

MARCH 2016 NEWSLETTER

Superintendent: I. Fortino Trustees: M. Nardini & P. DiFrancesco Pastor: Mariusz Durbajlo
Principal: C. Martino Principal Assistant: A. Gris Secretary: D. Simpson Assoc. Pastor: Rev Mike Downey

PRINCIPAL'S MESSAGE

January, February and now it is March! Time sure is going by very quickly. Have you stopped to take notice of the beautiful winter full moon? Hopefully the sun and the warmth of spring will be upon us soon.

Ash Wednesday marked the beginning of the very important season of Lent. Lent is a time for "Spring Cleaning", cleaning our hearts, our minds, and our spiritual journey. We aim to become closer to God and to ask for His forgiveness for our human weaknesses. During these days of Lent, we aim to be "The Face of Jesus" to all we meet.

*Loving Father,
So many times I turn away from you and always you welcome me back.
Your mercy and love gives me confidence.
Thank you for the invitation to share, fast and pray so that you can form a new heart within me.
Your powerful compassion for my weaknesses leads me to ask for mercy
and await with great hope the Easter joy you share with us.
May the Lord bless us, protect us from all evil and bring us to everlasting life. AMEN*

Amen. Lent is a very important Liturgical Season. The week of March 24th to March 27th is Holy Week. On March 24th, students will be performing the Passion Play.

CROSSING GUARD

Our school crossing guard will only be at her area in the morning for school crossing and at dismissal. She will not be in the area during the lunch hour. A reminder, students are to stay for lunch, unless a parent picks up their own child for lunch, or if a student who goes home for lunch.

THE SACRAMENT OF RECONCILIATION



Our grade 2 students will receive this Sacrament on **March 1st** at the Church at **6:30**. The students are working to understand and prepare for the Sacrament of First Holy Communion which takes place on **Sunday, April 10th at 2:00 pm @ St. Francis Xavier Parish**. Thank you to Mrs. Colamartini, Mrs. Pagliari, Mr. Machado, Mrs., Piva, Mr. Piant and Miss Federiconi, for all the preparation work with our students. A big thank you to Father Mariusz, Father Mike and Wes for their continued spiritual devotion and dedication! Special thanks to the parents for working with your children and having them fulfill their spiritual journey with the Parish, the school and at home. This is a very important triad that must work closely to strengthen the values we are so richly blessed with!

CATHOLIC COUNCIL SCHOOL NEWS

All parents are invited and welcome to attend our meetings. Our next meeting will take place on **Thursday, April 14th at 7:30 pm** in the library. We will not have a March meeting. Check the school website and calendar for dates and times. This is a wonderful opportunity to learn about activities that are going on in our school.

Our CSC has brought in a wonderful guest speaker, **SARA WESTBROOK, UPOWER PARENTS:**

THURSDAY APRIL 14th 6:30 pm - 7:30 pm

ST. CLARE OF ASSISI PRESENTS 3 + 1 HABITS OF RESILIENT FAMILIES

This is an adults only presentation

This presentation provides parents and guardians with strategies that will help them coach their young people in the skills necessary to move through tough emotions and challenges so they can make choices from a place of Respect and Confidence which in turn creates Resilience.

The students will have a presentation during the day divided by division with Sara! Thank you to our CSC for applying for the PRO GRANT and allowing us to have this wonderful opportunity!



TIP OF THE MONTH FOR HEALTHY SCHOOL LUNCHES

Children experience food using taste, touch and sight. Keep them interested with lunches that include a variety of shapes, colours and textures.

- Switch up the veggies and fruit. Give your kids something different to experience with each bite. Group foods according to: Type (citrus, tropical.); color (green, red, orange, yellow, purple); shape (balls, strips, chunks, whole); or texture (soft, juicy, crunchy)
- Kids love to dip. Use cottage cheese, hummus, yogurt, or guacamole as healthy dips.
For more ideas check out: www.eatrightontario.ca

A MESSAGE FROM THE HEALTH ACTION TEAM

March is Nutrition Month - a time to take a look at what we are eating to keep our bodies healthy and strong. That is exactly what the Health Action Team did and noticed that so many of us are bringing juice boxes, pop or other sugary drinks to school. Did you know that according to Canada's Food Guide we should only have 4 ounces of juice per day? Instead of juice, just eat the whole fruit and bring a water bottle to school to refill during the day.

Remember ... water first to quench your thirst.



