



# Sacred Heart Catholic School

November Newsletter

Tuesday, November 1<sup>st</sup>, 2011

Shannon McDougald, Principal

Charlotte Rouleau, Superintendent

*Through the teachings of Christ we promote an environment that fosters patience, peace, faith, hope and understanding.*

Visit us at [www.cdsbeo.on.ca/coshel](http://www.cdsbeo.on.ca/coshel)

## **Principal's Message**

Dear Parents/Guardians:

On Monday, November 7<sup>th</sup> at 7:00 p.m. our School Council will be hosting a parent engagement workshop by Dr. Maggie Mamen at Sacred Heart School. Her talk is entitled "**Parent Power**". In these days of the Internet, video games, advertisers, and all kinds of peer pressure, as parents we often feel powerless to exercise any influence on our children's lives, especially as they become teenagers. This presentation explores ways in which we can retain our leadership role in the family, at the same time as encouraging our children to develop their own self-esteem and independence.

Dr. Maggie Mamen is an award-winning psychologist in a multi-disciplinary private practice in Ottawa, where she works with children, adolescents and their parents. Prior to setting up this practice in 1990, she worked in university, hospital and school board settings. She is the author of four books, including the best-selling "The Pampered Child Syndrome" and "Who's In Charge? A Guide to Family Management," and has recently completed a DVD called "Parent Power! Lost and Found."

Please mark this date on your calendar and plan to attend this event. It will be well

worth your time, and make your job as parents much easier too.

Yours in Catholic Education,

Shannon McDougald

## **Elementary Progress Reports- It's that time already**

Elementary Progress reports will be going home on Monday, November 14<sup>th</sup>. The Elementary Progress Report will focus on your child's development on the learning skills and work habits during the fall of the school year, as well as your child's general progress in working towards the achievement of the curriculum expectations in all subjects. The Elementary Progress Report that you will receive on November 14<sup>th</sup> will not contain letter grades or percentages. It will tell you whether or not your child is progressing very well, well or with difficulty.

The First Term Provincial Report Card in February and the Second Term Report Card in June will contain a letter grade for students in Grades 1-6 and percentages in Grades 7 and 8.

Formal interviews, Student Led Conferencing, will take place in February when the First Term Report Card goes home.

For the Progress Report in November, your child's teacher may request an interview with you, or you may check off the appropriate box indicating that you are requesting to meet with your child's teacher.

Please remember that ongoing communication with your child's teacher is important to your child's overall success at school.

### **Magazine Fundraiser**

Again this year, Sacred Heart Catholic School is involved in a Magazine Fundraiser. Materials will be going home with students shortly. We encourage you to approach the people you know such as family, friends, and co-workers in order to raise funds for our school. Magazines are a perfect Christmas, or birthday gift for someone on your list. They also offer an excellent way of encouraging students to read. Check out the hundreds of wonderful magazines to choose from at: [www.ccrp.ca](http://www.ccrp.ca)

### **Walk-a-thon Success!**

Our walk-a-thon was a huge success and a lot of fun too! Everyone pulled together to make this event a great fundraiser! A special thank you goes out to the School Council who so generously gave of their time to organize, plan, shop, and count the money. Our students raised \$ 2,341.77. Not only did we raise a lot of money but we had a wonderful afternoon of physical activity. Students enjoyed an apple and a bottle of water for a snack after the walk.

### **Student Supervisors Needed**

We are in need of responsible adults to care for our students during the lunch time from 10:50-11:50 a.m. This is a paid position. If you are interested or know of someone who would be interested, then please call the school at (613) 933-3337 and ask to speak to Mrs. McDougald.

### **National Child Day**

We will be celebrating National Child Day on Friday, November 18<sup>th</sup>. Little Ray's Reptiles will be at Sacred Heart School in the morning with performances for Grades 1-4 and Grades 5-8. It will be an exciting event for all students. Thank you to our School Council for so generously bringing this performance to our students! We would ask that you mark this day with a special note in your child's lunch kit or agenda. Take this opportunity to tell them how important they are to you. Make them feel extra special on November 20<sup>th</sup>.

