

FROM THE PARISH



Fr. Sebastian Amato,
pastor

Greetings from St. Francis de Sales - Blessed Sacrament Parish!

I am elated to announce that the National Evangelization Team (NET) has arrived to our parish. Archbishop Brendan O'Brien kicked off our Life Teen Mass and evenings on Sunday, October 18th and Fr. Alilio, of St. John the Baptist Parish was also in attendance. Our NET activities are a joint effort with St. John's Parish, Perth. The Life Teen Masses are held each Sunday evening at 6:30 pm in St. Francis de Sales Church and is followed by an activity for those in High School in Hanley Hall until 9 pm. Since this is a joint effort between St. Francis and St. John parishes, parishioners and teens from St. John's, Perth will be participating with us.

Please note that everyone is welcome to the Sunday 6:30 pm Mass. I especially would like to invite the young

people in grade 6 to 8 and their families to come to the Life Teen Mass. I am sure that you and they will find it a very lively prayer.

As I have indicated, Life Teen for teens is held at St. Francis de Sales each Sunday. Beginning in January a program for kids in grade 6 to 8 will be held at St. John's High School in Perth on Thursday evenings. It is called "Edge". Our hope is that kids from here will be able to go to Perth to part take in an evening of fun and learning. We are planning to pay for a bus to transport our children. There will be more about this later.

NET will be with us until May at which time we hope to continue what was begun. The co-operation between St. Francis and St. John will, I believe bring us into a strong relationship. After NET leaves us, people from both parishes will be able to assist the other to have Life Teen and Edge in both places. The process to bring NET to our area was begun three years ago. With a lot of effort from many people we are fortunate to have this group of young people who will be speaking to young people.

I invite you to participate especially on Sunday evenings. May God bless all of us with his grace.

Lorraine Fenn, Chair Messages Continued from page one

That's something for a new parent to find out! Or maybe she will finally be old enough to be in a school choir? Again, something to learn. At St. Francis, there are huge numbers of students trying out for teams, which is great to see. And with larger numbers of students in the same age range, the possibility of more clubs to serve more varied interests seems possible. I'm still hoping that we can get something of a sewing or crafting club going, and eventually they can help decorate

for theme nights, dances and the school production. Ah, the possibilities!! I like to take a step back and just watch what everybody is doing, and try to see where our needs are going to be.

Yes, from the outside, it is the same old St. Francis de Sales School, but take one step inside, and you do indeed see our "New Beginnings". All the best to everyone in 2009/10, our year of wonder and new beginnings.

A "NICHOLS" WORTH OF NUTRITION



Tracy Nichols

In a land of chips, pop, and chocolate it can be difficult to supply our children/families with the nutrition they need. With a "no nut" policy it may seem almost impossible to come up with lunch ideas that our children will actually eat. One thing that works in our home is I try to let the kids choose what is in their lunches. Yes you read that correctly! They get to choose a fruit, veggie or type of crackers etc.

When they choose what goes in their lunch they seem to eat more of it. For example I try to have 2 or 3 different types of veggies or fruit for the kids to choose from. I will clean and cut the fruit or veggies ahead of time for them to pop into their lunches. You can do the same with dairy products. Have yogurt, yogurt tubes, different types of cheese for them to choose from - kids like variety.

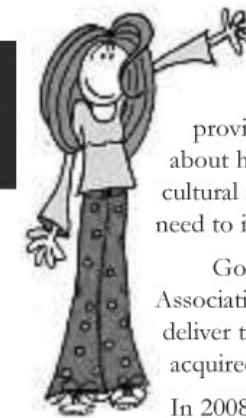
Then there is the whole treat/dessert issue. In a perfect world I would like to say my kids always have the perfect lunch, but in reality they don't. They sometimes (*well ok most of the time*) win the battle and get a treat in their lunches, but I try to control what that treat is by not bringing home things I don't want them to have in their lunches. I make homemade cookies or breads instead of store bought, which are loaded with sugar and other additives. We choose fruit chewies made from 100% fruit with no added sugar. I also buy smaller sized portions, such as the Vachon Caramel cakes, which my boys love. I buy the 100 calorie size ones instead of the larger two pack and they get them once or twice a week instead of everyday. It's a compromise and they are happy - which makes me happy.

Instead of chips they get popcorn. Is it the perfect thing to put in lunches? Probably not, but definitely better than chips. It's about balance. Is it always easy? No, but we're the parents and it is up to us to make sure they get as much nutrition as possible. This is what works in our home, maybe it will work in yours.



