

Sneak Peek

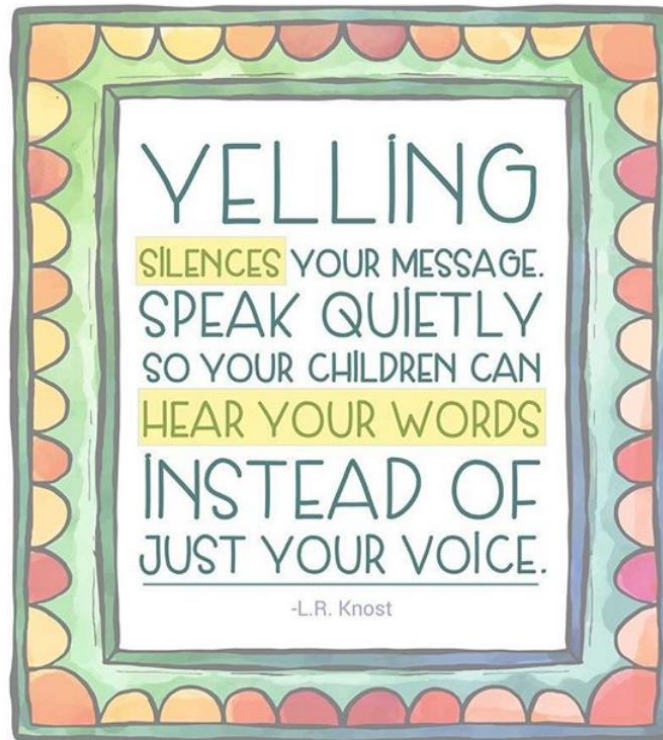
March 2-6



*Lent comes providentially to reawaken us,
to shake us from our lethargy.*

-Pope Francis-

Big Thanks to Mr. John Giff We now have two amazing planter boxes on the stage awaiting plants in the spring. Ms. Giff's father John made these for us from the wonderful wood he purchased for us. These planters will be placed on the yard with a bench for sitting and enjoying the plants and insects.



@BigLifeJournal

This Week

- Mar. 2 Lenten Assembly 9:15
- Mar. 3 Spaghetti Lunch
- Mar. 4 Swim to survive 1-2
- Mar. 5 Province-Wide OECTA Strike action – No School Today
- Mar. 6 Lenten Lunch Fundraiser – Grilled Cheese - Yummy
- Mar. 6 Compass Champs Ms. Mclean and Mrs. Zeran to present 11:15
- Mar. 6 Pick-a-tricks unveiled at assembly
- Mar. 6 St. Patrick's Day Tea setup after school

Upcoming

- Mar. 7 St. Patrick's Day Parish Tea 9:30-1:00 in gym Lunch is \$5 and there will be a bake table
- Mar. 9 Lenten Assembly 9:15
- Mar. 9 Pick-a-Trick ticket sales begin at lunch
- Mar. 9 Swim to Survive 1-2
- Mar. 9 Mdm. Yates Returns – we are so happy to have you back 😊
- Mar. 10 Catholic School Council 6pm
- Mar. 12 Lenten Lunch Fundraiser – Soup and crackers – Yummy
- Mar. 13 Dieleman's Orders Due
- Mar. 13 Last Block Sock Hop - \$1 for Lenten fundraiser
- Mar. 23 Lenten Assembly 9:15
- Mar. 24 Mass 9:30
- Mar. 24 Hot Dogs
- Mar. 26 Lenten Lunch Fundraiser – Mac and Cheese
- Mar. 27 Pick a Trick assembly at 2pm
- Mar. 30 Lenten Assembly 9:15
- Mar. 30 Science in the Classroom grade 5/6 9:30-12:20
- Mar. 31 Triple P. Please see posters below. Lots of options
- Apr. 1 Mass 9:30
- Apr. 2 Lenten Lunch Fundraiser - Pasta with Tomato Sauce
- Apr. 3 Bravo Breakfast – Congratulations Slater McCrady
- Apr. 3 Guessing Jar draw and PA Bingo 11:15
- Apr. 3 Compass champs Assembly following PA bingo with Env. Presentation by Grade ½
- Apr. 3 White Elephant Sale at 2pm
- Apr. 6 Confessions 2-3
- Apr. 7 St. Luke Mini clinics 7th-9th
- Apr. 7 Spaghetti
- Apr. 7 Catholic School Council 6pm
- Apr. 9 Holy Thursday Celebration 11:30
- Apr. 10 Good Friday
- Apr. 13 Easter Monday

See Web Sites for Mass time:

St Francis Xavier <http://sfxbrockville.ca/>
St. John Bosco <http://sfxbrockville.ca/>

Small changes,
big differences.



