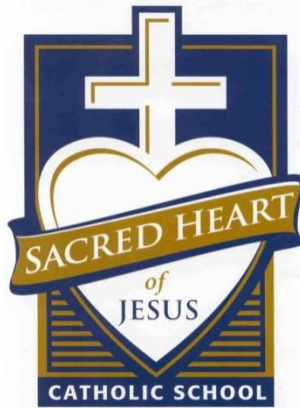


Principal: Mrs. M. Pasceri
Vice-Principal: Mr. C. Tilley
Secretaries: Mrs. C. French
Mrs. G. Van Hooydonk

<http://schools.hcdsb.org/shoj>
Twitter: @SHOJ_HCDSB



**“Anchored in Faith
and Excellence”**

March 2017

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

PRINCIPAL'S MESSAGE

As we walk through the desert with Jesus this Lenten season here is some food for thought on a different approach to fasting. Fasts have a tendency to be oriented toward things like giving up food or television. But there are many other creative ways we can welcome Jesus' healing touch. Here are a few suggestions you may want to consider. Wishing you all Peace, Love, and Happiness during Lent.

1. Fast from anger and hatred. Give your family an extra dose of love each day.
2. Fast from judging others. Before making any judgments, recall how Jesus overlooks our faults.
3. Fast from discouragement. Hold on to Jesus' promise that He has a perfect plan for your life.
4. Fast from complaining. When you find yourself about to complain, close your eyes and recall some of the little moments of joy Jesus has given you.
5. Fast from resentment or bitterness! Work on forgiving those who may have hurt you.
6. Fast from spending too much money. Try to reduce your spending by ten percent and give those savings to the poor.

SHROVE TUESDAY

A Big Thank You! On February 28th we celebrated Shrove Tuesday with pancakes in the gym. Each class had the opportunity to eat pancakes made by our parent volunteers. Thank you to our volunteers led by Mrs. Sytsma who prepared and served the pancakes to our students and staff. A special thank you to the Raulino Family and Sunset Grill for the pancake batter and syrup donation.

ST. PAUL THE APOSTLE NEWS

Lent begins on March 1st as we focus on fasting, abstinence and almsgiving in preparation for Easter. The season of Lent is a wonderful opportunity to reflect on the sacrifice made by God for all humanity. Our parish will be offering various events and activities throughout Lent and we encourage you to participate. Details regarding events are available via the parish website, www.stpaultheapostleburlington.com.

Some of the events to consider are:

- Adoration of the Blessed Sacrament every Friday from 9am until the Stations of the Cross
- Stations of the Cross every Friday of Lent at 7pm followed by Adoration and concluding with Benediction at 8:30 pm

Coffee Sunday continues through Lent and will be held following the 9am and 11am masses on Sunday March 19th. Please join us after mass for refreshments and fellowship.

May you find time during Lent to pray, to repent, to give to others and to reflect.

IMPORTANT DATES TO REMEMBER



Gr. 7 Confirmation: Saturday March 4th, 2017
10:30 am St. Paul the Apostle Church



P.A. Day: Friday March 10, 2017



March Break: March 13-17, 2017 inclusive



Grade 2 Date to Remember:
First Communion Ceremony:
 Sat. Apr 29th – 10:30am at Church



Grade 8 Camp Muskoka Trip:
 May 23-26th, 2017



Grade 8 Graduation Dates:
 Rehearsal/Lunch/Bowling: Thur. June 22nd
 Graduation Ceremony: Fri. June 23rd 6:30pm

EQAO ASSESSMENT for Grade 3 & 6

The Provincial Education Quality and Accountability Office (E.Q.A.O.) assessments will take place between **May 23rd to June 5th**. If your child is in Grade 3 or 6, we would ask that you ensure that they are available during this time period in order for them to write the assessment. It is an important assessment for students, staff and the school. If you have any questions about the upcoming assessment, please do not hesitate to contact the office. You can also check out the following website for more information <http://www.eqao.com/>.

DROP OFF AND PICK UP IN OUR PARKING LOTS

Just a few reminders of the current practices for drop off and pick up in both the east and west parking lots before and after school. The safety of our students is at risk. We ask for your cooperation as we try to minimize the risk of injury. Please drop off and pick up your child at the sidewalk in the west parking lot. Please slow down and be prepared for a slow exit as it could take up to 10 minutes to clear the parking lot.

