



# Home of the **PANTHERS!**

March 2017 Newsletter

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## Principal's Message



Dear Parents,

Although it doesn't feel like it right now, spring is just around the corner. We would like to thank you for your continued support of our Catholic school community.

Whether your family is travelling over the March Break, or staying home, we hope everyone is able to spend some good quality family time together.

Lent provides a perfect time to reflect both outwardly and inwardly. It is important to take census of what's important, what we need to change and ultimately, how we can live to meet the Gospel Values we proclaim. During the Lenten season, students will be encouraged to help others and to prepare their hearts for Easter. Our Lenten charity focus will be the Sacred Heart of Jesus Parish Food Drive. We are asking students to bring in 5 non-perishable food items. In 2014, Pope Francis said the following in his Easter Vigil Homily, "The Gospel of Easter is very clear: we need to go back there, to see that Jesus has risen, and to become witnesses of his resurrection. This is not to go back in time: it is not a kind of nostalgia. It is returning to our first love, in order to receive the fire which Jesus has kindled in the world and to bring that fire to all people, to the very ends of the earth."

Dear Lord, we strive to do your will. We don't follow the goals of this world because people often make material gain or power their goals. We choose your path, a path that is worthwhile, a path of love and service. In this way, all that we do is good, all that comes from what we do will be good.

Amen

Yours in faith and education,

Mr. Berthier

Principal

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

**Parent meeting** – On March 23<sup>rd</sup>, at 6:30 pm, parents of children in JK to Grade 3 are invited to attend a meeting in the school gym to discuss the transition to Pope Francis. You will have an opportunity to ask related questions regarding the new school and have the opportunity to view the new school design and school colours. Coffee will be provided. If you are planning on attending, please contact the school before March 22<sup>nd</sup>. Look forward to seeing you!

## 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, 2017), please come by the office to pick up a registration package.

### Reminders:

#### Monthly Virtue: Fortitude

Fortitude is one of the four cardinal virtues. It is commonly called courage; however, it is different from what we often think of. Fortitude is always reasoned and reasonable. The cardinal virtue of fortitude involves practicing what is good and just when it is difficult or even dangerous. A person of fortitude practices patience when meeting obstacles. They do what is right, even when others criticize them.

Fortitude allows us to overcome our fear and remain resilient in the face of obstacles. Prudence and justice are the virtues through which we decide what needs to be done; fortitude gives us the strength to do it.

As Catholics we look to Jesus as our model. He always did what was right, even when it cost Him his life. Practicing fortitude is challenging, but it brings deep peace that comes from knowing we have done the right thing.

Fortitude is visible in our Catholic schools when we witness people defending truth and kindness especially during challenging situations. Students who do not cheat when the opportunity presents itself, who are capable of saying no to their friends who pressure them and students who stand up for others and do not participate in teasing or bullying are students who are displaying the virtue of fortitude.

## HOME AND SCHOOL - WORKING TOGETHER FOR SCHOOL SUCCESS

### Building Understanding and Excitement for Children – Math and Science

Math – When your child explains how he/she solved a math problem, it helps them to understand the math concepts involved. With these ideas, you can encourage them to talk about how they figured out that  $3 + 9 = 12$ ... and much more.

Roll and add - Play a simple dice game. Each person rolls two dice, adds the numbers together, and tells how he/she got the total. For instance, your youngster might say, "I know that  $4 + 5 = 9$  because  $4 + 4 = 8$ , and 5 is 1 more than 4, so I have to add 1 more to 8." After five rounds, the high score wins. TIP: Boost the challenge by rolling three dice.

## Science

Gravity in Action: Gaze into the night sky with your youngster and talk about why the moon stays “near” the earth. Have your child crumple a piece of newspaper into a ball and help your child tape it closed. Tape the ball to a piece of string. Now, ask your child to hold the end of the string and spin the ball around your child’s head. Tell your child to pretend he/she is the earth, the ball is the moon and the string is the gravity that keeps the moon in orbit around the earth. What happens if he/she lets go of the string? (You can explain that without gravity, the moon and the earth wouldn’t stay together.)

## Report Cards

First term report cards were sent home on February 15<sup>th</sup>. Please note that while there were no formal interviews scheduled, you may arrange a meeting with your child’s teacher at any time.

## A Message from the Spirit Team.....

Basketball Season: The Panthers will be competing in the annual Board Tournament, which will take place on March 8<sup>th</sup>. GO PANTHERS!

Winter Carnival is happening on March 10<sup>th</sup>. Dress warm for the activities which will be taking place outside for the day. We will be serving up hot chocolate all day to the students.

Do not forget to wear your “Bullying Stops Here” t-shirts on March 29<sup>th</sup>.

## 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](http://www.kidsmentalhealth.ca).



## **Catholic School Council**

2016-17 Catholic Parent Council members;

Co-Chairs – Mrs. Taylor and Mr. Dupont

Secretary – Mrs. Alexander

Members – Mrs. Oliver, Mrs. Miller, Mrs. Presseault, Mrs. Hynes, Mrs. Courchesne, Mrs. Gauthier, Mrs. Pelletier, Mr. Chartrand, Mrs. Lamothe, Mr. Westerling and Constable Southcott.

Our next meeting will take on March 21<sup>st</sup>, beginning at 6:30.

### **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.

### **Breakfast Snack Program**

Just as a friendly reminder, the Breakfast Snack Program runs from 8:30 to 8:45 every morning in the Library. Below is a letter that outlines this universal program and ways that you can support this amazing program.

Dear parent/guardian,

Research has proven that students learn more effectively when they are nutritionally satisfied, particularly during the morning hours. There are a variety of reasons why young people may start their day hungry including lengthy commutes, hectic family routines in the morning, lack of hunger upon rising, and poverty. **Regardless of the reason, the first need of a hungry student is good nutrition!**

We are very excited to announce that with the assistance of the Canadian Red Cross, we will be offering breakfast to our students 5 days a week, through the Student Nutrition Program (SNP). The SNP is *universal* which means that any/all students are encouraged to access it. Participation in the SNP program is associated with positive educational outcomes including improved academic performance, reduced 'lates', improved student behaviour, and the development of long-term healthy eating habits beyond participation in the program. SNP also creates a positive social environment in which teachers, and the parent community can connect and engage with students in meaningful ways.

While the funding provided from the Red Cross kicks the program off to a great start, it does not cover the costs needed to sustain this program for the entire school year. *Any* contribution that you can make to this program, either by providing a financial or in-kind donation (ie plastic spoons and other disposable items will be used occasionally) or volunteering your time to help prepare/serve meals, would be very much appreciated.

To make a donation, simply come into the school and meet with Mrs. Belisle or Mr. Berthier.

Thank you for taking the time to help and to learn about the Student Nutrition Program – we very much appreciate it!

Sincerely,

The Sacred Heart Team

PS To stay connected to events, recipes and other SNP related news, connect to **Student Nutrition Program- Timmins & District** on Facebook.



**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. Stefanic Weltz (705) 268-7443  
Board website: [www.ncdsb.on.ca](http://www.ncdsb.on.ca)

