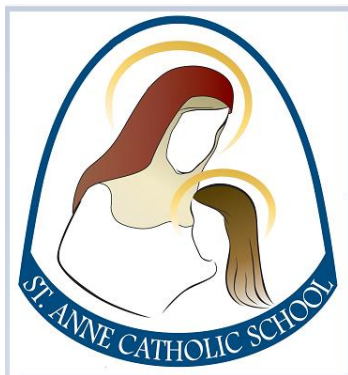


October Newsletter

Monday, October 1st, 2018



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

Dear Families:

What an exciting first month of school! The students and staff have done a tremendous job creating an inviting and welcoming learning environment. We look forward to the months ahead as we continue to work together.

Reading, writing and math continue to be our focus. Please continue to work with your child each day and please contact your child's teacher at any point regarding curriculum.

Thank you to all parents who attended our Welcome to Kindergarten event in September. It was great to see so many parents and children out at this event.

Please see the October calendar for upcoming events, and as always, you are welcome to join us.

Here's to a great month ahead. Please contact me at any time if you have any questions or concerns. Thank you for your continued teamwork and all that you do for the benefit of our students.

Yours in Catholic Education,

Frances Derochie

Home of the Stallions!



Upcoming Events

October 4

Cross-country Meet

October 18

Junior Soccer Tournament

October 31

Black & Orange Day

A solid investment toward a promising Health Care Career!

College Program	CDSBEO Program
College Program	PSW Program
Enrollment	Enrollment
Tuition	Tuition
Books	Books
Transportation	Transportation
Tools	Tools
Registration Fee	Registration Fee
Application Fee	Application Fee
Health Insurance	Health Insurance
Student Union Fee	Student Union Fee
Student Services Fee	Student Services Fee
Student Activity Fee	Student Activity Fee
Student Health Fee	Student Health Fee
Student Life Fee	Student Life Fee
Student Support Fee	Student Support Fee
Student Transportation Fee	Student Transportation Fee
Student Union Fee	Student Union Fee
Student Services Fee	Student Services Fee
Student Activity Fee	Student Activity Fee
Student Health Fee	Student Health Fee
Student Life Fee	Student Life Fee
Student Support Fee	Student Support Fee
Student Transportation Fee	Student Transportation Fee
Tuition Total: \$5,077	Tuition fee: \$1,500

You have two hands... One to help yourself, one to help others.

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

World Teacher's Day – October 5th



Every day, in millions of classrooms around the world, the universal endeavor of teaching and learning takes place. The gift of teaching and learning is passed from one generation to the next, along with the love of learning and thirst for knowledge. When knowledge is shared, skills are gained and lives can be changed.

October 5 is World Teacher's Day- a day set aside by the world community to celebrate teachers and the central role they play in nurturing and guiding infants, children, youth and adults through the life-long learning process.

Take a moment on World Teacher's Day to recognize a teacher for his/her dedication to your child's education.

Kids Help Phone



Kids Help Phone online chat is currently available to students 24/7 should they wish to speak with a counsellor. There is a lot of information on the Kids Help Phone site that may be helpful (i.e., Worry Rockets, Breathing Balloon, etc.) not only to students, but parents as well! The on-line chat is available at

<https://kidshelpphone.ca/>

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, October 15th, 2018 @ 6:00 p.m.. **Please note that childcare will be available.**

Virtue of the Month is Empathy

This month we are focusing on empathy. Empathy is understanding another's feelings.

How can you show empathy to a friend who is upset?

Act to make showing empathy for others a priority. Look for chances to help those in need.



Coming Soon: The Flu Season!

With the flu season just around the corner, here's a reminder on how you can help stop spreading the flu. The Eastern Ontario Health Unit (EOHU) would like to remind everyone of some simple steps that can help prevent and reduce the spread of influenza.

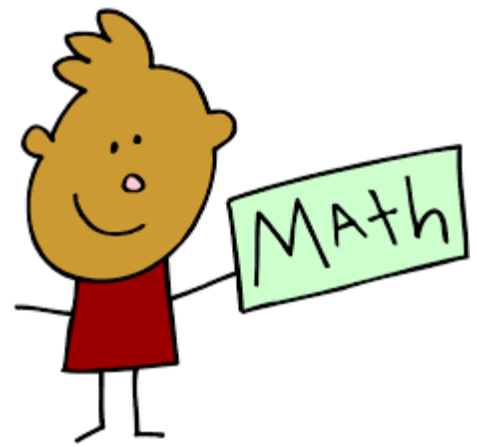
First is the flu vaccine. It protects you and your loved ones. Increase your chances of avoiding the flu this year by getting your flu vaccine and help stop the spread of infection. Influenza immunization is available through your healthcare provider, at community health centres and participating pharmacies. You can also make an appointment at the EOHU to get your flu vaccine. Visit our website at www.eohu.ca.

Then there's the importance of hand hygiene and coughing etiquette. Washing your hands properly will help prevent the spread of infections. Remind your kids to wash their hands before and after handling food, before and after eating, after using the washroom, as well as after blowing their nose, sneezing or coughing.

Keep in mind that viruses and bacteria can also be spread through the air when an infected person coughs or sneezes. It's therefore important to cough and sneeze into your sleeve (not your hands) or cover your mouth and nose with a tissue. Throw away used tissues in the garbage and wash your hands well. And remember – keep your child home from school when he or she is sick!

'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



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

Children do better at school when their parents are involved. Your child's teacher will do his/her best to keep you well informed throughout the school year, and will always be glad to hear from you. Ask your child's teacher about your child's strengths, areas in which to improve, and how you can best offer support at home. Being aware of the learning goals and success criteria for your child's math course will help you to support your child's math learning.

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



Important Reminder

An important reminder that your child's immunizations have to be up to date with the Health Unit!

