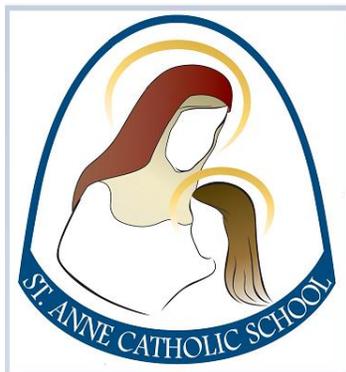


November Newsletter

Thursday, November 1st, 2018



607 Surgenor Avenue, Cornwall, ON K6J 2H5
Visit us on Facebook T: 613.933.4615

Dear Families:

We are now into our third month of school and our school community has lived the Board's theme by being kind to our neighbours, by raising money for the Terry Fox Run organization and by collecting socks for the Catholic Woman's League.

Special thoughts go out to our veterans - on November 11th - who sacrificed so much to keep Canada safe & free. Parents, Guardians and Grandparents are invited to attend our Remembrance Day Liturgy of the Word on Friday, November 9th at 10:00 am. at the school.

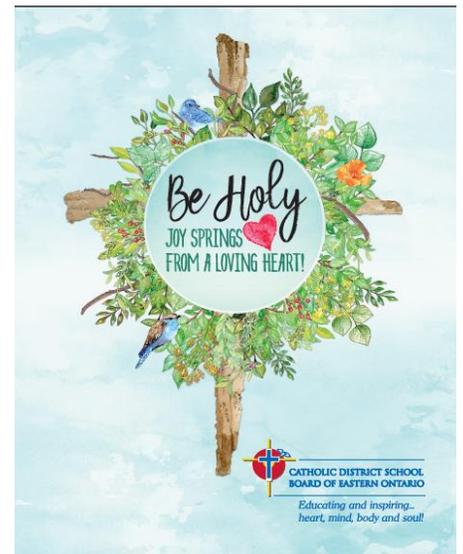
Congratulations to our Junior Soccer Team and our Cross-Country Team who participated in events during the month of October. Thank you for representing our school well!

I want to thank you for your continued hard work and dedication to your child's education. I am very proud of the teamwork that is evident in our school community! Further, please contact your child's teacher at any time, as he or she is your first line of communication.

Yours in Catholic Education,

Frances Derochie

Home of the Stallions!



Upcoming Events

November 23

PA Day – NO SCHOOL

November 26

Progress Reports sent home

November 29

Parent-Teacher Interviews

A solid investment toward a promising Health Care Career!

| College Program | CDSBEO Program |
|---------------------------------------|---------------------------------------|
| College Program | Same certification, big cost savings! |
| Cost: \$1,500 | Cost: \$1,500 |
| Time to complete: 1-2 years | Time to complete: 5 months |
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Participate in this course for only \$1,500 and qualify to complete within 5 months!

Upon successful completion of the PSW program, you will be certified to be a Personal Support Worker in the province of Ontario.

September and February program intake.
Visit www.coned.cdsbeo.on.ca for full program details and information on how to register.

CATHOLIC DISTRICT SCHOOL BOARD OF EASTERN ONTARIO
613.284.2613
www.coned.cdsbeo.on.ca

Inclement Weather Days

On an Inclement Weather Day, please note the following:

- ✓ If your child rides a school bus you are not required to call the school to report your child's absence
- ✓ If your child does not ride a school bus, you are required to call the school to report your child's absence

Thank you in advance for your cooperation in this matter.

Fresh from the Farm Fundraiser

Thank you to all students who participated in the fundraiser. Please note that we will let you know the delivery date as soon as we receive it.



Catholic School Council

Please consider joining the dedicated team of parents on the St. Anne Catholic School Council. Our next meeting will be held on Monday, November 12, 2018. **Please note that childcare will be available.**

Immunizations

Did you know that you are responsible for informing the Eastern Ontario Health Unit every time your child receives a vaccine? By calling the Immunization department at the Eastern Ontario Health Unit, they can help you keep your child's immunization record up-to-date. Incomplete or missing records could delay or prevent your child's attendance at school. For more information, on childhood immunization, call the Eastern Ontario Health Unit at 613-99-1375 and ask for Health Line.

Mental Health

Building your Child/Youth's Resiliency and Positive Mental Health:

Have you ever wondered why some people are particularly good at dealing with difficulties and seem to go through life with a positive attitude? There are many reasons why people approach life the way they do, but those who are good at coping with challenges have something in common: resiliency.

Resiliency is not one specific thing, but a combination of skills and positive attributes that people gain from their life experiences and relationships. These attributes help them solve problems, cope with challenges and bounce back from disappointments.