The east parking lot is more challenging. Please get out of your car with your child and walk them over to the sidewalk. The children can then walk along the sidewalk and into the schoolyard. We do have some snow build up bordering the fencing of the bike rack and the sidewalk. In order for the students to walk safely past this area we ask parents to make the walkway accessible for student traffic.

During pickup at the end of the school day, parents that park on the side streets close to the school are asked to please **NOT** block the driveways of our neighbours in the area and to abide by the road signage on the street.

We also remind you at this time that it is important for all adults to remain behind the fence and gates when waiting for or dropping off your children. We appreciate your support as we work towards keeping everyone safe.

We encourage all drivers to drive with extreme caution and proper road safety when you are picking up or dropping off your child. We are aware of everyone's busy schedule but student safety is paramount once you enter our school parking lot.

ARE YOU MOVING?



We ask any family who will be moving out of the area for the 2017-2018 school year, to please notify the office **in writing**, providing the name of the school and city that they will be attending. We are in the process of projecting student enrolment for September 2017 and having this information assists us in being more accurate with our projections. Your assistance with this information is greatly appreciated as school organization changes with enrolment at each grade level.

CASHLESS ONLINE REGISTRATION

We continue to encourage parents to register online at <https://hcdsb.schoolcashionline.com/>. Whether your child is at Sacred Heart of Jesus School or Corpus Christi High School, you can register them both at the same time.

There are three SAFE AND SECURE payment options:

- **E-WALLET** which holds a lump sum in one account to draw from. You can load your wallet from your Credit and/or Debit Card and it updates the funds instantly.
- **E-CHEQUE** which draws funds directly from your bank account.
- **VISA/MASTERCARD**

One great feature about this tool is whether or not you choose to use the system, by registering you will receive both notifications and reminders of upcoming events that your child's school and/or class are requiring payment for. This, in itself, is a valuable tool for keeping you on track during your busy days. If you have any questions or concerns regarding this concept, please contact the school.

INTERNET SAFETY PRESENTER PAUL DAVIS



On **Tuesday March 28th**, Sacred Heart will be hosting renowned "Social Networking Safety" presenter Paul Davis. During the day, Mr. Davis will be presenting to our Gr. 4-8 students on this important topic. In

addition, we are hosting an evening session at 6:30 pm in the gym to help keep parents informed about Social Network safety. This event is fully funded by our Catholic School Council ProGrant.

SAFE ARRIVAL PROGRAM

At Sacred Heart of Jesus School, our students' safety and well-being is of greatest concern to us. We **must be notified by a parent/guardian**, either by phone or in writing, whenever your child is going to be absent or late. Not only are we assured of that child's safety, but it also



saves us the task of phoning parents at home, at work and on cell phones. ***Please realize that we cannot accept notification from a child regarding any absences from school – IT MUST COME FROM A PARENT OR GUARDIAN.*** If we do not hear from you or are unable to reach a parent or someone on the contact list who is aware of the absence, then we are required by law to notify the police within a reasonable amount of time of school starting. A heart-felt thank you goes out to all those parents who have been notifying the school. We would also like to remind parents to inform the office of any changes in phone numbers and/or addresses as it is essential that we be able to reach you in case of an emergency involving your child.

PUBLIC SPEAKING



Our English Public Speaking Competition will be held on **Tuesday, March 7th** at **9:30am** in the gymnasium. We would also like to extend our heartfelt thanks to Mme. Col and Mrs. Tallevi for organizing our Public Speaking Competition.

SHOJ SPORTS CENTRE

On Friday March 3rd both our girls and boys teams will be competing in the Corpus Christi Feeder school tournament. Good luck to both teams and GO PRIDE GO!



