

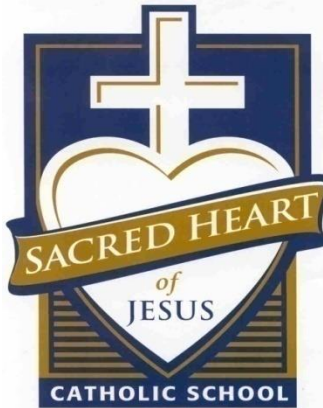
Principal: Mrs. M. Pasceri
Vice-Principal: Mr. C. Tilley
Secretaries: Mrs. C. French
Mrs. G. Van Hooydonk

HCDSB Trustee: Jane Michael
School's Website address:

<http://schools.hcdsb.org/shoj>



Twitter: @SHOJ_HCDSB



**“Anchored in Faith
and Excellence”**

February 2017

**SAFE ARRIVAL PROGRAM - Please remember to phone in your child's absence (905)331-4656.
The answering machine is on 24 hours - Messages are picked up between 8:15 a.m. and 4:15 p.m.**

PRINCIPAL'S MESSAGE

February is a wonderful “look-ahead” month as we encounter the mid-point not only of the winter season, but also of the school year. As the hours of daylight become longer, we look forward to the promise of spring. We also look forward to the wonderful fun-filled February initiatives.

In preparation for Lent, we will celebrate Ash Wednesday with a School Mass on **Wednesday, March 1st**, at 10:00 a.m., for all of our FDK - 8 students. We extend an invitation to all families to join us at school, in the Gym.

We continue to thank you all for your support of our school initiatives and commitment to Catholic education.

ST. PAUL THE APOSTLE PARISH NEWS

In late February and early March Grade 7 students from all the elementary schools will be receiving the sacrament of Confirmation. This Sacrament of Initiation is very special and we are pleased to welcome Bishop Miehm to our parish community to bestow this sacrament. Please keep the grade 7s in your prayers at this special time.

This year Ash Wednesday falls on the 1st of March, 2017 and marks the beginning of Lent. Schools will distribute ashes to students at school based Liturgies of the Word on this day. Additionally, ashes will be distributed at masses held at the church March 1st at 9 am, 12 pm and 8 pm. The traditional purpose of Lent is to prepare Catholics through prayer, reflection, atonement and penance as well as almsgiving. Please refer to the parish website (www.stpaultheapostleburlington.com) or the bulletin for details about events and activities planned for Lent. Please note that throughout the season of Lent we will offer *Stations of the Cross* every Friday at 7:00 pm.

Coffee Sunday will be offered February 12th after the 9am and 11am masses and will be hosted by *Cursillo*

and *Mary's Meals*. In March it will take place March 19th hosted by *Band of Brothers*. Please join us after mass for refreshments and fellowship on these dates. May our parish families find time for reflection, prayer and spiritual growth in these weeks of Lent. May we bear witness to Christ and follow his example, making us worthy to share in His Resurrection.

DRUMFIT

On Thursday January 19th Sacred Heart hosted DrumFit. During the day, every classroom in the school got to participate in this active and fun event. During the evening sessions, parents and their children got to experience DrumFit to its fullest together! We would like to thank DrumFit and most notably our instructor Holly, as a great time was had by all! Also thanks goes out to our Public Health Nurse Shaeena, and the Sommers family for their hard work in preparing the delicious infused waters.



THANK YOU HKCC!



Sacred Heart of Jesus would like to take the opportunity to thank the Halton Kids Community Challenge for their ongoing support of our healthy initiatives at our school. HKCC was

most generous in funding our DrumFit evening and making it a free event to our families. In addition, HKCC has launched the “Water Does Wonders” education campaign and provided funds in order for us to install a second water bottle refilling station on the second floor. Lastly, HKCC will be fully funding a Wellness event for all schools in the Corpus Christi Family of Schools in April. We are most appreciative of the close partnership and support provided by Halton Kids Community Challenge. Thank you!

ALL ABOUT ME/MY BLUEPRINT

All About Me Catholic Edition

As educators, we work to deliver the provincial curriculum in a way that is consistent with Catholic values. One of the resources that we provide to all students in Halton Catholic is **All About Me**; an interactive portfolio tool that supports K-6 students with the inquiry process, self-discovery, and reflection. As of January 2017, we have access to the new Catholic Edition of the program that includes a new My Faith section; inviting students to add daily prayers, reflect on the Sacraments, and explore the Catholic Graduation Expectations.

myBlueprint's Who Am I? Surveys

The Student Success Team at Halton Catholic works to ensure that every student's diverse interests, goals, and strengths are supported in and outside of the classroom. One of the programs that we license to support student success, as well as the Individual Pathways Plan and inquiry-based learning, is **myBlueprint Education Planner**.

 myBlueprint

Built from the ground up for grade 7-12 students, myBlueprint promotes self-discovery and exploration through various features including the Who Am I? surveys. Students can complete six comprehensive assessments (including Learning Styles, Personality, Interests, Knowledge, Motivations, and Compatibility) to learn more about themselves and potential high school courses, post-secondary programs, and career opportunities related to their interests and passions. The interactive design and realistic insight provided by the surveys help students gain self-confidence and sparks their curiosity into planning for the future.

