

## MARCH 2017 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 Luc Samba

### PRINCIPAL'S MESSAGE

We have had an incredible winter, with very little cold and snow. God has been good to us! Even though we do not know what March will bring, we do know that spring is around the corner. This is the time to clean house, to clean up the gardens and to clean up our heart and mind. Ash Wednesday marked the beginning of the very important season of Lent. Lent is a time for "Spring Cleaning". 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.*

On Wednesday March 1<sup>st</sup>, the students from grade 2 to grade 8 will be attending the Ash Wednesday Mass at St. Francis Xavier Church. Students will be leaving the school around 11:30 and returning to the school at approximately 1:30. Students will have a snack before leaving and having lunch upon returning to the school. Mass will take place at noon and all parents are welcome to join us at the Mass.

### REGISTRATION

We are now accepting registration for FDK. Your child must be 4 years old by December 2017. If you know of any new families in the neighbourhood let them know about our school and have them contact us for registration FDK to grade 8 are being accepted. Packages are available at the office.

### THE SACRAMENT OF RECONCILIATION



Our grade 2 students will receive this Sacrament on **March 21<sup>st</sup>** 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 **Saturday, May 6<sup>th</sup> at 2:00 pm @ St. Francis Xavier Parish**. Thank you to Mrs. Colamartini, Mrs. Santroni, Mrs. Staresina, and Wes for all the preparation work with our students. A big thank you to Father Mariusz and Father Luc 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 connection that must work closely to strengthen the values we are so richly blessed with! Life touch will be present before the First Holy Communion to take a group and individual pictures. More information to be sent home.

### PARKING

A reminder that the parking lot is a safe zone. All vehicles must slow down and remember children are present and we are in a safe zone. **DO NOT BLOCK OUR NEIGHBOURS DRIVEWAYS**. Allow for our neighbours to enter or exit their driveways during school arrival and dismissal times. Do not park in the front area, you must park in a designated parking spot. The flow of traffic only goes in one direction at all times. If possible, walk to school. This is the safest and best way to get to school.

## CATHOLIC COUNCIL SCHOOL NEWS

All parents are invited and welcome to attend our meetings. Our next meeting will take place on **Thursday, April 3rd at 6:00 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, **PAUL DAVIS: CELLPHONES, SOCIAL NETWORKING**

**MONDAY MAY 15th 6:30 pm - 7:30 pm**

**This is an adult only presentation. The students will have an assembly by division with Mr. Davis on Monday May 1<sup>st</sup> during the day.**

This presentation is to open our minds to the safe uses of social media. Mr. Davis has spoken on this topic for the past 25 years. He works with Board Patrol and the Police and travels extensively to keep people informed.



## TIP OF THE MONTH FOR HEALTHY SCHOOL LUNCHES

Getting Children to Love Fruits and Vegetables. Many children don't get the amount of vegetables and fruit recommended by Canada's Food Guide. Most children need to be introduced to a new food 8 to 10 times before they will try it. Don't give up and try these tips.

1. Lead by example. When you make healthy food choices for yourself, you are teaching your children about healthy eating. Children are more likely to try new fruits and vegetables when they see others at the table eating them.
2. Take your children grocery shopping. Make eating vegetables and fruit a game of colours. Ask your children to find different coloured vegetables or fruit to have for snacks during the week.
3. Try experimenting with one new vegetable or fruit a month. For recipe ideas, check out [www.eatrightontario.ca](http://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.



Our Health Action Team "St. Clare Health Heroes" will be organizing Gratitude month, happening from **Tues Feb 21st to Tues March 28th**. Gratitude is an important aspect of health, specifically mental wellbeing. Our ability to connect with others, notice the feelings of ourselves and others, and reflect on our reasons for thankfulness and appreciation helps us to be healthy and function well. Our HAT team is creating excellent announcements and we look forward to some great activities which promote Gratitude!

WE ARE A PEANUT FREE AND NUT SENSITIVE SCHOOL. Being aware of allergies saves lives and keeps children safe. We have hydration stations for re-fillable water bottles.

## 2017/2018 BUDGET PRIORITIES SURVEY

The board has posted the 2017/18 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 15th**. 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 10<sup>th</sup>**. Final money is due on Wednesday, March 22<sup>nd</sup> 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](http://hwcdsb.schoolcashionline.com). Physical Education equipment is constantly in need of being replaced. Equipment is expensive and is a school expense. New technology is purchased by the school and not the board. This is also very expensive. A set of 10 iPads cost \$6500.00. Try your best to help us raise funds for our school!

## 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. Students must not re-enter the school after dismissal. This is a safety concern.

## 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.

## CONSERVING COUGARS

Our ECO team is working diligently at keeping our school in the green! We aim to re-use as much as we can, paper, plates, litterless lunches etc. A reminder to turn off lights when you are not in the room and turn off all electronics. Wednesday's are litterless lunch days and walk to school. We are aiming to have no plastic water bottles in our school.



## **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](http://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.

## **ARE YOU MOVING?**



We ask any family who will be moving out of the area for the 2017-2018 school year to please call the school office. We will be projecting student enrolment for September 2017 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 9<sup>th</sup>**. 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**

Junior and Senior Girl's Volleyball season is now done. Both teams had a terrific season. Junior and Senior Boy's Basketball is also completed. The boy's had a great season. Boy's Volleyball is just beginning the season.

For the very first time, three of our students completed in the Indoor Track and Field Games - Mark S., Lucy D. and Sofia M. All three students had a great day. Check out our website for more information. Special thanks to Mrs. DiFrancesco for training the students and Mr. Mota for getting our school involved.

## **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 20<sup>th</sup> at 7:00 pm** and a **Foster Parent Information Night at 6:30 pm on April 6<sup>th</sup>** 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 13<sup>th</sup> to 17<sup>th</sup>**. School will resume on Monday March 20<sup>th</sup>.

### **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)

