



# St. Mary Catholic School

February 2019

## Winter Fun Days

Our Winter Fun Day at Mount Pakenham will be taking place on Friday, February 15th. All permission forms should have already been returned back to the school indicating the sport of choice (skiing, snowboarding, or tubing). Payment through School Cash Online should also have been received prior to February 2nd. If you have yet to make the payment please do so as soon as possible so that we may reserve the correct number of spots. Due to very limited space on the buses, we are asking that parents who are planning on attending with their child please drive up to Mount Pakenham in their own vehicle (or carpool with other parents). If your child is bringing their own ski equipment it will need to be dropped off at the school on the morning of February 15th. Our bus company Premier does not permit skis and snowboards on school bus runs. Arrangements should also be made to have equipment picked up at the school at the end of the day February 15th. We are looking forward to an awesome day of outdoor winter fun!

## February Sub Order Due — February 19th

Our February sub day will be Monday February 25th to accommodate class trips. The Sub Orders for February are due by February 19th through School Cash Online. Please get your orders in on time to avoid disappointment.

**We are no longer accepting late orders.**

## St. Mary's CP Canadians Game Day

Our game day is set for Sunday, February 17th at 3 p.m. in the Carleton Place arena. Every year, the school with the highest percentage of attendance during game day wins \$500 compliments of MacKay Roofing. Captains Cade Townend and Ben Tupker, along with a few other players will be visiting our school on Feb 11th at 10 a.m. The players will be available to meet with students and hand out the game vouchers. Present this voucher at the door to gain access to the game. Students are also encouraged to wear our school colours of blue and white. Don't forget to CHEER LOUD!

## School Hockey Team

There will be 3 school teams this year, two Competitive and one House. There are three practices remaining prior to the tournament. The teams should be finalized before the second practice. The before-school practices will run from 8:00-9:00 a.m. at the CP Arena. They will be held on: Tuesday, February 5th, Tuesday, February 12th and Tuesday, February 19th. The tournament is scheduled for Wednesday, February 20th (snow day of Friday, February 22nd) at the Carleton Place Arena.

There will be NO busing available to and from the arena for practices or the tournament. It is up to the student's family to arrange for transportation. The tournament usually begins at 8:30 a.m. and finishes at approximately 3:00 p.m. The cost to participate in the hockey program will be \$25 and should already be paid through School Cash online.

## School Information

### Principal:

Stephane Wilcox

### Superintendent:

Norma McDonald

### Trustee:

Jennifer Cooney

## School Hours

9:00 - 9:15 recess

9:15 - 10:45 classes

10:45 - 11:00 recess

11:00 - 12:35 classes

12:35 - 12:55 lunch

12:55 - 1:25 recess

1:25 - 3:25 classes

3:25 - 3:35 recess

3:35 - dismissal

Please note that there is no supervision on the schoolyard before 9:00 AM or after 3:35 PM.

## School Closures

Monday, February 18

Family Day





# St. Mary Catholic School

February 2019

## School Safety

### Cargate

We urge parents and guardians who pick up on cargate to meet their child at the gate entrance. This is especially important if you are forced to park across the street from the school. Lake Avenue is a busy street and we want to ensure the safety of the students at all times. At this time of year, there is less room for passing vehicles as the snow banks get larger. We would much prefer if students could walk to their car with an adult, especially if they are forced to cross the road. Thank you for your understanding.

### Snow Days

It has been brought to our attention that during snow days all walkers need to be accounted for. If your child is a walker and does not attend school on snow days, his/her absence must be called in.

Unless we are told differently, it is assumed that all walkers will be at school on all snow days.

Please call the school to report an absence, day or night. If the office is closed, simply leave a message.

Thank you for your cooperation.

### Raz Kids

During the month of February, students will be invited to accumulate as many Raz-Kids minutes as they can. The three students who accumulate the most minutes will win a book of their choice from Scholastic (maximum value of \$15.00).

### Hat Day

Friday February 22nd is hat day. Come to school dressed in a hat – whatever hat you would like! Wear one and donate \$2 in Support of the Student Senate through School Cash online. All money raised will be donated to Sandy Lake First Nation Community in North Western Ontario..

Thank you in advance for your support.

## School Information

### Principal:

Stephane Wilcox

### Superintendent:

Norma McDonald

### Trustee:

Jennifer Cooney

## School Hours

9:00 - 9:15 recess

9:15 - 10:45 classes

10:45 - 11:00 recess

11:00 - 12:35 classes

12:35 - 12:55 lunch

12:55 - 1:25 recess

1:25 - 3:25 classes

3:25 - 3:35 recess

3:35 - dismissal

Please note that there is no supervision on the schoolyard before 9:00 AM or after 3:35 PM.

