



SACRED HEART CATHOLIC SCHOOL

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Principal: Mr. Wm. Nelson

Secretaries: Mrs. T. Green; Mrs. J. MacDonald

Director of Education: Mrs. D. Crawford Board Chair: Mr. J. Van Heck
Superintendent: Mrs. L. Demers Trustee: Mrs. M. Parks



Week at a Glance for Families

December 3, 2018

Monday, December 3

- Monday Liturgy at 12:20pm
- Junior Girls Volleyball practice – after school to 4:15pm

Tuesday, December 4

- Junior Girls Volleyball practice – Lunch Hour
- Junior Girls Volleyball SEMI-FINAL game @ Greg. Hogan at 3:15pm
- Lego League practice after school to 4:30pm

Wednesday, December 5

- Advent MASS at the Church at 12:45pm
- Bus Safety presentations in the AM
- Junior Girls Volleyball practice – Lunch Hour
- Junior Boys Volleyball practice after school to 4:15pm

Thursday, December 6

- PIZZA DAY
- Grade 8 Faith Day at St. Pat's (9:30 – 12:30)
- Junior Boys Volleyball practice at lunch hour
- Junior Boys Volleyball SEMI-FINAL game at 3:15 @ HOME
- Lego League practice after school until 4:30pm

Friday, December 7

- St. Pat's Concert Band visiting Sacred Heart School (10:40 -11:15)

ATTACHMENT: CHILD MIND INSTITUTE



1st Sunday of Advent

Have a Great Weekend, Everyone!





CHILDMIND.ORG

Helping children when and where they need it most

Children who have frequent, severe tantrums and irritability past the preschool years can be hard to understand and challenging to help. That's why a new diagnosis called DMDD and a treatment adapted for these children is exciting news. "These kids are really capable of changing," says Dr. Stephanie Samar, who works with kids with DMDD. "It can be very intense, but once they know the way to manage themselves and get control back, they can be very motivated and successful."

The full name of the diagnosis, just five years old, is **disruptive mood dysregulation disorder**. The tantrums (that's the disruptive part) and chronic irritability stem from the fact that these children are unusually emotionally reactive, overwhelmed by big feelings that they can't manage (that's the dysregulation). This week on childmind.org we explore DMDD: how it's different from other disruptive behavior disorders like ODD, and how therapy (and sometimes medication) can help these children and their families, who are often in crisis. Caroline Miller, Editorial Director | ✉



DMDD: Kids With Extreme Tantrums and Irritability

Help for kids who struggle with managing emotions.

[READ MORE ►](#)



What Is Oppositional Defiant Disorder?

When disruptive behaviour drives a wedge between **parents and children**

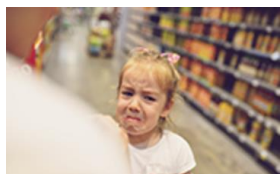
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How to Help Children Calm Down

Techniques for helping kids regulate their emotions and avoid explosive behavior.

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What NOT to Do When Your Child Is Having a Tantrum

Tips on responding to difficult toddler behavior.

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