



What's it Like in Your Town?

Once there was an old and very wise man. Every day he would sit outside a gas station in his rocking chair and wait to greet motorists as they passed through his small town. On this day, his granddaughter knelt down at the foot of his chair and slowly passed the time with him. As they sat and watched the people come and go, a tall man who surely had to be a tourist- since they knew everyone in the town- began looking around as if he were checking out the area for a place to live. The stranger walked up and asked, "So what kind of town is this we're in?" The older gentleman slowly turned to the man and replied, "Well, what kind of town are you from?" The tourist said, "in the town I am from everyone is very critical of each other. The neighbors all gossip about everyone and it's a real negative place to live. I'm sure glad to be leaving. It is not a very cheerful place." The man in the chair looked at the stranger and said, "You know, that's just how this town is." An hour or so later a family that was also passing through stopped for gas. The car slowly turned in and rolled up to a stop in front of where the older gentleman and his granddaughter were sitting. The mother jumped out with two small children and asked where the restrooms were. The man in the chair pointed to a small, bent-up sign that was barely hanging by one nail on the side of the door. The father stepped out of the car and also asked the man, "Is this town a pretty good place to live?" The man in the chair replied, "What about the town you are from? How is it? The father looked at him and said, "Well, in the town I'm from everyone is very close and always willing to lend their neighbor a helping hand. There's always a hello and thank you everywhere you go. I really hate to leave. I feel almost like we are leaving family." The older gentleman turned to the father and gave him a warm smile. "You know, that's a lot like this small town." Then the family returned to the car, said their thank you's, waved goodbye and drove away. After the family was in the distance, the granddaughter looked up at her grandfather and asked, "Grandpa, how come when the first man came into our town you told him it was a terrible place to live and when the family came into town you told them it was a wonderful place to live?" The grandfather lovingly looked down at his granddaughter's wondering blue eyes and said, "No matter where you move, you take your own attitude with you and that's what makes it terrible or wonderful."





LITTLE CAESARS FUNDRAISER

A super huge THANK YOU goes out to the 14 families who participated in the Little Caesars fundraiser.

Congratulations to the top selling families.

Bryce and Dean who will win \$25 toward their year-end trip and a Crazy Bread Kit. Brooklyn and Dacian who will win \$25 toward their year-end trip and a Pizza Kit and our Third top selling family; Noah, Shianne and Ethan who will win a Pizza Kit. We raised approximately \$1,000 and that was with only 25% of our families participating. The money raised will go toward our year end educational excursions to reduce the overall cost. Imagine if everyone had participated how much more savings we could apply to our year end excursions!

Pick up for the Kits is Wednesday March 7, 2018

from 1:00 pm to 3:30 pm here at the school.

If you have to choose between being RIGHT
and being KIND...

CHOOSE KIND

Always CHOOSE KIND

To further enhance school bus safety training across the Province, the Ontario Ministry of Education launched an initiative through the Ontario Collaborative Marketplace (OECM) to create standardized school bus safety videos. The high-quality videos were developed by Intertrain, a well-established expert in this field, and they are now available in both English and French at no charge to anyone wishing to view them.

There are three videos available:

First Time Rider (JK/SK)

Primary Students (JK-Grade 3)

Junior Students (Grade 4 -8)

The videos are available at <http://cklass.ca/services/student-transportation/school-bus-safety/> and we encourage you to share the link with your staff and families.

CLASS remains committed to school bus safety and will continue to provide the in-school bus safety programs for the 2018/19 school year. Representatives from Intertrain will contact your school to schedule a date for the program soon. If you have any questions about the video, or in-school program do not hesitate to call our offices.

Practice, Practice, Practice

When we like something, we tend to do it a great deal. We spending a lot of time doing the things we like and brush aside the things we do not like. Most of us spend a great deal of time practicing the wrong things. We practice complaining and we become very good at it. We practice avoiding things and we become good at that. We practice arguing with people and become excellent at arguing. We practice being self-centred and become good at that too. We practice being mad or miserable and there are some of us who are very good at that believing we have the right reasons to practice these things so much. We practice using social media and boy oh boy... do we ever practice that a lot! Some of us are "expert" at using social media! Imagine what our world would be like or on a smaller scale; what our school would like if we practiced different things, positive things.

