

March Newsletter

Friday, March 1, 2019



607 Surgenor Avenue, Cornwall, ON K6J 2H5

Visit us on Facebook T: 613.933.4615

Dear Families:

Our Lenten journey will begin on Ash Wednesday – March 6th. Through daily prayer, readings and classroom discussions, we will find ways to remember and renew our baptismal promises and turn back to God.

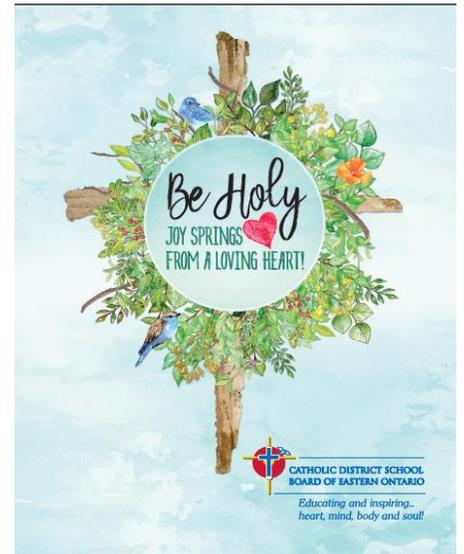
Thank you to staff, students and families for your hard work and determination during Reporting Period 1. If you have not already done so, please take time to review your child's report card and Individual Education Plan and contact your child's teacher if you wish to discuss your child's progress. Also, please sign and return the last page of the report card, and Individual Education Plan.

As always, please do not hesitate to contact your child's teacher or myself if you would like to discuss your child's progress.

Wishing you a blessed Easter Season.

Yours in Catholic Education,

Frances Derochie



Upcoming Events

March 5

Shrove Tuesday

March 6

Ash Wednesday

March 11-15

March Break

A solid investment toward a promising Health Care Career!

College Program	CDSBEO Program
College Fee	Registration Fee
Textbook	Textbook
Lab Fee	Lab Fee
Health Fee	Health Fee
Insurance	Insurance
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 provinces 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

New Bell Time – September 2019

Beginning in September 2019, our end of the day bell will ring at 2:25 pm. We trust that communicating this information to you at this time will allow you to plan accordingly. We trust that this change will be very beneficial to students and will aid in the flow of our school day. If you have any questions, please contact Mrs. Derochie.



Jump2math - SAVE THE DATE – Monday, June 3, 2019 – 4:30-6:30 pm

Jump2math is a kinesthetic, multi-sensory approach to teaching Math that incorporates physical exercise with games! ENGAGING STUDENTS IN WHOLE BODY LEARNING helps kids learn, retain and gain valuable skills while exercising their body and mind at the same time.

For more information visit <https://jump2math.ca/>

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 Conscience

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

How do you listen to your conscience and respect to God?

How do you listen to your conscience with 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.

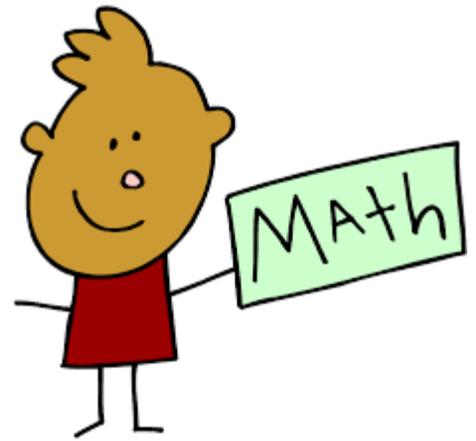
Documentation:

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



Laying the Foundation for an Active Life

As a parent, you know that reading with your children will not only provide hours of fun, but also help your children learn to read on their own. As they practice reading, they gradually develop the skills required to grow into literate adults.



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.

Myths & Facts about Learning Math

There are many misconceptions about math ability floating around. Let us get those out of the way.

Myth: You have to be good at memorizing to be good at math.

Fact: It is important for your child to be able to quickly recall math facts. However, memorization is only one approach. When your child understands the concepts and procedures involved in number operations, and the relationships between addition, subtraction, multiplication, and division, he/she will find it much easier to remember math facts and learn new ones. Math is more about *thinking* than it is about memorizing.

The process to ensure your children grow into physically active adults is much the same. From the moment you start playing with them as babies, you are helping them develop the skills they need to lead a healthy and active life. Along with the confidence to try new physical activities, and their love of movement, these new skills make up a child's physical literacy.

Therefore, the message is clear: simply have fun with your children! Whether it is through tummy time with them as babies, running around with them as toddlers, or signing them up for organized sports when they are older, it is never too early to instill the love of physical activity in your children.

Looking for activities you can do with your children? The Active for Life website (www.activeforlife.com) provides parents and educators with a variety of resources and activities for children up to age 12.