Recently both our boys and girls basketball teams competed at the Holy Trinity Black and Gold tournaments in Oakville. Both teams represented our school proudly. The girls made it all the way to the A semi-finals, while the boys were B Finalists in the tournament. Congratulations to all our team members and thanks to our coaches Mr. Nurse, Miss Cornacchia, and Miss DiPaolo

HEAD LICE PROCEDURES



In order to minimize the cases of head lice in Halton, both School Boards are following the procedures as outlined in the "Head Lice Management" policy. **Should you discover that your child has head lice (Pediculosis), you must notify the school immediately.** Upon notification we will advise the company, WE CARE so that they can come in to do a thorough check of the class as well as confirm your child's case. Please know that all children with a confirmed case of head lice **must be treated and rechecked by a WE CARE nurse or a Doctor's office before they can be readmitted to school.** You may call WE CARE @ (905) 545-2273 to find the nearest school where the nurse is working and take your child there to be rechecked or take them to a walk-in clinic or family doctor. They will give you a note to bring to the school to indicate that your child is clear and can be readmitted to class. Should you have any questions regarding the treatment procedures, please contact WE CARE directly. Your co-operation in following these

procedures will help to minimize the number of cases we have.

ELECTRONIC DEVICES AT SCHOOL



Students and parents are reminded that we as a school are not responsible for personal electronics such as smartphones, tablets and laptops. All cellular phones are to be turned off, inside student bags and contained in their lockers during school hours. Teachers may allow for Bring Your Own Device (BYOD) lessons on certain days that would allow for electronics to serve as a 21st Century learning tool in the classroom. If a student is using their cell phone at school or has it on them, it will be confiscated and the parent will be notified that it will be in the office waiting for a parent to pick up.

ANOTHER PASTA NIGHT SUCCESS!



Our Pasta Night held on Thursday, February 2nd was a huge success. A wonderful time was had by all. We were able to raise approximately \$3700 this year. A special thank you to our Ambassadors and to Mr. Kovacs. A huge shout goes to the following parents: Mrs. Cichon, Mrs. Hinsperger, Mrs. Mancini, Mrs. Sytsma, Mrs. Toomath, and Mrs. McQuilkin for organizing the event.

A special thank you goes out to all of our sponsors:

- Al's Source for Sports
- Dancers Burlington
- Family Donations
- The Arevalo Family
- The Hinsperger Family
- The Lemmer Family
- The Lio Family
- PMA Canada
- The Wilson Family
- Fortinos (Appleby Line)
- Fortinos (Guelph Line)
- Canadian Tire (Guelph Line)
- Cathy's Kombucha Tea
- Champagne Hair
- Crock A Doodle
- Home Hardware
- Learning Tree
- Malarkey Kids
- Mastermind Toys
- Mrs Michelle's Cool Cuts for Kids
- Mynt Hair Studios
- Revlon Canada
- Staples
- The Sugar Gals
- Waxon Waxbar
- Cobs Bread Bakery
- East Side Mario's Restaurant (Appleby Line)
- Jacksons Landing Bar Grill & Hub Restaurant
- Menchie's Frozen Yogurt
- Panago Pizza
- Pizza Pizza
- Paulo Carvalho

TCBY (our Pizza Day Sponsor)
MAX Resto Lounge
Montana's BBQ and Bar Restaurant
Burlington Bowl
Lil' Monkeys Indoor Playground
Splitsville Entertainment Bowling

SPECIAL EDUCATION



SEAC SOUNDBYTES

*Raising awareness of the Special
Education process at HCDSB
March 2017*

As parents, we always worry about how our children with special needs will be supported when we are not with them, and school is no different.

When our exceptional children enter the school system, we want to ensure that they have the best resources and tools available to help them maximize their learning opportunities and educational experience. The HCDSB places great emphasis on supporting all students, and this includes a dedicated focus on students with special needs. Students benefit from a team of educators focused on special education, including Special Education Resource Teachers, Special Education Consultants, Itinerant teachers, psychologists and social workers, speech pathologists, audiologists, educational assistants and many more professionals in addition to their classroom teacher. For those students who require it, specialized equipment and technology is made available. Examples may include FM Systems, computer hardware and software, seating systems, and writing aids. In cases where required, specialized transportation is also provided.

In the same way that some children require special resources and support, some children benefit from specialized learning environments, and as such there are different placements that are available for educators and families to consider, that best meet the needs of the student. There are options that range from placements where students remain in a regular classroom with supports or withdrawal assistance to Special Education classrooms with full time or part time integration.

