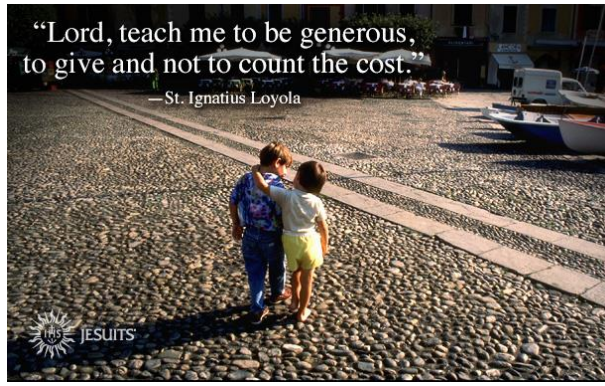


# Sneak Peek at the Week

## Mar. 25-29, 2019

*"Bless the Lord, O my soul, and all that is within me, bless his holy name."*

Psalm 103



**The Learning Brain/Growth Mindset** – Check out this video series. We are now at chapter 3 of 5 learning about our brains.

<https://www.youtube.com/watch?v=OFKVoCuwI2s&list=PLdGLO-QNwEfIPz-4H6ZDYxhKdzBD1bV&index=3>

**Popcorn Available every Friday for \$1 per bag**



### **This Week**

- Mar. 25 International Students arrive 9:25
- Mar. 25 Lenten Celebration 9:45 – International Students welcomed; both anthems
- Mar. 26 IPRC meetings - Parents will have been contacted by Mrs. Donovan
- Mar. 26 Museum visits 9:20-2:45 (grades  $\frac{3}{4}$ ,5,6)
- Mar. 26 JK/SK to Fire Station 1-2pm
- Mar. 27 Sharon Hogan visits grade  $\frac{1}{2}$  in am
- Mar. 27 Canada Colour House activities 2<sup>nd</sup> block
- Mar. 28 Father Price Visits classrooms
- Mar. 28 IPRCs Parents will have been contacted by Mrs. Donovan
- Mar. 28 Curling activities (grades  $\frac{3}{4}$ ,5,6)
- Mar. 29 Compass Champs/Send off for International Students
- Mar. 29 Walk to Tunnel/Blockhouse 12-12:45 tour of tunnel (grades  $\frac{3}{4}$ ,5,6)
- Mar. 29 Intercom Bingo 2:15
- Mar. 29 Ms. Kirk's send off

## **Lenten Project Events**

Lenten Assembly each Monday

Intercom Bingo Friday March 29

Tickets purchased that day - \$1 per card

Pick a Trick Friday April 12 at Compass Champs assembly

Purchase tickets \$1 per ticket at lunch time that week for your chance to do one of the following to your favourite teacher:

Pie in Face/Wear a Wig/Teacher Makeover/Wrap in Toilet Paper/ Water Balloons/Etc.

Guessing Jars drawn Tuesday April 23

Purchase tickets \$.25 per tickets in foyer each day during first week of April

Jelly Beans/Gummies/Chocolate Eggs



# when you feel ANXIOUS

@POSITIVELYPRESENT



ASK FOR HELP



TAKE A DEEP BREATH

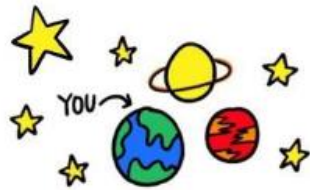


WRITE ABOUT HOW YOU FEEL

FIND A POSITIVE DISTRACTION



LISTEN TO SOOTHING SONGS



STAY PRESENT



# HOST *an* international student!



Learn new customs and create lifelong friendships

The CDSBEO, in partnership with MLI Homestay, is currently seeking families to host international students for the 2019/2020 school year, ranging from Grades 7-12. There are opportunities to host students for short-term stays, for one semester, or for the whole school year. MLI Homestay will pay a supplemental fee to compensate for costs associated with hosting a student.