The Health Action Team would like to encourage you to make good choices and bring healthy foods in your lunch. Whole foods like apples, oranges, bananas, berries, carrots, peppers, cucumber and broccoli are better for you than any juice or packaged food. Whole foods fill you up, and give us lots of the vitamins and nutrients that our bodies need. We challenge you to have at least one fruit and vegetable every time you eat. Put some crunch in your lunch!

2015/2016 BUDGET PRIORITIES SURVEY

The board has posted the 2015/16 Budget Priorities Survey on our website. You are invited to complete the survey, as your input is valued. The last day for submitting the survey is **March 13th**. All responses remain confidential.

WORLD'S FINEST CHOCOLATE FUNDRAISER



Thank you to all families supporting our "World's Finest Chocolate" fundraiser. The chocolates are going well, but we can always use sellers! There will be an early bird draw for all students who sell and return their money for a complete case by the morning of **Friday, March 4th**. Final money is due on Wednesday, March 23th and other prizes will be raffled off then. Please remember that you can also pay the full \$ 90.00 for your chocolates online at hwcdsb.schoolcashionline.com . We are aiming to purchase SMART technology for the FDK classroom and a set on iPad's. Ten iPad's with the charging doc, is approximately \$6500.

STUDENT ARRIVAL

Parents are reminded to drop their children off in the morning early enough that they can enter the school with their classes from the playground doors. The main door is not intended for student entry unless the student is arriving late and must sign in at the office. All students are expected to arrive before 8:35. The bell rings at 8:35, students line up and enter with their classmates. Punctuality is a lifelong skill. The value of this skill should be instilled in all students when they are in elementary school.

TRAFFIC SAFETY CONCERNS

Thank you to all the parents/guardians who make a sincere effort to help us keep our students safe. Please continue to:

1. Park only in designated parking areas.
2. Not leave your vehicle in the "kiss & ride" lane. This is a 30 second Drop off Zone in the morning only.
3. Not leave your car idling.
4. Drive carefully and slowly on the school site and in the neighbourhood.
5. Do not park blocking the Handicap Parking Spots. You can be ticketed for this.

Remember that the front entrance lane in front of the school is a Fire Access Route. Cars that stop/park there are subject to a \$80.00 fine enforced by the City By-Law Officers. By-law Officers will continue to monitor the parking lot and driveway. Please be patient and courteous when dropping off or picking up your children.

The safety of our students is everyone's responsibility. DO NOT BLOCK OUR NEIGHBOURS DRIVE WAYS!! SOME OF THE RESIDENTS ON GLENASHTON ARE COMING HOME FROM WORK AND MUST ENTER THEIR DRIVE WAY. BE COURTEOUS!

DOGS are not permitted on school property. We are having problems with people during the after hours walking their dogs on the playground and not cleaning up after them.

WASTE WIZARDS NEWS

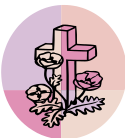


Thank you for all families sending in batteries. Please continue to send the batteries in to the school. Also please note that we no longer accept used toner.

LITTERLESS LUNCH

We will be having "BOOMERANG" LUNCHES, every Wednesday. Please continue to bring litterless lunches. Thank you for keeping it green. - your Waste Wizards.

LENT



During Lent, the Gr. 3 students in Mrs. Staresina's room will be participating in Share Lent. The students will work at every opportunity to share some of their money (be it a little or be it a lot!) with those who are less fortunate. After Easter, they will present Father Mariusz with a cheque towards the parish Share Lent goal for this year.

Also during Lent the Gr. 3 students will work on "good deeds". Every time that a good deed is done, the students will put a popcorn kernel in their "Good Deeds" jar. After Easter, they will enjoy their good deeds by "popping" them.

GRADE 3 STUDENTS—MASS

Once again this year, the students in Mrs. Staresina's Grade 3 class are invited to attend **7:30 am** mass at St. Francis Xavier Parish on Wednesday mornings (in groups of 3) which started on Wed., Feb 18th. This is a powerful preparation during Lent and testimony to following Christ. After mass, the students enjoy some bonding by sharing breakfast together in the classroom before school begins.

REGISTER NOW..... SCHOOL CASH ONLINE

Please remember to register for Easy-To-Use Online online payment of school items and trips at hwcdsb.schoolcashionline.com . After registering for School Cash Online, you will receive emails notifying you of school trips, events, activities and other items available for purchase online.

JK REGISTRATION

Children starting Junior Kindergarten in September should be registered with their completed package returned to the office as **soon as possible**. If you know of any child who is planning to come to Junior Kindergarten, please ask them to call the school.

We are also accepting new registrations for any other grade. If you know of a new family, please have them contact the school and set up an appointment for registration.