Go Girls!

Healthy Bodies, Healthy Minds



Go Girls! Healthy Bodies Healthy Minds

is a self esteem building mentoring programs for girls ages 12-14.

The "Go Girls! Healthy Bodies, Healthy Minds" program is designed to provide girls aged 12-14 with information to help them make informed choices about healthy active living and support them in dealing with the emotional, social, and cultural issues they may face. In addition, the program provides girls with the tools they need to implement this healthier and happier lifestyle.

Go Girls was started in 2001 by the Ontario Physical and Health Education Association. In 2004, OPHEA partnered with Big Brothers Big Sisters in Ontario to deliver the Go Girls! program in nine communities. In 2006, Big Brothers Big Sisters acquired the program nationally.

In 2008, Big Brothers Big Sisters of Lanark County launched the Go Girls program locally. The program has been an overwhelming success.

This program will be offered at St. Francis in late October for the girls in Mrs. Humphries Grade 6 class. For more information regarding this program contact Mr. Haime or Mr. O'Neil

Drop the Pop!

Pick Up Juice
Choose 100% fruit juice or 100% fruit juice from concentrate. Juices contain natural sugar, so drink it in moderation. Limit juice to 1 to 2 servings per day (1 serving = 1 cup). Beware! Fruit "drinks", "beverages", "cocktails", "punches" and sport drinks are mostly sugar.

Pick Up Water
Choose tap or bottled water. Almost 70% of our body is water. Your body needs water all the time, not just when you are thirsty.

Pick Up Milk
Choose 2% or 1%, white or chocolate milk. Aim for 2 to 4 cup servings per day (1 serving = 1 cup). Milk helps to build strong bones and teeth. This is especially important for children and teenagers.

When Your Child is Anxious

What Parents Can Do to Help Worry Prone Kids Thrive

In this workshop parents will learn:

- ❖ where does worry come from?
- ❖ What makes worry grow or shrink?
- ❖ When is it time to take action and how?
- ❖ Parent Intervention Strategies

... because Parents are the most valuable resource in helping kids respond effectively to anxiety

Open Doors is offering a Parent Seminar at our school on November 18th (6:30-8:00pm) To pre-register or for more information call 613-283-8260.



BRING BACK FAMILY DINNER TIME!



Karen Coxon

What's happened to family dinner time? Our schedules have become busier, not just the parents, but the children's and teens have also. Dad and/or moms are now commuting into Ottawa or other towns or have a late meeting for work, Suzie has piano lessons, and Johnnie has a hockey game in Brockville and Zack has a date to go to the movies with his new girlfriend. Mom is often skipping meals

to get everyone where they need to be or she's eating on the run. Even on the days you manage to make a meal, while at the same time helping the kids with homework, everyone is eating at different times. Is this what it's like for you? It's time to take back family dinner time!

Growing up, the dinner hour for me was a gathering place for the whole family and my family worked shifts and weekends so whoever was home we ate together. It was a time of conversation and laughter and we often spoke of extra curricular activities. It wasn't always a perfect time; some nights kids engaged in squabbles or we were sometimes moody. But the dinner table was where I was exposed to what was going on with my family. I heard the neighborhood news, found out what my extended family was doing or learned about national events (usually hockey).

It is possible for the family dinner hour to become very important to everyone who is included. Granted it's a challenge to feed little ones in their high chairs and manage to carry on a fluent

conversation, but we Mom's are excellent multi-taskers. Keep in mind, you could start with a shorter amount of time and lengthen it as you are able to manage it.

A shared family meal can be a source of stability even if it's around a barrel of Kentucky Fried Chicken, when talk is scattered all over the place or everyone wants to get to their next activity.

TIPS:

Choose a dinner hour, but remain flexible. If for any reason, you miss evening meals together regularly, then consider having Friday dinner and movie night, Saturday morning breakfast or Sunday brunch.

Remove distractions. Turn off the TV, iPods, handheld games and phones so you can all listen to each other and participate in the conversation.

Keep the conversation light and encourage the children to participate. Remember no nagging about problems or handing out discipline. Be positive by asking each child, "What was the best part of your day?" Let the kids ask you a question about your day.

Thank God together by letting different members of the family lead the blessing. You will be passing on important values, building a sense of belonging, and enjoying each other's company all at the same time!

