

# St. Mary Catholic School

June 2019

## Principal's Message

It is hard to believe that June is already here. What a successful year it has been! Looking back at all of the events and highlights, I realize how blessed I have been to spend the entire year working closely with the students, parents, and staff of St. Mary's. It is for this reason that I am particularly sad to announce that I will not be returning in September. I have been asked to take over the principalship of St. Mary Catholic High School in Brockville. My successor has yet to be announced. We will inform you once a decision is made. I wish you all the very best. It has been both an honour and a pleasure to work in St. Mary's Catholic School community. God bless you!

## Breakfast Club

We need several volunteers to commit to supporting our daily Breakfast Club program in order to ensure that it continues to run in September. We need at least 3 volunteers who can commit to serving breakfast to students one morning a week. Volunteers arrive to the school at approximately 8:45 and begin preparing the breakfast items—cutting fruit and cheese, toasting toast and bagels, pouring juice, etc., serving these items to students from 9:15-9:30 and then cleaning up afterwards. If you are interested in volunteering please contact the school office at 613-257-1538. *Grandparents are Welcome.*

## Dismissal Safety

We would like to remind all walkers and bikers that crossing (only) at the crosswalks is mandatory. We would like to remind parents who pick up their children at car gate that parking on "our side" of Lake Avenue (facing CPHS) is imperative to student safety; so they do not need to cross the street between parked cars. Your cooperation and dedication to keeping all of our students safe is greatly appreciated.

## Safe Arrival Policy

We would like to remind all parents that St. Mary has a 'safe arrival' policy and therefore you are required to phone the school office when your child is going to be late or absent. Your cooperation and attention to this important matter is greatly appreciated.

## Grade 6 Celebration

The Grade 6 Celebration will take place on Wednesday June 26th at 1:30 p.m. in the school gymnasium.

## Library/Textbooks

Please check your home for any books belonging to the school and return them as soon as possible. Any books that are not returned before the end of the school year will result in a replacement fee.

## School Information

**Principal:**  
Stephane Wilcox

**Superintendent:**  
Norma McDonald

**Trustee:**  
Jennifer Cooney

## School Schedule

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.

Our school schedule will be changing as a result of the fact that the school day will run from 9:30-3:50 next year. Stayed tuned for more information.

## Last Day of School

Thursday June 27th





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## *For Families:*

**Get ready for summer** with these helpful parenting tips:

1. Be careful of becoming the “entertainment director”. Make a bucket list of activities with your kids or teens. Aim for at least half of the ideas to be free!
2. Set ground rules for screen times. Balance indoor activities with enjoying the great outdoors!
3. It’s easier to stay calm with your family when your own needs are met. Find some personal “me-time” to enjoy. **For additional strategies, visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca)**, call 1-800-660-5853, or email [triplep@healthunit.org](mailto:triplep@healthunit.org) Parenting Matters!

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## Confirmation 2019-2020

To all parents of grade five students. Please note that the Confirmation date for the grade six classes has been set for next year. Confirmation will take place on **Saturday May 9<sup>th</sup>, 2020**. Please mark this date on your calendar. A parent meeting will be set up early in the new school year. If your child was not baptised at St. Mary Church Carleton Place, and you wish that they receive this sacrament, please make sure that you obtain a copy of your child’s Baptism certificate from the church of Baptism. If you have any questions please call the church office at 613-257-1284.

## Last Day of School

Thursday June 27th



May 27, 2019

Dear Parents/Guardians:

**Re: Black-legged Ticks**



The black-legged tick is commonly found in our area. Once temperatures rise above 4°C, ticks become active and begin to look for a blood meal, usually from mice, dogs, and deer, and sometimes people. In the spring and summer the tick is in the nymph form, and when attached to the skin is the size of a small freckle.

Some ticks (about 30% in our region) carry the bacteria that can cause Lyme disease, and can transmit the bacteria during the tick bite. As the tick feeds, it grows bigger and gets engorged with blood (see picture). Once it is slightly engorged (attached for more than 24 hours) it can transmit the bacteria if it is present.

Enjoy the outdoors and nature, and protect yourself and your family from tick bites with these tips:

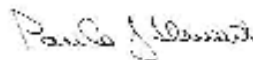
- Check yourself and your family for ticks;
- Shower to remove loose ticks;
- Wear light coloured clothing so ticks can be easily spotted;
- Wear long sleeves and long pants; tuck pants into socks;
- Use insect repellent;
- Stay on pathways, trails and in mowed areas.

If you find a tick on yourself or your child:

- Remove the tick using tweezers or a tick puller. Grasp the tick by the head as close to your skin as possible. Pull on it firmly, but gently and straight out.
- Clean and disinfect the site of the bite.
- Consult your health care provider if the tick was attached for longer than 24 hours and less than 3 days. They may recommend one dose of doxycycline to decrease the risk of developing Lyme disease.
- Make a note of the date you removed the tick – early symptoms of Lyme disease appear from 3 days to 30 days following the tick bite. See your health care provider if you have a red rash with a white centre (bull's eye), fever, headache, fatigue, or muscle aches.

For more information about Lyme disease and ticks visit: [www.healthunit.org](http://www.healthunit.org), call: 1-800-660-5853, or email: [contact@healthunit.org](mailto:contact@healthunit.org). If you have any questions about your child's health, please talk to your child's healthcare provider.

Sincerely,



Paula J Stewart MD, FRCPC  
Medical Officer of Health/CEO

PS/hb  
End.