



January 2018

ISSUE: VI



Welcome Back and Happy New Year to all!

The staff of St. Joseph Catholic School hopes everyone had a restful and happy family vacation and a Merry Christmas! The school will continue to be full of energy and activity as the New Year begins to unfold—like a blossom with petals curled tightly concealing the beauty within.

Prayer for the New Year:

Lord, let this year be filled with the things that are truly good—with the comfort of warmth in our relationships, with the strength to help those who need our help and the humility and openness to accept help from others. As we make our resolutions for the year ahead, let us go forward with great hope that all things can be possible—with Your help and guidance. Amen

Take twelve fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancor and hate, cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past—have them fresh and clean as when they first came from the great storehouse of Time. Cut these months into thirty or thirty-one equal parts. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot this way) but prepare one day at a time.

Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavor of the rest), hope, fidelity, liberality, kindness, rest (leaving this out is like leaving the oil out of the salad dressing— don't do it), prayer, meditation, and one well-selected resolution. Put in about one teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor.

I hope that in this year to come, that you make mistakes.
Because if you are making mistakes, then you are... Making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world.

Reminder: Students in Grades 1-8 will be going to the Theatre to see Wonder on January 11, 2018. Consents have been sent home and the option to pay online is available throughout the break. All consents are due back Tuesday January 9, 2018.

UCC Dance Show

Students in Grades FDK-8 will be walking to UCC to see their Dance Show on Wednesday January 10th. We will be using the "Walking Consent" signed in September for this local trip. There is no cost to attend.

The kids who never have any accountability for their actions will continue through life thinking nothing is their fault and everything is owed to them.



On January 19th the students in grades 6-8 will be heading to Boler Mountain in London to ski. Students will have a lesson and then some time to practice their skills.

In order to ensure your child

has a successful experience, please ensure they have a warm coat, ski pants/snow pants, mitts or gloves, hat, scarf and socks that reach past their shin. (the long socks are more comfortable in the ski boot). If your child does not have certain items, please let their teacher or myself know- we will do our best to borrow and loan warm articles so that you do not have to go out and purchase new items. We are all looking forward to a great time! Ski forms and consents were sent home in December.

Please return these to the office this week. If you have questions or concerns about any aspect of the trip, please call me in the office and I will be happy to help in anyway I can!

BUS ZONE 8

Please check schoolbusinfo.com and click to receive email notification. Listen to CKSY 94.3 for updates on bus cancellations for your zone.

Please be aware that when buses are cancelled, the school does not make attendance calls home for bus students. If your child does not ride the bus and buses are cancelled, you must phone the school if your child will be absent.



Helping Your Child Manage Stress

All children and youth experience stress in good ways and sometimes harmful ways. School and social life can sometimes create pressures that feel overwhelming for young people. As a parent, you cannot protect your kids from stress but you can help them develop healthy ways to cope and solve everyday problems. This is essential for raising healthy, resilient children.

Kids deal with stress in both healthy and unhealthy ways; and while they may not initiate a conversation about what's bothering them, they do want their parents/caring adults to reach out and teach and model ways for them to cope with their stressors. It's not always easy for us to know what to do for a child who is feeling stressed. The chart outlines some tips for helping your child.

