

February Newsletter

Friday, February 1, 2019



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Visit us on Facebook T: 613.933.4615

Dear Families:

During the month of January, staff and students at St. Anne Catholic School lived the Board theme “Be Holy – Joy Springs from a Loving Heart” by helping those in need in our school community, and by leading by example!

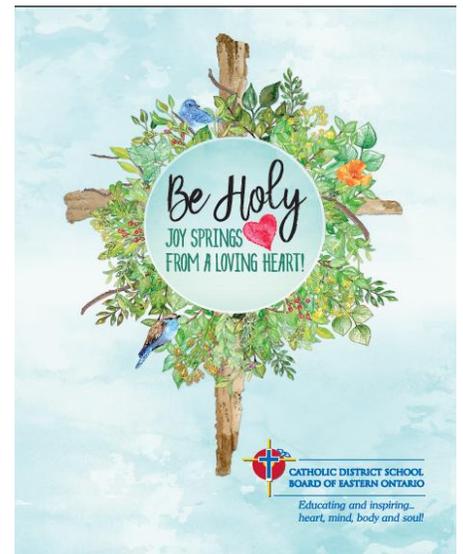
February promises to be a busy month with many scheduled activities. This month our students will participate in an off-site activity, skate on our outdoor rink and Winter Carnival, and participate in Pink Shirt Day.

Report cards and IEP’s will be sent home on Monday, February 25th and you are invited to call the school to make an appointment to meet your child’s teacher.

Please continue to promote our Board theme “Be Holy – Joy Springs from a Loving Heart” in all that you do in the school community. If you have any questions please feel free to contact the school.

Yours in Catholic Education,

Frances Derochie



Upcoming Events

February 18

Family Day

February 22

Hat Day

February 25

Report Cards sent home

A solid investment toward a promising Health Care Career!

College Program	CDSBEO Program
College Fee	150
Textbook	200
Travel	200
Food	200
Health Fee	100
Registration Fee	100
Tuition	100
Nation 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 provinces of Ontario.

September and February program intakes.
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

Pink Shirt Day - Unite Against Bullying

On Wednesday, February 27, 2019 we will Unite Against Bullying by wearing pink!

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.



Celebrating Black History Month

Various groups in Canada have celebrated Black History Month since the 1950s. The February celebration was officially proclaimed by the City of Toronto in 1979, largely due to the efforts of the Ontario Black History Society. It is now recognized nationally following a unanimously adopted motion in the House of Commons in 1995.

Black History Month is an opportunity for Canadians to recognize the significant contributions Blacks have made to the life of Canada in education, medicine, art, culture, public service, economic development, politics, and human rights.

Above all, Black History Month is an opportunity for Canadians to understand the role the Black community has played in our history, a role that has been too often forgotten in our history books.

Mental Health

March - 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.

Virtue of the Month is Respect

This month we are focusing on respect. We respect others for we are made in God's image.

How do you show respect to God?

How do you show respect to your family?

Kindergarten Registration is underway



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

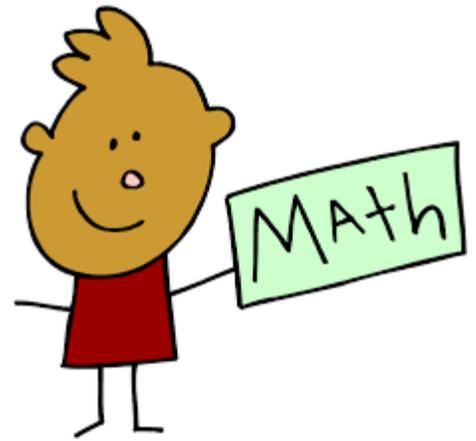
to register your child. We look forward to welcoming your child to Kindergarten!

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.



Be a Math Role Model

You are an important part to your child's success in math. It is 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.

Documentation:

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



Keep an Eye on Your Child's Vision!

School-age children use their eyes throughout the day to learn and play. To ensure their success at school, children must use different visual skills together, so they can see clearly and understand what's being taught in the classroom.

The process of learning relies heavily on a child's vision, which is why many vision problems are only noticeable when a child starts school. Symptoms of a vision problem include:

- Headaches or irritability
- Covering or rubbing of the eyes
- Tilting of the head or unusual posture
- Using a finger to maintain place while reading
- Skipping or confusing words when reading

The symptoms mentioned above may reveal your child suffers from a condition such as myopia (nearsightedness), hyperopia (farsightedness), astigmatism (distorted vision at all distances), or a disorder of binocular vision (how the two eyes work together).

If you believe your child has a vision problem, book an eye exam with an optometrist. Ensure your child performs to their fullest potential by booking them a full optometric eye exam at six months, before starting kindergarten, and once every school year. OHIP covers an annual comprehensive eye exam for children up to 19 years old.

For more information about your child's eye health, call the EOHU at 613-933-1375 or 1 800 267-7120.