Seminar: The Power of Positive Parenting

For parents/caregivers of 0-12 year olds.

For every parent who ever wondered: “Why does my child do that?” This seminar helps you understand the reasons kids do what they do, so you can guide their behaviour – and see more of the behaviour you like, and less of the behaviour you don’t like.

<p>St. Francis Xavier Catholic School 74 Church Street Brockville, Ontario K6V 3X6</p>	<p>Tuesday March 31, 2020 6:00-7:30pm</p>
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Click to register: <https://healthunit.org/event/92192527331/>

Or call 1-800-660-5853

Or email triplep@healthunit.org

www.triplep-parenting.ca



Small changes,
big differences.



Seminar: Raising Confident, Competent Children

For parents/caregivers of 0-12 year olds.

You can help your child become confident and successful – at school and beyond. Find out ways to encourage them to be respectful and considerate, communicate and get on well with others, feel good about themselves and become independent problem solvers.

Hosted by the Brockville Public Library

Brockville Public Library
23 Buell St.,
Brockville, ON

Tuesday
April 28, 2020
6:00-7:30pm

Register here: <https://healthunit.org/event/92193672757/>

Or call 1-800-660-5853

Or email triplep@healthunit.org

www.triplep-parenting.ca



Small changes,
big differences.



Seminar: Raising Resilient Children

For parents/caregivers of 0-12 year olds.

How can you help your child manage their emotions so they cope well with disappointment and in stressful situations? Get the strategies that will allow them to recognize positive and negative emotions – and deal with them in a healthy way.

Hosted by the Brockville Public Library

Brockville Public Library
23 Buell St.,
Brockville, ON

Tuesday
May 26, 2020
6:00-7:30pm

Register here: <https://healthunit.org/event/92194092011/>

Or call 1-800-660-5853

Or email triplep@healthunit.org

www.triplep-parenting.ca





Real Solutions, for Real Parents

2020 Positive Parenting Cafés

In a small group setting, explore solutions to normal, everyday parenting!

Click on the topic to REGISTER ↴

Date	Time	Location	Topic
April 22, 2020	6:00 - 7:00 pm	Brockville EarlyOn Child and Family Centre 166 Pearl St. E.	Top 10 Parenting Tips
April 23, 2020	6:00 - 7:00 pm	Kemptville EarlyON Child and Family Centre 2 - 40 Campus Drive, Parish Hall (lower level) Kemptville Campus Education and Community Hub	Fighting and Aggression
May 20, 2020	6:00 - 7:00 pm	Brockville EarlyOn Child and Family Centre 166 Pearl St. E.	Biting and Hitting
May 21, 2020	6:00 - 7:00 pm	Kemptville EarlyON Child and Family Centre 2 - 40 Campus Drive, Parish Hall (lower level) Kemptville Campus Education and Community Hub	Bedtime Routines

Top 10 Parenting Tips: Discuss positive and practical strategies to help your family life run smoother.

Fighting and Aggression: Explore ways to help your child learn to play well with others, solve problems and get along with those around them.

Biting and Hitting: Discuss how to help prevent and manage problems with hurting others.

Bedtime Routines: Learn how to set up a bedtime routine and manage common bedtime problems.



Register today by clicking on a topic above ↴
visit www.healthunit.org, call 1-800-660-5853
or email triplep@healthunit.org



3278b Dec 2019



of Upper Canada

Presents

CRIME SOLVERS

A March Break Adventure Program

Think you have what it takes to solve the case?

A week of fun, learning about different community careers; from police officers to lawyers, crime scene investigation to investigative journalism and even learning about what goes on in court!