### **Morning Supervision-Danger**

Please make sure that your child does not leave home too early in the morning if he or she walks to school. We cannot provide any supervision in the yard or in the school until 8:00 a.m. It is of the utmost importance that you not allow your child to come to school before this time. We have many children playing in the yard unsupervised. Thanking you in advance for your understanding in this serious matter.

## **Lost and Found**

Would you please write your child's name on articles of clothing; especially jackets, sweaters and shoes. The pile of clothing that is unclaimed is growing by leaps and bounds. Remind your child to check the "lost and found" for articles of clothing.

## **Brrr!**

Winter is rearing its ugly head again. We would ask that you check your child every morning before he or she leaves the house. A warm coat, a hat and some gloves will soon be a must during recesses. Keep a close eye on the weather channel. The temperature is unpredictable from one day to the next.

## **Green Team News**

School lunches are a major source of waste in Ontario – the average student's lunch generates a total of 30 kilograms of waste per school year, or an average of 8500 kilograms of waste per school per year. Please help your child pack waste-free lunches for our event. The goal of the week is to:

- ✓ Celebrate and learn about Waste Reduction Week by reducing the amount of waste we create from school lunches
- ✓ Reduce the cost of waste disposal so the school's resources can be put to better use.
- ✓ Encourage healthy and nutritious lunches (many pre-packaged lunch items contain significant amounts of sodium, preservatives and fat)
- ✓ Create awareness around recycling and encourage and promote recycling of containers such as juice boxes, milk cartons, bottles and cans at schools
- ✓ Help you as a parent reduce the cost of lunches (a waste-free lunch can cost as little as \$2.50 per day, whereas a regular lunch containing pre-packaged items can cost \$4.50 or more per day)

## **Before and After School Daycare**

We have a before and after school daycare program at Sacred Heart Catholic School. Parents who need a qualified daycare provider from 6:30 a.m., until school starts, and from 2:25 p.m. until 6:00 p.m. are welcome to join the school daycare program on school premises. The program offers healthy snacks, homework time, outdoor activities, and arts and crafts. If you are interested in this wonderful program please call Mary Seguin at (613) 551-8862.

## **Attendance and Lateness**

Please call the school if your child is going to be absent or late. This will be a huge help to our secretary, Ms Mary-Ann, who must call all parents according to the "safe school policy". Our answering machine is on from 3:30 p.m. until 8:00 a.m., so you can leave a message anytime. Your call will be much appreciated. Please indicate all signs and symptoms of your child's illness. Your help in this matter is greatly appreciated.

## **WASTE-FREE LUNCH TIPS**

- Get children to help pack their lunches with healthy foods.

- Only pack as much food as your child will eat.
- Use a reusable lunch bag/box for carrying a lunch.
- Use a refillable bottle for drinks – it's cheaper and children can save drinks for later.
- If you choose to use a single-serving container, please make sure it is recyclable in your child's school.
- Put sandwiches, muffins, etc. in 'Tupperware'-style containers, instead of plastic bags. Label all containers with your child's name so they have a better chance of coming home.
- Avoid pre-packaged, single-serve portions of snacks.
- Put re-usable napkins in your child's lunch box.
- Prepare extra food at dinnertime and use the leftovers for lunches. Minimize the morning rush by packing lunches the night before and refrigerating overnight.

### GREEN Team News

Our GREEN Team has begun adding plants to our prayer garden in the schoolyard – Weigela, Butterfly Bush, and Echinacea will catch the eye of the wandering butterflies, the playful birds and your watchful child. You are encouraged to donate your clumps of perennials to our school to help this garden grow!

While there were many hopeful students who turned out for the initial interest call, our GREEN Team has been established for

this school year with a range of grades represented. Two of the older students, Katelyn and Jenna, have graciously offered their services as GREEN ambassadors on a mission to teach the rest of our school about our programs.

Waste-free lunch week was successful in educating our students about the differences that we can make to sustain our earth: packing a juice container rather than a juice box is the biggest connection that most students made when viewing the garbage that we create as a community.