## School Closures

Monday, February 18

Family Day



### *For Administrators & Educators:*

**#healthequityLGL** Where you live and how easily you can get to work, school or recreational activities impacts your health. The Health Unit's vision is "everyone has opportunities to be healthy"...where can your health journey take you?

**What do you need to live?**

**What do you dream of doing in life?**

**How do you adjust to changes in your life?**

Learn more about what's in your area to protect and promote your health by visiting [www.healthunit.org](http://www.healthunit.org) or call 1 800 660-5853. #healthequityLGL

**On the record!** In preparation of the 2019-2020 school year, the Health Unit will be requesting parents, registering their children for kindergarten, to submit their child's immunization record and information to us directly. Soon you will be receiving posters that can go out to all families who are registering their child for kindergarten. This poster will provide families with information on how they can submit to us their child's immunization information. Please contact us if you have questions 1-800-660-5853

### *For Families:*

**New Vision Screening!** Spring 2019, a pilot vision screening program for SK students will be offered by trained Health Unit staff at selected schools. If your school is selected you will be contacted in February by letter. There will be 3 non-invasive tests which take roughly 10-15 minutes per child. While, vision screening is part of good visual health it does not replace an annual comprehensive eye exam by an eye doctor. A valid Health Card will cover the cost of an eye exam once a year for children aged 0-19. To learn more visit: <https://healthunit.org/health-information/babies-children/visual-health/> or for more information call the Health Unit at 1-800-660-5853.

**Parenting matters!** Celebrate your family this month by spending some extra time together. Enjoy some winter activities outside - build a snowman, or maybe go sledding or skating. If the weather isn't cooperating, why not play a board game, or make a craft? It doesn't matter what you choose to do, as long as you are doing something you enjoy together. Strong relationships make family life more fun! For more ideas, visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca). To register for a local Triple P Parenting session, visit <http://healthunit.org/clinics-classes/triple-p-parenting/> or call locally 1-800-660-5853.

**Immunization Notices.** Being fully immunized protects students from many diseases easily spread in schools! Students who are missing information or didn't get their immunizations according to the schedule will receive an Immunization Notice. If your child's immunizations are not up to date and you do not send us the required information they may be suspended from school, as early as, February. For more information on how to update your child's record please visit our website at <http://healthunit.org/health-information/immunization/school-requirements/> or call us at 1-800-660-5853 and ask to speak to someone on the immunization team!

GRAND PRIZE!  
**\$1000**



McGahey Insurance & Grenville Mutual present:

6<sup>th</sup> ANNUAL

2019

**MYVIEW YOUTH FILM FESTIVAL**

*Submission deadline:*

*May 1, 2019*



### 1. SIGN UP!

Contest open to all youth ages 10-24 in Eastern Ontario.

You can enter in the following age categories:  
10 to 13 – 14 to 17 – 18 to 24

**SUBMISSION DEADLINE:  
May 1, 2019**



### 2. CREATE A VIDEO

Make a video (5 minutes or less) that **celebrates something** in your life or community, shows us a **solution to a problem**, or **showcases your opinion**.

Creativity and content are more important than production quality. For all contest details and how to submit your film, check out our facebook page [www.facebook.com/myviewfilmfest](http://www.facebook.com/myviewfilmfest) or go to [www.myviewfilmfest.ca](http://www.myviewfilmfest.ca)

### 3. WIN A PRIZE

Your video could be nominated for a chance to win:

- **THE GRAND PRIZE OF \$1000**
- **great age category prizes**

*MyView is a Tobacco Free Film Festival.*

Graphic design provided by image24.ca

WANT DETAILS? NEED HELP? HAVE QUESTIONS?  
[info@myviewfilmfest.ca](mailto:info@myviewfilmfest.ca) | [www.myviewfilmfest.ca](http://www.myviewfilmfest.ca)

**McGahey Insurance**  
SINCE 1912  
PAUL MCGAHEY INSURANCE BROKERS LTD

**GRENVILLE Mutual Insurance**  
A Better Insurance Plan Where You Live

Lands, Grenville & Lennox District  
**HEALTH UNIT**

**TRIUNE**  
johnbarclay.ca

**SMOKEFREE MOVIES.CA**  
Movie Reviews & More  
Make the choice. Make the movie.

**YourTV**  
truly local