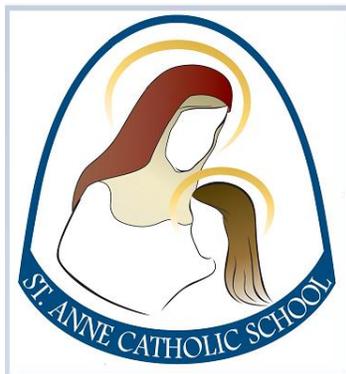


January Newsletter

Monday, January 7th, 2019



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

Dear Families:

December proved to be a busy and fulfilling month! We worked together as a school community to reach out to those in need by collecting non-perishable food items, and collecting money for a school garden in a Third World Country. Thank you to students and parents for their generous support of our Community Outreach projects. Together we lived the Board's theme – Be Holy – Joy Springs From a Loving Heart.

Thank you to our wonderful team of volunteers consisting of Maggie Klepacz, Cheryl Seaver, Jody Michaud, Jasmine Palmquist, Arisbe Castellanos and Annick Hart for volunteering in various capacities over the month – Scholastic Book Fair, Fresh From The Farm Fundraiser, and the Elf's Closet.

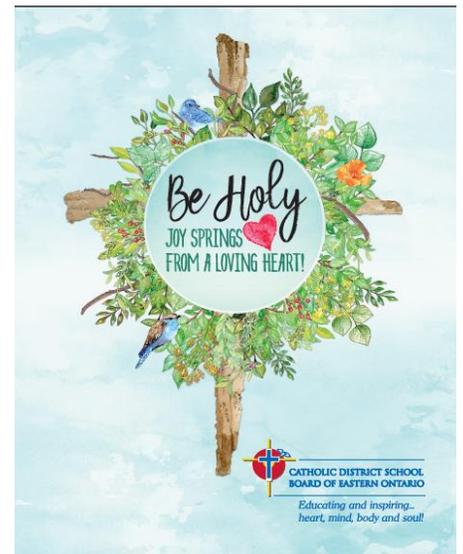
Thank you to all family members who attended our Christmas play in December – it was a great success.

Wishing you a Happy New Year with the hope that you will have many blessings in the year to come.

Yours in Catholic Education,

Frances Derochie

Home of the Stallions!



Upcoming Events

January 10

Advent Mass

January 27

Family Literacy Day

January 31

PA Day – NO SCHOOL

A solid investment toward a promising Health Care Career!

College Program	CDSBEO Program
College Fee	None
Textbook Fee	None
Travel Fee	None
Registration Fee	None
Application Fee	None
Tuition Total: \$5,077	Tuition Fee: \$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.

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, January 28, 2019.

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

Resiliency for Parents:

Resiliency is important for parents too. Adults can increase their parenting resiliency in two practical ways. One is by not being afraid to ask for help. That could include professional help, but really, informal help may be even more important because we use it more often. No other society has ever assumed that all the responsibility for raising children would fall on the shoulders of one or two people. Traditionally, relatives, friends and neighbours have always assisted parents with child rearing. We all parent better with the help of others.

Another way to boost your parenting resiliency is to learn more about raising children. Learning about child development will help you understand and parent your kids through various ages and stages. Parenting courses, such as Triple P – the Positive Parenting Program – are good resources because they can help you increase the number of strategies in your parenting “tool kit”. These courses are not for “bad” parents, they are for all parents who want to boost their parenting skills. One of the biggest benefits of taking a parenting course is discovering that you are not alone and that other parents struggle with

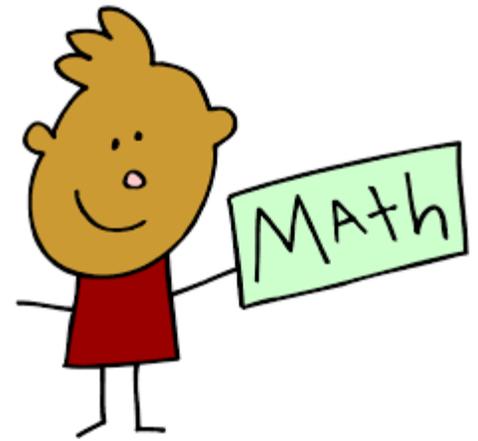
the same kinds of issues that you face. That takes some of the pressure off and helps people feel better about themselves as parents.

Virtue of the Month is Conscience

This month we are focusing on self-control. Self-control is staying calm and making good choices.

How does God help you show self-control?

How do you show self-control to your family?



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

Use question prompts to help your child discover a solution. For example:

What information are you given? What are you asked to find?

What is happening in the problem? Can you draw a picture of the situation to help you solve it? What other ways could you represent the problem? (e.g., make a model, act it out, write a number sentence or equation, organize the data in a table, etc.

Give Some Thought to the MyQuit Program to Quit Smoking!

MyQuit is a personalized one-stop shop program for smokers in Eastern Ontario to access the resources and expertise needed for greater chances of success in their quit attempt. Coaches trained in the latest quit smoking techniques deliver this program free of charge.

When you start the program, you meet with a coach to determine your needs and the method of support that suits you best: individual coaching or coaching by phone.

Services are accessible at various locations across the region and can be combined with quit smoking medications.

For more information about the program, visit www.MyQuit.ca or call 1 877 376-1701.

Kindergarten Registration Week – January 14-18, 2019

St. Anne's Catholic School is now accepting new student registrations for September 2019! We invite parents to call the school to make an appointment to visit during Kindergarten Registration Week, which begins Monday, January 14, or drop in during our Kindergarten Registration Open House, which

takes place on Monday, January 14 from 5:30-6:30 pm. Please visit the CDSBEO website registration page at <http://bit.ly/CDSBEOKindergarten> for information on how to register your child. We look forward to welcoming your child to Kindergarten!

Requirements:

Junior Kindergarten students must be 4 years of age by December 31, 2019.

Senior Kindergarten students must be 5 years of age by December 31, 2019.

Students currently attending Junior Kindergarten do not need to register for Kindergarten.

Documentation:

Please bring your child's baptismal certificate, small photo, birth certificate, and proof of address and custody documents (if applicable).

