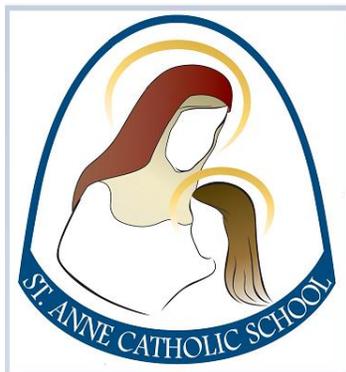


December Newsletter

Monday, December 3rd, 2018



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

Dear Families:

December promises to be a busy month as we live the Board theme, "Be Holy – Joy Springs from a Loving Heart". This month, we will collect non-perishable food items for the St. Vincent de Paul Society; and, we will raise money to support a school farm for a Third World Country by selling Candy Cane O'Grams. All of these community outreach projects will allow us to connect to the Catholic Graduate Expectation – To develop attitudes and values founded on Catholic social teaching and acts to promote social responsibility, human solidarity and the common good.

Thank you to all parents who took part in our Parent-Teacher Interviews on Thursday, November 29th, 2018. If you were not able to attend, please contact your child's teacher to schedule an appointment.

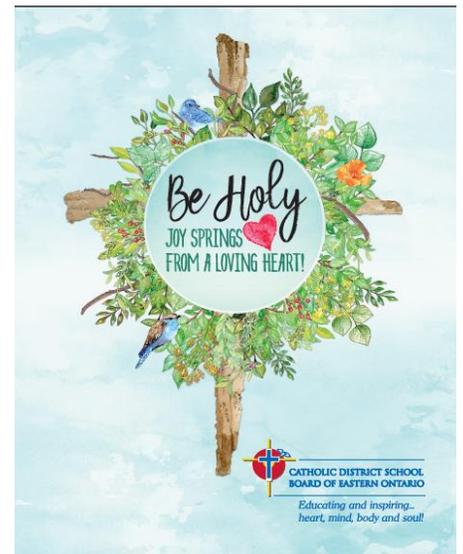
As we journey together through the month of December, let's prepare our hearts and minds for the birth of Jesus.

On behalf of the St. Anne Catholic School staff, I wish you and your family a Merry Christmas and a Happy New Year. May the blessings and joys of this Christmas season be with you and your family throughout 2019!

Yours in Catholic Education,

Frances Derochie

Home of the Stallions!



Upcoming Events

December 12

Nativity Play

December 18

Elf's Closet

December 21

Last day of school before break

A solid investment toward a promising Health Care Career!

College Program	CDSBEO Program
College Tuition: \$15,000	Free tuition
Textbook Fees: \$2,000	Textbooks & fees: \$1,500
Lab Fees: \$1,000	Lab fees: \$1,000
Registration: \$100	Registration: \$100
Application Fee: \$50	Application Fee: \$50
Tuition Total: \$19,000	Tuition Free \$1,500

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.

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 613-933-1375 and ask for Health Line.

Mental Health

Caring Relationships & Meaningful Engagement:

Caring Relationships: Experts have different theories and terms for talking about resiliency, but one point is unanimous among them: the single most important factor in child resiliency is relationships. Here are some practical tips on building Caring Relationships with your child or teen:

- Be aware of little opportunities to connect – during meals and car rides, by helping with homework, watching TV, or doing chores together.
- Schedule special time with individual children where the two of you do something you enjoy together. Relationships can't be built only around "special time", but it's one way to stay connected.
- Remember to enjoy your kids at all ages and stages. As children grow, we expect more of them and we become more critical. There's a danger of focusing only on their faults, or behaviours we'd like to see improve. It's important to notice children and teen's good qualities, to find humour in the odd and funny things they do, and to show interest in the things that interest them.
- Try writing your child or teen a note telling them how much you love them and letting them know that you're thinking of them. When kids (and adults!) know that they are not alone in both the good and bad times, it builds their sense of belonging and connectedness.