Discover your world...  
study abroad. 🍁

CATHOLIC DISTRICT SCHOOL  
BOARD OF EASTERN ONTARIO

Hosting an international student is a unique way to share our culture, while learning about international cultures and customs.

If you are interested in this rewarding opportunity, please contact  
Cindy LaRocque 613-284-2613 or email: [international.education@cdsbeo.on.ca](mailto:international.education@cdsbeo.on.ca)

## **Personal Support Worker Program Training**

The Catholic District School Board of Eastern Ontario would like to announce our upcoming Personal Support Worker program information sessions. Our next session will begin in September. To register go to [www.coned.cdsbeo.on.ca/psw/program-outline/](http://www.coned.cdsbeo.on.ca/psw/program-outline/) and link to the PSW program, followed by clicking on Program Outline and Information/Registration Sessions.

Program information sessions are as follows;

Vankleek Hill on Tuesday, May 14, 2019 at St. Jude Catholic Elementary School from 3- 4:00 Cornwall on Wednesday, May 15, 2019 at Holy Trinity C.S.S from 2- 3:00 Brockville on Thursday, May 16, 2019 at St. Mary C.H.S from 3 – 4:00 Smiths Falls on Friday, May 17, 2019 at St. James Catholic Education Centre from 2- 3:00

Other programs that are offered through the CDSBEO for adult learners include:

Evening Cooperative Education

eLearning

OYAP (Ontario Youth Apprentice Program) including adult Meat Cutting Program in Cornwall, PLAR (Prior Learning and Assessment), Adult Dual Credits in affiliation with Algonquin College, St. Lawrence College and Loyalist College. Applications are due in May.

Please contact Kevin Dionne, Coordinator of Continuing Education and Experiential Learning for more information at [kevin.dionne@cdsbeo.on.ca](mailto:kevin.dionne@cdsbeo.on.ca)

**Student Attending Noon Mass During Lent with Mrs. Fraser**



# LITERACY FOR ALL

Have You Tried our Fantastice On-Line Library Yet?

All Students need are their school credentials to log in from home

**Have you tried OverDrive yet?**

- OverDrive is a digital, online library filled with e-books, audio books and videos for students of all ages.
- You can access OverDrive by going to <http://mycadsbeo.com> OR by downloading the new **SORA** reading app available in the Google Play Store or Apple App Store.



## **Upcoming Dates**

April 1-4	Guessing Jar ticket sales
Apr. 1	Hydro Presentation
Apr. 2-4	St. Luke Clinics – Mrs. McFarlane attends Wednesday and Thursday
Apr. 4	Jump Rope for Heart Launch Assembly 1:45
Apr. 4	Final Math Session – parent night
Apr. 5	PD Day
Apr. 5	Girls Inc using gym
Apr. 9	Hot Dogs
Apr. 9	Grade 5 and 6 to St. Mary for Engineering Outreach 11:15-2:30
Apr. 11	Confirmation Retreat
Apr. 12	Pick Your Trick Day and Compass Champs Assembly 9:15
Apr. 15-19	Earth Week
Apr. 15	Confessions
Apr. 16	Mass at Parish 9:15
Apr. 16	Jk/Sk Science Day 11-1
Apr. 17	Grade 6 Science day 9:15 start
Apr. 18	Holy Thursday celebration – 2:00 assembly – all are welcome
Apr. 19	Good Friday
Apr. 22	Easter Monday
Apr. 23	Guessing Jars Draw 12:30
Apr. 23	Catholic School Council Meeting 6pm
Apr. 25	Jump Rope Event outside 1:35
Apr. 25	Father Visits Classrooms
Apr. 26	Movie Night
Apr. 28	First Reconciliation and Confirmation
Apr. 29	Spaghetti Lunch
Apr. 30	Bravo Breakfast 7:30am
May 6-10	CEW Week -Book Fair
May 8	School Mass 9:15
May 9	Indigenous Education Day
May 10	Poverty Walk
May 10	Talent Show