



Lighting the Way ~ Rejoicing in Our Journey

ST. CLAIR CATHOLIC DISTRICT SCHOOL BOARD  
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# Christ the King Catholic School L'école catholique Christ Roi



URSULINE COLLEGE  
CATHOLIC SECONDARY SCHOOL  
85 GRAND AVENUE WEST  
CHATHAM, ON N7L 1B6  
(519) 351-2987

PRINCIPAL: R. Culverwell

Director of Education: Deb Crawford

Superintendent: Laura Callaghan

Trustee: John Van heck

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## PRINCIPAL'S MESSAGE

February was a very busy month! We had an amazing Salad bar thanks to our Wellness Team, Club V & F, Super Kids CK, Lisa Tetrault from CK Public Health and Stephanie Fox, our parent volunteer. Our Kettle Corn fundraiser did very well for our Grade 8 Excursion! We will publish the exact amount in our next Newsletter. Thank you for being so generous!! We also had some super Student-Led Conferences and best of all, our students did some amazing learning! Thank you for supporting your children and their teachers!

We had a wonderful Ash Wednesday Mass at Our Lady of Help Christians Church where we were reminded and encouraged to pray more during this Lenten Season, do good deeds or make sacrifices and feed the poor. Our Social Justice Team has planned some fun events for Lent designed to help feed the hungry and support the Heart & Stroke Foundation. Please support their efforts if you are able to. Read on for more details.

I hope you are able to spend some enjoyable time with your children during their March Break. Here is an Old Irish Blessing for you:

- May love and laughter light your days, and warm your heart and home.**
- May good and faithful friends be yours, wherever you may roam.**
- May peace and plenty bless your world with joy that long endures.**
- May all life's passing seasons bring the best to you and yours!**

If you have any concerns, ideas or questions, please call.

Sincerely,  
Mrs. R. Culverwell



**REMINDERS**  
**PLEASE BE MINDFUL OF OUR MILK/PIZZA, ETC. ORDER DEADLINES. WE HAVE BEEN INSTRUCTED NOT TO KEEP OPENING THE SCHOOL CASH ONLINE AFTER DEADLINES. LATE ORDERS CREATE MORE WORK FOR US, PLEASE BE ON TIME.THANKS.**

## SAFETY



If you are picking up or dropping off your child(ren), **PLEASE DO NOT park or drive on the soft shoulder where our buses park or pull in**, we have had some near misses lately. Please be mindful of our students and parents walking and obey all parking signage. We don't want anyone hit by a car. Thank you.



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## FOCUS ON CATHOLICITY

**Christ the King Catholic School Actions during Lent led by our Social Justice Team:** Every Monday morning during Lent we will be gathering in the gym for a liturgy or special prayer. Two Fridays during Lent we will be having a theme day and collecting canned goods for our local food bank.

Here are the details:

- \* **Friday, March 9** will be “Hawaiian Day”—come dressed Hawaiian Style and bring in as many boxes of Macaroni and Cheese as you can for those in need—we will be making a “Domino Mac and Cheese Trail” - let’s see if we can make it to the gym this year!
- \* **Friday, March 23** will be “Crazy Sock Day”—wear your crazy socks and bring in a canned good for those in need.

We will continue to work on our Prayer, Penance, and Giving during our Lenten journey together. You may want to do something as a family to strengthen your faith and love.

### Parish News

Our Gr. 5 to 8 students will enjoy an “Encounter” with Dan DeMatte at Holy Family Church in the afternoon of Friday, March 23rd. Parents are invited to attend the Encounter Friday, March 23 from 6pm—9pm or Saturday, March 24 from 9am to 12 noon at Our Lady Help of Christians Church, Tickets are \$10 (available at Holy Redeemer Office 647 Murray Street)



## FUN + LEARNING = MARCH BREAK!

March Break is nearly here and your children will be asking for things to do! There are many fun ways to practice literacy and mathematics skills at home without your child even realizing it. Use this week as a time for family literacy and math activities that both parents and children can enjoy!

- ▶ Have your child help you to estimate the cost of groceries by keeping track of the cost of items as you add them to the cart.
- ▶ Weigh fruit or vegetables on the scale and then try to estimate the cost of the item.
- ▶ Play “I Spy” with your child, looking for and describing shapes as you walk or drive in the city, the country or on the highway.
- ▶ Almost anything sitting around the house can be used for family math activities. Consider ways that you could use string, thread or paperclips to measure objects. Try using beads, buttons or marbles for counting, estimating, patterning and sorting.
- ▶ Challenge children to learn a new word every day, from books, signs, newspaper or listening to television together. What does it mean? How is it spelled? Play board games such as: Upwords, Balderdash, Pass the bomb, MadLibs, Scrabble or others you have at home.

**Parent Corner**

Many thanks to our amazing team of parents for preparing a pancake snack for our students on Shrove Tuesday. This treat was enjoyed and appreciated! Thank you.

Many Thanks to our volunteers on the Bingo Team who have worked Bingos. These extra funds are helping support new technology purchases for our school!