March 16-20 9am-4pm
for girls age 6-13
Cost: \$150 subsidies available
First Presbyterian Church
10 Church St Brockville, ON K6V 3X4



Questions? or To Register:

Visit girlsinc-uppercanada.org/what-we-do/programs/ to download a registration form.

E-mail to admin@uppercanada.girls-inc.org

Payment:

By e-transfer to admin@uppercanada.girls-inc.org or by credit card over the phone.

Call the office at 613-345-3295 x 100 to process.



COVID-19 (NOVEL CORONAVIRUS)

Overview

On December 31, 2019, a cluster of cases of pneumonia was reported in Wuhan, China, and the cause has been confirmed as a new coronavirus that has not previously been identified in humans. This virus is now known as Covid-19 (previously called 2019 Novel Coronavirus).

There are now confirmed cases of Covid-19 that have been identified internationally, including in Canada. The current situation is evolving. New information is becoming available daily and a clearer picture is being formed as this information is analyzed by provincial, national and international health agencies.

To date, most people who are infected with the Covid-19 virus appear to have a mild infection with fever and/or cough while others have more severe disease with shortness of breath, pneumonia and breathing difficulties which can be fatal. People over the age of 60 who have other serious health conditions are more likely to experience severe disease.

What is the situation in Eastern Ontario?

At the moment, the risk of contracting the Covid-19 virus is considered low. The Leeds, Grenville & Lanark District Health Unit continue to work with our partners at the regional, provincial and federal levels to monitor the situation, and are prepared to respond to any potential cases in our area should they occur.

What are coronaviruses and how are they transmitted?

Coronaviruses are a large family of viruses. They can cause diseases ranging from the common cold to more severe diseases like Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV). Like many respiratory viruses, the Covid-19 virus is spread from person to person through contact with droplets from a cough or sneeze of an infected person. This is why it is important to always cover a cough or sneeze. Droplets can remain on a surface for a short period of time so it is important to avoid touching the mouth and nose, and to frequently wash hands. The extent and severity of illness caused by the Covid-19 virus is still not fully known. More information is expected to emerge in the coming days and weeks.

Individuals at risk for being infected with Covid-19 are those who have travelled to an area affected by Covid-19 or who have been in close contact with someone who has Covid-19 infection.

Every weekday at about 10:30 a.m. ET, the Province of Ontario's Covid-19 webpage will be updated with the most up-to-date information including the status of cases in Ontario:

www.ontario.ca/coronavirus

How can I protect my family?

We recommend that your family use the same precautions as you regularly use to prevent the spread of other respiratory infections (such as cold and flu):

- Frequently wash your hands with soap and water, or use hand sanitizer
- Avoid touching your eyes, nose, and mouth unless you have just washed your hands
- Cover your coughs and sneezes with a tissue or your arm, not your hand
- Stay home if you are sick, and keep your children home if they are sick
- Keep commonly used surfaces clean

What measures should be taken by travellers returning from affected areas?

Anyone returning from China, where most of the infections are currently located, should contact the Leeds, Grenville & Lanark District Health Unit at 613-345-5685 or 1-800-660-5853 within 24 hours of their arrival in Eastern Ontario. They may be given instructions to self-monitor, self-isolate or seek medical care depending on their situation. Some travelers getting off cruise ships in those affected areas are now also being given those same directives and should contact public health.

Individuals who are ill should call their health care provider before showing up to discuss their travel history and whether they have been in any high-risk circumstances during their travel or close contact with a sick person. If they are advised to go to a hospital, they must contact public health and call the hospital in advance. They should put on a mask and immediately report to triage at the hospital ER on arrival.

How are people being treated for Covid-19 infection?

For now, there is no specific treatment for most people with Covid-19 infection. Symptom management is the primary focus of treating individuals with this illness. Individuals usually recover with the supportive care that is regularly offered to manage pneumonia.

For more information

Information and recommendations regarding Covid-19 may change as more information becomes available over the coming weeks and months. For the latest information and recommendations, visit www.Ontario.ca/coronavirus.

For local updates, as well as hand hygiene and infection prevention resources, visit our health unit website at www.healthunit.org or call the Leeds, Grenville & Lanark District Health Unit at 613-345-5685 or 1-800-660-5853.