IMPORTANT DATES TO REMEMBER

Grade 7 Dates to Remember:



Confirmation Practice: Thurs. March 2nd – 9:45am

Confirmation: Sat. March 4th - 10:30am



Grade 8 Dates to Remember:

Grad. Rehearsal: Thurs. June 22nd at 9:00am

Graduation Ceremony: Fri., June 23rd at 6:30pm



Catholic School Council Meeting:

Tuesday February 21, 2017 at 6:30pm



Term 1 Report Cards Home:

Thursday, February 23, 2017



PA Days: Fri Feb 3, 2017

Fri March 10, 2017



March Break: March 11-19, 2017 Inclusive

CHILL ZONE!

JK-Gr. 8 Students

After School Club

Free to all children ages 4 to 12

ChillZone is an exciting neighborhood based after school club. Enjoy healthy snacks, physical literacy games, fun crafts and homework help.

Every Thursday from 3:30 to 6:00

Location: Tansley United Church 2111 Walkers Line (one block north of Upper Middle Rd.)



You can register in person or at our website: northburlington.cdhalton.ca/chill-zone-registration/
Follow "Chillzone Camp" on Facebook: <https://www.facebook.com/chillzone.camp/>

Grade 7/8 students: North BurLINKton Teens drop in

FREE after school program on Mondays at North Burlington Baptist Church, 1377 Walkers Line (One block south of Upper Middle)

Students (grades 7 and up) gather for games and cook a meal and eat together.

A great way to develop your cooking skills.

FDK REGISTRATION



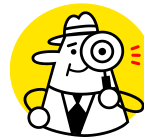
Parents of students that wish to register their children at Sacred Heart in FDK for the 2017-2018 school year are reminded to come into the main office and register as soon as possible. Thank you.

PASTA NIGHT



Just a reminder that our Pasta Night will take place Thursday February 4th, 2017. Doors open at 5:30 pm and dinner begins at 6:30pm.

HEAD LICE PROCEDURES



Board Policy states that if a child is found to have Pediculosis while at school (more commonly known as Head Lice), parents must be called immediately to have the child picked up and treated accordingly.

Also, if you discover head lice while at home, you must notify the school immediately so that we can call WeCare to have the rest of the class checked. Prior to returning to school, the child must be seen by a doctor or approved agency such as WeCare 1(866)577-4499 to have the child rechecked. Proof of the clearance of head lice must be provided to the school in the form of a doctor's note or letter from the agency prior to re-admittance. Know that all children in the classroom will be checked by WeCare. If there are any positive cases, siblings will also be checked. Please take the time to read the information Parents can also access information on Head Lice at <http://www.halton.ca>

COLD WEATHER/FLU SEASON



Now that our Canadian winter has truly arrived, we expect students to wear the proper cold weather clothes you have provided for them when they go out for recess. Students must also have a pair of indoor shoes to wear inside. During severe weather conditions, we do monitor the wind chill factor and equivalent temperature as provided by Environment Canada. Board policy states that when temperatures (including the wind chill factor) fall between -15°C and -20°C, students can be outside for no longer than 20 minutes and when temperatures are colder than -20°C, students must remain inside. Lunch recess is the period most affected by this rule. We will curtail all outdoor recesses if the wind chill falls below -20°C since the risk of frostbite goes up markedly at this wind chill point.

PUBLIC SPEAKING COMPETITION

We will be holding our Public Speaking Competition on **Tuesday, March 7th at 9:30 a.m.** Students have been diligently working on their speeches for this competition. Students from Grades 4 to 8 will be represented. Parents and friends are invited to come and listen to these students as they demonstrate their talent and hard work. You are also invited to attend the Halton Catholic District School Board's Annual Public Speaking Regional Competitions and enjoy these fine examples of student excellence and oratory skills.

LIBRARY NEWS



Award winning author **David Skuy** will be visiting Sacred Heart of Jesus on **Friday February 10th** to talk to our Grades 3-8 students about his journey as an author and how you can use your ideas to write the perfect story!

Mr. Skuy will also be **selling the following books for \$10 each after his presentation**

1. The Rocket Blues series - Rocket Blues, Last Shot, Ice Time
2. The Striker Series - Striker, The Beautiful Game, The Starting Eleven
3. Memoirs of a Sidekick.

