



St. Francis de Sales School

April, 2009



April 8, 2009

Easter is the gift....

Easter is the gift of HOPE, Easter is the gift of PEACE, Easter is the gift of LOVE

Let us rejoice in Him. Who gives them all. May God bless you, and keep you all year through.

May God give you all the faith it takes,

*To make your dreams come true. May God's love and wisdom always help,
to guide you on your way.*

May God's light shine down upon you now, to bless each and every Day.

PRINCIPAL'S UPDATE

- As the weather is getting nicer, we have found students are arriving at school before 8:45. Please remember students are not to be on the yard prior to 8:45 as there is **no** supervision until this time.
- Also, a reminder that the end of the school day is 3:05. Students have a 10 minute outdoor recess from 2:55 - 3:05. Parents are asked to wait outside the front gate at the office until the end of the recess. The school will remain locked until 2:55. Thank you for your patience and understanding.
- We are pleased to inform you that effective Monday, March 30, our Breakfast Program will be in operation five days of the week. The Breakfast Program is still in need of volunteers, if you are available to help for approximately one hour any day of the week, please call Stephanie Spinelli at 613-284-0006.
- We have had several cases of head lice, please continue to check your child's hair.
- We will be playing Bingo on Thursday, April 9th in the morning. All proceeds will be donated to our Lenten Project. (CHEO) Students are asked to pay \$1.00/game and we plan to play three games. Prizes will be given out.
- Grade 8 graduation will take place on **Tuesday**, June 23rd at 6:30 p.m. in the Church. There will be a video presentation followed by a grad dance in Hanley Hall shortly after. There will be an Orientation Day at St. John High in Perth on Wednesday, June 24th.
- Please continue to bring in your printer and laser cartridges and old cell phones for recycling. Be energy conscious, turn off your lights, TV and monitors.

UPCOMING DATES:

- Grade 6, 7 and 8 dance - Friday, April 24th - 6:00 - 9:00 p.m.
- Volunteer Appreciation/Terrific Kids Assembly, Friday, April 24th at 2:10 - more information to follow
- First Eucharist - Sunday, April 26 at 9:00 a.m. at St. Francis de Sales Church
- Grade 5 French Immersion Information Night - April 27th, 6:00 p.m. in the Library
- Grade 7/8 students will visit the Smiths Falls Police Station - Wednesday, April 29th
- Catholic Education Week - May 4th - 8th
- Frank B. Edwards, Author, will visit St. Francis de Sales School, Monday, May 4th.
- Book Fair - May 5th - 7th
- Dr. Tina Daniels - May 12th, there will be an evening presentation at Hanley Hall - please reserve this date, more information to follow

PARISH NEWS

A message from St. Francis de Sales/Blessed Sacrament Parish:

I wanted to write this short note as a follow up to an announcement that was made to the parishioners at the end of Mass on the weekend of March 21/22. Some of you may be aware of an exciting project that we will be undertaking with St. John Parish, Perth this coming fall. We are looking forward to developing a compressive youth ministry program for our youth in our two parishes. We applied to the National Evangelization Team (NET) for a team that will be with us from October to May, 2010. Our application was accepted and we are now in the planning stages to have things in place before the summer arrives so we will be ready for the Fall. A NET Parish Team consists of seven to eight young people who be with us. They will help us to begin two programs. One is called Edge for youth in grade 7 & 8 and the other is Life Teen for high school aged youth. Many of our young people have had exposure to NET through Confirmation retreats over the last six years. They have responded very positively to them. I believe that having the NET here in our parish will be a great inspiration. It will also, I believe, draw our young people closer to God through the Church as well as renewing the faith of our adults. This is a very exciting prospect and I ask for your prayers and support. I know that the Holy Spirit will lead us forward.

The following are the times of our Holy Week Celebrations:

April 9 Holy Thursday: 7:30pm Mass of the Lord's Supper (the church will be open until 11pm for private prayer)

April 10 Good Friday: 3:00pm Celebration of the Lord's Passion

April 11 Holy Saturday: 8:30pm Easter Vigil

April 12 Easter Sunday: 9am & 11am at St. Francis de Sales, 9 am at Blessed Sacrament, Lombardy

I hope that you will take the opportunity to participate in these life giving events in our worship of

God.