Meaningful Engagement: We spend a lot of time telling our children or teens things – what we want them to do, what we want them to stop doing, how to do things. But listening, and encouraging them to use their voice and feel heard, is just as important, if not more so.

Being able to express themselves and feel that people listen and understand them is an important part of developing a sense of competence. We need to be ready to listen when kids are ready to talk, to give them our full attention, to have regular conversations about what's going on in their daily lives, and to ask children for their ideas and opinions.

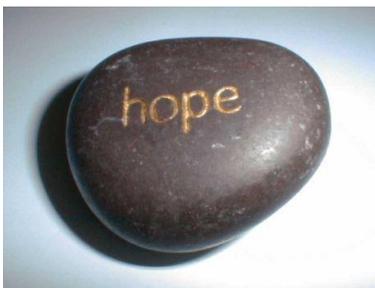
Sometimes, especially when youngsters are shy or quiet, parents get into the habit of speaking for them. For example, they may always order food for their child or teen in a restaurant. Children may not always want to speak for themselves, but they should be encouraged to try. Being able to express themselves is part of their sense of mastery and control over what happens in their lives. Here are some practical tips on encouraging meaningful engagement with your child or teen:

- An important part of resiliency is learning how to stand up for yourself and tell people what you want and need. The best way for children to learn to be assertive is at home, with parents who allow kids to say what they really think, to negotiate and even to challenge parents' ideas at times.
- Listen and talk to children about how they feel and show acceptance for their feelings.
- Assist your child or teen in discovering activities or strategies that help them feel better when they are struggling, such as journaling.
- Encourage your youngster to name 3 positive things that happened during the day.

Virtue of the Month is Hope

This month we are focusing on the virtue of hope. Hope is expecting something great to happen!

Do you have hopes and dreams for the future? Spend a few minutes, discussing this question with your child and jot down a few ideas.



Help Develop Your Child's Speech with the EOHU's *Let's Talk!* Video Series

The communication skills children develop in their early years have a major impact on their experiences throughout their entire lives. As a parent, you play an important role in helping to support and promote your child's speech and language skills, but may not know where to start.

That's where the Eastern Ontario Health Unit's (EOHU) *Let's Talk! Tips for Building Your Child's Speech and Language Skills* video series comes in. The series was produced to help parents strengthen their children's communication skills between birth and age five. The series of seven videos will help parents make sure their children's language development is on track and how they can help.

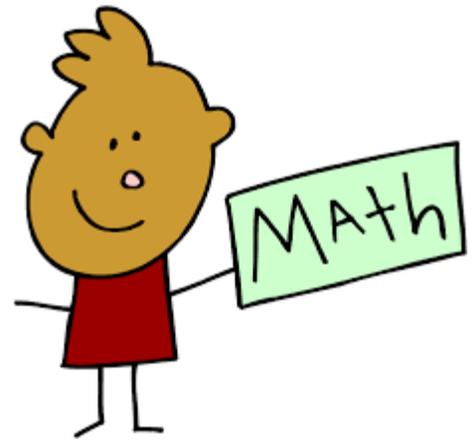
The videos cover some of the communication milestones children should be reaching during their first years of life. The series also provides parents with tips and strategies they can use to help their children as they develop their speech and language skills. The videos are available online at www.eohu.ca/talk and can be viewed on computers, tablets or smartphones. DVD copies are also available at the EOHU's offices.

Personal Support Worker Program

'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



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

Support for Problem Solving

If your child is struggling with a problem, remind your child that problem solving takes time. It also takes perseverance.

Encourage your child to use problem-solving strategies he/she is learning in school. For example:

- consider starting with the simplest part of the problem
- make a model or draw a diagram
- make a table, chart, or list
- guess, check, and revise
- look for a pattern

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.

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

Advent Prayer

God of joy, we look forward to the birth of Jesus. May we spend time thinking of those who do not feel the joy of the season. We pray today for all those who are suffering, physically, emotionally, and pray that they may find peace. May we take concrete action to bring joy to these people and in so doing share the spirit this season offers. Amen