Also, we thank our school community for your wonderful support for the Scholastic Book Fair we held in late November. Miss Pope has been busy ordering books with the proceeds from that sale.

PARKING LOT SAFETY

Please remember the following expectations when in our parking lots

- Parking is not permitted at any time in our fire and non-idling zone in our East parking lot in front of our FDK fenced area. Pylons have been placed on a daily basis to remind everyone not to stop/park in this area.
- Idling is not permitted in any of our parking lots on school grounds.
- AM DROP OFF - Please use the Kiss'n Ride (West Parking Lot). Have your child exit your vehicle on sidewalk side. Have all back packs accessible to your child, so as to allow for a quick drop off (30 seconds or less). Yard Supervision starts at 8:55 a.m.
- Allow for more time (up to 10 minutes) at dismissal when leaving the parking lot. Slow down –Be alert!
- For safety reasons- NO ONE is allowed to walk through parked busses.
- Parents/Caregivers please park your car in a designated parking spot.
- By-laws enforcement officers will be making regular visits to Sacred Heart to alleviate infractions.



We are encouraging families who are able to walk to please do so to help reduce traffic in our parking lots. We appreciate your ongoing support in keeping our students safe in all areas of our school. Sincerely,

Catholic School Council Parking Lot Committee

NO PARKING IN FRONT OF SCHOOL



Please notice the new sign in front of the school clearly marked "Bus Zone Only". It serves as a reminder that the driveway in front of the school is a Fire Route and also serves as a Bus Loading Zone. **Parents are reminded to please pull into a parking spot when coming into the school especially when dropping off lunches during the noon hour.** Furthermore, parents should not access the front parking lot before and after school when buses are present. A \$1000.00 fine can be used by a by-law officer for passing a parked bus.

FEBRUARY IS BLACK HISTORY MONTH

This is the time of the year where our school board recognizes and celebrates Black History Month. We celebrate Black History Month in February to honour achievements and contributions to society. People and organizations across the country hold events to recognize pioneers such as Rosa Parks, Thurgood Marshall and Jackie Robinson. In its earliest form, the tradition is almost 90 years old. Students will be engaged in lessons and activities throughout the month of February learning about Black History.



SHOJ BASKETBALL



Congratulations to the individuals below that will be representing Sacred Heart on the Girls and Boys Senior Basketball teams this year:

Girls Team:

Merrin R. Alexa P. Claire S. Brianne T.
Jamie F. Madelyn B. Giuliana B.
Lauren K. Grace T. Sophie G. Chloe M.
Myiah K. Grace A. Lauren P. Maya P.

Boys Team:

Ethan R. Ben P. Josh W. Matthew G.
Nico L. Lucas M. Kieran A. Eddy C.
Will M. Jason R. Jordan M. Carlo L.
Nicholas B. Kyle M. Trevor G. Aiden B.
Nicholas G. Matt H.

WINTER WALK DAY!



WINTER WALK DAY
Wednesday, February 1, 2017



#walktoschool @CanadaWalks
www.saferoutestoschool.ca



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HEALTHY SCHOOL COMMITTEE



Sacred Heart has signed up to become an even healthier school!

Continuing building on our Gold Certified status from last year, our Healthy Schools Committee staff and students have been hard at work planning. We have chosen the topic of Healthy Eating, Physical Activity and Mental Health Promotion and are working with our Public Health Nurse and community partners to involve the whole school community to help students, staff and families to make healthier choices. We all know a healthy school creates a healthier environment for living, learning and working. Your help as parents is critical to help our school create a healthy nutrition environment and meet the required [Ontario School Food and Beverage Policy \(PPM 150\)](#). Stay tuned for upcoming events, the Water Does Wonders Challenge and more!! We will be including a healthy lunch recipe and topic for discussion in our Healthy Schools Committee Update in each newsletter, so check it out each month!

Thank you for your support!

HEALTH AND WELLNESS CORNER

What is anxiety? General anxiety disorder is a condition in which the child has many worries and fears. The child might experience physical symptoms such as: tense muscles, feeling restless, might become easily tired; might experience trouble sleeping. (Offord Centre for Child Studies)

The child might avoid tasks; might cling to parents or teachers, child might cry when faced with new situations.

What can help?

1. Skills Training such as: teaching coping strategies such as breathing, visualization, counting, yoga, Christian Meditation, journaling.
2. Cognitive Strategies such as: Cognitive Behaviour Therapy
3. Behaviour Strategies such as exposure to the feared object
4. Sometimes medication, under the supervision of a physician.

Take the child's concerns seriously. Reassure the child. Referral to the school CYC or Social Worker.