**Mark your calendar for our upcoming fundraiser with Crabby Joe's Restaurant!  
Plan your eating out night for Wednesday, March 28, 2018 and our school will receive 10% of your bill before taxes. More information will follow.**

Our next School Advisory Council Meeting will be Monday, April 23 at 5:30, all parents are welcome to attend.

**Senior Basketball Teams**

**Congratulations to the following athletes who will be representing our school this year:**

**Playing on the girls team:** Morgan G. Victoria B. Alyia V. Rhyan H. Parker L. Paige L. Madison M. Ariel O.

**Playing on the boys team:** Aiden L. John L. Keagan D. Trent B. Brody T. Michael O. Ayden C. Ian P. CJ Booth. Braeden B. Josh V.

**Thanks to our coaches: Mr. Demeter and Mrs. Fischer**

Great Big Thanks to our Basketball Coaches:

Mr. Demeter, Mr. Baertsoen, Mrs. Fischer

**FEBRUARY AWARDS**

At our February Good News Assembly, we recognized students in Junior Kindergarten to Grade 8 whose teachers witnessed them making great efforts in Writing and others who demonstrated the virtue of Love. Congratulations to the following students who were the recipients of the Love award this month:

Natalie H. Brody F. Cole L. Trevor H. Aleigha C. Blake H. Zoie K.  
Kyla M. Veronica S.

Congratulations to the following students who were the recipients of the writing award:

Leah B. Kassie L-B. Autumn S. Benjamin C. Hayden L. Paige L. Ryleigh R-J.  
Alaya B. Kate A.

## ***Focus on Faith***

“Pastoral Care of Our Catholic School.” Is a document, commissioned and endorsed by Bishop Fabbro, was written collaboratively by parents, students, representatives from the six Catholic school boards within our diocesan area, and representatives from the diocese and our deaneries. In addition to the new curriculum explained in the January Newsletter, this will be the topic discussed among principals, parents, parish personnel and partners in Catholic Education during our Annual Great Family of our Church gathering when we gather together in prayer and discussion about Catholic Education.

To access the document, please choose one of the links below

English

<http://www.forums.dionet.ca/parishbriefings/Shared%20Documents/2018-01-January/Pastoral%20Care%20of%20Catholic%20Schools%20October%202016.pdf>

French

<http://www.forums.dionet.ca/parishbriefings/Shared%20Documents/2018-01-January/La%20pastorales%20des%20%C3%A9coles%20catholiques%202017.pdf>

Blessings,

Margaret Palmer

System Chaplaincy Leader

p.s. Have you visited our website lately for help raising your children in the faith?

Check out Living Our Faith portion of our website here <http://www.st-clair.net/living-our-faith.aspx>

Check out the section of our website that aims to equip Catholic parents as the primary faith teachers of the children they entrust in our care for their educational needs. <http://www.st-clair.net/parents-and-community-partners.aspx>

## Helping our children to critically think about social media



As parents, we can take some simple steps to learn more about the impact that social media has on children's mental wellbeing. We play a critical role in ensuring that our children are given opportunities to critically think about how social media affects them and to counteract the negative effects that social media may have on their overall health.

Remember: If we want to parent them, teach them to work with them – we need to understand who they are and why they behave in the ways that they do.

Here are some proactive suggestions for parents to counteract the affects of social media:

1. **Start with yourself.** Your children will watch and learn from what they see you do. Are you spending a lot of time on technology? We need to be emotionally available parents all of the time for our children. Children want and need our attention.
2. **Know where your children are and what they are doing.** Have conversations with your children to understand their social media habits and help them to critically think about the use of social media. Try to understand what media your child is using and why they are attracted to it.
3. **Clearly define limits and boundaries.** Children and youth *crave* boundaries and limits however, it may not feel like that to you as a parent. Setting limits about cell phone use, computer use and other use of technology is healthy for everyone. For example, phone and computer are off bounds after 8 pm is a good way to start. There is a healthy balance between technology use and non use. What is active use (school work) and passive use (browsing on social media)? Remember it is okay to say no to passive use of media some of the time.
4. **Give your child responsibility.** Responsibilities increase their self worth. For example, you might say, "Please set the table so we all can eat".
5. **Balance nutrition and sleep.** These healthy lifestyle factors play a huge role in helping your child feel mentally well. If a child is up all night on their phone, it will influence their mood and ability to focus the next day, as will eating sugary foods on a regular basis. Unlimited screen time and unhealthy foods are not positive for any child development.
6. **Encourage them to connect with nature.** All children need a connection to nature- this is fundamental to their healthy growth and development. Provide your child with a "disconnection time" and then ask them questions about how they felt when they played outside. You may be surprised at their answer.

For more information, contact Chris Preece at [chris.preece@sccdsb.net](mailto:chris.preece@sccdsb.net)

**The iGen generation were born after 1995. They have grown up with cell phones, have Instagram platforms and do not remember a time before the Internet. They are one in four Canadians. They are a new generation not like before. Let's try to connect with them.**