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Director of Education: D. Crawford  
Superintendent: L. Demers  
Board Chair: John Van Heck  
Trustee: Carol Bryden

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*Be the change you  
want to see in the  
world.*

*Gandhi*

# Sacred Heart Catholic School



434 John St. Port Lambton  
NOP 2B0  
(519) 677-5391  
Fax: (519) 677-5518



## JUNE 2019 NEWSLETTER

### PRINCIPAL'S MESSAGE

As this school year comes to an end, I would like to thank our wonderful parish team for their ongoing support within our school community. Father Chris, Father Gerard, Brother Michael, Dorothy DeBakker and Virginia Eade have been instrumental in nurturing the faith development of our students.

We would also like to acknowledge our grade 8 students who are transitioning to secondary school in September. This is a wonderful group of young people who have emerged as positive role models and leaders over the course of the year. This is an exciting time for our graduates and we wish them all the best that life has to offer.

It has been an incredible year, filled with lots of memories! Sacred Heart has had a tremendous impact on me and am going to miss the staff, the students and the families. Thank you so much for all of your kindness and support throughout the year!

Lastly, I would like to extend warm wishes to your families for a safe, relaxing and enjoyable summer.



*Mrs. Len Morrow*

### Bell Times and Class Time in the Fall

For the 2019-2020 school year, the bell times have changed slightly.

- 8:15—9:55 Instructional Block
- 9:55—10:10 Snack
- 10:10—10:35 Recess
- 10:35—12:15 Instructional Block
- 12:15—12:30 Lunch
- 12:30—12:55 Recess
- 12:55 – 2:35 Instructional Block
- 2:35 Dismissal





### Virtue of the Month ~

Our Fruit of the Spirit for the month of June is "Gentleness". Staff will acknowledge students who display tenderness when dealing with others and with creation.

### May Monthly Award Winners— Modesty

Our Fruit of the Spirit for the month of May was "Modesty". Staff have acknowledged students who take pride in their achievements and appearance using behaviour that is respectful and humble. Our recipients are:

|                        |                       |                    |
|------------------------|-----------------------|--------------------|
| <b>Luke Seys</b>       | <b>Andrew Pollock</b> | <b>Lucy Mellow</b> |
| <b>Wyatt Seys</b>      | <b>Ella Wigle</b>     |                    |
| <b>Dylan Leach</b>     | <b>Alex Barr</b>      |                    |
| <b>Claire Gaulton</b>  | <b>Sophia Burgess</b> |                    |
| <b>Dracen Campbell</b> | <b>Daisy Johnston</b> |                    |
| <b>Grant McDougall</b> | <b>Amy Toner</b>      |                    |



**Confirmation**— Confirmation practice will take place on June 4 @ Our Lady Help Church at 7:00 pm for those Grade 8 students that are participating. **Confirmation is Thursday, June 6 @ Our Lady Help Church at 7:00 pm.**

Our **year end school mass** will take place on June 14 at 9:00 am @ Sacred Heart Church.

The **graduation mass** to honour our grade 8 students will take place on Tuesday, June 25 at 5:30 pm.

I would like to take this opportunity to thank our dedicated yard supervisors for all of the work that they do to keep our students safe at recess. Thank you Mrs. Ellis, Mrs. McDougall, Mrs. Boudreau and Mrs. Regnier!!! Your support is greatly appreciated.

**Also, congratulations and Best Wishes to Mrs. Boudreau who retires as of June 27!**

Our **barbeque and play day** will take place on **Tuesday, June 11th @ 12:00 pm.**



There will be a number of fun activities to encourage teamwork and camaraderie. Some of these activities will involve water, so students should anticipate that they will get wet. Students are encouraged to dress for the weather, ensuring that they have applied sunscreen, bring water, wear a hat and sunglasses. A change of clothing and a towel are also highly recommended.

The School Advisory Council will be providing and cooking lunch on that day. More information will be forthcoming.



## KINDERGARTEN ORIENTATION



We look forward to meeting our new Kindergarten students for September 2019. An Orientation day will be held on **June 12** from 1:00pm—2:00 pm. This will give you and your child an opportunity to become acquainted with the Kindergarten environment. Please bring **only the child** who will be attending Kindergarten for 2019 to the Orientation. We are looking forward to meeting our future students.

## SCHOOL COUNCIL

We have come to the end of another school year and we would like to thank all of the dedicated parents who are members of the 2018-2019 School Council. Your involvement in your children's education is one of the single more important things you can do for your family. Thank you! Your support and generosity has been greatly appreciated.

Elections will take place in the Fall, so please consider being part of this very important advisory group. Look for nomination forms in the September newsletter on the first day of school.

May God bless and watch over you. Have a fun and safe summer!



Ms. Van Dommelen and Ms. Al-Jaishi would appreciate all **school library books returned to the school by June 10**, as inventory is scheduled to begin shortly. Thank you for your assistance.

### Dress Code Reminders

With the beautiful, warm weather trying to make an appearance... please remember that students need to dress appropriately for the weather... keeping in mind that as a Catholic school, we observe modesty. Please **avoid** sending your child in flip-flops as they can result in foot injuries. It is very important that students have proper foot wear for outdoor play and physical education activities.



## ***Classroom Organization***

Dear Parents/Guardians,

Over the summer, staff at the Catholic Education Centre and in our schools will begin the work of organizing classrooms for September. As parents/guardians, it is important that you understand and support the role of the principal and Board staff as it relates to classroom organization in your school.