We all need to spend more time practicing joy so we can become expert at being joyful. We should all practice patience so we can grow that skill and become excellent at patience. We should practice happiness so we can naturally be happy all the time. Practice being kind-it is quite possibly the most important one that leads to experiencing the other positive gifts. Practicing kindness is good for your brain. Scientists and researchers have become pretty obsessed with looking at how kindness impacts our brains. Practicing kindness makes you happier. After you've done something nice for someone, you may have noticed a boost in your emotions related to happiness and satisfaction. The University of British Columbia investigated this phenomenon and found it to be so prevalent that they called it a "positive feedback loop." Being kind makes you live longer.

People who prioritize kindness throughout their lives see benefits beyond just their day-to-day feeling of satisfaction; they actually live longer. Selflessness and an understanding of our relative unimportant place in the world has been shown to lead to longer life-spans. People who sacrifice their time to care for a family member without pay, for example, have a decreased mortality rate. True kindness starts with being kind to ourselves. There's no way you are going to live your best life, and no way the world will be able to see your true kindness if you can't first be kind to yourself. Practice cultivating the type of self-love, self-care, and self-kindness that you would show your friends and family. This is possibly the greatest thing you can do for yourself and those close to you. By paying attention to the voice in your head, you're making sure your kindness is coming from a place that's genuine and sustainable. If your internal monologue is saying something mean, something you would never dream of saying to someone else, notice it and try to interrupt it with a positive thought. Make a list of the things you love about yourself, or have others write down things they love about you, so you can have something to come back to when this happens. We know being kind is better for our social well-being, physical health, and longevity. Focusing on serving others through meditation has been shown to boost immune functions. By focusing on gratitude, kindness, and serving others, we are actually making ourselves healthier. Everyday when our students treat their bodies and minds well by participating in Christian Meditation and writing in Gratitude journals, they are becoming better kinder people to themselves and others around them.

ART SHOW EVENING and FUNDRAISER

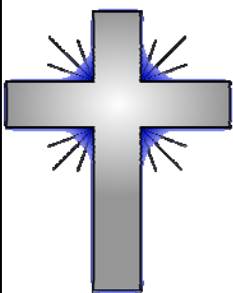
St. Joseph Catholic School will be hosting an Art Show on Wednesday, April 18, 2018 from 6:00-7:30 pm.

Join us to view and purchase your child's art piece and bid on some classroom projects and other donated art pieces. Our Gym will be transformed into an Art Gallery with Pieces that will impress any art expert! All student art pieces will be for sale for \$2.00 each. Students' families will have the first opportunity to buy their child(ren)'s art work. The auction of donated projects and group class art pieces will be open to everyone.

Please mark your calendars for a fun and Art filled evening. We will also have some Café type treats and refreshments for sale.

All proceeds will go toward Student Activities and Events.

We thank everyone in advance for supporting this worthwhile endeavour and look forward to seeing everyone on April 18th!

**Chatham Catholic Family of Parishes School Newsletter**

Congratulations to all Grade Eights who will be confirmed on March 3rd and 4th.

First Communion Retreats will be held on March 3rd at Blessed Sacrament from 9:15-11:45 am for the Northside Schools and March 4th at St. Ursula's Church from 1:00-3:30 pm for the Southside Schools. This retreat is for both parent and child..

Please contact Ali Chinnick if you are not able to attend to receive important information.

Stations of the Cross are every Friday during Lent at St. Agnes Church. There will be a special one led by parents and students on March 24th. Please come to support them.

There will be a Town Hall Meeting on March 8th at the Spirit and Life Centre at 6:30 pm to form a consensus regarding new Mass times. Parishioners are all welcome to attend. Please check the church bulletin for Easter Mass times at all four parishes.

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%20C3%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>

RANDOM ACTS OF KINDNESS

1. Hold the door open for someone
2. Do a chore for someone without them knowing
3. Tell a joke
4. Return someone's cart at the store
5. Feed the birds
6. Call your grandparents
7. Let someone go ahead of you in line
8. Give someone a compliment
9. Wash someone's car
10. Bake dessert for a neighbor
11. Set the table for diner
12. Leave bubbles on someone's doorstep
13. Buy a coffee for a stranger
14. Give someone a compliment
15. Weed or Shovel for a neighbor
16. Make someone's else's bed
17. Read a book to someone
18. Write chalk messages on the sidewalk
19. Smile and wave to people passing by
20. Clean up your toys without being asked
21. Give someone a hug coupon
22. Clean your room without being asked
23. Help make dinner
24. Bring your neighbours garbage cans in for them
25. Invite someone to play on the playground

No act of kindness,
no matter how small,
is ever wasted.
- Aesop

