds that we may live more fully this vocation to love. In our daily life and work, may we reflect the self giving love which you, O Father, eternally show with your Son and the Holy Spirit.

Let your love be evident in the peace that reigns in your home and in the faith we profess and live. May our family always be a place of generosity, understanding, forgiveness and joy. Kindly give us the wisdom and courage to be witnesses to your eternal design for the family; and grant that the Holy Family of Nazareth may always guide our path to holiness as a family.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever. Amen

Yours in faith and education,

Mr. Berthier
Principal

Our spiritual theme: "By Our Works, We Show Our Faith," (James 2: 16 - 18).

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, 2018), please come by the office to pick up a registration package.

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: Monthly Virtue: Forgiveness

The Importance of Forgiveness:

The practice of forgiveness is an invaluable stepping-stone to peace. It is one means to healing one self and healing our relationships with others. Forgiveness can be characterized as: 1) a choice to reconcile, 2) an attitude about setting things right, 3) a compassionate way of communicating, 4) a specific action, and 5) an ongoing, lifelong process. Above all, forgiveness expresses kindness. Otherwise, without forgiveness tremendous amounts of resentment or hurt can build-up within.

Forgiveness is an important cornerstone of our faith as we reflect on the ultimate sacrifice Jesus made to forgive us all. In our Catholic schools we work to honour and model forgiveness in everything we do. As a Catholic community, we are fortunate to be able to celebrate the Sacrament of Reconciliation. This is another opportunity for our students to engage in an honest dialogue with God and receive His forgiveness. In Luke 6:37-38 of the Bible, it is said: "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to

you. For with the measure you use, it will be measured to you". In Matthew, Jesus tells his disciples the parable of the unforgiving debtor, summarizing: "If you forgive others their trespasses, your heavenly Father will also forgive you." (6:14) This pronouncement certainly inspired the passage: "forgive our trespassers, as we forgive their trespasses," in the Lord's Prayer and in the equally revered Prayer of Saint Francis: "Where there is injury, pardon;" and, "It is in the pardoning that we are pardoned." Forgiveness is a conscious, deliberate decision to release feelings of resentment or vengeance towards a person or group who has harmed you, regardless of whether they actually deserve your forgiveness.

Looks like: changing our actions and behaviours

Sounds like: saying sorry, accepting an apology from someone

Feels like: a sense of peace in our hearts

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, 1 tbsp. 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 that 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 14th. Students and staff are encouraged to celebrate this day by dressing in red, pink or white.

Provincial Report Card #1

Elementary report cards will be going home for term 1 on Wednesday, February 14th. We encourage you as parents 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 Pope Francis?”

We encourage you as parents to speak to your child regarding the Bug and a Wish committee. This is a committee that is run by the students for the students. The goal of 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 Vallier and Mme Baker.

Student Absences and Lates:

Just a reminder that a great deal of learning occurs first thing in the morning! In most classrooms, this is the Literacy or Mathematics Block. In order to maximize opportunities for learning, it is crucial that students arrive to school **on time** and that absences are kept to a minimum.

Catholic School Council

2016-17 Catholic Parent Council members;

Co-Chairs – Mrs. Taylor and Mr. Dupont

Secretary – Mrs. Alexander

Members – Mrs. Hynes, Mrs. Dore, Mrs. Courchesne, Mrs. Vaughan, Mr. Chartrand, Mrs. Saudino and Constable Southcott.

Our next meeting will take in February. An email will be sent once the date is confirmed.

OUR SCHOOL DAY

8:50 - Entry & Opening Exercises

10:00-10:15 - Morning Recess

OFFICE HOURS

Open from 8:00 am to 11:35 am

Closed from 11:35 am to 12:35 pm

11:35-12:05 - Lunch Recess
12:05-12:35 - Lunch Inside
1:55-2:10 - Afternoon Recess
3:20 – Dismissal

Open from 12:35 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.

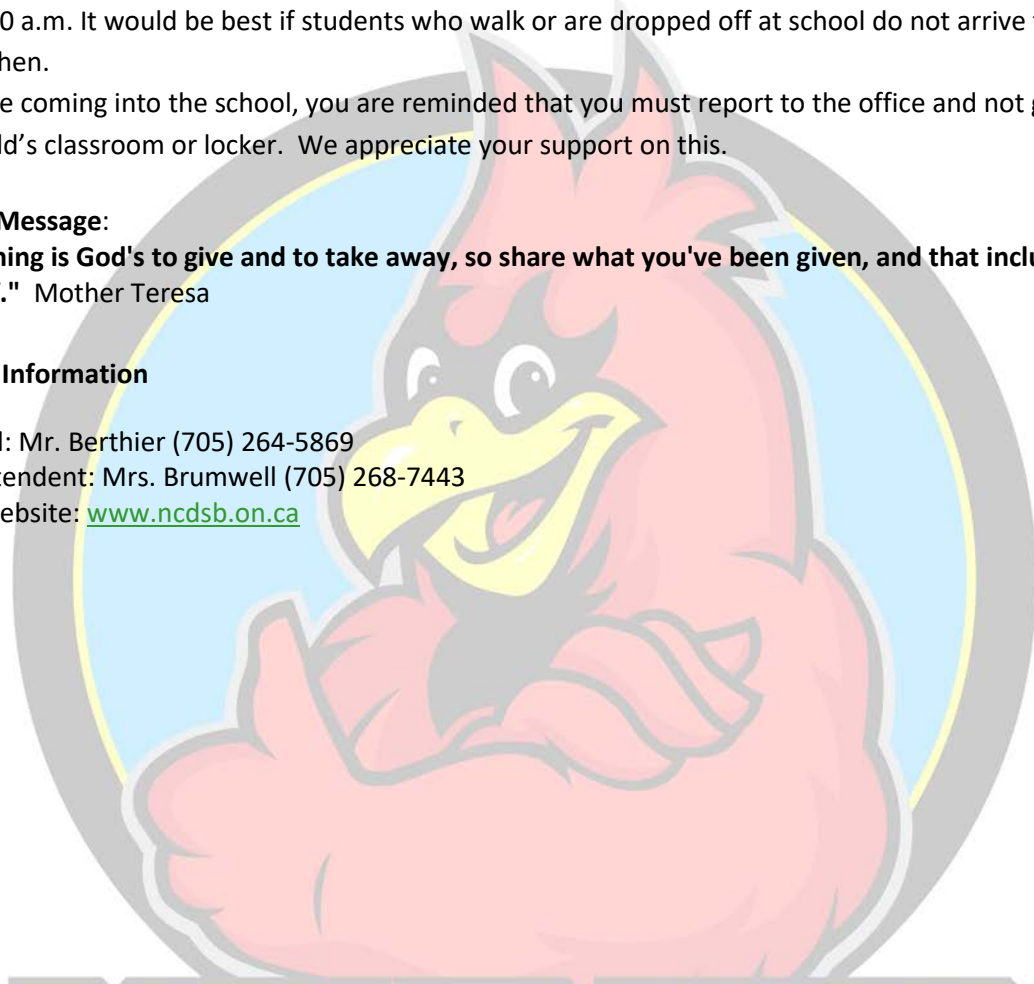
If you are coming into the school, you are reminded that you must report to the office and not go to your child's classroom or locker. We appreciate your support on this.

Closing Message:

"Everything is God's to give and to take away, so share what you've been given, and that includes yourself." Mother Teresa

Contact Information

Principal: Mr. Berthier (705) 264-5869
Superintendent: Mrs. Brumwell (705) 268-7443
Board website: www.ncdsb.on.ca



**POPE FRANCIS
ELEMENTARY SCHOOL**