God bless you,

Fr. Sebastian Amato, pastor

FROM THE HEALTH UNIT

April is Oral Health Month

Do you know that:

Childhood tooth decay is serious.

- It is the second most common reason for school absences.
- It is the most common chronic childhood illness, all children are at risk.
- It is 5 times more common than asthma.

Childhood tooth decay is an infectious disease.

- It is caused by specific bacteria in plaque.
- It can be transmitted by kissing, sharing a spoon or licking a pacifier.
- If left untreated, it leads to pain, infection and tooth loss.

Childhood tooth decay is preventable.

- Fluoride in community water, topical applications and toothpastes all help to prevent tooth decay.
- Early detection and intervention are important in reducing treatment. Children should be seen by a dental professional by their first birthday.
- Proper nutrition and avoiding soft, sweet and sticky snacks reduce the risk of tooth decay.

For more information and tips for parents, grandparents and caregivers on how to prevent childhood tooth decay, visit <http://www.healthunit.org/dental/default.htm> or visit www.oaphd.on.ca for Open Wide presentations for caregivers. If you would like your child screened for eligibility of preventive or restorative treatment, call the Health Unit Dental program for an appointment.

News about Norwalk

Norwalk-like viruses are present in the community. Symptoms include diarrhea and vomiting. These viruses are spread by the fecal-oral route (hand-to-mouth). If you are experiencing these symptoms you should stay at home until 48 hours after symptoms stop. Some of the best ways to protect yourself are to practice good and frequent handwashing particularly before meal preparation and eating, as well, thorough and frequent cleaning of bathrooms especially if someone is ill with these symptoms.

Program Highlights

Roots Of Empathy (ROE)

What is ROE? Roots of Empathy or ROE: is a fun, interactive classroom program that helps students learn to understand their emotions and the emotions of others. We call this "Emotional Literacy" as the students learn to read emotions and to put words to the emotions. They also learn empathy, how what they do can impact the emotions of others. **How does the program work?** A parent, baby, and trained instructor go into the classroom about every three weeks over the course of the school year. The classroom children are coached by the instructor to study the baby, to try and understand what the baby is feeling based on the baby's expressions, and to measure the baby's growth and development.

Who is the program for? The program can run from kindergarten through grade 8 classrooms.

What does the program do? Studies have shown that incidents of aggression go down in classrooms that have a ROE program running vs. classrooms that do not have an ROE program running.

Playground Activity Leaders in Schools (PALS)

What is it? PALS is a dynamic playground leadership program where all children are encouraged to participate in games and activities during the recess and lunch breaks. The program is designed to increase physical activity, decrease conflict (because the students will be too busy learning new games and activities!), and give students an opportunity to gain some leadership skills.

How does the program work? A staff member at the school along with a Public Health Nurse trains students in healthy communication skills, playground safety, problem solving and conflict resolution skills. These students learn many new games that they in turn take to the playground to teach other students.

What does the program do? Bullying is seen as a crime of opportunity, thus if students are engaged in playing games the incidents of bullying should decrease. Also, having peer leaders trained in conflict resolution should help minimize incidents. The inclusion policy of the program "There's always room for one more" makes sure that students aren't left out.

Racing Against Drugs (RAD)

What is it? RAD is an even for grade 4 and 5 students that is designed to teach the dangers of Drug use. It uses the excitement of high performance auto racing to highlight the importance of always being at your best level of performance.

How does the program work? Each Racing Against Drugs event provides up to 25 different learning opportunities or "pit stops" from Police, Public Health, Addictions agencies and many other community partners. These pit stops will help to demonstrate the link between healthy choices and risk taking through various sports/activities with zero tolerance for drug use.

What does the program do? Each "pit stop" helps to reinforce the message to students that drugs and alcohol decrease your chances of reaching your best potential. They also teach students to take "smart risks," that life is full of risks and it is each person's job to manage those risks by making good choices.

RAD curriculum resources are also available to teachers as a stand alone lesson plan or to reinforce the messages from the event.

Derek Haime, Principal

Dan Lesser, Vice-Principal