In order to determine what support resources or classroom placements would best benefit their child, meetings are scheduled with the school team and the student's parents or guardians to discuss and evaluate the needs of the student. Parental input in this process is vital and the more information that can be shared with the school team, the better, so that they may be able to properly assess which resources would best meet the needs of the student. Once it has been decided what that student will require, a referral is sent in to request the applicable resources. In some cases, the local CCAC (Community Care Access Centres) will also be included in the discussion because they coordinate in school support for special education students in the areas of

Physical and Occupational Therapy, and in some cases additional Speech and Language Therapy.

THE GREAT BIG SIP!

Back in the fall SHOJ participated in the "Great Big Crunch" event where our school all bit into apples to promote healthy eating. In a similar way, we will be promoting the importance and health benefits of drinking water. On **Wednesday March 22nd at 1:20 pm**, our school will be participating in the "Great Big Sip" event promoted again by Healthy Kids Community Challenge. There will be free reusable water bottles given away leading up to the event.



WELLNESS CORNER



Breakfast Quesadilla

2014 Kids Recipe Challenge winning recipe: 2nd Place!

If you like quesadillas for dinner, you'll love them for breakfast. Katelyn in Hamilton says they taste great and are perfect for busy

mornings.

Get the quesadilla ready in the refrigerator the night before so all you have to do is cook it in the pan in the morning. Easy to eat on the run too!

Preparation Time: 5 minutes **Makes:** 1 quesadilla

Ingredients

- 1 Egg, lightly beaten
- 1 Whole wheat flour tortilla
- 2 Tbsp (30 mL) Diced red sweet pepper
- 2 Tbsp (30 mL) Shredded cheddar

Directions

Spray small nonstick skillet with cooking spray and heat over medium heat.

Add egg and cook, stirring for about 2 minutes or until large curds set. Remove from heat.

Lay tortilla on work surface and spread scrambled egg over half of the tortilla.

Sprinkle with pepper and cheddar. Fold over tortilla to cover.

Heat nonstick skillet over medium low heat and toast quesadilla, turning once for about 2 minutes or until golden on both sides.

Cut in half to enjoy.

Tip: You can add some more colour and veggies to the quesadilla by chopping 1/2 cup (125 mL) of baby spinach leaves and stirring it into the eggs while cooking or sprinkling it over top of the peppers before toasting the quesadilla.

Nutritional Information (1 quesadilla): Calories: 322 kcal, Protein: 16 g, Carbohydrate 30 g, Fibre: 3 g, Sodium: 611 mg (from tortilla and cheese)

Source: EatRight Ontario - <https://www.eatrightontario.ca/en/Recipes/Breakfast/Breakfast-Quesadilla.aspx>

Family Meals

Family meals are a great place for children to learn how to eat healthy and feel loved and connected. Children who eat family meals together are more likely to eat breakfast as well as more fruits and vegetables. Check out these great tips on planning family meals from [Eat Right Ontario\(external link\)](#):

- **Make a plan.** Meals should be quick and nutritious. Plan your busy weeknight meals ahead of time and buy the food you need early in advance. Having a plan and the food on hand when needed can reduce mealtime stress and last minute trips to the store.
- **Be flexible with meal timing.** When children are involved in sports or programs during mealtimes, plan to eat your meals when most of the family can be there. You can also take a breakfast, lunch or dinner as a “meal-to-go” and eat at the park, arena, pool or gym.
- **Involve children in meal preparation.** Children who help make a meal are more likely to enjoy and eat it too!
- **Be a good role model.** Plan to serve healthy foods and have your children see you eat them too. The more times your child sees you eating healthy foods, the more likely they will accept them.
- **Turn the TV off.** Enjoy eating and talking with your family at mealtimes.

HEALTHY LIVING CHALLENGE



For the second consecutive year Sacred Heart of Jesus will be participating in the Healthy Living Challenge from Monday **February 28th** – **Friday March 3rd**.

Students will be tracking the amount of healthy food, water intake, physical exercise, and hours of sleep for the week. Everyone is challenged to eat right and get active this week to build habits for a healthy lifestyle!



TUESDAY APRIL 18TH
beginning @ 6:45pm

Corpus Christi Catholic
Secondary School Gymnasium

The evening will feature:

Coach David from KidsPlaySports

Grove Edgeuction: A chance for both parents and students to be active and have fun!

Samples of Infused Water!

Information Stations: Halton Region Public Health Nurse, Halton Region Public Health Dieticians, Christian Meditation, Halton Kids Community Challenge, HCDSB Curriculum, and much more!