As you may be aware, the Ministry of Education regulates the number of students in classrooms. In elementary schools, class-size caps are set by provincial directive for individual grades; and for a system-wide average that must be maintained across the entire school board. Therefore, the number of classrooms, grades associated with each classroom and the number of students in each classroom in your school must always be viewed from a Board perspective, not just at the school level. It is also important to note that provincial funding is tied to compliance with this regulation. In other words, if we don't meet the Ministry requirements there is a financial penalty which will affect the support provided to our students.

The result of this directive is that combined grades are common in all schools across the province as a means of ensuring that boards are compliant with the provincial regulation. A common perception among parents is that combined grades are detrimental to learning; or, that they are a reflection of students' abilities – that is, in a Grade 2-3 split, the Grade 2s are above average learners and the Grade 3s are below average. The fact is all classrooms include students with a range of skills and abilities. Combined classes are neither better nor worse than single-grade classes. They are simply one of the many ways schools meet students' academic and social development needs.

Further, a great deal of time and effort goes into decisions at all of our schools, as our staff strives to create a classroom environment that supports the needs of all of all students. These decisions are ultimately made by the principal, in consultation with Board administration and student support staff.

Changes in classroom organization that are created when students move in or out of the school boundary, or by changing student needs from June to the first weeks in September, can create a domino effect that could result in changes to classrooms, which can sometimes impact every grade in the school. Even changes at another school can affect the classroom organization at your school.

It is the Board's goal to make every effort to accommodate these changes with as little disruption as possible. Students changing classrooms are always given a warm welcome by their new teacher and their new classmates.

Thank you again, for understanding and supporting the efforts of your principal and the school staff, in this important matter. It is our commitment to you that, although we must always strive to meet this provincial regulation, we will do so at all times having regard for the best interests of our students and our staff.

Have a great summer!

Sincerely,  
Deb Crawford

# ZONES OF REGULATION

## WHAT ARE THE ZONES?

There are four zones to describe how your brain and body feel.

**BLUE Zone** – Your body is running slow, such as when you are tired, sick, sad or bored.

**GREEN Zone** – Like a green light, you are “good to go.” You body may feel happy, calm and focused.

**YELLOW Zone** – This zone describes when you start to loose control, such as when you are frustrated, anxious, worried, silly or surprised. Use caution when you are in this zone.

**RED Zone** – This zone is for extreme emotions such as anger, terror and aggression. When you are in this zone, you are out of control, have trouble making good decisions and must STOP!

## GOALS OF THE ZONES CURRICULUM

### To teach the students:

- Identify their feelings and levels of alertness
- Effective regulation tools
- When and how to use the tools
- Problem solve positive solutions
- Understand how their behaviours influence others' thoughts and feelings

### And ultimately...

- Independent Regulation!



## TIPS FOR HANDLING AN UNEXPECTED RED ZONE

- Safety is first priority
- Limit verbals
- This is not a teachable moment
- Validate the student's feelings
- Evoke some of the emotion in yourself
- Give them time and space
- Designated safe spot
- Avoid power struggles
- Teach all tools in a calm regulated state



www.schoolbusinfo.com



**JK's, SK's and parents  
please join us to learn all about  
school bus safety!**



**First Time Rider Program -  
Learn about school bus safety,  
practice safe bus evacuation,  
take a short bus ride, watch a  
safety video and receive a  
gift.**



**Join us anytime between the hours of  
9:00-11:30am on Saturday, August 17 2019**  
*(There is no need to pre-register)*

Choose one of two locations:  
**Lambton Kent District School Board**, 200 Wellington St, Samia  
or  
**Ursuline College**, 85 Grand Avenue West, Chatham

**For more information please contact  
CLASS @ 1-877-330-4287**



## Kindergarten Registration for Classes Beginning September 2019

**If you missed our kinderSTART event ... don't worry! You still have plenty of time to register. And new this year, parents and guardians can submit the Kindergarten registration form directly online!**

It's another option for you – choose the option that best suits you!

- Visit the Board website at <https://kreg.sccdsb.net/> to complete then submit the registration form online. You will be contacted by the school to confirm your registration.
- Or, you can download and print the registration form, fill it out and bring it to the school.
- Or, make an appointment or drop by the school and pick up a registration package.

**We look forward to welcoming your child to Full Day Kindergarten next September!**

### Follow us on Facebook

You can find Sacred Heart Catholic School, Port Lambton and St. Clair Catholic District School Board events by following us on Facebook. Just sign up for Facebook and like our page 'Sacred Heart Port Lambton' to see posts about upcoming events and activities.



## ***Renewing the Promise ~ Celebration of the Eucharist***



The Liturgy is the primary way the Church teaches. The Eucharist has the power to heal, unify and inspire our diverse school communities. We look to the future of Catholic education with great hope, supporting opportunities for faith formation for all members of the community in ways that are inviting, engaging and purposeful.

One of the earliest titles given to the Eucharist was “the breaking of the bread” and this speaks directly to the Emmaus experience. Every Sunday we are invited to gather as a worshipping community to experience this beautiful encounter. As we are fed with God’s Word and Body and Blood, we are strengthened and nourished and sent forth to serve the world with joy in our heart.

Jesus touches the hearts and minds of staff and students in our Catholic schools as they listen to Him and accompany Him on the road. His presence in the liturgy nourishes all who gather together (page 23).

Pope Francis reminds us:

*“The Eucharist is simple food, like bread, yet it is the only food that satisfies, for there is no greater love,” he added. “There we encounter Jesus really; we share his life and we feel his love. Catholic schools are places where we encounter Jesus and feel His love so then we in turn can share this love with others.”*

Reflection: Reflect on the words of Pope Francis

*The Eucharist is essential for us: It is Christ who wishes to enter our lives and fill us with his grace.*

Think about how you can bring the love of Jesus to someone in need, someone who is hungry for food, love, care, friendship, prayers, and more.