Obviously, resiliency is something we want our children to develop and maintain. In life, things go wrong and we sometimes experience big changes. Being able to deal with those

setbacks and transitions is a key factor in positive mental health, as well as school, career and relationship success.

There are four key areas that our school board has recognized as crucial in building resilient students: developing caring relationships, fostering the establishment of realistic and achievable expectations, encouraging meaningful engagement of children and youth, and promoting their choice of healthy responses when challenges or difficulties arise.

Throughout the remainder of the school year, included in each of our newsletters will be practical strategies and suggestions on ways to build your child/youth's resiliency based on the four key areas noted above. For a preview of the information to come, feel free to visit <http://www.pleo.on.ca/wp-content/uploads/2012/11/Resilience-Children-Booklet.pdf>.

Virtue of the Month is Conscience

This month we are focusing on conscience. Conscience tells us right from wrong.

When did listening to your conscience help you out?

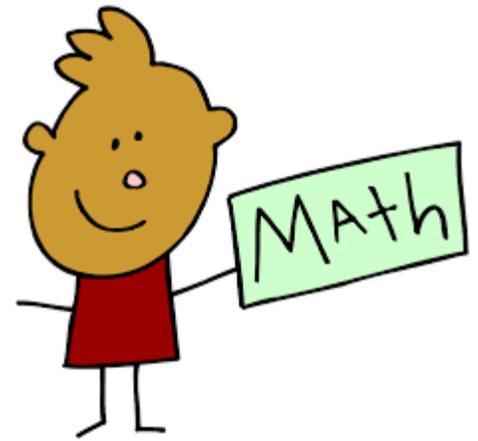
How do you listen to your conscience and respect God?



Talking to Your Children about Cannabis

With cannabis recently becoming a legal substance, many parents find themselves wanting to talk to their children about drug use before they start experimenting. While it may be a hard topic to talk about, there are ways of starting the conversation that will benefit your children all while strengthening the bond you already have with them.

The first step you can take is to simply stay connected with your children by regularly talking to them about what they're going through. Maintaining open lines of communication will make it easier to talk to them about the effects and legal risks of using cannabis. When talking about drugs, avoid



Be a Math Role Model

You are an important part to your child's success in math. It's true! Your encouragement, interest, and positive attitudes about math can go a long way to helping your child.

What can I do to support my child's math learning?

Your Role

Be available to talk with your child about his/her math work. But don't do your child's work for him/her. Give your child time to figure out the answers on their own. When your child needs support, ask questions instead of showing your child directly how to do it. Allow your child to share the method used in class. If you aren't familiar with the method, ask your child to explain it to you. This will help your child to understand it better as well.



trying to frighten, shame or lecture your children. Instead, thank them for sharing and focus on safety. Establishing limits together will help them make informed decisions and safer choices as they get older.

Besides talking to them regularly, keep in mind that as a parent, your children will often model their behaviour on your own. That's why it's important to lead by example and demonstrate healthy strategies to deal with life's challenges. If you consume cannabis, it's a good idea to avoid doing it when children and youth are present.

Parents who consume cannabis should also keep in mind that smoking when children are present exposes them to second-hand smoke. They should also keep all cannabis products, including edibles, away from children in a locked area to reduce the risk of accidental poisonings.

For more information about cannabis and how to keep your family safe, visit www.eohu.ca/cannabis.

'A solid investment towards a promising Health Care Career'!

The CDSBEO Personal Support Worker (PSW) Program is a provincially accredited program that is delivered in various communities throughout our board by qualified health care providers with nursing backgrounds. Our PSW students graduate with qualifications equal to those taking a PSW program at a community college with significant cost savings.

Each of our PSW programs include opportunities for various certifications, as well as the ability to earn credits towards an Ontario Secondary School Diploma (OSSD). Please check out our website www.coned.cdsbeo.on.ca/psw for more information.

Information sessions about the PSW program for our February 2019 intake will take place on the following days and locations.

| | | |
|----------------|-------------|--|
| November 27/18 | 1:00 – 2:00 | St. James Catholic Education Center – Smiths Falls |
| November 28/18 | 3:00 – 4:00 | St. Mary C.H.S. - Brockville |
| December 3/18 | 2:00 – 3:00 | Cornwall Board Office |
| December 7/18 | 3:00 – 4:00 | St. Joseph - Gananoque |
| December 10/18 | 3:00 – 4:00 | St. Jude – Vankleek Hill |
| December 12/18 | 3:00 – 4:00 | St. Michael C.H.S. – Kemptville |

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die, We shall not sleep, though poppies grow in Flanders fields.

by John McCrae, May 1915