NUT & PEANUT SENSITIVE REMINDER

This is a reminder that St. Clare of Assisi school is a peanut and nut sensitive environment to ensure the safety of our students. We are reminding you to please refrain from sending these products to school with your child. This is a critical situation and we must ensure student safety at all times.

ARE YOU MOVING?



We ask any family who will be moving out of the area for the 2016-2017 school year to please call the school office. We will be projecting student enrolment for September 2016 and having this information assists us in being a little more accurate with our projection. Your assistance with this information is greatly appreciated as school organization changes with enrolment at each grade level.

LOST AND FOUND

Lost and found items have been collected and are available for your review through the main office. We encourage students to pick up any items that belong to them and take them home. We have many articles of clothing. Unclaimed items will be packed up and donated to a local charity on **Thursday, March 11th**. Please feel free to check the lost and found before that time!

VISITORS TO THE SCHOOL

For the safety of our children, we ask that you follow the school protocol for visitors to the school. **ALL VISITORS must report to the office first**. Thank you for your continued cooperation. We ask that all parents respectfully do not walk down the hallways and into the classrooms. This is for student and staff safety.

SPORTS NEWS

This year, we have had excellent team commitment by our coaches and students. We have come very close to winning some Championships, but unfortunately lost in the championship games! Congratulations to our coaches and teams:

Senior Boys Basketball, Mr. Machado, Junior Boys Basketball, Mr. Medic and Mr. Cvitak, Senior Girls and Junior Girls Volleyball, Mr. Pizzuti, Mr. Mota, Mrs. Malcolmson and Miss DiLivio.

Robotics Team, Mr. J. Scheer

HAT team, Nurse Gail, Miss Ciotti, Mrs. Lancia and Mrs. Scozzari

Student Council, Mrs. Scozzari

Science Fair, Mr. Mielko, Mrs. France

Chess, Mr. Mielko

FUNDRAISING FRENZY...AN OPPORTUNITY TO GIVE TO THOSE IN NEED!

During the month of March, we will be hosting a fundraiser for the Canadian Cancer Society. This is a student-driven initiative to be the face of Jesus and employ our Christian values. Through their creative talents, these students have been making bracelets, rings, charms and keychains to sell to our school community. All funds will be graciously donated, as an act of kindness for the goodness of giving to a worthy cause that have touched many of the lives.

A special thank you is extended to Genevieve G., Madelynn G., Eva D. and Victoria, P. for all of their hard work in creating these treasures. As expressed by the students, " Through one small circle of love, you can create a large circle of change! " Please support this important cause! More information regarding the exact date of the fundraiser will follow shortly.

HWCD SB SCIENCE FAIR

This took place at Bishop Ryan High School on **Saturday February 27th**. Congratulations to Anthony D and Thomas S, Olivia W. on completing a project and entering the Science Fair. Our school received Bronze overall.

FREE THROW COMPETITION

Congratulations to Genarro R., Alex V and Alessia P. for representing our School in the Free Throw Competition. Alessia will be moving forward to the competition on March 5th at Bishop Ryan High School.

C.C.A.S. ADOPTION AND FOSTER PARENT INFORMATION NIGHTS

The Catholic Children's Aid Society of Hamilton is presenting an **Adoption Information Night on April 20th at 7:00 pm** and a **Foster Parent Information Night at 6:30 pm on April 6th** at the Catholic Children's Aid Society of Hamilton, 735 King Street East, Hamilton.

MARCH BREAK

We wish all our families a very wonderful and safe March Break. Enjoy the time with family and friends. The break is from **March 14th to 18th**. School will resume on Monday March 21st.

Parenting Tip #89

The best way to assist your children to thrive is to give them a good sense of security and self-worth. These feelings are best accomplished when parents understand their role as leaders of their families: they set the rules, make sure the rules are followed and discipline when necessary. In order to assure good balance in their family role as leaders, parents need to spend quality time with their children, which helps their children know they are loved, valued and important. Parents need to be an authoritative figure in their children's lives, which means they can't always be the fun friend, but they can love their children enough to help them become healthy and well-functioning adults!

Marriage Tip #69

No marriage or relationship remains stagnant - life changes and experiences that occur on a day to day basis mold and shape us and therefore, our relationships. Now and then it is good to stop and check the new you and see how you have changed: how have these changes impacted your relationship with those you love, especially your spouse? Are you communicating well with your spouse, continuing to be open and honest about your needs and wants and to finding out what theirs might be? Marriage is a work in progress which thrives when we remember to do a checkup now and then!

(From: Teresa Hartnett, Family Ministry Office, 905-528-7988 ext. 2250)