Other resources: Woodview Children and Autism Services, YODA program; Reach Out Centre for Kids, Nelson Youth Centre.

HEALTHY RECIPE



Hungry Kids Sundae Kids Recipe Challenge winning recipe – Honourable Mention

The kids of Healthy Habits Group in Sarnia like how healthy, colourful and easy this is to prepare. It's a fun group

snack that allows everyone to use their creativity to make a unique creation.

This fun fruit filled snack plays on the "sundae" theme with a healthy twist. Cut the fruit and prepare the ingredients and then let kids play with this healthy sundae bar.

Preparation Time: 10 minutes **Serves:** 4

TIPS: You can substitute a whole apple or banana if you don't want to use both. Try adding other favourite fruits like blueberries, chopped strawberries, blackberries or raspberries for a variety of colour and taste.

Ingredients

1/2	Apple, chopped
1/4 tsp (1 mL)	Ground cinnamon
1/2	Banana, chopped
1/2 cup (125 mL)	Small red or green grapes
1/4 cup (50 mL)	Raisins or dried cranberries
1/2 cup (125 mL)	Low fat vanilla yogurt
1/3 cup (75 mL)	Low fat granola
1	Graham cracker, coarsely crushed

Directions

In a bowl, combine apple and cinnamon to coat.

Add banana, grapes and raisins.

Pour yogurt over fruit and sprinkle with granola.

Top with graham cracker to serve.

Nutrition Information per serving: Calories: 127 kcal, Protein: 3 g, Fat: 1 g, Carbohydrate: 28 g, Fibre: 2 g, Sodium: 38 mg

Source: EatRight Ontario -

<https://www.eatrightontario.ca/en/Articles/Child-Toddler-Nutrition/Hungry-Kids-Sundae.aspx#>

FRUIT INFUSED WATER RECIPES

Here are the recipes for the infused water that was served at our DrumFit Night:

Strawberry-Lime-Cucumber-Mint water



- 1 cucumber (remove the peel to avoid bitterness)
- 1 handful of fresh mint leaves – crushed or torn
- 20 fresh strawberries
- 2 limes (remove the peel to avoid bitterness)
- 4L water

Watermelon-Mint Water

- 4 Cups ½ inch-cubed watermelon (about 1 ¼ lbs) – smashed lightly
- 1 handful of fresh mint leaves - crushed or torn
- 4L water

Orange Blueberry Water

- 3 L of water
- 6 oranges (or 12 clementines) peeled, separated and/or squeezed
- 1 pint of blueberries
- 4L water

Strawberry-Lemon-Basil Water

- 4-6 strawberries, hulled and quartered
- 1/2 lemon, sliced (remove peel to avoid bitterness)
- 1 handful of fresh basil – crushed or torn
- 4L water

Strawberry-Kiwi-Mint Water

- 2 kiwis peeled and sliced
- 2 pints strawberries
- 1 handful of mint leaves – crushed or torn
- 4L water

Clementine Mint

- 12 Clementines
 - 1 handful of fresh mint – crushed or torn
- 4L water

SPECIAL EDUCATION NEWS



SEAC SOUNDBYTES

*Raising awareness of the
Special Education process at
HCDSB*

February 2017

WHO is your team at school?

When most people think of special education, they think of **Special Education Resource Teachers (SERTs)**. While SERTs certainly play a key role, there are many other team members involved in helping to achieve the best possible outcomes for our students with special needs. Besides parents, perhaps the most significant team member is the **classroom teacher**. The classroom teacher should always be the first point of contact for questions or concerns regarding your child's progress, whether or not they have been identified. As the educational professional who knows your child best, they are significantly involved in developing and revising programming to continually meet the ongoing and changing needs of students receiving special education programming. Open dialogue and a collaborative relationship between parent and teacher is critical to ensuring every student's success!

Exceptional students sometimes require additional support beyond what the classroom teacher can provide.

Educational Assistants (EAs) work directly with those students throughout the school day.

While **SERTs** are primarily responsible for coordinating special education programming and services, they too may provide extra support to students withdrawn from the classroom for part of the day. SERTs can also assist

parents who have programming concerns. **Itinerant SERTs** and **Special Education Consultants**, operating at the Board level, provide additional support to school level SERTs.

Principals have ultimate responsibility for successful program delivery and would be the next point of contact for issues not resolved at the teacher / SERT level.

Every elementary school has a **Child & Youth Counsellor** (CYC), either full or part time. They are there to assist with social, emotional and behavioural issues and play a key role in the mental health of our students.

There are many other professionals who may provide support to students, depending on their individual needs.

These include: **Communicative Disorder Assistants, Speech-Language Pathologists, Social Workers, Psych-Ed Consultants, Sign Interpreters** and **Audiologists**, to name a few!