The GREEN focus for the month of November is the Recycle My Cell program, which is new to our school this year. We hope to draw attention to the many electronics that are discarded and ultimately thrown in the trash. This program (October 17<sup>th</sup> to November 17<sup>th</sup>) aims to teach the importance of recycling electronics so that they may be decommissioned, posing no threat to our environment. You are encouraged to send or drop off your old and out-of-use cell phones, smartphones, wireless PDAs, pagers, batteries and accessories at school so they may be recycled safely.

[http://www.wrwcanada.com/recycle\\_my\\_cell](http://www.wrwcanada.com/recycle_my_cell)

Don't forget that there are many businesses that will recycle old materials for you. Home Depot offers recycling of CFL bulbs, paint, and batteries by simply bringing your materials to their store.

<http://www.homedepot.ca/eco-options/initiatives/recycling-programs>

May God continue to bless us all in our efforts to **Grow Responsible, Ethical and Environmental Neighbours.**

## Kindergarten Parents

Please be advised that the Purple Band Program is in effect. Parents of students in JK-SK are asked to ensure that the purple band is securely attached to the handle of their child's backpack to enable bus drivers to quickly identify these students. In the case of the JK-SK students, a parent or guardian must accompany the student to and from the bus stop. If no one meets the student at the bus stop, drivers are directed to take the student back to the school or to the proper authorities. Please help your child be safe by ensuring that your child has a purple band on his/her backpack. If the band is lost or misplaced, then please write a note in your child's agenda indicating that your child's needs another purple band. Thank you for helping to keep your child safe.

### **Blessed Sacrament Harvest Supper**

Father Claude Thibault and the members of Blessed Sacrament Parish invite you to their **Parish Harvest Supper** which will be held in the church hall (325 Tollgate Road East) on Sunday, November 6th from 4:00-7:00 p.m. Turkey, Trimmings and take-out available. Adults: \$12.00, ages 6-12 years: \$6.00, children 5 and under: free  
Everyone Welcome!

### **Operation Christmas Child**

Once again, Sacred Heart School has committed to taking part in "Operation Christmas Child", which involves filling shoeboxes with items that will bring a Christmas message of love to many needy children in various parts of the world.

Last year, Sacred Heart School gave 39 boxes along with \$94.00 for shipping. It was a very good demonstration of the compassion of the children and families of this school.

You may have your child bring items to add to a box at school, or you may choose to provide enough items to fill a box, yourself. Providing a cash amount would help toward paying shipping costs, which is \$7.00 per box. The classroom teachers will be receiving items until the week of November 16<sup>th</sup> to 20<sup>th</sup>. During that last week, we will be organizing the boxes, making sure that each box has a suitable variety of items and labeling each one for a boy or a girl. The boxes will be leaving Sacred Heart School no later than Wednesday, November 16, 2011.

The following suggestions may help you make choices in gifts:

Small toys: stuffed animals, dolls, balls, cars, harmonicas, kazoos, yo-yos, skipping ropes, etc.

School supplies: pens, pencils, sharpeners, crayons, colouring books, writing pads, paper, stamps and ink pads, etc..

Hygiene items: tooth brush,(no tooth paste), mild bar soap placed in baggies, comb/brush, washcloth, nail clippers, etc..

Other: picture books, ball caps, hard wrapped candy placed in baggies is o.k., music box, sunglasses, lead free jewelry, hair clips, t-shirts etc...

Small toys: stuffed animals, dolls, balls, cars, harmonicas, kazoos, yo-yos, skipping ropes etc.

School supplies: pens, pencils, sharpeners, crayons, colouring books, writing pads, paper, stamps and ink pads, etc. (Please keep in mind that dollar store pencils are usually of very poor quality)

Please DO NOT INCLUDE: Liquids, or items that leak, melt or freeze (can spoil boxes); food, chewy candy and gum (shipping regulations), used items, breakable items, items that can scare, or harm a child.

Please let us know if you would like a box sent home with your child to be filled via your child's agenda. Thank you for whatever way you might join us in this Christmas project of love.