NOTICE OUT LOUD	Tell your child when you notice that something's bothering him. If you can, name the feeling you think he is experiencing. For example, you might want to say, "it seems like you are upset about school?" This shouldn't sound like an accusation, such as in, "OK, what happened now?" It is not wise to put a child on the spot. He will appreciate your concern. Be sympathetic and show you care and want to understand.
LISTEN TO YOUR CHILD	Listen attentively and calmly with interest, patience, openness, and caring. Avoid any urge to judge, blame, lecture, or say what you think your child should have done instead. The idea is to let her feelings be heard. Try to get the whole story by asking questions like "And then what happened?" Take your time and let her take her time, too.
HELP YOUR CHILD IDENTIFY HIS/HER FEELINGS	Many younger kids do not yet have words for their feelings. If your child seems angry or frustrated, use those words to help him learn to identify the emotions by name. Putting feelings into words helps children communicate and develop emotional awareness and the ability to recognize their own emotional states. Kids who can do so are less likely to reach the behavioral boiling point, where strong emotions come out through behaviors rather than being communicated with words.
HELP YOUR CHILD BRAINSTORM POSITIVE COPING STRATEGIES	If your child is experiencing stress, talk together about what to do. Always encourage your child to think of a couple of ideas and avoid giving them your thoughts. Practicing creative brainstorming is a great way to help him to learn positive coping strategies and good decision making skills. Your child's active participation will build confidence. Support the good ideas and add to them as needed. Ask, "How do you think this will work?"
LISTEN AND MOVE ON	Sometimes talking and listening and feeling understood is all that is needed to help a child's frustrations begin to melt away. Afterward, try changing the subject and moving on to something more positive and relaxing. Help her think of something to do to feel better. Never give the problem more attention than it deserves.
JUST BE THERE	Children, and especially teens, do not always feel like talking about what is bothering them. Sometimes that is okay. Let your children know you will be there when they do feel like talking. Even when she doesn't want to talk she might not want you to leave her alone. You can help her feel better just by being there and keeping her company, spending time together. So if you notice that she seems to be down in the dumps, stressed, or having a bad day yet does not feel like talking, initiate something you can do together.
BE PATIENT	As a parent, it hurts to see your child unhappy or stressed. It is very important to resist the urge to fix every problem. Instead, focus on slowly but surely helping him to grow into a good problem-solver. A child who knows how to roll with life's ups and downs, put feelings into words, calm down when needed, and bounce back to try again will be healthier.

Parents cannot solve every problem as kids go through life. However, it is so important to teach healthy coping strategies because you will prepare your kids to manage the stresses that will come in the future.

For more information please contact Christine Preece, Mental Health and Wellbeing Lead 519-627-6762 ext. 10291

REMINDER THAT SCHOOL BEGINS AT 9:10 am.

Students should arrive at school between 8:55 am and 9:10 am. STUDENTS SHOULD NOT BE DROPPED OFF EARLY TO PLAY IN THE YARD! THEY ARE NOT SUPERVISED AND TEACHERS ARE NOT READY TO RECEIVE STUDENTS UNTIL 8:55 am with our WARM WELCOME.



Students should dress weather appropriate with hats, mitts, coats, boots and snow pants. It is better to have too much warm gear than not enough. We will be going out for recesses unless the weather is extreme. Please ensure your child comes to school prepared to play outside during recess.

Kindergarten Registration for September 2018

kinderSTART is a special one day registration event in each school, for parents and children who are beginning Junior Kindergarten in September 2018. It is an opportunity to visit the school to meet the staff and engage in activities in preparation for Full Day Kindergarten. ***kinderSTART*** is also a fun and informative opportunity to get tips on healthy living and immunization for your children.

At St. Joseph Catholic School, ***kinderSTART*** will be held on Thursday February 15, 2018 . Please call the school to book an appointment for that day. Morning appointments will be between 9:00 and 11:00 a.m.; and afternoon appointments will be held between 2:30 and 5:30 p.m.

We hope to see you then!



***Indigenous Committee Meeting
for the Parents and Community Partners of the
St. Clair Catholic District School Board***

Meeting Date: Wednesday, January 10, 2018

Start Time: 5:00pm

Location: St. Elizabeth School, 1350 Bertha St. Wallaceburg

A light dinner will begin at 5:00pm

Please let us know if you are attending by Friday, December 22, 2017

For more information please contact Tracy Verstraeten: tracy.verstraeten@sccdsb.net or 519-627-6762 ext. 10231

Image from: <http://www.fisherstarcreations.com/teachings>